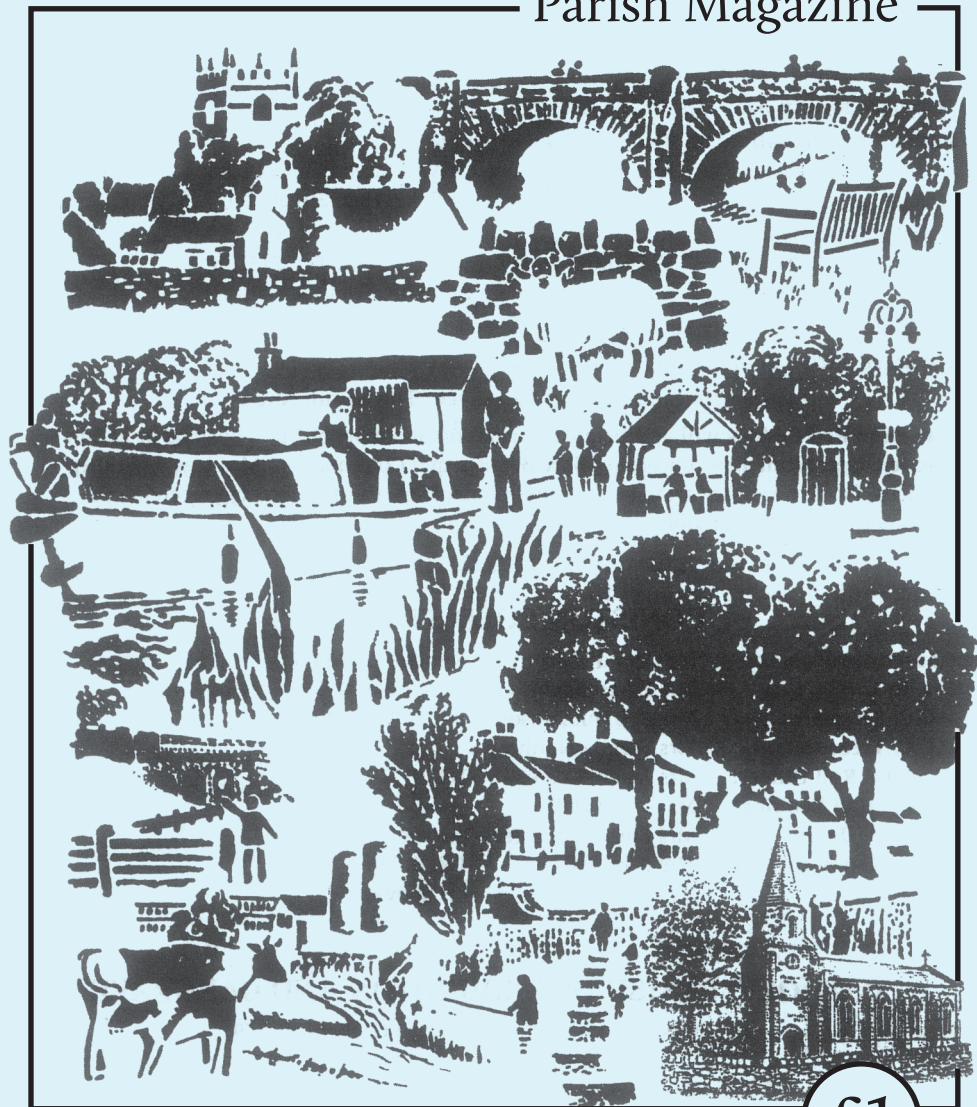


# GARGRAVE & CONISTON COLD

Parish Magazine



JANUARY 2016

£1



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## Dates for your diary

Sat 6 Feb	Soup Lunch for NSPCC
Tues 9 Feb	Shrovetide Supper
18-20 February	Pantomime: Snow White
11 June	Gargrave Open Gardens

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*What do you call a camel  
that's got three humps?  
Humphrey*

*Who rides a camel and carries  
a lamp?*

*Florence of Arabia*



## DAVID'S DISPATCHES

Rev David Houlton

IT'S A BIT OF A COME-DOWN when Christmas is over isn't it? All the excitement of Christmas, carol singing, presents and parties is replaced by the prospect of the deep winter and an uncertain year ahead. What will happen to us and our world in 2016?

As we go through life we eventually learn that there are no guarantees in this world. There is always much to be thankful for (though the temptation is to take those things for granted) and there are always things that go wrong – which we have to cope with if we don't want to let them spoil life for us. That's the reality of living in a world like ours.. neither our world, nor ourselves, are "as we should be" all the time.

What's more, God doesn't solve all our problems for us. He doesn't make our world perfect, and He doesn't make us perfect, in this life. As we remembered at Christmas, even when Jesus came in to the world, things were bad: his country was oppressed by the Roman Empire; secular and religious leaders were more interested in power than truth; and the ordinary people were at best fickle. Even for Jesus, who was always loving, caring and good, this world wasn't always a nice place to be... and people weren't always caring and good to Him.

So what did Jesus do, and what can we do? How does it help having God in our life if He doesn't solve all our problems? Well, Jesus was able to go through even terrible difficulties positively because He knew God's love with Him and that God wins in the end.

And it's the same for us: as we grow as people, and grow spiritually,

we can learn to see the difficulties of our life more from God's perspective, and learn to go through them together with Him.

In the morning services at the start of last year we spent six weeks looking at the life of **Abraham**, who grew spiritually through many challenges to become the "Father of Faith". And this year we are starting by looking at the life of **Ruth**, who is also a great example to us of facing life's challenges and difficulties determined to live a loving and good life - and found God's blessing in it. She became Jesus's great great great (etc) grandmother.

The Bible, and our Christian heritage, is not about escapism, it is thoroughly grounded in the realities of our world. In 2016, may we all learn wisdom, and grow spiritually, as we face life's challenges together with God.

