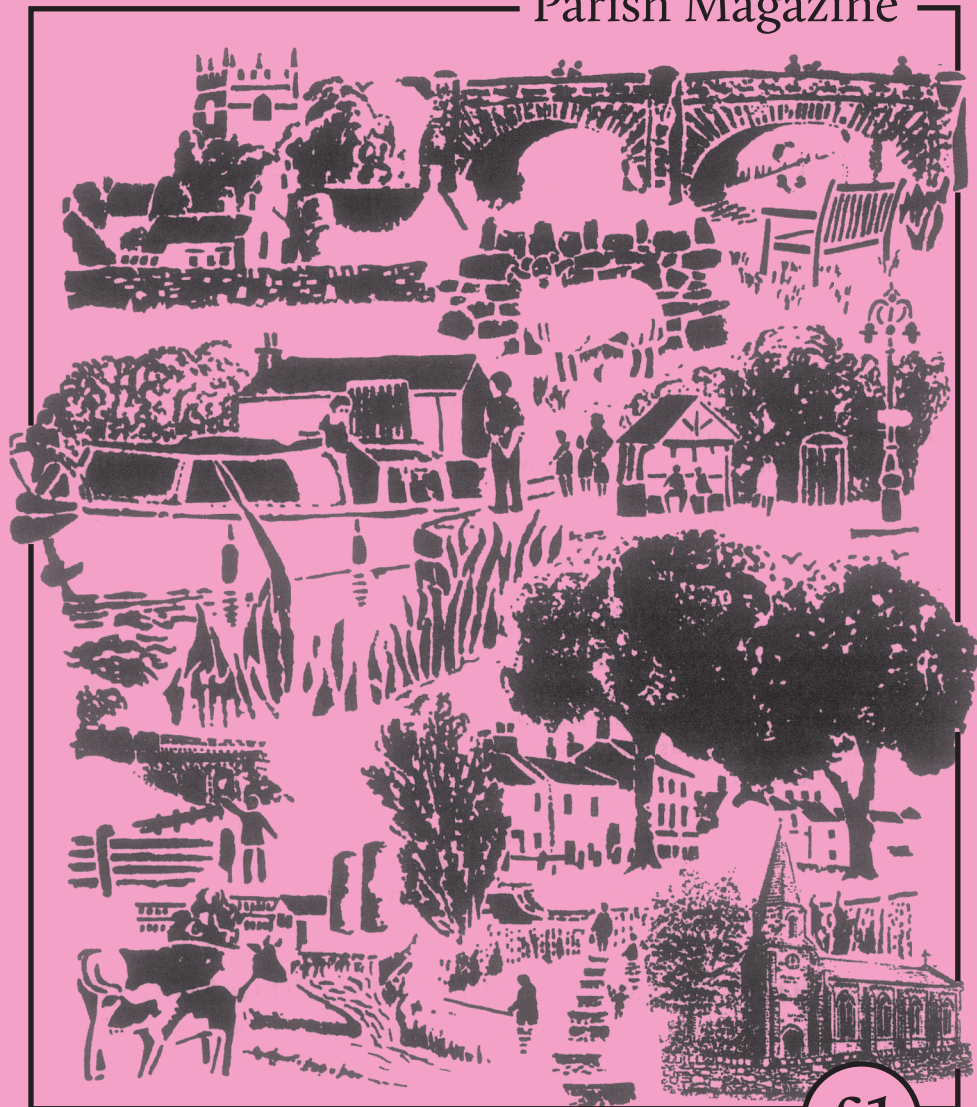


GARGRAVE & CONISTON COLD

Parish Magazine



DECEMBER 2015

£1

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River Aire, 15 November 2015

Dates for your diary

Library film night "Sunshine on Leith"	4 December
Langcliffe Singers concert, Gargrave	5 December
Christmas with the Aliens	9 December
Village nativity play	13 December
Carol Service	20 December
Christingle	24 December
Pantomime: Snow White	18-20 February 2016
Gargrave Open Gardens	11 June 2016

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The **Magna Carta** was on display in Gargrave Parish Church around Remembrance Sunday. It was amazing to look at something written eight hundred years ago. The writing was incredibly neat – to think that it was all hand written!

Magna Carta marked an early step in the development of modern English law. The King conceded various rights and duties to the barons; he was no longer able to do whatever he wanted, or make other people do whatever he wanted. But, actually, this wasn't the first such agreement. Agreements limiting the power of kings and queens go back to ancient civilisations. But why do rulers need to know their limitations? Why do they have a nasty habit of becoming autocratic? In fact, why do we, too, need laws to keep us in order?

The problem of the human condition has, of course, been well known throughout history. It is described in the early chapters of the Bible: We have Free Will – the ability to assess options and choose what we will do. But we don't always do **what we should do**. We can be good, pleasant and peaceful, almost angels, but we can also go badly wrong – succumb to all sorts of poor motives – and end up creating problems for other people... and for ourselves.

What's more, just like us, our world isn't always **how it should be**. It can be good, pleasant and peaceful, almost heaven, but it can go badly wrong – things as diverse as

disabilities, diseases, natural disasters and even dangerous creatures can create problems for people, including us.

So, the problem described in the first three chapters of Genesis is real. Whether we take it as a historical description, or allegory, of why things aren't as they should be, we are "fallen" human beings and we live in a "fallen" world. "Fallen" human beings, with less than perfect motivations and making wrong choices, living in a "fallen" world where everything is less than perfect and things can go terribly wrong. It's almost as if you have one, you have to have the other... Could a world be perfect if we were in it?

But now it's December and we are getting ready to remember that God has a rescue plan: *"He came down to earth from heaven, Who is God and Lord of all, And His shelter was a stable, And His cradle was a stall. With the poor, and mean, and lowly, Lived on earth our Saviour holy."* We remember that Jesus *"lay His glory by, Born that man no more may die, Born to raise the sons of earth, Born to give them second birth."* A second birth, becoming God's spiritual children, and growing up to be more and more like Him.

Let's pray that for everyone in our villages, young and old: *"Bless all the dear children, In Thy tender care, And take us to heaven, To live with Thee there."* Amen!

