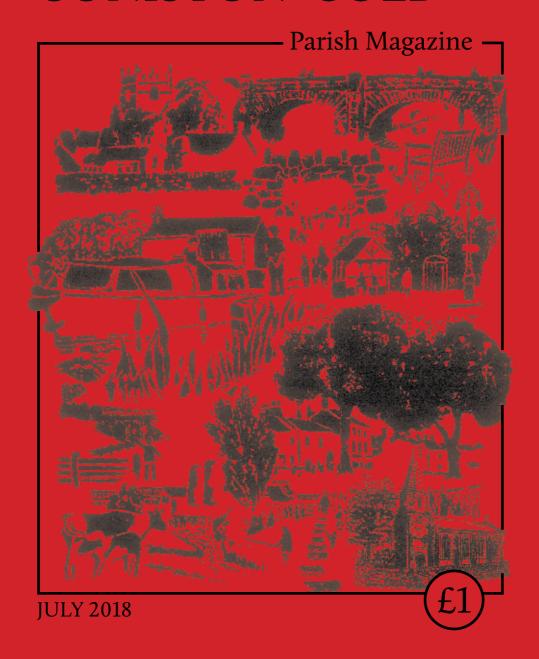
GARGRAVE & CONISTON COLD



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Carrying the kitchen sink; the Power of Love; Postcards from India
The right boiler for your home; Banging on about smoke alarms
Oodles of doodles; Inner Peace; TB; Confession
More munchies for your blue bin



Photo by Rob Ingham

Dates for your diary

The Amazing Adventures of Superstan 5 July

Gargrave Summer Art Exhibition 12 – 15 July

School Leavers Service 20 July

Gargrave Show Sheepdog trials 22 July

Jumble Sale 4 Aug

Gargrave Show 18 Aug

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FIRST WORDS

Parish Pump news service

Comment from the editors: This article caught our attention although we realise that to some readers it will be as incomprehensible as it is to us!

The Church of England is launching an Alexa skill, enabling users to ask the Church of England for prayers, explanations of the Christian faith and where to find their nearest church for local events and services based on their location.

Daily prayer resources are central to the skill, offering a prayer for the day, as well as morning, evening and night-time prayers and a grace before meals all recorded for Alexa devices.

The skill is also integrated with A Church Near You, our national church finder that gets 13 million page views a year, to find the nearest services and events, and seeks to increase users' knowledge of the Christian faith by answering questions such as: what is the Bible? Who is God? What is a Christian?

The Archbishop of York, Dr John Sentamu, who is featured in a video to promote the Alexa skill, said: "We're thrilled to be launching the Alexa skill today, to enable regular churchgoers and those exploring faith to connect with God in another way at a time that's right for them. A quarter of UK households now own a smart device and, after transforming the Church of England's and Archbishops' national websites last year, this fast-growing area was identified as a priority for development.

"More broadly, this work is part of our wider Renewal and Reform programme, which seeks to ensure the Church of England is a growing Church for all people and in all places."

Adrian Harris, Head of Digital at the Church of England, said: "Platforms such as Alexa give the Church the ability to connect people with God and to weave faith into daily lives, whether for daily prayers or exploring Christianity. We also see this as a fantastic opportunity to encourage people into their local church, which is why the link to A Church Near You is so important, particularly at key moments in the Christian year such as Easter and Christmas.

"We're prioritising Alexa at this stage to reach as many people as quickly as possible, but plan to launch on Google and Apple devices in due course."

This is phase one of the AI (Artificial Intelligence) project, with future development planned to ensure users can find more answers to faith questions.

Users must activate the Church of England skill by saying "Alexa, open the Church of England". A full list of commands is available on our dedicated Alexa page.

One million people go to a Church of England church and more than four million attend at Christmas. The integration with A Church Near You will mean even more users are able to find a local place to worship at key events.

This skill is one of the first significant faith-based skills available for smart speaker users in the UK.

DIARY

Coniston Cold		
Sun 1 July	Evensong, 4pm, Church	
Sun 8	Holy Communion, 9.30am, Church	
Sun 15	Pet Service, 4pm, Church	
Sun 22	Holy Communion with the Archdeacon, 9.30am, Church	
Sun 29	NO SERVICE	
Gargrave		
Sun 1 July	Prayer Book Communion - Revd Felicity Lawson, 8am, Church Family Service, breakfast 10am, service, 10.45am, Church	
Wed 4	Fuchsia & Geranium society meeting, 7.30pm Village Hall	
Thu 5	Walking for Health, dep Summerseat 11am for Wharfe-Austwick	
	The Amazing Adventures of Superstan, 1.30pm & 5pm, V Hall	
Sat 7	Gargrave church heritage group pie lunch, 11am, Village Hall	
Sun 8	Prayer Book Communion with Revd John Long, 8am, Church Sung Eucharist with Revd John Long, 10.45am, Church	
	Flea Market, Vintage & Collectables, 10am-4pm Village Hall	
Mon 9	Parish council meeting, 7.30pmVillage Hall Annex	
Thu 12	Gargrave Summer Art Exhibition, 11am-7pm, Village Hall	
Fri 13	Gargrave Summer Art Exhibition, 11am-7pm, Village Hall	
Sat 14	Gargrave Summer Art Exhibition, 10am-7pm, Village Hall	
Sun 15	Prayer Book Communion - Revd Felicity Lawson, 8am, Church Service of the Word with Revd Keith Trout, 10.45am, Church	
	Gargrave Summer Art Exhibition, 11am – 5.30pm, Village Hall	
	Christians in Gargrave Informal Worship, starting with Jacob's Join tea, 5.30pm, Village Hall Annex	
Wed 18	Gargrave Village Hall Management Committee meeting., 7.30pm, Village Hall Committee Room 1	
Thu 19	Walking for Health, dep Summerseat 10am: Coniston C - Gargrave	
Fri 20	School Leavers Service, 1.30pm, Church	
Sun 22	Morning Prayer with Linda Wall, 8am, Church Sung Eucharist with the Ven Beverley Mason, 10.45am, Church	
	Gargrave Show Sheepdog trials, 9am, Holme House Farm	
Mon 23	Annual teenage tennis tournament, Craven Lawn Tennis Club	
Wed 25	Bingo, 7.30pm Village Hall Annex	
Sun 29	Prayer Book Communion with Revd John Holford, 8am, Church Service of the Word with Revd Peter Poulter, 10.45am, Church	
	Broadway Fairs. Flea Market, 10am-3.30pm, Village Hall	

Regular weekly and biweekly Gargrave events

Mondays:

9.30am Tai Chi Qigong, Green opposite Bollywood Cottage, riverside of War Memorial

10.30 am Tai Chi Qigong for beginners, riverside venue as above

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 Gentle Exercise for 70+ 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:

9.15-12 Gymnastics for pre-school children, Village Hall

9.30am Gentle Hatha Yoga, Village Hall Annex

9.30am Tai Chi Qigong, Green opposite Bollywood Cottage, riverside of War Memorial

10 am Caterpillar Club, Church

10.am Social tennis

1.30 pm Over 60's, Village Hall Annex 4pm Gymnastics for children over 5

Thursdays:

9am Phoenix Club, the Anchor, alternate weeks 9.30am 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:

9.15-12 Gymnastics for pre-school children, Village Hall

9 am Contemporary Pilates with Bee Faulkner: 'Intermediate', Village Hall (term time) 10.30am Contemporary Pilates with Bee Faulkner: 'beginners', 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

8.30pm Quiz, Masons Arms

FORTHCOMING EVENTS

Family Service with breakfast - 1 July, 5 Aug

Rosemary Pocock

Sunday 1 July, St Andrews Family service 10.45am. Join us for breakfast at 10am. Everyone welcome. Sunday 5 Aug, café' style service with coffee and pastries

Duck race - 1 July

Claire Gautam

Please join us at Gargrave Primary School PTA Annual Village Duck Race!