*"I said to the man who stood at the gate of the year: 'Give me a light that I may tread safely into the unknown.'"*

*And he replied: 'Go out into the darkness and put your hand into the Hand of God. That shall be to you better than light and safer than a known way.'*

*So I went forth, and finding the Hand of God, trod gladly into the night. And He led me towards the hills and the breaking of day in the lone East."*

*("God Knows" written by Minnie Louise Haskins and first published in 1908; read aloud by George VI during first wartime Christmas radio broadcast on December 25th 1939.)*

## DIARY FOR JANUARY & EARLY FEB

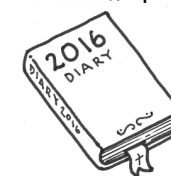


### Coniston Cold

Sun 3 Jan	9.30am Holy Communion
Sun 10	2.30pm Ripon Cathedral - Plough Sunday with Coniston Cold YFC
Sun 17	9.30am Holy Communion
Sun 24	4pm Evensong
Sun 31 Jan	10.45 Joint Service at St Andrew's Gargrave
Sun 7 Feb	9.30am Holy Communion
Tues 9 Feb	Shrove Tuesday Jacob's Join meal (Gargrave & Coniston Cold), 7pm, St Andrew's Church, Gargrave
Tues 10 Feb	Ash Wednesday Ashing Service (Gargrave & Coniston Cold), 7pm, St Andrew's Church, Gargrave
Tues 14 Feb	4pm Evensong

### Gargrave

Sun 3 Jan	8am Communion, 10.45am Sung Eucharist
Mon 4	Art Club meetings resume, 1.30pm, V Hall Committee Room 1. Parish Council Meeting, 7.15pm, Annex
Tues 5	Pilates resumes, 10am and 11.30am, Gargrave Village Hall Indoor Bowls resumes, 2pm, Village Hall
Wed 6	New 6 week yoga session, 9.30am, Annex
Sat 9	Coffee Morning, 10am to Noon, Village Hall Modern Sequence Dance 7pm, Village Hall.
Sun 10	8am Communion, 10.45am Service of the Word, Church
Wed 13	Twins and Multiple Birth Group resumes, 9.30am, Hall. Women's Institute Meeting, 7.30pm, Village Hall Annex
Thurs 14	Tai Chi classes resume, 7.30pm, Annex.
Sat 16	Coffee Morning, 10am to Noon, Village Hall
Sun 17	8am Communion, 10.45am Sung Eucharist
Sat 23	Coffee Morning, 10am to Noon, Village Hall
Sun 24	8am Communion. 10.45 Morning Prayer, Church
Wed 27	Bingo from 7.30pm in the Village Hall Annex
Fri 29	Dennis Westmoreland Dance, 8pm, V Hall
Sat 30	Coffee Morning, 10am to Noon, Village Hall
Sun 31	Flea Market, 10am to 4pm, Village Hall
Sat 6 Feb	Soup Lunch for NSPCC, 11.30am, Village Hall



Sun 7 Feb 8am Communion, 10.45am Sung Eucharist

Tues 9 Feb 6.30pm for 7pm Shrove Tuesday Jacob's Join meal, Church

Wed 10 Feb 7pm Ash Wednesday Service, Church – First day of Lent

### Additional regular weekly Gargrave events

#### Mondays:

9 am Morning Prayer, Church (most weeks, - see weekly church news sheet or: <http://www.standrewsgargrave.org.uk/church-calendar/>)

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 & Standing/Sitting Pilates, Village Hall - term time

10.30am Adult Tennis Coaching and Social Tennis (weather permitting)

2pm Craft and Chat, 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 (most weeks, - see weekly church news sheet or: <http://www.standrewsgargrave.org.uk/church-calendar/>)

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 (most weeks, - see weekly church news sheet or: <http://www.standrewsgargrave.org.uk/church-calendar/>)

9 am Pilates, Village Hall Annex – during term time

**Saturdays:** am Ballet lessons, Village Hall Annex

**Sundays:** 1.30pm Social Tennis

## FORTHCOMING EVENTS

### NSPCC Soup lunch – 6 Feb

*Gargrave Branch  
NSPCC Committee*

The next event of the Gargrave Branch NSPCC Committee will be a Soup Lunch to be held in the Village Hall on **Saturday 6<sup>th</sup> February** from 11:30am to 2:00pm. Tickets can be obtained from Poppyfields or committee members.

### Shrovetide Supper – 9 Feb

*Norma Brothers*

This convivial annual event is to take place as usual on **Shrove Tuesday, 9 February** in St Andrew's Church, 6.30pm for 7pm start. All are welcome, from both Gargrave and Coniston Cold. Please bring your own cutlery to save washing up. If you are able to provide a sweet or a salad please let Norma know by calling her on 748392 or by putting your name on the sheet at the back of Gargrave church. Thank you.

### Gargrave pantomime "Snow-White" 18-20 Feb

*Duncan Faulkner*

Date for your diary: as usual the Gargrave Village Hall Pantomime Group will be putting on four entertaining performances at the end of **February half term: Thursday 18<sup>th</sup>, Friday 19<sup>th</sup> and two performances on Saturday 20<sup>th</sup>**. The evening performances start at 7.15pm, and Saturday's matinee at 2.15pm.. Snow White and the Seven Dwarves, written by Peter Denver and with a cast of adults and children, will be directed by Anita Eccles, a show not to be missed.

Advance tickets will be on sale from the end of January at the Dalesman and the library: Adults £5, Concessions £3. Or buy them on the door for £6 and £4.

*...Look out for the promotional knitted mice, including the full complement of dwarves, Cinderella and the Prince, in the window of Myers' Antique shop on the High Street from early January, kindly loaned by Margaret Mitchell...*

### Open Gardens 2016 – June 11<sup>th</sup>

*Bea and Duncan Faulkner*

Open Gardens this year has been set for Saturday June 11<sup>th</sup> – please put it in your diary. All gardens, musicians and helpers at the Village Hall welcome!

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### One liners

*What did the raspberry say to the blueberry? Breathe, breathe!!!*

*A hangover is the wrath of grapes.*

*When two egotists meet, it's an I for an I*

*A bicycle can't stand on its own because it is too tired Time flies like an arrow. Fruit flies like a banana.*

*In democracy your vote counts. In feudalism your count votes.*

*A chicken crossing the road is poultry in motion*



### FREE break for a carer + one in Bell Busk B&B

*Caroline Coyle*

Sponsored by Rotary Club of Skipton, Bob and Sheila Marchant are inviting carers to book a break at their B & B in the Yorkshire Dales. It is intended to give the carer a break, so does not include the cared-for person. Carers will require transport to get there and for trips out during their stay. Unsuitable for those with mobility issues. Offer is for a two-night stay for two adults sharing a room (probably a double) and must be for week nights only (Monday to Thursday). Offer open until the end of March. Call Janet Kirk at Carers' Resource 01423 500555

### Samaritans Purse Shoe boxes

*Marie, Poppyfields*

Thank you for the 840 joyful Christmas shoe boxes filled with love for the world's poorest children in Liberia and for refugees. Happy New Year from the children and us at Poppyfields

### Gargrave Christian Mission

*Joyce Brotherton*

Gargrave Christian Mission would like to thank everyone who attended the Coffee Morning and Christmas Sale of Work at the end of November. The magnificent sum of £755 was raised in aid of Yorkshire Air Ambulance. A big thank you to all who contributed with cakes, mince pies, bric a brac, chocolate, raffle prizes etc. And another big thank you to the Co-operative who provided a lovely hamper which raised £80

We send you all best wishes for Christmas and the New Year. Thank You

### Yorkshire Air Ambulance bonus

*Moyra Sonley*

The church did a great job collecting for the Yorkshire Air Ambulance when they held the coffee morning on 30th November, mentioned above. I was one of the waitresses and a lot of people worked very hard to make the event a success.

