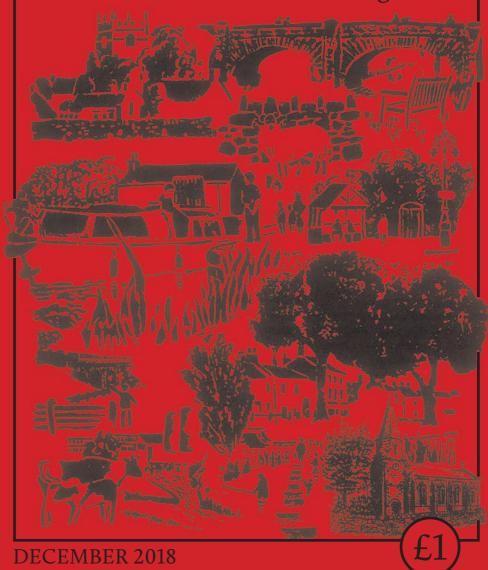
# GARGRAVE & CONISTON COLD

— Parish Magazine —





Stoat by river in Gargrave, photo by Paul Chapman See this and the rest of the magazine in colour at **www.gargravemag.co.uk**.

#### Dates for your diary

Gargrave Village Hall anniversary weekend Gargrave Pantomime: Sleeping Beauty

15-17 Feb 2019 27 Feb - 1 Mar 2019

#### Christmas joke

The boy forgot his lines in the Christmas drama presentation. His mother, sitting in the front row, tried to prompt him, gesturing and forming the words silently with her lips, but it didn't help. Her son's memory was blank.

Finally, she leaned forward and whispered the cue, I am the angel Gabriel!' The child beamed with acknowledgment, and in a loud, clear voice so that everyone in the audience could hear him say: 'My Mummy is the angel Gabriel!'

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www.gargravemag.co.uk

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#### **FIRST WORDS**

#### Rev Peter Poulter, Churchwarden

I was in a school once, working through the Christmas story with a group of young teens. We had tried to imagine all the high-value drama of the scenes that surround the birth of the baby Jesus. Then one of the girls who often had trouble understanding and expressing things, raised a timorous hand. "But who helped her through it, sir ?" she said.

No question of the wonder of angel messengers, awestruck shepherds and wise men visiting from afar. Her imagination had cut straight through to the risk and the pain and the cost.

For some people all the elaborate account of the birth at Bethlehem is part and parcel of reflecting the wonder and the beyond-imagination element of Godwith-us in the birth of a child. The miracle of the presence of God in the person of Jesus is so immense that it demands nothing short of all the miracle factors that the Christmas story contains.

There are those for whom the marvellous details are markers, pointing to a realisation of something far deeper than words can express. Not sure that things happened quite as they are told, for them the threads of the old story offer the challenge of a reflection that we engage with a God who chooses to have dealings with people; dealings that make more of us than we can ever make ourselves – make us what we are, children of God. And that is miracle in itself. The stories are not true because they happened like that then, but because they make things happen today.

This is not unlike the wistful nostalgia in Thomas Hardy's poem The Oxen, elsewhere in this issue.

I also recognise that there are folks for whom the whole bag of angel chorus, special star and exotic visitors - with or without obligato camels and symbolic gifts - is actually counter-productive. They feel that these things give it an element of fairy tale or panto, a funtime or escape that has nothing to do with the challenges of everyday issues; gift-wrapping that is an obstacle to seeing any connection with real life. The teaching and example of Jesus – yes; but not sure about the rest.

Each year I bring out one of my favourite Christmas cards, sent to me ages ago. It has a simple drawing of the stable with a star above it – four-pointed in the shape of a cross. It challenges me to think that, however you tell the story and relate to its strange details, it needs to speak of the costline that runs from here to the hill where the baby of Bethlehem died.

There is cost at each stage of this story. The reputation and relationships of a teenage village girl, suddenly and unaccountably pregnant. A man with a message of inclusive love, hope and new life, speaking truth to power in the conflicts of his day. Authorities who conspire to reject not just his life's work, but his lifeblood. A creative purpose of love that puts God's status and power as nothing in order to make things right with a world of people and things. Tell the story like that. Bring to the stable-child gifts of hope and anxiety, commitment and fear – both for your life and the life of the world. Look to find transforming love and power abundant, touched earth once then in the child of Bethlehem; and alive and active in each place and time. Happy Christmas.



#### **DIARY FOR DECEMBER**

Cold	<u> </u>
Evensong, 4pm Church	n c
Holy Communion, 9.30am, Church	Carol Service
Church, with Settle and District Brass Band, followed by mulled wine and mince pies at the	with the Settle and Giggleswick Brass Band
Holy Communion,	Sunday 16th December 2018 7pm
Holy Communion, 5.30pm, Church	Followed by Mulled Wine and Mince Pies at the Village Hall
extension, 10am, St Andrews Gargrave	white ries at the vinage rian
No service	Parish of Coniston Cold and Bell Busk at St Peter's Church, Coniston Cold BD23 4EA
	Evensong, 4pm Church Holy Communion, 9.30am, Church 7pm Carol Service, Church, with Settle and District Brass Band, followed by mulled wine and mince pies at the village hall Holy Communion, 9.30am, Church Holy Communion, 5.30pm, Church Holy Communion extension, 10am, St Andrews Gargrave

#### Gargrave

Fri 30 Nov	Library film night: The Guernsey Literary & Potato Peel Pie Society', 7 for 7.30pm, Village Hall
Sat 1 Dec	Coffee morning run by Gargrave Pantomime Group, 10-12, Village Hall
	Advent concert by Pinsuti chamber choir, 7.30pm, Church
Sun 2	Early Communion with Revd Peter Poulter, 8am, Church Family Service, breakfast 10.15am, service 10.45am, Church Carols at the Summer Seat and Light-up 4.00, then drinks in Church

