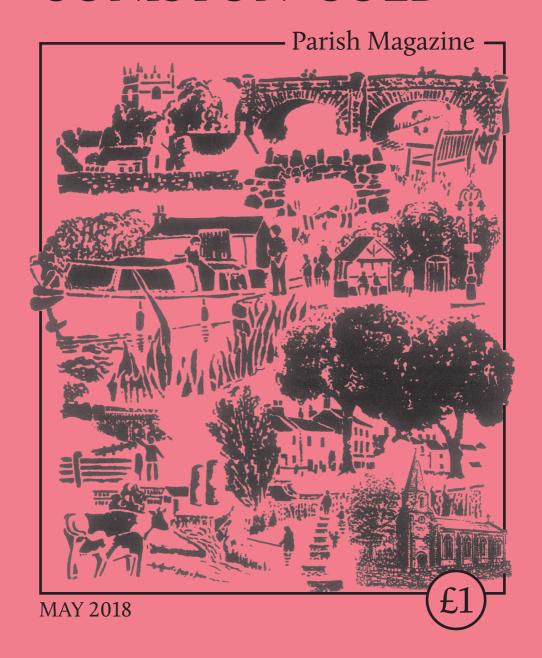
GARGRAVE & CONISTON COLD



Inside

Accountabiliy; Parlez vous français? Call for gardens;
Davis cup; Detox; DNAire; Riverside Qigong; Exercise for 70+s
Cycle plans; Balanced Body; Endurance & exuberance;
Cosmetic Surgery; Hello to hedgehogs; NSPCC farewell
!!! Big change in train times to Gargrave from Sunday May 20th !!!



Photo by Rob Ingham

Dates for your diary

Voices of Craven concerts
Gargrave Open Gardens
Gargrave Art Exhibition
Jumble Sale
Gargrave Show

3, 16 and 23 June
16 June
12-15 July
4 Aug
18 Aug

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FIRST WORDS

Mike Maiden, St Andrew's Churchwarden

As many of our readers will be aware, St Andrew's and St Peter's are currently without a vicar. The period between vicars has traditionally been known as an "inter-regnum." The source of this term is the same as for our reference to the monarch as "Regina," in other words "a ruler." So there has been a sense of churches without a priest being between rulers. But we are now encouraged to use the term "vacancy" instead. The reason for this is that the Anglican Church is undergoing a major change in its thinking and approach to leadership, and, yes, I did link the Anglican Church and change in one sentence! In many churches the priest used to be the one source of ministry and was expected to be the preacher, pastor, administrator, children's worker and general dog's body. If anything went wrong at least it was easy to apportion blame, it was always the vicar!

Now, and we see this well developed in St Andrew's, there is a much stronger idea of the church as a team of workers with each member playing a role according to their talents and interests. In church today we have individuals and groups working on a wide range of activity. Sunday services now include input from a much broader range of people, and we are looking to extend that further. There are then the customary roles that assist on a Sunday with service administration, but also a team working on our monthly family service, a fabric committee ensuring, along with the Heritage Group, that the church building is well maintained, a home group that meets for Bible study and fellowship, a music group, those who offer communion in homes to people who can't make it on a Sunday, and many one-off groups that take on particular duties such as a major clear out of the storage areas of church. The priest in a modern Anglican church is the facilitator to make sure that all this activity is coordinated and serves the church's overall purpose. What all this produces is a busy and inclusive community where anyone who is interested can find a way to use their gifts for the good of all.

Of course our period of "vacancy" helps with this as we all have needed to step into the gaps that Rev David Houlton filled before he left. We are able to use this period imaginatively to ensure that the services of the church, and its ministry in the village, both continue and develop. Equally, as we look to appoint a new priest we look for an individual who can lead us to grow ministry further. The majority of people thrive when they feel that their gifts and talents are valued and used and this is our vision and aim in St Andrew's. I am sure that we have not perfected our approach but we are working together to do so.

If you come to St Andrew's you can, of course, watch, listen and leave, and you will be most welcome to do so. But you can also be engaged in a communal life that is inclusive and looks to make space for the person that you are. You can be pretty busy if you want to be, and, in that activity, along with the rest of us, you can find a sense of God as Father, who is the true "ruler" of His church.

DIARY



Coniston Cold

Sun 6 May Holy Communion, 10.30am, Church with Baptisr

Sun 13 May Holy Communion, 9.30am, Church

Thu 17 May Voices of Craven rehearsal, 7pm, Coniston Hotel

Sun 20 May Evensong, 4pm, Church

– Followed by Organ Recital - Graham Toft

Sun 27 May Holy Communion, 9.30am, Church

Gargrave

Wed 2 May Story telling at the Dalesman with HART animals, 3 for 3.30pm

Fuchsia and Geranium Meeting, 7.30pm, Village Hall CR1

Thur 3 May Polling Day. Village Hall

French club inaugural meeting, 8pm, Vieux Cygne pub

Sat 5 May Coffee morning for Village Hall Funds, 9am-Noon, Hall

Sun 6 May Prayer Book Communion - Bishop David Hope, 8am. Church

Family Service: breakfast 10am, service, 10.45am, Church

Oasis - reflective service, 6pm, Church

Wed 9 May WI Meeting, 7 for 7.30pm Village Hall Annex

Fri 11 May Picnic Supper Dance.7.30pm Village Hall

Sun 13 May Prayer Book Communion - Revd Felicity Lawson, 8am, Church

Sung Eucharist with the Revd Felicity Lawson, 10.45am, Church

Flea Market, Vintage & Collectables, 10-4pm, Village Hall

Mon 14 May Parish Council meeting, 7.15pm, Village Hall Annexe

Wed 16 May Village Hall Management Committee meeting, 7.30pm, V Hall CR1

Sun 20 May Prayer Book Communion - Bishop David Hope, 8am, Church

Service of the Word with Mike Maiden, 10.45am, Church

Broadway Fairs Flea Market, 10-4pm, Village Hall

Mon 21 May Gargrave Show Meeting.8pm Village Hall Annex

Sat 26 May Coffee morning for Village Hall funds, .9am-Noon, V Hall

Sun 27 May Morning Prayer with Linda Wall, 8am, Church

Sung Eucharist with Revd Graham Bettridge, 10.45am, Church

Broadway Fairs Flea Market, 10-4pm, Village Hall

Wed 30 May Bingo, 7.30pm, Village Hall

Regular weekly and biweekly Gargrave events

Mondays:

9.30am Tai Chi Qigong, Green between Summerseat/Public toilets and the river

1.30pm Art Club, Village Hall Committee Room 1

2pm Bingo, Gargrave Community Centre on Neville Crescent

7.30pm Modern Sequence Dancing, Village Hall

7.30pm Bell ringing, Church

Tuesdays:

10 am Heritage Group, Church

10 am Contemporary Pilates with Bee Faulkner, 'Mixed Ability' Village Hall (term time)