Coniston Cold

06-Dec	9.30am, Holy Communion
13-Dec	4pm, Evensong
20-Dec	6pm, Christmas Carols with Giggleswick Band
25 Dec	10am CHRISTMAS DAY Communion
27-Dec	10.45am, joint at St Andrew's Gargrave
03-Jan	9.30am, Holy Communion

Gargrave

Fri 4 Dec	7pm Film night <i>"Sunshine on Leith"</i> , Village Hall
Sat 5	10-12am Coffee morning for pantomime group, Village Hall 7.30pm, Vaughan Williams Concert, Church
Sun 6	8am Communion, 10.45am Sung Eucharist for Advent, Church 2pm –Village Nativity play rehearsal (actors only), Church
Mon 7	Parish Council Meeting, 7.15pm, Annex
Tues 8	Coffee morning, Neville House, 10am to noon
Wed 9	New 6 week yoga session, 9.30am, Annex Gargrave School Play <i>"Christmas with the Aliens"</i> , 2pm & 6pm, V.Hall Women's Institute Meeting, 7.30pm, Village Hall Annex
Thurs 10	Gargrave Pre-School Nativity, 9.15am, Gargrave School Hall
Fri 11	Dance with Elizabeth Harrison, from 8pm, Village Hall
Sat 12	Coffee Morning, 10am to Noon, Village Hall 5pm- Village Nativity play rehearsal (actors and choir), Church
Sun 13	8am Communion, 10.45am Service of the Word, Church 4pm Village Nativity Service, Church Flea Market, 10am to 4pm, Village Hall
Tues 15	Christmas Bingo from 7.30pm in the Village Hall Annex
Wed 16	Village Hall AGM, from 7pm, Village Hall Annex 6pm – Gargrave Primary School Nativity Play and Carol Service
Thurs 17	Christmas Fair, 3.30-5.30pm, Gargrave C of E (VC) Primary School
Sat 19	Community Library Coffee Morning, 10am to Noon, Village Hall Modern Sequence Dance 7pm, Village Hall.
Sun 20	8am Communion, 10.45 Christmas Carol Service

Thurs 24 Christmas Eve: 4pm FAMILY CHRISTINGLE SERVICE
11.30pm Midnight Service

Fri 25 11am CHRISTMAS DAY Communion

Sun 27 10.45 Morning Prayer, Church (no 8am service)

Sun 3 Jan 8am Communion, 10.45 Sung Eucharist

Additional regular weekly Gargrave events

Mondays:

9 am Morning Prayer, Church (*except Mon 28 Dec*)

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

7.30pm Church home group, see “Weekly Sheet” in church for venue

Tuesdays:

9 am Communion Service, Church (*excluding Tues 20 December*)

9.30am Gargrave Tuesday Club Cycling, dep The Dalesman Cafe

10 am Heritage Group, Church

10 am & 11.30am Pilates & Gentle Pilates, Village Hall during term time

10.30 am 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 (*except Wed 30 December*)

9.30 am Gentle Hatha Yoga, Village Hall Annex

9.30 am Twins and Multiple Birth Group, Village Hall

10 am Caterpillar Club, Church

1.30 pm Wednesday Club, Village Hall Annex

Thursdays:

9 am Phoenix Club, The Anchor, (alternate Thursdays)

10 am Gargrave Tuesday Club Cycling, dep the Dalesman Cafe

10.30 am Social tennis

2 pm Indoor Bowls, Village Hall

5pm Theatre-craft lessons, Village Hall Annex

7.30 pm Tai Chi, Village Hall Annex

Fridays:

9 am Morning Prayer, Church (*except 25 December and 1 January*)

9 am Pilates, Village Hall Annex – during term time

Saturdays: am Ballet lessons, Village Hall Annex

Sundays: 1.30pm Social Tennis

FORTHCOMING EVENTS

Christmas Lights Switching On

Ruth Abbott

Carol Singing and Switching on village Christmas lights at the Summerseat
Sunday 29 November at 4.15pm.

Gargrave & Malhamdale Library events

Dave Smith

In the run up to Christmas the Library are holding a couple of events: a Film Evening and a Coffee Morning.

The **film**, showing on **Friday 4th December**, will be “Sunshine on Leith” together with a short animation film “The Elephant and the Bicycle”. “Sunshine on Leith” is a story about two soldiers who have to relearn how to live in Edinburgh after returning from service in Afghanistan. A jubilant, heart-warming musical featuring songs by the Proclaimers.

The now customary Café style seating will be in place, so please bring your own refreshments. Doors open 7pm, film starts 7.30pm. Tickets £5 on the door.

Our **Coffee Morning** on **Saturday 19th December** is a joint venture between the Library and the WI.

We are planning an action packed event with a Children’s Corner, Carol singing by the Gargrave Playground Association, the bumper draw for the 100 Club and a special visit by Father Christmas. We will also be holding a special raffle for one of John Merril’s paintings which has been kindly donated by John’s family. The painting can be viewed in the Library. Raffle tickets are on sale in the Library and can also be purchased on the day.

The WI will be unveiling a plaque to celebrate the centenary of the founding of the WI. Our thanks go to the WI for their support, both on the 19th and also on past events, where their help has been invaluable.

And, if that’s not enough, there will be tea, coffee and cakes.

Pantomime coffee morning, 5 December

Duncan Faulkner

Thank you to everyone who supported our coffee morning in November which raised £89. We enjoyed it so much that we are running another one on **Saturday 5 December**, 10-12am in the Village Hall. The money raised at these events will go towards replacing the Village Hall footlights, following in the footsteps of the smart new LED above-stage lighting that was installed last month.

If you haven’t been to a pantomime coffee morning before, come expecting everything from chocolate brownies and flapjacks to healthy options: herbal teas and even fruit... not to forget the obligatory toasted teacakes. We normally manage some lively music too, and friendly chat is guaranteed.

Christmas coffee morning, 8 December

Neville House Notices

Coffee Morning 10am-12pm Tuesday 8 December 10am to noon at Neville House: a residents’ amenity fund-raiser. Cake stall, raffle, tombola.

Christmas Concert: The Langcliffe Singers with Skipton Music Centre

Sarah Glossop

Langcliffe Singers will be visiting Gargrave for their Christmas concert this year. The performance will take place in Gargrave Church at 7.30pm on **Saturday 5th December** and will feature two works by Ralph Vaughan Williams.