This fun afternoon is to be held **on Sunday 1st July**, **12noon-3pm** on the middle green in Gargrave (ducks to be released at 3pm) There will be bouncy castles, traditional sports and games from Kanga Sports, a dog show, various stalls, a hog roast, tea/coffee and vegetarian food from Cobble Kitchen, a beer tent, live music from Haworth Ukulele Group and much more!

Great prizes for 1st, 2nd and 3rd ducks, tickets will be available to buy for £1 each from school and the Co-op in Gargrave.

Please see our Facebook event and posters around the village for updates and more details.

As always, any baking or tombola donations are gratefully received and can be left at school or brought on the day of the race.

Pie lunch at the Village Hall - 7 July

Sue Lyall, Gargrave Heritage Group

Please come and join Gargrave Heritage Group for a Meat and Potato Pie Lunch, on **Saturday 7 July** from 11am to 2 pm. This includes pudding and a drink for £5. There will also be a tombola and a raffle to support the work of the Heritage Group.

We will have information and previews of our book about the history of Gargrave from 1900 - 1925. As well as looking at the lives of the soldiers who fought and died in the First World War, we are writing about the social history of the village. Step back in time and find out how the folk of Gargrave lived and worked 100 years ago. There are many photos and tales gathered from personal memories and from the incredible Dennis French collection.

In future editions of the magazine, we'll print extracts from the book, to give you a flavour of what's to come when we publish at the end of the year.

Gargrave Village Summer Art Exhibition - 12-15 July

Alan Poxon

The Exhibition begins, as always, with the Preview Evening on Wednesday, where the Artists and invited guests have the first opportunity to see what is in store for visitors this year. Your enjoyment will be enhanced by a free glass of wine or a soft drink, and possibly a few selected nibbles. You will have the opportunity to chat to some of the artists, and partake of the raffle, that will include as one of the prizes, an original piece of art.

This year the entry qualifications were changed to allow every artist to submit up to three pieces of work, and current members of Gargrave Village Hall may submit for free. This was thought to be a much fairer solution to previous zoning restrictions. We will be welcoming new artists again this year too, who have asked to submit work for the first time.

The winner of last years' Best In Show was Lesley Woodhouse, who will have her own space in the main Committee Room, along with the Gargrave Art Group.

As well as the usual displays by Gargrave Primary School and the Pre-School, we are once again running a special Children's Competition, complete with prizes and certificates. The Yorkshire Dales Millennium Trust will also have a stall with us again this year, as part of the "Flowers of the Dales" Festival. There will be items for sale exclusively by YDMT.

As in previous years there is no charge for entry, and children and dogs (on a lead) are welcome. Please come and support our local artists. We look forward to seeing you there.

Exhibition Opening Times

Wednesday 11th July (Preview Evening) 7pm – 9pm
Thursday 12th July 11am – 7pm
Friday 13th July 11am – 7pm
Saturday 14th July 10am – 7pm
Sunday 15th July 11am – 5.30pm

Art Exhibition Committee:

Alan Poxon 01756 749686, Bev Parker 01756 749910, Shelagh Smith, Hilary McCormac, Martin Harrison, Ian Maxwell, Martin Winterton, Sheila Bamford.

Gargrave Show Sheep Dog Trials - 22 July

Show website

Sunday 22 July, starts 9am, at an idyllic canalside field near the Lock at Holme House Farm, Gargrave, BD23 3PR by kind permission of the Beckwith family
• FREE ENTRY FOR SPECTATORS • RAFFLE • HOMEMADE REFRESHMENTS •

For further information please contact the Gargrave agricultural and horticultural society Chief Steward Bobby Clarkson – 01756 460045).

Entries to be taken on the day.

Prize Money: 1st £30; 2nd £20; 3rd £15; 4th £10; 5th £8; 6th £5 Champion and 1st Prize £30 sponsored by CCM Auctions, Skipton Tyke Trophy presented by Tyke Dog Foods, Skipton

Jumble Sale - 4 Aug

Caroline Thompson

The annual Jumble Sale will be held on **Saturday 4 August**, 10am to around 1 pm. We are happy to accept clothing, shoes, bags, books and household goods. Small furniture is also acceptable (ideally anything which can be transported in a car or carried with ease by one person) and anything surplus from your garage or garden shed. Tombola prizes would also be gratefully received. Please no large electrical items, TV s or printers.

Donated goods may be left at the hall ideally on a Monday morning or on a Saturday at a Gargrave Village Hall Management Coffee morning. Please leave

them just inside the kitchen door. Alternately please contact any Committee member if you would like the items to be collected from your home.

If you are able to offer any help with selling please contact Caroline on 01756 749235 or email caroline@sandisthompson.co.uk.

Cricket Club Wynn Cup Final - 5 Aug

Mark Jones

The Wynn cup final will be played at Gargrave Cricket Club on Sunday 5th August

Cricket Club Fundraiser: Band & Bar, Pie & Peas – 17 Aug

Mark Jones
Gargrave CC Annual Fundraiser will be held at Gargrave Village Hall on Friday

17th August from 6pm. There will be a live band, DJ, pie and peas and a licensed bar. Ticket are £10 and can be purchased by ringing Mark Jones on 07498 288654.

Gargrave Show - 18 August

Jonathan Stockton

The 114th Gargrave Show on Saturday 18 August, from 8.30am, is the traditional opener to the local show season. It is a fantastic all-round family event showcasing the very best of rural skills, crafts and much more. Once again, there's so much for you all to see and do on show day:- Multiple show classes for sheep, cattle and equestrian. The Handicraft and Horticultural marquee with many classes of hand-crafted and home- grown items show casing local entrants (entries close 11 August). There are classes to suit virtually everyone, both adults and children.

