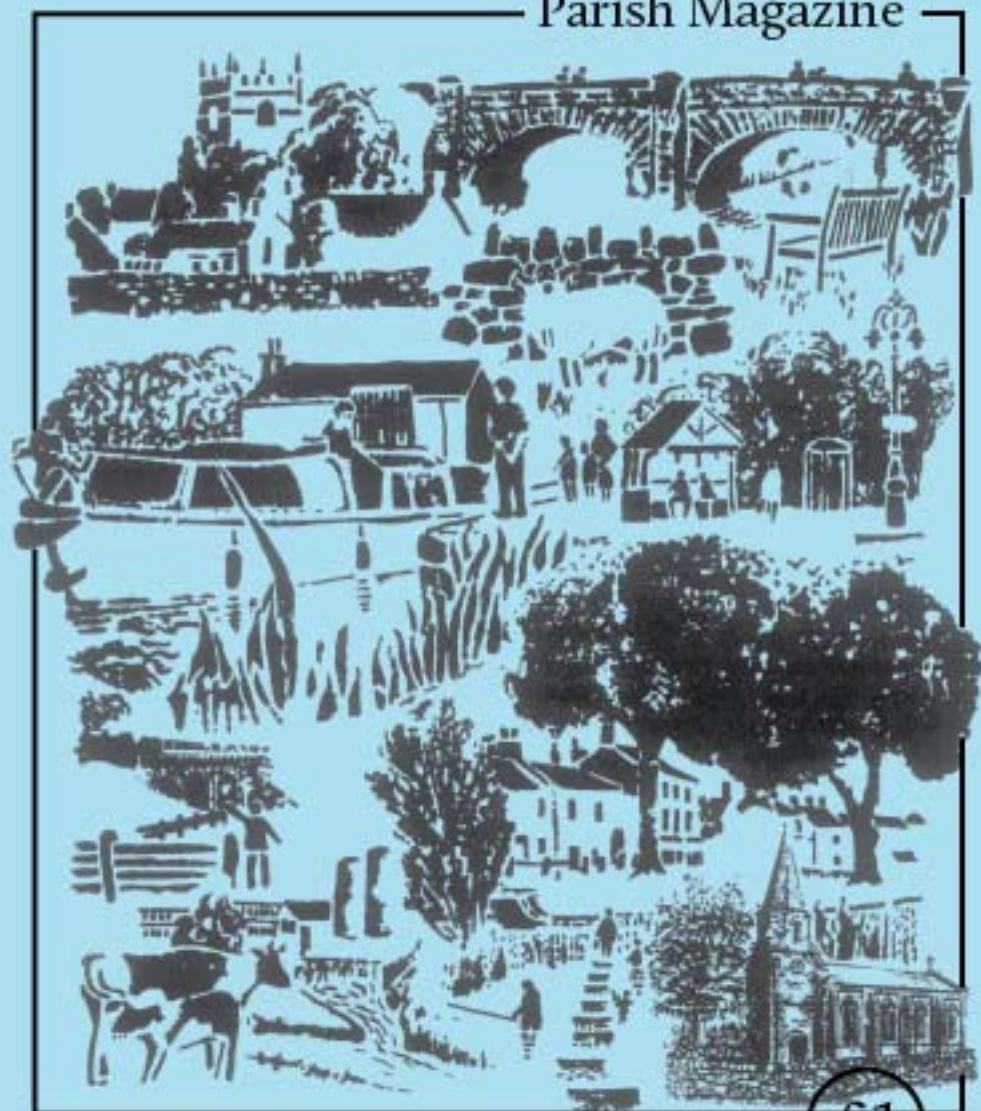


GARGRAVE & CONISTON COLD

Parish Magazine



JULY 2015

£1

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Dates for your diary

Gargrave Open Gardens

Sat 4 July 11am - 5pm

With live music around the village

Come and discover Gargrave's garden gems:

secret, surprising, small, spacious gardens; riverside, cottage, flower, vegetable gardens; gardens for children, for wildlife, for the soul.

Lunches & teas, children's quiz, tombola, plants
at Village Hall, West St, BD23 3RD.

Admission £3 in advance: Twin Locks Garden Centre or
Crossgates, Gargrave, from mid-June; £4 on 4 July. Children free.
Proceeds to St Andrew's Church. **Information** from 01756 749443.



More music: Evening concert by Pinstri chamber choir at Helton Methodist Church
Make a quacking weekend of it: Gargrave Duck Race, Sunday 5 July

5 July	Duck Race
16-19 July	Gargrave Art Show
22 August	Gargrave Show

COMBINED AUGUST & SEPTEMBER ISSUE EDITORIAL DEADLINE:

10 JULY Earlier preferably - this issue in particular

editor@gargravemag.co.uk 01756 749443

www.gargravemag.co.uk

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July 2015

We have had a few exceptional Vicars of Gargrave. Many people still remember Bishop Hardy who was Vicar here from 1948 to 1957. But by far the most illustrious must be St Robert of Newminster. Robert was born in Gargrave just 34 years after the Norman conquest and "Robert" is a Norman French name, so he was probably from one of the Norman families that moved to Gargrave in about 1087.

There were no universities in England until 1167, so Robert was sent to Paris to study. And Robert was, reputedly, a good scholar; he loved the Psalms, and went on to write a Commentary on them. But eventually he returned and became Vicar (or "Rector") around 1125.

When he returned, it's quite likely they had built a new church; the Normans were great church builders. Like the church in Linton, the church here would have originally been smaller than the current building, and added to every now and then as the village grew. Unlike Linton, however, a tower was added in the 1500s.

But by the 1800s the main church building was very ramshackled and the foundations were sinking in one corner. So while Linton was refurbished, Gargrave was completely rebuilt (except the tower). However, the plans show that the walls and even the pillars were rebuilt in the same locations as the old church. So, when Robert was inducted as Vicar almost exactly 890 years ago, he was probably standing where Vicars still stand today!

Robert was clearly a man who wanted to follow Jesus, because after a few years here he went off to become a monk. Eventually he founded a new abbey, and monks from his abbey established several others across the north.

But what can we learn from our most illustrious vicar? Well, Robert had God's forgiveness and blessing, just like we have; Robert tried to live Jesus' way, just like we do; and Robert aimed to follow Jesus wherever He led him. So during his life of earth, Jesus could do great things through Robert! (After he died he was recognised as a Saint, and there are several Roman Catholic churches and schools named after him.)

As we remember St Robert, let's remember the good examples he set us, right here in Gargrave... and aim to live up to them. He sought God in prayer, and in his studies, and in how he chose to live. So let us, like Robert, seek God in prayer, and in our studies, and in how we choose to live... Who knows what God will do through us while we are here on earth!



Changing the name from 'St Mark's Parish Church', resulted in a big increase in the number of men attending services

Coniston Cold

Sun 5 July	Holy Communion, 9.30am, Church
Sun 12	Coniston Cold v Bell Busk Cricket match, 12.30 for 2pm, Coniston Hotel archery ground
	Evensong, 4pm, Church
Sun 19	Holy Communion, 9.30am, Church
Sun 16	Evensong, 4pm, Church
Sun 2 Aug	Holy Communion, 9.30am, Church

Gargrave

Tue 30 Jun	My Memories And Me – first of six weekly sessions, 1.30pm to 2.30pm, Gargrave Community Centre, Neville Road
Wed 1 July	Fuchsia and Geranium Society Meeting, 7pm, Village Hall Annex.
Sat 4	Gargrave Open Gardens, 10am to 5pm (refreshments at Village Hall from 10am, gardens open 11am)
Sun 5	8am Communion, 10.45am Sung Eucharist, Church Gargrave Duck Race, noon to 3pm, Low Green
Mon 6	Parish Council Meeting, 7.15pm, Village Hall Annex
Wed 8	Women's Institute, 7.30pm, Village Hall Annex.
Thurs 9	Gargrave Primary School performance, 2pm and 6pm, Village Hall.
Fri 10	Dance with Elizabeth Harrison, from 8pm, Village Hall.
Sat 11	Pantomime Section Coffee Morning, 10am to Noon, Village Hall. Modern Sequence Dance, 7pm, Village Hall.
Sun 12	8am Communion, 10.45am Open Day service leading into Music Day, Church Flea Market, 10am to 4pm, Village Hall.
Wed 14	Gargrave Art Show Preview, 7-9pm, Village Hall.
Thurs 16	Gargrave Art Show, 11am to 7pm, Village Hall. Card Bingo, 7pm Neville House
Fri 17	Gargrave Art Show, 11am to 7pm, Village Hall.
Sat 18	Gargrave Art Show, 10am to 7pm, Village Hall.
Sun 19	8am Communion, 10.45am Sung Eucharist, Church Gargrave Art Show, 11am to 5.30pm, Village Hall.
Wed 22	Bingo, 7.30pm, Village Hall Annex.
Sat 25	Coffee Morning, 10am to Noon, Village Hall.
Sun 26	8am Communion, 10.45am Morning Service, Church Flea Market, 10am to 4pm, Village Hall.
Sun 2 Aug	8am Communion, 10.45am Sung Eucharist, Church Provisional date for Tea Dance, 2pm to 5pm, Village Hall.
Thurs 6 Aug	Emergency First Aid at Work course, 9am – 4.30pm – see advert