Thurs 6	Christmas bingo, 6.30pm, Neville House
Sat 8	Book Fair, 10am-3pm, Village Hall
Sun 9	Prayer Book Communion with Bishop David Hope, 8am, Church Sung Eucharist with the Revd Ian Greenhalgh, 10.45am, Church Nativity Play 4pm, Church Flea Market, Vintage, Collectables & Crafts, 10am, Village Hall.
Mon 10	School Nativity service, 1.30pm, Church Parish Council Meeting, 7.30pm, Village Hall Annex
Wed 12	Women's Institute, 7 for7.30pm, Village Hall Annex
Thurs 13	Craven Accordions Christmas carols, 6pm, Neville House. All welcome for a mince pie and sherry
Fri 14	Picnic Supper Dance with Bill Johnson. 7.30pm, Village Hall.
Sat 15	Village Hall Management Coffee morning.9.30am onwards, Village Hall
Sun 16	Early Communion with Revd Peter Poulter, 8am, Church Service of Lessons and Carols, 10.45am, Church
Mon 17	Gargrave Show meeting, 8.pm, Village Hall Annex
Wed 19	Gargrave Village Hall Management Committee AGM, 7.30pm, Village Hall Annex
Fri 21	Library Film Show: Little Miss Sunshine, 7 for 7.30pm, Village Hall
Sat 22	Coffee morning in aid of Library Funds, Village Hall, 10am
Sun 23	Morning Prayer with Linda Wall, 8.00 am, Church Service of the Word with Mike Maiden, 10.45am, Church
Mon 24	Christingle Service, 4.00, Church Midnight Communion by Extension with Janet Turner, 11.30, Church
Tue 25 Christmas Day	Christmas Communion by Extension with Janet Turner, 11.00, Church.
Sun 30	BCP Communion with Revd Ian Greenhalgh, 8.00 am, Church Sung Eucharist with the Revd Ian Greenhalgh, 10.45, Church

#### Poster found in a church in France (translated)

As you visit this church this Christmas, it is possible that you may hear the call of God. However, it is unlikely that He will call you on your mobile, so thank you for turning it off. If you want to talk to God, please choose a quiet corner here, and talk to Him. If you want to see Him later, send Him a text while driving.

#### Regular weekly and biweekly Gargrave events

#### Mondays:

9.30am	Tai Chi Qigong, Green opposite Bollywood Cottage, riverside of War Memorial
10.40an	Tai Chi Qigong for Beginners, venue as above
1.30pm	Art Club, Village Hall Annex
2pm	Bingo, Gargrave Community Centre on Neville Crescent
7.30pm	Modern Sequence Dancing, Village Hall
7.30pm	Bell ringing, Church
8pm	Quiz, Old Swan Inn
Tuesdays	-
10 am	Heritage Group, Church
10 am	Contemporary Pilates with Bee Faulkner, Village Hall (term time)
11.30am	Standing/Seated 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
12.00pm	Crescent, followed by games. £4.50
2pm	Craft and Chat, Church
2pm	Indoor Bowls, Village Hall
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
Wednesd	ays:
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
Thursday	'S:
9am	Phoenix Club, the Anchor, alternate weeks
9.30am	Water Colour painting class, Village Hall Annex
9.50am	Walking for Health, 1 <sup>st</sup> and 3 <sup>rd</sup> Thurs of the month, meet at 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)
7pm	Community choir rehearsal, Church
Sundays:	
2pm	Social Tennis
2pm	Afternoon Tea & Games, alternate Sundays, Neville Crescent Community Room
8.30pm	Quiz, Masons Arms

#### FORTHCOMING EVENTS

PINSITT The likley and Skipton

Sleepers wake!

**Concert by Pinsuti, 1 December** 

Duncan Faulkner

**Chamber Choir** 

From Bach to Blues. **Music for Advent and Christmas** presented by Pinsuti Chamber Choir, conductor Robert Webb

Saturday 1st December 2018, 7.30pm St. Andrew's Church, Gargrave, BD23 3NE entrance £6 on the door (under-16s free)

www.pinsuti.org.uk

On Saturday 1 December at 7.30pm, Pinsuti, the Ilkley and Skipton chamber choir, will be returning to Gargrave for a concert of Advent and Christmas music in St Andrew's Church. We have a fantastic programme lined up to celebrate the beauty, joy and mystery of God becoming one of us. Highlights include:

- Movements from Bach's joyful cantata, Wachet Auf (Sleepers wake!) •
- One of the most hauntingly beautiful pieces of music I have come across, ٠ a setting of the German medieval Advent carol Lo, how a rose e'er blooming by the contemporary Swedish composer Jan Sandström
- A selection of polyphonic choral pieces by Renaissance composers from England, Germany and Spain
- Up-beat American settings of carols with blues and jazz themes

Pinsuti's two most recent concerts this year have been sell-out performances. so arrive in good time. Tickets are just £6, with children free. Mulled wine and mince pies will be available in the interval.

#### **Family service. 2 December**

#### **Report on November Family Service**

Continuing with the Harvest theme......We tasted three particular foods - apples, olives and grapes, and heard how they are represented in the Bible. Three tableaux scenes illustrated what God has to say about these foods.

The apple garden, from Genesis and the Adam and Eve story, illustrates man's choice between good and evil and how God gives us free will to chose to belong to him.

The second garden is that of the olive harvest. Here we saw how olives are crushed to produce olive oil. Jesus knelt to pray in the Garden of Olives before he died on the cross. He was "crushed" on the cross in order that we might live. Jesus took on himself all the bad of the world so we can have a fresh start and have our sins forgiven.

The last tableaux showed the grape harvest. Jesus was speaking metaphorically when he compared himself to the trunk of the vine and we are the branches bearing fruit. The fruit is that of the spirit, giving love, joy, peace, truthfulness, faithfulness and all the good things with which God intended to make the world a better place to live in.

With songs of thanks and praise, accompanied by the band and the congregation playing a variety of musical instruments, our service came to a close.

The next family service is on December 2nd 2018 and we will begin the build up to Christmas by lighting the first Advent candle. Please join us for breakfast at 10am before the service at 10.45am. You are all most welcome, young and old!



After the first candle fiasco, Brian took no chances

#### Thanks

"Thanks very much for the beautiful jumper," said Charles, kissing his grandmother dutifully on the cheek.

- "Oh, there's nothing to thank me for," she murmured.
- "That's what I thought, but Mum said I had to.