Gargrave Show Fell Races continue to create strong interest and we are again expecting some of the leading runners to participate. Our Fun Dog Show is entertaining and, at times, well supported, so this year we intend to have Best in Show judging



in the main ring to allow the quality of the participants to be appreciated by a wider audience. It's action all the way, all day in the main show ring with the inaugural big wall competition for horse jumpers. Don't miss our Grand Parade, when vintage agricultural vehicles and classic cars will be on display, followed by the presentation of trophies to prize-winning livestock entrants. The famous Terrier Races can be great fun, and will again bring an end to this year's Gargrave Show. Visit http://gargraveshow.org.uk/ for a schedule and further information.

Introducing Permaculture - 8 Sept

A day long course presented by Simon Watkins (Friend in Residence at Airton Friends Meeting) and Charlie Gray of Horton Community Farm Bradford, **Saturday 8th September** at Airton Barn. Discover how one fascinating idea became a system of design that is helping individuals and communities the world over find ways to live more sustainably. Find out how being inspired by the natural world can support and enrich your own ideas.

Places limited so reserve yours soon! Prices from £40 full / £20 concessions. Contact Simon on 01729 830263, via simon@airtoncreativeservices.co.uk or see: www.airtoncreativeservices.co.uk/introducing-permaculture for further details and booking.

NEWS

GARGRAVE OPEN GARDENS with music, art and alpacas

Freya Jackson & Faulkners

Gargrave Open Gardens 2018 was a superb day, with over 400 intrepid visitors, as far reaching as Edinburgh, Hampshire and Australia arriving despite the wet weather forecast which followed weeks of wall to wall sunshine. They were treated to glorious garden gems from the 23 ones open in the village and Bell Busk. And the live musicians, from The Fairfax Singers to a multitude of guitarists (including Chris Emmett, Mike Maiden and Andrew Clay) and accordion players, serenaded visitors throughout the variety of gardens, including a walled garden and a 'secret' double garden.



Artists Paul Slegg, Teresa Gordon, Jackie Nuttall, Liz Homes, Valerie Todd, Hilary McCormac, Sheila Bamford and Bev Parker from the Gargrave Art Group were working within some of the gardens, creating horticultural themed pictures which included paintings and textile works. The Hart Farm "Putting Back the Smiles" animals offered another multi-sensory aspect to the event, with Alpasta the Alpaca, pigmy goats and a mini donkey amongst some of the visiting animals.





Photos by Freya Jackson

The event raised a record amount of over £3,700 for St. Andrews Church, which could not have been done without the involvement of the local community. The refreshments in the Village hall and garden R were particularly welcome when afternoon heavy downpours replaced the light showers of earlier in the day.

One of the event organisers, Freya Jackson stated, "It was a fantastic day — we had a number of Open Gardens with live musicians and artists working within them which only added to the vibrant nature of the event. We would like to express a huge thank you to all of the garden openers, the musicians and artists, caterers, stall holders and everyone else involved in the event."



Library news

Dave Smith

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

The summer reading challenge is aimed at children aged 4 to 12, the theme this year is "Mischief Makers" celebrating 80 years of the much loved comic Beano. The challenge is to read six library books over the summer and it's free to take part.

The challenge starts on 14th July and runs through to September. When the children sign up they receive a free poster and each time they read two books, they receive a set of stickers, to encourage them to keep reading with the aim of filling in the gaps on the poster.

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

See the www.summerreadingchallenge.org.uk website for more information about the summer reading challenge 2018 and to take part in online activities. You can also download the record breakers summer reading challenge app at sol.us/records

NYCC Library staff will be visiting the local schools to explain the scheme.

For pre-school children the Library continues to run the 'Book Start Bear Club' reading scheme for 0-5 year olds. If you've got a toddler in tow, please bring them down to the Library or down to the Duck Race on the 1st July where the Library is taking a stand and ask one of the Volunteers to enrol them onto the scheme.

On a slightly different, but related, theme NYCC are promoting a volunteer scheme entitled "Reading Hacks". Reading Hacks are young people, aged between 13-24 years, who volunteer to assist with the Summer Reading Challenge and other tasks in the Library. Volunteering is an ideal way of enhancing a CV, improving a UCAS Application form or gaining experience leading to the DOE award.

For further information or to pick up an application form please call in at the Library or email gargravelibrary@btinternet.com.

News from the Village Hall

Caroline Thompson

We are organising our first ever Wedding and Occasions Fair at the Village Hall on Sunday 7th October. We shall be showcasing lots of local businesses and suppliers, some established and some fledgling. We have some real treats up our sleeve with both traditional fayre and finery but also some surprises too! A number of the stalls will have goods for sale on the day so there will be some great gift ideas for every occasion. Enjoy relaxing live music from Dolce who will be playing clarinet, saxophone and guitar. Please come along and enjoy the special day with us.

Are you looking for voluntary work? Looking to improve your CV? Thinking of doing D of E?

Debbie Gomersall

If the answer is yes to any of these and you are free on a Tuesday evening then Malhamdale Brownies and Rainbows would love to hear from you. They are looking for anyone between 13 and 113 to work with Rainbows aged 5 & 6 and/or Brownies aged 7-10 in Gargrave. They do lots of badge work, crafts, sewing, trips out, pack holidays & play lots of silly games. If you are interested please call Rose Turner on 01729 825886 for Brownies or Debbie Gomersall on 01729 830589 for Rainbows.

They will also have places for girls to start in Rainbows or Brownies from September, just give them a call for details.

Recycling news

Craven District Council

From June 2018 we are accepting even more items in your blue bin.

These include yogurt pots, margarine tubs, fruit/veg punnet containers, cream/custard/sauce pots, foil containers/trays and aluminium foil.

Stickers are being placed on residents' blue bins to remind them of the new arrangements. For a full list please see https://www.cravendc.gov.uk/wasterecycling/blue-bin-recycling/.

Tennis club news

Beth Whitley

On Sunday 3rd June Craven Lawn Tennis Club held a charity tennis day with former GB Davis Cup players Danny Sapsford & Luke Milligan.

The aim of the day was to raise funds for a variety of tennis "outreach" programmes to be run by the club over the next couple of years or so to encourage new players, and those who haven't played the game for a while (of any age), to come along and try tennis at the Club.

The day raised a magnificent total of £1,300 all of which will be "ring fenced" by the club for the promotion of tennis locally and further details of courses etc will be released in the coming weeks and months.

A large number of players, of all ages and abilities (both members and non members) participated in the coaching sessions run by Danny δ Luke which



hugely proved popular and truly were a "once in a lifetime" opportunity. The Club has 7 courts (4 grass & 3 brand new All Weather) which were all used on the day such were the numbers attending. There was also a magnificent BBQ and bar with Pimms etc and.

blessed with wonderful weather, Craven LTC lived up to its reputation of the north's "Mini Wimbledon" as a small village club with truly magnificent facilities and a very friendly, welcoming and sociable atmosphere.

After the various coaching sessions had finished, Danny & Luke played an Exhibition Match of Men's Doubles at the Club in front of an enormous crowd which was a fantastic demonstration of their skills and they also invited club players (young and old) to join them at times on court which proved a thrill for those participating.