People had already spent generously and were enjoying their tea/coffee and mince pies, when I went round with a large red bucket asking if they would like to put anything more in. I think everyone contributed and Victoria, the Air Ambulance representative said she would let me know how much we had collected. Well to my delight we had collected an extra £106 in the bucket to go with the money the coffee morning had raised already, bringing the total raised from £755 up to £861.

I would like to thank everyone very much indeed for their generosity in giving the extra contributions to a very worthwhile cause.

### Gargrave Christian Mission –thank you Joyce

*David Houlton*

Thank you, from all those involved, to Joyce Brotherton for co-ordinating the annual "Mission Sale" for the last 10 years. We greatly appreciate all that you've done. The sales are lovely sociable occasions with a variety of stalls, great hospitality, throngs of people, and large sums made for charity in the process.

### Magna Carta Exhibition

*Sue Lyell,  
Gargrave Heritage Group*

Many thanks to those who braved the pouring rain to visit the exhibition in church in November. Although the Magna Carta replica was the centre-piece of the event, there were more war stories from the Gargrave soldiers, old photos of the village, household memorabilia and a collection of coronation and commemorative pottery. On the first weekend, the amazing model of the Pennine bus garage was a great source of fascination. Such attention to detail! We had lots of positive feedback for the whole event and a supply of lovely refreshments, courtesy of Norma and her team. Thanks also to the Craven Museum for the loan of their Magna Carta display – they were happy for it to be made available to a wider audience.

We're always on the lookout for items for our archives and we were pleased that visitors came with old photos, stories and even a model of the old Methodist chapel. Although visitor numbers and donations were low due to the inclement weather, we've still been able to give something to the Church for the use of the premises. We're planning a series of events for 2016, including talks about Gargrave's place in history, guided walks round the village and an exhibition for the battle of the Somme anniversary.

### Langcliffe Singers' Christmas Concert - Review

*Duncan Faulkner*

Singers, instrumentalists and audience battled through rain, wind and floods to reach St Andrew's, Gargrave, on December 5<sup>th</sup>, for an evening of English Christmas music, with a German cello solo to add some spice.

Although some of the Langcliffe Singers and the pupils from Skipton Music Centre were unable to make the journey, the audience were transfixed from the haunting opening notes of Owain Smith's cello solo in Vaughan William's Fantasia on Christmas Carols. Richard Williams introduced each carol with a rich mellow baritone solo, before the choir responded with a lively elaboration, accompanied by Paul Fisher on piano.

Owain starred in the next piece too, Kol Nidrei by Max Bruch. The applause that erupted, after this young cellist's final note faded into silence, seemed like it would never stop. Following this, the five girls from Skipton Music Centre sang confidently a lively carol, Tell out the news by Jan Holdstock.

After a couple of more conventional Christmas pieces, the second half consisted of a Christmas cantata by Vaughan Williams, Hodie (Today). The performance of this challenging work was an impressive blend of talent: amateur and professional, young and old. The Langcliffe Singers were centre stage, with the girls from the Music Centre in the choir stalls interspersing segments of narration from the Gospel stories. These five young singers navigated the tricky melody with its awkward intervals skilfully, with only occasional difficulty. Personally I found it was this melody that continued to play on in my head for several days afterwards. Three soloists from the Royal Northern College of Music provided operatic solos, one highlight being when all three soloists gently took the audience through the opening sentences of John's gospel, dramatically concluded by the full choir's fortissimo "Emmanuel". Paul Fisher handled the

marathon piano accompaniment with the skill and sensitivity that audiences have come to expect from this talented local musician and composer.

All the performers are to be congratulated for a memorable evening of music. Perhaps for a future concert in similar weather conditions they could consider Benjamin Britten's opera, Noye's Fludde?

## Flea Markets

Caroline Thompson

The organisers of the Flea Markets at the Village Hall would like to take this opportunity to thank everyone for their support during 2015.

The Fairs attract visitors and sellers from a wide area as well as the local community. Thanks are also expressed to everyone attending the last two Fairs for such pleasing comments on the recent re-decoration of the Hall.

Two Flea Market, Vintage and Collectable Fairs are held each month at the hall. Sheila Palmer of Broadway Fairs holds an event on the last Sunday of each month whilst the Village Hall Committee hold one generally in the middle of the month. Both Fairs are run on similar lines with some regular stall holders attending each one, whilst some sellers may attend on an occasional basis. There is a good variety of stalls selling Collectables, Antiques, Books, Jewellery, Small Furniture, Bric a Brac, Plants, Crafts and Cakes. Both Fairs also have a cafe which sells light refreshments.

The Village Hall Committee Fairs will now have a well-earned annual break until **Sunday 13th March** which allows the Pantomime group some free Sundays for extra rehearsals whilst Sheila will return with her first Fair of the New Year on **Sunday 31st January**.

The proceeds from the table rentals and door admission at the Committee run Fairs go towards the Village Hall funds.

For further details or a list of all the 2016 Fairs please contact Caroline on 01756 749235.

Many thanks and a Happy New Year. Caroline Thompson (Village Hall Fairs) and Sheila Palmer (Broadway Fairs).

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## The puppy

*A clergyman was walking down the street when he came upon a group of about a dozen boys, surrounding a small puppy. Concerned lest the boys were hurting it, he went to investigate.*

*One boy explained, "We just found this puppy, and we all want him. So we've decided that whichever one of us can tell the biggest lie will get to take him home."*

*The minister was taken aback. "Don't you boys know it's a sin to lie? Why, when I was your age, I never told a lie." There was dead silence for a moment. The minister thought he had got through to them.*

*Then the smallest boy gave a deep sigh and said, "All right, give him the dog."*

## Genuine Nourish-ment at The Coniston Spa

Martin Evans

Yorkshire's newest Spa opened in November at The Coniston Hotel & Country Estate, and its unique food offering is already enjoying a growing army of fans who are heading for Nourish, the spa's healthy eating outlet which has already featured in Hello magazine.