The bass soloist in 'Fantasia on Christmas Carols' will be choir member Richard Williams, with cello accompaniment by young local cellist Owain Smith. Owain is a regular player with, amongst others, Settle Orchestra and North Yorkshire Schools Symphony Orchestra. This summer he has also been playing with Xenophon Kelsey's Vacation Orchestra.

Vaughan Williams' 'Hodie' will feature soloists from the Royal Northern College of Music, and for this piece the Langcliffe Singers will be joined once again by members of Skipton Music Centre Choir. This has been a very successful collaboration in the past and the Singers are delighted to be joining forces with the youngsters for this concert.

The organist will be Paul Fisher and musical director Nigel Waugh. Tickets, price £10, will be available from Cave and Crag, Bentham Post Office and Skipton Camera Centre nearer the time, and on the door at the concert.

More info: <http://www.langcliffesingers.org.uk/> & <http://skipton-music-centre.org.uk/>



Rudolph the Red

There was once a great Czar in Russia named Rudolph the Red. He stood looking out the windows of his palace one day while his wife, the Czarina Katerina, sat nearby knitting. He turned to her and said, "Look my dear, it has begun to rain!" Without even looking up from her knitting she replied, "It's too cold to rain. It must be sleeting." The Czar shook his head and said, "I am the Czar of all the Russias, and Rudolph the Red knows rain, dear!"

Don't eat

What do you get if you eat Christmas decorations?

Tinselitus.

Village Nativity Play Invitation

Ruth Abbott

We are planning to present our Village Nativity Play on **Sunday 13 December** at 4pm, in the way that we did it last year. Variations of this version of the play have been held at St Andrew's church for decades. The story, in the form of a series of readings, is narrated, while mainly adult actors mime out the story, wearing costumes from our collection. The action is interspersed with carols sung from the back of the church by a specially formed choir. It is a magical occasion.

We need children to be angels and junior shepherds and to assist the innkeeper. And adults are needed to be shepherds, kings, innkeeper, crowds for filling the inn, etc. We also need singers and helpers, and invite both newcomers and regulars to take part.

The rehearsal schedule is:

- Sunday 29 November, 11.45 am - choir only
- Sunday 6 December, 2pm - actors only
- Saturday 12 December, 5pm - choir and actors

The performance:

- Sunday 13 December, 4pm - choir, actors and audience!

If you'd like to be involved, or are interested in helping in any way, please contact Ruth Abbott on 748483 or Peter Poulter on 748944.



"I'm sorry Michael – even if you HAVE changed your ring-tone to 'Away In-A-Manger', it's still ALL mobiles OFF!"

School PTA Christmas Fair – donations?

Gargrave Primary School PTA

We are looking for donations for our Secret Santa stall and also for a raffle for the school Christmas Fair which will be held on Thursday the **17th December from 3.30-5.30 pm**. If anybody has any unwanted gifts laying around that could be found a new home, or if anybody knows of a business who could donate a lovely gift for a raffle, it would be very much appreciated! Donations can be either dropped off at school or can be collected by Sally Panter (chairperson) please call her on 07580 956316.

Many thanks in advance,

Claire Gautam, Sally Panter and Carolyn Robinson.

How to get more presents...

Joe: Did you get many Christmas presents?

Jack: I sure did. A lot more than my four brothers.

Joe: Why was that?

Jack: On Christmas morning I got up two hours before them.

Christmas events at St Andrew's Church

Ruth Abbott

Sun 13 December, 4pm, Village Nativity Play, Church

24 December 4pm, Christingle

24 December, 11.30pm, Midnight Mass

25th December, 11am, Special Christmas Day Service,

1.30pm Christmas Dinner (see article below)

Christmas Dinner - invitation

Norma Brothers

Are you on your own (couples, single, or singles with children on Christmas Day)?

Join us in St Andrew's Church, 1.30pm Christmas Day for a 4 course lunch, £12.50.

Only a few places left, give me a ring in early December to book - Norma on 749392.



Pendle Forest and Craven Hunt

Elizabeth Adams

We are organising a Christmas party at Gargrave village hall on **Saturday 5th December**. The cost is £15 including supper and disco. Tickets are available from John Chadwick 07831102381 or Tony Holmes secretary 748200. It should be a fun night and all are welcome.

The Boxing day meet will be held on the lower green on **Saturday 26th December**. Please come along to meet the riders horses and hounds. The hounds adore the fuss they receive from everyone and they are excellent with the children. The hunt have met on Boxing day at the village green in Gargrave for many years, a traditional event which many people enjoy.

Open Gardens 2016 – June 11th

Bea and Duncan Faulkner

Next year's Open Gardens date has now been set for Saturday June 11th – please put it in your diary. All gardens, musicians and helpers at the Village Hall welcome!

Family Christmas

A man phoned his son on Christmas Eve and said "After 45 years I'm getting a divorce, I can't stand it any more".

"But dad, you and Mum love each other" replied the son. "For goodness sake don't do anything yet. I'm coming up tomorrow.

The son promptly rang his sister and told her the devastating news and she said "Indeed he is not".

So she rang her Dad and said "Don't do anything and we will talk about it tomorrow when I come up".

The Dad put the phone down, turned to his wife and said "It's OK, they are coming for Christmas and they are paying their own fares.

Don't be alone this Christmas - come along to
St. Andrews Church - Christmas Day @ 1.30pm

CHRISTMAS DINNER

Starter: Prawn cocktail or fruit juice

Main: Roast Turkey, Pig in blankets

Stuffing, Cranberry, Sauce, Apple, Sauce, Bread, Sauce, Roast
Potatoes & Parsnips, Peas, Brussel, Sprouts & Carrots & Gravy

Sweet: Christmas Pudding, Rum, Sauce or Trifle

Followed by Coffee, Christmas Cakes, Cheesecake and Mince

A glass of wine served with your meal

*****ONLY A FEW PLACES LEFT*****

For more information please call Norma Brothers on 748392

12.12.15

NEWS

Various apologies

Duncan and Bea Faulkner

Please accept our apologies for the very late appearance of the October and November issues on the website. We are trying to improve the process for web publishing of the parish magazine.

Also we fear that some contributions have been lost this month. A folder of emails has vanished. Sorry to any contributors whose material is missing.

FREE break for a carer + one in beautiful Dales B&B

Caroline Coyle

Carers Resource are delighted to announce the Dales B&B Tudor House is offering carers a FREE two-night break, sponsored by the Rotary Club of Skipton Craven.