Additional regular weekly Gargrave events

Mondays:

- 9 am Morning Prayer, Church
- 10 am Stay and Play, Village Hall Annex
- 1.30pm Art Club, Village Hall Committee Room 1
- 7pm Modern Sequence Dancing, Village Hall
- 7.30pm Bell ringing, Church
- 8pm Church home group, see "Weekly Sheet" in church for venue

Tuesdays:

- 9 am Communion Service, Church
- 9.30am Gargrave Tuesday Club Cycling, dep The Dalesman Cafe
- 10 am Heritage Group, Church
- 10 am Pilates, Village Hall Annex
- 10.30am Adult Tennis Coaching and Social Tennis (weather permitting)
- 2pm Knit and Natter, Church
- 2pm Indoor Bowls, Village Hall
- pm Brownies & Rainbows (school term only)
- pm Tap dancing lessons, Village Hall Annex

Wednesdays:

- 9 am Morning Prayer, Church
- 9.30 am Gentle Hatha Yoga, Village Hall Annex
- 9.30 am Twins and Multiple Birth Group, Village Hall
- 1.30pm Wednesday Club, Village Hall Annex
- 2pm Mini Movers Group, Village Hall

Thursdays:

- 9 am Phoenix Club, The Anchor, (alternate Thursdays)
- 10am Gargrave Tuesday Club Cycling, dep the Dalesman Cafe
- 2 pm Indoor Bowls, Village Hall
- 5pm Theatre-craft lessons, Village Hall Annex
- 7.30pm Tai Chi, Village Hall Annex

Fridays:

- 9 am Morning Prayer, Church
- 9 am Pilates, Village Hall Annex

Saturdays:

- am Ballet lessons, Village Hall Annex
- 10 & 11am Junior Tennis coaching

Sundays:

- 1.30pm Social Tennis

Love

They say he married her because her aunt left her a fortune. He hotly denies it, saying that he would have married her whoever left her the fortune.

FORTHCOMING EVENTS

My Memories and Me – 6 weekly sessions from 30 June

Carolyn Coyne

A new series of get-togethers to share sharing memories and stories of yesteryear is to be held in Gargrave to support people with dementia or memory loss and their carers.

Organised by the Carers' Resource, My Memories and Me is a six-week programme of reminiscence-themed sessions aimed at building confidence, stimulating memories and conversation, and building friendships.

The first weekly session will be at Gargrave Community Centre, in Neville Crescent, on Tuesday, June 30, from 1.30pm to 2.30pm.

There will be a different topic for each week – such as, work and leisure, holidays, school days, shopping and food – and activities will include music from different eras, quizzes and a variety of materials from across the years.

A selection of items will be used to help bring memories to life, and to generate discussion, stories and interaction, including postcards, photographs, shells, old school books and newspaper articles..

Couples will also be able to decorate and create their own memory boxes in which they can store photos and mementoes.

Elaine Owen, Project Officer at the Carers' Resource who will be leading the sessions, said: "Carers and people with dementia or memory loss can be very socially isolated due to behaviours associated with the condition, such as confusion, and there is also a lack of public understanding which discourages people from socialising.

"These sessions will be light-hearted and relaxed, fun and friendly, while also being helpful and interesting for those with memory loss and their carers in a safe and comfortable environment."

Each couple will be encouraged to use their memory boxes at home and to fill them with keepsakes, such as postcards or mementoes which remind them of special times or specific events.

"It's a free programme, and I would advise people who are interested to book so the organiser has an idea of numbers. It's essentially for people with dementia/memory loss and their carers – this is the only criteria – they don't need to be married couples, could be a brother and sister, friends, neighbours, any combination. It's a lovely programme and everyone who's been on it has really enjoyed it." – Carolyn Coyne

To book a place or for more information contact Project Officer Elaine Owen at the Carers' Resource on (01756) 700888, or email eowen@carersresource.org
Admission is free and refreshments will be served.



The Carers' Resource successfully piloted the My Memories and Me project in Keighley and Shipley. The project is part of the Innovation Fund and has been jointly funded by North Yorkshire County Council and Airedale, Wharfedale and Craven Clinical Commissioning Group.

For more information contact *Carolyn Coyle, Communications and Inclusion Coordinator, Carers' Resource* on (01274) 449660, email ccoyale@carersresource.org.

Gargrave Open Gardens - 4 July

Duncan Faulkner



Once a year the streets of Gargrave come alive with groups of people strolling from garden to garden, all clutching bright yellow passports. This year, on Saturday 4 July, we have a bumper crop, with 30 gardens opening, including six delightful newcomers to add to the variety of Gargrave's garden gems. Two are bonus gardens in Bell Busk. As well as the flowers and foliage beloved of garden visitors, there are riverside gardens, vegetable gardens, gardens that are great fun for children to explore and gardens for wildlife.

There is live music from five folk performers, around a dozen pianists, an unknown number of accordionists and all sort of other possibilities!

Refreshments, lunches and plants are on sale from 10am.

Gardens are open from 11am to 5pm.

Passports are just £3 if bought before 4 July. At just 10p per garden this is superb value! They are still available for a few more days at Twin Locks Garden Centre and Crossgates. Admission on the day costs £4 from the Village Hall. Children are free and there will be a quiz for them to take round the gardens.

We are hoping for hundreds of visitors to this much-needed annual community fundraiser for St Andrew's Church.



Gargrave Duck Race - 5 July

Cathryn Turner

Gargrave's annual duck race will take place on **Sunday the 5th July**, from 12noon on Middle Green. Organised by the Primary school's PTA, the event will be a fun afternoon for the whole family and will include a fancy dress competition, dog show, hot food and drinks, ice creams, tombola, games and the duck race at 3pm.

Tickets are now on sale and can be bought from the Coop on Friday 3rd July and Saturday 4th July and on the day. First prize is £100, 2nd £75, 3rd £50, 4th £25.

Music Day at St Andrew's Church - 12 July

Enid French

On this day we are hoping to showcase many of the activities that are part of church life now. We want to show you that everyone is welcome to participate in any or all of these activities or just come to sit and listen to see what is happening.

In 2021, the tower will have been in existence for five hundred years and in the year after it will be the anniversary of the church being rebuilt. Think of all the people who have used this building and the previous ones on this site, and the people today who try to make it such a welcoming place. This is not just my idea, come and take a look at the Visitors' Book! If you have not yet visited us or been to a service, do come this Sunday 12th July.

You will see that in addition to the Church Choir, which is in urgent need of new members, there is a set of handbells which need ringers and the tower bell ringers would be delighted to show you the ropes!! There is a magnificent organ which needs others to play it besides our organist. Singing with others can be an enjoyable pastime, and Stan Drew's Singers welcomes anyone to join them. There is increasing evidence of the therapeutic value of doing things together. You do not necessarily need to read music, have a fantastic voice or even be always available. Lastly and by no means least, there is a band which plays more modern music at some services and I am sure they would be glad of your interest and participation. There is no upper or lower age limit to coming to church **EVERYONE IS WELCOME**. Don't sit at home, feeling lonely, come and join us.

The Service at 10.45 a.m. on Sunday July 12th will show all the music Enid has mentioned, the tower bells will welcome you, the band will play and sing, the organ will accompany other hymns, the handbells will open the service, the Stan Drew's Singers will sing and we need you to come and swell 'the noise'.

Having heard all this we propose to have a Jacob's Join lunch (outside, if possible) and hope you will join us. Then, between 1.30 pm and 3 pm, you can

join any of the groups you wish and have a go Do not miss this opportunity!!
Come and make a joyful noise unto the Lord and don't worry about wrong notes.....His ears can cope with those!!

Ruth Abbott

Coniston Cold vs Bell Busk cricket match – 12 July

Philip Eddleston

Coniston Cold vs Bell Busk cricket match, **Sunday 12th July**, match starts 2pm, at the Coniston Hotel's archery ground. There will also be a rounders match for children during the afternoon. All welcome. BBQ lit from 12:30, bring your own food and drink. There will also be a raffle.

Contact Philip Eddleston, 07776 202531.

Card Bingo at Neville House – 16 July

Kath Sagar

Card Bingo Thurs 16 July, 7pm at Neville House. All Welcome
Fundraising events at Neville House contribute towards funds for residents' entertainment and trips – such as the one to Windermere on 1st July which includes a boat trip and picnic. We will be fundraising too on 4th July, in our grounds when they are open for the Open Gardens.

Gargrave Village Art Exhibition, 16 to 19 July

Alan Poxon

Everyone is welcome to come and visit us at the Summer Art Exhibition, on behalf of Gargrave Village Hall.

Preview Evening – Wednesday, 15 July, 7:00 – 9:00pm

The Exhibition begins, as always, with the special Preview Evening, where the Artists and invited guests have the first opportunity to see what is in store for visitors this year. Your first trip around the exhibition is enhanced by a free glass of wine or a soft drink, and makes an ideal opportunity to spot a new piece for your collection and snap it up before anyone else. You will have the opportunity to chat to some of the artists, and partake of the raffle, that will include as one of the prizes, an original piece of art.