11.30am 'Sitting/Standing' Pilates with Bee Faulkner, V Hall (term time) 10.30am Adult Tennis Coaching and Social Tennis (weather permitting)

12.30pm Alternate Tuesdays – lunch at Gargrave Community Centre on Neville

Crescent, followed by games. £4.50

2pm Craft and Chat, Church

2pm Classical Pilates with Cate Davies: 'Mixed Ability' Village Hall Annex

4pm Tap dancing lessons, Village Hall Annex (term time only)

6pm Classical Pilates with Cate Davies: 'Beginner Athletic' Village Hall (term time)
7.05pm Classical Pilates with Cate Davies: 'Intermediate Athletic' Village Hall (term time)

pm Brownies & Rainbows (school term only)

8pm Quiz Night, The Old Swan

Wednesdays:

9.30am Gentle Hatha Yoga, Village Hall Annex

10 am Caterpillar Club, Church

10.am Social tennis

1.30 pm Over 60's, Village Hall Annex

Thursdays:

9am Phoenix Club, the Anchor, alternate weeks9.30am Water Colour painting class, Village Hall Annex

9.50am Walking for Health, 1st and 3rd Thurs of the month, meet @ Summerseat 10am Coffee morning, Gargrave Community Centre on Neville Crescent

12.30pm Luncheon Club, alternate weeks, St Andrew's Church

2pm Indoor Bowls, Village Hall

7.30pm Tai Chi, Village Hall Annex (term time)

Fridays:

9 am Contemporary Pilates with Bee Faulkner: 'Intermediate', Village Hall (term time)
 9 am Contemporary Pilates with Bee Faulkner: 'Mixed ability', Village Hall (term time)

10 am Social tennis, Craven Lawn Tennis Club

Sundays:

12 noon Gargrave Community Choir singing rehearsals, Church

1.30pm Social Tennis

2pm Afternoon Tea & Games, alternate Sundays, Neville Crescent Community Room

9pm, Quiz, Masons Arms

FORTHCOMING EVENTS

Storytelling with animals - at the Dalesman - 2 May

Linda Hartell

Stories at the Dalesman café, with visitors Penny and Roger and friends from the HART animal sanctuary, Hawkswick, Littondale will take place on **Wednesday 2 May**: 3pm for a 3.30pm, start. All welcome.

Hopeless #butGod ... 6 May

Peter Poulter

Hopeless #butGod...

This is part of a new series of Family Services when we will explore stories of people and communities for whom it all seemed hopeless - until the God of Surprises made something happen.

We hope that they may speak to you in your anxiety about your world, your community, your family – or just how things are in your own life.

Sunday 6 May, and the first Sunday each month at St Andrew's Church – 10.45am. Come and have breakfast with us from 10am.



There was no more dozing off after the vicar started serving the extra-strength coffee *before* the service

Parlez vous français? - 3 May

Allison Wiffen

Le club français se réunie pour première fois le 3 mai à 8 heures du soir dans Le Vieux Cygne pub à Gargrave. C'est un club social pour permettre les gens qui parlent français de le practiquer une soirée par mois. Ce n'est pas une classe et il n'y a pas de professeur. Ce n'est pas nécessaire de parler français couramment mais il faut un niveau suffisant pour entendre et se faire entendre. Si vous vous intéressez à venir, mettez vous en contacte avec Allison Wiffen (07880 52 00 71, enquiries@awceramics.co.uk) pour qu'on puisse réserver de la place dans le pub. Mais si vous décidez au dernier moment de venir sans avertir alors sans problème, vous serez bienvenue.

Do you speak French?

The French Club will take place for the first time on the 3rd of May at 8pm in The Old Swan pub. It is an informal group which will hopefully give speakers of French the opportunity one evening a month to practice their language skills. It is not a

class and there is no teacher. You don't have to be fluent but you need to have enough french to understand and make yourself understood. If you are interested in coming, please let Allison Wiffen know (enquiries@awceramics.co.uk, 07880 52 00 71,) so that we can ensure that we reserve enough space in the pub. If however you decide to just come along at the last minute you would be very welcome.

Village Hall coffee mornings - 5, 12, & 26 May

Caroline Thompson

If you enjoy Coffee and Cakes please call in at the Village Hall on **Saturday 5th**, **12th and 26th May**. Members of Gargrave Village Hall Management Committee will provide you with a warm welcome and a great selection of homemade cakes. If you have missed breakfast we also have hot buttered fruit teacakes on the menu and there may even be that wonderful smell of bacon cooking! The Coffee mornings commence from 9.am to Noon. We also have a fun raffle and occasionally one of Edwards renowned Victoria Sandwich cakes is one of the prizes. A book stall also aids Village Hall funds. Please come along and enjoy good company and extremely good cakes. The Library is also open on Saturday mornings, why not pay a visit to both.

World Cup players come to Gargrave - 3 Jun

Graeme Southam

The Davis Cup is the world cup of tennis, a knockout competition played every

year. Memorably, Great Britain won the cup in 2015 when Andy Murray and the team beat Belgium.

Davis Cup player Danny Sapsford along with Luke Milligan have agreed to come to our tennis club in Gargrave on Sunday 3rd June.

The tennis club is excited to host the event which we hope will encourage more people to play tennis. The day starts with

junior coaching at 10.30. This is followed by teenage coaching at 11.15 and then adult social and team coaching. The day is rounded off with an exhibition match between Danny and Luke and some local talent.

For more information about the day and the coaching please contact Graeme Southam on 01756 749384.







Playground celebration day - 3 Jun

Kath Ashby, Gargrave Parish Council

The Playground Association have now completed their improvement makeover project and plan to hold a family day of celebrations on Sunday 3 June at the Playground.

Beginners riverside Tai Chi Qigong - starting 4 Jun

Bee Faulkner

A new outdoor group for those wanting to start rejuvenating Tai Chi Qigong will be starting on **Monday 4 June** at 10.30am for a block of 7 weeks. We'll be meeting on the green between the river and Gargrave's Summerseat bus stop beside the toilets. There is a bench available if you would prefer to be seated. Come dressed for the weather. All welcome; Contact Bee: 0777 898 0994. https://taichi18.com/.

Gentle Exercise for 70+s - starting 5 Jun

Bee Faulkner

Weekly seated (or standing if preferred) Tai Chi Qigong and Pilates based exercises at Gargrave Village Hall, suitable for septuagenarians, octogenarians & nonagenarians, will be starting on **Tuesday 5 June** at 11.30am, during term time. Relaxing, mobilising and strengthening, the exercises are good for the circulation and the immune system too. Be active to stay active: we were made to move! All welcome. Contact Bee on 0777 898 0994 (under 70s welcome too!).

Pilates for beginners - starting 8 Jun

Bee Faulkner

Get toned and strengthened for the summer with Pilates: 7 week course in Gargrave Village Hall starts Fri 8 June at 10.30am. Contact Bee on 077 898 0994.

