

GARGRAVE & CONISTON COLD

Parish Magazine



AUGUST/SEPTEMBER 2015

£1

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The gardens opened, the ducks raced, a vibrant community weekend

Dates for your diary

Coniston Young Farmers Show	15 August
Gargrave Show	22 August
NSPCC Ceilidh	29 August
Jumble Sale	19 September
Library film night	2 October

OCTOBER ISSUE EDITORIAL DEADLINE: 10 SEPTEMBER

editor@gargravemag.co.uk 01756 749443

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CONTACTS

St Andrew's Church, Gargrave		www.standrewsgargrave.org.uk
Vicar	Revd David Houlton	The Vicarage, Church Lane, 748468 david.houlton@bradford.anglican.org
Organist	Susan Watkiss	798660, sue@suewatkiss.co.uk
PCC secretary	Hugh Turner	Kirk Syke, High Street, 748117
Gift Aid	Sarah Curtis	11 Marton Road, 748510
St Peter's Church, Coniston Cold		
Vicar	Revd David Houlton	as above
Churchwardens	Gerald Hall Ethne Bannister	Robin's Barn, Coniston Cold. 748497 Coniston Hall, Coniston Cold, 749551 michael@theconistonhotel.com
Treasurer	Brenda Northrop	749212
Electoral Roll	Jacqui Coates	749300
Gargrave Parish Council		www.gargravepc.org.uk
Clerk	Kathryn Ashby	668209 gargravepc@yahoo.com
Coniston Cold Parish Council		
Clerk	Sandra Crawford	01729 830248
Gargrave C of E Primary School		www.gargraveceprimaryschool.co.uk
Head teacher	Sarah Peel	749433 admin@gargrave.n-yorks.sch.uk
Gargrave Pre-School		www.gargravepreschool.co.uk
Leaders	Lizzie Hall and Judith Metcalfe	748377 info.preschool@btconnect.com
Gargrave Village Hall		
Bookings	Sally Thomas	748098 roland.sally@sky.com
Parish magazine		www.gargravemag.co.uk
Editors and advertising	Beatrice Faulkner Duncan Faulkner	2 Riversway, Gargrave, 749443 editor@gargravemag.co.uk
Subscriptions	Ruth Abbott	9 Marton Road, Gargrave, 748483
Prayer Circle		
Contacts	Carol Wilson Alison Ford	748695, mobile 07947 164579 gargrave.prayer@gmail.com

August



2015

DAVID'S DISPATCHES

Rev David Houlton

"VANITY OF VANITIES, says the Preacher, vanity of vanities! All is vanity. What does man gain by all the toil at which he toils under the sun? A generation goes, and a generation comes, but the earth remains for ever. The sun rises, and the sun goes down, and hastens to the place where it rises. The wind blows to the south and goes round to the north; round and round goes the wind, and on its circuits the wind returns. All streams run to the sea, but the sea is not full; to the place where the streams flow, there they flow again. All things are full of weariness; a man cannot utter it; the eye is not satisfied with seeing, nor the ear filled with hearing. What has been is what will be, and what has been done is what will be done, and there is nothing new under the sun." (Ecclesiastes 1:1b-9, ESV)

It might surprise many people to realise that this poem is from the Bible! Wise old Solomon sees the futility of life in its own right. There is something missing.

He goes on to think about things that might give life meaning: work is better than laziness; pleasure is better than misery; wisdom is better than foolishness; and wealth is better than poverty. But only two things really make life worth living: loving and caring about other people (chapter 11) and knowing and obeying God (chapter 12).

That's why it's so good that people generously open their gardens to everyone, or get involved with the Duck Race, or work hard fundraising for the new playground, or run the Art Show, or Gargrave Show, and run so many things in the Village Hall, School and Church for adults and children in the village. We should say a big thank you to them all!

In the autumn there will be Harvest Festival & meals on 27th September (Coniston Cold) and 4th October (Gargrave), a Heritage Group exhibition and Remembrance Day in November, the Gargrave Nativity Play, the School Plays, the Coniston Cold Carol Service, and all usual events, in the run up to Christmas. They come round every year, but they're not just vanity: they help us come together, and they help us remember – remember God's love and care for everyone in our villages.

Remember also your Creator in the days of your youth, before the evil days come and the years draw near of which you will say, "I have no pleasure in them"; ... and the dust returns to the earth as it was, and the spirit returns to God who gave it. (Ecclesiastes 12:1&7, ESV)

DIARY FOR AUGUST AND SEPTEMBER

Coniston Cold

Sun 2 Aug	Holy Communion, 9.30am
Sun 9	Evensong, 4pm
Sat 15	Young Farmers Annual Show, Village Hall, & adjacent field, noon
Sun 16	Holy Communion, 9.30am

Coniston Cold continued

Sun 23	PET SERVICE, 4pm – followed by refreshments
Sun 30	Joint Service at St Andrew's, Gargrave
Sun 6 Sept	Holy Communion, 9.30am
Sun 13	Evensong, 4pm
Sun 20	Holy Communion, 9.30am
Sun 27	HARVEST FESTIVAL, 6pm – followed by Harvest Supper
Sun 4 Oct	Holy Communion, 9.30am

Gargrave - August

Sat 1	Coffee Morning, 10am to Noon, Village Hall.
Sun 2	8am Communion, 10.45am Sung Eucharist, Church Nostalgia Dance Band, 2pm to 5pm, Village Hall.
Mon 3	Parish Council Meeting, 7.15pm, Annex.
Thu 6	Emergency First Aid at Work course, 9am – 4.30pm – see advert
Sat 8	Coffee Morning, 10am to Noon, Village Hall.
Sun 9	8am Communion, 10.45am Morning Service, Church Flea Market, 10am to 4pm, Village Hall.
Mon 10	Summer Fun Day – Stay & Play – 10am, Village Hall Annex Junior Tennis Fun Day, 11-3, Tennis Club
Tues 11	Pilates restarts (Tuesdays only until early September), 10am and 11.30am, Village Hall Annex
Wed 12	Women's Institute, 7.30pm, Annex.
Fri 14	Dance with Elizabeth Harrison, 8pm, Village Hall.
Sat 15	Coffee Morning, 10am to Noon, Village Hall. Garden Party, 12-4, Neville House
Sun 16	8am Communion, 10.45am Sung Eucharist, Church Fuchsia and Geranium Show, 10am to 4pm, Village Hall.
Wed 19	Cancer Research Table Top Sale, 6pm, Village Hall.
Sat 22	Gargrave Show Modern Sequence Dance, 7pm, Village Hall.
Sun 23	8am Communion, 10.45am Morning Service, Church
Wed 26	Bingo, 7.30pm, Annex.
Sat 29	Coffee Morning, 10am to Noon, Village Hall. NSPCC Ceilidh with Sean Gilligan, 7pm, Village Hall.
Sun 30	8am Communion, 10.45am Holy Baptism, Church Flea Market, 10am to 4pm, Village Hall.
Mon 31	Flea Market, 10am to 4pm, Village Hall.