The next event at the Club will be the Annual Teenage Tournament on Monday 23rd July for those youngsters aged 11-18 years. Players do not need to be a member of the Club, this event is open to all. Anyone interested in playing is asked to contact Club Secretary Beth Whitley at secretary@craventennis.org.uk or 01756 749664 for further details. She will also be happy to answer any more general enquiries about playing tennis at the Club.

Riverside Tai Chi Qigong: we've moved!

Bee Faulknet

There's a lot in Qigong about yielding, shedding and releasing: we've had an unexpected opportunity to apply this since hearing that the Parish Council have been advised that the Summerseat South Street Green, where we've been meeting, is in danger of subsiding (the gate is now padlocked). So we've relocated upstream, on the same side of the river but on the other side of the bridge, to the stretch of Green by Water Street (on the riverside of the War Memorial and opposite Bollywood Cottage). This is another pleasant dog-free spot with trees and benches and good river views.

Qigong can be a moving meditation, a wonderful way to focus on the present, (detach from worries and job lists), and in the process open up your body, allowing your fascia to slide and glide and your vital life-force energy to flow.

We meet on Mondays at 9.30am, followed by a Qigong beginners group at 10.30am. There's a drop-in group open to all on Wednesdays at 10.30am. Meetings are continuing until July 24th, then resuming in September. For further information contact Bee on 0777 898 0994.

Pilates News: Rebalance - Small Changes For Large Benefits, lifestyle tips for achieving a healthier body! Cate Davies



We've looked at the ideal of having a balanced body δ the ways that it becomes imbalanced in Part 1 & 2, in this issue we'll explore simple lifestyle tips for achieving a healthier, re-balanced body.

1 Move!

I said this would be simple. Go for a walk at the fastest pace you're able to do, avoid lifts and use the stairs, do some housework, gardening, wash the car, brush the paths etc etc. I love Pilates, running and hiking, but I've tried many other activities over the years and will continue to do so!

Think you don't like exercise? Try new activities until you find something that suits you. You'll get far more benefit if you actually enjoy it and you're more likely to stick to it. Everyone was a beginner once and most people are only too delighted to get you started on an activity that they love, so don't be too scared or self-conscious to have a go!

There are loads of exercise opportunities in Gargrave alone: a free walking group, bowling, cricket, croquet, Pilates, tennis, Tai Chi, Yoga, ballet, tap, modern sequence dancing, ladies aerobics and a gym. They can be a fantastic way of meeting new people and motivating you to keep going.

Alternatively, make a commitment with a friend to exercise together once a week and you can combine a catch up with fitness. Do more than one activity! Athletes have long recognised the importance of cross-training, in order to keep the body balanced and flexible.

2 Limit sitting time!

Can you swap to a standing desk or even better, one where you can vary the height from standing to sitting? Put a timer on for 20 minute intervals and get up out of your chair, move around, bend over, stretch and then sit down again. It need only take a minute or two and is helpful for your brain as well as your back. We have very limited concentration spans, so optimise your work by taking regular breaks!



3 Look at the type of seat you use!

I've already mentioned the benefits of squatting in a previous issue. I guess from



the reaction in my Pilates classes, that it's not a popular idea. What about a kneeling chair, so that you sit in a neutral spine position and use your postural muscles to sit up rather than slouching? There are other ergonomic designs for sale, but I would recommend you try before you buy. Car seat design can be awful. Lumbar supports can help but sometimes the style of car is causing the problem. The reclined seating

position of sports cars seems particularly good at causing back pain. I find that taking regularly breaks to walk and stretch on long car journeys is essential for my back. Again this gives the dual benefit of improving attention and concentration on the road, keeping you and other road users safer.

4 Optimise work stations and limit screen time!

Desk tops are easy to optimise so that the screen is at the correct height to prevent hunching over, but laptops & tablets are trickier. I would strongly recommend a bluetooth keyboard, if you use these items for hours daily for school or work, to enable the screen to be lifted up to eye height. This may seem like an unnecessary expense but look at those around you, especially teenagers and notice the welldeveloped hunched-over posture.

Think about your use of all electronics but especially tablets and smart phones. There are free apps that will alert you at given intervals about screen time duration. Don't be available 24/7! It's crept insidiously into our lives as the accepted norm, so make a stand and say no! Make rules that limit your usage e.g. not at mealtimes, not after 9pm, not for a



day at the weekend or on holiday etc. Limiting your usage will not only help your posture & get you sitting less, but will also improve your attention, concentration, memory and mental wellbeing. You'll be more productive and imaginative and a lot less anxious.

5 Look after your feet!

There is so much to say about feet, that much neglected area of the body. They works so hard, bearing the whole weight of our bodies with every step we take and yet we don't give them a thought until they give us trouble. They're vital to being able to exercise safely. Some basic advice for now: ideally for day to day wear a flat shoe with a flexible sole that stays on your foot via straps or laces. Try to increase

time spent barefoot to allow the small muscles in your feet to strengthen. On a hot day, try walking barefoot on grass. It's amazingly refreshing. I'll explain this advice and discuss foot health and footwear in more detail in the next issue.

6 Don't carry the kitchen sink?

Neck or shoulder pain? Look to your bag! Don't overload it! Give it a regular clean out, so that it doesn't get heavier and heavier accumulating all sorts of rubbish. Travel light! Men often manage with what they can hold in their pockets, so do we ladies really need all those items in our bags? Try not to wear it on one shoulder! A rucksack with a strap over each shoulder is far better, as it doesn't overuse the trapezius muscle on that side trying to hold the weight. If you have to use a shoulder bag, try to swap which shoulder you carry it on or carry it in your



From reading the above, you might think I have Luddite tendencies and expect you to eradicate chairs, electronic devices, cars and any other trapping of

arms intermittently and try ergonomic designs when you need a new one.

21st century living and walk barefoot, squat and spend time in face to face contact with others. I'm not! I think a balance can be struck and an awareness of the downside of all our innovations and a thought to how to lessen their impact can only be helpful for our physical and mental wellbeing.

I'll leave you with these inspiring words from Joe Pilates: "Change happens through movement and movement heals."

Information about 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 current block finishes on 20 July. 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 as follows:

Pilates (mixed ability) Tuesdays 10am and Friday 9am; *Beginners Pilates* Fridays 10.30am; *Gentle Exercise for 70+* (Pilates with Qigong) Tuesdays 11.30am: breaking for the summer on 20th July, resuming in September.

For further information, visit https://gargravevillagehall.org.uk/pilates/ or contact Bee on 0777 898 0994.



