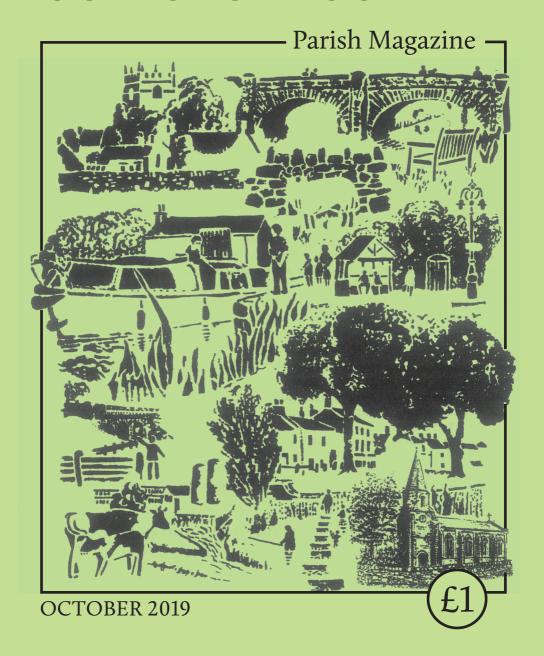
# GARGRAVE & CONISTON COLD



#### Inside this month

History hat-trick: Aethelred, Robert of Newminster and the new gadget the church was raising money for in 1936.

Graveyard correspondence Interview with Olive Coates Art exhibition success

From "getting to heaven" to living in the Kingdom of God New series: Mental health and wellbeing



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### Dates for your diary

Installation of Andrew Steer as Priest in Charge 14 November Library film night: Late Night 22 November

> November issue editorial deadline: 12 October editor@gargravemag.co.uk 01756 749443 www.gargravemag.co.uk

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### WARDEN'S WORDS

Peter Poulter

"The Bishop of Leeds has appointed the Revd Andrew Steer as Priest in Charge for the Benefice of Gargrave with Coniston Cold and Kirkby in Malhamdale. Andrew is currently Assistant Curate in the parish of Almondbury with Farnley Tyas in the Huddersfield Episcopal Area."

That was the announcement made in the three churches of the proposed new benefice at the beginning of August, after a three month process of recruitment, advertisement and interview.

In the light of this news, we are looking forward to Andrew coming to start work among the churches and communities of the three parishes - to begin after he is installed at a service in St Andrew's, Gargrave on 14 November at 7.00.

This will bring to an end a period of vacancy for Coniston Cold and Gargrave which has lasted nearly two years since the departure of David Houlton for a parish in Co Donegal, Ireland at the end of 2017.

A time of vacancy can be a bit scarey – when things don't manage to hold together both in the life of the congregation and how it relates to the wider community, and there is just the possibility of our losing a sense of direction. On the other hand, it can also be the time when people recognise that, if life is to go on, members of the congregation have to put their shoulders to the wheel.

I think that our experience has been the latter. And so we have reason to express a real sense of gratitude that a whole variety of people with a range of abilities have maintained and developed the life of St Andrew's through the last months. Some have done up-front highly visible things, very much in the public eye. Others have quietly and regularly undertaken to keep the basic tasks covered – the weft and woof of our life together. The sense of teamwork has been a wonder to behold. So thanks – real thanks.

But it is not "thank you and goodbye" - a deep sigh of relief and relaxation come 14 November! The team spirit that we have drawn on from way back when and built on and developed through these last months is part of the resource that we will offer to Andrew to ensure that this new partnership of mission and ministry together is a powerhouse to enable "Thy kingdom come" to touch earth in our neighbourhoods and villages.



#### DIARY FOR OCTOBER

#### **Coniston Cold**

Sun 6	Evensong with Ian Greenhalgh, 4pm, Church
Sun 13	Holy Communion with John Long, 9.30am, Church
Sun 20	Evensong with Ian Greenhalgh, 4pm, Church
Sun 27	Holy Communion with Pam Swift, 9.30am, Church

### Gargrave

Gaigiave	
Tue 1 Oct	Indoor bowls re-commences each Tuesday and Thursday until the Spring, 2-4pm, Village Hall.
Wed 2	Fuchsia and Geranium meeting. Village Hall Committee Room One. 7.30pm
Thurs 3	Indoor bowls re-commences each Tuesday and Thursday until the Spring, 2-4pm, Village Hall.

Sun 6 Prayer Book Communion with Bishop David Hope, 8am, Church. Family Harvest Festival Service, Coffee 10.15am, service 10.45am. Oasis reflective worship, 6.00pm, Church.

Fri 11 Picnic Supper Dance with Elizabeth Harrison. Village Hall, 7.30pm

Sun 13 Prayer Book Communion with Revd John Long, 8am, Church
Sung Eucharist with Revd John Long, 10.45am, Church
Gargrave Village Hall Management Committee Flea Market, Vintage
Collectables & Crafts. Village Hall.10am onwards.

Sat 19 Two day Craft Fair. Village Hall. 10am - 3.30pm.

Sun 20 Prayer Book Communion with Revd John Holford, 8am, Church Service of the Word with Peter Poulter, 10.45am, Church Two day Craft Fair. Village Hall, 10am - 3.30.pm.

Fri 25 Library Film night: The Runaways .Village Hall, 7 for 7.30pm
Sat 26 Gargrave Village Hall Management Committee Coffee morning.

Village Mall 10 and No. 22

Village Hall. 10am - Noon.

Sun 27 Prayer Book Communion with Bishop David Hope, 8am, Church Sung Eucharist with Revd Pam Swift, 10.45 am, Church Broadway Fairs Flea Market & Allsorts Fair. Village Hall, 10am - 3.30pm.

### Regular weekly and biweekly Gargrave events

Mondays:

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

10.40am Tai Chi Qigong for Beginners, venue as above

10-12am Coffee Monday, Church1.30pm Art Club, Village Hall Annex

1.30pm Bingo, Gargrave Community Centre on Neville Crescent

7.30pm Modern Sequence Dancing, Village Hall

7.30pm Bell ringing, Church8pm Quiz, Old Swan Inn

Tuesdays:

10 am Heritage Group, Church

10 am Contemporary Pilates with Bee Faulkner, Village Hall (term time)
10.30am Adult Tennis Coaching and Social Tennis (weather permitting)
11.30am Standing/Seated Pilates with Bee Faulkner, V Hall (term time)

12.30pm Alternate Tuesdays – lunch at Gargrave Community Centre, followed by games.