Bob and Sheila Marchant are inviting carers - for the fourth year running - to book a break at their B&B in picturesque Bell Busk, near Malham in the Yorkshire Dales. The offer is intended to give the carer a break, and therefore does not include the cared-for person.

Given the remote location, carers are advised they will need transport to get to the accommodation and for any trips or eating out during their stay. Guests are also advised the accommodation is unsuitable for those with mobility issues.

The offer is for a two-night stay for two adults sharing a room; week nights only, Monday to Thursday, and it is likely to be a double room.

The offer is open now until end of March.

For more details and booking information contact Janet Kirk at Carers' Resource Harrogate office on (01423) 500555 or visit www.carersresource.org/free-two-night-break-for-carers-at-dales-bb/.



A Thank You from the NSPCC Committee

*Gargrave Branch
NSPCC Committee*

After many years of being involved with the NSPCC, and 16 years as the Chairperson of the Gargrave Branch, Eileen Holden is now retiring. During her time in office she has been instrumental in organising many successful fundraising events and the committee would like to express their thanks to Eileen for all her hard work, dedication and leadership and she will be missed. We send our very best wishes to Eileen and Roy for the future.

The Children's Society Collection Boxes

Sylvia Humphreys

We were fortunate to have unusually warm and sunny weather for the opening of the Children's Society collection boxes this autumn. Many people attending this event enjoyed their refreshments outside in the warm sunshine. The opening raised the impressive sum of £503. For three consecutive years the amount collected has increased significantly and I very grateful for the generosity and help of everyone involved. Thanks also to all the people who signed up as new box holders. Their offer to contribute is greatly appreciated.

North Craven Strollers

Jean Maxwell

*North Craven Strollers out for a walk
up Mark House Lane in
Gargrave in November.*

We have had fine weather for most of our walks lately and this one was no exception.

Our walk on December 3rd will be in Gargrave finishing at the Mason's Arms in Marton Road for our Christmas Lunch. Please contact Jean if you wish to go (01756 748851).

The final walk for 2015 will be on December 17th and the first walk for 2016 will be on January 3rd.

Merry Christmas and Happy New Year to you all, hope to meet you on our future walks.



Pilates – December & January

Bee Faulkner

Our Christmas break will be for the fortnight from 21 December. We meet on Tues and Fri mornings at the Village Hall. Our gentle class on Tuesdays at 11.30am is inclusive for those who would prefer to remain sitting or standing rather than lying down. The Friday at 9am and Tues at 10am groups are more mat based. For more information or to book a place, please contact me on 749443. A new 7 week block will start week commencing 4 Jan.

Something to practice at home and when out and about – *looking up with "the eyes on your chest"*. Imagine you have a second set of eyes – one an inch below the middle of your left collar bone, the other an inch below your right one. Use them to "look" over doors with. So even when you're looking down with your seeing eyes, try to keep looking up with the eyes on your chest.

This opens your chest, expands your ribcage, and helps keep a good space within the ball and socket joint of your shoulder, reducing the chance of arthritis there. It makes breathing more effective and even keeps you taller too, less "round shouldered" looking. (It's a more effective postural cue than saying "shoulders back": with your chest lifted at the breastbone: your shoulders will automatically come back into better alignment.)



Pendle Forest and Craven Hunt

Elizabeth Adams

We had a wonderful opening meet at Heslaker Farm Carleton courtesy of Mr and Mrs John Howard. 60 riders enjoyed a bright and sunny day over some of our best country. The following week, our huntsman then brought all his hounds out including puppies and all worked very well together.

Gargrave Playground Association

Sarah Pawson

We want to thank everyone who came to the Halloween coffee morning and bought raffle tickets. We raised a fabulous £224! The kids had a great time and still had cake left over, which we took down to Neville House to enjoy with a cuppa.

And we want to thank The Masons Arms for hosting our first quiz evening...we will report more on that in the new year!!

As it's December we are getting Christmassy, and will be out for our carol singing evening. Everyone is welcome to join us, and we will be putting out posters nearer the time when and where we will be meeting. Gemma Tetley will be our host for the half way break for mulled wine and mince pies!

Also on the 19th December the library will be having a children's reading corner, and has offered to us a chance to fund raise with some carol singing after in the village hall. We will be getting out more info on that soon. If anyone knows of any opportunity for us to have a craft table at a village event then do get in touch. We have some really super gifts hand made by friends and relatives which would make great Christmas gifts.

Talking of Christmas again, we would like to wish everyone a very merry Christmas, and a prosperous and happy new year.

Caterpillar Club

Sarah Pawson

As you may know, Caterpillar Club has run now for many years, and is still going strong. We have around 32 children and babies who now come to the club which is held every Wednesday at the church starting at 10am, and we always love it when new families join.

We now also have the Health visitor come every first Wednesday of the month which was organised by Heather Bullock. This has proved very valuable and we appreciate the health visitor giving her time and support.

We have kept the craft table going, which we plan to do a calendar of a different craft for each week, snack time with plenty of homemade cake, and singing at the end where all the children get the musical instruments out and make a load of noise.

It is very much a team effort and there is a real sense of community amongst the mums which is great. At the moment we are planning the Christmas party, and Santa has already received his Amazon list! There is also a lovely surprise organised by one of the mums for the club, which we will reveal more next time. From all us Caterpillars we would like to wish everyone a merry Christmas, and a happy new year.



Gargrave WI

Jean Maxwell

We had the AGM in October when Margaret Hammond and Anne White were re-elected as Joint Presidents for the year. Judith Douglas, Jennifer Heselton and Heather Jackson all retired from the committee and they deserve heartfelt thanks for all the hard work they have put in over many years. The meeting ended with a

riotous game of "Beetle" with the winner taking home the lovely flowers as their prize.

Twenty members will attend the final federation event for our Centenary Year which is a Thanksgiving and Carol Service in Ripon Cathedral on Saturday December 5th. 2015 has been a very special year for the whole of the WI worldwide. There is a vast amount of information about what has taken place on the NFWI web site – do take a look and see – there will be something of interest for all of you!