Gargrave - September

Wed 2	Fuchsia and Geranium Society Meeting, 7.30pm, Annex.
Sun 6	8am Communion, 10.45am Sung Eucharist, Church 3.45 pm Forest Church, meet outside Village Hall
Mon 7	Stay & Play re-starts, 10am Village Hall Annex Parish Council Meeting, 7.15pm, Village Hall Annex.
Wed 9	Women's Institute, 7.30pm, Annex.
Thurs 10	Tai Chi restarts, 7.30pm, Village Hall Annex
Fri 11	Pilates on Fridays restarts, 9am, Village Hall Annex Dance with Elizabeth Harrison, 8pm, Village Hall.
Sun 13	8am Communion, 10.45am Morning Service, Church Flea Market, 10am to 4pm, Village Hall.
Wed 16	Bingo, 7.30pm, Annex.
Thu 17	Registration for Gargrave Pantomime Group, 6.30pm, Village Hall.
Sat 19	Jumble Sale, 10am to 2pm, Village Hall.
Sun 20	8am Communion, 10.45am Sung Eucharist, Church
Fri 25	Macmillan Coffee Morning, 10-12, 9 & 11 Marton Road Quiz Night, 7pm, Village Hall.
Sat 26	Coffee Morning, 10am to Noon, Village Hall. Modern Sequence Dance, 7pm, Village Hall.
Sun 27	8am Communion, 10.45am Morning Service, Church Flea Market, 10am to 4pm, Village Hall. Children's Society boxes opening, 2-4pm Church
Thu 1 Oct	Indoor Bowls re-starts, Village Hall
Fri 2 Oct	Library film night: My Old Lady, Village Hall
Sat 3 Oct	Concert by West Yorkshire Savoyards, 7.30pm, Church
Sun 4 Oct	8am Communion, 10.45 am Harvest Festival, Church Evening: Harvest Supper, Church

Additional regular weekly Gargrave events

Mondays:

9 am	Morning Prayer, Church
10 am	Stay and Play, Village Hall Annex – from 10 Sept
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 & 11.30am	Pilates, Village Hall Annex – from 11 August

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 - from w/c 12 Sept

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 – throughout the summer
1.30pm	Wednesday Club, Village Hall Annex

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 – from w/c 12 Sept
7.30pm	Tai Chi, Village Hall Annex – weekly from 10 Sept

Fridays:

9 am	Morning Prayer, Church
9 am	Pilates, Village Hall Annex –from 11 September

Saturdays:

am	Ballet lessons, Village Hall Annex – from 12 Sept
10 & 11am	Junior Tennis coaching

Sundays:

1.30pm	Social Tennis
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FORTHCOMING EVENTS



Mini-elephant Summer Fun Days

<http://www.minielephant.co.uk>

Summer Fun Day - Gargrave Village Hall Annex Mon 27 July and Mon 10 August; Seaside theme with sand pit, paddling pool and ice cream! 9.30 am to 11 am, £3 per family. Aimed at Under 5s. Older siblings are welcome to help.

We have also teamed up with Craven Children's Centres to provide 'mini stay & play' which will be held in Gargrave, Settle and Bentham as drop in sessions during term time, re-starting in Gargrave on Mon 7 September at 10am in the Village Hall Annex.

We have a variety of toys and activities such as crafts, messy play or baking, along with some structured activities such as baby massage (towards the start of each session) and mini movers (towards the end of each session). There will also be a little snack time, with a story. Lots to see and do for ages 0-5, something different every week. Come and join in the fun!

Mini Elephant is based in Settle, North Yorkshire and we aim to reach far and wide. Please call **Sheryl Stow** on 07814 168 991 or email: minielephant@hotmail.co.uk

Nostalgia Swing Band – 2 August

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.



Emergency First Aid at Work – 6 Aug, 1 Oct

Debbie Gomersall

This one day course, running on 6th August and again on 1st October, 9:00am - 4:30pm, will cover the essentials of life saving first aid for the workplace. All training materials, course manual, lunch and refreshments included - £85 plus VAT. Our courses take place at Craven Safety Services Ltd, Canal Wharf, Eshton Road, Gargrave. For further details contact Mollie Guest tel 01756 860600, email: mollieguest@cravensafetyservices.co.uk or book online: <http://cravensafetyservices.co.uk/events/>

Junior Tennis Fun Day – 10 August

Beth Whitley

Craven Lawn Tennis Club's Junior Tennis Fun Day will be held on Monday 10th August from 11am-3pm. The entry fee is £10 for all, including BBQ lunch and drinks.

This event is for those of Primary School age and includes ball games, mini tennis, coaching etc. To book a place please phone me on 01756 749664 or email swrockingham@aol.com.

Garden Party at Neville House – 15 August

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.



Fire Awareness & Extinguisher Training – 18 August

Debbie Gomersall

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.



Gargrave Agricultural and Horticultural Society Ltd.

**Saturday
22 August
2015**

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.



Closing date for entries: Friday 14 August

The courses take place at Craven Safety Services Ltd, Canal Wharf, Eshton Road, Gargrave. For further details contact Mollie Guest tel 01756 860600, email:mollieguest@cravensafetyservices.co.uk or book online: <http://cravensafetyservices.co.uk/events/>

Table Top Sale for Cancer Research – 19 August

Sally Thomas

Cancer Research Table Top / Clear Out Your Shed or Garage Sale - this will take place from 6pm on Wednesday 19 August in Gargrave Village Hall and the proceeds will be donated to Cancer Research UK. Admission to the event is £1 per person with children being free. The cost of hiring a table will be £6 (2 tables for £10) and further details can be obtained from Cheryl Walker on 01729 830751 or 07791 731750. Refreshments consisting of pie and peas plus cake will also be available along with a raffle.

Pet Service – 23 August

David Houlton

Pet Service, 4pm Sunday 23rd August: Every year we are holding a service to give thanks to God for all the animals around us. We are joined by pets who receive a blessing in the service, we thank God for our pets, and both pets and their people enjoy refreshments after the service. This year the Pet Service will be held at St Peter's church, Coniston Cold at 4pm on Sunday 23rd August. Outside in the churchyard if the weather is good, otherwise indoors. Everyone is welcome - especially pets!.

