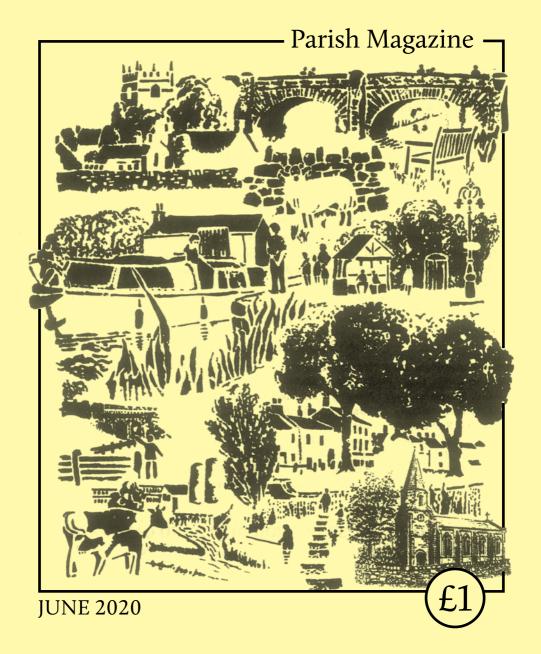
GARGRAVE & CONISTON COLD



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Photo by Freya Jackson

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editor@gargravemag.co.uk 01756 749443 www.gargravemag.co.uk

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CONTACTS

St Andrew's Church, Gargrave www.standrewsgargrave.org.uk

Vicar **Rev Andrew Steer** 749275 | 07906 554938

andrew.steer@leeds.anglican.org

Churchwardens Peter Poulter 748944 | buffers.pp@gmail.com

> Mike Maiden 07876 886313 newby.cottage@gmail.com

Organist Susan Watkiss 798660 | sue@suewatkiss.co.uk Hugh Turner PCC secretary 748117 | Kirk Syke, High Street

Treasurer Richard Pocock 07796 954048 windmill 364@btinternet.com

Gift Aid Sarah Curtis 748510 | 11 Marton Road

St Peter's Church, Coniston Cold

Vicar **Rev Andrew Steer** As above

Churchwardens Nick Bannister Airebridge Farmhouse, Bell Busk

Michelle Pickles 749526 | Church Close Farm

Brenda Northrop 749212 | northrop1@btinternet.com Treasurer

PCC & Electoral Jacqui Coates 749300

Roll Secretary

Gargrave Parish Council www.gargravepc.org.uk

Clerk Kathryn Ashby 668209 | gargravepc@yahoo.com

Coniston Cold Parish Council

Clerk Rachel Jones 748125

Gargrave C of E Primary School www.gargrave.n-yorks.sch.uk

Head teacher Sarah Peel 749433 | admin@gargrave.n-yorks.sch.uk

Gargrave Pre-School www.gargravepreschool.co.uk

Leaders. Lizzie Nelson &

> Judith Metcalfe 748377 | info.preschool@btconnect.com

Gargrave Village Hall www.gargravevillagehall.org.uk

Bookings Christine Town 749730

bookings@gargravevillagehall.org.uk

Coniston Cold Village Hall (The Richard Tottie Memorial Hall)

Bookings Brenda Northrop 749212 | northrop1@btinternet.com

Neville Crescent Community Room

Martin Wright Bookings martin.wright@yorkshirehousing.co.uk

Parish magazine www.gargravemag.co.uk

749443 | 2 Riversway

Editor Duncan Faulkner

editor@gargravemag.co.uk Jane Dallas gargravemagjd1@gmail.com Advertising 748779 | 6 St Roberts Close Subscriptions Ron Humphreys

Craven Herald Neighbourhood News correspondent for Gargrave

Caroline Thompson caroline@sandjsthompson.co.uk | 749235 | 07989 585564

NEWS

Deaths

Hugh Turner and Duncan Faulkner

We are sad to report the deaths of Thelma Ellison, Doreen Lambert and Ann Ladbury.

Born in 1945, until a few years ago **Thelma Ellison** had lived her whole life in Gargrave. She lived and worked with her husband Dennis in the butcher's shop, where the fish and chip shop is low located. After Dennis retired they moved to Barnoldswick and soon afterwards Dennis died. Until her last few years in Gargrave, and probably for her whole life until then, Thelma was a staunch member of St. Andrew's Church and for many years was in the choir.

Doreen Lambert came to live in Gargrave in 1948 with her husband, Cliff. She was a very active member of the community having been on the Village Hall Committee, been in the pantomimes for a lot of years, a member of the church choir and sold poppies for the British Legion for many years, loved playing bowls for Gargrave. Read about her wartime experiences on page 5.

Born in 1932, **Ann Ladbury** arrived in Gargrave in 2009. She was an expert tailor and a TV star, having presented BBC TV series on dressmaking.

Gargrave Primary School news

Sarah Peel

'Work with all your heart' LOVE, PEACE, HOPE

School is closed, with the exception of provision for children of key workers. Many thanks to every family who continues to keep themselves and their families safe and occupied. We have been setting home learning and communicating with our families- it is lovely to hear from families and try to help each other. Here is a diary from a year 5 pupil.

Quarantine Duck Diary

By Poppy Tetley

Day 1

Fluffy ducklings arrived in a box, they had been rescued when their mum did not return. They were less than 24 hours old, we could tell because they still had their egg tooth. One was very sick and shaky,





so we had to warm it up with a heat lamp, it got better though once it was warm again. They were not that hungry as they had just had their yolk.

Day 2 - 3

We named the ducklings Pickle and Iris. The smaller one was much better and could stand now. It was time to feed them, we fed them duckling mash, peas, and mealworms. They sleep a lot and live in a hamster cage in the bathroom.

"We are free to be free."

I am writing this on the day that our Prime Minister boldly announced our freedom from 'lockdown'. Except that he didn't really proclaim much, except, it seems, a few small but important easing of restrictions. Amidst the confusing message, I am excited that I can now go for a good walk in the hills with my walking buddy and possibly see my family again, so long as I maintain the all-important 2m distancing. No doubt more good news will be revealed as the government distil their plans for the future.

With the better weather and longer days most people are desperate to be allowed out more, to enjoy a little more freedom from the confines of their homes. Sadly, for many, that confinement must continue in order to protect themselves and their families – and we continue to pray for them. Most of us in this area are blessed with gardens and open spaces where we can exercise safely and often in solitude, but spare a thought for those going stir-crazy in towns and cities; those living in high rise flats with no access to outdoor spaces. Is it any wonder so many want to come to this beautiful place?

This theme of release from captivity underpins the story of God's relationship with His people. Right through the Bible there is a recurring narrative of the movement from slavery to freedom, from darkness into light and from alienation into acceptance and love. At Christmas we read from Isaiah "The people who walked in darkness have seen a great light;" and in reciting the Benedictus we say "Blessed be the Lord God of Israel, who has come to his people to set them free."

Our daily readings from the Old Testament book of Numbers re-tell the story of Israel released from captivity in Egypt, wandering in the wilderness for 40 years (40 is often used a figure of speech for 'a very long time'). Through various ups and downs they are asked to trust God until finally He leads them to a much better place – 'a land flowing with milk and honey'. Spies are sent out before them to assess the land, before a plan is hatched that will lead the nation to a much better place. Not unlike our current situation.

For Christians, the ultimate freedom is to be found in Jesus Christ – freedom from fear, freedom from guilt, freedom from regret. In Jesus there is complete freedom to be who God made you to be – to celebrate your uniqueness, your beauty and your incredible potential. Freedom to be loved unconditionally by the One who existed from 'before the foundations of the world'. As Nelson Mandela said, "we are free to be free".