Our programme for 2016 has been sorted thanks to Maureen and we have a great variety of speakers and activities on offer throughout the coming year. Please come along to a meeting (7.00 pm for 7.30 in the Annex at the Village Hall on the Second Wednesday of every month) to find out more. The 1st meeting of 2016 will be on Wednesday January 13th.

Best wishes for the New Year to you all from the members of Gargrave WI.

Coniston Cold Young Farmers

Hannah Saxby

6 October AGM held at Richard Tottie Memorial Hall in Coniston Cold. The following members were elected:

President Janet Bolland
Chairman William Throup
Secretary Aimee Beresford
Vice Chairman Gemma Darwin
Treasurer James Bolland
Programme Secretary Alice Walton
Minutes Secretary Millie Brennan & Megan Walton
Show Secretary Joe Hudson & Robin Schofield
Register Olivia & Sophie Barker, Jack Pinder
Press Correspondent Hannah & Ellie Saxby

13th October Settle district quiz held at North Ribblesdale Rugby Club with Rathmell being the winning team.

20th October Members took part in a public speaking competition at the Richard Tottie Memorial Hall. The judge was Sarah Leach and the results were-

1st Paddy Capstick "Muck"
2nd Gemma Darwin "What to talk about"
=3rd Jack Pinder "Egg Entrepreneur"
Robin Schofield "Cyclists"
4th Archie Allen "My Animals"

27th October Members enjoyed ice skating at Blackburn ice rink.

Meetings are held 7:30pm at Richard Tottie Memorial Hall, Coniston Cold.

Forthcoming meetings are:

1st December practise whist drive
8th December Annual Christmas whist drive 7-9:30
15th December Christmas social evening

News from Craven Lawn Tennis Club, Gargrave

Beth Whitley

Craven Lawn Tennis Club have recently held their 2015 Presentation Evening at Herriot's Hotel in Skipton. The event was attended by record numbers of club members who all enjoyed the evening greatly.

The winners of the various events were: Janie Greaves (Vera Fell Trophy), Joe Emmett (John Hill Cup, Teenage Tournament & Young Achiever Award), Ben & Kelly Chambers (President's Cup), Alex Whitley (Joan Wilson Award for Outstanding Contribution to Club Life) and Carol Sharp (A Team Mixed Doubles Captain for the Wharfedale League Courtesy Cup).



The photo shows (left to right back row) Kelly Chambers, Alex Whitley, Ben Chambers & Joe Emmett and (front row left to right) Carol Sharp & Janie Greaves.

Winter tennis & coaching does continue at the Club in Gargrave, weather permitting, if you are interested in obtaining further details, please contact Beth Whitley on 01756 749664 or email secretary@craventennis.org.uk.

Crossgates News

Hannah Robinson

Be fighting fit this festive season with help from Crossgates Health, Gargrave.

Let us check your imbalances and have you feeling your best this Christmas. – 01756 749901. The same applies for your animals too – 01756 749444. If your pendant is due for a follow on then now is the time to be sending it in, it is important to get your pendant re-charged every 3 months.

We also have plenty of fab gift ideas here at The Barn. Now stocking the very popular 'Himalayan Salt lamps' available in different shapes & sizes, - small,

large bowls & candle holders. Starting from £8.50 – Great health benefits & they look good too!

We have plenty of stocking fillers and little trinkets – Jewellery, Gift Boxes, Coconut Oil, Candles, Essential Oils & Burners, Cards & Gift Wrap and much, much more.

Not only do we aim to help you feel great – We sell wonderful ranges of hair, body & make – up products or even treat yourself and book in with our fabulous Hair & Beauty Team – call on 01756 748881 to make sure you get in before Christmas. See our web shop – www.crossgatesfarm.co.uk.

Coniston Hotel and Spa

Martin Evans

Yorkshire's newest Spa has opened last month at the region's hotel of the year. The Coniston Hotel & Country Estate, voted "Large Hotel of the Year" in Welcome to Yorkshire's 2014 White Rose Awards, has developed the Spa as the final piece in the jigsaw at one of the north of England's flagship hotels.

Nine months in development, the 16,500ft² spa directly overlooks The Coniston Estate and its 24 acre lake and is expected to attract thousands of extra visitors each year to this part of the Yorkshire Dales.

The Coniston Spa is located adjacent to the 71-bedroom hotel, and has created 35 new jobs for the local market. Its state-of-the-art facilities include a 15m indoor swimming pool, thermal suite, gym, dance studio, 8 spa treatment rooms, relaxation area and a stunning outdoor spa pool and terrace.

The Spa also offers members and hotel guests a spa dining area called "Nourish" and chefs in Nourish will serve a special menu throughout the day which has been created in consultation with celebrity author, dietician and naturopath Elizabeth Peyton-Jones.

There are already well over 200 members of the Spa, and local residents who join before Christmas will receive a wide range of benefits including use of all the spa's facilities, a gym induction and fitness test, an introductory spa treatment, two guest passes, free WiFi access, and discounts off hotel and spa services, including treatments, food and accommodation. Product and treatment houses selected for The Coniston Spa include Aromatherapy Associates, Jessica Nails and Kissed by Mii.

Leading the team at The Coniston Spa is General Manager Sam Wilson, who has worked in spas throughout the world, including the USA, Canada, the



Caribbean, South America and Europe. She has had experience as a Spa Director for the 5-star Ritz-Carlton Hotel Company, and has also worked as a spa manager on some of the world's leading cruise ships, including Holland America, Princess, Regency, Disney and Royal Caribbean Cruiselines.

The Coniston Hotel, Country Estate and Spa is owned by Michael and Ethne Bannister and their family, and run under the direction of Hotel Director Louise Bolton. "We are delighted to open The Coniston Spa and welcome its first visitors and members this month", said Mr Bannister. "Taking The Coniston from a small hotel and farm shop to one of the north of England's top country resorts has been a labour of love, and to a large extent the Spa is the piece that completes the jigsaw for our guests, local residents and dedicated staff". "We look forward to welcoming literally thousands of new visitors to the Spa and continuing to promote the Dales tourism product locally, nationally and internationally in the years ahead", he said.

FARMING ON SCALEBER HILL

John Hall

There is a saying, the older you are the faster the years go by. By the time you are reading this winter will be here and Christmas will be looming!!!