Coniston Cold Young Farmers news

Peter Walton

Coniston Cold Young Farmers met at Hellifield playing fields to practice for the upcoming Settle District sports at Settle College on June 12. We joined fellow clubs for the Settle District YFC football and netball competition. The Yorkshire Federation of Young Farmers held the county rally at Thirsk Auction Mart on where club chair, Gemma Darwin came first in the Mystery Competition. The Dairy Judging event was held at Grey Leys Jersey Dairy Farm at Elvington, near York. Coniston member Ellie Saxby came 1st in the Junior Dairy Competition and her sister, Hannah came 2nd in the intermediate event.

Members took part in the Malhamdale Safari which involved walking around the village looking for clues. The following meeting was held at JC & I Walton at Hellifield, where members judged Mule sheep and Swiss rolls.. The results in the sheep judging: 1st, Robin Schofield, 2nd, Sam Emmott, 3rd Archie Allen. In the baking competition, Swiss Rolls Juniors: 1st, Gemma Darwin, joint 2nd, Millie Brennan and Megan Walton, 3rd Alice Walton.

On Tuesday 12 June, Coniston took part in the Settle District. Members competed in various races from 100m to 1200m and also three novelty races; three-legged, egg and spoon, and wheelbarrow. The competition finished with a tug-of-war. The overall result was 1st Coniston, 2nd Rathmell, 3rd Burton, 4th Lawkland.

WI news Sarah Kirk

Delivered on the eve of the Grenfell Tower Fire Disaster's anniversary, our talk by Craig Lyons, Skipton Community Safety Officer and a serving firefighter in Grassington, felt more than timely. Craig explained that his role is to educate and advise, not frighten and, in his own words, 'To keep banging on about smoke alarms until you're fed up hearing about them.' Craig and his colleagues will fit good quality alarms, as many as are needed, in your home, free of charge. Screwed to the ceiling and with a ten year battery life guaranteed, your smoke alarm's details will added to the fire service's monitoring system and batteries will be automatically renewed at the appropriate time. Faulty smoke alarms can easily be replaced and again fitted for free. The best advice now is to test your smoke alarm once a month, by simply pressing the button in the middle- walking sticks come in handy for this, and letting it 'Do its stuff.' Craig is very happy to call round to give safety advice and/or fit smoke alarms, please call 01609 788545 in the first instance. If you know of someone, a client, neighbour, friend or relative, who may benefit from such a visit, please ask their permission first, and then ring the above number too.

If you are hard of hearing you may be referred for a deaf alarm which has a wi-fi link to the conventional smoke alarm and is ideally popped under your pillow at night. If activated it vibrates and 'lights up like a disco.' Craig recalled testing one with a Skipton gentleman who had recently had a pacemaker fitted. The chap was none too impressed with all the shaking under his pillow, commenting when he tried it, 'If the fire doesn't get me, a heart attack will.'

When a smoke alarm does goes off at night unexpectedly, Craig's two key messages were: use your common sense and have an escape plan. Having a plan in place, and having discussed it with all members of the household, ensures that common sense will be in greater supply given the fear and panic that naturally accompanies these situations. Craig's crew was once called out when dust had activated the smoke alarm, and spiders have been known to crawl inside and activate them too. But if you hear the alarm and can smell or see smoke, alert everyone in the house by shouting. Test the (hopefully) closed bedroom door handle using the back of your hand. Have a little peek outside. If you can get out, leave by the best route, avoiding utility areas but also have an alternative planned if that is blocked. Make sure everyone knows where the keys are. Once out, stay out, call 999. If you do decide to leave your room, we all seemed to know to keep low to the floor if possible, but we were told by Craig that breathing through a wet towel was not advised as the towel could heat up and scald your face. Inhaling three lungfuls of thick smoke will make you pass out, so if it's not safe for you to leave the room, pack your door, and shout for help or even better call 999. Only as a very last resort, get out of an upper floor by lowering yourself down by your finger-tips, don't jump, and break your fall with bedding. Craig referred us to the North Yorkshire Fire and Rescue service website, www.northyorksfire.gov.uk, which is well worth a look for comprehensive advice on many aspects of fire safety in the home.

The vexed question of what to leave plugged in overnight or when you're out and what not to, made for some lively audience participation. The message from

Craig was that 'heavy weight' users of electricity (dishwashers, washing machines, tumble driers etc.) or anything with a transformer, mobile chargers, and chargers in general need to be off; ideally with plug out. Smoking related fires have gone down in in recent years but vape battery chargers are now the cause of many fires. Christine Berry asked about leaving TV's plugged in and Craig said they are okay to be left on standby. Not surprisingly, Craig operates zero tolerance at home and is often unpopular with his children, unplugging their mobiles at night, updated or not. But at least he is not like his grandfather who always turned the electric fire off as he left the room, even if other members of the family were still sitting in there! Jean Maxwell remarked that her iPad has told her that it won't update unless it's plugged in. Craig suggested that if it is fully charged would it update then? Jean was hot-footing it home to ask her iPad that very question.

With the increased need to store medical oxygen at home, there has been tutoring of people in good practice by medical support services, but it is worth letting the fire service know so they can update their records. Regular servicing of all gas appliances is essential in preventing carbon monoxide build-up but constant vigilance was Craig's theme. He told us about someone who was diagnosed with carbon monoxide poisoning caused by fumes coming from the bucket of fire ash kept on the hearth.

Craig, a busy man who proves that, 'Firefighters don't just go out and squirt water at things' had not only answered what was an emergency call-out from Gargrave WI, as our booked speaker was unwell but given his first talk to adults, as he usually delivers' The Crucial Crew' programme to 10-11 year olds. We all agreed he had done a fantastic job and in thanking Craig, Margaret Hammond spoke for all of us when she said we had all benefitted greatly from his visit.

On July 11,, our summer outing will take us for a coffee break, lunch, afternoon tea, oh yes, and an access-all-areas tour at auctioneers, Tennants, in Leyburn.

FARMING ON SCALEBER HILL

lohn Hal

After a long difficult winter, a long hard lambing time, the last thing we wanted was to be informed a local farm had a positive animal, with the TB. The whole area having to have a full herd TB test. This is compulsory test for every beast on the holding. This came at the time when we were ready to turn out all the cattle. It is so much simpler when they are all inside, as the vets have to do the test and read the results three days later. As you can imagine everyone wanting the vets as soon as possible. In our case, we had to keep the cattle in an extra two weeks. Cattle are an animal of habit and as long as you keep to the routine, no problem. With the arrival of a vet and having to place them through a crush, they can be a totally changed beast. The quiet, content, petted cow can suddenly turn into a dangerous piece of goods. It takes two long days to complete the test.

We have been in the area where we had a herd test once every four years. We now will have to test every year. As every animal will have to be pre-tested, it means more paper work and expense. I'm pleased to say we had a clear test and with great relief the cattle are out. Coupled with some sunny days for a little time

at least, enjoy the beauty of spring, forget the trials and tribulations of a long winter. One soon forgets the hard times when one see the splendour of this area in spring colours and the dawn chorus at 4am. We in West Yorkshire are fortunate to have the Three Peaks, the hills and dales with all the colours. One could almost feel sorry for people who don't have such beauty. Like people in Lancashire!!!!