As we look ahead to gradually regaining a degree of freedom from lockdown, may we contemplate on what true freedom really is. Having just remembered VE day we are reminded of an even greater migration from darkness to light, when the world breathed a huge sigh of relief and looked to re-building a better society. My prayer is that in these coming months we take with us a deep appreciation of our own liberties, as well as those of our fellow creatures, as we look to build a better way of life for all.

Day 4-5

We moved the ducklings into the kitchen, they call for us to play all the time. They sleep on Mummy and me and really love our necks! They eat lots of peas, Mummy says it's because they need niacin, we don't want them to get angel wing! They cannot swim alone yet because they have no feathers and get water logged. They get oil off their mummy in the wild which protects them.

Day 4-6

The ducklings are mallards; they love playing in the garden to look for worms. They need grit to eat too, and lots and lots of water! They are very messy and noisy at the moment; they call for us loudly all day. I think Mummy is tired from all the hard work!

Day 7-10

The ducklings are so messy now, they flick food everywhere, they are still very cuddly though. They like showers every day before bed to get clean. Mummy



cleans out them at 8am, 11am, 3pm, and after tea before their bedtime, I babysit them.

Day 11-14

The ducklings are very addicted to being with us. Mummy can hear them right up the road when she goes out to do shopping for people! I play in the garden with them, we now call it duck sitting. They sleep with me on the picnic rug. Mummy had to put them in a sling to let them sleep so she could garden in peace one day. They love to chase after us and follow me round in the garden, sometimes they even get the zoomies (run really fast when they are giddy) which is so funny.





2 Weeks To 3 Weeks

The ducklings finally have some teenage feathers, the male and female have the same at this stage so we don't know what gender they are yet. They cheep but have a little quack too, we think they are girls because only girl ducks can quack. It is VE day and we had a big tea party, the ducklings came too. They drank our Ribena! They ate peas and lots of dandelion seeds and flowers, they love them. Daddy built the ducks a triangle wood den with doors and they have a small run

with a mini pond, they will live here for a while longer. Soon, they will move out into the back garden with our 13 hens and eat all the apples from the trees. They are bigger than my hand now but they still cuddle me and nibble my ears and nose, it tickles! I love them and I think they love me. I hope they live with us forever! The ducklings have cheered us all up lots even though they take a lot of caring for. I am glad they survived and came to live with us.

Stay safe, With love from everyone at Gargrave Church of England Primary School.

Gargrave Parish Council

Kath Ashby



Village Hall news

Caroline Thompson

At the time of writing this article the slight easing of lockdown restrictions do not include the re-opening of any facilities nor any activities which take place at Village Halls or Community venues. However we are still busy at the Hall with remedial, construction, cosmetic and cleaning work. We aim to have everything up and running when it is considered safe to re-open and confident in the knowledge that we are able to provide a safe facility for the community.

Everything is going to plan with all the work despite some slight delays in obtaining materials from builders merchants and a three week wait for some new double doors into the committee rooms.

The best we could do to mark the VE weekend in May was to decorate the Village Hall railings with some bunting so we hope that spread a little bit of cheer during the hours exercise! We had hoped to re-create the sights, sounds and tastes of the 1940's at a Coffee morning on the 9th May but circumstances obviously changed those plans.

Perhaps it may be relevant and interesting to hear a little bit about what some of our former Over sixties club members were up to in their youth during the Second world war. The club was one of the most popular and longest running sections at the Village Hall but unfortunately over the years the numbers decreased until it was no longer possible to continue and it was with regret that the weekly social meetings ceased a couple of years ago. The information is taken from a book which the group published to commemorate the Millennium; Gargrave Over 60`s Memories for the Millennium.

Sadly some of those mentioned may no longer be with us. **Doreen Lambert** passed away only a few weeks ago, she was born in Leeds and then moved to Wakefield, joining the Junior Air Corps when she was sixteen. She joined the Womens' Land Army at seventeen where she spent three weeks at a training centre learning to drive tractors.

She spent six months at a hostel in Silsden and then moved to a hostel for Land Army girls in Skipton. Doreen undertook ploughing, sowing and haytime work. Altogether she spent four years in the Land Army, meeting her future husband when she worked on farms in the Bolton Abbey area. She enjoyed every minute of the work apart from the winter mornings when her tractor was frozen up and covered in snow. In 1944 she lost her brother who was a pilot of a Lancaster bomber, he was shot down over Berlin.

Veronica Fletcher also worked for the Land Army in Otterburn, Lancashire and Clacton on Sea! Mainly milking cattle and working with horses. She earned 10p an hour and often worked seventy hours per week.

Gladys Busfield enlisted in the W.A.A.F (Womens' Auxiliary Air force) in 1941 and was a Charging board operator, serving on various stations, one of which was Finningley where she met her future husband Robert who was a ground Gunner. He went to serve abroad in Burma and returned home just before the end of the War.

Bessie Morris joined the W.A.A.F s and trained as a fabric worker, she was posted to R.A.F Litchfield where she met her future husband, a fitter in the R.A.F. They were married in February 1945. Bessie was demobbed as soon as the war ended but her husband did not return home from Burma until September 1946.

Mary Robinson `s husband was a Gunner on a ship. It was torpedoed in 1941 and he was in an open lifeboat for seven days until rescued by an American ship. **Phyllis Smith** `s husband was called up into the R.A.F and she helped to take the evacuees coming to Gargrave to their new temporary homes.

Margaret Evans had just finished school when the War broke out and for war work she began welding Aircraft. **Mollie Griffiths** worked in the Aircraft Factory at Earby, working twelve hour shifts. **Mollie Maud** went on War work for the Rover Co. at Carleton.

Elizabeth Johnston`s war work was inspecting shells, two weeks on days, two weeks on nights. **Dorothy Lunham** registered for war work and was sent to The Dettol works in Skipton. **Lavinia Metcalfe** was in the Royal Airforce for four and a half years.

My dear old friend the late **Betty Le Gassick** (better known as Betty Whitaker) was a warper in a textile mill making cloth for the R.A.F. and the Navy. Her brother William was in the R.A.F Bomber Command, sadly news came of his death in April 1943, he was only just twenty one years of age.

And last but not least - **Audrey Allen** had just cause to remember the day war ended as her youngest daughter was born that very day, May 8th 1945!

Gargrave loos: rainbows and flowers

Bee Faulkner

Thanks to Linda from the Dalesman for jollying up our village loos' outside doors with vibrant rainbows. It's been quite a labour of love, with various false starts thanks to bubbling of paint once on the doors, fast drying paint whilst being mixed, the architrave needing repainting after the doors stuck to it overnight...Well done Linda for soldiering on, and thanks to Jon Trimble for doing the sanding down and preparation first. Meanwhile, Peter Hardyman's been adding more shelves to the cleaning cupboard so that we can organise it better—wonderful!

And now it's time to turn our attention to the toilet garden which goes right around the back and sides as well as outside the front of it. Janet Smales has kindly offered to head this up and is inviting donations of plants: annuals for this summer, along with biennials and perennials. If you'd like to contribute, or to help in other ways with the garden, please contact Janet at Bridge House, Church Street / Middle Green, tel 07999 241962 and 01756 748112.

Visitors and those passing through are so glad to use our village toilet facilities, even more so at present now that we are permitted to travel further, coupled with none being available in cafes or pubs. What a relief that our greens remain unfouled and that the Summerseat area hasn't turned into a urinal!. Thank you to our team of cleaners, fundraisers and supporters for helping to continue to make this possible. If you'd like to be involved, practically or financially, please contact me, Bee, on 07778 980994.