2pm Craft and Chat, Church2pm 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

Wednesdays:

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

9.30am Gentle Hatha Yoga, Village Hall Annex

10 am Caterpillar Club, Church

10.am Social tennis

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

4pm Gymnastics for children over 5

Thursdays:

9am Phoenix Club, Anchor Inn, alternate weeks
 9.15-12 Gymnastics for pre-school children, Village Hall
 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
 10.40am Alternate weeks: Low-impact chair exercises, Gargrave Community Centre

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)

11.30am Somatic Movement with Bee Faulkner, Village Hall (term time)

7pm Community choir rehearsal, Church

Sundays:

2pm Social Tennis 8.30pm Quiz, Masons Arms

#### FORTHCOMING EVENTS

### Nikolsky Ensemble, Russia, in Barnoldswick

Andv Arnold

An evening of music by male voices from the shore of the Volga. Holy Trinity Church Barnoldswick, 7pm, Wednesday 9 October. Tickets £5.

### **NEWS**

### From the church registers

Peter Poulter

**Baptism** 

8 September – Jessie Dowie Cox Dalglish

**Funeral** 

23 September – John Bailey

### Gargrave Parish Council meeting

Kath Ashby

Gargrave Parish Council hold their monthly meetings on the first Wednesday of each month. All minutes of meetings, once approved, can be viewed on our website, http://gargravepc.org.uk/ and in paper form in the Library.

Our next meeting will be on Wednesday 2 October 2019.

#### World War I Soldiers

Caryl Bowles

Gargrave Heritage Group are planning to add the names of eleven soldiers onto the War Memorial in Gargrave. These soldiers fought in the First World War but their names are not on our War Memorial. The group discovered this during their research for their forthcoming book "From Mills to Marching and Back Again".

The soldiers' names are: Henry O. Eastwood; George H. Mason; Williamson Austin; John Eastwood; George Platt; William Stockdale; Herbert Platt; Ernest French; Ben Roper; John L. Berry; Tom H. Gill

Their names will be engraved on the memorial by a local stonemason. We would like to thank the members of Gargrave Parish Council for all their support. The Imperial War Museum & the War Memorial Trust will also be informed of these additions to keep their records up to date. For any further information please contact secretary@gargraveheritagegroup.co.uk.

### Gargrave and Malhamdale Community Library

Dave Smith and Patsy Simpson

We had 65 who started the Summer Reading Challenge, and 58 who completed. Well done.

Our autumn series of films continues on Friday 25th October when we will be showing the 2018 film The Runaways.

The film, set in Whitby and the surrounding Yorkshire Countryside, tells the story of three children and two donkeys who embark on an adventure to find their mother. The **film** stars Mark Addy, Tara Fitzgerald, Lee Boardman and Molly Windsor.

A quote from Graham Walker the Yorkshire Post Film Critic "Dark, Haunting, Atmospheric, Uplifting, Don't miss it"

The customary Cafe style seating will be in place, so please bring you own refreshments. The Village Hall doors open at 7.00pm with the film starting at 7.30pm. Tickets are £5.00 on the Door with under 16s free. Sorry but we can only allow Guide Dogs into the Hall.

Further films we are planning to show this year:

22nd November Late Night

20th December Fisherman's Friends17th January Downton Abbey

WI News Sarah Kirk

Our September meeting saw a welcome return for Harold Hoggarth. This time the Barnoldswick based speaker entertained us with reminiscences from the 1940's, 50's and 60's. Clutching his own ID card and ration book he took us back to the war years of 'make do and mend' and reminded us that recycling is nothing new as all bottles and tins were returned to the shop. We listened to favourite BBC radio programmes that sustained and informed us.

Moving into the 1950's we relived the dawn of ITV. Separate aerials were required for reception of this channel and rooftops already invaded by the massed ranks of the enormous BBC 'Double H' aerial were joined by more sentinels of the New Elizabethan Age. Gibbs SR Toothpaste was the first advertisement shown on the channel in 1955 having been the name drawn out of a hat containing the 26 companies bidding for the slot. 1953 saw the end of sweet rationing, and we marvelled at how little Mars, Kit Kat and Maltesers wrappers have changed since their creation and remembered the growth of convenience products including Vesta curry and rice (1961) and Ski yoghurt (1963). We all enjoyed the classic Smash advert from 1968 with the laughing Martians. As Harold remarked for those who lived through it the talk brought back mostly happy memories - for those of us who didn't, it showed us what we missed.

The competition asked us to bring a photograph of when you were a teenager. As always our guest found it a challenge but Harold eventually chose a charming photo of Mary Rushton, sitting in quiet contentment at Penrith Show with one of the calves she tended in her role as dairy maid on the Duke of Zetland's estate. Christine Berry on behalf of us all thanked Harold for a super trip back to the 'best times.'

Our August guest speaker, Lyn Booth reached back further into history - to Ancient Egypt where tomb drawings have shown reflexology being practiced. Lyn is a registered reflexologist and gave us an impassioned talk on why reflexology can play its part in treatment programmes. Reflexology is not for everyone and any fully qualified reflexologist will take a full medical history before commencing

treatment. Lyn recounted her experiences from treating infertility to providing palliative care, and her involvement with many other conditions such as depression, MS, insomnia and digestive disorders. The practice is based on the five lifelines or meridians that run through the body and connect different organs and parts of the body. Each area and organ of the body has a corresponding area on the soles of the feet, each foot relating to one side of the body.

Reflexology practitioners believe that the body is equipped to heal itself and that in order to do this the meridians need to be clear. Lyn says she knows where to press the buttons to unblock these lifelines and let the body heal itself. To convince any doubters in the audience, Lyn told us she is a farmer's wife and went on to recall many instances of sceptical farmers being dragooned into her surgery, turning green or white as she pressed the correct buttons and walking out with the shoulder or knee complaint they came in with vastly improved or completely eradicated. She introduced us to vertical reflexology which is particularly useful where mobility is an issue. Lyn demonstrated that a combination of massage on the hands and the top of the feet can be just as effective. Lyn's talk provoked a great deal of interest as we all sought new ways to treat old complaints and Jean Greenwood thanked Lyn on our behalf for all her help and generous consultation time! The competition required members to celebrate another great lifeline, the cup of tea, by decorating a teacup; Abbie White scooped the prize.

Two of our newest members, Jenny Arnold and Gill Annandale told us about the highly enjoyable visit they had made to Alma House, the regional HQ. Gill had always assumed the WI was a quintessentially British institution and so was intrigued to learn that its historical roots are in Canada where it was founded in the late 1890s, inspired by a talk by Adelaide Hoodless, a farmer's wife in Ontario whose child had died from drinking untreated milk. In 1915 the UK government encouraged the establishment of WI's to support the war effort, and to this day the government still uses the WI as one of its sounding boards. In her report, Jenny brought us up to date telling us that there are 6,300 WI's in the country, with 220,000 members. The WI is a non-sectarian and non- party political organisation and one that enjoys charitable status. Jenny reminded us of the four values that underpin all aspects of WI activity; truth, tolerance, justice and fellowship.

At a time when Gargrave WI is welcoming new members but also thinking of and supporting members who aren't well, the fellowship of the WI is something we all value greatly. If you would like to join us for an evening, please come along with a member or contact our Secretary Glenys Riley on 07715 878709.