After a cold May and June from the farming point of view what a good year we have had. I can't remember a year with as much grass and the weather to harvest it. What a wonderful September and October. The beauty of the Dales cannot be surpassed. Being a farmer one has to cope with gales, rain and snow at times but do have the benefit when the weather is good. Sadly once the clocks go back the dark nights and winter drudgery begins.

As I have mentioned before I always try and visit Oban cattle sales in October. Once over Erskine Bridge the best of Scotland in my mind is along the west coast. This year was exceptional/ Perfect weather and the Autumn colours were a joy to see. The sight of Highlands at the show and sale with their long horns and the wash of trim of long hair, to say nothing of the owners' attire I always enjoy. At one time Highland cattle were only seen in the Highlands. Today of course one only needs to visit Hellifield or Malham to meet these hardy individuals.

There does appear to be a parallel with the Yorkshire Dales. The lack of cattle and sheep has restricted the grazing power on the hills which has always maintained a balance. This has usually, and perhaps surprisingly, been due to government policy. However all is not lost for the environmentalists who have more influence over these policies than the farmers have realised if the hills are not grazed (to put it bluntly). The tender grasses smothered.

The encouragement for the return of native breeds is two-fold. They act as lawn mowers and due to their smaller feet than their continental cousins less damage is done by their feet. The Scots of course have their own native breed, who at one time were almost on the endangered species list. When meat was in short supply the heavier Continental breeds were introduced. The Highland cattle are gaining popularity all over the world. Buyers from New Zealand, Germany, France and Belgium were in evidence at the Oban show and sale.

To keep the landscape as we all enjoy on the hills cattle are the good grazers of the strong grasses which otherwise smother the flowers and sweet grasses allowing the likes of bracken, Nardia and Molinia which are seen more and more in the Dales.

In my time of visiting the west Highlands, cattle and sheep have disappeared in many areas. In many of the glens where cattle would be grazing sweet grasses it is now overgrown with bracken and strong grass. The fences are all down, destroying the landscape we all wish to see.

In conversation with the local farmers one of the reasons is the vast areas under forestry which creates head fly problems for livestock. Coupled with drift from the land. Farmers and shepherds are an ageing population. The youth move for their education and don't come back. One can understand life can be tough and isolated in remote areas. It is nice to visit and see in summer and autumn but a bleak Scottish hillside during a snowstorm in February is another story.

TREAD LIGHTLY UPON THE EARTH

Alison Burgess

From the hills above Long Preston and Settle it is possible to look along the wide sweep of the valley below and admire the panoramic views that take in the mountains of the Lake District and the moors of The Trough of Bowland and to understand why the valley is called the Aire Gap, providing a migration route for animals, birds and humans for thousands of years.

Although evidence of actual tracks from prehistory are non-existent you can find yourself walking along more recent but still ancient routes, the Romans having built such durable roads (e.g. Moor Lane between Skipton and Addingham) that we can still enjoy them today. Mastiles Lane may also have a Roman origin since it passes through a Roman marching camp near Malham Tarn but it is more usually associated with the monasteries, being a route that supported the large estates of Fountains Abbey that reached as far as the northern Lake District.

A network of local tracks also developed through constant use to link settlements and markets together with packhorse routes running east-west through the Dales, carrying wool, lead and coal to markets outside the area and bringing necessities such as salt back in. However, drovers roads tended to run north-south as sheep and cattle were brought from as far afield as Scotland to the growing markets for meat in the industrial towns of northern England. Up to 200 cattle and 2000 sheep would be driven across upland areas to avoid damage to enclosed farmland and crops lower down. The routes established could be quite wide and when Parliamentary Enclosures were undertaken in the late 18th and early 19th centuries they were walled and are recognisable by their very wide verges. I suspect Edge Lane between Long Preston and Settle is one such example, which brings me back to that wondrous view across the Aire Gap.

NEWS FROM THE CANAL AND RIVER BANKS

Duncan Faulkner and Steve Rawson

Our Sunday morning journey to the weather station at Bank Newton was more exciting than usual on 15 November. Walkers and drivers on Marton Road advised us not to risk the flood water rushing off the fields and flowing under the railway bridge. But we persisted, Steve on foot and Duncan cycling in wellies, and managed to arrive in time to measure a daily total of 53mm of rain, the highest recorded since November 2000.

We had had continuous rain for around 18 hours. At least three of the roads into Gargrave were blocked by flood water by Sunday morning. The River Aire reached a level of 1.08m at Gargrave Weir, the highest since January 2008.



ENDS AND BEGINNINGS

Enid French

During December we look back at the year of 2015 and also look forward to the new Christian year beginning with the four weeks of Advent leading up to Christmas. It seemed to me to be a good time to look back over the year and own up to some things I have left undone. They are numerous! However there is one thing that I must acknowledge and apologise for. I have never officially thanked the PCC and everyone who had a hand in placing a plaque to mark my over forty years on the organ stool! Very few people get to see their memorial whilst they are capable of responding. It is very humbling. Thankyou very much.

Thankyou to all who have helped me through the years by singing in the choir or in the congregation. There is nothing better than being able to open up the organ and hear the congregation singing heartily. This is always a very special sound and feeling!

Thankyou also to the Vicars and Priests-in-charge who have supported and helped me in very many ways.

Lastly a big thankyou to all who have made me welcome in church. Perhaps the most important feeling is being accepted, with all your faults and quirkiness and through the years this has become increasingly obvious. I have enjoyed myself! It never felt like a chore.

And thankyou and best wishes to all members of the congregation and a very big thankyou to Susan Watkiss for taking over so admirably.

Happy Christmas, Enid French

PS Everyone is welcome in church.. It's no longer fuddy-duddy – mustn't talk – hardly dare breath! It is a place to come and be with other people to worship together, to sometimes be quiet and sometimes – laugh! Why not try it.



GARGRAVE C OF E PRIMARY SCHOOL

Sarah Peel (Head Teacher)

"Every child counts, every child contributes"

We laid a wreath at the Cenotaph on 11th November at 11am. This was a very special moment and the whole school stood in silence, respectfully, to acknowledge the many men and women who have and continue to be involved in conflict. The theme for this term's collective worship has been courage. We have learned about the story of David and Goliath, and about St George and how these stories can be used in everyday life.

We have several events to celebrate Christmas which the community is most welcome to attend.

- The younger pupils will lead a play called 'Christmas with the Aliens!' on **Wednesday 9th December**- 2pm and 6pm at Village Hall
- Carol Service at Church 6pm – **Wednesday 16th December**- traditional nativity with carol service.