Grassington festival - 15-30 June

www.grassington-festival.org.uk

Visit http://www.grassington-festival.org.uk/2018-programme/ to find out about what's on in this year's Grassington Festival, 15-30 June. Look out for pre-festival events too on 6 May, 3, 9 and 10 June.

Nativity 2018 - St Andrew's Church Dec 8 & 9

Peter Poulter

We are planning for the production of the Nativity again this year on 8 and 9 December. We propose to work from the original version of the play which will be familiar to older and more long-standing residents of the parish.

Rehearsals will be on Fridays 16, 23 and 30 November at 7pm - with a dress rehearsal on Wednesday December 5 at 7pm.

We need people to sing and act – why not you ?Singers please contact Joan Horsfield on 749802 or joanhorsfield@qmail.com

Actors please contact Norma Brothers 07862 231691 or Peter Poulter 07967107919 or buffers.pp@gmail.com.

GARGRAVE OPEN GARDENS

Sat 16 June 11am-5pm* Gardens, live music, art and food

Come & discover Gargrave and Bell Busk's **GARDEN** gems: secret, surprising, small, spacious gardens, riverside, cottage, flower, vegetable gardens, gardens for children, for wildlife, for the soul.

Lunches, teas & plants at Village Hall

Admission £5 per adult in advance from Twin Locks or £6 from Village Hall, on the day (children free).

Proceeds to St Andrew's Church.

More information from 01756 749443 opengardens.co.uk/open_gardens.php?id=376

*Bonus Bell Busk garden open 9am to 7pm



NEWS

Open Gardens!

We are on the lookout for gardens to include in this year's Gargrave Open Gardens, on **Saturday 16 June**. We like to offer a wide variety of gardens: big, small, conventional, quirky, ornamental, productive, mature or under development. Whether you garden is statelyr home sized or closer to a handkerchief you would be most welcome to join Team Open Gardens. Gardens open for just 6 hours, and it's up to you whether you sit there and meet the visitors or leave them to get on with it. Open Gardens has been going for longer than we can remember and it's a great example of Gargrave's community spirit as well as a valued source of funds for St Andrew's Church.

Duncan and Bea Faulkner



We're also hunting for musicians who can spare anything from five minutes upwards for some busking around the gardens or in the village hall. Contact us on 01756 749443 / gargravemag@btinternet.com



Photo from Jonathan Grey via Twitter

It seems there's a Day for everything now, and on April 21 it was time to cut the cake and organise the street party in celebration of World Fish Migration Day. This is a biennial global-local event to create awareness of the importance of open rivers and migratory fish. You may have missed it, but Gargrave was the focus of attention locally as the start of a migration journey along the Aire by two canoeing fish experts: Prof Jonathan Grey and Dr Tim Jacklin, of the Wild Trout Trust. They set off on Saturday morning to paddle from Gargrave to Leeds, crossing the four remaining high weirs that currently present a barrier to migratory fish. This "weir'd way to travel" was intended to highlight a project, DNAire (https://dnaire.org.uk/) which is installing fish passes on these weirs.

Cycling the four corners for MIND

Steve and Katie Rawson

We all know of "Land's End to John O' Groats" as the popular 'End to End' route that many people have taken up as a challenge. Most have cycled, some have walked (or even run!) and I'm sure others have used more unusual methods.

Well, my daughter Katie and I thought we would like to raise money for the mental health charity, MIND, and Land's End to John O' Groats by bicycle seemed an appropriately challenging challenge. But so many people have done it... can't we make it different in some way?

There is another 'end to end' route, the other geographical diagonal, this being Dover to Cape Wrath. It is a shorter distance with, in England at least, easier terrain for cycling. But we didn't want to make it easier, so why not do both in the same journey?

So this is the plan: I start at Land's End on June 1st and cycle like a madman to Dover where I meet Katie (time constraints mean Katie has to start at Dover, but the overall distance she will cycle equates to cycling from Land's End to John O' Groats). We cycle North from Dover on June 6th, through Kent, East Anglia and

Lincolnshire, crossing the Pennines in Yorkshire then heading North again through Scotland and eventually to Cape Wrath. From there, two days should see us at John O' Groats. It would be nice to take all the time in the world, but the train back home is booked for June 26th!

We will be carrying everything we need with us, camping for all but four or five nights when generous hosts have agreed to put us up. As for daily distances, forget Google maps, a glance at the map and an experienced estimation should suffice!....I make the average about 50 miles, though thinking about it I have seriously underestimated distances in the past using this technique!

We will let you know how we get on in future editions of your Parish Magazine!



Why are we doing this...? Because we're mad? .. oh, that was it.. to raise money for MIND. MIND is a charity that is increasingly in demand as the pressures or perceived pressures of modern life, amongst other things, take their toll on many people's mental health. This is at a time when cuts in the NHS, including mental health services, mean that vulnerable people are left waiting for many weeks to access therapeutic or medical help that they need now. MIND provides the means of giving immediate help to those who are in urgent need and introducing others to appropriate therapy or support of other kinds, but it requires constant funding by a generous public.

If you would like to show your support and donate to MIND, find 'JustGiving' on t'interweb and type in 'Steve Rawson', finding the entry "Land's End to...", https://www.justgiving.com/fundraising/steve-rawson1

or, if you would like to sponsor us in the more traditional way, nip into the Dalesman cafe where you can donate and fill in a sponsor form.

Many thanks, Steve and Katie.

From the parish registers

Peter Poulter

April 2: Wedding of Haydn Paul Raistrick and Lauren Anne Tillotson

April 12: Interment of Ashes of Jaqueline Ann Hobson - aged 55 years

Bereavement Volunteering?

Irene Hardy

Would you be interested in becoming a Bereavement Volunteer?

Cruse Bereavement Care (Registered Charity No 208078), Craven & Bradford Area, will be running a Foundation Training Course starting in October. We provide training to enable our volunteers to support bereaved people. To find out more or for an information pack, contact 01756 796004, craven@cruse.org.uk or visit:

Website: http://www.cruse.org.uk/craven-and-bradford-area

Facebook: Cruse Bereavement Care Craven and Bradford Area

Gargrave Branch NSPCC

Gargrave Branch NSPCC Committee

The AGM of the Gargrave Branch NSPCC Committee was held on Tuesday 13th March 2018. We have to report that, sadly, a decision was taken to wind up the committee.

This year marks fifty years since a committee was formed here in Gargrave and over that time, due to the dedication and hard work of the Chair Ladies and committee members, a considerable amount of money has been raised for the NSPCC.

The present committee would like to thank all those who have contributed and helped us in so many different ways and for the generosity of the village both past and present for their support.

If there is anyone who might be interested in forming a new committee, the minutes are available and retired members would be happy to talk through what is involved (tel: 01756 749418 or 01756 748065).

Gargrave Village Choir

Joan Horsfield

The choir entered the Skipton Music Festival on March 17th in the mixed voice choir section. Despite the snow we had a full turnout!