Decorator + Handyman 07958 646509
Paul Maslin - Gargrave 01756 748538
Careful & tidy V. low odour fastdry paints office@maslin.biz

### BeeActive Oct: Pilates, Tai Chi Qigong, & Somatics

Bee Faulkner

It was heartening to hear on the news recently about the new guidelines encouraging all of us to be active throughout our different stages of life, be it childhood, pregnancy or older age. According to the BBC website of 7 September:

"Adults are advised to do muscle-strengthening exercises twice a week, as well as aerobic exercise, to help them stay active for longer, under new guidance from the UK's top doctors. "

"Dance, bowls or Tai Chi are advised for over-65s to reduce falls in old age." "The quidelines recommend that adults build strength and balance to help stave off the natural decline in muscle mass and bone density that starts around the age of 50."

"Physical activity protects against obesity, type 2 diabetes, heart disease and depression, the advice says."

Quality of life and independence are so important to us and can be greatly helped by keeping active. Our bodies were made to move and Pilates, Somatics and Tai Chi Qigong are helpful for muscle strengthening: maintaining and improving our movement in a low-impact manner. In some of the classes we are starting to explore power-walking with hiking poles: using two sticks enables you to fully engage your upper body, helps you walk taller, supports your back and lengthens your stride. And using two poles, rather than one, keeps your body in much better balance.

Weekly classes are continuing until 17 October (Monday to Thursday groups) and 25 October (Friday Group), and then resuming after the half term break on week commencing 4 November. Newcomers welcome: visit www.BeeActiveBeeRelaxed.com or contact Bee on 07778 980994 to find out more or to book a place.

Modern Pilates (mat based) Tuesdays 10am, Fridays 9am and 11.20am, Gargrave Village Hall/Annex

Modern Pilates (seated & standing) - Tuesdays- Gargrave Village Hall -11.30am

**Somatic Movement Relaxation - Fridays**- Gargrave Village Hall Annex 11.30am

Tai Chi Qigong – Mondays 9.30am and 10.45am & Thursdays 8.45am - Water St Green BD23 3LY (between river and the War Memorial).

#### Cate Davies Pilates - News

Cate Davies

Gargrave classes resumed Tues 3rd Sept for a 7 week block at 2p.m. Intermediate 6p.m. Intermediate Athletic & 7.05 p.m. Advanced Athletic.

Due to demand, I am now teaching in the annex on Thurs afternoons. 'Beginner Athletic mat' at 6p.m. starts Thurs 12th for 6 weeks & 'Beginner Foundation mat' at 3p.m. starting Thurs Sept 19th for 5 weeks. My new Foundation class is a slower-paced, lower intensity class based on the Pre-Pilates exercises for those returning to exercise after childbirth, injury or illness or with neck or back pain or osteoporosis. Exercises will be done on a mat, chair & in standing using a variety of props such as hand weights, soft balls, stretch bands etc to improve breathing, posture, balance, core stability, strength, flexibility & coordination. Pilates is as much about stimulating the mind as it is developing the body  $\theta$  can have noticeable benefits on concentration, memory, symptoms of stress, anxiety, insomnia etc. I am now offering a limited number of private mat & barrel lessons - please enquire.

Mat classes remain at £8 each payable as block bookings in advance. Missed the start of a block? - please contact me as I may still have availability.

I plan to offer 1:1, duo & small group (max 4) large apparatus studio teaching in Gargrave within the next 6 months. This will have NO EFFECT on my group mat classes in Gargrave, Hellifield & Threshfield, which will continue as previously.

Next blocks start Nov 5 & 7th, so do get on my waiting list, if you would like to join a class then.



### St. Andrews Family service reports

Peter Gardner. Family Service Team

#### Family Service, 4th August

Did I mention bacon butties, in last month's report? I believe I did - and they were on offer again this month together with sausage sarnis, croissants, Jen's jam and ... well, you get the picture. It was another good breakfast!

This time the focus of our service was on 'friends'. We discovered that some of us had rather a lot, and others had none - Facebook friends that is; but when it came to 'proper' friends, there were some lovely accounts of true friends who had proved themselves and who really mattered to members of the congregation. We heard of a friend who was there for you no matter what, another who had taken someone into their own home when they needed accommodation and yet another, who would gently and lovingly bring correction whenever it was needed.

The gospels tell us that Jesus called his disciples friends and give us insight into how he was always there for those who needed him. There was the women with a serious medical condition who simply touched the hem of his garment and was healed, the man who came to Jesus by night and had his deepest questions answered and the thief whose eternal destiny was changed by Jesus as they both hung dying on the cross. Jesus was a true friend to these people and he wants to be a true friend to each of us, too. He is only a prayer away, and many of us prayed quietly or wrote out our private prayers about the things which concerned us. Truly, as the old hymn reminds us, "....... what a privilege to carry everything to God in prayer."

Meanwhile, the children learned how they, too, could have Jesus as their friend. They came back to show us their handiwork and gleefully told us how they could put their hands into Jesus's hand and be his friend. You know, that's something you can do too, if you wish.

#### Family Service, 1 September

The family service this time round Returned to some familiar ground.

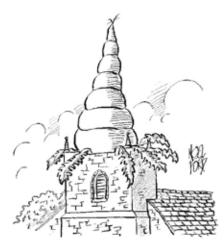
God wants friends,
Yes - you and me
Can be his friends, if only we
Will trust in Him and then obey
All those commands we hear Him say.

We heard about the prophet Jonah
Who, sadly, was an awful moaner.
It really was a fishy tale The chap got swallowed by a whale,
It soon developed indigestion
And then the whale – at God's suggestion
Vomited him onto the sand.
Then Jonah, in that foreign land
Told the people to be good
And do just what God said they should
Or else they'd suffer awful loss 'Cos God was really very cross.
They did - and God was very glad
Those people were no longer bad.

Jo gave a talk – t'was very good Emphasising that we should Do what God says –and in the end, We can truly be his friend.

Now for a really special announcement
Or if you prefer - a prophetic pronouncement
Breakfast will be off the menu
In October, at this venue.
Instead – because it's harvest time
We're going to have a Jacobs join
So come along and bring some stuff
Then everyone will have enough

Well, as that's all I've got to say, That's it until another day.



The previous month's Harvest Festival donation from the Genetic Modification research laboratory was proving to be a useful stop-gap until the steeple restoration fund reached its target

### Village Hall news

Caroline Thompson

We do hope that everyone has had an enjoyable Summer, how quickly it is has gone and Autumn has suddenly arrived.

The Pantomime section have already begun with their auditions and rehearsals for this year's Pantomime which will take place in February. The production in 2020 ( I did say the year was going fast ) will be Dick Whittington and his Cat, I am sure their journey to find those streets paved with gold will be full of lots of fun, laughter and great entertainment. If you would like to help or take part I am sure there is still time to get involved. Please call Anita for further details on 07515268434.

The indoor bowls section will also be back at the Hall commencing on Tuesday 1st October from 2pm until 4pm and each Tuesday and Thursday afternoon thereafter.