What a marvellous time of year! The lambs are growing, cattle are content, the dairymen are making silage on time so the contractors don't have back logs when ours are ready. The Belted Galloway has calved her fourth heifer calf in succession. The White Park cow has produced four heifer calves also, and at the time of writing these notes, is ready to calve any day now.

Births and deaths are part of the equation on livestock farms. No matter how you try to keep them alive, there is always lives at risk. Like the lamb that jumped into the water trough and drowned, the Beltex ram which survived all winter, then sat down and died, or the calf that smothered at birth. Never mind, the weather is good, silage and sheep shearing awaiting.

Look for the ups and forget the downs. No time to be bored.

POSTCARDS FROM INDIA

Sarah Kirk

Totally lacking in evidence, anecdote-heavy and statistic free, please accept this and a couple of articles to follow for what they are; snapshots, snippets, billets-doux, recording my fuzzy-edged infatuation with a country, a culture, an outlook, a philosophy. They say that travel broadens the mind and in the case of my recent trip to India, I know my view has not only been broadened but deepened and widened; less a gentle encouragement to take a different view, more a demand to look afresh.

Soul Food 'To Go'

It all started with the driving. 'Best Marigold or Hotel similar productions give a great idea of the 'crazy' traffic. But after the initial two or three journeys, when your eyes remain fully open, and you're not gripping or bracing with such intensity, you realise it's actually going to be okay, and you need to relax because everyone else is very relaxed, and



you look a bit odd. So there you are sitting, in the midst of people. But it's not 'the sweeping tide of humanity' that you've been warned about in the magazine articles- intimidating, vaguely menacing; it's more like being in a river, burbling

Tony Wimbush

"Love all God's creation, the whole and every grain of sand in it. Love every leaf, every ray of God's light. Love the animals, love the plants. love everything. If you love everything you will perceive the divine mystery in things. And you will come at last to love the whole world with an all embracing love Things flow and are indirectly linked together, and if you push here, something will move at the other end of the world."

Dostoyevsky, The Brothers Karamazov, 1880.

Few will have failed to hear Bishop Michael Curry's sermon at the Royal Wedding in May leaving audiences across the globe either inspired, bemused or stunned. It was reported that the word 'love' was mentioned 65 times! But what is love? What is it beyond the merely romantic, the emotional, the erotic or the sentimental. And what of God? What lies beyond church doctrine, dogma and ritual? Three contemporary Christian writers offer their wisdom and insight on Love and God.

A Cosmic Perspective - David G Benner, depth psychologist and spiritual guide (1)

Love is the deeply personal presence of the passionate force at the heart of the Big Bang universe, and it is the same passionate force at the heart of its continuing evolution. Love is the fire that breathes life into matter. It is the force that worked

against entropy as the elements groped their way toward union in love, and it is the force that continues to draw together and unite in ways that enhance differentiation. Many of us name the ultimate depth of this energy God, but whether we call it God or love, the name is not as important as the reality behind the name. Drawing together and unifying is the very nature of love. It is the nature of God. Love is the foundation of everything that exists. The whole universe is under the thrall of love-energy moving everything within it towards connections that express themselves in greater wholeness. It is time to pound the last nail in the coffin of the Newtonian mechanical - material worldview. It is time to be clear about the fact that the universe is more like a choreographed but continuously evolving dance than a mechanical clock. Reality is inherently relational

When it was Mrs Wilson's turn to do the flower arrangements, she always kept the vicar's hay fever in mind

along, pleasantly full with boulders and rocks exposed, say the springtime Aire at Paradise Cottages. Flowing on the three-lane urban highway flow are at least six currents of cars; streams of cyclists and motorbikes tumble in from the banks and the odd tuk-tuk or cart or cow bobs along in between them all, for good measure. The horns are not used aggressively, but sounded to politely signal what looks like but is not, someone's imminent arrival on a fellow traveller's bonnet, or say a cheery 'hello' as a truck skims skilfully past with several millimetres to spare. There is no eye contact between the drivers but there is a tacit acknowledgement of each other's expectation; we have to be together, it's far too hot not to get along, so let's make the best of it. No one is left behind. In central Delhi, where the traffic is permanently built-up, no sense of rancour or resentment pervades; everybody has a sense of everyone else's presence, especially so when it's eight or more to a tuk-tuk. The occasional nod indicates, 'Ok, you're clearly in a bit of a rush, alright, go! But remember me next time.' And with a nip and a tuck, a nudge and a beep everyone gets there in the end.

And just like experiencing The Aire chuckling down the dale, the energy around you is palpable, uplifting, elemental. At first the relaxed Indian attitude, serenity in the midst of seeming churn and torrent, is weird, but then as you are absorbed in the flow, the sensation is incredibly moving and humbling. Being trusted and having trust in everyone around you, and knowing you are moving as part of a purposeful whole, allows something else to happen, (for non-drivers at least!) You begin to notice the startling individuals in the ebbing and flowing crowd; the mother, head swathed in a marigold yellow sari cradling her baby, sitting side saddle on the motorbike being driven by her four year old, discreetly assisted by his father; the young commuter catching up on his emails as he lounges on top of his bus or the poppadum seller, with a four feet of pillowy delight piled on the front of his bike, edging and weaving and teetering along with confidence, knowing that his delicate cargo will arrive intact.

As I sat and gazed out of the window, with an all-encompassing sense of being held as one of many, and being counted too, I thought of what I had been told by our local guide; for Indians there exist five elements: earth, fire, air, water and soul. I felt as if I had encountered all of those elements in India, a country which faces all the existential crises of our time full square. Yet I have returned from there more optimistic, more buoyed up even (!) than I have been for a long time about humanity's ability to ultimately see sense and get along and work together; to navigate the unexpected eddies and treacherous whirlpools that imperil us all on our shared pilgrimage to the sea.

Photo credit: By kds1505, licenced via Creative Commons.

Confession

On the way to church to make his first Confession, my nervous seven-year-old grandson asked me what he could expect. 'Confession is where you tell all the bad things you've done to the priest,' I told him.

He looked relieved. 'Good. I don't think I've done anything bad to the priest.'

and dynamic. The mystics from all religions have always said this, now our new science has discovered it too! After centuries of dualistic dismissal perhaps religion is ready to befriend the wisdom of science, and science will regain the humility to recognize the intuitions and metaphors of religion were not as naive as they once imagined!

To love God is to offer our consent to the force of love as it draws us into life-nurturing relationships with our bodies, minds, souls and spirits, as well as with our environment, the earth, the cosmos and all those who share it with us. Paradoxically, to love God is to participate in God. God is a verb not just a noun!