What it says on the sign

At a towing company: "We don't charge an arm and a leg. We want your tows instead."

On a maternity room door: "Push. Push. Push."

At an optometrist's office: "If you don't see what you're looking for, you've come to the right place."

In a podiatrist's office: "Time wounds all heels."

On a house's fence: "Salespeople welcome! Dog food is expensive."

In a vet's waiting room: "Be back in five minutes. Sit! Stay!"

Linda (little pocket battleship) Hartell

I would like to thank Linda from the Dalesman Cafe for all her hard work.

Before Lockdown Linda kept The Dalesman Shop & Cafe open 6 days a week. She has been a driving force behind Gargrave Business Initiative(s) including organising several planned trails around interesting parts/aspects of the village. Linda has organised Mental Health Evenings to try & reach out to people & reduce the stigma historically linked to any mental health issues. (If a subject is good enough for our future King of England it's good enough for the good people of Gargrave)

Linda has raised money & awareness for The Animal Sanctuary by having different animals outside the cafe 3/4 times every year including stories for children (& adults) Linda has raised money for Children in Need often dressing up & having a bit of fun in the process. She has organised Film nights which are thoroughly enjoyed



even when some of the titles seem a bit obscure with unknown actors. Linda loves animals ϑ saved a rabbit from the A59 giving it an amazing life, Linda helps orchestrate Open Gardens again looking for ways in which different age groups can connect with similar interests ϑ a common theme.

Linda seems to have a spirit ϑ energy that galvanises people together for Christmas Lights switch on, Roving Nativity Play ϑ Sunrise Dog Walks on New Year's Day. Her shop has many displays throughout the year sharing her sense of fun ϑ joy with different themes ϑ interests again that engage locals ϑ visitors passing through Gargrave, More recently, Linda helped ϑ supported other Villagers who wanted to keep the local toilets open, many days unlocking the toilets for all who are in desperate need. Not satisfied with keeping Gargrave Loos open doesn't she then paint rainbows on them just to brighten our days ϑ keep our spirits up. Who needs a Banksy when we 've got a Hartell!

During Lockdown no villager would have batted an eyelid if Linda had said "I'm going to put my feet up" But what does Linda do? She ups the ante goes up another gear ϑ starts distributing surplus food, Takes sweets ϑ treats to Neville House, Dresses up as Easter Bunny distributing Chocolate eggs, treats ϑ baking, Linda organises scones, bunting ϑ music to celebrate VE Day ϑ makes sure we all get at least one form of exercise on Sunday Night by Dancing on your Doorstep! Most importantly, Linda is a good friend ϑ confidant to many even through her own difficult times of bereavement.

Linda fits in so well with true Yorkshire Grit & spirt & secretly I would love to see the contents of her wardrobe (who else would have all that Fancy Dress?) Note to Simon aka Councillor Myers: haven't The Good People & workforce of Gargrave stepped up to the plate during this pandemic? Hasn't it proved we Need Our Pharmacist, Our Co-Op, Our Post Office, Our Dentist, Our Dr, Our School, Our playgroup, Our Church, Our Flying Fisherman /chippy, Our public Houses who

have adapted so well to the hungry public. All our workforce in Gargrave must be publicly thanked because it truly has not been an easy time as villagers hadn't got over the floods before Covid-19 reared its very sinister head. This missive is a BIG Thank you to ALL the good people θ workforce of Gargrave from me.

I am also grateful for local Farmers, Hotels, Garden Centres & Florists, Hairdressers, Tradesmen & Tradeswomen, Cool Merchants Handy men & women, local garage & services, local milk deliveries & window cleaners, the volunteers who keep open Gargrave & Malham Library, Volunteers who keep Gargrave Village Hall open with all the varied events throughout the year, Gargrave Lands Charity that are professional & discreet. The Leaders of all local Organisations e.g Caterpillar Club, gymnast, rainbows, brownies, Young Farmers, Lunch Club, Gargrave Art Group, Gargrave Heritage Group, Gargrave Choir. The sports people/leaders/volunteers who manage to keep (the majority) Of Gargrave fit & healthy. I Thank You all.

If you are reading this ϑ thinking "well I know someone who also needs to be acknowledged", then write it down because there really are so many good people who reside in Gargrave ϑ truly give freely, their skills, wisdom, time, experience ϑ kindness.

Keep safe, keep smiling.

Cate Davies Pilates mat classes now ONLINE

Cate Davies

My Pilates mat classes are now offered online via the Zoom App & Facebook Live, keeping you fit & healthy in the safety of your own home.

Current Timetable:

Mon: 9a.m. & 10.15a.m. level 2, & 6p.m. Level 2/3

Thurs: 9a.m. Level 2, 10.15 a.m. level 1 & 3p.m. level 1

I strongly believe in ability based classes to ensure that you exercise at the correct level of challenge for your physical health ϑ fitness, from gentle to 'athletic' for those who want challenge or are cross training. More Zoom classes are planned over the coming months, including Beginner classes ϑ an afternoon Chair ϑ Standing Class to improve functional strength, mobility ϑ balance.

I also plan to offer small socially distanced outdoor standing θ walking Pilates groups once government guidelines make this feasible.

For more information, take a look at my Facebook page: cate davies pilates or EMAIL catedaviespilates@gmail.com. or TEXT 079 5533 8775.

Let me know a little about yourself (your fitness, any health issues that affect you exercising, any prior Pilates experience θ what you are looking to achieve from Pilates), so that I can advise you on the most suitable class for your needs.

Baby sitting

We encouraged our 18-year-old daughter to find a job to help pay for her college education. One day she came home with five applications, and later that evening we read them. Under 'Previous Employment', she listed 'Baby sitting'. And under 'Reason for Leaving' she wrote, 'They came home'.

Craven Lawn Tennis Club - play resumes

Beth Whitley

Following the slight easing of restrictions by the Government recently, particularly with regard to exercise, Craven Lawn Tennis Club are pleased to be able to announce that the Club is now open for play again.

The Club will be following all Government and Lawn Tennis Association Guidance with regard to social distancing, hygiene measures etc as you would expect, with members playing again using a combination of



both our new All Weather Courts and, of course, the only Grass Courts in Craven which allows us extra playing capacity over the summer months.

In line with the latest advice, the Club has introduced a brand new Online Booking System for members, a first for us, to ensure that only the permitted number of players are present at any one time.

As there is currently no competitive tennis as part of the Wharfedale or Bradford Parks leagues, Members Only Online Singles Tennis Ladders are being introduced to enable as much competitive play to take place as is currently possible.

Under the present guidance, only 1:1 coaching is permitted and so our group adult and junior coaching sessions are unable to run at the time of writing but we are hoping this may be relaxed in the coming weeks.

Tennis is one of the few sports which is fully "up & running" currently and is an excellent way for families to exercise safely together in the current situation as family members can play with each other and individuals can play against one other person from another household.

If anyone would like to know more about the Club generally, it's facilities etc please refer to our website at www.craventennis.org.uk or email Club Secretary, Beth Whitley, at secretary@craventennis.org.uk.

From the belfry

Malcolm Bland

con the thar have wee "Rin able each

Many & varied have been the public responses in their efforts to continue to pursue their hobbies and activities during 'lockdown' and the ringing community has been quick to rise to this challenge, thanks to innovative technology.