The Annual Jumble sale held on September 14th was a huge success and raised £2054.00 for Village Hall funds. The Management Committee would like to extend enormous thanks to anyone who donated items ( they were many and varied ), or came along and purchased bargains but most importantly to the many volunteers who so kindly gave up their time to help with the sorting and/or selling of Jumble. We could not have physically done it without them. Three very kind volunteers literally went that extra mile to help out, Sheila from Selby came to help sort out the Jumble on Friday, Christine from Keighley came to man one of the stalls on Saturday and Carla from Saltaire came along on both days. We had our monthly Flea Market the day after and all three ladies were back again, perhaps we should offer Bed and Breakfast! It is really rewarding to know that they appreciate the facilities we offer and that they wanted to help raise funds so we can continue to provide a venue for both the event they are involved in but so many others too.

We continue to miss our former Chairman Peter and his wife Sue but we were pleased to welcome them back to help with the Jumble sale. Their friendly dog Lola came too and she wouldn't get into the car when it was time for them to go home. I think she was trying to tell them something!

Changes and improvements to the Snooker club are in the early stages, so we have much work ahead of us - more news on this next month.

### Taking a whole village to make a Show-Gargrave Art Exhibition 2019

Sarah Kirk

In contrast to the distinctly mixed weather we have experienced this year, the annual Art Exhibition was a huge success and enjoyed record breaking results. Gargrave Art Exhibition is a unique combination of art, social event and fundraising enterprise, organised for the community by the community. So on behalf of Gargrave Art Exhibition Committee, there are first and foremost many 'thank yous' to be recorded, because without the combined efforts of hundreds of local people this event would simply not take place.

Thanks must first go to all the artists of all ages who contributed such a mesmerising, eclectic and entertaining variety of art, and a record number of entries, 373 to be exact! The Main Exhibition reflected our glorious locality, with The Dales and sheep (of course!) being well represented. Artists also took us on journeys to more



exotic lands and abstract places using a fascinating diversity of media and techniques. The standard was very high and if you missed it this time be sure to visit us next year.

The Young Artists Competition was very well supported, and created a fabulous display in the hall. We had witty cartoons, and moving portraits, mature landscapes and incredible sculptures. Every entry shone with creativity and talent. All the parental and carer support was much appreciated too! We hope that you enjoyed your experience and will enter again next year. As you may have seen in the last issue, Alex Frew was our winner of the Public Vote. Congratulations once again to Alex.

Thank you to all our visitors, over 1100 in all, another record! Thank you for your many positive comments about the exhibition, buying a record number of

artworks and your kind donations. Thank you for your enthusiastic engagement with the People's Votes, although we know how tricky deciding on just one in both categories proved! Our winner of the People's Vote in the Main Exhibition was Margaret Swift, from Rathmell, with her utterly charming pastel and pencil drawing of 'Ted.' Margaret will return next year with an extended display in the Exhibition.



Clare Lamkin (left) presenting Margaret Swift with her certificate.



This year the Gargrave Art Group had taken as their inspiration our very own little bit of heaven - Gargrave. There were canals, and blooming Yorkshire gardens, pretty cottages and curious cows. We hope you enjoyed the diverse interpretations and perhaps found a new angle on a familiar spot.

And now to thank all the other individuals and groups in the village. First of all, our volunteers and supporters who wrangled tirelessly

with display boards and drills, rustled up raffle ticket buyers, stewarded serenely and welcomed heartily, swept up sales and noted votes, we are most grateful and hope you enjoyed your experience and will join us again next year.

Gargrave WI, a great asset as always, provided the perfect finale or in some cases, starting point for a visit, with a splendid array of delicious fare and a cup of something refreshing. This village treasure also adds a unique flavour to the event with many members being artists themselves, mothers, and grandmothers of participating artists!

A huge thanks too to Rachel Holme, Art Leader, and her team from Gargrave Primary who delivered yet another stunning display, Judith and Lizzie from Gargrave Pre-School, and not forgetting our thanks and congratulations to the young artists who created all the amazing artworks!

And last, but definitely not least, thank you to members of our local business community for the brilliant and generous contribution that they made in sponsoring the raffle this year. Our magnificent eleven were: The Old Swan Inn, Poppyfields Florists, The Bollywood Cottage, The Frying Yorkshireman, Coniston Hotel, Country Estate and Spa, Twin Locks Garden Centre, The Dalesman Café, Crossgates Hair and Beauty, The Gargrave Pharmacy, The Gargrave Coop, and The Folly Museum, Settle. The raffle proved very popular and the public draw was made at 4pm in the hall. Quite a few of our winners were regular weekend visitors.

Thanks to all your support we have been able to make a valuable contribution to The Gargrave Village Hall Charity, helping to maintain and improve our splendid venue for the event.

Sadly, as a Committee we have said goodbye to three of our members: Martin Harrison, Martin Winterton and Ian Maxwell. With our best wishes and hope that they will return to see us at future shows, we also record our thanks for their dedication and contribution over many, many years.

In 2020 we are looking forward to celebrating our Golden Anniversary. We will be using the Exhibition archive to help trace former committee members, supporters and contributing artists from the past 50 years, so please look out for articles in future issues.

#### Conservation area in the graveyard

You may have noticed bare patches of earth in the conservation or wild flower area of the graveyard. The reason for this is that we are attempting to restore the abundance of wild flowers once again here.

Janet and Hugh Turner launched this initiative in 2010 with the Yorkshire Wildlife Trust and planted a great variety of wild flower seeds but sadly over the years the area has reverted to lush grass.



Sarah and Mike Curtis, Peter

and Cynthia Hardyman

We are attempting to rectify this by introducing yellow rattle (Rhinanthus minor) which is a parasitic plant, denuding the rich grassland in order to open up space for wild flowers to thrive. As yet, only half the area has been treated and we will be watching carefully to see if the seeds germinate in the Spring. If successful, we can repeat the process on the second half next year.

We scarified the ground and then prepared bare patches of earth in which to plant the yellow rattle and other wild flower seeds.

Now it is a case of wait and see and hope that nature helps us in our project! Watch this space!





The Churchyard working party was never seen again

### Definition of a committee

A committee is a dark avenue down which good ideas are lured and then quietly strangled.

### **News from Gargrave Pre-School**

ludith Metcalfe

Welcome back to all our children and, of course, our new starters. They have all settled well and are enjoying exploring all our activities in preschool. Our role play area is on a theme of holidays and the children have enjoyed telling us what they have been doing in the holidays . We are continuing with our trips to the library and the animals are coming to visit us . We are celebrating our Harvest Festival with Neville House. At the end of term we will be holding our Hallowe'en party with lots of spooky games and activities for the children to enjoy.

#### From the archives

Duncan Faulkner

October 1936's Parochial Magazine saw the launch of an appeal for the latest hitech gadget: a Wireless for the Church School. The School Wireless fund would enable the children to take advantage of the "instruction and education" available on B.B.C. broadcasts.