If you would like an invitation to the Preview Evening, please contact one of the Members of the Exhibition Committee, or send an e-mail to gargravearts@hotmail.co.uk

The side room exhibition will contain another display by the Gargrave Art Group, which is going from strength to strength, and a number of the Artists will be in attendance during the exhibition for you to come and chat with. The Group meets every Monday afternoon in the Village Hall.

There will also be a display of work by Harry Caunce, whom a great many of you already know, who won last year's People's Choice of Best in Show, and there will also be a display by Gargrave Primary School. The Yorkshire Dales Millennium Trust will also have a stall with us again this year, as part of the "Flowers of the Dales" Festival. There will be items for sale exclusively by YDMT.

As in previous years there is no charge for entry, and children and dogs are

welcome, provided they are well-behaved and on a lead. Please come & support our local artists. We look forward to seeing you there.

Exhibition Opening Times

Wednesday	10 July (Preview Evening)	7:00 pm – 9:00 pm
Thursday	11 July	11:00 am – 7:00 pm
Friday	12 July	11:00 am – 7:00 pm
Saturday	13 July	10:00 am – 7:00 pm
Sunday	14 July	11:00 am – 5:30 pm

Art Exhibition Committee: Alan Poxon - 01756 749686, Lesley Woodhouse, Shelagh Smith, Barbara Martin, Martin Harrison, Hilary McCormac, Linda Drybrough, Martin Winterton, Ian Maxwell, Bev Parker.

Gargrave Show ~ Sheep Dog Trial – 26 July

Lisa Hall

The date for this year's trial is Sunday 26th July, start time: 9.00am.. It will once again be held at an idyllic canal-side field, near the lock at Holme House Farm, Gargrave by kind permission of the Beckwith Family. Entry for spectators is free. (Home House Farm is on the A65 Skipton Road, just after the A65 has crossed the river and canal on the way into Skipton.) Homemade refreshments will be served throughout the day.

Nostalgia Swing Band – 2 Aug

Caroline Thompson

The Nostalgia Swing Band will be playing at Gargrave Village Hall on Sunday afternoon the 2nd August, tickets are selling extremely quickly so please call Caroline 01756 749235 or Sally 01756 748098 as soon as possible to reserve a place. The seventeen piece band hail from Ramsbottom and include five saxophones, four trumpets, four rhythm and female vocalist, Beverley.

The music is 30's, 40's and 50's with a classic big band sound (their Glenn Miller tunes are brilliant). The afternoon commences at 2 pm with a break in the interval for traditional homemade afternoon tea.

Song requests may be made for people's favourite tunes from that era: please may we have the requests at the same time as ticket reservation. We can't promise all will be played but the band will try.

Tickets are priced at £10 per adult and £5 for children under sixteen which include afternoon tea. Seating will be informal around tables with an area of the dance floor clear for anyone wishing to dance.

Garden Party at Neville House – 15 Aug

Kath Sagar

Garden Party: Saturday August 15th, 12noon to 4pm at Neville House. Entertainments by Stan Grey, Pork and Apple Sandwiches, Tombola, Cake stall, Bottle Stall and Raffle.

Stalls £10 if anyone would like one. All Welcome



Emergency First Aid at Work

This one day course will cover the essentials of life saving first aid for the workplace. All training materials, course manual, lunch and refreshments included.
6th August & 1st October, 9:00am - 4:30pm - £85 plus VAT

Our courses will take place at:
Craven Safety Services Ltd
Canal Wharf
Eshton Road
Gargrave
BD23 3SE

Fire Awareness & Extinguisher Training

Our two hour Fire Awareness course will teach candidates all they need to know about how to respond correctly when a fire is discovered, safe evacuation practices and how to use fire suppression equipment.
18th August, morning or afternoon sessions 10:00 am - 12:00 pm & 1:00 pm - 3:00 pm - £30 plus VAT

For further details contact Mollie Guest or book online:

Tel: 01756 860600

Email: mollieguest@cravensafetyservices.co.uk

Book online: <http://cravensafetyservices.co.uk/events/>

Quiz night – 25 Sept

Caroline Thompson

The Village Hall Committee will be holding a Quiz night on Friday September 25th with quiz master Steve. Teams may comprise of two to four people, entry is £5 per person which includes supper. The Fun Quiz was held for the first time last year and is back by popular demand.

Please contact Caroline 01756 749235 or Sally 01756 748098 to enter a team. The evening commences at 7pm. There will be a licensed bar to aid brain power!

English in Australia

Australian entering hospital: "Ullow, Steve."

"Ullow, Jim."

"Come in to die?"

"No, yesterday."

Request

A clergyman phoned his rural dean. "I regret to have to inform you that my wife has just died. Could you please send me a substitute for the weekend?"



**Saturday
22 August
2015**

Gargrave Agricultural and Horticultural Society Ltd.

Free Shuttle Bus to the Showground

Held by kind permission of Mr M Fenwick, in the field in front of Eshton Hall from 8.30 a.m. Last event commences 5.00pm

If you are looking for a good family day out with friendly country folk, then why not come along to join in the fun and enjoy our hospitality. We have plenty for all ages.



Parish Mag – double issue next time

Bea Faulkner

Summer holidays approach, hence our next issue will be a double one, an August-September combination. Please provide copy in advance of 10th July if possible.

Gargrave Playground Association

Sarah Pawson

We will be holding a stall at the summer seat at the Open Gardens on the 4th July with handmade gifts and hampers to be won. There will be a further display in one of the opening gardens on Skipton Road, near the playground

Bentleys have been to the playground to do all the measuring of the lay of the land as part of the drainage work on the playground. We were struggling to get it done ourselves due to bad weather and finding child care and only got a small part of it done. Then Nicola Wilson came to the rescue and had a word with her colleagues at Bentleys. They have done all the measuring at no cost which is amazing as, once we get the information, we can move to the next stage which is finding out the cost of the drainage and what the plan is.

We are still working on planting plans, and coming up with more project ideas for kids to get involved with.

Gargrave Show

Sarah Davidson

Plans are now well under way for the 111th Gargrave Show. This year's President is Jimmy Fitton - a local personality known, I am sure, by many of you.

We have an enthusiastic and hardworking Committee, BUT - we do need some help in the Produce Tent. Lisa Hall and her helpers organise the Handicrafts and Produce end of the marquee with skill, efficiency and most importantly good humour, but we are in urgent need of stewards for the other end of the marquee in the Horticulture Section. *We are appealing to anyone, experienced or otherwise, to volunteer a little of their time to help maintain this popular section of Gargrave Show.* Whether you're new to the village, or have lived here all your life, you will be made very welcome by the Committee who help maintain this traditional agriculture show. If Horticulture is not your 'thing', but you would still like to become involved, please contact our Show Secretary, Sue Brown on 01729 830441, who will be happy to give you more information.

Our second appeal is for new Vice Presidents. Our existing Vice Presidents are valued members of the Show and we thank them for their continued support. For £27.50 a Vice President gets free car parking and entry onto the Showfield, exclusive access to the Vice Presidents' enclosure and facilities, an excellent lunch and a ringside seat next to the Main Ring. Anybody may become a Vice President of Gargrave Show simply by applying to the Vice Presidents' Secretary - sarahfdavidson@aol.com or 01756 701571.

Please support your local show, you will be made very welcome. Thank you for taking time to read this,

Sarah Davidson, Entries and Vice Presidents' Secretary



Library news

Bev Parker

This month a couple of requests:

The Library is taking a table at the Gargrave Duck Race on the 5th July and we need some books to sell. If you have any surplus books and would like to donate them for sale please drop them off at the Library before the 5th July. All types of book would be gratefully received.

Secondly, we are looking for a few more volunteers. A shift is usually 3 hours and there are normally two volunteers per shift. Most volunteers do about one shift a month. Others will not do a shift for a couple of months. When you do a shift is entirely up to you. We operate a web-based booking system so, at any time of the day, you can see which slots are available and, if any are convenient, enter your name.

Being a volunteer is a great way to meet people. If you would like to help keep the Library running and are able to spare 3 hours a month, or whatever you can manage, to help behind the counter, please have a chat with one of our current volunteers or speak to our Volunteer Coordinator, Patsy Simpson (749489), for more information.

LASRUG Coffee morning

Kay Craven

Once again the Lancaster and Skipton Rail User Group thanks you all for supporting our Coffee Morning on 20th June so generously. The amount raised was £261.70 which will go towards helping the Group promote the Bentham Line further. Thank you very much.

Hunt news

Elizabeth Adams

We held our big fundraiser for Manorlands Hospice on Sunday 7th June. We were blessed with the weather as the day before the wind was gale force. We erected our tents and gazebo at Coniston and fully expected them to be in the lake the next morning!

However we were lucky; the wind had dropped, the sun was shining - a perfect day for a long ride. The course was lovely: setting off over the jumps, around the lakeside and winding out into the beautiful countryside.

165 riders turned out and most returned with big smiles having enjoyed their day. We raised £4000 for a worthy cause and we are most grateful to the Bannister family for hosting it in their grounds.

Our hounds are now being prepared for the hound showing season. The first big event will be the Great Yorkshire Show. Our Hounds will be judged against the other packs on Tuesday 14th July in the Hound Show area. Let us hope we come home with some rosettes and prizes!