As suggested in last month's magazine, the Gargrave ringers have wrestled with a totally new concept and are now ringing every week in St Andrew's virtual tower thanks to an aptly named "RingingRoom" software programme! By this means we have been able to create a virtual ringing room in which, when we have entered, each ringer sitting at home can be allotted a bell to ring and by clicking a key on our keyboards instead of pulling on a rope, as we

would in the real world, we can create the sounds of our bells ringing. This means that, after hours of practice in the days leading up to it, we were able to commemorate VE Day by ringing 'virtual' bells until, like the rest of the nation, we stopped to observe the two minutes silence to honour those whose gallantry earned us the freedom which we have today. Our achievement was recorded in the following announcement by the weekly "Ringing World" newspaper:

Ringing Room, Gargrave

Friday, 8 May 2020

Rounds, Call Changes and Plain Bob Doubles

- 1 Alison Lucas (C)
- 2 Steve Lucas (C)
- 3 Debbie Fletcher
- 4 Rosemary Padgett-Roberts
- 5 Malcolm Bland
- 6 Helen Bridgman
- 7 Les Hatfield
- 8 Allison Wiffen

Rung to mark the 75th Anniversary of VE Day

This performance is linked to the event Central Council of Church Bell Ringers — Ringing Out for Peace VE Day 75th Anniversary.

To those kind villagers who have told ringers that they have missed the bells and asked if we would ring for VE Day, the above announcement provides part of the answer. The Central Council of Church Bell Ringers (CCCBR) have decided that IF ringing has been permitted to restart by August 15th, tower bells will ring out for the 75th Anniversaries of both VJ Day and VE Day. However, as things stand, it seems unlikely that ringing will be permitted by that date and we are braced to accept that the bells might have to be silent for much longer, perhaps even until Christmas!

Meanwhile, the CCCBR have issued a challenge which, as an experienced Family Historian, I have accepted and for which I am hoping for assistance from readers of the Parish Magazine! The CCCBR holds records, going back centuries, not only of notable performances but also of past ringers and events. The challenge is to assemble biographies of past ringers and I would like help from anyone who can supply information about some ringers who graced our tower about a century ago! (Email: BlandTree@aol.com) It seems possible to me that their descendants may still live in the area and have information, anecdotes or even photographs to illustrate this research! It should be mentioned that at the turn of the 20th century Gargrave had one of the top ringing bands in this area of Yorkshire! Only Skipton could rival them. I have started by researching the life of Dr Herbert Wales (born 1877 died 1948), who lived in Mevell Hall (now 76 High Street I believe), and who served with distinction (being mentioned in dispatches), with the RAMC in Gallipoli in WW1 before returning to Gargrave to continue to serve the community as its doctor. His two sons, Francis & Charles, were born in Gargrave.

Other distinguished Gargrave ringers about whom I am seeking information are: W Harry Birtwhistle, Rev. A C Blunt (Vicar), Wallace Bradley, Tom Burrow, W Clarke, J Leonard French, W S Hird, John A Jones, Christopher 'Kit' Langstroth, Joe Langstroth, J McGoun, John McKell, H Middlebrook, Albert Platt, Eric Saunders and W Whitaker. All these would have been ringing for Gargrave at various times from the late 19th century until close to WW2!

In a speech honouring 'Kit' Langstroth upon his retirement after 62 years as Tower Captain, the Chairman of the PCC stated that, "from earliest times bells had been rung in churches; in times of peace and war; and even to ward off pestilence and disease. Never were bells heard more beautifully, however, than those of Gargrave Church"! Unfortunately, our bells are not able today to ring out to ward off pestilence & disease but in his reply 'Kit' Langstroth said something which holds good today just as it did nearly 100 years ago. He said, That there "was a comradeship between bellringers which the general public could little appreciate. It was this friendship which enabled a ringer to forget his worldly troubles." It is the very real friendship which the Gargrave ringers have when we gather to practise in our virtual ringing room every Monday and afterwards in our virtual pub that enables us to forget our worldly troubles for a while at this difficult time. I suspect that this bond of friendship is also true of many Gargrave ' activity groups'!

Story of a Limestone Rock

Cynthia Hardyman

Members of Gargrave WI are missing our monthly meetings and competitions. The competition is usually related to the speaker's topic. Last May we had Judy Rogers of the Yorkshire Dales Millennium Trust and the competition was 'An Interesting Rock or Pebble – My Story. As WI activity is halted at present I offer you my competition entry from last year.

My birth was overshadowed with sadness, as countless sea creatures had to die for my creation, and with pain as I then suffered millions, over 400 millions, of years of excruciating compression. After this I became a rock. They call me Carboniferous Limestone. Those millennia were boring years as I was unaware of the changes above me; climates were changing and new sediments of sands and grits were being laid upon me. In time it turned very cold and the great weight above me was gradually released. Instead of rock I was covered with slowly moving ice which had eroded the rocks above me. When the ice melted it was wonderful to see the sun again.

Acidic rain gradually separated me from my companion rock and one day to my horror I tumbled down a steep hillside. Here I met humans, in particular their boots and walking poles as I was trodden on and stabbed. Life was hard. Then, one day, to my astonishment I was picked up by a woolly mittened hand and admired. 'Look at this interesting rock. See all the holes eroded in it? exclaimed the owner of the mittened hand. I was put into a small backpack and nervously awaited my fate.

My new home is warm and dry, I am much admired and I enjoy being useful. I didn't enjoy having green felt stuck to my bottom. Who would? It is so I

don't scratch the desk. I have had this job as Pen Holder for nearly 40 years and never tire of the activity around me on the desk.

During Lockdown WI members are not idle as we have competitions to write a poem, a short story, make a series of time lapse photographs, make a craft item or a painting or a drawing in some way related to the present unusual circumstances. It is a chance to express our thoughts, feelings and observations during this unique time.

Fed up with bad news? Bucking the trend, THE UK BLESSING

Rosemary Pocock

Well, it is said that only bad news sells newspapers or indeed keeps us glued to our news channels on the television, but this one has bucked the trend. This is an amazing production to be found on YouTube, produced in the UK, and involving people from 65 different churches and denominations across the nation. It is a musical presentation of what is traditionally known as 'The Aaronic Blessing.' Many of us will have come across it at the end of church services and special occasions like christenings etc, but it has in fact been around for over 3,000 years and comes from the Old Testament in the Bible when Aaron pronounced this over the Children of Israel, later to become the Jewish nation.

Since its release 2 weeks ago, it has gone viral with over 2.2 million views already. It has even made it for several mentions on the BBC! Musically and technically amazing, it is definitely good news. Take a few minutes to watch and listen, and it is worth going right through to the end. You will know you have the right one because the screen shows all the different participants.

I hope you enjoy it, and that it makes a difference to your day. STOP PRESS. May 14th.

Prime Minister Boris Johnson has written to Christian worship leader Tim Hughes to thank him for organising 'The UK Blessing' music video released last week.

In a personal letter to Tim Hughes, the Prime Minister awarded him his daily Points of Light Award - a prize which has been running since 2014 to recognise individuals who have had a positive impact on society. Boris Johnson said: "At a time when our churches are closed, I am filled with admiration to hear how you have used the power of music to bring together Christians of all denominations from across our United Kingdom. "Your sensational singing masterpiece 'The UK Blessing' is truly uplifting and has touched millions around the world with its message of hope and its beauty.

https://www.youtube.com/watch?v=PUtll3mNj5U

Letter from Letterkenny

Katie

Katie from Letterkenny has been a periodic visitor to Gargrave since David and Heather Houlton moved from here to there. She sent this letter recently to Hugh and Janet Turner, with whom she stayed in February.

"Well, since returning on 29/2 it has been a real uphill struggle, the days have felt like weeks, the weeks months, and the months years.