Ceilidh for NSPCC – 29 August

Marie Chapman

Gargrave NSPCC Committee will be holding a CEILIDH with ever popular SEAN GILLIGAN'S BAND on Saturday 29th August in the VILLAGE HALL from 7.30 pm – 11.30 pm. Admission is £10 for adults and £5 for children to include Pie & Pea Supper. There will be a licenced Bar & Raffle. Tickets are available from Committee Members and Poppyfields Florist (01756-748071).

Forest Church –6 September

Duncan Faulkner

Can you relate to what comedian Francesca Martinez says about nature?...



I guess the closest thing I have to a religion is nature. We always had a very strong connection to environment and planet. I just love nature so much: I think the world is just so beautiful and magical; I'm absolutely overwhelmed by it and so happy to be part of it... I feel a great connection to the planet and to other living things.

(Interview in Third Way magazine, June 2015)

If you can, you are not alone. Many people share her passion while feeling unsure about organised religion. Our first Forest Church event hit the spot for the families who came along and so by popular demand there will be another event on Sunday 6 September. Meet outside the Village Hall at 3.45pm for a walk up to Mark Plantation off Mark House Lane. Activities for all the family. Bring a picnic for afterwards and a teddy too.

Pantomime registration – 17 September

Anita Eccles

Gargrave Pantomime Group are pleased to announce that our 2016 show will be Snow White and the Seven Dwarfs. Registration for anyone, children and adults, wanting to be involved, whether dancing, acting, or on the production crew, will be in Gargrave Village Hall at 6.30pm on Thursday 17 September. The fee for the season is £10, please bring it along with you. For more information please email triplea123@tiscali.co.uk.

Jumble Sale – 19 September

Sally Thomas

This will commence from 10am on Saturday 19 September. The entrance fee is 20p per person and donations towards the sale can be accepted at Gargrave Village Hall on the following days:

Saturday 8 August between 10am and Noon.

Saturday 15 August between 10am and Noon.

Saturday 29 August between 10am and Noon.

Friday 19 September between 2 and 6pm

Please note that we only accept items that can be carried easily by 1 person.

Macmillan Coffee Morning – 25 September

Sarah Curtis and Ruth Abbott

There will be a coffee morning on Friday 25th September (10-12noon) for Macmillan (biggest coffee morning in the world) at the homes of Ruth Abbott and Sarah Curtis, 9 and 11 Marton Road. No need to pay entry twice !!

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!

Children's Society

Sylvia Humphreys

The time to open the collection boxes for the Children's Society is drawing near so please make a note in your diary or on your calendar. Everyone with a box is invited to bring the box to the back of the church on Sunday, 27th September between 2 and 4 p.m. The decision to hold the event in church was made for two reasons. I am pleased to report that the number of boxholders has increased; furthermore the event will provide the opportunity to put the new kitchen to good use. If you do not have a box but are interested in accepting one, you are very welcome to attend. Light refreshments will be served. If you are unable to attend please telephone 748779 so that alternative arrangements can be made to collect your box.

Indoor Bowls

Indoor bowls at Gargrave Village Hall re-start on 1 October.

Mary Rushton

Gilbert & Sullivan Concert – 3 October

Sarah Curtis and Ruth Abbott

There will be a Concert in Church on Saturday 3rd October at 7.30pm when "The West Yorkshire Savoyards", a group which performs all over Yorkshire – and includes singers from Lancashire, N.W. and East Yorkshire and Gargrave of course!, will perform favourite excerpts from Gilbert & Sullivan's works. The proceeds will be split between St. Andrew's Church and the group. There will be an interval with cheese and wine and we shall be selling tickets at £10 from early September. This is just an early announcement to ask you to keep the date. We are sure you will enjoy the performance. Contact Ruth on 748483.

NEWS



Library news

Dave Smith

The start of the school holidays is also the start of the NYCC **Summer Reading Challenge**.

The summer reading challenge is aimed at children aged four to 11. The theme this year is '**Record Breakers**.' The challenge is to read six library books over the summer and it's free to take part.

The challenge **runs until 12 September**. When the children sign up they receive a free poster and each time they read two books, they receive a set of stickers, to encourage them to keep reading with the aim of filling in the gaps on the poster. There are extra incentives too, such as a bookmark, a true-or-false fortune teller and a wristband.

When they have read six books they receive a 'Record Breakers' medal and a certificate. The only rule is that the books they read are borrowed from the library, but they can choose whatever they like, including audiobooks.

See the www.summerreadingchallenge.org.uk website for more information about the summer reading challenge 2015 and to take part in online activities. You can also download the record breakers summer reading challenge app at sol.us/records

For pre-school children the Library continues to run the '**Book Start Bear Club**' reading scheme for 0-5 year olds. If you've got a toddler in tow, please bring them down to the Library and ask one of the Library Volunteers to enrol them onto the scheme.

This year the Library is taking a table at the Gargrave Show on the 22nd August. Information will be available illustrating the large variety of services offered by the Library, including e-books, on-line magazines and other on line services and to occupy the children there will be a variety of children's books to browse through.

Looking further ahead a couple of film nights are planned. On the 2nd October we will be showing "**My Old Lady**" followed by, on the 4th December, "**The Second Best Marigold Hotel**." More information will follow later on these films.

Hunt news

Elizabeth Adams

Our hounds will be busy with the Huntsman this summer taking part in The Great Yorkshire Peterborough, Lowther and Rydal Shows. Let us hope they show themselves off at their best!

Horses start being ridden and getting fit in August ready for the puppy meets in September. These meets are to teach the younger hounds their job out hunting, whilst being guided by the more experienced hounds.

We are holding a lovely hunt ride from Airebridge House at Bell Busk on Sunday 6th September. This is a super ride along bridleways and private land. Details on the Hunt Web site. Everyone welcome and it is followed by very good tea and cakes.

Pilates – August and September, Core & Floor (Flaw?)

Bee Faulkner

Last month saw the start of a new group: "Pilates - a gentle introduction" running on Tuesdays at 11.30am in addition to the pre-existing Gargrave classes. It's an exciting time as more and more of us embrace the importance of strengthening our core stabilising muscles, and maintaining and enhancing our mobility to help us now and in the future.

We will have a summer break for the last fortnight of July and the first week of August, then resuming on Tuesdays only, 10am and 11.30am in the Village Hall Annex, for the rest of the school holidays: 11, 18, 25 August and 1 Sept.