After a month the fund stood at £5 9s 6d, "but we still require a good deal more to enable us to purchase a really good set". Presumably it was bought eventually.

Meanwhile the vicar, Arthur Blunt, was hoping for a Revival of Religion, calling for the people of Gargrave to put God in the Centre of their lives rather than treating Him as an "extra". Lamenting the falling off in the number of Communicants and the very meagre attendance at monthly communicant Guild services, he pleaded with older communicants to set a good example to new recruits currently preparing for Confirmation.

### Apples

This tale comes from a Catholic elementary school. .

Up at the head table in the cafeteria, one of the nuns had placed a big bowl of bright red, fresh, juicy apples. Beside the bowl, she placed a note which read, 'Take only one. Remember, God is watching.'

At the other end of the table was a bowl full of freshly baked chocolate chip cookies.

still warm from the oven. Beside the bowl lay a little note scrawled in a child's handwriting which read, 'Take all you want. God is watching the apples.'

### Change of mind

Little Emily was at her first wedding and gaped at the entire ceremony. When it was over, she asked her mother, "Why did the lady change her mind?" Her mother asked, "What do you mean?" Emily said, "Well, she went down the aisle with one man and came back with a different one."

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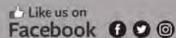
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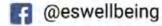
Move forwards again with mental health coaching, guidance and support from Essential Self.

To make a positive step in the right direction, contact:

Emma Davies BA (Hons), RMN, PGCE, Acc. Coach.

07486 607420

emma@essentialself.co.uk







15 16 A series of interviews with folk of interest in Gargrave. This month: Olive Coates, retired farmer's wife.

Can you please provide a pen sketch of yourself?

Most of my working life has been spent supporting my late husband farming, and raising two children, firstly in Carleton, then in 1972 we moved to Pot Haw Farm, Coniston Cold. There I enjoyed supporting Coniston Cold YFC & St Peter's Church. Working and helping on the farm, for a time we delivered milk in Gargrave. I made wedding cakes and iced them for many years, "I was kept very busy". I enjoyed baking, cooking, tapestry and knitting and quite often baby sat our 3 grandchildren and more recently 3 great grandchildren.

#### What brought you to Gargrave?

When it was time for Joe and I to retire, Gargrave was the most obvious place for us. Having made strong connections and knowing a lot of people in the village we had history there. It was just a case of finding a special place; and I think we did.

#### What things do you like about Gargrave?

It is a wonderful place to live, I have very good neighbours, and many friends here, I feel very lucky to be here. I can walk to the shops, lovely flat walks round and about and on the canal. I can catch the bus into Skipton, as I no longer drive at the age of 82. I particularly enjoy the good fellowship within St Andrew's and feel very much supported.

If you could change anything, what would it be?

I really can't think of anything. I hope it doesn't change, as I love it just as it is.

Finally, you have chosen this photo to encapsulate Gargrave for you, can you tell us why?

It has been our home for almost 20 years it holds happy memories for me. I particularly love the garden and the historical connection of the cottage with Gargrave House.



Your article relating to the Care of Graves – St Andrew's Churchyard in the August September 2019 Parish Magazine refers to a number of items which are prohibited. In addition it suggests that if readers require further information then to obtain a copy of the diocesan regulations regarding graveyards.

LETTER TO THE EDITOR

As someone who does attend the graveyard at St Andrew's on a regular basis and takes very good care of my late wife's grave, I was very disappointed to read the article and have taken your advice and referred to the full regulations dated January 2018.

Section 4 of the full regulations states it is the responsibility of the clergy to bring these matters (regarding regulations/prohibitions) to the attention of the bereaved at the earliest opportunity, sadly this was not conveyed to me at the time of my wife's premature death or at the time I was purchasing a headstone. The full guidance says this must be done so that the bereaved can make a fully informed decision when seeking an internment in a consecrated ground.

Along with my late wife's family I attend to her grave with great care and consideration. Fresh flowers and small pots are on the grave and we have been doing this for nearly three years now and no one has advised us otherwise. Importantly we were not advised at the time we laid my wife to rest.

I also note that your article mentions that permission will not be given for the use of artificial grass, yet I cannot see any reference to this in the full guidance.

St Andrew's graveyard is a very special place and whilst I accept there needs to be some form of regulation I feel that my late wife's grave is in keeping with the surroundings and because it is tended to every single week is not in disrepair nor does it distract from the aesthetic of such an historical graveyard.

If the article in your Parish magazine had not been brought to my attention I would not be aware of these regulations and furthermore am unsure how the Parish are going to enforce these without upsetting those whose lives have been incredibly affected by the loss of a loved one. Those who care for the graves the most will be the ones punished the most by these regulations.

### Response from the PCC

The PCC are really appreciative of the care that is taken and the attention given to so many of the graves in the churchyard, not least the one referred to in this letter.

The regulations to which our note referred in the last magazine are created by the diocese to make it possible to mow graveyards efficiently and safely. That is why they request that flower vases and other containers are kept to an area close to the headstone, and that the surface of a grave does not have chippings, pebbles or artificial foliage, which includes artificial grass.

We do not wish to restrict floral displays on special occasion and commemorations so long as they are temporary and do not present a permanent hazard to the maintenance programme.

We apologise if some families were not made aware of all the relevant information to enable them to come to decisions when they needed to make plans. We will endeavour to ensure that this is carried out in the future.

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

Captain Cuttle

#### Part ten: Triumph and tragedy

It was not long before Fountains was established well enough to send out monks to found new communities. The first, thanks to aristocrat Ralph de Merlay, was at Newminster, Morpeth, just north of Newcastle. The monk chosen as abbot was Robert, henceforth to be called not Robert of Gargrave, but Robert of Newminster.

According to one account the thirteen - the number was in memory of Jesus and the twelve apostles - left in January 1137 and reached their destination in three days. This seems unlikely, since it's nearly ninety miles and thirty miles a day is a lot, especially in sandals - if they had sandals. The place they were going to was not likely to be as testing as the arrival at Fountains because of the backing of the wealthy nobleman.

But the new establishment was devastated by a Scottish raid in 1138 leading up to the Battle of the Standard, near Northallerton. This engagement, in which the Scots were heavily defeated, on August 22, was preceded by the Battle of Clitheroe on June 10 in which the Normans got the worst of it. Craven was devastated once more. This was a time of turmoil, commonly known as the Anarchy, in which Matilda was battling with Stephen for the monarchy after the death of Henry the First in 1135. The Scots invasion took place because David the First of Scotland was the uncle of Matilda and wished to support her. But in any case it was not certain that what had been the ancient kingdom of Northumbria, extending from southern Scotland to Lincolnshire and including our village, was to be permanently part of England.

Robert would have been particularly distressed by events because not only was Newminster destroyed, but also his home. He must have been concerned about relations and friends. Contemporary reports say the slaughter and slave-taking of this raid in the north, especially of women, was appalling.