We didn't come away carrying any trophies, but we did get a very respectable 85% and a Commended Certificate.

Considering we went "for the experience" we were very happy indeed with the result and enjoyed the whole experience.

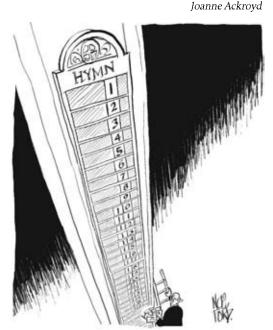




Easter Sunday Family Service

On Easter Sunday morning, the church bells rang out: "Hallelujah! Jesus is Risen!" And over a hundred voices cried out "Hallelujah! He is risen indeed!" Folk of all ages, from 9 months to 90 years, joined together in St Andrews church to celebrate this, the most important day in the Christian calendar, the resurrection day of Jesus. And what a celebration it was!

A cracking start with hot cross buns, followed by joyful music, a thought provoking drama sketch, and a very entertaining video; we listened to a wonderful address retelling the story of those who were astounded on that first Easter day to meet the living Jesus; we enjoyed thoughtful prayers and lovely music from the choir all followed by a super communion service and finished with a resounding chorus of "Thine be the Glory!"



"Are you sure the Guinness Book Of Records people will turn up, Vicar?"

And then there was more!! More drinks, Easter cakes and an Easter egg hunt. Wow. What an amazing way to celebrate "Hallelujah! Jesus is risen". Why not come to our next family service on Sunday 6 May - you'll have a great time, promise!

All in the mind

A leader in a Christian Science church was talking to a member of his congregation: 'And how is your husband today?' The reply came: I'm afraid he's very ill.' 'No, no,' corrected the leader, 'You shouldn't say that - you should say that he's under the impression that he's very ill."

The woman nodded in agreement, 'Yes, Ill remember next time.' A few weeks later the leader saw the woman again. 'And how is your husband at the moment?' 'Well', she replied, 'now he's under the impression that he's dead!'

The same yesterday...

Why did Moses wander in the desert for 40 years? Because even back then men wouldn't ask for directions.



On Saturday the 17th of March, Settle District Young Farmers braved the elements of the mini beast from the East to hold its Annual Hedging and Walling competition which was held at Kirby Malham. The Walling was hosted by the Bland family of

Peter Walton

Indoor events were held in Kirby Malham Village Hall which included Themalite block carving, creating a buttonhole, decorating an Easter cake and painting a picture. A pie and pea lunch followed, provided by Coniston Cold Young Farmers, who hosted the event. The judges were: Walling - David Hargreaves; Hedging - Roger Gibson, Indoor- Muriel Band and Kirby Malham Cathy Spencer and Mrs Heather Cook. Outdoor results were:

Otterburn.

Hedging Junior 1st Edward Bradley Rathmell.

Gapping 1st Jack Walker Coniston, 2nd Isaac Booth Rathmell

Walling: Junior 1st Luke Harrison, Rathmell; 2nd Charlie Metcalfe Burton Walling: Senior 1st James Hodkinson, Burton; 2nd Will Throup, Coniston.

The two weeks running up to Easter Coniston Cold Farmers held two meetings before having a fortnight break for lambing time. The first was held at PV Dobsons on Snaygill industrial estate. Members were shown round by sales executives William Bell and Dan Tapley, The visit was concluded with mini digger handling competition.

The following week, members met at the Victoria Inn at Kirby Malham for their Annual Chocolate Easter Bingo.



Trophy winners: James Hodkinson, Luke Harrison, Simon Morphet, Edward Bradley

Dave Smith

By the time you read this we will have shown our last film for the winter season and planning will be in progress for our Autumn programme of events starting in September. Thank you to everyone who has supported our fund-raising events during the winter, every little bit helps support our Community Library.

The Library Suggestion Box has now been opened and amongst the comments was a query as to why the Library charged for Children's DVD when you can buy them for a similar cost. Good question: the charge for DVD's is laid down by the NYCC Library Service and we must to do what we are told! Having said that we will raise the question with NYCC as the cost does seem out of proportion. Watch this space.

People seemed happy with the hours and we are very grateful for the wholesome praise which was heaped on the Volunteers.

We intend to leave the Box in place for any further comments.

As summer approaches we will be gearing up for this year's Summer Reading Challenge when we hope to match, or even beat, last year's record result.

Just a reminder that the Library will be closed on Monday 7th May and Monday 28th May for the Bank Holidays.

Wood working volunteers?

Steve Rawson

The volunteers working on the restoration of the Hay Meadow at Bank Newton locks are looking for someone who would be interested in repairing or constructing a basic wooden bench and an information board for the site. Materials will be provided.

If you think you might be interested, for more information please phone Steve on 01756 748434 or 07795 504072.

It is a very special time to be a bell ringer

Allison Wiffen

When the Great War ended on November 11th 1918 the bells rounded out in celebration across the British Isles. One hundred years later, also on a Sunday 11th November, we will remember that celebration and we will also remember the sacrifice made by so many, including 1400 bell ringers.

At St Andrew's church in Gargrave we will play our part. There will be muted solemn ringing in the morning and then joyous ringing in the evening. If you would like to be part of this historic event then now is the time to take up bell ringing.

We practise on Monday night from 7.30 to 9pm (when we head over to The Mason's). If you would like to come along please call Joe Alston on 01729 851663 so that we know you are coming.

Riverside Tai Chi Qigong news

Bee Faulkner

The riverside Tai Chi Qigong on Mondays will be commencing at 9.30am (not 10am) from May onwards (sorry, no meetings on May bank holiday Mondays). We'll be starting an additional group for beginners at the start of June, at 10.30am, again on Mondays on the Village Green between the Summerseat / Public Toilets and the river, see page 6 for more details. Contact Bee on 0777 898 0994.

Balanced Body? ...Pilates News

Cate Davies

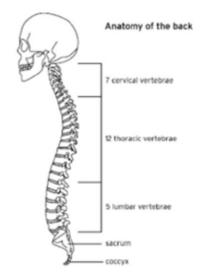
Balance means different things to different people: dieticians promote balanced diets, accountants balance their books, sound engineers balance treble and bass, vocals and instruments, tight-rope artists use it for awe-inspiring circus feats.

In Pilates, balance is needed for many of the exercises performed on a mat. The start positions of any of the rolling exercises, balancing just behind the tailbone in a curled posture with feet off the ground, are challenging in themselves, but are further tested by a controlled roll away from and back to these start positions. The side-lying exercises require stacking of shoulder over shoulder and hip over hip, which then has to be maintained whilst moving the leg in a variety of different exercises, altering the centre of gravity and potentially destabilising the original body position. Finally, the standing exercises teach us how to use the core muscles (Joe Pilates called these the Powerhouse) for good balance, essential for the functional movements that we use in daily activities such as walking, climbing stairs, standing on tiptoe to reach the back of a cupboard etc.