The Friday morning class will recommence a month later, on 11th September, (the week the schools re-open) the 7 week block coinciding with the school term. Similarly, a new 7 week block for the Tuesday groups will start on 8 Sept.

For further information, or to book a place, please contact me on 749443, beansemail@btinternet.com or 0777 898 0994. Or just come along and try it – first session free of charge.

What's my Core? It's the cylinder of muscles around your middle. *If you engage them*, they support your lower back like an integral corset, and also your abdominal contents.. They include the muscles of your lower back, and your deep abdominal muscles, which you can feel connecting when you cough or sneeze. Forming the top of the cylinder is your diaphragm, a muscular dome that separates your lungs from your lunch (and the rest of your abdominal contents).

The base of the cylinder is formed by the hammock of muscles between your legs which span the circular space at the base of your pelvis (yes, in men as well as women), known as your **pelvic floor**. Keep exercising them and you'll keep, or improve, your continence – a good plan given that incontinence is the no 2 reason for people moving to care homes (second only to dementia).

And if, when you're about to sneeze, cough, vomit, push a car or lift a leaden load, you first engage your internal corset (by automatically pulling your tummy in and contracting your pelvic floor muscles) then you're less likely to strain your back, wet yourself or say hello to a hernia.

*Seen on a T-shirt at the Grassington Festival:
I laughed so much that a tear ran down my leg!*

Open Gardens, thanks and future

Helen Oldfield, Bea and Duncan Faulkner

Gargrave had a busy and vibrant weekend 4/5th July with huge community spirit. The Open Gardens on Saturday 4th July and Duck Race on Sunday 5th July.

Thankfully the rain had stopped for the afternoon of the Open Gardens and soon Gargrave was buzzing with busyness of visitors.

The open gardens had a wonderful mix of varied garden styles and abilities, ranging from secret gardens, vegetable gardens, some had music and song in them, some had slides and swings for all to use, but what all the gardens had in common were people with a passion and interest of creating a unique space they were happy to share and talk about with all the visitors.



Poppy & Vincent welcome visitors



Hattie Bee singing 1940s songs to admiring garden visitors

Here are some words of appreciation from Revd David:

"Open Gardens creates such a special atmosphere in the village. Thank you to everyone who has opened their gardens for visitors, those who worked so hard in the village hall, all those who made the music, and to those who did the preparation work in the days, weeks and months beforehand. The funds raised for St Andrew's will go towards supporting and improving the parish church and all it does for this and future generations in Gargrave."

And some from Norma too, in gratitude for the catering team:

"Thank you for all the great work you put into making the kitchen and catering such a success on Open Gardens Saturday. We're a well-oiled team and I'm proud of you all. We couldn't have done it without everyone pulling together like this."



Pinsuti performing in a Neville Road garden

It felt good having so many of us combining together to create a special welcome for the hundreds of visitors who came to appreciate the sights, scents and sounds of our gardens and to sample the savoury and sweet dishes, plants and prizes on offer at the Village Hall. In the process we made a profit of £3157 this year, a record amount to date. We're most grateful to those who have taken part or helped in any way.

Looking forwards, we'll need to expand the organising team if we're running the event again, to avoid that "going under" feeling that's been lurking lately. There's a variety of jobs to do in advance, afterwards and on the day including persuasion, publicity – posters & press, public relations, practical things, photography and, firstly, fixing a date for next year. We can provide a detailed task list to all those interested which we'd be delighted to discuss – please contact us, Beatrice and Duncan, on 749443 or gardens@gargravemag.co.uk, or talk to Revd David.

We'd also appreciate suggestions you may have for coming years; thanks to those who have already provided feedback.

Duck Race – 5 July

Helen Carruthers

The duck race took place on Middle Green, it was a very successful day, even the sunshine made an appearance along with a huge crowd of mums, dads, grandparents, children, teachers and many more members of the community and visitors.

The Co-op were fantastic in getting involved in the event, selling tickets in the shop the previous week and especially on the day as unfortunately our catering company had been unable to make it on the day, the co-op were amazing and rallied round at 8.30am with a supply of burgers and buns and brought a

fantastic refrigerated van with strawberries and cream cups, pop, snacks and our lovely Co-op staff from Gargrave to help. Huge thank to Manager Gill who kept calm and organised at all times accompanied by her supportive team. There donations and help were gratefully received.

Cath Turner lead the PTA fundraising team (Wendy Cham, Yvette Greenway, Helen Carruthers, Wendi Bunting, Jane Ellis) and brilliant support from many more parents of Gargrave Primary School. There was a plethora of stalls from cake,



sweet, face painting, temporary tattoo, craft, bouncy castles, BBQ stall, balloon artist, ice cream, tombola stalls and many more. Our target of 1500 ducks were sold and launched in to the river, although there was some water the ducks did need a little helping hand to reach the finish line at the stepping stones. Thank you to all the children and adults who helped catch the ducks at the end.

Along with the stalls the PTA raised £2500 for much needed outdoor play equipment for school.

A wonderful atmosphere was provided by some wonderfully atmospheric accordion playing.

We had a 'planned' visit from Skipton Fire Brigade who brought their amazing fire engine and all took advantage of a great photo opportunity in it. With thanks to the brigade, it was great to see you all there.

No duck race would have been complete without a fly over from the Red Arrows!! How lucky were we, they must have been flying up from Silverstone Grand Prix. We were very honoured chaps, same time next year?

With huge thanks to all who came and supported this weekend in Gargrave and all those who gave their time and efforts to making it a wonderful weekend. Here's to next year's busy community weekend, we hope you will all come along and join in.



Norma Brothers

Heritage Group

The Heritage Group would like to thank Gill and the Co-operative for their £215 donation. Thank you very much. The money will go towards mending or replacing the Group's printer.

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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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Coniston Cold Young Farmers

Janet Bolland

Coniston Cold Annual Show will be held on **Saturday 15th August** at Coniston Cold Village Hall and adjoining field 12.00 o'clock onwards. Everyone Welcome

During July members have taken part in the Settle District Football and Rounders competition. They have also enjoyed an orienteering event on Malham Moor and the annual car treasure hunt was a challenging evening.

Members are taking the Young Farmers Ducking Stool to Malham Show on Saturday 29th August to raise money for Club funds. Any volunteers to sit on it and maybe get a soaking will be very gratefully received. For further information please have a look at our website or ring Janet Bolland on 01729 830505.