It is not altogether easy to find Newminster's site, which still has its seclusion, its valley, its river (the Wansbeck, which rises at Sweethope Loughs in the Northumberland fells and flows into the North Sea between Ashington and Blyth), its wells and woods. On a wet winter afternoon the scene is probably not much different to that found by Robert and his companions, with the birds rustily tuning up for the spring dawn chorus, and a steady dripping from the trees. The peace was not then disturbed by the distant murmur of traffic on the A1 as its bypasses Morpeth, the county town of Northumberland, and one of the smallest in population to have the distinction of being a county town.

In spite of the Scottish destruction Newminster itself within a few years was able to establish daughter houses of its own - at Pipewell in Northamptonshire

(1143), Roche, near Rotherham in south Yorkshire (1147) and Sawley, between here and Clitheroe, also in 1147. The monks there had a bad time, because the site was so wet. Animals did not thrive and crops failed. Unusually, the monastery was not in a secluded place like nearly all other Cistercian houses, but near a busy main road. This meant they had more than enough travellers to feed and provide with accommodation. Coincidentally, Sawley was later apparently given the revenues of our church. The last abbot, William Trafford, was hanged at Lancaster Castle in 1537 for taking part in the Pilgrimage of Grace, an attempt, among other political grievances, to overturn the suppression of monasteries by Henry the Eighth.

Newminster, on the other hand, flourished, in spite of its being even more vulnerable to Scottish raids than Fountains and other abbeys further south. William of Newminster became abbot of Fountains in 1180, the year that much restoration was begun at Newminster to repair the damage caused by raids. It was one of the largest Cistercian houses, owning lands up to what is now the border with Scotland. It was dissolved by Henry the Eighth, also in 1537. Shortly afterwards it was robbed of its stonework, but some remains and the site is generally accessible.

Next month: Trouble at t'mill

### INTO THE DISTANT PAST

Kevin Jackson

AFTER THE ROMANISATION of Britain we were invaded by the Saxons whose evidence is always scant as they didn't build in stone, therefore only their metal/pottery artefacts are those generally found.

With regard to Gargrave, Saxon material has only been found at one site and that is at Old Hall Croft during the archaeological excavation in 1998 prior to house building. A small bronze Saxon buckle with zoomorphic terminals



was found. Zoomorphic means animal representation. The only other item found after the excavation was a silver penny of Aethelred II dating from the period 978-1016 A.D. This penny was of the first small cross type and was minted in Eoforwic (York) by the moneyer Issulf. We know Aethelred II as 'The Unready', from UNREDE, meaning 'without counsel', i.e. he was without good advice.

After the Saxons came the Vikings. Again very little has been found in the area, however a Viking sword pommel has been found by a metal detectorist and this resides in Craven Museum. In the church there are some Anglo-Scandanavian cross fragments which indicates an early church in Gargrave presumably where

the present church sits. It often happened that once church sites were set-up they remained in constant use, many to the present day.

It would seem that the Old Hall Croft site is a multi-period site which has been occupied for many centuries since the Romans and this site then progresses forward in time to the Mediaeval period, along with another in Gargrave. I will cover these sites in a future article.

#### **FARMING ON SCALEBER HILL**

Iohn Hall

As we drift into autumn one wonders where the year went. We had a good winter being mild and dry, followed by an early spring with an abundance of grass which was great for lambing and an early turnout for cattle with grass to spare. Not only did we have good crops in the meadows but good weather for silage and hay making. This was followed by some severe lightning storms with several cattle and sheep falling by the wayside. As a local assessor I came across some unpleasant scenes but that is farming. One cannot control nature. By the time these notes are read the show season will be almost over.

My involvement with Gargrave Show goes back a long way. It has been held on several sites over the years but non better than the present one at Eshton Hall. As the show runs on a knife edge financially, pouring rain the day before and indeed in the early hours of show day caused some consternation. However the sun came out and a breeze dried the ground remarkably. The crowds came making it a great success. These events don't just happen as there is a lot of care and work to prepare a show. It is a time to meet old friends from school days who seem to appear on show day to reminisce and remember relatives long lost. A trip to Malham Show the following week is enjoyable as you don't have a job to do.

On the farming side the next group of dairy heifers have calved and met an improved sale at market. We had two late calving suckler cows caused a few problems, one had an August teat (summer mastitis.) The other had sore teats and didn't allow her calf to suckle. However with a little TLC both are now thriving.

It is the most interesting time of year with the local shows, preparing lambs and ewes for the sales and sorting the flock sheep and rams for the next season. It is time for maintenance work to buildings and fences whilst the cattle are out. Some of the iron work in the cattle sheds is showing signs of wear - when you realise they have been built 40 years, it's no wonder some are looking tired. The calf pens are filling up -a new generation is gathering. Less dairy calves and Limousins. The Herdwicks and Lonks are looking good. The Lonks are becoming a rare breed. As Herdwicks are turning up anywhere they may no longer be rare. All three shows have been blessed with sunshine, record entries and good crowds which is essential for future shows.

### REDEEMING CHRISTIANITY: PART 2

Tony Wimbush

"The focus of the Church's presentation must change from age to age and from culture to culture, under the guidance of the Spirit. While not denying the value of other focuses from past periods of Church history, we must be concerned with what holds increasing relevance for us today."

Adrian B Smith (1)

As outlined last month the scholar and theologian Marcus Borg (2) maintains that the contemporary meanings of "big" Christian words like salvation, repentance and redemption are a serious distortion or diminishment of their original biblical meanings. It is primarily the result of interpreting them within what he calls a 'heaven and hell' framework. This form of Christianity seems to be intrinsically individualistic. It's underlying question, spoken or unspoken, is: "Where will you spend eternity?" What then matters is what we believe and do in order to get to heaven (or not). Its ethical teaching emphasises personal behaviour. It has produced most of the publicly visible moral conflicts of today such as: "family values": abortion, sexual orientation and the role of women in church. Similarly those forms of Christianity that emphasise "correct beliefs" can make being a Christian very complicated. While the Great Reformation of 1517 was much needed, Luther's principle of "sola scriptura, scriptura sola" (only the Scriptures and the Scriptures only) as a source of unimpeachable authority could not stand the test of time (3). The advent of a near universal literacy inevitably raised the issue of interpretation. There is the sombre joke that Protestantism's greatest gift to Christianity was divisiveness; it fragmented into over 30,000 denominations! For many today those divisions belong to the past and are no longer relevant to the challenges of the twenty first century.

What then, according to Borg's scholarship, is Christianity really about? Let's look at three issues which he considers to be central to Christianity both in the first century and, today, in the twenty first century!