With the hotel having been voted "Large Hotel of the Year" in Welcome to Yorkshire's 2014 White Rose Awards, The Coniston Hotel's owner, Michael Bannister, developed the Spa as the final piece in the jigsaw on the estate. Located adjacent to the 71-bedroom hotel, the spa offers hotel guests, over 300 spa members and other members of the local community a range of state-of-the-art facilities including 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 dining area has been named "Nourish", and chefs in Nourish – under the direction of Head Chef Chris Oakden - serve a special menu throughout the day which has been created in consultation with celebrity author, dietician and naturopath Elizabeth Peyton-Jones. According to Chris, it's Nourish's speciality menu which is already proving a great hit. "Elizabeth Peyton-Jones is a guru of healthy eating" says Chris, "and it's wonderful that her food philosophies and creations have now come to the Yorkshire Dales. We are evangelizing "healthy food for healthy living". Our customers' favourite recipe so far is Seabass Provencale served with wilted spinach and sweet potato wedges, but dishes across the whole menu are proving popular with our spa-goers who not only want to look good and feel good but also follow the "my body is a temple" mantra", he said.

Nourish offers fresh, seasonal produce from some of the best local and regional producers in Yorkshire and Lancashire. Avoiding or reducing dairy products, wheat, sugar, salt and red meat, and offering specialities like Artisan Bread, healthy yoghurts and porridge, fruit platters, smoothies and juices, and even a special Nourish Afternoon Tea, it is pioneering a healthy approach from 7am every morning at The Coniston Spa.

## Gargrave Art Exhibition & Arts & Crafts In Gargrave

Alan Poxon

The 2015 Art season is over: it was a most successful year for both our exhibitions.

First of all, let me thank everyone who came to see one or both shows, especially those who purchased something, and a very special heartfelt thank you to all of the artists and craftspeople who showed their work; what a very talented place we live in!

The Summer Exhibition sold 35 works of art, and along with the donations at the door, the raffle, and the donation from the Ladies of the Gargrave W.I. who ran the café, we were able to raise £1,000 for the Village Hall. Over 1,000 visitors came to see the show this year, an increase on the last two years, and the comments they left behind were marvellous.

The Autumn Art & Crafts was equally well-attended. Craft sales are always the most popular, but this year they outstripped previous figures, and along with the art and all the other contributions, we were able to donate a further £800 to the Village Hall, and a wonderful £1,100 to the Yorkshire Air Ambulance. A donation £115 was also made to the Yorkshire Dales Millennium Trust, who attended both events with their Flowers Of The Dales stall, this sum being partly made up from a charitable donation from the sale of carpentry work by Raymond Payne.

Individually, two fantastic shows this year, but together, a clear indication that Gargrave has become a place to come and see amazing art and crafts, which will hopefully continue and grow for many years. But this couldn't happen without the support of the people who live in and around Gargrave. So to those who gave up their time and effort freely to set-up, administer, and take-down the shows a last and special thank you. Without your help we just couldn't do it.

If you would like to help with the 2016 shows, or if you or someone you know would like to take part in next year's exhibitions, please get in touch with a member of the committees, or go to the website [www.gargravearts.webs.com](http://www.gargravearts.webs.com).

Good Wishes for 2016, Alan Poxon,  
01756 749686



## Life and death

*The vicar was preaching a powerful sermon concerning death and judgment. In the course of the sermon, he said: "Just think – all of you living in this parish will one day die." At this, a man in the front pew began to laugh quietly.*

*After the service the vicar demanded sternly why he had found such a serious subject so funny? The man explained: "I was just happy, because I don't live in this parish."*

## Pilates –January & February

Bee Faulkner

A new 6 week block will start week commencing 4 Jan. 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.

**Something to practice at home and when out and about– becoming more ambidextrous.** If you're right handed, try doing more tasks with your left hand. Try eating with your other hand, holding the phone with it, brushing your teeth with it, using your computer mouse with it, using it to hold the dog lead... If you walk with a stick, try alternating which hand you hold it in; consider using two sticks (or none) instead of one. If you carry a bag with one hand or on a preferred shoulder, try to use your other side too; try carrying shopping in two equally weighted bags, one in each hand. If you carry a child on your hip or a diagonal sling, try doing the mirror image. If you play racquet sports, try holding your racquet in the other hand, preferably persuading your opponent to too.

Think about trying to balance up the use of your muscles on both sides of your body... Be patient with yourself, as your less used half will take a while to get up to speed...

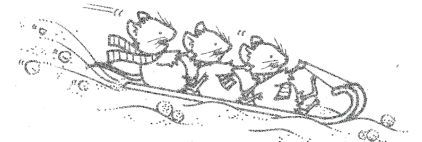
## TREAD LIGHTLY UPON THE EARTH

Alison Burgess

IN OCTOBER, the water levels at the local reservoirs looked remarkably low. When I walked around Grimwith the water's edge was often out of sight owing to the lack of water but also due to the low cloud that swathed the moor. Instead of that glorious, black, peat stained water, the red mud and rock of the reservoir bed were revealed, a Martian landscape eerily silenced by the cloud. I took the dogs down to the water's edge to swim but by the time we had returned to the track they were clattered up with sticky sludge and my boots were mud shod.

Then November came. I recall at primary school being tasked to draw a calendar with drawings of each month's typical weather – November was easy; wet and windy. And it certainly lived up to its reputation this year with several lengthy deluges, so much so that beyond the tarmacked stretch of Mark House Lane a torrent of water turned the path into a stream. And the moors that had previously been dry and easy to walk across turned into giant saturated sponges sucking each footfall down into the mossy peat. The moorland grass had become bleached by the wind and the rain, and the rabbits had taken a battering, their sodden remains still piquing the interest of the dogs despite all life force having been wrung out of them.

And all this you can experience when you venture out in poor weather, seeing the drama in the ebb and flow of the elements and the battles won and lost by the plants, trees and animals. After all, for us humans 'there's no such thing as bad weather, only unsuitable clothing'.





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## FARMING ON SCALEBER HILL

*John Hall*

NOVEMBER AND EARLY DECEMBER were very wet, with our cattle all inside and not a lot to report on. The sheep are settled in their groups, with grass still available at the moment. Hand feeding not necessary at present – a quiet period as regards the sheep.