In actual fact, the whole philosophy of Pilates as an exercise form can be summed up by the word BALANCE. The aim is to develop a balanced body by not,

in the words of Joe Pilates, "over-developing a few muscles at the expense of all the others with resulting loss of grace and suppleness". A balanced body necessarily starts with the spine, since all other joints are attached to and rely on it.

Do you remember being told to stop slouching and stand up straight as a child? The smart Alec would have replied "Well, I can't, because it isn't possible!" and they would have been right. The spine is actually S-shaped not straight. Stand sideways to a mirror or even better, look at someone else from the side and you'll see a hollow at the back of the neck (doctors call this the cervical spine) and another hollow in the small of your back (the lumbar spine). In between is the thoracic spine, which the ribcage is attached to and this curves in the opposite direction.



In conjunction with the spongy discs between each vertebra (back bones), this S-shape provides great shock absorbance with every step you take. Think of the design of car or mountain bike suspension. They rely on a reduction of forces from the ground up through 'give' in the design. I'm sure I'm not the only one to experience the bone-juddering unpleasantness of riding a mountain bike on a rocky trail without suspension.

To keep a healthy posture requires a balance of strength and flexibility of all the muscles, both great and small, connecting directly and indirectly to the spine. Losing your natural S-shaped posture can have deleterious consequences for both the spine and all other joints, since forces are transmitted throughout the skeleton like a chain reaction. The body is a complex and ingenious piece of organic engineering and puts up with an awful lot of misuse and poor maintenance, but only for so long. It may take years, but those thousands of steps you take day in day out, can eventually take their toll on your back or other joints.

I continue in the next issue with part 2 "Imbalanced Bodies - Causes and Consequences in the 21st century" in which I'll be discussing how current lifestyles impact on our bodies and why this leads to health problems. The series concludes with part 3, 'Rebalance - Small Changes for Large Benefits', giving simple tips on how to counteract your lifestyle and improve wellbeing for the whole family.

Information on term time classes in Gargrave Village Hall

<u>Classical Pilates classes with Cate Davies</u> are held on Tuesdays as follows: 2pm Mixed Ability' in the Annexe, 6pm 'Beginner Athletic' and 7.05pm 'Intermediate Athletic' both in the Main Hall. All classes are bookable in blocks in advance only - the next block starts on 5th June for 7 weeks For further info, visit https://www.facebook.com/catedaviespilates/?hc_ref=NEWSFEED or contact Cate on 079 5533 8775.

Contemporary Pilates classes with Bee Faulkner are held on Tuesdays at 10am 'Mixed Ability' and 11.30am 'Sitting and Standing', and on Fridays at 9am 'Intermediate' and 10.30am 'Mixed Ability' (mat based). The current block of classes finishes on May 25, with new 7 week blocks including Gentle Exercise for 70+, & also Beginners Pilates starting w/c 5 June. For further information, see p6, visit https://gargravevillagehall.org.uk/pilates/ or contact Bee on 0777 898 0994.

Detox for Spring – Crossgates News

Emma Isherwood

Are you thinking of detoxing in time for summer? If so why not come and see the team at Crossgates Health to assist you in achieving your goals. If you are feeling exhausted, bloated, have problems with your skin or menstrual cycle, then you may find a detox useful. A detox is only a temporary process and should be followed up with long term lifestyle changes for optimal results.

In a detox situation we focus on the organs of elimination these being the kidneys and liver in order to cleanse the body of toxins that may have built up causing stress and ill health. Each person requires a detox programme that is specific to their lifestyle. Some people may wish to simply eliminate alcohol, coffee and chocolate from their diets and take a remedy or supplement such as

Milk Thistle to support the liver. Others may wish to go on a fasting diet where liquids only are consumed and specific supplements, tinctures and remedies taken to eliminate toxins and support organ function.

More next month; do get in touch - contact details are on advert page A10

SPRING IS HERE, AND HEDGEHOGS ARE STARTING TO EMERGE...

Morris Charlton

This winter has been a trying one for hedgehogs, starting off quite mild and then the visit from the 'Beast from the East' sending temperatures below zero.

Thanks to the dedication of people who champion hedgehogs many hedgehogs were provided with emergency food, water and places to nest which went a long way to making sure they were able to hibernate safely.

But now, as temperatures start to rise a little more each day, some hedgehogs may be starting to emerge from their nests, especially males.

Hedgehogs will have used up much of their fat stores over winter and will also be very thirsty, so please put out saucers of water as soon as you can. For more advice on what hedgehogs eat, you can visit the Hedgehog Street website

FARMING ON SCALEBER HILL

Iohn Hall

As I write this passage, lambing time is well under way. Amongst the first lambs to arrive, a few were born premature: alive but weak and in need of TLC. Fortunately, their chances of surviving was greatly increased by them being born inside. At the same time, my son-in-law Lucas took part in the endurance 54 miles North York Moors Event. I did suggest he could extend his exuberance by trying a 24x7 three weeks lambing session!!! Al I received was.........

I always look forward to lambing time, but this last winter has been a difficult one, with constant wet and soft puddled fields. The sheep like dry weather. They don't mind the cold, but not the rain. As a result, it has been an expensive winter as they have needed extra sheep feed to compensate and feed bills have been high. Having said that, the sheep have responded very well and are now in much better condition. I don't think I will be saying the same of the shepherds in a month, as it is always a hard month as there is no let-up.

On the cattle side, the March sucklers have calved without problems. A sensible decision was made not to calve any dairy heifers during lambing time. By housing more sheep than usual, the fields will have a rest and a chance to recover, after such a wet winter. On days like Easter Monday, who would want to be a shepherd?

One of the great changes I have seen is the breeds of sheep in this area. Swaledale was always the principal and was crossed with the Wensleydale to produce a Masham for lowland flocks. The Suffolk was next to appear to produce a butchers lamb. The Wensleydale is now a rare breed, as the Hexham Leicester

took over to breed a mule ewe as a very popular butchers lamb breeder. The white-faced continentals then began to appear, the likes of Texels, Beltex and others.

There are no doubts as to what the butchers prefer. However there is a down side: easy to become rigged (stuck on their backs), they have a tendency to pneumonia due to having a short neck; they have to be moved with extreme care in warm weathers, as they can be subject to breathing problems if pushed quicly. As the customer is always right, one has to develop a system to cope with market requirements. To be successful in any business you have to provide for customer requirements. Having had my little moan, they are very pleasant to work with a little patience may be required!!!

My pen of rare breeds, Lonks and Herdwick, are useful to train my dogs with. Others might comment "If you keep Lonks and Herdwicks, you need a good dog".

As I present these notes to the editor, the weather has taken a turn for the better, with some sun and warmer weather. At last, the daffodils are flowering and the birds are building their nests, including the duck in my garden. It could be the same one that hatched last year.

Dry

My minister friend put hot-air hand dryers in the toilets at his church and after two weeks, took them out. I asked him why and he confessed that they worked fine, but someone had scribbled on the dryer: 'For a sample of this week's sermon, push the button.'