Our next Hunt ride is on 4th July at Kilnsey. This is a beautiful ride with amazing views over the hills and fells around Coniston with Kilnsey. Full details on our Hunt Web site www.pendlehunt.co.uk.

Pilates – July, beyond and who was he?

Bee Faulkner

Pilates sessions are running weekly for the first half of July, on Tuesdays at 10am and 11.30am, and 9am on Fridays, in the Annex at Gargrave Village Hall. The 11.30am Tuesday group started up late last month – it's aimed at a gentle introductory level. The last July session will be on Friday 17 July, the final day of the school term.

There will then be a three week break, with the two Tuesday groups probably resuming on 11th August for a for a four week block- do check in the August-September Parish Mag double issue for confirmation of this; there will probably be no Friday sessions over the summer, again to be confirmed. A new 7 week block for both Friday and Tuesday classes will run from Tues Sept 8th onwards, coinciding with the school half term.

Pilates was originally designed by a man for men: Joseph Pilates was a sickly child who, with the encouragement of his mother, used exercise and breathing techniques to overcome his difficulties. He went on to pose as model for anatomical charts as his muscles were so well developed and balanced.

During the First World War he was interred in a Prisoner of War camp, where he taught many of his fellow men his body-mind enhancing methods. He moved over to America prior to the second world war, meeting his wife-to-be on the boat. Together they worked with gymnasts and dancers to help overcome injuries, and improve balance, strength etc. His methods, which he originally termed "Contrology" have evolved into what we now know as "Pilates", for men and women.

I've trained in "Modern Pilates" which has adapted his philosophy to 21st century lifestyles: where we're typically more sedentary and live longer than many of those with whom he originally worked. Modern Pilates is helpful for almost everyone: it keeps you more stable in the core and more mobile, and is relaxing and good for your balance too.

For more information, or to book a place, please contact me on 749443 or 0777 898 0994 or beansemail@btinternet.com

Why women bishops have clergy husbands

*The Tablet, 4th April
2015, Page 11.*

The first three women bishops to be appointed (Libby Lane to Stockport, Alison White to Hull and Rachel Treweek to Gloucester) all have clergy husbands. Why? Prof Linda Woodhead has speculated: "The most amusing suggestion I've heard is that the Church is looking for women bishops with experience of managing male clergy."

TWIDDLEMUFFS.

Carol Blackwell

Have you heard of Twiddlemuffs?

Twiddlemuffs are a knitted hand muff with interesting bits and bobs attached inside and out.

They have been designed and developed to provide simple stimulation for active hands while promoting increased flexibility and brain stimulation. Many people living with dementia have found the Twiddlemuff reassuring and comforting.

We'd be delighted if any willing knitters could help us to create Twiddlemuffs as part of our dementia awareness work. Don't worry if you are not an expert; the pattern is very simple. If you aren't a knitter but still want to support the cause, we would welcome donations of new wool, buttons, beads, ribbons, zips, or anything that could be used to enhance the muffs safely.

We're doing a wide range of work to support patients living with dementia. These muffs will provide our patients with something to soothe restless hands and minimise agitation. When choosing colours please bear in mind our female patients prefer pastel colours and shades, where as our male patients would rather have strong, contrasting colours.

If you would like further information about Twiddlemuffs, or would like instructions for making them please contact:

Jo Ogden or Sara Robinson on 01535 295085, at Airedale NHS Trust, Therapy Department; or evenings, Carol Blackwell on 01756 748386.

prayer CAN CHANGE THE WORLD

Amy Ward

I imagine I'm not alone when I say that my experience of prayer has varied widely in my life; what I pray for, the way in which I pray, and the outworking of that prayer. I have uttered thoughts in moments of frustration or confusion, not even shaping them as formal prayer, and seen God respond. I have begged and berated at length, for healing or guidance, and been met either with silence, or an answer I didn't want to hear.

But when I've thought to look up from my own situation, I've discovered that through my own experiences and struggles in prayer, I can pray for others with more empathy. Perhaps I can even be part of a practical answer to those prayers. Praying for a friend, the thought comes to send a card. Praying for strangers caught up in disaster, the thought comes to give.

The intense nature of living in Guatemala led to yet new experiences of prayer: praying for God's protection in a moment when life was at risk; praying for wisdom and understanding when meeting someone whose life experience was so dramatically removed from my own. And you expect God to respond in that moment, because without him you're sunk! Invariably he was there, although the response didn't always come in the shape I expected. But prayer is not just about our individual situations, or the situations of those immediately around and about us.



One of the standout memories of my time away is Easter Sunday last year. One of the girls I'd met in the prison was staying with me as her personal situation was somewhat rocky. That morning, when I returned from church, we got chatting and ended up talking for three and a half hours about Easter, about who God is and what it means to 'know' him. How the heck can you know him?! We talked about Jesus, the state of our world and the challenges we face in it, of forgiveness, grace and love.

Something vaguely miraculous took place in that conversation. I understood her Spanish and she understood mine. She was able to express opinions and ask questions, and I was able to articulate answers. We found the bible verses we needed to help us at the relevant times. A weight visibly lifted from her shoulders as we spoke, and a peace settled in the room, a presence that was something 'other'. A few days later I learned that we had both been prayed for by name in an Easter service in the UK, while we were still sleeping. Our conversation was in fact the outworking of prayers uttered in a moment by folk we'd never met, thousands of miles away, who had no idea how their prayer was answered later that morning.

Prayer remains a truly mysterious thing. Sometimes it is just about chatting to God, including him in our lives. But the bible also tell us that when we pray, we are inviting God's intervention, God's action, God's Spirit to move and dwell in places and people, moments and forms that are perhaps often beyond our understanding. It is strange and incomprehensible, and yet wonderful to say: through prayer we can change the world.

Carol Wilson, coordinator of the Prayer Circle at St Andrew's Church, provided us with this article. She says:

'Amy Ward has given her permission for this to be used in the Gargrave & Coniston Cold Parish Magazine. Amy returned to Scotland in February this year after two years in Guatemala, volunteering in the Women's prison, Los Gorrones. The women were young, some just teenagers with babies or toddlers; the latter being looked after by grandparents. Amy is a wonderful musician and shared her talent with 'the girls' as well as giving English lessons and bringing them to Faith in Christ. This was worthwhile but dangerous work because these girls had belonged to male gangs, whose members had been brought up in situations of violence, abuse and poverty. On leaving prison some of the girls were killed by the gangs, as were some of the people who were leaders helping prisoners, both male and female.

Amy Ward is an exceptional young woman who enriches the lives of all those whom she meets...'



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Sermon

A pastor, known for his lengthy sermons, noticed a man get up and leave during the middle of his message. The man returned just before the conclusion of the service. Afterwards the pastor asked the man where he had gone. 'I went to get a haircut,' was the reply.

'But,' said the pastor, 'why didn't you do that before the service?'

'Because,' the gentleman said, 'I didn't need one then.'

Are you becoming 'nomophobic'?

Parish Pump

Where is your mobile phone? When did you last check it? If it is close, and you have checked it within the last few minutes or so, you may have nomophobia.... Fear of being separated from your mobile phone. 'Nomo' stands for 'no mobile', and what you 'fear' is being out of contact, not connected.

Nomophobia is taking its toll on family life, it seems. As one father recently admitted: "The very first thing I do when I wake up in the morning – and the very last thing I do at night – is pick up my phone, press the Twitter app and see what's going on in the world.... During the day I can't undertake the most basic task – from making the children's lunch to cleaning my teeth – without swiping the screen..."

Now Ofcom, the communications industry regulator, has released figures that show that the average amount we spend online has more than doubled from 10 hours a week 10 years ago to 20.5 hours a week. A separate report finds that the average person in the UK checks their phone 50 times a day.

Psychiatrists are warning of widespread technology addiction, and urge people to take 'holidays' from their gadgets. Most of us won't manage that, but we might do well to heed at least one piece of advice: avoid screenlight for an hour before you sleep at night, in order to sleep properly. Phone addiction can be just as damaging as addiction to alcohol or gambling. If this is you, be honest, and consider the effect your screen addiction could be having on those people close to you.

Sugary drink? Eau no!

Parish Pump

What do you drink when you are thirsty? It seems more and more of us are spurning sugary soft drinks and opting for plain water instead. In fact, it is predicted that water will overtake carbonated drinks as the world's best-selling soft drink this year.

Worldwide sales of bottled water have grown on average six per cent every year since 2008, whereas for the same period carbonated drinks grew just 1.3 per cent. Throughout 2015, 53 billion gallons of bottled water will have been sold worldwide. The research was done by Canadian.

Do you have a To-Do list a mile long?

Parish Pump

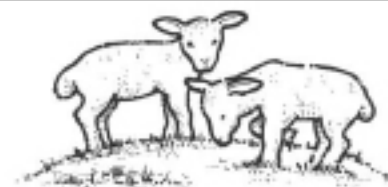
Are you overwhelmed with the things you need to do? Emails flooding in, phonecalls to make, jobs to do at work, at home, for the family... if so, you are not alone: over-flowing to-do lists are beginning to overwhelm too many of us.