As I am often asked about the history of Scaleber, it may be an opportunity to reflect on the past. As I understand, Scaleber was originally an "out barn", a "shippon" (cow barn) for twelve cows. It had a central "fudden" (passage) with six cows each side and "baulks" over for hay storage, along with a barn door for horse and cart and a "hay moo" on the side.

Following this, the farmhouse was built onto the barn around 1700. I use my words carefully as regards *building on*. They didn't remove the slates of the barn, but built *on* to the slates. To this day the slates remain in the house wall. At some stage later, a lean-to building was added, comprising a double horse stable and a seven cow shippon.

A yard was built around the shippon, where a water spring was made into a water trough, to water the cattle. They were let out to drink twice a day. I have never known this spring run dry, even in the drought of 1979. Neither have I known it ever freeze in 1947 or 1963. The spring water is still there and clear as crystal.

The house had no running water and was watered by a well under the cellar, serviced by a hand pump. The only heating was by means of a fire range with an oven and boiler. The pump was used to fill a bucket to fill the boiler.

My parents came to Scaleber in 1930 from Roeburndale above Hornby, Lancashire. The cattle, horses and sheep came by train from Hornby to Gargrave Station. Machinery consisted of a float, cart with shelvings for hay leading, a mowing machine, two horses, 12 cows, 200 sheep and 3 trios of breeding geese.

Life was very tough in my youth as farming in the 1930s was in the doldrums. The house had no electricity or running water, flag floors with

pegged rug in the front of the fire. My mother was an expert butter maker. This proved to be the main income at this time.

Light was by a paraffin lamp or candle. The farm was more or less self-sufficient with vegetables, and two pigs for our own use provided bacon and lard for baking. Tuesday was always baking day. I can still see 12 loaves set out to rise on the fender for baking. The treat was often an apple pie for tea.

Shopping was once a month by horse and float. On the list would be: a sack of flour, oat meal, and a block of salt. Salt of course was used to preserve meat and bacon as hens those days did not lay during the winter. When eggs were plentiful in summer "water glass" was used to preserve in large tubs. How many readers remember them?

Farming during the 1930s was a physically hard and frugal living. However changes were on the way: thoughts of a milk marketing board- a story of its own for another day.

*(Water glass: a solution of sodium or potassium silicate.*

*It solidifies on exposure to air and is used to make silica gel and for preserving eggs and hardening artificial stone.)*

## ALL IN THE MONTH OF JANUARY

*Parish Pump*

IT WAS:-

250 years ago:- on 1<sup>st</sup> Jan 1766 that the Prince of Wales, James Francis Edward Stuart, died. Nicknamed the 'Old Pretender', he had laid claim to both the English and Scottish thrones.

175 years ago:- on 28<sup>th</sup> Jan 1841 that Sir Henry Morton Stanley, Welsh-born journalist and explorer of central Africa, was born. Best known for his successful search for the missionary and explorer Dr David Livingstone, and for his discoveries and subsequent development in the Congo region.

100 years ago:- on 9<sup>th</sup> Jan 1916 that the WWI Gallipoli Campaign ended, with an Ottoman victory.

80 years ago:- on 20<sup>th</sup> Jan 1936 that King George V of the UK died. He was succeeded by Edward VIII.

75 years ago:- on 5<sup>th</sup> Jan 1941 that Amy Johnson, pioneering British aviator, drowned in the Thames Estuary near London after bailing out of her plane, which had run out of fuel and crashed in adverse weather.

75 years ago:- on 8<sup>th</sup> Jan 1941 that Robert Baden-Powell, founder of the Scouts and Guides movements, died.

70 years ago:- on 10<sup>th</sup> Jan 1946 that the United Nations General Assembly convened for the first time, in Westminster Central Hall, London.

60 years ago:- on 10<sup>th</sup> Jan 1956 that Elvis Presley recorded the song *Heartbreak Hotel*. It was his first single for RCA and topped the Billboard charts for seven weeks, selling more than one million copies.

40 years ago:- on 12<sup>th</sup> Jan 1976 that Dame Agatha Christie, crime novelist, short story writer, creator of Hercule Poirot and Miss Marple, died.

Also 40 years ago:- on 21<sup>st</sup> Jan 1976 that the supersonic airliner Concorde went into commercial service in Britain and France.

Also 30 years ago:- on 28<sup>th</sup> Jan 1986 that the Space Shuttle Challenger disaster took place. The Challenger exploded shortly after lift-off from Cape Canaveral, killing all 7 astronauts.

25 years ago:- on 17<sup>th</sup> Jan 1991 that as part of the Gulf War, Operation Desert Storm got underway when US-led coalition forces bombed Iraq and forced it to withdraw its forces from Kuwait.

20 years ago:- on 20<sup>th</sup> Jan 1996 that the first Palestinian general election took place. Yasser Arafat was elected President of the Palestinian National Council in a landslide victory.

Also 20 years ago:- on 27<sup>th</sup> Jan 1996 that International Holocaust Remembrance Day was observed for the first time. (27<sup>th</sup> Jan marks the date when Auschwitz-Birkenau, the largest Nazi death camp, was liberated.)

15 years ago:- on 15<sup>th</sup> Jan 2001, that Wikipedia, the online collaborative encyclopaedia, was officially launched

## GARGRAVE

*David Bugler*

We have just moved to Gargrave and I have written this poem:

*We have moved to a village in lovely North Yorks  
With lots of fields and country walks  
A river runs through it and canal boats too  
There's lots for the people to see and to do  
There are shops of interest a village hall too  
And a couple of tea rooms if you fancy a brew  
It's all on our doorstep so fuel we will save  
And the name of the village?  
Why it's lovely Gargrave*

## 2016- YOU HAVE NEVER BEEN THIS WAY BEFORE

*Paul Hardingham via Parish Pump*

2016 BEGINS WITH MANY HOPES, many fears, and endless possibilities. A poll conducted last year of the top New Year resolutions included: getting healthier (63%); drinking less alcohol (57%); losing weight (34%); getting out of debt (26%) and stopping smoking (22%). However, what are our resolutions for 2016?

Do we want to be a better spouse? How might we express our love to our spouse? Do we want to be a better parent? How can we demonstrate our commitment to the children? Do we want to make more impact at work? How can we demonstrate an attractive faith to colleagues? Do we want to spend more time reading the Bible and praying? How can we do this?

When the people of God stood on the banks of the Jordan ready to cross to the Promised Land they were assured, 'you have never been this way before'

(Joshua 3:4). At the beginning of a New Year, we don't know the future and how we will keep our resolutions. What can we learn from their example?