#### Nativity play, 9 December

Peter Poulter



Please come and join us for the production of the Nativity again this year on 9 December at 4.00 in the Church. Through music, word and mime we will seek to bring alive the stupendous story of God-with-us touched earth in the birth of Jesus in Bethlehem.

#### Christmas dinner, 25 December

Norma Brothers

Anyone alone or recently been in hospital, singles, couples or groups, are invited to Christmas dinner in St Andrew's Church. 12.30 on Christmas day. £12.50 for a five course Christmas dinner. Ring Norma on 07862 231691 or Jane on 749760 to reserve your place.

#### NEWS

#### News from Gargrave Village Hall

Caroline Thompson

Where does the time go? It certainly does not seem like ten years since we celebrated the 50th anniversary of the Village Hall and now we approach the 60th anniversary!

The Village Hall Management Committee are currently hard at work planning a weekend of events to celebrate the occasion. The opening evening on Valentines day, 14th February 1959 saw locals dance the night away to Bill Savill and his Orchestra, the first of many famous bands to grace the new Village Hall. Bill began his musical career when he formed the dance orchestra of RAF Fighter Command which he directed until 1944.

After demoblisation in 1946 he formed a fourteen piece dance orchestra and they played at many venues including The Dorchester, Claridges and The Royal Albert Hall. The Orchestra were extremely popular in high society and they played at many Debutantes balls. Thus it was quite something that this famous band were booked to travel North for the official opening of a Village Hall! The Craven Herald (edition Friday February 13 1959) reported : So, on Valentine's day, 1959 the venture will be well and truly launched with feasting and high revels on Craven's finest sprung ballroom floor.

Gargrave Village Hall continued to attract some of the major dance bands to perform during the fifties and sixties as can be seen on some of the original posters which adorn the walls in the main Hall and the framed dance tickets in Committee Room One. These so kindly collected and donated by the late Dennis French and his family.

It seems fitting that some of the celebrations in 2019 will also include music from a Big Band and we are delighted to have secured a booking from The Swing City Big Band who will be playing at the hall on Saturday 16th February. The seventeen piece band will play classic numbers including Glenn Miller alongside more contemporary music from the fifties and sixties and throw in a little Frank Sinatra and Michael Buble into the mix providing an evening of lively entertainment and relive the golden days of the big band music.

There will of course be further entertainment and events over the weekend of the 15th - 17th February so watch this space!



#### Dave Smith

#### Film Evenings

Library news

On Friday 30th November we will be showing "The Guernsey Literary  $\vartheta$  Potato Peel Pie Society". Based on the bestselling novel of the same name the film is set in Guernsey shortly after the Nazi occupation and is an irresistible romantic mystery.

The film stars, amongst others, Lily James, Michiel Huisman, Tom Courtenay and Penelope Wilton.

The customary Café style seating will be in place, so please bring your own refreshments. Village Hall doors open 7pm and the film starts at 7.30pm. Tickets are £5, on sale at the door. Under 16's free admission.

Sorry but, following guidance, we can only allow Guide Dogs into the Hall.

As a Christmas warmer on the 21st December we are showing the comedy "Little Miss Sunshine"

#### **School Visits**

In October the STEM club at Gargrave School borrowed the Library's "MicroBits". MicroBits are small, programmable computers that plug into a PC, laptop etc and once programmed can do all sorts of wonderful things. The Micro Bits are available in the Library for children to borrow using their Library card. For aspiring Programmers further information can be found at http://microbit.org/guide/

The year 4/5 class have visited in November to borrow books about the Industrial Revolution and life in Victorian England.

#### Library Management Committee Vacancy

The Management Committee is not only responsible for the day to day running of the Library but also involved in raising funds and in reaching out to the community through various social activities.

A vacancy has arisen on the Committee and we are looking to fill the position with somebody who can bring in new ideas particularly in ways that would help in engaging more with the local community.

If you think that this is an area you feel you could help and wish to have more information please email gargravelibrary@btinternet.com leaving a telephone number and a member of the Committee will ring you back.

#### Gargrave ringers go on tour

Allison Wiffen

At the end of October the ringers of Gargrave church, many of whom are relatively new to ringing. went on a tour to ring at other churches. In one day they rang at 5 churches across 3 counties (North Yorkshire, Lancashire and Cumbria - 4 if you still recognise the existence of Westmorland). Every church tower, in fact every bell is unique, so ringing in other towers helps the ringers to develop better rope handling skills and to gain confidence thereby becoming more accomplished ringers. The day was exhausting and terrific fun and was topped off with dinner at The Orange Tree in Kirkby Lonsdale.

A great band is in the process of being built at Gargrave, but it does take time to learn to be a good ringer. It is both a physical and mental challenge which is what makes it so rewarding. It does not however require that much strength, it is more about skill and technique, plus the weight of the bell does much of the work. From the spring, our current learners will need less hand holding, and at that point we will seek 2 or 3 new recruits. To ring the bells at Gargrave church you do not need to attend church services, but you do need to be able and willing to attend practice night on a Monday (the trip to the pub afterwards is optional but recommended) and in the fullness of time to ring on Sunday morning. If you have a good sense of rhythm this is helpful. In return you will have the immense satisfaction of mastering a new skill as well as that of making a contribution to the fabric of village life. Oh yes, and it's also good for your back.

If you would like to become part of the bell ringing band at Gargrave please get in touch with Joe Alston: 01729 851663

PS: All Gargrave ringers now have dark blue sweat shirts or hoodies and light blue polo shirts bearing an embroidered emblem of a bell infilled with the flag of St Andrew - keep your eyes peeled (pun intended) for your local ringers.

#### Pilates news: Adaptability of breathing

Bee Faulkner

It's strange how, as adults, we have forgotten what, as young children, we knew instinctively: how to sleep, how to breathe naturally, how to move with ease, how to connect with our bodies and the world around us...

Young children breathe abdominally – watch their tummies move outwards as they breathe in. This is the natural way, actively involving the diaphragm. But it can get forgotten if we switch into stressy shallow breathing at collar bone level, or unlearnt by constantly pulling the tummy muscles in for that slimmer look.