Gargrave Playground Association

Sarah Pawson

The GPA and help from lots of mums have worked hard on the weekend of the Open Gardens and the Duck Race, raising £200 and received lots of encouragement and support for the playground project. It's been a great few months, receiving amazing funding and donations, gathering support from local business and our local brownies, planning big fund raising events for later in the year, and being given Bentleys fantastic help in completing all the surveying needed with the drainage. Over the next few months we hope to be even nearer to completing the lottery bid which means potentially bringing in funding from The Coulthurst Trust, Yorventure and the Craven Trust. By presenting the whole project with all the major funding applications to our Parish Council will mean we are not far off knowing when the project can actually start happening. With Stephanie Wheelhouse's (chair of the Craven CVS) help we are confident that we will sail through the first part of the lottery bid.

It will never be taken for granted the help and support we have received which has kept us going in this very long process, and we thank everyone who has helped.

Playgrounds are now recognised to be an important resource for any community, creating spaces where children can play freely which requires careful thought and imaginative design. The challenge is to provide the best possible play opportunities, and to create play spaces that will be attractive for children, capture their imagination and give them scope to play in new and exciting ways. Too often in the past providers have relied on narrow stereotypes and assumptions, rather than thinking about what children need and how they will use a space for play. A playground that consists of only basic equipment, fencing and safety surfacing caters for only a narrow range of play experiences. Play England has set out guidelines to help providers think about creating spaces that offer all children opportunities for:

- Movement and physical activity
- Stimulation of the senses—sound and smell as well as sight and touch
- Social interaction with children of different ages and abilities
- Access to manipulate natural and fabricated materials
- Challenge and excitement

We feel that we have followed these guidelines, and ensured that all plans are in accordance to responses and comments from all who want to be part of this lovely happy project. We have seen from other playgrounds transformations in other villages what can happen when they are invested in and how it can help strengthen communities, becoming an outdoor hub which is multi-generational. This is what started The GPA, continuing the hard work by the playground group before us and keep our playground going, growing and evolving.

Volunteer help needed for Marie Curie in this area

Sharon Link

Hi, my name is Sharon Link and I work for Marie Curie as a Community Fundraiser looking after Skipton and the surrounding areas. I am looking for volunteers to

help form a fundraising group to raise much needed funds for Marie Curie nursing services, supporting and caring for the terminally ill, in the area.

Could you give the charity any of your time? You might be able to commit to a couple of hours collecting in the area at supermarkets and street collections during the Great Daffodil Appeal in March, you might be great at baking cakes, you may be able to help place collecting tins around local shops and pubs, you may have skills we need for a Treasurer and Secretary for the group, there's lots of ways to help.

I will be arranging a meeting to get interested people together to explain more about the work we do locally and what the group is about. If you are interested in helping in ANY way, please contact me:

sharon.link@mariecurie.org.uk or Tel: 01274 337036.

FARMING ON SCALEBER HILL

John Hall

WHAT A GLORIOUS MONTH JUNE CAN BE. The days long, everything fresh and new, can the beauty of Craven in June be surpassed?

May was a cold and windy month which meant a late turnout for the cattle. Then came the warmth and quick growth of grass. The key to the whole farming years revolves round two days of silage making. The quality of the winter fodder relies on the grass at the best stage and the weather to make dry silage, and the contractor being available. I am pleased to say this year the plan worked perfectly. A good supply of quality feed has been secured.

The mind boggles at the machines and the speed the grass is mown and cleared, will any generation ever see as many changes as I have? Working with horses mowing with a double horse mowing machine from June onwards, finishing in a poor summer as late as September and one year, October. Who remembers making pikes?

Sheep shearing is the next item on the agenda. I think the sheep were happy to retain their fleeces during May but following the heat are now in need of a clip.

The heat can generate problems as one of the most violent thunder storms I have seen caused widespread damage. Locally I know of a cow and several sheep killed by lightning. Several farm sheds had all the skylights smashed by hailstones the size of golf balls.

On the fun side of life I had a great day in Herdwick Country (in the Lakes). As I have always enjoyed sports, fell walking and fell racing, the fact I have a son in law who runs marathons, iron man, three peaks or anything "mad enough", I now have a lot of pleasure supporting his efforts.

The last I attended was on 27 June, the 48 nine peaks race commencing at 5 am to climb Helvellyn over seven peaks and finish with Skiddaw, ending at 7.30 pm. I had a most enjoyable day meeting him at check points and having a quiet stroll up to viewing points.

Memories of local shepherds and fell facers Josh Naylor and Bill Teasdale came to mind (I'm sure those hills have grown steeper). What a pleasure to visit them.

Next on the agenda is the show season: Coniston YFC, Gargrave, Malham and Kilnsey. A time to enjoy the efforts of the year's work.

TREAD LIGHTLY UPON THE EARTH

Alison Burgess

I wonder whether there are many villages like ours that have the benefit of both a canal and a long distance path running through them. Heading west along the canal towpath there are several points at which you can join the Pennine Way to make a circular walk, making these amenities great resources both individually and in combination. Usually, when I head out in that direction I return to the village along the path by the old school and marvel at the clog worn stone style and imagine the children of all ages and attire that will have climbed there, their voices calling out in excitement at meeting friends in the schoolyard.

I also feel people from the past resonating with me when I walk along Mark House Lane towards Bell Busk. I believe workers will have walked from Gargrave to the silk mill at Bell Busk when the wool mills in Gargrave began to decline. Imagine that, walking along there and back in all weathers to work long shifts in a mill. I once met a very old man on this track who told me that he knew a farmer from the area who used to pronounce Gargrave as 'Geregraph', which must hark back to the original derivation of the village name.

On the towpath I try to envisage how the horses would have negotiated the bends and bridges and note the rollers that were used to guide the towlines and which can still be seen on some bends and bridges. How busy and noisy it will have been, especially at the various staithes such as Eshton Road where coal was unloaded and carts will have queued with lead from the leadmines at Grassington to fill the barges for the return journey.

Paths, towpaths and tracks, there's no end to where they will lead us.

MOYRA'S MIGRATIONS

Moyra Sonley

Continuing the tour of Western Europe...

We crossed the border into the Duchy of Luxembourg and it wasn't very far to the City of Luxembourg which, not surprisingly, is the capital. The people speak German, French and Luxembourgish which is a German dialect. Apparently some speak all three.

We decided to stop there a couple of nights to give ourselves time to look round. We booked in at the Youth Hostel and went for a walk round the city. It is a hilly place and picturesque. We went into a park where there was a brass band playing, I believe it was a Sunday, so entertainment was there for anyone who wanted to stop and listen. The band was having a break between tunes and one of the bandsmen went off and started talking to a friend. The conductor was wanting to start playing again, but the man who was talking seemed oblivious to

all the players who were calling to him. He was eventually persuaded to come back and the entertainment resumed.