**Keep your focus on God:** The people were told to follow the Ark, symbolising God's presence, as they crossed the river. Let's keep our focus on God and His Word throughout this year and keep in step with where He is leading.

**Consecrate yourselves:** Joshua said, 'Consecrate yourselves, for tomorrow the Lord will do amazing things among you.' (3:5). God has exciting opportunities ahead for us in this coming year! Let us dedicate our lives afresh to Him, as we let go of known sin and keep our eyes open on seeing God at work in all of our lives.

Will 2016 be a good year for us?

*'In the end, it's not the years in your life that count. It's the life in your years.'*  
(Abraham Lincoln)

## & HOW TO KEEP THOSE NEW YEAR RESOLUTIONS

*Parish Pump*

WE ARE FULL OF GOOD INTENTIONS at the start of each year. How come we fizzle out by February? Here are some tips to keep you going...

**Be realistic.** If you have a number of goals, do NOT attempt them all at once. Research has found that if you stagger your goals, you will have more success. So for example, if this year you want to spend less money, do more exercise and spend more time with your family, start one change this month, another in February, and start the third in March.

**Be specific.** For example, don't tell yourself: Lose weight. Decide exactly how much you want to lose. When do you want to lose it by? How will you do it? If you want more time with your family, how and when will you do that? The more exact you can be, the more likely you are to succeed.

**Write it down.** There's something about committing thoughts to paper that helps to cement your resolve. Why not start some sort of journal this year, to track your thoughts, your hopes, your goals – and your successes!

**Tell other people.** If you intend to do something, tell someone, and therefore you will feel more obliged to get going with it... your pride may keep you going when all else fails!

**Focus on GAIN, not loss.** Ever notice how many resolutions are about giving something up? Why not put it the other way round - instead of saying you will eat less, tell yourself you are headed for those skinny jeans....

**Give yourself rewards.** If you are quitting smoking or sweets, for example, put the money you would have spent in a jam jar, and treat yourself to something nice (and healthy) with it.

**Break your resolution into steps.** Some goals will take months to achieve. So – break each one down into tiny steps, and simply head for each step. Build in some time frames, to prevent you procrastinating.

**Finally, don't let failure defeat you.** You will make mistakes. But the secret is to simply get up again, and keep going. Only if you stop are you *really* defeated. None of us are perfect, and the Bible encourages us to always start again.



*"Every child counts, every child contributes"*



THIS YEAR OUR SCHOOL PRODUCTION was called 'Christmas with the Aliens'. The play was about some aliens that crashed landed on Earth. They met some children on their way to Gargrave School. The children took the aliens to school with them to meet Miss Hesleden. The aliens and the children watched the nativity play. Mary and Joseph couldn't find a place to stay. They met a very kind Innkeeper who let them stay in his stable. Baby Jesus was born in the stable. The aliens thought the nativity was brilliant and were happy to learn all about the first Christmas day.



## Free

A mother asked her son, as they waited for the bus, to tell the driver he was four years old. That way he would ride for free. So as they got into the bus, and the driver asked Jimmy how old he was, the little boy replied solemnly: "I am four years old."

"And do you know when will you be five years old?" asked the smiling driver.

"Oh yes, that's easy," replied Jimmy - "just as soon as I get off the bus."

## The bump

A man who had just undergone a very complicated operation kept complaining about a bump on his head and a terrible headache. Since his operation had been an intestinal one, the nurse was concerned. Finally she spoke to the doctor about it. The doctor assured her, "Don't worry, he really does have a bump on his head. About halfway through the operation, we ran out of anaesthetic."

## Monthly meeting, 7 December

Apologies were received from Craven Cllr. Simon Myers and Cllr. Carol Conroy.

### County Councillor's report

Cty Cllr. Shelagh Marshall reported that the Government's latest Budget allows County Councils to levy a supplement to their Council Tax of up to 2% for social care. However she believed that this would not be sufficient.

She agreed to send to the Parish Council an application form for the County Councillor's fund for village projects.

### Public participation.

The Clerk is to chase NPower to repair the electricity supply to those street lights where it has failed. She will give them the contact details of our street light electrician to facilitate the co-ordination of the work.

### Neighbourhood Plan – Chairman's report.

The Consultation period for the current Draft Plan is in progress. Parish Councillors were reminded to respond as are all villagers who have not yet sent or e-mailed their representation forms to the Clerk. The forms will be collated with the help of the consultants **on 6 January 2016**. When this is complete the document will go to Craven DC for their consultation exercise so PLEASE return or e-mail the papers which were put through your letter box by our outstanding village volunteers.

### The Boxing Day meet of the hunt.

Pendle Forest & Craven Hunt have been given permission to come on to the village green on Boxing Day. They have donated £60 towards the cost of the Christmas lights and will be asked to clean up any mess. The Hunt has already informed the Police about the event.

The Parish Council's Budget meeting is at 6pm on **Monday 4<sup>th</sup> January**.

The next monthly meeting will be at 7-15 pm on **Monday 4<sup>th</sup> January** in the Village Hall. Remember that you are all welcome each month.

The Parish Council thanks those villagers who keep various parcels of the Parish Council's land around the village mown and tidy through the year.

Your Gargrave Parish Councillors hope that you have had a happy, safe, warm Christmas and wish you a healthy, happy, hopeful 2016.

Please note that the Parish Office in the Village Hall will be closed from Tuesday 22<sup>nd</sup> December until Monday 4<sup>th</sup> January. E-mails will be responded to over that period as will emergency telephone calls.

## Moses

*Why did Moses wander through the desert for 40 years?*

*Because even back then men wouldn't stop and ask for directions.*



## 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

3 Jan	Epiphany: Matthew 1:1-16, Matthew 2:1-12
10 Jan	Baptism of Christ: Esther 2, Luke 3:15-17,21,22
17 Jan	Second Sunday of Epiphany: Ruth 2, John 2:1-11
24 Jan	Third Sunday of Epiphany: Ruth 3, Luke 4:14-21
31 Jan	Fourth Sunday of Epiphany: Ruth 4, Luke 2:22-40
7 Feb	Sunday next b4 Lent: Hebrews 11:1-3, 8, 23-25, 29-12:2, Luke 9:28-36
14 Feb	First Sunday of Lent: Romans 10:8b-13, Luke 4:1-13