- "The Kingdom of God" This is at the heart of Jesus's message in the synoptic Gospels. Importantly, the kingdom of God is not about heaven, not about an afterlife; it's about the earth. As the scholar John Dominic Crossan so memorably puts it, "Heaven is in great shape; earth is where the problems are! " God's word became flesh in Jesus not to take us out of this world but to redeem it. To liberate the world from its bondage to the powers that obstruct God's passion for a transformed world. The Kingdom of God is what life would be like on earth if God were king and the rulers of this world were not! The world matters to God; the world of nature, the whole of creation and the humanely created world. That includes whether our human systems of politics, economics and convention are just or unjust, fair or unfair, violent or non-violent. God's passion is compassion in our personal lives and in humanity's role in shaping the world.
- The Lord's Prayer It is a summary of what mattered most to Jesus. What the prayer includes is very different from what the heaven-and-hell

framework emphasises so it is important to draw attention to what it doesn't include. It's not about an afterlife; there is no petition asking God to take us to heaven when we die. It's not about belief or doctrines. There is nothing in it about believing in Jesus as the Son of God or that he died for our sins. What it is about is the kingdom of God, this earth and this life. Matthew's longer version makes this explicit: "Your kingdom come. Your will be done, ON EARTH as it is in heaven".

Salvation - This is about transformation this side of death. The natural effect of growing up, beginning in childhood, is that we fall into bondage to cultural messages and conventions; become blinded by habituated ways of seeing and experiencing life, become separate and exiled from our true nature. We hunger and thirst for something more, often unconsciously! Salvation then is not about "going to heaven". Salvation is about liberation, reconnection and a new way of seeing, entering into a bigger perspective and a larger life - one of the original biblical meanings of repentance!

Ultimately the central message of Christianity - like all the enduring religions of the world - is very simple. It is about addressing the two great human yearnings - our longing for personal transformation and our desire to make the world a better place.

Acknowledgements: Adapted from (1) Tomorrow's Christian, 2006, (2) Speaking Christian - recovering the lost meaning of Christian words, 2011. (3) The Great Emergence - how Christianity is changing and why, Phyllis Tickle, 2008.

### MENTAL HEALTH AND WELLBEING

Emma Davies

Each month I am hoping to write a few words for the magazine. I would like to cover a variety of themes and topics which might provide some advice or make us think a little about our mental health and what it means.

To start with, I'd like to introduce myself and offer a bit of information, so that you might know a bit about the person behind the words: My name is Emma and I have two young children. I am a keen but dreadful gardener and I'm passionate about supporting conservation and animal charities. I'm a qualified mental health nurse and I also run my own business providing support for people through mental health coaching.

My career in mental health started at the age of 17 when I was diagnosed anorexic. It took me a long time to sort out my problems, and along the way, I met many different professionals. In spite of the help I received, I got to the point where I was in crisis and I had to make a decision about facing my issues. I realised that I had a great understanding of my problems as I had talked about them endlessly. But talking about my issues didn't do anything for me in a practical sense, and I realised that I was going around in circles.

I decided to face things on my own. The result of this decision was that I spent a couple of years focusing on all my problems surrounding food and implementing strategies to overcome sticking points. Fast forward to the age of

27 and I was functioning without any eating issues, and I felt that I might be able to help other people overcome their difficulties, so I trained to be a mental health nurse.

More recently I have been wanting to provide people with a different type of support so I decided to train in coaching and set-up my business. This role gives me the ability to achieve a number of things. The first is that having previous experience of mental health issues alongside professional training, means that I can use this knowledge to help others in a truly empathetic way. The second reason is that coaching enables me to promote the idea that mental ill-health can touch anyone and it deals with issues in a more 'human' and non-clinical way. The third reason is that I wanted to bridge a gap. I found that when I was receiving therapy it was great to talk, but at a certain point I felt I just needed to stop going over everything and move forwards again. At the time, the only options available to me were doing it alone or going back to counselling. So I offer mental health coaching as a means of helping people who want to stop going round and round with the same issues and move forwards onto the next stage of their journey.

I hope that if you feel you need some support and don't know what to do or which direction to take, then you could contact me for some support and advice. I'm always happy to help. You can find me at: www.essentialself.co.uk

### **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 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** 

#### 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	10:45 am	10:4	5 am
	Sidesman	Sacristan	Readers	<b>Intercessors</b>
06-Oct	Linda Wall		Family Team	Family Team
		Judith		
13-Oct	Kay Craven	Douglas	Mike Maiden	Diane Maiden
20-Oct			Clare Maslin	Peter Poulter
		Norma		
27-Oct	Colin Chapman	Brothers	Hugh Turner	Janet Turner
03-Nov	Linda Wall		Family Team	Family Team
		Judith		
10-Nov	Kay Craven	Douglas	Paul Maslin	Clare Maslin
10:45am	Sidesman		Refreshments	
10.75am	Side	Silait	I/CII C3	illicito
06-Oct	Family Team	Family Team	Family Team	Family Team
06-Oct	Family Team	Family Team	Family Team Cynthia	
			Family Team	Family Team
06-Oct	Family Team  Janet Turner	Family Team	Family Team Cynthia	Family Team Peter
06-Oct 13-Oct	Family Team  Janet Turner  Michael	Family Team Hugh Turner Paul Maslin	Family Team Cynthia Hardyman	Family Team Peter Hardyman
06-Oct 13-Oct 20-Oct	Family Team  Janet Turner  Michael  Fordham	Family Team Hugh Turner Paul Maslin Pauline	Family Team Cynthia Hardyman Zena Gardner	Family Team Peter Hardyman Peter Gardner



I don't mean to sound ungrateful Fred, but when I asked for something to 'represent farming in the community' ...

#### Public Transport leaving Gargrave Compiled by Peter Hardyman 17 September 2019

#### TAXIS from Gargrave (see advertising directory, page A3):

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

#### TRAINS from Gargrave

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

Mon-Sat 0745 0755 1045 1150 1349 1522 1550 1645 17323 1813 1850

Mon-Sat [continued] 2019 2134 2216 [SX] 2218 [SO] 2237

Sunday 1121 1146 1346 1446 1646 1846 2056 2108

**To Giggleswick** (arrives ~ 20 mins later) & **Lancaster**<sup>5</sup> (arrives ~ 66 mins later)

Mon-Fri 0528 0805 0902 1103 1304 1504 1815 2006 Saturday 0525 0805 0902 1103 1304 1504 1814 2006

Sunday 0921 1107 1407 1607 1807

To Settle (arr. ~18 min later if direct) & Carlisle (arr. ~2hrs later if direct) Mon-Fri 0528<sup>20r3</sup> 0832 <u>0902</u><sup>2</sup> 1004 <u>1103</u><sup>2</sup> 1133 <u>1304</u><sup>2</sup> <u>1504</u><sup>2</sup> 1604 1732 <u>1815</u><sup>2</sup> 1902[FX] 1905[FO] 2006<sup>2</sup> (2033<sup>4</sup>)

Saturday <u>0525</u><sup>2</sup> 0831 <u>0902</u><sup>2</sup> 1004 <u>1103</u><sup>2</sup> 1133 <u>1304</u><sup>2</sup> <u>1504</u><sup>2</sup> 1604 1732 <u>1814</u><sup>2</sup> 1902 (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> 1807<sup>2</sup>

NOTES: [SX] Saturdays eXcepted, [SO] Sats Only, [FX] Fridays eXcepted, [FO] Fri's Only. (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 17 September:** no planned works affect Gargrave trains during October. *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.