As good as it gets

A shipwrecked man spent five years on a deserted island. One day he was overjoyed to see a ship drop anchor in the bay. A dinghy approached, and a ship's officer handed the sailor The Times, The Financial Times and The Daily Telegraph. "The captain suggests," said the officer, "that you read what's going on in the world before you decide if you wish to be rescued."

Canterbury monks

My boyfriend was working as an attendant in Canterbury Cathedral when one afternoon he was approached by two American tourists. "Are you a monk?" one of the women asked eagerly.

"No," he replied, "I wear this robe as part of my job, but I'm not a member of any religious order."

"Then where are the monks?" asked the woman, looking around.

My boyfriend explained: 'Oh, there haven't been any monks here since 1415.'

Hearing this, the woman looked at her watch and announced to her friend, 'Betty, we missed the monks.'

GARGRAVE C OF E PRIMARY SCHOOL

Sarah Peel

"Every child counts, every child contributes"





Year 5 walked to Malham along the Pennine Way just before Easter. It was a cold and wet day but spirits were good throughout.

The whole class and their staff stayed at the youth hostel in the village.

We made fossils and learned about how and when limestone was formed.

We did get very muddy over the two days.

All the year 5's gained so much confidence through this. They know they can walk a long way, they can stay away from home and organise themselves.

The year 6's went to Bewerley Park on a week residential, more of that visit in the next month's parish magazine.



Iudith Metcalfe

The terms seem to be going by very quickly: we have been busy once again. We had a great visit from Heart Beeps, which linked in with our role play of superheroes. We also held a Mothers Day tea party which was very well attended by not just Mums, but Nannas and Grannies too, and all seemed to enjoy their experience. The run up to Easter was busy: the children had a great time on our visit to Neville House, where Kath had done an Easter egg hunt, both inside and outside. All eggs were found and some eaten! On the last day of term we held our Easter egg bingo which was very well attended with lots of our families, people from the village and our lovely ladies from Neville house. There was lots of eggs to be won and Kath judged our colouring competition the winner getting a big chocolate rabbit. Many thanks to all who came - we raised over £100.

Looking forward, after the holidays, we will be starting our regular visits into Apple Class, with the children who will be starting school in September, to get them used to the school class room experience. We are also having a visit from the vet and our role play area is going to be a vets. Also, Heart Beeps will be coming again, linking in with our animal theme. Hopefully we will have our sponsored welly walk around the village.

BISHOP URGES SCHOOLS TO COMBAT COSMETIC SURGERY CULTURE

Parish Pump

Schools should teach children to look beyond the culture of cosmetic surgery, fast cars and designer labels, a bishop has told leading head teachers.

In a recent address to school leaders in London, the Bishop of Chelmsford, the Rt Revd Stephen Cottrell, said schools can be places where children learn to seek "fullness of life" rather than the "illusion" that happiness can be found in possessions or outward appearances.

"We Christians dare to believe that God holds in His heart an image of what each of us is capable of becoming - against the lies and illusions that the world peddles.

"The world is always saying to us if you just buy that designer label pair of jeans, or if you wore that expensive perfume, or if you drove a fast car, or if you got that cosmetic surgery, oh well then you would be happy, then you would be fulfilled.

"But none of it works. Or perhaps to be more accurate, it works just enough to get you addicted. Sometimes I think ... we have just become a nation of junkies hooked on the idea that you can find fulfilment from these things.

"Against all that, we assert that God does want to change us, but not into someone else. God wants to change us into ourselves; into the person we are capable of becoming. A school can therefore be the place where transformation happens."

Emergencies and concerns

Tim Chronnell

ELECTRICITY For emergencies 105, General enquiries 0800 375 675

To check power cuts etc: http://www.northernpowergrid.com/power-cuts-home

GAS National Grid Emergency Line 0800 111 999; Report a gas leak: https://customerservices.npower.com/app/answers/detail/a_id/374/~/how-do-i-report-a-gas-leak%3F

WATER & SEWERAGE https://www.yorkshirewater.com/contactus

FLOOD http://apps.environment-agency.gov.uk/wiyby/37835.aspx R. Aire at Gargravehttps://flood-warning-information.service.gov.uk/station/8083

ENVIRONMENTAL HEALTH https://www.cravendc.gov.uk/environmental-health/

e.g. flooding, pollution & public health, private water supplies https://www.northyorks.gov.uk/flooding

NHS 111: The new NHS telephone number to call when you have an urgent medical concern – but it's not an emergency. For emergencies call 999.

101 - THE POLICE NON-EMERGENCY NUMBER for advice or to report crime, damage or drug use when it's less urgent than a 999 call.

Gargrave Lands Charity

Are you currently experiencing financial difficulties and needing help?

Do you need financial assistance to pursue higher or further education or vocational training?

If you live in Gargrave, Flasby, Eshton, Winterburn, Coniston Cold or Bank Newton then Gargrave's Lands Charity may be able to help!

Financial assistance readily available in approved cases.

Contact one of the trustees listed below to discuss your situation.

Absolute discretion and confidentiality assured.

Phil Ellis 748685

Christine Charlton 748817

Mike Maiden 07876 886313

Hugh Turner 748117

Joyce Garner 748447

Rotas for St Andrew's Church

Please arrange a deputy if you can't make your duty; to join call Janie on 748970.

	8am Sidesmen	10.45am Sacristan	•	5am hments
06-May	Linda Wall		Family Team	Family Team
13-May	Kay Craven	Joyce Brotherton	Pat Traves	Mollie Blackburn
20-May			Joan Wimbush	Tony Wimbush
27-May	Colin Chapman	Norma Brothers	Sarah Curtis	Judith Robinson
03-Jun	Linda Wall		Family Team	Family Team
10-Jun	Kay Craven	Joyce Brotherton	Abbie White	Sylvia Humphreys
10.45am	1 Sidesmen		Readers	Intercessors
06-May	Family Team	Family Team	Family Team	Family Team
13-May	Sarah Curtis	Pauline Gilfoyle	Lauren Maslin	Sarah Curtis
20-May	Janet Turner	Hugh Turner	Ruth Abbott	Ron Humphreys
27-May	Dorothy Rishworth	Mollie Blackburn	John Bailey	Mike Maiden
03-Jun	Family Team	Family Team	Family Team	Family Team
10-Jun	Sarah Curtis	Pauline Gilfoyle	Clare Maslin	Peter Poulter

Nearest Filling Stations (miles from central Gargrave),

updated December 2017

SE; SKIPTON; 5 miles; Tesco [24 hr], Keighley Rd, BD23 2AG; 0345 6779615 SE; SKIPTON; 5 miles; Morrisons, Broughton Rd, BD23 1RT; 01756 796070 South; KELBROOK; 8 miles; Texaco, Colne Rd, BB18 6TG; 01282 338332 SW; BARNOLDSWICK; 8 miles; Gulf, Skipton Rd, BB18 5NB; 01282 853357 NE; THRESHFIELD; 8 miles; SPAR, Kettlewell Rd, BD23 5PL; 01756 753 578 SW: GISBURN: 10 miles: Texaco, Gisburn Rd, BB7 4ES: 01200 415953 NW; SETTLE; 11 miles; CO OP, Church St, BD24 9JD; 01729 824719