Now Shaa Wasmund, an entrepreneur and business author, has come up with her solution: focus only on the really important, and outsource or simply ditch the rest. She recently told the BBC: "As a society we need to know how to say NO to things, so that we have the opportunity to say yes to what really matters. One thing at a time – I think that makes the biggest difference to all of us. It brings back our sanity."

And so she suggests that we look really hard at that long To-Do list. She encourages people to do only what they are really good at. "We have this constant overwhelm. We have to start filtering what we say yes to."

FARMING ON SCALEBER HILL

John Hall



THE FIRST WEEK of April was atrocious: as we start lambing at the end of March, the first week of lambing was difficult to say the least. Fortunately we have a shed to lamb in. The weather was so wild we were unable to put them out with new lambs. Every pen, trailer or corner was full of sheep with their lambs. It is essential they are kept separate for the first few days, or mothering can be a problem. This requires a lot of time feeding the ewes and supplying of water to all individually.

What a relief when the weather changed and they could go out and enjoy the best spell of the year, sheep of course are outdoor animals. The lambs when inside can pick up all kinds of bugs scours and ailments. We then had a good spell of lambing outside. It is always best when weather is good and they lamb up the fields and can stay there.

May proved to be more difficult showers, wind and cold. The modern breeds of lambs are thin skinned and need a lot more care. You may say, "Why keep these texels and beltex?" Simple. This is what the butchers require.

The traditional British hill breeds of Swaledale, lonk, Dalesbred and herdwick are now kept to supply breeding stock to retain the hardiness. I enjoy having a few lonks and herdwick about as they are hardy characters and don't roll on their backs (the farming term is 'rigged'). (If not seen and lifted up are soon dead.) Texels and beltex are good at this. If these are what the customer requires, one has to cope with it.

All in all we have had a good lambing time (and the belted Galloway calved!!!!). Much as I enjoy lambing after trailing long hours it is a relief when it is over. On a rather sad note, the 14 years old herdwick ewe which I have mentioned before suddenly began to fail. She had been really good all winter and spring, but age suddenly took its toll. To show there is compassion in farming, I took her to the vet to save her any suffering. As a pet she now rests along with dogs in Pets Corner on Scaleber Hill.

I am writing these notes on 28 May. The weather is cold, wet and windy. All the cattle are still indoors. It is bad for the ground nesting birds. The chicks are struggling with the wet and cold. The swallows arrived on 15 April, the same day as BBC Spring watch. Life is never dull. And the next group of heifers are calving.

ROUND AND ABOUT

Duncan Faulkner

Apologies for a mistake in last month's magazine: the canal photo and blog is by Neil Payne, not Nick Payne.

COMMUNITY ENERGY IN GARGRAVE AND MALHAMDALE

Sandy Todd

HEAT – an opportunity to regenerate the Dales economy?

According to Malhamdale Renewable Energy Group's survey of Nov 2007 home heating consumed over 7.5 million units (kilo-watt hours kWh) of energy compared to 1.5 million units of electricity for light and power. Main heating fuels used were LPG, oil, coal and wood and some electric heating. Malhamdale being off the gas grid, oil was the major heating fuel, accounting for 45% of total energy consumption. It also accounted for 44% of CO₂ emissions and 34% of annual energy costs. Something needs to be done to reduce these emissions.

Gargrave uses mostly mains (natural) gas, a cheaper and cleaner fuel. However CO₂ emissions from burning natural gas are still considerable, about 72% of emissions from burning heating oil, and with our North Sea reserves depleted most of our gas is imported, giving rise to uncertainty over pricing and adversely affecting our balance of payments. Here too we need to consider alternative ways of heating our homes.

These changes present a challenge which can lead to long term benefits if we carefully consider the choices facing the community as a whole. Central heating systems normally have a life of 20 – 25 years so we have to consider the long term sustainability of the choice we make and its effect on the future of our community and the environment. Powering hundreds of air source heat pumps would triple our electricity demand needing a substantial investment in wind turbines or nuclear power stations with little or no direct benefit to our communities or the local economy. Fracking for shale gas might supply an unquantifiable source of natural gas for an unknown time period at a cost we can only guess at, also with little local community benefit.

The alternative low carbon heating fuel to oil or natural gas is biomass. Usually supplied as wood chippings or pellets, biomass is a "carbon lean" fuel which causes a fraction of the emissions of fossil fuels. Provided the source is sustainably managed, atmospheric CO₂ absorbed in the growing of replacement trees offsets CO₂ produced by burning. A common source is waste from joinery operations and sawmills which would otherwise end up in landfill eventually deteriorating to produce methane, a powerful greenhouse gas.

Biomass, however, requires larger dry bulk storage than oil or gas, often not available in many of our older properties. It is best suited therefore to fuelling a large central boiler delivering heat, through a piped distribution system to a number of properties. District heating, while being best suited to new-build estate housing can be retro-fitted with careful planning and co-operation between neighbours.

Other advantages worth considering include the following:

- Properties fed from a district heating system don't need their own boiler saving the cost of a replacement

- Biomass fuels generate lower levels of such pollutants as sulphur dioxide which produces acid rain and the residues from burning (ash) can be returned to the soil.
- Modern wood pellet boilers for central heating are just as efficient and fully programmable as their fossil fuel counterparts.
- The use of biomass encourages the management of woodland which increases biodiversity.
- The creation of managed woodlands contributes to rainfall retention, reducing rate of run-off and preventing erosion and flooding downstream
- Biomass for domestic consumption can be sourced locally from within the UK contributing to security of supply.
- UK sourced biomass can offer business opportunities and support the rural economy.
- There is no area of the UK that cannot produce biomass and the setting up of supply and distribution networks can reduce the financial and environmental costs of distribution. There are already a number of distributors serving our area.

A local consideration is that The National Park Management Plan objectives D6 and D7 support farmers and landowners to create at least 400 hectares (1,000 acres) of new native woodland and ensure that at least 60% of all woodland is in active management by 2018. This provides a direct incentive to establish a long term source of timber suitable for conversion to heating fuel as well as for construction purposes or furniture manufacture. It is also the Park's policy to develop a locally based wood-fuel initiative, giving further impetus to such a transition.

There is potential for small and medium sized biomass district heating schemes based in Gargrave and Malhamdale's villages and for larger individual properties the potential for biomass heating is well worth considering. Biomass heating for individual homes or as a community scheme benefits from the government's Renewable Heat Incentive. The community option should be considered in the design of all new housing developments, especially affordable housing where planning guidelines call for high density development.



This is the last of this series of articles on community energy and I wish to thank the Gargrave and Malhamdale Parish Magazines for allowing me to use these pages to get my message across.

The message is that making the transition to a low carbon economy is not just a question of finding the cheapest substitute for dirty fossil fuels. It is an opportunity to make changes to our lifestyle that will benefit us all as a community and provide better employment opportunities in the Dales for our children and grandchildren. Solar panels can be mounted in fields, on barns and contribute to farm incomes or on church roofs and cut power bills. Community owned small wind turbines can provide similar benefits while hydro can contribute to more effective river management. By opting for wood fuel we encourage a whole new industry, which actually enhances the environment as well as providing jobs. All of these technologies benefit from government subsidies and by raising the initial capital outlay by public investment in a Community Benefit Society we can maximise the benefits and share in the wealth that is created.

Our Community Energy Group CEGAM has been set up to promote, facilitate and manage such community projects. We currently have over 30 members keen to take this transition to a low carbon economy forward. It is not going to happen by accident – it has to be designed and we invite interested individuals or groups with potential projects for biomass heating or renewable electricity generation to come forward with their ideas.

Please contact me on 830690 or by email at jamestod@btinternet.com.

TREAD LIGHTLY UPON THE EARTH

Alison Burgess

THE GORSE THAT LINED EITHER SIDE OF THE TRACK leading down to the shore was intense and fragrant. Not for the first time I marvelled at the contradiction that such an apparently lowly, thorny shrub can produce such exotically scented and vivid flowers. A friend once quoted to me the old country phrase: "When gorse is out of blossom, kissing's out of fashion" which derives from the fact that between the different species of gorse you will almost always find some in flower.

This particular walk is always the first one we do on arrival in coastal Dumfries as it takes in meadows, a shoreline, woods and saltmarsh and it is rich in wildlife. Within 24 hours of arrival we had seen a fox, a stoat, red squirrels, roe deer and countless birds rarely seen at home.

There is something very rewarding in just observing wildlife even though we are only ever able to snatch just a glimpse of what their lives entail. Of course there are times when you might see nature in the raw. For instance, a few days later we watched as a peregrine falcon that lives on the nearby coastal cliff took a young bird and settled on the sands to devour its meal.

When we were out and about we heard the skylarks, lapwings and cuckoos long before we got to see them. Back at the garden of the holiday property we observed red squirrels, yellow hammers, goldfinches, greenfinches, bullfinches, nuthatches, great spotted woodpeckers and many more that I was uncertain of identifying (were they chiffchaffs or warblers?), all visiting the various feeders.

What came to mind was a quote from William Blake that really encapsulates how little we really get to 'know' the creatures that share our world:

.....'ev'ry bird that cuts the airy way, is an immense world of delight, clos'd by our senses five'

Mind you, a decent pair of binoculars help.