The week beginning 11/3 was when I realised that this virus was no joke. Actually at the Ash Wednesday service in Gargrave I found it funny when Rev. Andrew was using hand gel. I thought, virus in Gargrave! Never! Don't forget that was when it was very much an "urban" problem.

Thank God I have not had the virus and neither has any of my lodgers or guests had it. I still have a few weekly lodgers and a lot of my business now is providing emergency accommodation funded by Donegal County Council.

My trip to Gargrave is my last happy, pre virus memory. I miss beautiful Gargrave so much and the memory of walking in the beautiful countryside is what is keeping me going. You are blessed to live in such a peaceful, simple place. Letterkenny where we live is actually quite a complex place. The main issue with is trying to work out is it a town or a city.

My faith has been weak at times through this crisis but I've decided without God I haven't got a hope of surviving so I've looked to him for strength and he has delivered. Working with homeless people certainly throws up a lot of ethical questions that I have to ask God's advice. With the lack of a church it's difficult.

I'll be back in Gargrave again one day when we do eventually get to the bottom of this. I can't wait to see the little church at Coniston Cold, the dry stone walls, "tiny" Yorkshire wooden gates and of course the village hall and super pub."

BeeActive-by-zoom: Pilates and Tai Chi Qigong from I June

Bee Faulkner

I've been greatly inspired by the 2020 British Fascia Symposium which I've been attending online during May. Not fashion, or fascism, or even fascia boards on houses, the fascia I've been learning about is the wondrous web of connective tissue that permeates our bodies: surrounding and supporting all our muscles, bones and organs and connecting our hands to our feet and all other parts of our bodies, rather reminiscent of the song: The toe bone's connected to the foot bone, The foot bone's connected to the ankle bone, The ankle bone's connected to the leg bone, Now shake dem skeleton bones!

The symposium has been so inspiring with both its presentations of latest research into the fascial interconnections of our movement with our pain, our anatomy, our neurology and even our embryology, intermingled with practical whole-body movement sessions. The messages coming so strongly include how whole-body movement in a variety of ways is integral to our wellbeing, and all the more so when combined with deep abdominal breathing. Swapping the contents of a low-down cupboard full of tins with a high-up cupboard of cups three times a week was the prescription of one presenter for the housebound...

There was a large emphasis on hydration – how drinking water little and often is so preferable to more occasional bouts (just like with exercise – less and frequently being preferable to more but occasionally). Dehydrated tissues are more prone to sticking together, whereas hydrated ones glide so much better, helping to keep us mobile.

The importance of touch came up repeatedly too: how as mammals we are programmed for touch and groom for our wellbeing - helping us experience less pain, stress and anxiety and to be more in our calm-relax-rest-digest-and-healing state. With all the current social distancing and self-isolation, it is a good time to learn some gentle self-massage, so I'll be making sure to include some in my coming classes too.

The beneficial effects of social networks for both physical and mental health came up a lot too connecting with others being something else we are hardwired for. That's another reason to join a real-time video class with others from our community - helping us keep those connections going, as well as the benefits of clocking in with someone who cares about you...

With this in mind, and now that I've had a few weeks practising "Zoom" videophone sessions with my Mum (and given that I have finally got some space at home available for them, as the internal insulation project in our lounge is at last complete – phew!), I'm launching live online classes for Tai Chi Qigong and Modern Pilates from 1st June:

Mondays (from 1 June) - 9.30am Tai Chi Qigong

Tuesdays (from 2 June) - 10am Pilates

Thursdays (from 4 June) – 9am Tai Chi Qigong

Fridays (from 5 June) – 9am Pilates

Fridays (from 5 June) - 10.30am Recuperative Pilates with Tai Chi Qigong. Once it is again permissible to meet in groups outside, I'd like to add in some classes on the Village Water Street Green. As some people will need to shield for longer, I aim to continue running some Zoom classes then too.

If you'd like to join one of the above groups, I'd be glad to discuss your needs with you first and would need to send you an "invitation" for the appropriate class, along with a web-link for you to click on from your smartphone, tablet or computer. If you haven't used the Zoom software before, the link will prompt you to download Zoom from your device. We can arrange a trial connecting session together so that you are comfortable with the technology before your first class.

Please contact me on 07778 980994 or <u>BeeActive@btinternet.com</u> if you'd like to know more or would like to take part. Further details are also available from my website: <u>BeeActiveBeeRelaxed.com</u>.

What God looks like

An infants teacher was observing her classroom of children while they drew. One little girl was working away furiously, and so she asked her what the drawing was. The girl replied, "I'm drawing God."

The teacher paused and said, "But no one knows what God looks like." Without missing a beat, the little girl replied, "They will in a minute."

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Where was the social distancing?

Note from editor: Tony Wimbush's article last month has again got people thinking about what they believe and why they believe it. He invited responses and so here below are two. After this month we may take a break from the theological debates.

JESUS CRUCIFIED: ATONEMENT – TRADITIONAL ORTHODOXY

Mike Lord

IN RESPONDING TO TONY'S ARTICLE I would start by highlighting Anselm of Canterbury (1033-1109) motto 'faith seeking understanding'. It is considered one of the classical definitions of theology. It means that faith in God, revealed in Jesus Christ prompts a questioning search for a deeper understanding. Understanding WHAT we believe and WHY we believe matters. It's a journey. Most vicars within the Church of England preach from a long held traditional orthodoxy view point. Dave Tomlinson doesn't. As Tony puts it, not all are convinced that the early theologians were right.

I value Tony focusing in on the atonement because our understanding of who Jesus is, and what he was about, is shaped by our thinking regarding his death and the value we place on him dying. In order to inform many books and theses have been written. Written from different standpoints expressing different

lines of thought the authors hope to draw their readers to their point of view. Tony and I are no different.

A younger contemporary of Anselm, named Abelard b. 1079 did just that. He studied with some of the most respected thinkers of his time. He studied hard. He was convinced he knew better than his teachers. His style was to comprehensively compare authorities, sort out weakness. As a teacher and a philosopher he attracted many followers. Without doubt he studied scripture, he wrote commentaries on scripture. In studying scripture he stressed 'understanding through reason'. And he challenged those that put a greater emphasis on scripture.

With regard to the atonement, theologically he emphasized a more moral inspiring view of the cross. In Jesus he saw an unparalleled example of divine love. From his standpoint God had given us Jesus as an example of what we might achieve. It appears he wasn't backwards at challenging established thought. He was opposed by those who held a more orthodox view and much controversy surrounded his love life.

Abelard in Sic et No (Yes & No) is credited with saying 'How cruel and wicked it seems that anyone should demand the blood of an innocent person as the price for anything or that it should it should in anyway please him that an innocent should be slain.' Which is where David Tomlinson is in his thinking and is at the heart of Tony's article.

Anselm would say of Abelard that he had 'not considered the seriousness of sin'. Anselm in Cur Deus Homo (Why did God become Man) systematically emphasized that God could not show moral indifference to the weight of man's sin. If Anselm reasoned that God is responsible for his creation he's obliged to judge – he must do so to be true to his nature. For him to allow the backlog of sin to mount up indefinitely would have been against his righteous character.

Tony's article puts forward the idea that Anselm's thinking is coloured by the culture he lived in and that Christianity has suffered a huge price for what has become known as substitutionary atonement theory. I would say that it is at the very heart of why Christians believe and why God is worshipped with a thankful heart. They find hope in forgiveness and eternal hope in the resurrection. To deny the cross is to deny both.

It is not all down to Anselm that his thinking on the Atonement is now widely regarded as legitimate orthodox theology. His views and the view of the church have been formulated on a deeper understanding of scripture. If we look at the word atonement in the dictionary it is – 'the action of making amends for a wrong or injury'. Romans 14: 12 'So then, each of us will give an account of ourselves before God'.