Co-contracting front and back muscles at abdominal level is a great skill to have for protecting your back when heavy lifting, pushing a car, or bracing yourself for balancing and core-strengthening Pilates exercises. In this situation, ribcage breathing (also known as thoracic or lateral breathing) is a good way to go. The ribcage expands at the back, sides and front during the inbreath, allowing the tummy muscles to stay engaged and act as a natural corset protecting the spine.

But most of the time, most of us could do with switching back to our natural baseline position of relaxed abdominal breathing, With a greater volume of air flowing out and in for each breath, it takes us out of the adrenaline-charged fight  $\vartheta$  flight mode and returns us to that natural relaxed healing and recuperating state, the deeper breathing leading to a calmer mind. Steady abdominal breathing helps lower the blood pressure too.

To help support your abdomen it's a great help being aware of the position of your pelvis. Having it level, with your tailbone pointing downwards, helps support all your insides. Whereas if you have it tipped forward, with an exaggerated arch in your lower back, then there's much less support for your organs.

Once we've managed to return to abdominal breathing as the default, then when going for the lift, push or bridge, let's aim to do it on the outbreath, when our tummies are naturally contracting, supporting the spine.

#### Contemporary mat and standing Pilates classes with Bee Faulkner:

Classes: Pilates (mixed ability) Tuesdays 10am and Friday 9am; Beginners Pilates Fridays 10.30am; Standing and Seated Pilates with Qigong Tuesdays 11.30am. We're having a two week Christmas break from 22 December to 6 January, then resuming for a 7 week block up to February half term.

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

**Classical Pilates classes with Cate Davies** 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. For further info, visit:

https://www.facebook.com/catedaviespilates/?hc\_ref=NEWSFEED or contact Cate on 079 5533 8775.

#### **Coniston Cold Young Farmers news**

The young Farmers started October with the District quiz which was held at Settle rugby club, the winners of the shield were Rathmell, 2nd were Coniston with Rathmell B coming 3rd and Burton in 4th place.

On 16 October the young farmers took part in a Public speaking competition, Master judge was John Stapleton and the results were as follows, Juniors: 1st Sarah-Jane Haggas, 2nd Millie Brennan, 3rd Sam Emmott. Intermediate results: 1st Rob Schofield, 2nd Matthew Ashworth and Joint 3rd Gemma Darwen and Jed Shepherd.

Following this the young farmers enjoyed a pumpkin carving competition, head judge was Susan Darwin, the results were as follows. Juniors 1st Tom Darwin, 2nd Jack Walker, 3rd Sam Emmott. Intermediate 1st Gemma Darwin, 2nd Matthew Ashworth, 3rd Robin Schofield.

On 28 October the young farmers took part in the District Darts and Dominoes competition where the Junior team came 1st and the intermediate team achieved 3rd place.

This month the Young Farmers took delivery of their new Hoodies, kindly sponsored by Mr Bannister and The Coniston Hotel.

To end the month the young farmers enjoyed their annual trip to Blackburn Ice rink.

Coniston Young Farmers club welcomes new members, keep up to date with what's going on:

Facebook:<a href="https://www.facebook.com/groups/1672569746155184/">https://www.facebook.com/groups/1672569746155184/</a>or Instagram:<a href="https://www.instagram.com/conistoncoldyfc/?hl=en">https://www.facebook.com/groups/1672569746155184/</a>

#### Riverside Tai Chi Qigong news

Bee Faulkner



Qigong, pronounced "chee gung", means energy work or breath work. Qi is our vital life energy that circulates whilst we are alive.

Tai Chi, symbolised by the Taichita symbol, of two interlinked tadpole shapes and an interface between them, describes the interplay between polarities or opposites "yang and yin": push and pull, high and low, front and back, head in the clouds & feet on the ground, sun and shade, light and dark, outside and inside, positive and negative.

The Tai Chi Qigong exercises that we practice on the village green on a Monday morning are a series of whole body movements for health and vitality, each one repeated usually 6 to 9 times, which makes them very accessible for everyone, both newcomers and old-timers. They have lovely names, for instance: Playing With Clouds, Flying Like a Wild Goose and Crossing the Wild Blue Ocean. This month we celebrate our first anniversary, the riverside group having started last December.

We meet on Monday mornings on Gargrave's Water Street Green BD23 3LY, between the war memorial and the river, opposite Bollywood Cottage. The trees provide shelter from wind and rain. The 9.30am group is followed by a beginners

group at 10.40am. For further information contact Bee on 0777 898 0994 or find on Facebook: BeeActive Pilates Qigong. There will be a two week break over Christmas from 22 December to 6 January. All welcome.

#### Craven Lawn Tennis Club: anniversary in 2019

Beth Whitley

Craven Lawn Tennis Club in Gargrave will be celebrating their 140th Anniversary in 2019 which makes them one of the oldest tennis clubs in Yorkshire.

In recognition of this a small army of club volunteers have created what is hoped will be a lovely floral display of spring bulbs noting this. On the grass banking behind the grass courts it is hoped the flowers will read:

"Craven LTC 1879 - 2019"

The Club is planning a range of both tennis and social events to celebrate this notable milestone in 2019 including participating in the "24 Hour Tennis Marathon" organised by Danny Sapsford at Roehampton Tennis Club in February where club players can test themselves against Davies Cup and Federation Cup players.



#### Club Young Achiever Award

The Club's 2018 Young

Achiever Award has been presented this year to Jacob Midgley who lives in Airton in recognition of his improvement and participation in the Club's Monthly Tournaments and Mixed Doubles D Team during the year.

#### Book: Yorkshire Dales in World War 2

Keith Taylor

'Wartime Sacrifice in the Yorkshire Dales' by author, Keith Taylor, tells the fascinating story of the part played during the Second World War by the communities throughout the southern and western Dales including Gargrave and Coniston Cold.

Through words and pictures, it examines the lives and deaths of over 200 service personnel whose names are inscribed on the many war memorials in these areas and places them back in the dales' villages, towns and landscapes they would have been familiar with. Many of the 485 photographs provide an evocative look at the way of life in these communities during the inter-war years and before the onset of the Second World War. Yet the main theme of the book continues to be the sacrifice made by these men and women who fought for democracy and against fascism during the years 1939-1945.