MOYRA'S MIGRATIONS

Moyra Scanley

Continuing the tour of Western Europe

SEVERAL PEOPLE HAVE ASKED ME how I remember all the details about this trip which we took over 50 years ago. Did I keep a diary? Well no I didn't. The answer is that I have forgotten a great deal about our journey and so I only write about the parts that I can remember, which I think is quite sufficient. Hopefully, this is the penultimate instalment. I am surrounded by maps here in front of the computer, an atlas and my very old Youth Hostel cards which I have kept, so I have a record of all the Hostels I have stayed at over the years. A lot!

Germany, Luxembourg

After leaving Schaffhausen (and missing the Rhine Falls) we soon arrived at the border with Germany and crossed over and headed in a north-easterly direction through the Black Forest to Freiburg. This is a beautiful area with picturesque villages. The Youth Hostel movement was founded in Germany so the country was well supplied with hostels. One night somewhere in this region, we stayed in one whose name I have forgotten now and I was in a dormitory with some other girls. During the night I was woken by something touching my hair. I opened one eye and saw a boy of perhaps 15 or 16 leaning over me. Not knowing what to do, I kept perfectly still and he moved away and then left the room. I can't say I wasn't alarmed, but there were other people in the room with me, so I didn't feel too threatened. The only light was from the window which didn't have a curtain, but I couldn't have recognised him again I don't think in daylight. I still have no idea what it was about, it's one of those things to which I shall never have an answer.

From the Black Forest we rode towards the Rhine Valley which here is the boundary with France. We didn't want to cross over in to France as it would have meant changing some currency, so we continued north to the Saar region of Germany. We followed the Rhine for quite a distance. It is a major river which is about 766 miles long, from the head waters in Switzerland to where it drains into the North Sea after flowing through the Netherlands. It has been a very important means of moving goods since Roman times at least. There was a considerable amount of shipping on it, big barges towing a string of barges behind. We could see all this activity as the road followed the river for much of the way.

We wanted to visit Heidelberg because we had seen the film of the musical, 'The Student Prince', so this meant a slight detour from the Rhine, as Heidelberg is situated on the river Neckar, a major tributary. From Heidelberg we went to Mannheim, which is where the Neckar joins the Rhine. We stayed the night at the hostel there and then it was a short distance the following day to Worms and

onwards, travelling west into the Saar region and thence to the Duchy of Luxembourg.

HOGLETS (HOGWARTS?)

Morris Charlton



THIS TIME OF YEAR can sometimes be very difficult for the hedgehogs especially if it is a hot month.

The females that already have a family will have a cosy nest, but in hot weather and with 4-5 wriggling hoglets the nest can get very hot for her. Sometimes she may even use another nest in the day and sleep apart from her growing family.

In the hot weather the ground becomes harder and the moisture loving worms and other natural food will become more difficult to find. Added to this her growing family will start to come out with her when she is foraging so there are even more mouths to feed.

Providing a dish of water and making a feeding station that cats cannot get into can be a great help for mothers and their growing family. There are suggestions for feeding stations on the BHPS's web site (see below) but using a paving slab resting on some bricks (place the bricks on their sides) will protect the food from the weather, cats and even larger stronger visitors. Leave a small gap (5" or 13cm square) between 2 of the bricks, so the hedgehogs can come and go, and place the food well back from that gap, so sneaky cats' paws cannot reach in. In really hot weather the food can go off and flies can be attracted to it so perhaps use some hedgehog biscuits or dried mealworms rather than tinned food. However dry food will make them thirsty so an extra dish of water is essential.

Also make sure your ponds are topped up so any animal that comes to drink from it can easily reach the water and will not topple in. Hedgehogs are good swimmers but if the level of the water is low it may not be able to get out. This also applies to ponds with overhangs and slippery sides. A small section of plastic coated wire netting just going down the side of the pond can act as a scrambling net so the hedgehogs can climb out.

If you find an abandoned hoglet or a sick or injured hedgehog contact the British Hedgehog Preservation Society they can give general advice and perhaps details of a local hedgehog rehabilitator that you can contact. Contact them on 01584 890801. For more general information about hedgehogs and how to help them visit the BHPS web site at www.britishhedgehogs.org.uk.

Picture by Hilary Whyard from BHPS website

TEACHERS

Enid French

LOOKING THROUGH MY NOTES from the school Log Books I found a reference that I had made to Miss Ideson. She taught at the Wesleyan School for many years and at three years old I was one of her pupils. I cannot claim to remembering much of my time with her and I cannot be sure that she always accepted children as young as three but a note in the Log Book states that on the 31st May 1938, "Today at 3 p.m. Miss E. Ideson was presented with a Phillips Wireless Set £9.19.6d, an easy chair, £2.15.0d, a crocodile skin handbag £2.2.0d and a book containing the names of over 200 subscribers, in recognition of her 37 years of service on the staff of the school."

Transferring to the Church School in 1942 I went into Miss Townson's class upstairs. I later used to tease her that she nearly stifled any musical ability I had by only allowing me to play the triangle during music lessons. As always she had an answer - I was given the triangle because it had to be played at the right time!

After my time upstairs I spent the next two years in Miss Gill's class, where, among other things, I was shown how to make coffee for the staff. The first time was disastrous - the milk boiled over - but I was quickly forgiven and kept the job.

I never went into Mr "Gaffer" Joyce's class but I do remember that he had a machine that could give you a mild electric shock.

Many other names I could mention but perhaps these few will remind you of those days of innocence when the weeks seemed to last forever and the weekends no time at all.

CONNECTING WITH CULTURE

Neil Hudson - London Institute for Contemporary Christianity



The Problem with Power

Power can be a problem. Some people feel they don't have the power they need. Others struggle to know how to use the power they have. While, interestingly, many Christians refuse to believe that any talk of power refers to them. 'Oh I have no real power to change things', they say, as they rage/sulk/mutter (delete as applicable).

This month we have all learnt more about Magna Carta than at any other time since we read 1066 and All That and were informed it was a 'good thing'. The fact that our country had people strong enough to stand up to supreme kings with conceits of divine rights and to impose limits on their power elicits a certain pride.

But then, readers of the Bible have always known the danger of power. When the people of Israel came to be convinced that they needed a king to be like all the other nations, Samuel, perhaps feeling understandably peeved, informed them

of all that would follow. They would have an illusion of increased security, but there would be a heavy price to pay (see 1 Samuel 8).

But they insisted, and so began the nation's monarchical history. And there were 'good kings' and 'bad kings'. What differentiated them was largely that the 'bad kings' acted in ways that feel natural for strong leaders. As people at the top of the proverbial tree, they sense life is there for the living. They call the shots, people have to jump. Simple..

Power has a nasty way of doing that to us all: from pastors in church vestries to formidable football presidents in global organisations. None of us are immune. We all need to be delivered from the temptations of the evil one..

This evil one, who masqueraded as the source of power, was defeated by another King's action that looked like a defeat. Still, the tendency of power to warp us still lingers. We need a Magna Carta. But we need more than that – more than a law that warns us off. We need the power of another Spirit who leads us in the way of that other King, whereby we learn to use well the power we do have- at work, in voluntary groups, in church, and at home. Thank God for Magna Carta. Thank God more for his own Spirit that continues to strive with us all.



GARGRAVE C OF E PRIMARY SCHOOL

Sarah Peel (Head Teacher)

"Every child counts, every child contributes"

Malham YHA overnight visit by Andrew Papai, Yr 5

In the morning Thornton came to our school. We got some maps and a picture taken then we set off! We went along the road until we came onto a footpath 'Our journey begins!'

We went through lots of fields and a lot of people were scared of the cows no one in particular! (Miss Daguzan) We went to Janet's foss and Gordale scar where we went through lots of water!

We finally arrived at the youth hostel where we got our things out into the rooms. I was with Dan, Bailey and Max. We had lovely food there and great desert. We played rounder's for a while then we went to bed. The next day we went to Malham Cove where we saw a peregrine falcon and we also had lunch there! But we had to all go home, so the bus took us to Gargrave where our parents collected us.



Bradford visit by Emma Cadman-Bond, Year 6

Our day at Bradford was interesting and we learnt a lot about different religions and different places of worship. Our tour guides were 2 women, one in the Sikh Gurdwara and the other in the Hindu Mandir. They were both very nice and gave us lots of information.

It took us about 30 minutes to get there and then in the Sikh Gurdwara we had to wear a head scarf over our hair/head. We went to the main hall and we did some prayers.

In the Hindu temple we looked around all of the statues of gods and goddesses and how they get married and what sort of objects they use. At the end they sung a Hindu prayer!

After that we had lunch at Grange Links which is a sport location.

Then we went to the Bombay stores and bought some fabulous gifts and souvenirs.

A gurdwara, meaning the gateway to the guru, is the place of worship for Sikhs... People of all faiths are welcomed there – Wikipedia

GARGRAVE PARISH COUNCIL

Janet Turner

Monthly meeting Monday 8 June 2015

Public participation: Parishioners reported to the Clerk the sites and numbers of various faulty street lights. Such reports allow the Clerk to contact the people required to undertake the remedial work.