We are accountable for our actions - The themes of atonement are prominent in scripture - See amongst others Ephesians 5:2, Romans 8:3, 1 Peter 3:38.

To view this in terms of my own love of my children. Christine and I would do anything for our children. Christine and I are missing them and our grandchildren. We desperately want to hug them but current circumstances mean

we can't. Growing up we tried to instil in them a sense of right and wrong. As with any children there were times when hugs were hard to give. Without doubt sometimes we simply stood back and were probably too lenient with them. Sometimes we'd let them learn by their own mistakes, but when they over stepped the mark, we'd step in and they'd have to face up to the 'things' they'd done wrong. But in all things our love for them remained constant. In interacting with our children we were never, vindictive, cruel or punitive. Like our children WE all fall short! The older I get the more I realise the fact. I believe all in society should be accountable for their actions. Society demands it, so why should a God that loves us demand it less.

Anselm contended, as scripture does 'that we are always going to fall short and sin, since the maximum we can ever hope to attain is that which is expected'. He writes that 'only Christ's perfection is sufficient to set things right'. - HE does this through the cross. The verses in Isaiah 53, written some 700 years before Christ, parallel Jesus crucifixion. Verse 8 states - 'HE was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed'. We only need to look to see that Jesus fulfils many prophecies contained in the Old Testament.

So drawing from Tony's article and David Tomlinson, both would have it, that I have a 'wrongheaded worldview' as to why Jesus came and that I have put my trust in a vindictive, intolerant God, who insisted that a violent transaction took place that he might love me. They suggest that the cross was little more than an exercise in political expediency. In dealing with my sin, in suffering in my place, I'd contend that it was essential, and Jesus' destiny from the start. From the cross His grace and mercy flows, our sin, our regrets, our mistakes are dealt with and washed away. For me, it shows me, that He's always loved me.

I would think from Tony's stand point he and David would both see Abelard as being ahead of his time. Whilst those with a traditional view point would say that Anselm had great insight. In responding to the alternative view put forward in last month's magazine I hope that all that I've expressed is in line with the main stream thought within St Andrews'. For me Josh McDowell's 'Evidence that Demands a Verdict' was a great help, as was Margaret Deanesly – 'A History of the Medieval Church' John Stott – 'The Cross of Christ'.

SUBSTITUTIONARY ATONEMENT – THE WORK OF JESUS CHRIST

Michael Fordham

Those who dislike the idea of God requiring a penalty for sin rarely allow the doctrine of Substitutionary Atonement to be stated truthfully and their entire argument is usually designed to hide biblical truth by arousing your emotions through a gross mischaracterisation of God.

They claim it portrays God as "punitive, vindictive and torturing" leaving the cross as nothing but an outpouring of wrath from a "primitive distant deity." In truth, Substitutionary Atonement is biblical, central to the Gospel and within it is contained an immeasurable amount of God's mercy, grace and love, as well as

victory over sin and death and it's all wrapped up in the glorious beauty of Trinitarian Unity. Let's be clear; there's no doubt its denial undermines the fundamentals of Christianity.

The wrath of God appears throughout the Bible, from the first book where He pronounces the death penalty for sin, to the last book where we see "the wrath of the Lamb" – that's Jesus. Wrath is the necessary response of God's holiness in the presence of sin and it's a required act of the Law which God Himself established and then vindicated through His Son. The problem is that there's little understanding of God's holiness today and His Law is mostly thought to be done away with along with the "Old" Testament (apart from the bits we like, such as Psalm 23).

"Jesus came to give his life as a ransom for many" (Mark 10:45) The Greek word for ransom refers to the payment of a price to purchase the freedom of a slave. This "ransom" is the price that Jesus paid with His own life as a substitute for our sin, enduring the judgment of God that is deserved for us.

To portray God as "vindictive and torturing" is deliberately offensive and it demonstrates a deep ignorance of scripture. Where's God's love? "In this is love: not that we have loved God, but that he loved us and sent his Son to be the **atoning sacrifice** for our sins" (1 Jn 4:10). Inherent in the word translated "atoning sacrifice" is the idea of turning away divine wrath and we're told that it only happens through the sacrificial death of Jesus on the cross. "Jesus is our deliverer from the coming wrath" (1 Thes 1:10). Wrath there means "wrath". He is the sacrificial victim for our sins (Eph 5:2; Heb 9:26, 10:12), a payment (1 Cor 6:20, 7:23; 1 Pe 1:18–19), the Passover Lamb that was slain for us (Jn 1:29, 36, 19:36; Acts 8:32; 1 Cor 5:7; 1 Pe 1:19; Rev 5:6) and He bears the curse of God on our behalf (Gal 3:13). His death was necessary (Lk 13:33) and yet Jesus wasn't a victim of the Father, but gave Himself freely (Jn 10:18). God isn't "an impossible, shackled and petty god who demands the blood of Jesus", He is a loving, merciful and just God who gave the blood of His Son as a demonstration of His love and divine power, so that all who believe in Him will not perish but have eternal life (Jn 3:16).

The claim that Substitutionary Atonement isn't orthodox, ancient or present in the first 1000 years of Christianity is easily made and easily refuted. Moses believed in it (Ex 24:5, Lev 1:4, 4:20, 16:9, 17:11, etc.) Isaiah believed in it (Isaiah 53:3–8). Jesus believed in it (Jn 10:11). The Apostles believed in it and among the early church fathers, it was taught by the likes of Justin Martyr (100–165), Origen of Alexandria (184–253), Eusebius of Caesarea (263–339), Athanasius (296–373), Hilary of Poitiers (315–368), Gregory of Nazianzus (329–390), Ambrose of Milan (339–397), John Chrysostom (349–407), Augustine of Hippo (354–430), Cyril of Alexandria (378–444) and Gregory the Great (540–604).

In short, rather than worship the one true God who has revealed Himself in Scripture, mankind is inclined to create his own. The bad news is that after death comes judgement (Heb 9:27), but while there is life, God will forgive even the worst of sins through repentance and faith. Look upon the cross to Jesus, fully God and fully man, who freely gave Himself to die as the perfect sacrifice and was raised on the 3rd day according to the Scriptures, having paid the penalty for your sin. The message of the Gospel is repent and believe in Jesus.

FARMING ON SCALEBER HILL

John Hall

MOST FARMERS ARE BORN INTO IT. In the flat area it is mostly arable with crops of corn, potatoes, sugar beet or all the vegetable areas and fruit growing. In the hills more likely to be stock farms, dairy, beef or sheep. Each has the problem of coping with the climate. If you are mad enough to take it on 7 days a week with floods, snow, east winds, splashing through muddy fields, the beast from the east, and the ability to work on your own hours on end, it does have its rewards (being your own boss and a fresh air life). We have coped with food shortages after the war, snow storms, floods, 3 foot & mouth outbreaks and mad cow disease but nothing compared to coronavirus.

The lockdown has not affected us over the first month as we normally have lockdown during April for lambing time. Worse is to follow as we run short of machinery repairs and auction mart restrictions make life very difficult. Animals have to be fed with movement restrictions in force.