Enquiries can be made to the publisher Dick Richardson – Tel: 01629 640670 E-mail: dickrichardson@countrybooks.biz. Country Books, Courtyard Cottage, Little Longstone, Bakewell, Derbyshire DE45 1NN

#### FARMING ON SCALEBER HILL

John Hall

In my last report my comments were focused on Autumn events. I have seen many autumns, with none to compare with this year. After a drought during summer the rains came and with the warmth an abundance of grass plus fine weather to harvest it. I did receive complaints of tractors working all night but farming is a 24-7 occupation at seasonal times.

Due to exceptional weather the local shows and livestock sales made for exceptional autumn.

I have never seen as many field mushrooms as this year, with fields covered. Apple trees laden with fruit, crab apples and slows in the hedgerows, in abundance. The colours of trees exceptional. Do we really appreciate the area we live in?

Despite this I have to have my annual fix!!! to visit the west coast of Scotland in early October. My "fix" began as a fifteen wear old when an uncle who attended the annual cattle sales at Oban in October invited me to join him.

Holidays up to this time were non-existent. If haytime was finished before school term re-started, a day visit to Morecambe by train was our nearest to a holiday. That week in Oban was a trip I have never forgotten.

The October sales were the main sales of the farmers and crofters from the islands and Highlands. Two days of suckled calves on Monday and Tuesday, dairy cattle and cull beast Thursday, beef cattle Friday. Saturday was all Highland cattle. The ferries all had pens on deck to bring the cattle into Oban. After an early rise one morning we caught a ferry up to Loch Sunart where 70 cattle were gathered on a hillside to load on to the deck.

At that time the auction was in the town, with the railway line through the auction. You can imagine the cattle being herded through the streets at all times, day and night. At that time quite a number of farmers from Yorkshire attended the October sales for cattle which were transported by train as all the local stations had cattle pens to unload. After that holiday I was totally hooked.

I have spent many visits to the sales over the years. There was a time when the sales would have 400 dairy heifers, many of which came to Yorkshire. During my time as a dairy farmer I had diary heifers from Oban area and the island of Lismore.

During the 1970s-80s farming and crofting changed dramatically. Due to the likes of butter mountains and a shortage of beef the government in its wisdom introduced a headage payment for beef cows. As a result dairy heifers quickly disappeared. I well remember the farmer off the isle of Lismore from which I had several good heifers bringing his last two dairy heifers, no doubt the last two to sell through Oban auction. I was the buyer and had those two milking for many years. Hence my "fix" with the Autumn sales in the Oban area. Early October with the colours in Argyll is something special. We don't buy any cattle there now but have a few days in the area before the winter slog commences. The welcome by the farming community in the area and the banter is very special. Rugby often comes into the conversation as several families played for Scotland at some stage.

#### THE OXEN

*Thomas Hardy, submitted by Peter Poulter* 

Christmas Eve, and twelve of the clock. "Now they are all on their knees," An elder said as we sat in a flock By the embers in hearthside ease.

We pictured the meek mild creatures where They dwelt in their strawy pen, Nor did it occur to one of us there To doubt they were kneeling then.

So fair a fancy few would weave In these years! Yet, I feel, If someone said on Christmas Eve, "Come; see the oxen kneel

"In the lonely barton by yonder coomb Our childhood used to know," I should go with him in the gloom, Hoping it might be so.

#### THE LIFE AND TIMES OF ROBERT OF NEWMINSTER AND GARGRAVE – THE SAINT OF THE DALES

#### Captain Cuttle

My good neighbour Dorothy Rishworth mentioned to me an article in this magazine about St Robert of Newminster. Some years back I became extremely interested in him, curious enough to research the story of his life and the turbulent times in which he lived. The results of my delving into his history were never published. It occurred to me that magazine readers and others might be interested in finding out more about our most famous villager.

The life and times of Robert of Newminster and Gargrave is to be serialised in the magazine. I hope readers enjoy it.

\*\*\*\*\*\*\*

Research into Robert over some years took me as far south as Downside Abbey in Sussex, Mount St Bernard Abbey in Leicestershire, east to Ampleforth Abbey, and north to the University of Durham and one of its colleges, St Cuthbert's, Ushaw, which was a major centre for the training of Roman Catholic priests, older than the university itself, though now no longer a seminary.

In the course of this, I stumbled across connections I never knew existed and met some interesting and kind people. Among them was one of the world's leading Bible scholars, a Trappist\* Nigerian football fan and a retired Church of England priest who paved the way for an entry into one of the country's oldest libraries.

In 1959, exactly eight hundred years after Robert died, I was at the wedding of my eldest brother, Michael, in Fenham, Newcastle on Tyne. The church is dedicated to St Robert. His saint's day, marked in the religious calendar in the north-east of England, is June 7. My son was born in Hexham, Northumberland, on June 7. My mother was for many years a teacher in Washington, then in County Durham and now part of Sunderland. St Robert's School in Washington is where England goalkeeper Jordan Pickford was educated. People have remarked that I must have been destined to write this small history.

I have had considerable help on the way. Some came from a monk at Mount St Bernard who sent me a book I needed, even though he didn't know me at all. This was "The Spirit and Mission of the Cistercian Order", by the Reverend H. Collins, published in 1866, to whom I am indebted. Thanks also to Carol Hill, former local history librarian in Doncaster, who kindly supplied me with reference sources and helpful comments. And Carol Jones in Lincolnshire for her proof reading corrections. And Anna Gibbs, librarian at Ampleforth. And Marie McHugh in the valley of the River Tyne for her literary suggestions.

When I moved here I found out about his village connection, but what else could be revealed? Discovering anything about someone born at the beginning of the twelfth century who was not a monarch or connected to the aristocracy is not easy, especially if you are neither an academic historian nor a medieval Latin specialist.

Some of what follows is mere speculation, but that has never been a problem for a journalist, or a historian for that matter. The cliché drummed into me as a junior hack was "Never mind the facts – get on with the story." I've done my best to find the facts behind the story.

In 1100 came the death in the New Forest of King William the Second. In the same year, about 300 miles away, a baby was born.

It is known that Rufus, second surviving son of William the Conqueror, was killed by a single arrow while hunting. That is all. The circumstances are still a mystery. Much about Robert is mysterious as well, but otherwise there couldn't be more difference in status between that ruddy-complexioned king and the baby born here.