A Cultural Perspective - Henri Nouwen, Catholic priest and spiritual writer (2)

If there is one notion that is central to all great religions it is that of 'compassion'. The sacred scriptures of the Hindus, Buddhists, Muslims, Jews and Christians is all about God as the God of compassion. If there is one notion that is central to our culture and the western world it is competition! It is the dominant mode of relating among people from politics, businesses, nations, economies, schools, and sometimes even families. We compete and compare. No wonder even our young people can become depressed, anxious and suicidal! Our culture is not serving our humanity well! Yet all our religious traditions proclaim compassion, not competition, is God's way!

How is it possible to make compassion the centre of our lives? As insecure, anxious, vulnerable, and mortal beings - always involved somehow and somewhere, in the struggle for survival, whether real or artificial - competition seems to offer us a great deal of satisfaction. It is clear that winning, being 'better' than others, has become what is most desired and admired in western culture.

Still, Jesus says: 'Be compassionate as your heavenly father is compassionate' and throughout history all our great spiritual guides echo those words. Compassion—which means, literally, to 'to suffer with'—it is the way to the truth that we are most ourselves, not when we differ from others, but when we are most the same. Indeed the main spiritual question is not 'How are we different' but 'What do we have in common?'. It is not in 'excelling' but in 'serving' that makes us most human. It is not proving ourselves better than others but by confessing to be just like others that is the way to healing and reconciliation.

Compassion, to be with others when and where they suffer and to willingly enter into a fellowship of the weak, is God's way to justice and peace among people. Is this possible? Yes, it is, but only when we dare to live with the radical faith that we do not have to compete for love and recognition by doing useful, sensational, and powerful things to win medals that gain affection and admiration. It is only when we realise that love is freely given to us by the God who calls us to compassion. If we choose to open ourselves up to God's Spirit we can become participants in that compassion.

A Human Perspective - Dave Tomlinson, Anglican Vicar, St Luke's, Holloway (3)

Jesus told his followers there are only two laws that matter. If these are followed, the rest can be forgotten. The first is to love God with all your heart, soul and mind, and the second is to love your neighbour as yourself.

But what does it mean to love God? How are we supposed to do this? By singing hymns, doing religious things, saying lots of prayers? Not necessarily. There are even places in the Bible where it says that God detested such things - when the so-called 'worshippers' were at the same time, oppressing the poor, fiddling finances and perpetrating injustices.

Loving God isn't necessarily a religious activity. You don't need to be a Christian, Jew or Muslim to love God. You don't need to attend a church or mosque or follow some kind of ritual. Loving God is much more basic than this, much more routine and human. There are actually millions of ways to love God, most of which have nothing to do with church and religion.

For example, we love God when: we relish our many human gifts and live life with gratitude; we fill our lungs with fresh air and feel glad to be alive; we live fully in the present moment, perhaps appreciating details of life we mostly take for granted; we forgive a wrong done against us; - we take action to make the world a fairer place;- we eat, and drink, and enjoy shelter with thankful hearts-offering prayer for those less fortunate.

Acknowledgements: Adapted from (1) Human Being and Becoming, 2016 - much of this extract reflects the spirituality of Pierre Teilhard de Chardin (1881-1955), a Jesuit priest and scientist to whom Bishop Curry also made reference; (2) Here and Now - Living in the Spirit, 1994; (3) How to be a Bad Christian, 2012.

Inner peace

If you can start the day without caffeine,

If you can always be cheerful, ignoring aches and pains,

If you can resist complaining and boring people with your troubles,

If you can eat the same food every day and be grateful for it,

If you can understand when your loved ones are too busy to give you any time,

If you can take criticism and plame without resentment,

If you can conquer tension without medical help,

If you can relax without wine,

If you can sleep without the aid of drugs,

.....then you are probably the family dog

Hearing

A man went into a church and asked the minister to pray for his hearing. 'Ah, certainly,' said the minister, somewhat taken aback.

The man knelt, and the minister placed a hand carefully on each ear. In a loud voice he asked God to help the man with his hearing. Thope that will help,' he shouted to the man.

'Well, we won't know for a while,' the man replied softly, 'The hearing is not until next month.'

GARGRAVE C OF E PRIMARY SCHOOL

Sarah Peel

Wendy Milner

Dolly liked oodles of doodles
Polly liked oodles of pugs
Bonny liked oodles of boxers
Honey liked oodles of basset hounds
Poppy liked oodles of poodles
Bobby liked oodles of border collies
Mollie liked oodles of miniature schnauzers
Billie liked oodles of borzois
Jillie liked oodles of Jack Russells
Lillie liked oodles of Leonbergers
Tillie liked oodles of Norfolk terriers
Millie liked oodles of mongrels
Whilst Dolly still preferred oodles of doodles
Labradoodles, that is!

GARGRAVE PRE- SCHOOL

Judith Metcalf

We are in our final term- a busy time of year with so much to look forward to. We celebrated Father's Day, inviting all dads and grandads to come and join their children and make a kite. The session was well attended and kites were made and flown on the school field. It was great to see them all, and for some was a bit of a completion! All in good fun! We had a prize for the best kite and one for best flown.

We are continuing with our visits from Kanga Sports. Ben is great and is impressed with all the children's skills. They have been doing assault course and ball skills. We have been carrying on with Apple Class visits and looking at the caterpillars that have now turned into butterflies. We are looking forward to going to Neville House where they are putting on a lunch for the children. We have Sports Day to look forward to and our trip to Harlow Carr Gardens.

It will be getting to the time when we say goodbye to the eleven children starting school in September. We will be having a Leavers Party and wishing them all the best in their new schools.

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LOVE, HOPE, PEACE

We are delighted with a recent sporting event that we held at school. We held our own 'Race for Life'.

Every child was challenged to run a mile, or more. Parents and staff joined in too. We are blessed with such beautiful vast grounds. One of the pictures shows the pupils in the distance with the foreground one of the many memory cards written. These are now all displayed in the hall.

We raised an amazing £1422.

This term has seen children out of school on rugby, football, tennis, rounders, hockey, golf, athletics events. We try to ensure that we attend as many of the events as possible. These are mainly held in Skipton.

In PE lessons the older pupils go to Gargrave tennis club for their lesson where they learn about tennis skills.

Many of our pupils participate in after-school clubs including running, gymnastics, rugby and football. We welcome links with local clubs and please get in touch if you have any new ideas for our sporting provision either in school or going to local clubs.

Our end of term play is to be performed on **Thursday 5th July** 1:30pm and 5:30pm. We make no charge for this and encourage the community to see the older pupils lead in the production of 'The Amazing Adventures of Superstan'.