At least the weather for lambing time was great. A month of sunshine and no need for waterproofs! The sheep were in good condition with milk for the lambs. This was mainly due to being able to bring many into the lambing shed during the winter floods. The modern milk powders are a great help for pet lambs. When you have many triplets the feed machine is invaluable. I am sure the lambs grow faster on the machine than on the sheep (I will not mention how much the milk powder costs - but the lambs are happy!). I have always enjoyed lambing time and try to do my bit during the daytime but leave the night shift to the youth!! Four weeks of all hours with some heifers calving thrown in can test the resolve of anyone. I think the boss and her husband did a great job. Having been occupied in the first month of lockdown with lambing the reality takes over now. With so many works and manufacturers shut down life is not easy. For instance, saw mills closed means sawdust which is used in great quantities on farms, especially dairy farms, is unavailable. So as one of the main bedding materials is in short supply, we are lucky our straw supplier has managed to keep us supplied as lambing inside and cows calving means much is required to keep the animals clean and healthy.

The fine weather has been great for catching up with spring work with slurry to move, taking sheep to the high land, preparing cattle to go out and the meadows to prepare for silage, one has no time to be bored. One should be enjoying this time of year with everything bursting to life. The trees coming into leaf, birds, ducks θ pheasants laying their eggs it should be a great time of year. Sadly with lockdowns no market days, no visits to family and friends and the uncertain future as to what service industries are going to be open. Farming has always been a survivor's industry but never one quite like this.

My Granddaughter has had to postpone her wedding but with good old Yorkshire grit shrugged it off with "we will try again next year".

SEVEN THINGS I HAVE LEARNED ABOUT MY MENTAL HEALTH DURING LOCKDOWN

Emma Davies

THROUGHOUT MY LIFE, MAINTAINING MENTAL WELLBEING has been an ongoing process and something I'm proactive about within myself as well as trying to help other people. However, maintaining my own emotional health during the Covid-19 crisis has been a steep learning curve, and has actually taken me by surprise. But I have learned some new things, so I thought I'd share these points in-case they help anyone else.

- 1) I am a complete technophobe. However, connecting with people 'face-to-face' via Zoom/Teams, and not just via verbal or text means has been important. This point of connection has promoted a sense of shared experience, and has enabled the realisation that people are still out there!
- 2) I've tried to take a step back and understand that this isn't a #CovidCompetition. All this talk on social media about how to be productive, get the best out of lockdown (really?), stay positive etc. etc. has really highlighted to me the false and often contradictory nature of some information/interaction. There has been an overload of 'do this, do that' which has really been overwhelming with all the other information (e.g. social distancing, figures, NHS etc). For me it has also been a negative source of comparison.
- 3) Getting trapped in your own head is very easy at the moment. I have found that during these times it's important to find a way to step back, be objective and acknowledge any unhelpful thoughts as nothing more than, well, unhelpful thoughts.
- 4) This is a simple one, but I have been trying to maintain good sleep, healthy diet and daily exercise. During lockdown, it has really been highlighted to me the need to focus on something that isn't inside my head i.e. going for a run, and the need to promote physical wellbeing.
- 5) I have been finding that my usual way of dealing with anxious emotions hasn't been working by this I mean that normally if I feel a sense of growing tension due to stress or anxiety, then simply focusing on my breathing for a short time normally works. So, I've found a technique in the form of a visualisation. This isn't something I'd usually go for, but trying something new has worked.
- 6) I have also learned that taking small steps towards something positive which links to my values and sense of meaning has been really necessary. As opposed to trying to run at things. I haven't been able to take straightforward steps and have had to rethink ways of doing things.
- 7) Finally, I have been learning to ask for help. I'm not really someone who does this. I'd rather do things myself as I do feel a sense of guilt 'taking' from someone else. But asking for support has meant that I can maintain my mental health, keep moving forwards, support my family and at least find some meaning and purpose during this strange unsettling time.

GETTING TO KNOW YOU...

Joanne Ackroyd

A series of interviews with folk of interest in Gargrave. This month: **Jenny Arnold Can you please provide a pen sketch of yourself?**

Hello, - I'm Jenny Arnold and feeling a bit of a fraud contributing this article, as I'm no longer a Gargrave resident. After a year in the village, we have crossed the border to Barnoldswick. Even though I find change difficult, - my life has been full of changes, - even bigger changes than moving from Yorkshire to Lancashire!

Having spent my first 18 years in Bournemouth, I trained as a doctor in London and it was there I met and married Andy, and started my medical career. We moved to Liverpool, spent 8 months working in Canada and the States, and then I worked as a Consultant Radiologist in Wigan, before we moved again with our 2 children to Birmingham. I feel fortunate to have had 3 careers - firstly in medicine, then followed by 8 years as homemaker, before sensing God calling me to Ordination, leading to 17 years as a Parish Priest in inner city and suburban parishes of Birmingham. And then, last year retirement to Gargrave.

In adapting to the role change from Doctor to Priest I've learnt that both are people-centred, caring vocations. But Doctors, perhaps especially Radiologists, are trained to give answers and problem solve, whilst Priests just accompany, as we all deal with baggage on our life journeys with God's help if we allow him. Thank you Gargrave for being such a good place to transition to the next stage of my personal life journey into retirement and beyond.

What brought you to Gargrave?

We'd had many walking holidays in the Yorkshire Dales over the years, and we also came to love the Ribble Valley area whilst living in Liverpool. So we decided that for the next phase of our lives we would live somewhere between Skipton and Clitheroe; a rented apartment in Gargrave House was the ideal base whilst looking to buy.

What things do you like about Gargrave?

The friendly and welcoming community and all the activities they support and enable - making this such a special village. I'd especially like to thank the WI members for their welcome; I'm just sorry we didn't win the quiz this year!

If you could change anything about Gargrave, what would it be?

Nothing! And the strength of community in Gargrave ensured that community was high on our list of priorities as we looked for a permanent home. And I think we've found that in Barnoldswick.

Posh pooch

Visitor to Crufts: "Has this dog got a good pedigree?"

Indignant Breeder: "Has he? If this dog could talk, he wouldn't speak to either of us."

CLIMATE CHANGE? IT'S NOT GONE AWAY, HAS IT?

Graham Fletcher

"THE GREATEST PUBLIC HEALTH CRISIS IN A CENTURY" "A change so rapid, we can barely absorb it" (The Guardian Weekly) has pushed the worries about climate change right down our list of things that wake you up in the night and won't let you get back to sleep. But it's not all bad news. The environmental changes forced on us by the corona virus were first visible from space. Then as the disease and lockdown have spread we can all feel the differences around us. Temporary falls in carbon dioxide and nitrogen dioxide of as much as 40% has greatly improved air quality, giving us cleaner skies and then some wonderful star filled nights. Wildlife is benefiting from the massive reductions in traffic. Roadkill by cars and trucks will be much reduced for birds, insects, hedgehogs, badgers and other animals. I'm sure we have all noticed how much louder the dawn chorus is these days and often followed by glorious sunshine particularly into the evenings.

However (there is always an however) as we begin to come out of lockdown it remains to be seen whether home isolation of over half the World's population will be followed by an explosion of pent up consumption and demand for travel. Humans, and I'm certainly no exception, quickly forget pain and discomfort and we can already foresee the overnight queues for haircuts and the explosion of joy at garden centres opening. We are emotionally and psychologically attached to consuming and also to travel.

So will we have a "new normal" where our perceptions and behaviours are changed forever?

Already we have a seen a rapid announcement of funding to make towns and cities safer for pedestrians and cyclists. A move away from the domination of car travel whilst bringing benefits for health and well being.

So maybe we can be cautiously optimistic.

This could well be our last chance to work with and not against our natural resources without destroying the planet?

NATURE NOTES

Bathie

The woodland walk on Middle Green

STROLLING DOWN TO THE WOODLAND WALK, at the bottom of Middle Green, on a warm and sunny day, I see a Grey Wagtail. With a bright lemon yellow undercarriage, slate grey wings and head, he flies low above the river towards the bridge.