\* Trappist, a member of the Cistercian Order of the Strict Observance. They are vegetarians who follow an extremely austere life, but brew wonderful beer named La Trappe after their monastery in France.

Next month: Anglo Saxon Attitudes

#### WINTER LIVER CLEANSE

#### Hannah, Crossgates Health

At this time of year, it's normal to feel a bit low with the shorter days, colder weather and the stresses of Christmas around the corner. A quick and easy way to bring more joy and happiness into your life is to give your liver some tender loving care. In Traditional Chinese Medicine, your liver is the seat of your emotions and has a direct link to your mind. By doing a simple cleanse, you can rid yourself of negative emotions.

Your liver is also responsible for eliminating toxins such as destructive hormones absorbed from the environment, excess stress and ageing processes such as the menopause. Junk food, prescription medicine and excess sugar and alcohol put even more pressure on your liver. By following a nutrient rich and well-balanced cleanse, your liver is able to renew itself in just three days, which is much faster than the rest of your body. Personalising your liver cleanse to include Bioresonance therapy and your genetic makeup will also keep your energy levels up, so you don't need to take time out. A renewed liver will strengthen your immune system, give you more energy and even shift stubborn weight. And all in time for Christmas!

For more information on a personalised detoxification plan, please contact Crossgates Health on 01756 749901



#### GARGRAVE PRE-SCHOOL

Judith Metcalfe

We have had a visit from the fireman and he spoke to the children about bonfire night and firework safety .The children tried on his hat gloves and jacket and asked him lots of questions. We have celebrated Diwali making some super sparkly tea light holders.

We held our annual quiz evening at The Masons it was a very well attended event thanks to all that came and joined in the quiz which was won by the Gargrave rounders team, we all enjoyed the stand up bingo. A very big thankyou to John and Nicola who always support us and their efforts are much appreciated. Many thanks to the quiz master Martin and Wendy for the raffle organisation and all those that sent us some fabulous prizes. Soon we will be starting our Christmas activities with the nativity to look forward to and Christmas party.

All the very best to everyone.

#### GARGRAVE CHURCH OF ENGLAND (VC) PRIMARY SCHOOL

Sarah Peel

'Every Child Counts; Every Child Contributes' LOVE, HOPE, PEACE

The year so far at Gargrave School has been fabulous, the pupils are working so hard and enjoying a range of activities. Here is an overview for each class.

If you have moved to the village, or have younger prospective children, we welcome you to come and see our lovely village school in action. Please ring the number above to arrange.

#### **Oak Class Year 6**

What a busy start to the year! Year 6 have started off the year extremely well, and have been working incredibly hard. In English, our whole class text is 'Wonder.' We have explored what Treacher Collins Syndrome is (the main character has it,) as well as discussing how it may make him feel, as well as how it makes others feel. We have written a diary entry, after a particularly hostile chapter in the book. Our topic is Extreme Earth - we have researched tsunamis, earthquakes, flooding, tornadoes, and other weather phenomena. We have looked at which countries are affected by these, and when they occur.

#### Sycamore year 5 and Year 4

Sycamore class have had a very busy and hard-working term so far. In English we have been doing lots of work based on Cogheart by Peter Bunzl. We have invented our own mechanical animal, researched and made models of airships and written a letter to persuade the Prime Minister to give mechanical servants more rights. In science we have been learning about electricity so we have built circuits and made our own switches. We designed and built burglar alarms to protect one of the characters in Cogheart's special object. Our topic has been the industrial revolution and they have also looked at paintings by Lowry.

#### Willow Year 3 and year 4

In theme we have been learning about the Vikings, which included making Viking helmets. In Maths we have covered Problem Solving, Place Value, Addition and Subtraction and are currently working on Multiplication and Division.

#### Ash Year 2

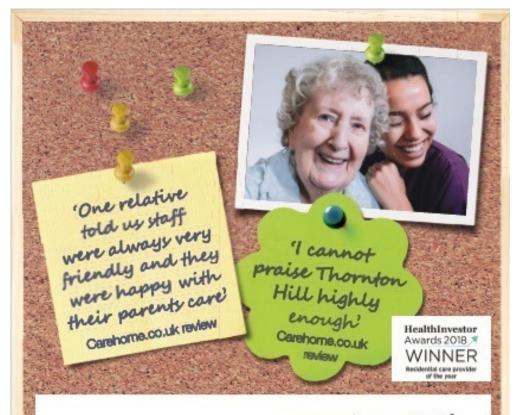
We have had a very busy start to the school year in Ash class. In Literacy, we have based our work around the story The Dragon Machine and worked hard to use verbs and adjectives in our writing. We have introduced whole class guided reading 4 days a week this term and the children have loved looking at a different book/topic each week, covering fiction, non-fiction and poetry. We had a great trip to Gargrave Library where we each got to choose a non-fiction book to bring back to school. In Maths we have been working on place value and addition and subtraction. We are all really proud that we now know how to use the column method. In theme we have been learning about 'Our World' and enjoyed our walk around Gargrave Village.

#### Apple Year 1 and reception

The Reception children have settled in wonderfully into Apple Class. They are super-busy every minute of every day! They have been busy learning their phonics and learning to count and recognise numbers. The children painted beautiful autumn trees and made leaf pictures.

In Year 1, the children have been producing some fantastic writing using 'We're Going on a Bear Hunt'. Together they have written amazing autumn and bonfire night poems – look out Year 6! In 'Our World' theme, we have been learning about where we live and joined Ash Class on a walk around Gargrave village. Singapore Maths has been a big hit with Year 1 and they are super mathematicians – they love waiting to see who will be the maths wizard each day. They have focused on place value and addition. We are also getting very quick with our recall of the 2 times table. Reception and Year 1 children all enjoyed balanceability, having lots of fun on the balance bikes.