Ingham Photography

Gargrave-based Robert and Diana Ingham shoot portraits, weddings and events at home or a local location

07740 339021

rob@inghamphotography.com www.inghamphotography.com https://www.facebook.com/dianainghamphotography/

Public Transport leaving Gargrave Compiled by Peter Hardyman 16 April 2018

TAXIS from Gargrave (see advertising directory, page A2):

Gargrave Private Hire - local & distance, airport transfers: 07877 054698, 01756 748112

TRAINS from Gargrave MAJOR CHANGES from 20 MAY. Before then see April Mag

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

Mon-Fri 0745 0755!!! 1150 1349 1551 1621 1645 1732³ 1850 2019 2134 2216 2238!!!

Saturday 0745 0755 09023 1150 1349 1551 1621 1645 17323 1850 2019 2134 2218 2238 Sunday 1121 1146 1346 1446 1645 1701 1846 2056

To Giggleswick (arrives ~ 20 mins later) & Lancaster⁵ (arrives ~ 66 mins later)

Mon-Fri 0528 0902 1103 1304 1504 1814 2006 Saturday 0525 0902 1103 1304 1504 1814 2006

0921 1107 1407 1607 1807 Sunday

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

Mon-Fri 0528^{20r3} 0902² 1004 1103² 1133 1304² 1504² 1732 1814² 2006² (2033⁴)

Saturday 0525² 0902² 1004 1103² 1133 1304² 1504² 1732 1814² 2006² (2033⁴)

Sunday 0921² 0950 1107² 1311 1407² 1507 1607² 1807²

NOTES: (1. Change at Skipton) 2. Not Settle; change at Lancaster for Carlisle 3. Change at Hellifield 4. Terminates Ribblehead 5. Change at Lancaster for Morecambe.

As of 16 Apr: there are no engineering works scheduled to affect Gargrave trains in May. That may change. Check with northern railway. For live info on next 2 trains text GARGRAVE to 84950, or go to www.rail.co.uk/live-arrivals-departures/ NOTE: The Bus Replacement Stop at Gargrave is on Church St. on the village side of the railway bridge.

BUSES from Gargrave [NEW 580/581 timetable FROM 5 Mar] *Except Bank Holidays

To Skipton (arr. ~15 mins later) (Services 75, 210/211, 580, 873/884) (M is from Malham) M-Fri* 0820 0910 0955 1055 1057M⁷ 1155 1255 1355 1357M⁷ 1455 1555 1725 1825

Saturday 0820 0910 0955 1056M 1155 1255 1355 1455 1555 1656M 1755

Sun + B.Hol (from 1 Apr 873/884) 1204M 1504M 1654M

To Settle (arrives ~ 25 mins later) (Service 580) and

(+)onward to Kirkby Lonsdale (Service 581) and (++)thence to Lancaster (Service 582)

Mon-Fri* 0905++ 1000 1100++ 1200 1300++ 1400 1500++ 1600 1700++ 1800++ 1900++

1100++ 1200 1300++ 1400 1500++ 1700++ 1800++ 1900++ Saturday 0905++

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

Mon-Fri* [210/211] 1000⁷ 1310⁷

Saturday [75] 1001 1559

Sun + B.Hol (from 1 Apr 873/884) 1052 1237 1537

NOTES, 7. Tues & Thurs (as service 211) stops at Coniston Cold 4 mins after Gargrave.

Public Transport back to Gargrave

Public Transport back to Gargrave
TRAINS to Gargrave: MAJOR CHANGES from 20 MAY Until then see Apr Mag
From Skipton (arriving Gargrave ~ 5 mins later) Last train LEEDS to GARGRAVE Mon-Fri 0522 0856 0959 1057 1127 1258 1458 16003 1727 1808 2000 2027 1949 Saturday 0519 07053 0856 0959 1057 1127 1258 1458 16003 1727 1808 2000 2027 1949
Sunday 0915 0945 1102 1305 1402 1502 1602 1802 1724
From Lancaster via Giggleswick (arriving Gargrave ~ 66 mins later) Mon-Fri 0648 1045 1245 1451 15036 1745 2030 2134 Saturday 0648 1045 1245 1446 15036 1745 2030 2134 Sunday 1041 1215 1515 1715 1951
From Carlisle (journey time is dependent on route – check timetables) Mon-Fri 0544 ² 0551 0934 ² 1134 ² 1334 ² 1349 ^{2,6} 1404 1450 1631 ² 1824 1857 ² 2007 ² (2145 ⁹)
Saturday <u>0544</u> ² <u>0935</u> ² <u>1135</u> ² <u>1335</u> ² <u>1349</u> ^{2,6} 1404 1450 <u>1635</u> ² 1824 <u>1911</u> ² <u>2017</u> ² (2145 ⁹)
Sunday 0925 1051 ² 1250 1407 ² 1502 1607 ² 1835 ² NOTES: 1. Change at Skipton 2. Not Settle; change at Lancaster 3. Change at Hellifield 6. Change at Carnforth 9. Not Carlisle: Departure time is from Ribblehead. Living in BD23 post code, you can buy a DALES RAILCARD: £10.00/ year. 1/3 off Anytime and Offpeak rail tickets between Gargrave, Leeds, Bradford, Carlisle, Morecambe, Lancaster. Discount for children with you; also Winter Offer.
BUSES to Gargrave * Except Bank Holiday (M service to Malham)
NEW 580/ 581/ 582 Timetable <u>FROM 5 MARCH</u> .
From Skipton (arrives Gargrave ~ 15 mins later) (Services 75, 210/211, 580, 873/884)
Mon-Fri* 0850 0945 0950M8 1045 1145 1245 1300M8 1345 1445 1545 1645 1745 1845
Saturday 0850 0945M 1045 1145 1245 1345 1445 1545M 1645 1745 1845
Sun + B.Hol (873/884 from 1 Apr) 1040M 1225M 1525M

From Settle (arr. Gargrave ~25 mins later (Service 580)

+ from Kirkby Lonsdale (581), ++ from Lancaster (582)