#### Sidesmen 8am

#### 10.45 am

3 Jan	Linda Wall	Dorothy Rishworth	Mollie Blackburn
10 Jan	Kay Craven	Sarah Curtis	Pauline Gilfoyle
17 Jan	Janet Sturgess	Joyce Brotherton	Isobel Lacey
24 Jan	Colin Chapman	Dorothy Rishworth	Mollie Blackburn
31 Jan		Sarah Curtis	Pauline Gilfoyle
7 Feb	Linda Wall	Joyce Brotherton	Isobel Lacey
14 Feb	Kay Craven	Dorothy Rishworth	Mollie Blackburn

#### 10.45 am Readings Offertory procession Intercessions

3 Jan	John Bailey	Eileen Hoskin	Pat Cockshott	Peter Poulter
10 Jan	Ruth Abbott			Jean Coldwell
17 Jan	Jerry Ford	Judith Douglas	Norma Brothers	Ron Humphreys
24 Jan	Yvonne Poulter			Mike Maiden
31 Jan	Pauline Barnes	Eileen Hoskin	Pat Cockshott	Ruth Abbott
7 Feb	Hugh Turner			Jean Banks
14 Feb	John Bailey	Judith Douglas	Norma Brothers	Jean Coldwell

#### Cleaning

28 Dec to 8 Jan	Susan Lupton	Sarah Curtis
11 to 22 Jan	Bee Faulkner	Annie Faulkner
25 Jan – 5 Feb	Alison Ford	Jerry Ford
8 Feb – 19 Feb	Tony Wimbush	Joan Wimbush

THEREFORE,  
IF ANYONE IS IN  
**CHRIST**  
THE OLD  
HAS GONE  
THE NEW  
IS HERE!  
2 Corinthians 5:17

## Public Transport leaving Gargrave

Compiled by Peter Hardyman 10 Dec 2015

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

### TRAINS, from Gargrave - from Sunday 13 December 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	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 <sup>12</sup>	0901	1105	1406	1453 <sup>2</sup>	1730
Saturday	0643 <sup>12</sup>	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 <sup>3</sup>	0901 <sup>2</sup>	0932	1105 <sup>3</sup>	1331	1406 <sup>2</sup>	1730 <sup>2</sup>	1851	2007 <sup>4</sup>
Saturday	0643 <sup>3</sup>		0932	1105 <sup>3</sup>	1331	1439 <sup>2 (or 3)</sup>	1730 <sup>2</sup>	1840	2007 <sup>4</sup>
Sunday			0954	1145 <sup>2</sup>		1440	1543 <sup>2</sup>	1809 <sup>3</sup>	

**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 January.*

**NO TRAINS 25, 26 DEC.; AMENDED SERVICE 1 JANUARY. For other dates check with Northern/ National Enquiries.** For live info on next 2 trains text GARGRAVE to 84950.

### BUSES from Gargrave – from Saturday 3 October 2015

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

	0821	0911 <sup>11</sup>	0956	1056	1057 <sup>7</sup>	1156	1256	1356	1357 <sup>7</sup>	1456	1556
Mon-Fri*	1726										
Saturday	0821	0911	0956	1056		1156	1256	1356		1456	1556

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

Mon-Fri*	0904	0959 <sup>11</sup>	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 <sup>8</sup>		1310 <sup>8</sup>	
Saturday (from 3 Oct)		1001 <sup>6</sup>			1559 <sup>6</sup>

**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 19 Dec – 4 Jan inclusive.**

## Public Transport back to Gargrave

TRAINS, to Gargrave - from Sunday 13 December 2015										Last train from LEEDS to Gargrave
<b>From Skipton</b> (arriving Gargrave ~ 5 mins later)										
Mon-Fri	0541	0855	0926	1100	1326	1401	1725	1846	2000	<i>Living in BD23 post code, you can buy a</i> 1919
Saturday	0638	0900	0926	1100	1326	1433	1724	1835	2000	<i>DALES RAILCARD: £13/year. 1/3 off</i> 1919
Sunday		0926	0948	1140		1435	1538	1803		<i>Anytime rail tickets between Gargrave and Leeds, Bradford, Carlisle, Morecambe, Lancaster. Discount for children accompanying you. Winter Offer too.</i> 1720
<b>From Morecambe</b> (arriving Gargrave ~ 95 mins later)										
Mon-Fri	0610 <sup>12</sup>	1034		1333		1619		1908		
Saturday	0736 <sup>12</sup>	1034		1331		1616		1909		
Sunday			1222		1446		1741	1946		
<b>From Carlisle</b> (journey time is dependent on route – check timetables)										
Mon-Fri	0550		0949 <sup>2</sup>	1155	1249 <sup>2</sup>		1506 <sup>1</sup>	1618	1814 <sup>3</sup>	(2100 <sup>13</sup> )
Saturday	0702 <sup>2</sup>	0924 <sup>3</sup>	0949 <sup>2</sup>	1151	1249 <sup>2</sup>	1421 <sup>1</sup>	1540 <sup>2</sup>	1618	1807 <sup>3</sup>	(2100 <sup>13</sup> )
Sunday		0925		1133 <sup>2</sup>	1259		1520 <sup>1</sup>	1700 <sup>3</sup>	1852 <sup>2</sup>	
<b>Notes</b> 1. Change at Skipton 2. <u>Not Settle</u> ; change at Lancaster 3. Change at Hellifield 12. Change at Lancaster 13. <u>Not Carlisle</u> : Departure time is from Ribbleshead										

BUSES to Gargrave - from Saturday 3 October 2015										
<b>From Skipton</b> (arrives Gargrave ~ 15 mins later) (Services 75, 210/ 211, 580)										
Mon-Fri*	0850	0945 <sup>11</sup>	0950 <sup>8</sup>	1045	1145	1245	1300 <sup>8</sup>	1345	1445	1545 1630 1745
Saturday	0850		0945	1045	1145	1245		1345	1445	1545 1630 1745
<b>From Settle</b> (arrives Gargrave ~ 25 mins later) (Service 580) from 3 Oct										
Mon-Fri*	0755	0845 <sup>11</sup>	0930	1030	1130	1230	1330	1430	1530	1700
Saturday	0755	0845	0930		1130	1230	1330	1430	1530	
<b>From Malham</b> (arrives ~ 25mins later) (Services 75, 210/ 211)										
Mon-Fri* (from 28 Sept)		1035 <sup>7</sup>				1335 <sup>7</sup>				
Saturday (from 3 Oct)			1030 <sup>5</sup>					1630 <sup>5</sup>		
<b>Notes</b> 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. <u>During School Term only</u> * <b>Except Bank Holidays</b> ** <b>No Sunday or Public Holiday Service in Winter</b>										