#### **BUSES from Gargrave**

#### \*Except Bank Holidays

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

 $0820\ 0910\ 0955\ 1055\ 1057M^7\ 1155\ 1255\ 1355\ 1357M^7\ 1455\ 1555\ 1725\ 1810$ 

Saturday 0820 0910 0955 1056M 1155 1255 1355 1455 1555 1656M 1810

1212M Sun + B.Hol: to 20 Oct 0955 1512M 1555 1702M

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

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

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

Sunday + B.Hol: to 20 Oct 1100++ 1700++

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

Mon-Fri\* [210/211]  $1000^{7}$  $1310^{7}$ 

Saturday [75] 1001 1559

Sun + B.Hol [873/884] to 20 Oct 1052 1242 1542

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

### Public Transport back to Gargrave

TRAINS to Gargrave

train

From Skipton (arr. Gargrave ~ 5 mins later)

LEEDS to GARGRAVE

Last

Mon-Sat 0519 [SO] 0522 [SX] 0705<sup>3</sup> [SO] 0759 0826 0856 0959 1057 1127 1258 1458 1559

Mon-Sat [continued] 1727 1808[SO] 1810[SX] 1856[FX] 1859[FO] 2000 2027 1949

Sunday 0915 0945 1102 1305 1402 1502 1602 1802 1724

From Lancaster via Giggleswick (arriving Gargrave ~ 66 mins later)

Mon-Sat 0648 0941 1046 1245 1447 1745 2030 2130

Sunday 1041 1239 1541 1741 1951

From Carlisle (journey time depends on route – check timetables)

Mon-Fri <u>0543</u><sup>2</sup> 0551 0824<sup>3</sup> <u>0832</u><sup>2</sup> <u>0934</u><sup>2</sup> <u>1134</u><sup>2</sup> <u>1333</u><sup>2</sup> 1340 1450 1618 <u>1631</u><sup>2</sup> 1824 <u>1857</u><sup>2</sup>

2007<sup>2</sup> 2013<sup>11</sup> (2145<sup>9</sup>)

Sat. 0544<sup>2</sup> (0714<sup>9</sup>) 0755<sup>3</sup> 0807<sup>2</sup> 0927<sup>3</sup> 0934<sup>2</sup> 1134<sup>2</sup> 1335<sup>2</sup> 1340 1450 1618 1635<sup>2</sup> 1824

1912<sup>2</sup> 2015<sup>11</sup> 2009<sup>2</sup> (2145<sup>9</sup>)

Sunday 0925 1051<sup>2</sup> 1250 1407<sup>2</sup> 1607<sup>2</sup> 1836<sup>2</sup> 1912

**NOTES:** [SX] Saturdays eXcepted, [SO] Sats Only, [FX] Fridays eXcepted, [FO] Fri's Only. **1.**Change at Skipton **2.**Not Settle; change at Lancaster **3.**Change at Hellifield **9.**Not

Carlisle: Departure time is from Ribblehead. 11. Change at Settle.

Living in BD23 post code, you can buy a DALES RAILCARD: £10.00/ year. 1/3 off Anytime and Offpeak rail tickets between Gargrave, Leeds, Bradford, Carlisle, Morecambe, Lancaster. Discount for children with you; also Winter Offer.

#### **BUSES to Gargrave**

\*Except Bank Holiday. (M service to Malham)

From Skipton (arrives Gargrave ~ 15 mins later) (Services 75, 210/211, 580, 873/884)

Mon-Fri\* 0850 0945 0950M8 1045 1145 1245 1300M8 1345 1445 1545 1645 1745 1845

Saturday 0850 0945M 1045 1145 1245 1345 1445 1545M 1645 1745 1845

Sun + B.Hol: **to 20 Oct** 1040M 1045 1230M 1530M 1645

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++ 1745++

Sun + B.Hol: **to 20 Oct** 0930++ 1530++

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

Mon-Fri\* [210/211] 10358 13358 from opp. Buck Inn, Malham

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

Sun + B.Hol [873/884] **to 20 October** 1150 1450 1640 from Nat. Park Car Park

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>; 873/884 Keighley Bus Co

 $\underline{www.transdevbus.co.uk/keighley/} \ 01535 \ 603284 \ \ \textbf{Buses (general)} \ \underline{www.dalesbus.org} \ ;$ 

Traveline 0871 200 22 33 www.traveline.info; National Rail Enquiries 03457 48 49 50

www.nationalrail.co.uk Rail Ombudsman: www.railombudsman.org 0330 094 0362

### Gargrave Library

West St, BD23 3RD 07960 704509 gargravelibrary.co.uk Open: Mon 3-6pm, Wed & Fri 2-5pm, Sat 10am-1pm. Visit <a href="http://capitadiscovery.co.uk/northyorkshire/">http://capitadiscovery.co.uk/northyorkshire/</a> to reserve or renew books online (first obtain your PIN no. from library), or renew by calling 01609 532774

### Emergencies and concerns

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FLOOD https://flood-warning-information.service.gov.uk/station/8083

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e.g. flooding, pollution & public health, private water supplies

POLICE Non-emergency number 111 for advice or to report crime or damage

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GARGRAVE BRANCH SURGERY: Higherlands Close BD23 3RF, phone 749226 from

8am. Open Mon-Wed and Fri, 8-12.

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

	School closes	School opens
Half term (Autumn)	Thurs 24 Oct 2019	Mon 4 Nov 2019
Christmas	Fri 20 Dec 2019	Tue 7 Jan 2020
Half term (Spring)	Fri 14 Feb 2020	Mon 24 Feb 2020

### 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  $10^{th}$ . Please email contributions, if possible, to **editor@gargravemag.co.uk**. We can also accept short contributions by phone 01756 749443.

Editorial advertising currently costs £11 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 gargravemagjd1@gmail.com.

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 & Thurs 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 **Afternoon tea**, Neville Crescent Community Centre, alt Sun, 12.30pm, Mary Dawson 749755 **Phoenix Group** (over 65s) – Anchor Inn, alternate Thurs 9am-1pm, Sarah 07596 452385

Bowling - outdoor Gargrave Bowling Club, Michael Cox, 748285

Bowls - indoor, Village Hall, Winter Tues & Thurs 2-4pm, Joan Griffin, 749277

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 – 1st 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 1.00-3.00pm, Bev Parker 749910

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

Bingo – Gargrave Community Centre, Neville Crescent – Mondays 1.30-4pm

Fuchsia & Geranium Club – V Hall, 1st 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, 1st Wednesday 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, 3rd 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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A4



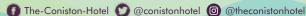
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A6

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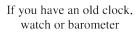
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