Mon-Fri* 0755+ 0845++ 0930++ 1030 1130++ 1230 1330++ 1430 1530++ 1700 1800++

Saturday 0755+ 0845++ 0930++ 1130++ 1230 1330++ 1430 1530++ 1730++

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

Mon-Fri* [210/211] 1035^8 1335^8 from opp. the Buck Inn, Malham

Saturday [75] 1030 1630 from opp. the Buck Inn, Malham

Sun + B.Hol (873/884 from 1 Apr) 1140 1440 1630

NOTES 8. Tues & Thurs service stops at Coniston Cold 4 mins before Gargrave

Service Operators: northern railway www.northernrailway.co.uk 0800 200 6060; 210/211, NYCC 08458 725282 or 01609 780780; 580/581/582, 75 Kirkby Lonsdale Coach Hire 01524 733831 www.kirkbylonsdalecoachhire.co.uk; 873, Arriva Yorkshire 0344 800 4411 www.arrivabus.co.uk/yorkshire; 884, Keighley Bus Co. 01535 603284 www.keighleybus.co.uk. Buses (general) www.dalesbus.org; Traveline 0871 200 22 33 www.traveline.info; National Rail Enquiries 03457 48 49 50 www.nationalrail.co.uk

Gaiglave Libialy	Gargrave	Library
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West St, BD23 3RD 07960 704509 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), or renew by calling 01609 532774

Refuse and recycling collection days

Tuesdays (part Gargrave and Coniston Cold)	Fridays (rest of Gargrave)	Bin colour
01-May	04-May	Green bin
08-May	11-May	Blue bin
15-May	18-May	Green bin
22-May	25-May	Blue bin
29-May	01-Jun	Green bin
Sorry, brown bin dates vary	too much across our par	ishes for them to be included.

Last posting times

Gargrave Post Office: Mon-Fri 4.45pm, 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-Wed and Fri, 8-11:30am.

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

	School closes	School opens
Half term (Summer)	Fri 25 May	Mon 4 June
Summer	Fri 20 July	Tue 4 Sept
Half term (Autumn	Fri 26 Oct	Tues 6 Nov
Christmas	Fri 21 Dec	Tues 8 Jan 2019

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 & relevance. The monthly contributions deadline is the 10th. Please email contributions, if possible, to editor@gargravemag.co.uk. We can also accept short contributions by phone 01756 749443.

Editorial advertising currently costs £10 per quarter page per month, other sizes pro rata, payable to "St Andrew's Church, Gargrave", bank account no 30693561, sort code 20-78-42, or by cheque/cash. Artwork can be supplied in Word or pdf format; alternatively we can create it for you, from £20 per advert. Contact 0777 898 0994 or advertising@gargravemag.co.uk

An annual subscription is £8 – contact Ron Humphreys on 748779. Or download it for free from www.gargravemag.co.uk.

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

Caterpillar Club (0+) - St Andrew's Church, Wed 10am, Kirsty Smith 07525 619950.

Rainbows (5+) - Debbie Gomersall 01729 830589

Brownies (7+) - Rose Turner 01729 825886

Young Farmers Club - Coniston Cold, Tues 7.30pm, Janet Bolland 01729 830505

Luncheon Club, Neville Crescent Community Centre, alt Tues, 12.30pm, Carol/Carys 748990

Luncheon Club. St Andrew's alternate Thursdays, 12.30pm, Norma 078 62 23 16 91

Afternoon tea. Neville Crescent Community Centre, alt Sun, 12,30pm, Mary Dawson 749755

Over Sixties' - Village Hall Annexe, Wed 1.30-3.30pm

Phoenix Group (over 65s) - Anchor Inn, alternate Thurs 9am-1pm, Sarah 07596 452385

Meals on Wheels – Mon & Wed, Janet Turner 748117

Bowling – outdoor Gargrave Bowling Club, Michael Cox, 748285

Bowls - indoor, Village Hall, Winter Tues & Thurs 2-4pm, Mary Rushton 748908

Cricket - Gargrave Cricket Club (over 13s), Mark Jones, 07498 288654

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

Golf - Mason's Arms Golf Society, www.masonsarmsgolfsociety.com, 749304

Hunt – Pendle Forest & Craven Hunt, Elizabeth Adams 01756 749772

Pilates - Contemporary, V Hall, Tues 10 & 11.30am, Fri 9am & 10.30am Bee 0777 898 0994

Pilates - Classical, Village Hall, Tues 2pm, 6pm, 7.05pm, Cate Davies 079 5533 8775

Tennis - Craven Lawn Tennis Club. Beth Whitley 749664, www.craventennis.org.uk

Tai Chi & Qigong-Village Hall, Thursdays 7.30pm, Ian Cresswell 748540

Tai Chi Qigong - Riverside, V Green bet'n toilets & river, Mondays 9.30am, Bee 0777 8980994

Walking for Health – 1st 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, John Rainey 01756 749867 or 07840 806698.

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, Mons 1.30-3.30pm, Bev Parker 01756 749910

Bell Ringing - St Andrew's, Mon 7.30pm, Sun 10.00am, Joe Alston 01729 851663

Bingo – Village Hall Annex, 4th Wed of month 7,30pm, Joan Philip 749468

Bingo - Gargrave Community Centre, Neville Crescent - Mondays 2pm

Fuchsia & Geranium Club – V.Hall, 1st Wed of month 7.30pm, Paula Jackson 752175

Gargrave Community Choir - rehearsals Sundays noon, St Andrew's Church, 749802

Gargrave Heritage Group - Tues 10am, St Andrew's Church, Martin Thomson 748309

Craft and Chat – St Andrew's, Tues 2pm, Sylvia Humphreys 748779

Parish Council Meeting – Village Hall side room, 2nd Monday of the month

Snooker Club – Village Hall Snooker Annex, every day, Stewart Smith 749340

WI – Village Hall Annex, 2nd Wed of month 7pm, Trish Richardson 748847

Masons Arms – Quiz Sundays 8.30pm; Acoustic live music 1st Friday of the month

The Old Swan - Quiz Tues 8pm; Pie night Wed; Steak night Thurs; Sunday Roast Sun

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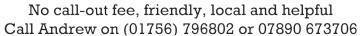
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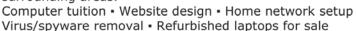
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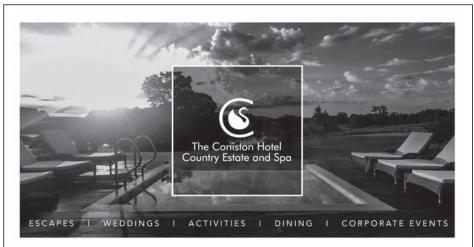
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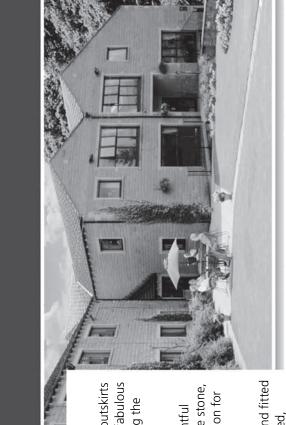
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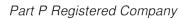


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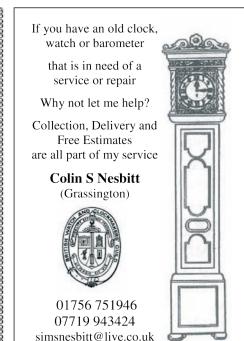
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