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#### INFORMATION

#### 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	-	45am shments
2-Dec	Linda Wall		Family Team	Family Team
9-Dec	Kay Craven	Joyce Brotherton	Joan Wimbush	Tony Wimbush
16-Dec			Abbie White	Sylvia Humphreys
23-Dec	Colin Chapman	Norma Brothers	Judith Douglas	Norma Brothers
30-Dec			Sarah Curtis	Judith Robinson
06-Jan	Linda Wall		Family Team	Family Team
10.45am	:	Sidesmen	Readers	Intercessors
2-Dec	Family Team	Family Team	Family Team	Family Team
9-Dec	Dorothy Rishworth	Mollie Blackburn	Paul Maslin	Paul Maslin
16-Dec	Sarah Curtis	Pauline Gilfoyle	Diane Maiden	Diane Maiden
23-Dec	Janet Turner Dorothy	Hugh Turner Mollie	Rosemary Pocock Annalies	Rosemary Pocock
30-Dec 06-Jan	Rishworth Family Team	Blackburn Family Team	Vanoyen Family Team	Sarah Curtis Family Team

# **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** 

Joyce Garner 748447

Mike Maiden 07876 886313

Public Transport leaving Gargrave Compiled by Peter Hardyman 14 November 2018

**TAXIS from Gargrave (see advertising directory, page A2):** Gargrave Private Hire - local & distance, airport transfers: 07877 054698, 01756 748112

TRAINS from Gargrave FROM 9 DEC. Before that, see November Magazine.
<b>To Skipton</b> (arrives approx. 5 mins later) & <b>Leeds</b> (arrives approx 50 mins later)
Mon-Fri 0745 0755 1150 1349 1551 1621 1645 1732 <sup>3</sup> 1850 2019 2134 2216 2238
Saturday         0745         0755         0902 <sup>3</sup> 1150         1349         1551         1621         1645         1732 <sup>3</sup> 1850         2019         2134         2218         2238           Sunday         1121         1146         1346         1446         1645         1701         1846         2056         2108
<b>To Giggleswick</b> (arrives ~ 20 mins later) & <b>Lancaster</b> <sup>5</sup> (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
<b>To Settle</b> (arrives ~ 18 mins later if direct) & <b>Carlisle</b> (arrives ~ 2hrs later if direct)
Mon-Fri 0528 <sup>20r3</sup> 0902 <sup>2</sup> 1004 1103 <sup>2</sup> 1133 1304 <sup>2</sup> 1504 <sup>2</sup> 1732 1814 <sup>2</sup> 1901 2006 <sup>2</sup> (2033 <sup>4</sup> )
Saturday $0525^2$ $0902^2$ 1004 $1103^2$ 1133 $1304^2$ $1504^2$ 1732 $1814^2$ 1901 (2033 <sup>4</sup> )
Sunday <u>0921</u> <sup>2</sup> 0950 <u>1107</u> <sup>2</sup> 1311 <u>1407</u> <sup>2</sup> 1507 <u>1607</u> <sup>2</sup> <u>1807</u> <sup>2</sup>
<b>NOTES:</b> (1. Change at Skipton) 2. <u>Not Settle</u> ; change at Lancaster for Carlisle 3. Change at Hellifield 4. Terminates Ribblehead 5. Change at (or via) Lancaster for Morecambe.
text GARGRAVE to 84950, or go to <u>www.rail.co.uk/live-arrivals-departures/</u> <i>NB: The Bus Replacement Stop at Gargrave is on Church St, on the village side of the railway bridge.</i>
BUSES from Gargrave <i>from 3 September</i> *Except Bank Holidays
To Skipton (arr. ~15 mins later) (Services 75, 210/211, 580) (M is from Malham)
M-Fri* 0820 0910 0955 1055 1057M <sup>7</sup> 1155 1255 1355 1357M <sup>7</sup> 1455 1555 1725 1810
Saturday 0820 0910 0955 1056M 1155 1255 1355 1455 1555 1656M 1810
Sun + B.Hol No Winter service after 21 October.
<b>To Settle</b> (arrives ~ 25 mins later) (Service 580) and (+)onward to <b>Kirkby Lonsdale</b> (Service 581) and (++)thence to <b>Lancaster</b> (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)
Mon-Fri* [210/211] 1000 <sup>7</sup> 1310 <sup>7</sup>
Saturday [75] 1001 1559
Saturday (7.5) 1001 1005
Sun + B.Hol No Winter service after 21 October.

#### Public Transport back to Gargrave

Tublic Transport back to Gargiave
TRAINS to Gargrave FROM 9 DEC. Before that see Nov Mag. <u>Last train from LEEDS</u>
From Skipton (arriving Gargrave ~ 5 mins later)         to GARGRAVE           Mon-Fri         0522         0856 0959 1057 1127 1258 1458 1600 <sup>3</sup> 1727 1808 1856 2000 2027         1949           Saturday         0519 0705 <sup>3</sup> 0856 0959 1057 1127 1258 1458 1600 <sup>3</sup> 1727 1808 1856 2000 2027         1949           Sunday         0915 0945         1102         1305 1402 1502 1602 1802         1724
From Lancaster via Giggleswick (arriving Gargrave ~ 66 mins later)Mon-Fri0648 1045 124515151745 2030 2134Saturday0648 1045 1245 1446 <sup>10</sup> 1503 <sup>6</sup> 1745 2030 2134Sunday1041 1215 <sup>10</sup> 1515 <sup>10</sup> 1715 <sup>10</sup> 1951From Carlisle (journey time is dependent on route – check timetables)Mon-Fri0544 <sup>2</sup> 0551 0934 <sup>2</sup> 1134 <sup>2</sup> 1404 1408 <sup>2</sup> 1450 1631 <sup>2</sup> 1824 1857 <sup>2</sup> 2007 <sup>2</sup> 2018 <sup>11</sup> (2145 <sup>9</sup> )
Sat. $0544^2$ (0714 <sup>9</sup> ) $0935^2 1135^2 1335^2 1404$ 1450 $1635^2 1824 1911^2 2017^2 2019^{11}$ (2145 <sup>9</sup> ) Sunday 0925 $1051^2 1250$ $1407^2 1502 1607^{20r3} 1836^2 1912$ <b>NOTES: 1.</b> Change at Skipton <b>2.</b> Not Settle: change at Lancaster <b>3.</b> Change at Hellifield <b>6.</b> Change at Carnforth <b>9.</b> Not Carlisle: Departure time is from Ribblehead <b>10.</b> Via Morecambe <b>11.</b> Change at Settle Living in BD23 post code, you can buy a DALES RAILCARD: £10.00/ year. 1/3 off Anytime and Off- peak rail tickets between Gargrave, Leeds, Bradford, Carlisle, Morecambe, Lancaster. Discount for children with you; also Winter Offer.
BUSES to Gargrave from 3 Sept. * Except Bank Holiday (M service to Malham)
From Skipton (arrives Gargrave ~ 15 mins later) (Services 75, 210/ 211, 580)
Mon-Fri* 0850 0945 0950M <sup>8</sup> 1045 1145 1245 1300M <sup>8</sup> 1345 1445 1545 1645 1745 1845
Saturday         0850         0945M         1045         1145         1245         1345         1445         1545M         1645         1745         1845           Sun + B.Hol         No Winter service after 21 Oct.
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 1745++         Saturday 0755+ 0845++ 0930++       1130++ 1230 1330++ 1430 1530++
From Malham (arrives Gargrave ~ 25mins later) (Services 75, 210/ 211)
Mon-Fri* [210/211] 1035 <sup>8</sup> 1335 <sup>8</sup> from opp. the Buck Inn, Malham
Saturday [75] 1030 1630 from opp. the Buck Inn, Malham
Sun + B.Hol No Winter service after 21 Oct.
NOTES 8. Tues & Thurs service stops at Coniston Cold 4 mins before Gargrave
Service Operators: northern railway <u>www.northernrailway.co.uk</u> 0800 200 6060; 210/211, NYCC <u>www.northyorkstravel.info/operators/n/nycc/</u> 08458 725282 or 01609 780780; 580/581/582 + 75, Kirkby Lonsdale Coach Hire 01524 733831 <u>www.kirkbylonsdalecoachhire.co.uk</u> Buses (general) <u>www.dalesbus.org</u> ; Traveline 0871 200 22 33 www.traveline.info; National Rail Enguiries 03457 48 49 50