On Friday 11th December we shall all be wearing our Christmas jumpers and donating to our nominated charities for the privilege.

Finally on behalf of everyone at Gargrave CE Primary School we wish you all the best for the festive season.

Billy and his Truffles by Jonny Gore, Year 4

Billy was walking through the woods, when he saw a big, yummy truffle! He dragged it back to his home but there was a big troll named Tartus. The troll threatened him saying "If you don't give me your truffles, I will gobble you up!"

Billy was surprised and scared! He didn't want to give Tartus his truffles or he would have nothing to eat. Billy thought it was time to bring out his Perfect Plan.

Leading the way over to his cave, Billy gently placed a few of his smaller truffles through the forest so that Tartus would follow, which he did, stuffing them up in his very wide mouth.

"I placed a very fine truffle outside my cave" Billy said to Tartus. "If I were you, I would run over and eat it before anyone else gets there!"

Tartus ran as fast as he could to Billy's cave as he was excited to eat the yummy truffle.

Tartus was out of breath when he got there. He snatched the truffle off the floor and the trap that had been set by Billy was successful and sent Tartus screaming "aaaaaaarggggh" as he fell into the hole.

Tartus yelled "I'll get you next time" while Billy ran off into the forest giggling with joy and ate the finest truffle he had!

THE END



At Preschool we look at different cultures and customs, and this November the children have been learning about Diwali.



We visited Bollywood to sample some of the delicious food they serve at their restaurant. The children tried chicken korma, vegetable curry and poppadum's to name but a few of the dishes Bollywood cooked for us. We would like to thank them for making us so welcome.

On **Thursday 10th December** 9.15-10am we will be holding our Christmas Nativity at Gargrave School Hall.

We will be visiting Neville House to sing some Christmas songs on Monday 14th December.

It's our Christmas Party on Wednesday 16th December from 3-5pm. Diddi Dance will be providing the entertainment before we have a party tea and hopefully a special guest will have time to visit us before we go home!

Keep it a surprise

Three-year-old Lily was helping her mother wrap a present for her father. While wrapping, her mother told Lily about keeping the present a secret so it would be a surprise. After the present was wrapped, Lily proudly put it under the tree.

When her father asked her if he could shake it and guess what's inside, she said, very seriously, "No, T-shirts don't rattle."

Higgs Boson and the Pope

A Higgs Boson particle barged into the Vatican at Midnight on Christmas Eve. The Pope was in the middle of his sermon, and annoyed. He looked up from his notes and said: 'You can't burst in here like that.' Higgs Boson retorted: "Oh yes I can, you know you can't have mass without me!"



Welcoming the stranger

Mass migration is a feature of our time. Elections are fought over it, newspaper headlines whip up hysteria, and politicians try to avoid blame and responsibility alike. Yet the sprawling community of people living in ramshackle tents in the Jungle just outside Calais presents an opportunity for Christians to shift the discussion.

The early church's hospitality – sharing homes, possessions, and worshipping together across social and ethnic divisions – marked them out in the culture of the day. The letter to the Hebrews reminded believers of the welcome Abraham and Sarah gave to three travellers in Genesis 18, and told them to 'not forget to show hospitality to strangers, for by doing so some people have shown hospitality to angels without knowing it' (Hebrews 13:2). If **any** person could be a messenger from God, then **every** person should be welcomed, valued and treated with generous hospitality. All this, together with Jesus' own example and call to love our neighbour, makes a compelling case.

We might well relate to the example of receiving people into one's house, but what happens when borders are involved? Or when it becomes difficult to tell refugee from migrant? As Christine Pohl writes: 'as citizens of privileged nations and as members of comfortable churches, it is easy for western Christians to become wary of the large number of refugees and migrants. We become fearful of refugee flows that might overwhelm limited resources and interrupt our valued ways of life.'

Yet throughout Exodus, Leviticus and Deuteronomy, we see God regularly telling his people that they should 'not mistreat or oppress a foreigner', for they themselves 'know how it feels to be foreigners, because [they] were foreigners in Egypt'.

Passages like these mean that making room for 'strangers' has always been a key part of the Judeo-Christian tradition. So Pohl calls the western church to a renewed understanding of hospitality: 'Without some sense of our **own** alien identity and our connections to God's kingdom, we will find it difficult to see people from God's perspective and to offer generous welcome without concern for seeking advantage.'

The current problem won't be solved overnight, though the 3,000 inhabitants of the Calais Jungle make up around just 0.015% of the global refugee population. Each one carries the image of the creator. Our challenge, as Christians, is to remember that we too were strangers, yet Christ welcomed us generously. So we sacrificially do the same.

INFORMATION

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

06-Dec	Second Sunday of Advent: Phil 1:3-11, Luke 3:1-6
13-Dec	Third Sunday of Advent: Phil 4:4-7, Luke 3:7-18
20-Dec	Fourth Sunday of Advent: Hebrews 10:5-10, Luke 1:39-45
24-25 Dec	Christmas Services: Hebrews 1:1-4, John 1:1-14
27-Dec	First Sunday of Christmas: Colossians 3:12-17, Luke 2:41-52
03-Jan	Second Sunday of Christmas: Esther 1, John 1:1-18
10-Jan	Baptism of Christ: Esther 2, Luke 3:15-17,21,22

Sidesmen 8am 10.45 am

06-Dec	Linda Wall	Joyce Brotherton	Isobel Lacey
13-Dec	Kay Craven	Dorothy Rishworth	Mollie Blackburn
20-Dec	Janet Sturgess	Sarah Curtis	Pauline Gilfoyle
24-Dec	Christingle Service 4pm : Sylvia Humphreys, Diane Maiden and Ruth Abbott		

8am 10.45 am

27-Dec	Colin Chapman	Joyce Brotherton	Isobel Lacey
03-Jan	Linda Wall	Dorothy Rishworth	Mollie Blackburn
10-Jan	Kay Craven	Sarah Curtis	Pauline Gilfoyle