<b>Service Operators:</b> Northern Rail <a href="http://www.northernrail.org">www.northernrail.org</a> (75, 884 – York Pullman Bus Co Ltd – 01904 622992, <a href="http://www.yorkpullmanbus.co.uk">www.yorkpullmanbus.co.uk</a> ) 210/211 – NYCC – 08458 725282; 580/581 and 75 (winter)– Kirkby Lonsdale Coach Hire – 01524 733831 <a href="http://www.kirkbylonsdalecoachhire.co.uk">www.kirkbylonsdalecoachhire.co.uk</a> <b>Buses (general)</b> <a href="http://www.dalesbus.org">www.dalesbus.org</a> ; <b>Traveline</b> 0871 200 22 33, <a href="http://www.traveline.info">www.traveline.info</a> <b>National Rail Enquiries</b> 03457 48 49 50 <a href="http://www.nationalrail.co.uk">www.nationalrail.co.uk</a>										
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## 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
04-Jan / 05-Jan	Blue bag	Blue bin & bag
11-Jan / 12-Jan	Green bin	Green bin
18-Jan / 19-Jan	Blue bin & blue bag	Blue bag
25-Jan / 26-Jan	Green bin	Green bin
01-Feb / 02-Feb	Blue bag	Blue bin & bag

## 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		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](mailto: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 editorial deadline for the coming issue is the 10<sup>th</sup> of the previous month.

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

**Or download it for free from [www.gargravemag.co.uk](http://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

<b>Caterpillar Club</b> (0+) – St Andrew's Church, Wed 10am, Heather Taylor 749499 <b>Stay and Play</b> (0+) Village Hall Annex, Mondays 9.30-11.30am, Sally Thomas 748098 <b>Twins and Multiple Birth Group</b> , V Hall, Wednesdays 9.30am, NYCC 01609 533990 <b>Rainbows</b> (5+) – Debbie Gomersall 01729 830589 <b>Brownies</b> (7+) – Rose Turner 01729 825886 <b>Young Farmers Club – Coniston Cold</b> , Tues 7.30pm, Janet Bolland 01729 830505
<b>Wednesday Club</b> (over 60s) – Village Hall Annex, Wed 1.30-3.30pm, <b>Phoenix Group</b> (over 65s) – The Anchor Inn, alternate Thurs 9am-1pm, Jean McHale 01729 850329, 07775 880577 <b>Meals on Wheels</b> – Mon & Wed, Brenda Longbottom 749883
<b>Bowling – outdoor</b> Gargrave Bowling Club, Michael Cox, 748285 <b>Bowls – indoor</b> , Village Hall, Tues & Thurs 2-4pm, Mary Rushton 748908 <b>Cricket – Gargrave Cricket Club</b> (over 13s) Tony Cockshott, 07788 100199 <b>Croquet – Craven Lawn Tennis Club</b> , Gargrave, Tues 2-6pm, Roy Berry 748065 <b>Cycling – Gargrave Tuesday Club</b> , Dalesman Café, Tues 9.30 for 10am start, Thurs 10 for 10.30am start, Trevor Pickles 01282 844788 <b>Football – Gargrave AFC</b> (over 16s), Tues eve training, Sat games www.gargraveafc.co.uk, Caroline Thompson 749235 <b>Golf – Mason's Arms Golf Society</b> , www.masonsarmsgolfclub.com, 749304 <b>Hunt</b> – Pendle Forest & Craven Hunt, Elizabeth Adams 01756 749772 <b>Pilates</b> – Village Hall/Annex Tuesdays 10-11am, Fridays 9-10am, Bea Faulkner 749443 <b>Tennis – Craven Lawn Tennis Club</b> , Beth Whitley 749664, www.craventennis.org.uk <b>Tai Chi</b> – Village Hall Annex, Thur 7.30-8.30pm, Ian Cresswell 748540 <b>Walking for Health</b> – 1 <sup>st</sup> Thursday of the month, 10am, Jean Maxwell 748851 <b>Yoga</b> – Village Hall Annex, Wednesdays 9.30-11.30am, Sally Thomas 748098
<b>Modern sequence dance</b> – Village Hall, Mon 7.45-10pm & a monthly Saturday (see diary, p.2), John Stephenson 01535 632935 <b>Chance 2 dance</b> – Village Hall Annex, <b>Tap</b> (3-18, adult) Tues 4.15-7.30pm <b>Ballet</b> (3-18) Sat 9am-2.30pm, <b>Theatre-craft</b> Thur 5-6pm Jaki 0758 2086345
<b>Art – Gargrave Art Group</b> – Village Hall, Mons 1.30-3.30pm, Lesley Woodhouse 749421 <b>Bell ringing</b> – St Andrew's, Mon 7.30pm Sun 9.30am Davina Cockshott 07772 179561 <b>Bingo</b> – Village Hall Annex, 4 <sup>th</sup> Wed of month 7.30pm, Joan Philip 749468 <b>Fuchsia &amp; Geranium Club</b> – V.Hall, 1 <sup>st</sup> Wed of month 7.30pm, Paula Jackson 752175 <b>Gargrave Heritage Group</b> – Tues 10am, St Andrew's Church, Martin Thomson 748309 <b>Craft and Chat</b> – St Andrew's, Tues 2pm, Sylvia Humphreys 748449 <b>Parish Council Meeting</b> – Village Hall side room, 1 <sup>st</sup> Mon of mth, or 2 <sup>nd</sup> on bank hols <b>Snooker Club</b> – Village Hall Snooker Annex, every day, Stewart Smith 749340 <b>Stan Drew's Community Choir</b> – Ruth Abbott, 748483 <b>WI</b> – Village Hall Annex, 2 <sup>nd</sup> Wed of month 7.30pm, Moyra Sonley 749634 <b>Masons Arms – Quiz</b> Sundays 9pm, <b>Acoustic live music</b> 1 <sup>st</sup> Friday of the month <b>The Old Swan Inn</b> – 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](mailto:mjmet@msn.com)



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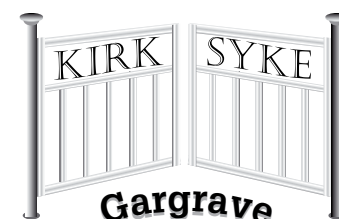
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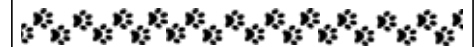
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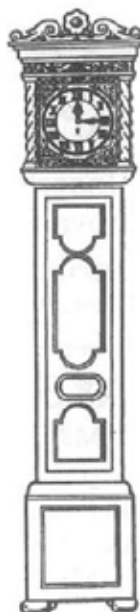
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