The Youth Hostel was busy and I was in quite a large dormitory which was nearly full. Peter was in the men's side of the hostel of course. When it got to about 10.30pm the lady in charge of the female part of the hostel made sure we were all in bed, then turned out the light and went out and locked the door behind her! I hate to think what would have happened if there had been a fire or other emergency, the windows were too small and there was no way anyone could have got out. In fact there was no way anyone could have got out to go to the toilet. The door wasn't unlocked until about seven the following morning.

We left the city to go north towards Belgium. As far as I can remember, it was hilly country and well wooded. We went to Clervaux where there is a castle and a Benedictine Monastery. We stayed the night at the hostel and then reached the border into Belgium. One day out in the Belgian countryside, we were cycling along, the sun was shining and it was a pleasant day with virtually no wind. Suddenly a strong breeze started blowing and a few spots of rain started to fall, then the road ahead was almost blotted out with what looked like a hail storm, so we decided to shelter until it had passed. Peter sat under a roadside tree and I went and sat under the next one a little further along. At the last minute I got up and went and joined him under the same tree. Then the hail storm struck us and a very strong wind with it, it felt like a hurricane. Our bikes blew over and all we could do was huddle down until it had passed. When we stood up and looked round there was a large tree had fallen right across the road, enough to block it for cars and a lot of branches had come down. In particular there was a very large branch which had landed right on the spot where I had been sitting before I moved. If I had stayed there I would certainly have been injured at the very least. The road was covered in a thick layer of hailstones which didn't take long to melt. We were able to walk round the tree blocking the road, but the cars were stuck, so presumably had to turn round and find another way. We wanted to see something of Holland before coming back to the UK, so continued north and crossed over yet another border.

Well I had intended to finish the story this month, but I have run out of space so must continue and complete the trip in the next magazine.

GROUND ELDER – DON'T FIGHT IT, EAT IT!

Cynthia Hardyman



Moving to a new garden with Ground Elder I have listened to lots of advice on how to eradicate it. It does cover quite a large area where I'd like to grow a variety of other plants and I don't want it to encroach into any more of the garden, so I do need to get rid of a lot of it. My first thought was to eat it out of existence. Eating greens has never been a problem. Be it lettuce, Swiss chard, cabbage, sprouts, pak choi, I love them all. Nibbling parsley, mint, sage or lovage in my herb garden and Jack in the Hedge, Ramsons or ground elder in the 'wild' garden, gives me great satisfaction. More colourful garden residents such as lavender, marigolds and pansies are fun to nibble too. I have made some very tasty

ground elder and nettle soup, chopped it finely to add to nut loaves, put it into mixed salads and numerous other dishes. But there is a limit to how much ground elder one can consume, especially if the rest of the family are not so enthusiastic.

Digging out ground elder shows why it is such a successful plant. Above ground it can tolerate shade and the compressed earth in a well-used lawn. It can compete with tree roots, and healthy leaves even appear from deep heaps of grass clippings. The secret of its persistence is its root system, a network of thick yellow woody roots with a diameter of up to 3cm from which roots like a network of capillary blood vessels branch, as shown in the photograph. I have pulled out thicker roots about 6 feet long growing about 9" deep.



Ground elder is also known as Bishop's Weed, or in Latin *Aegopodium podagraria*. It is believed that the Romans introduced it to Britain, bringing it over to eat as a useful vegetable. Gardens might soon be cleared of it if we began to utilise this valuable source of nutrition. From 'Cooking Weeds' by Vivien Weise, I quote the following surprising comparisons:

Content of Vitamin A in micro-grams per 100 grams, broccoli 370, ground elder 684;

Content of Vitamin C in micro-grams per 100 grams, spinach 52, broccoli 114, ground elder 201;

Content of protein in grams per 100 grams, spinach 2.5, ground elder 6.7.

Perhaps I shouldn't be digging it out after all!

CAUTION If you gather Ground Elder or any foraged food from the wild, make sure you are absolutely certain you have correctly identified the plant, that it hasn't been sprayed and is out of reach of passing dogs.

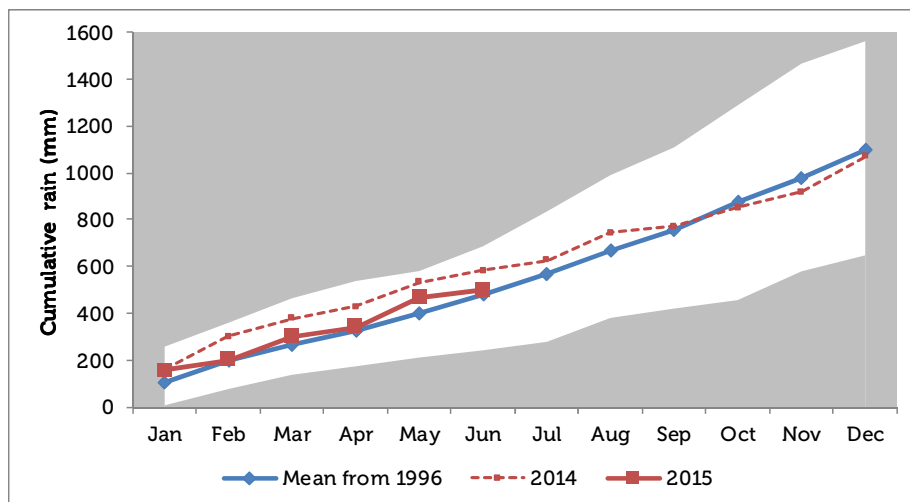
Hear, hear! I mistook Dog's Mercury for ground elder this spring, and had a full plateful. This I regretted later in the day during my subsequent involuntary purging. Now I can distinguish the two and have since enjoyed the real ground elder with no ill effects...Ed (Bea)

NEWS FROM THE CANAL AND RIVER BANKS

Duncan Faulkner and Steve Rawson

The raingauge at Bank Newton hasn't exactly been in danger of overflowing recently. June was dry, with 31mm of rain in total compared with an average of 74. However the year to date is about bang on average in terms of rainfall. The graph over the page shows cumulative rainfall for this year and last, compared with the average. The white zone indicates the historic range: the line of cumulative rainfall has always been within this zone so far.

In contrast, 2014 was wetter than usual until the end of the summer but ended up with an annual rainfall of 1070mm, very similar to the long-term average.