The Chairman gave a report on the travellers who stopped in the village on their way to Appleby Horse Fair. The Parish Council is aware that some may also stop on their way home. Therefore the wooden stakes will be collected later in June. The Chairman proposed that consideration be given to the installation of a low fence similar to that along Damside on High Green being installed around the perimeter of the area of Low Green containing the football goalposts. He asked members to think about this.

The Chairman also thanked the village for its support at the event on 30th May at which the Draft Plan produced by the Neighbourhood Planning Group was presented. This event was the start of a 6 week period of consultation to ensure that residents on the electoral roll continue to have a voice in the process. To provide your views please follow the links to the Neighbourhood Plan on the Parish council website.

Councillor Shelagh Marshall agreed to assist the Parish Council in liaising with North Yorkshire Highways over the potential problems in prospect arising from the proposed development of 29 houses on the triangular site next the A65 west of the school.

It was agreed to accept the internal auditor's recommendations that the accounts for the year ended 31st March 2015 be submitted to PKF Littlejohns, the external auditor.

The next meeting will be at 7-15 pm on Monday 6th July in the Village Hall.

Some of you have noticed a few typos in the magazine now and then. To improve this now using a new set of rules for editing.

1. Verbs HAS to agree with their subjects.
2. Prepositions are not words to end sentences with.
3. And don't start a sentence with a conjunction.
4. It is wrong to ever split an infinitive.
5. Avoid clichés like the plague. (They're old hat)
6. Also, always avoid annoying alliteration.
8. Parenthetical remarks (however relevant) are (usually) unnecessary.
9. Also too, never, ever use repetitive redundancies.
10. No sentence fragments.
11. Contractions aren't necessary and shouldn't be used.
12. Foreign words and phrases are not apropos.
13. Do not be redundant; do not use more words than necessary; it's highly superfluous.
14. One should NEVER generalise.
15. Comparisons are as bad as clichés.
16. Eschew ampersands & abbreviations, etc.
17. One-word sentences? Eliminate.
18. The passive voice is to be ignored.
19. Eliminate commas, that are, not necessary. Parenthetical words however should be enclosed in commas.
20. Never use a big word when a diminutive one would suffice.
21. Use words correctly, irregardless of how others use them.
22. Eliminate quotations. As Ralph Waldo Emerson said, "I hate quotations. Tell me what you know."
23. If you've heard it once, you've heard it a thousand times: Resist hyperbole; not one writer in a million can use it correctly.
24. Puns are for children, not groan readers.
25. Even IF a mixed metaphor sings, it should be derailed.
26. Who needs rhetorical questions?
27. Exaggeration is a billion times worse than understatement.

And the last one...

28. Proofread carefully to see if you any words out.

Rotas for St Andrew's Church We need more volunteers for 8am Sidesmen and pairs of volunteers for cleaning. Please contact Janie Kennerdale, tel 748970.

Readings for worship

Sun 5 Jul	Trinity Sunday : Romans 8:12-17, John 3:1-17			
12 July	6th Sunday after Trinity : Ephesians 1:3-14, Mark 6:14-29			
19 July	7th Sunday after Trinity : Ephesians 2:11-end, Mark 6:30-34, 53-end			
26 July	8th Sunday after Trinity : Ephesians 3:14-end, John 6:1-21			
2 Aug	9th Sunday after Trinity : Ephesians 4:1-16, John 6:24-35			
Sidesmen	8am	10.45 am		
Sun 5 July	Vacancy	Yvonne Poulter	Peter Poulter	
12 July	Kay Craven	Sarah Curtis	Pauline Gilfoyle	
19 July	Janet Sturgess	Eileen Holden	Carol Wilson	
26 July	Colin Chapman	Joyce Brotherton	Isobel Lacey	
02 Aug	Vacancy	Dorothy Rishworth	Mollie Blackburn	
10.45 am	Readings	Offertory procession		Intercessions
5 July	Ruth Abbott	Eileen Hoskin	Pat Cockshott	Ron
12 July	Allson Ford	<i>Service of the Word</i>		Mike Maiden
19-Jul	John Bailey	Judith Douglas	Norma Brothers	Hugh Turner
29 July	Yvonne	<i>Morning Prayer</i>		Carol Wilson
2 Aug	Pauline	Eileen Hoskin	Pat Cockshott	Ruth Abbott
Cleaning				<i>If you are unable to carry out your duties, please arrange a swap.</i>
29 June – 10 July	Jean Banks	Carole Ballard		
13-24 July	Beatrice Faulkner	Annie Faulkner		
27 July – 7 Aug	Carol Wilson	Joan Wimbush		

Safeguarding Valuables

To safeguard valuables, register their serial numbers on the National Property Register at www.immobilise.com for free

Police Non emergency 101, Emergency 999

NHS Helpline 111

Heaven

An exasperated mother, whose son was always getting into mischief, finally asked him, "How do you expect to get into Heaven?"

The boy thought it over and said, "Well, I'll just run in and out and in and out and keep slamming the door until St. Peter says 'For Heaven's sake, Dylan, come in or stay out!'"

Public Transport leaving Gargrave

Information compiled by Peter Hardyman

TAXI from Gargrave: phone Gargrave Private Hire 07877 054698, see page A7

TRAINS, from Gargrave - from Sunday 17 May 2015

To Skipton (arrives approx. 5 mins later) & **Leeds** (arrives approx 50 mins later)

Mon-Fri	0745	0811	1201	1347	1453	1728	1814	2028	2131
Saturday	0745	0927	1201	1345	1452	1744	1814	2028	2131
Sunday			1121	1352	1455	1554	1907		2105

To Giggleswick (arrives ~ 20 mins later) & **Morecambe** (arrives ~ 95 mins later)

Mon-Fri	0547 ¹²	0901	1105	1406	1730				
Saturday	0643 ¹²	0905	1105	1439	1730				
Sunday		0932	1145	1543		1809			

To Settle (arrives ~ 18 mins later if direct) & **Carlisle** (arrives ~ 2hrs later if direct)

Mon-Fri	0547 ³	0901 ³	0932	1105 ³	1331	1406 ³	1730 ³	1851	2007 ⁴
Saturday	0643 ³		0932	1105 ³	1331	1439 ^{2 (or 3)}	1730 ³	1840	2007 ⁴
Sunday			0954	1145 ²		1440	1543 ²	1809 ³	

Notes 1. Change at Skipton 2. Not Settle: change at Lancaster for Carlisle
3. Change at Hellifield 4. Terminates at Ribbleshead 12. Change at Lancaster
No engineering works are planned to affect Gargrave trains during July and August.
For live information on the next two trains text GARGRAVE to 84950

BUSES from Gargrave - from 3 May 2015

To Skipton (arrives ~ 15 mins later) (Services 75, 210/ 211, 580, 873, 884)

Mon-Fri*	0821	0956	1056	1057 ⁷	1156	1256	1356	1357 ⁷	1456	1556	1656	1806
Saturday	0821	0956	1056	1105 ⁵	1156	1256	1356	1456	1556	1656	1705 ⁵	1806
Sunday ⁹	0926	0956			1200	1326	1500	1655 ⁹	1656			

To Settle (arrives ~ 25 mins later) and onward to **Kirkby Lonsdale** (Service 580/581)

Mon-Fri*	0904	1059	1159	1259	1359	1459	1559	1659	1759	1839		
Saturday	0904	1059	1159	1259	1359	1459	1559	1659	1759	1839		
Sunday ⁹		1059				1429			1759			

To Malham (arrives ~ 25mins later) (Services 75, 210/ 211, 873, 884)

Mon-Fri*	1000 ⁵				1310 ⁵							
Saturday	1006 ⁶								1606 ⁶			
Sunday ⁹	1006	1046 ¹⁰	1236			1536						

Notes 5. Service 75 connects at Skipton with X75, arr Harrogate ~75 mins later, Sat only
6. Service 75 connected at Skipton with X75 from Harrogate, Saturdays only
7. Tues & Thurs (as service 211) stops at Conistone Cold 4 mins before Gargrave
8. Tues & Thurs (as service 211) stops at Conistone Cold 4 mins after Gargrave
9. Service 884, continuing to Harrogate & York 10. Service 884 from York, Harrogate & Ilkley
11. * Except Bank Holidays O Suns and bank hols to 27 Sept

Public Transport back to Gargrave

TRAINS, to Gargrave

From Leeds (arriving Gargrave ~ 45 mins later)

Mon-Fri		0815	0849	1017	1249	1316	1645	1806	1919
Saturday	0554	0819	0849	1019	1249	1350	1646	1750	1919
Sunday		0840	0900	1100		1357	1459	1720	

From Morecambe (arriving Gargrave ~ 95 mins later)

Mon-Fri	0610 ¹²	1034	1333	1619	1908				
Saturday	0736 ¹²	1034	1331	1616	1909				
Sunday		1222	1446	1741	1946				

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From Carlisle (journey time is dependent on route - check timetables)

Mon-Fri	0550	0949 ²	1155	1249 ²	1506 ¹	1618	1814 ³	(2100 ¹³)	
Saturday	0702 ²	0924 ³	0949 ²	1151	1249 ²	1421 ¹	1539 ²	1618	1807 ³ (2100 ¹³)
Sunday		0925		1133 ²	1259		1520 ¹	1700 ³	1852 ²