Traveline 0871 200 22 33 <u>www.traveline.info</u>; National Rail Enquiries 03457 48 49 50 <u>www.nationalrail.co.uk</u>

Gargrave Library	Open: Mon 3-6pm, Wed & Fri 2-5pm, Sat 10am-1pm. Visit <u>http://capitadiscovery</u> .co.uk/northyorkshire/ to
West St, BD23 3RD 07960 704509	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
04-Dec	07-Dec	Blue bin
11-Dec	14-Dec	Green bin
18-Dec	21-Dec	Blue bin
25-Dec	28-Dec	Green bin
01-Jan	04-Jan	Blue bin

Last posting	Gargrave Post Office: Mon-Fri 4.45pm, Sat 11.45am
times	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.

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

	School closes	School opens	
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 10<sup>th</sup>. 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 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, Tues and Thurs Trevor Pickles 01282 844788
Golf – Mason's Arms Golf Society, www.masonsarmsgolfsociety.com, 749304
Hunt – Pendle Forest & Craven Hunt, Elizabeth Adams 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 & 10.30am, 0777 8980994
Walking for Health – 1<sup>st</sup> Thursday of the month, 10am, Jean Maxwell 748851
Yoga – Village Hall Annex, Wednesdays 9.30-11.30am, Sally Thomas 01756 461616

Modern sequence dance – Village Hall, Mon 7.45-10pm, John Rainey 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 749910
Bell Ringing – St Andrew's, Mon 7.30pm, Sun 10.00am, Joe Alston 01729 851663
Bingo – Village Hall Annex, 4<sup>th</sup> Wed of month 7.30pm, Joan Philip 749468
Bingo – Gargrave Community Centre, Neville Crescent – Mondays 2pm
Fuchsia & Geranium Club – V Hall, 1<sup>st</sup> Wed of month 7.30pm, Paula Jackson 752175
Gargrave Community Choir – rehearsals Fri 7pm, 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, 2<sup>nd</sup> Wed of month 7pm, Glenys Riley 07715 878709
French club – Old Swan, 3<sup>rd</sup> Thurs of month, 8pm, Allison Wiffen 749913

Masons Arms – Quiz Sundays 8.30pm; Acoustic live music 1<sup>st</sup> Friday of the month The Old Swan – Quiz Mon 8pm; Pie night Wed; Steak night Thurs; Sunday Roast Sun

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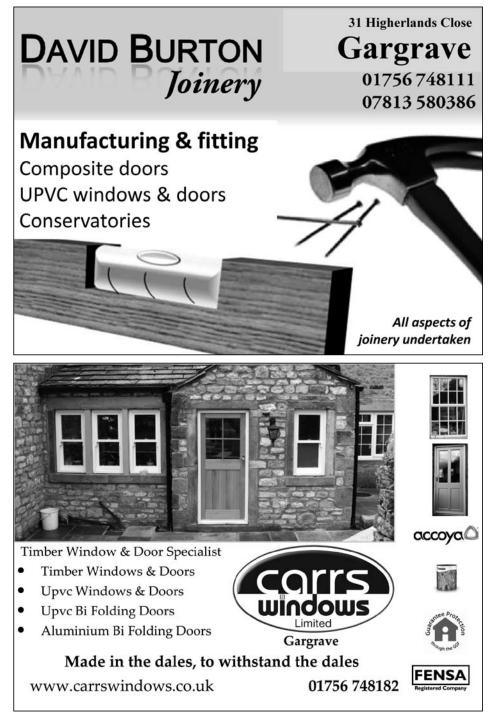
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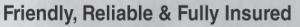
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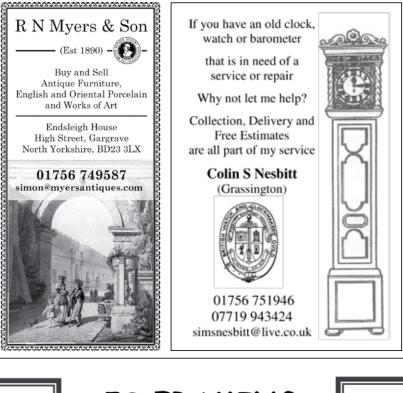
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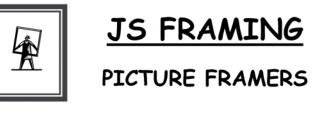
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