Leavers service is in Church on Friday 20th July at 1:30pm, again, all



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INFORMATION

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

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		10.	45am
	Sidesmen 1	0.45am Sacristan	n Refre	shments
01-Jul	Linda Wall		Family Team	Family Team
08-Jul	Kay Craven	Joyce Brotherton	Eileen Hoskin	Joyce Brotherton
15-Jul			Pat Traves	Mollie Blackburn
22-Jul	Colin Chapman	Norma Brothers	Joan Wimbush	Tony Wimbush
29-Jul			Abbie White	Sylvia Humphreys
05-Aug	Linda Wall		Family Team	Family Team
12-Aug	Kay Craven	Joyce Brotherton	Sarah Curtis	Judith Robinson
10.45an	n Sid	esmen	Readers	Intercessors
01-Jul	Family Team	Family Team	Family Team	Family Team
08-Jul	Sarah Curtis	Pauline Gilfoyle	Paul Maslin	Diane Maiden
15-Jul	Janet Turner	Hugh Turner	Rosemary Pocock	Rosemary Pocock
22-Jul	Dorothy Rishworth	Mollie Blackburn	Diane Maiden	Jean Coldwell
29-Jul	Sarah Curtis	Pauline Gilfoyle	Annalies Vanoyen	Sarah Curtis
05-Aug	Family Team	Family Team	Family Team	Family Team

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

Gararave-based Robert and Diana Inaham shoot portraits. weddings and events at home or a local location

07740 339021

<u>rob@inghamphotography.com</u> www.inghamphotography.com https://www.facebook.com/dianainghamphotography/

Public Transport leaving Gargrave Compiled by Peter Hardyman 14 June 2018

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

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

TRAINS from Gargrave NOTE: MAJOR CHANGES from 20 MAY.

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

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

Saturday 0745 0755 09023 1150 1349 1551 1621 1645 17323 1850 2019 2134 2218 2238

Sunday 1121 1146 1346 1446 1646 1701 1846 2056 2108

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

Sunday 0921 1107 1407 1607 1807

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

Mon-Fri 0528²⁰⁷³ 0902² 1004 1103² 1133 1304² 1504² 1732 1814² 1901 2006² (2033⁴)

Saturday <u>0525</u>² <u>0902</u>² 1004 <u>1103</u>² 1133 <u>1304</u>² <u>1504</u>² 1732 <u>1814</u>² 1901 (2033^4)

0921² 0950 1107² 1311 1407² 1507 1607² 1807² Sunday

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

As of 14 June: there are no engineering works scheduled to affect Gargrave trains in July. 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/

Nb: The Bus Replacement Stop at Gargrave is on Church St, on the village side of the railway bridge.

*Except Bank Holidays **BUSES from Gargrave**

To Skipton (arr. ~15 mins later) (Services 75, 210/211, 580, 873/884) (M is from Malham)

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 (to 21 Oct 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++

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

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

1000⁷ Mon-Fri* [210/211] 1310^{7}

Saturday [75] 1001 1559

Sun + B.Hol (to 21 Oct 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

TRAINS to Gargrave MAJOR CHANGES from 20 MAY.	Last train from LEEDS
From Skipton (arriving Gargrave ~ 5 mins later)	to GARGRAVE
Mon-Fri 0522 0856 0959 1057 1127 1258 1458 1600 ³ 1727 180 Saturday 0519 0705 ³ 0856 0959 1057 1127 1258 1458 1600 ³ 1727 180 Sunday 0915 0945 1102 1305 1402 1502 1602 180	8 1856 2000 2027 1949
From Lancaster via Giggleswick (arriving Gargrave ~ 66 mins la 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	iter)
From Carlisle (journey time is dependent on route – check time Mon-Fri 0544 ² 0551 0934 ² 1134 ² 1334 ² 1349 ^{2,6} 1404 1450 1631 ² 1	
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 1	.824 <u>1911</u> ² <u>2017</u> ² (2145 ⁹)
Sunday 0925 1051 ² 1250 1407 ² 1502 1607 ² NOTES: 1. Change at Skipton 2. Not Settle; change at Lancast Hellifield 6. Change at Carnforth 9. Not Carlisle: Departure til	er 3 . Change at

* Except Bank Holiday (M service to Malham)

 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 1345 1545M 1645 1745 1845

 Sun + B.Hol (873/884 to 21 Oct) 1040M 1225M

1525M

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

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

children with you; also Winter Offer.

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 to 21 Oct) 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 www.northyorkstravel.info/operators/n/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

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Refuse and recycling collection days

Tuesdays (part Gargrave and Coniston Cold)	Fridays (rest of Gargrave)	Bin colour
03-Jul	06-Jul	Blue bin
10-Jul	13-Jul	Green bin
17-Jul	20-Jul	Blue bin
24-Jul	27-Jul	Green bin
31-Jul	03-Aug	Blue bin

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
Summer	Fri 20 July	Tue 4 Sept
Half term (Autumn)	Fri 26 Oct	Tues 6 Nov
Christmas	Fri 21 Dec	Tues 8 Jan 2019
Half term (Spring)	Fri 22 Feb 2019	Mon 4 Mar 2019
Easter	Thurs 12 Apr 2019	Tues 30 April 2019
Half term (Summer)	Fri 24 May 2019	Mon 3 June 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.

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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

Gymnastics (5- & 5+) - Mon & Wed 9.15am, Wed 4pm info@ambitionsgymnastics.com

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 - Green by War Memorial, Mon 9.30am &10.30, Wed 9.30, 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, Mon 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, Glenys Riley 07715 878709

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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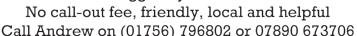
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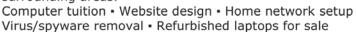
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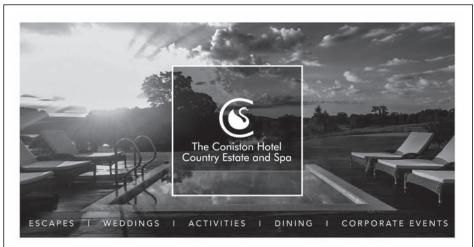
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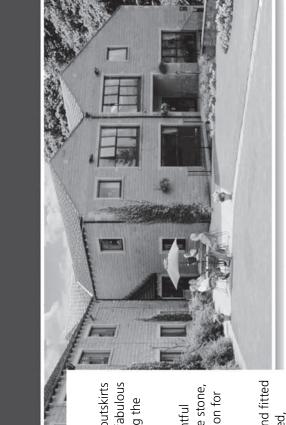
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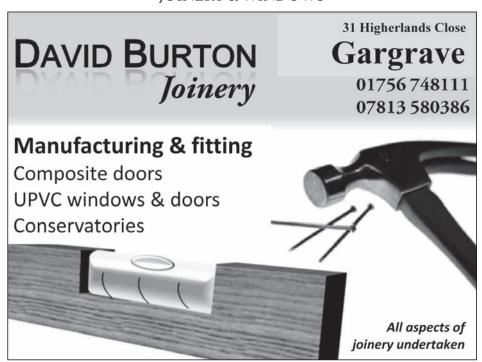
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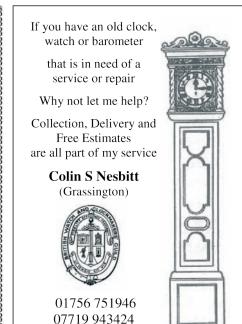
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