Notes 1. Change at Skipton 2. Not Settle: change at Lancaster 3. Change at Hellifield
12. Change at Lancaster 13. Not Carlisle: Departure time is from Ribbleshead

BUSES to Gargrave - from 3 May 2015

From Skipton (arrives Gargrave ~ 15 mins later) (Services 75, 210/ 211, 580, 873, 884)

Mon-Fri*	0850	0950 ⁸	1045	1145	1245	1300 ⁸	1345	1445	1545	1645	1745	1825
Saturday	0850	0950	1045	1145	1245	1345	1445	1545	1550	1645	1745	1825
Sunday ⁹		0945	1030 ¹⁰	1045	1225		1415	1525		1745		

From Settle (arrives Gargrave ~ 25 mins later) (Service 580)

Mon-Fri*	0755	0930	1030	1130	1230	1330	1430	1530	1630	1740		
Saturday	0755	0930	1030	1130	1230	1330	1430	1530	1630	1740		
Sunday ⁹		0900	0930			1300			1630			

From Malham (arrives ~ 25mins later) (Services 75, 210/ 211, 873, 884)

Mon-Fri*	1035 ⁷	1335 ⁷										
Saturday		1040 ⁸					1640 ⁸					
Sunday ⁹		1135			1435	1630 ⁹						

Notes 5. Service 75 connects at Skipton with X75 to Harrogate, arr 75 mins later, Sat only
6. Service 75 connected at Skipton with X75 from Harrogate, Saturdays only
7. Tues & Thurs service stops at Conistone Cold 4 mins before Gargrave
8. Tues & Thurs service stops at Conistone Cold 4 mins after Gargrave
9. Service 884 continuing to Ilkley, Harrogate & York
10. Service 884 from York, Harrogate & Ilkley 11.

Service Operators: Northern Rail www.northernrail.org
75, 884 - York Pullman Bus Co Ltd - 01904 622992
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580/581 - Kirkby Lonsdale Coach Hire - 01524 733831 www.kirkbylonsdalecoachhire.co.uk
Buses (general) www.dalesbus.org; **Traveline** 0871 200 22 33, www.traveline.info
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Gargrave Post Office: Mon-Fri 5.15pm, Sat 11.45am
Church Street (beside Masons Arms): Mon-Fri 9am; Sat 7am
West Street (corner of Higherlands Close): Mon-Fri 9am, Sat 7am

Refuse and recycling collection days

Collections	Gargrave – Mon & Tue	Coniston Cold – Mon
06-Jul / 07-Jul	Blue bin & blue bag	Blue bag and brown bin
13-Jul / 14-Jul	Green bin & brown bin	Green bin
20-Jul / 21-Jul	Blue bag	Blue bin & bag & brown bin
27-Jul / 28-Jul	Green bin & brown bin	Green bin
03-Aug / 04-Aug	Blue bin & blue bag	Blue bag and brown bin

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Gargrave C of E Primary School & Pre-School holiday dates

	School closes	School opens
Summer	Fri 17 July 2015	Tues 8 Sept 2015
Half Term (Autumn)	Fri 23 Oct 2015	Mon 2 Nov 2015
Christmas	Fri 18 Dec 2015	Tues 5 Jan 2016
Half term (Spring)	Fri 12 Feb 2016	Mon 22 Feb 2016

Magazine contributions, adverts and subscriptions

THIS MAGAZINE IS PRODUCED by St Andrew's Church for the benefit of the whole community of Gargrave & Coniston Cold parishes. We welcome short articles, news, notices of events, anecdotes, announcements, obituaries, letters & photos, free of charge, subject to space and relevance.

Please email contributions, if possible, to editor@gargravemag.co.uk. We can also accept short contributions by phone 01756 749443, text 07979 304914 or post to 2 Riversway, Gargrave, Skipton, BD23 3NR.

One-off adverts within the editorial are £18 for ½ page per month, £9 for a ¼, etc, payable to "St Andrew's Church, Gargrave", bank account no 30693561, sort code 20-78-42, or by cheque/cash to 2 Riversway, Gargrave. Please supply artwork in Word or pdf format; alternatively we can create it for you, from £10 per advert.

The deadline for the coming magazine's editorial is the 10th of the previous month.

An annual subscription is £6 – contact Ruth Abbott 748483.

Or download it for free from www.gargravemag.co.uk.

Organisations Please let us know if you'd like to amend or add an entry

<p>Caterpillar Club (0+) – Heather Taylor 749499, or visit Gargrave Caterpillar Club on Facebook – meeting in the playground during dry/sunny summer Wednesday mornings, returning to church once the kitchen works are complete</p> <p>Stay and Play (0+) Village Hall Annex, Mondays 9.30-11.30am, Sally Thomas 748098</p> <p>Twins and Multiple Birth Group, V Hall, Wednesdays 9.30am, NYCC 01609 533990</p> <p>Mini Movers Group, V Hall, Wednesdays 2pm, NYCC 01609 533990</p> <p>Rainbows (5+) – Debbie Gomersall 01729 830589</p> <p>Brownies (7+) – Rose Turner 01729 825886</p> <p>Young Farmers Club – Coniston Cold, Tues 7.30pm, Janet Bolland 01729 830505</p>	<p>Wednesday Club (over 60s) – Village Hall Annex, Wed 1.30-3.30pm,</p> <p>Phoenix Group (over 65s) – The Anchor Inn, alternate Thurs 9am-1pm. Jean McHale 01729 850329, 07775 880577</p> <p>Meals on Wheels – Mon & Wed, Brenda Longbottom 749883</p> <p>Bowling – outdoor Gargrave Bowling Club, Michael Cox, 748285</p> <p>Bowls – indoor, Village Hall, Tues & Thurs 2-4pm, Mary Rushton 748908</p> <p>Cricket – Gargrave Cricket Club (over 13s) Tony Cockshott, 07788 100199</p> <p>Croquet – Craven Lawn Tennis Club, Gargrave, Tues 2-6pm, Roy Berry 748065</p> <p>Cycling – Gargrave Tuesday Club, Dalesman Café, Tues 9.30 for 10am start, Thurs 10 for 10.30am start, Trevor Pickles 01282 844788</p> <p>Football – Gargrave AFC (over 16s), Tues eve training, Sat games www.gargraveafc.co.uk, Caroline Thompson 749235</p> <p>Golf – Mason's Arms Golf Society, www.masonsarmsgolfsociety.com, 749304</p> <p>Hunt – Pendle Forest & Craven Hunt, Elizabeth Adams 01756 749772</p> <p>Pilates – Village Hall Annex, Tuesdays 10-11am, Fridays 9-10am, Beatrice Faulkner 749443</p> <p>Tennis – Craven Lawn Tennis Club, Beth Whitley 749664, www.craventennis.org.uk</p> <p>Tai Chi – Village Hall Annex, Thur 7.30-8.30pm, Ian Cresswell 748540</p> <p>Walking for Health – 1st Thursday of the month, 10am, Jean Maxwell 748851</p> <p>Yoga – Village Hall Annex, Wednesdays 9.30-11.30am, Sally Thomas 748098</p>
	<p>Modern sequence dance – Village Hall, Mon 7.45-10pm & a monthly Saturday (see diary, p.2), John Stephenson 01535 632935</p> <p>Chance 2 dance – Village Hall Annex, Tap (3-18, adult) Tues 4.15-7.30pm</p> <p>Ballet (3-18) Sat 9am-2.30pm, Theatre-craft Thur 5-6pm Jaki 0758 2086345</p>
	<p>Art – Gargrave Art Group – Village Hall, Mondays 1.30-3.30pm, Lesley Woodhouse 749421</p> <p>Bell ringing – St Andrew's, Mon 7.30pm Sun 9.30am Davina Cockshott 07772 179561</p> <p>Bingo – Village Hall Annex, 4th Wed of month 7.30pm, Joan Philip 749468</p> <p>Fuchsia & Geranium Club – V Hall, 1st Wed of month 7.30pm, Paula Jackson 752175</p> <p>Gargrave Heritage Group – Tues 10am, St Andrew's Church, Martin Thomson 748309</p> <p>Knit and Natter – St Andrew's, Tues 2pm, Norma Brothers 748392</p> <p>Mothers Union – Ethne Bannister, 749551</p> <p>Parish Council Meeting – Village Hall side room, 1st Mon of mth, or 2nd on bank hols</p> <p>Snooker Club – Village Hall Snooker Annex, every day, Stewart Smith 749340</p> <p>Stan Drew's Community Choir – Ruth Abbott, 748483</p> <p>WI – Village Hall Annex, 2nd Wed of month 7.30pm, Moyra Sonley 749634</p> <p>Masons Arms – Quiz Sundays 9pm, Acoustic live music 1st Friday of the month</p> <p>The Old Swan Inn – Quiz Thursdays 9pm 749232</p>

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NB Amendment to Reiki advert on page A13: Judy Metcalfe's email is now: mjmet@msn.com

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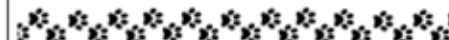
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