Wasn't that an impressive lightning storm in early July though? Did you know that a lightning strike hits somewhere on the earth's surface approximately 44 times every second? In Britain there are around 300,000 strikes per year. Lightning is hotter than the surface of the sun, reaching temperatures of around 30,000 °C. Despite a large increase in the population, the number of UK deaths from lightning has reduced from on average 19 per year in the second half of the 19th century to five per year in the second half of the 20th century.

CONNECTING WITH CULTURE

Paul Valler, London Institute for Contemporary Christianity



Greek Bailout

When Greece was granted membership of the Euro in 2001 it was a hasty and probably unwise marriage. The lure of a stable currency and the attraction of an enlarged Eurozone led politicians to take the vows of monetary union. Now there is no way back. Any exit would trigger catastrophic speculation that would create tsunami-like flows of capital, destabilizing the whole global financial system. As the former president of the Swiss Bank said recently: 'There is no way out of the Euro, the chaos would be overwhelming. It is a marriage in which divorce is not an option.'

So now the parties are stuck together. The Euro is not just a monetary contract; it is a political covenant. The issue of how relationships between states can work is not helped by the personality clash between the Greek and German

Finance Ministers. One is a leftist, lively expert in game theory who dresses informally; the other an ultra-conservative, former tax officer with a firm belief in austerity. Somehow they have to find a way.

In Jesus' parable of the prodigal son, when the wayward younger son returned, he said 'Father, I have sinned against heaven and against you. I am no longer worthy to be called your son' (Luke 15:21) – a humble and honest admission of personal responsibility. The father was magnanimous and gracious and chose to forgive and receive him back into the family.

Forgiveness, grace and personal responsibility are part of any enduring relationship. A smug, ruling European elite cannot pretend that legalism and following rules will be enough to keep the relationship healthy. That mimics the rigidity and bitterness of the elder brother in the parable. Equally, a government that fails to control spending cannot just blame the system and pretend hardship is avoidable. That mimics the irresponsibility of the wayward son before he came to his senses. What is needed now is for leaders to rise above a geopolitical blame game and take personal responsibility for exercising self-control, forgiveness and grace.

We may not be responsible for the finances of nations, but what about our own circle of relationships with colleagues, friends and family members? Where do we need to admit our failings and take responsibility for what is under our control? Where do we need to forgive instead of being rigid and legalistic, for the sake of our long-term partnerships?

'Let no debt remain outstanding except the continuing debt to love one another' (Romans 13:8).

SCHOOL HOLIDAYS

Enid French

Writing this just before the start of the summer break I began to wonder what holidays were enjoyed during the early days after the opening of the schools in Gargrave in the latter part of the nineteenth century. Looking back in my notes I found one or two mentions of days off for, in early August, Skipton Agricultural Show, one or two days in December for Gargrave Fair and several times when school was closed early to allow pupils to attend exciting things like a circus.

There were very few entries about what we now consider to be normal school breaks. The few there were seem to suggest that the summer break was three weeks. The Church School Log Book has an entry for 15th August 1873 - "Received 12 sticks of chalk from Mr. Smart. Rev'd Marsden visited and informed the children that the annual school treat will be given on Saturday, 23rd August 1873." Obviously the children were back in school after the holiday.

The Wesleyan School Log Book similarly notes days off for Gargrave Fair, a three week summer break and in 1875 that the Easter Holidays would be Good Friday and Easter Monday afternoon! The entry for 22nd December 1877 says "During the time allotted for music the scholars have this week been practising the music in "Service of Sacred Song" entitled the "Pilgrim's Progress", which is to be given by them on Christmas Day"

Not many holidays at all!



GARGRAVE C OF E PRIMARY SCHOOL

Sarah Peel (Head Teacher)

"Every child counts, every child contributes"

Annual Duck Race: The Duck Race was even busier this year, with many people enjoying the sunshine. Well done to the PTA and the whole community for organising such a fun event and raising such valuable money for our young children. All 1500 ducks were sold and there was demand for more! We are going to use the money to replace the outdoor climbing equipment as our current one is unsafe and can't be used, or mended.

Whole School end of year play- Ali Baba and the Bongo Bandits: led by the oldest pupils and performed twice at the Village Hall. There were some star performances and it was a fantastic occasion for them all to shine. Thank you for supporting this event.

Leavers We say good bye and good luck to 10 Year 6 students who are transferring to four different secondary schools. We are delighted with our key stage 2 test results this year, with everyone achieving expected or greater in every subject. A significant number attained level 5 and level 6. We know they have worked hard academically, but we are also proud of their achievements in music, drama and sport. We want our pupils to leave our school confident, happy and healthy; we're sure that they have all these. Well done, we're proud of you all: Will Atkinson, Emma Cadman-Bond, Ari Davies, Bet Ellis, Richard Greenwood, Gabbie Lofthouse, Rosie Potter, Adam Robson, Zak Shepherd and Kate Whitaker.

Richard Mason Memorial Cup – by Adam and Zak

On Friday the 3rd July some of the year 5s and 6s attended the Richard Mason cup. Richard Mason was a local teacher well known for his enthusiasm for sport in Skipton schools. Mr Mason unfortunately passed away a few years ago.

We first played Carleton, the score was 2-0 to Gargrave. The other teams we played were: Greatwood 1, Greatwood 2, Parish 1, Parish 2, Water Street 2, Christ Church and Water Street 1. We won all the games apart from Water Street 1 who won 3-2 but losing that game didn't matter because we had won overall. We are delighted because we had won the Greatwood Football cup a month earlier!



A minute's silence was held after the game to remember Mr Mason.

INFORMATION

Police Non-emergency 101, Emergency 999

NHS Helpline 111

Rotas for St Andrew's Church

Cleaning

27 July – 7 Aug	Carol Wilson	Joan Wimbush
10-21 Aug	Yvonne Poulter	Peter Poulter
24 Aug - 6 Sept	Sylvia Humphreys	Ronald Humphreys
7-18 Sept	Alison Ford	Jerry Ford
21 Sept – 2 Oct	Susan Lupton	Sarah Curtis

If you are unable to carry out your duties, please arrange a swap.



Regular worshippers were upgraded to first class

Don't stay away from church because there are so many hypocrites. There's always room for one more. – A R Adams

Salt

The Sunday School teacher was describing how when Lot's wife looked back at Sodom, she turned into a pillar of salt. Young James nodded with understanding. "My mummy looked back once while she was driving," he announced, "and she turned into a telephone pole."