10.45 am Readings Offertory procession Intercessions

06-Dec	John Bailey	Eileen Hoskin	Pat Cockshott	Judith Douglas
13-Dec	Jerry Ford			David Houlton
20-Dec	Yvonne Poulter	Judith Douglas	Norma Brothers	Ron Humphreys
24-Dec	Hugh Turner	Janet Turner	Eileen Hoskin	
27-Dec	Pauline Barnes			Mike Maiden
03-Jan	John Bailey	Eileen Hoskin	Pat Cockshott	Peter Poulter
10-Jan	Ruth Abbott			Jean Coldwell

Cleaning

30 Nov to 11 Dec	Ronald Humphreys	Sylvia Humphreys
14 to 25 Dec	Jean Banks	Abbie White
28 Dec to 8 Jan	Susan Lupton	Sarah Curtis
11 to 22 Jan	Faulkners	

Public Transport leaving Gargrave

Information compiled by Peter Hardyman, 19 November 2015

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

TRAINS, from Gargrave - from Sunday 13 December 2015 (until 12 Dec see Nov 2015 mag)

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	1455	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 ²	0932	1105 ³	1331	1406 ²	1730 ²	1851	2007 ⁴
Saturday	0643 ³		0932	1105 ³	1331	1439 ^{2 (or 3)}	1730 ²	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 Ribbleshead 12. Change at Lancaster for Morecambe
There are no planned Engineering Works to affect Gargrave trains in December.

NO TRAINS 25, 26 DECEMBER; for other dates check with Northern/ National enquiries.

For live information on the next two trains text GARGRAVE to 84950

BUSES from Gargrave – from Saturday 3 October 2015

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

Mon-Fri*	0821	0911 ¹¹	0956	1056	1057 ⁷	1156	1256	1356	1357 ⁷	1456	1556	1726
Saturday	0821	0911	0956	1056		1156	1256	1356		1456	1556	1656

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

Mon-Fri*	0904	0959 ¹¹	1059	1159	1259	1359	1459	1559	1644	1759
Saturday	0904		1059	1159	1259	1359	1459		1644	1759

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

Mon-Fri* (from 2 Sept)	1000 ⁸	1310 ⁸								
Saturday (from 3 Oct)	1001 ⁶								1559 ⁶	

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

11. During School term only * **Except Bank Holidays** **North Yorkshire School Holiday:**

**** No Sunday or Public Holiday Service in Winter** **20 Dec to 5 Jan inclusive**

Public Transport back to Gargrave

TRAINS, to Gargrave - from Sunday 13 December 2015 (until 12 Dec see Nov 2015 mag.)									
From Skipton (arriving Gargrave ~ 5 mins later)								Last train from LEEDS to Gargrave	
Mon-Fri	0541	0855	0926	1100	1326	1401	1725	1846	2000
Saturday	0638	0900	0926	1100	1326	1433	1724	1835	2000
Sunday		0926	0948	1140		1435	1538	1803	
From Morecambe (arriving Gargrave ~ 95 mins later)								<i>Living in BD23 postcode, you can buy a DALES RAILCARD: 1720 £13/ year. 1/3 off Anytime rail tickets between Gargrave and Leeds, Bradford, Carlisle, Morecambe, Lancaster. Discount for children accompanying you. Winter Offer too.</i>	
Mon-Fri	0610 ¹²	1034	1333		1619	1908			
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	1540 ²	1618	1807 ^{2[or3]} (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. <i>Not Carlisle: Departure time is from Ribbleshead</i>									

BUSES to Gargrave - from Saturday 3 October 2015

From Skipton (arrives Gargrave ~ 15 mins later) (Services 75, 210/ 211, 580)											
Mon-Fri*	0850	0945 ¹¹	0950 ⁸	1045	1145	1245	1300 ⁸	1345	1445	1545	1630 1745
Saturday	0850		0945	1045	1145	1245		1345	1445	1545	1630 1745

From Settle (arrives Gargrave ~ 25 mins later) (Service 580) from 3 Oct

Mon-Fri*	0755	0845 ¹¹	0930	1030	1130	1230	1330	1430	1530	1700
Saturday	0755	0845	0930		1130	1230	1330	1430	1530	

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

Mon-Fri* (from 28 Sept)	1035 ⁷	1335 ⁷
Saturday (from 3 Oct)	1030 ⁵	1630 ⁵

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
11. During School Term only * **Except Bank Holidays**
**** No Sunday or Public Holiday Service in Winter**

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 and 75 (winter)– 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 [03457 48 49 50 is cheaper] www.nationalrail.co.uk

Gargrave Library

West St, BD23 3RD

Open: Mon 3-6pm, Wed & Fri 2-5pm, Sat 10am-1pm.
Visit <http://capitadiscovery.co.uk/northyorkshire/> to reserve or renew books online (first obtain your PIN no. from library)

Refuse and recycling collection days

Collections	Gargrave – Mon & Tue	Coniston Cold – Mon
30-Nov / 01-Dec	Green bin & brown bin	Green bin
07-Dec / 08-Dec	Blue bag	Blue bin & bag
14-Dec / 15-Dec	Green bin	Green bin
21-Dec / 22-Dec	Blue bin & blue bag	Blue bag
28-Dec / 29-Dec	Green bin	Green bin

Last posting times

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 Cl): Mon-Fri 9am, Sat 7am

Doctors

Gargrave Branch Surgery, Higherlands Close BD23 3RF
Tel 749226 from 8am. Open Mon-Fri mornings, 8am to noon.

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

	School closes	School opens
Christmas	Fri 18 Dec 2015	Tues 5 Jan 2016
Half term (Spring)	Fri 12 Feb 2016	Mon 22 Feb 2016
Easter	Thu 24 Mar 2016	Tue 12 April 2016
Half Term	Fri 27 May 2016	Mon 6 June 2016
Summer	Fri 22 July 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.

Police

Non-emergency 101, Emergency 999

NHS Helpline

111

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

Caterpillar Club (0+) – St Andrew's Church, Wed 10am, Heather Taylor 749499 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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Amendments:

Page A25: Plumbing & Heating advert – Andrew Cullingworth is no longer on the Gas Safe Register.

Page A13: Reiki advert - Judy Metcalfe's email is now: mjmet@msn.com

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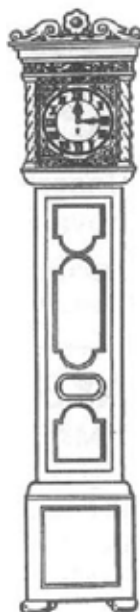
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