***We need more volunteers for 8am Sidesmen and pairs of volunteers for cleaning.
Please contact Janie Kennerdale, tel 748970.***

Readings for worship

2 August	9th Sunday after Trinity : Ephesians 4:1-16, John 6:24-35
9 August	10th Sunday after Trinity : Ephesians 4:25-5:2, John 6:35&41-51
16 August	11th Sunday after Trinity: Ephesians 5:15-20, John 6:51-58
23 August	12th Sunday after Trinity : Ephesians 6:10-20, John 6:56-69
30 August	13th Sunday after Trinity : James 1:17-27, Mark 7:1-8, 14-15, 21-23
6 Sept	14th Sunday after Trinity : James 2:1-17, Mark 7:24-37
13 Sept	15th Sunday after Trinity : James 3:1-12, Mark 8:27-38
20 Sept	16th Sunday after Trinity : James 3:13-4:3 & 7-8a, Mark 9:30-37
27 Sept	17th Sunday after Trinity : James 5:13-20, Mark 9:38-50
4 Oct	HARVEST FESTIVAL: Hebrews 1:1-4&2:5-12, Mark 10:2-16

Sidesmen 8am 10.45 am

2 August	Vacancy	Dorothy Rishworth	Mollie Blackburn
9 August	Kay Craven	Sarah Curtis	Pauline Gilfoyle
16 August	Janet Sturgess	Eileen Holden	Carol Wilson
23 August	Colin Chapman	Joyce Brotherton	Isobel Lacey
30 August	-----	Dorothy Rishworth	Mollie Blackburn
6 Sept	Vacancy	Sarah Curtis	Pauline Gilfoyle
13 Sept	Kay Craven	Eileen Holden	Carol Wilson
20 Sept	Janet Sturgess	Joyce Brotherton	Isobel Lacey
27 Sept	Colin Chapman	Dorothy Rishworth	Mollie Blackburn
4 Oct	Vacancy	Sarah Curtis	Pauline Gilfoyle

10.45 am	Readings	Offertory procession		Intercessions
2 August	Pauline B	Eileen Hoskin	Pat Cockshott	Ruth Abbott
9 August	Hugh Turner			
16 August	Ruth Abbott	Judith Douglas	Norma Brothers	Michael Bland
23 August	Jerry Ford			
30 August	Yvonne P	Eileen Hoskin	Pat Cockshott	Sarah Curtis
6 Sept	Pauline B	Judith Douglas	Norma Brothers	Judith Douglas
13 Sept	Hugh Turner			Duncan F
20 Sept	Ruth Abbott	Eileen Hoskin	Pat Cockshott	Alison Ford
27 Sept	Alison Ford			David Houlton
4 Oct	Yvonne P	Judith Douglas	Norma Brothers	Ron H

Public Transport leaving Gargrave

Information compiled by Peter Hardyman, 8 July 2015

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	<u>0901²</u>	0932	1105 ³	1331	1406 ²	<u>1730²</u>	1851	2007 ⁴
Saturday	0643 ³		0932	1105 ³	1331	1439 ^{2 (or 3)}	<u>1730²</u>	1840	2007 ⁴
Sunday			0954	<u>1145²</u>		1440	<u>1543²</u>	1809 ³	

Notes 1. Change at Skipton 2. Not Settle: change at Lancaster for Carlisle
3. Change at Hellifield 4. Terminates Ribbleshead 12. Change at Lancaster for Morecambe
No engineering works are planned to affect Gargrave trains during August and September

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	<u>0911¹¹</u>	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 ^o	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	<u>0959¹¹</u>	1059	1159	1259	1359	1459	1559	1659	1759	1839
Saturday	0904		1059	1159	1259	1359	1459	1559	1659	1759	1839
Sunday ^o			1059			1429			1759		

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

Mon-Fri*	1000 ⁸					1310 ⁸					
Saturday	1006 ⁶								1606 ⁶		
Sunday ^o	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 Coniston Cold 4 mins before Gargrave
8. Tues & Thurs (as service 211) stops at Coniston Cold 4 mins after Gargrave
9. Service 884, continuing to Harrogate & York 10. Service 884 from York, Harrogate & Ilkley
11. During School term only * **Except Bank Holidays** **O** **Suns and bank hols to 27 Sept**

Public Transport back to Gargrave

TRAINS, to Gargrave

From Leeds via Skipton (arriving Gargrave ~ 45 mins later)

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

From Morecambe (arriving Gargrave ~ 95 mins later)

Mon-Fri	0610 ¹²	1034	1333	1619	1908	<i>Living in the BD23 postcode, you can buy a DALES RAILCARD for £13 a year. Save 1/3 off Anytime rail tickets between Gargrave and Leeds, Bradford, Carlisle, Morecambe and Lancaster. Also, discount for children accompanying you.</i>		
Saturday	0736 ¹²	1034	1331	1616	1909			
Sunday		1222	1446	1741	1946			

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 Hellfield
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	0945 ¹¹	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 ^o		0945	1035 ¹⁰	1045		1225		1415		1525		1745	

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

Mon-Fri*	0755	0845 ¹¹	0930	1030	1130	1230	1330	1430	1530	1630	1740
Saturday	0755		0930	1030	1130	1230	1330	1430	1530	1630	1740
Sunday ^o		0900	0930				1300			1630	

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

Mon-Fri*		1035 ⁷		1335 ⁷							
Saturday			1040 ⁵				1640 ⁵				
Sunday ^o			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 Coniston Cold 4 mins before Gargrave
8. Tues & Thurs service stops at Coniston Cold 4 mins after Gargrave
9. Service 884 continuing to Ilkley, Harrogate & York
10. Service 884 from York, Harrogate & Ilkley 11. During School Term only

Service Operators: Northern Rail www.northernrail.org

75, 884 – York Pullman Bus Co Ltd – 01904 622992, www.yorkpullmanbus.co.uk

210/211 – NYCC – 08458 725282;

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

National Rail Enquiries 08457 48 49 50, www.nationalrail.co.uk

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Refuse and recycling collection days

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10-Aug / 11-Aug
17-Aug / 18-Aug
24-Aug / 25-Aug
31-Aug / 01-Sep
07-Sep / 08-Sep
15-Sep / 15-Sep
21-Sep / 22-Sep
28-Sep / 29-Sep

Gargrave – Mon & Tue

Blue bin & blue bag
Green bin & brown bin
Blue bag
Green bin & brown bin
Blue bin & blue bag
Green bin & brown bin
Blue bag
Green bin & brown bin
Blue bin & blue bag

Coniston Cold – Mon

Blue bag and brown bin
Green bin
Blue bin & bag & brown bin
Green bin
Blue bag and brown bin
Green bin
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Green bin
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

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


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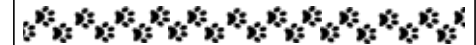
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