By the small pebble beach, I hear and then see what appears to be a natural spring, bubbling up at the warm water's edge. Cautiously approaching, the mysterious effervescence abruptly ceases and in its place is a myriad of tiny minnows swimming away from the shallows.

This ubiquitous fish, a member of the Carp family, are food for many mouths including those of larger fish, Herons and Kingfishers. And knowing how popular a snack they are, they swim together for safety...but the safest place of all is in the centre of the shoal. The jostling and jumping of many small minnows, that created the spring-like effect, may have been because no individual wished to be "the outsider" of the group and therefore, most vulnerable to predation.

Some of the larger minnows have beautiful iridescent gold scales and all sport a thin black stripe along their sides from head to tail. Occasionally, I hear a "plop" and I wait to see larger adults leaping from the water, their silver underbellies shining in the sunlight.

Examining the shallows, I come across a small scorpion-like creature with a large blunt head and a three-pronged tail. He lacks pincers however, and his tail doesn't curve over his body. He is skulking amongst the cobbles then moves shiftily, sometimes backwards or sideways, crab-like from one hiding place to another. This is a mayfly nymph, a scary-looking precursor to the elegant and ephemeral mayflies, who emerge en masse from spring to autumn to mate, but only to die within a day or so. His presence here indicates that the water of the Aire is clear and unpolluted.

Despite his daunting appearance, this one is a grazer eating such things as algae, diatoms or detritus (there are some Mayfly species that will prey on other insect larvae). These nymphs, in turn, are a tasty treat for many fish, birds, frogs and invertebrates. So in order to survive for possibly several years underwater and make it through to adulthood, this nymph must avoid discovery by those inquisitive minnows.

The woodland walk is home to many interesting plants. There is Silverweed, Large Bittercress, Comfrey and Horsetail. The Bush Vetch with pink-purple pea-type flowers, entwines its delicate tendrils around the stems of grasses and scrambles upward.

There are patches of Glaucous Sedge, its name derived from the bluish tones found on the underside of the leaves. The flower spikes resemble several hirsute caterpillars, with brown bodies and cream hairs, climbing up the stem. These male catkins are arranged above the female ones and the pollen is transferred by air movement and gravity.

On the far, more steeply-sided river bank, is a patriotic display of pink Red Campions, Forget-me-nots, Bluebells and the white flowers of Wild Garlic, perfectly timed for VE day.

Small Tortoiseshell butterflies are fluttering together in courtship. Nearby, are clumps of nettles, where the female butterfly may lay her eggs. This is the primary food plant of their caterpillars and of other colourful species, such as Peacocks, Painted Ladies, Commas and Red Admirals.

High above me, in the cloudless sky, screaming Swifts soar. The shape of their long scythe-like wings as they fly, remind me of longbows. Amazingly, these summer visitors from Africa do everything on the wing: eating, drinking, bathing, mating and even sleeping! In fact, until it makes a nest of its own, several years later, a fledgling's feet are unlikely to touch anything solid.

POETRY SUPPLEMENT

The creative Muse has been touching poets and writers throughout this testing time. Here is a selection of recent poems, both local and further afield.

My room with a view

Jean Coldwell

I've dedicated this poem to the memory of my lovely friend Brenda Wood (one of her sons may spot the connection). It can be sung to the Tune of Lonny Donnegan's "My Old Man's a Dustman".

I'm standing at my window Looking out onto the street, But where oh where are all the folks I usually meet? You may need help and comfort your worries to dispel,
There's always someone out there
With words your fears to quell.

They're tucked into their houses As they are meant to do, If they go outing meet with friends, They may not live to tell! This village is so special,
As you are well aware,
So get down on your knees (if poss),
And say a little prayer.

But worry not you high risk lot Life may seem very dire, There's folks out there to help us, All we must do's enquire. Let's pray for all among us Who need God's help the most, The frail, the sick and elderly, And never mind the cost

If shopping's what you're needing, They'll do that - yes it's true, Or meals left on your doorstep Now there's treat for you. And last of all but no means least, A loud applause please note For those who daily do their job, To keep this ark afloat.

How well I remember

"Gargravesy"

How well I remember?

When it came unseen and casual amongst us Just a few weeks ago all was as ever We shopped, we travelled, we drank and dined

The whispers from Oceans away in the East seemed

Nothing to do with us, someone else's problem.

We had more pressing matters to address Cheltenham races, the Boat Race and Grand National for a start.

It was after all another World away.

We had technology, health and social care for all.

We have brains, think tanks, institutions, inventions and a sense of humour. What could breach that?

But now: we are laid low. Numbers rise and crisis has come to stay.

Beatus Vir: a reflection on psalm 1

Malcolm Guite

Rev Malcolm Guite is a poet, priest, member of a rock band, chaplain of Girton College Cambridge and friend of our own Andrew Steer. We are grateful for his permission to include his poetry in our parish magazine. This poem, and the introduction below, are from his blog: https://malcolmguite.wordpress.com/.

Like many people I have found that lockdown has brought my reading of Scripture to life and especially the Book of Psalms. The psalms form part of our cycle of daily prayer as priests in the Church of England, but that practice is only a late flowering of a much longer tradition. The regular recitation of the psalms reaches deep back into Judaism, forms part if the spiritual life of Christ himself, and was a staple of Christian worship from the earliest times, especially in the emergence of monastic communities almost all of which make the recitation of the entire psalter the very centre of the turning wheel of their prayers.

And we recite the psalms not just as historical texts from 'out there and back then' but as inspired words given for our own hearts to sing 'in here and right now'. For Christians there is the special sense that the psalms prophetically showed forth the coming and the inner life of Jesus. They are also such great poetry and so rich and varied in their imagery, that they feed and nourish the imagination and become a source from which our own original prayers can be formed and enriched. We pray with the psalms not simply by reciting the original text but also by responding freely and creatively to their imagery. So I have begun a new series of short poems, responding freely to the daily psalms, and drawing on their leading images, as a starting point for Christian reflection. My hope is to weave these poems together into a **corona**, a crown or coronet of poems, the last line of each linking to the first line of the next, a chaplet of praise to garland the head of the one who wore the **Corona Spina**, the crown of thorns for us, and who suffers with us through this corona pandemic.

So here is the first one, 'Beatus Vir', as our prayer book calls it, 'Blessed is the man...' and in this poem I have responded to the central image of psalm one: that the blessed person should be and pray 'like a tree planted by the waters':

I Beatus vir

Come to the place, where every breath is praise, And God is breathing through each passing breeze. Be planted by the waterside and raise

Your arms with Christ beneath these rooted trees, Who lift their breathing leaves up to the skies. Be rooted too, as still and strong as these, Open alike to sun and rain. Arise From meditation by these waters. Bear The fruits of that deep rootedness. Be wise

In the trees' long wisdom. Learn to share The secret of their patience. Pass the day In their green fastness and their quiet air.

Slowly discern a life, a truth, a way, Where simple being flowers in delight. Then let the chaff of life just blow away.

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
 Christine Charlton
 Joyce Garner
 Ian Reed-Peck
 Mike Maiden

 748685
 748817
 748447
 07527 269915
 07876 886313

STOP PRESS: GARGRAVE GARDENS GO GLOBAL!

Before the recent arrival of a new invasive species from the Far East, we were planning to run Gargrave Open Gardens over the weekend of 20-21 June, with proceeds divided between St Andrew's Church and Gargrave Needs A Toilet.

Inspired by a well-known village fountain of energy (see page 7 for a clue), we are working on a virtual equivalent: Gargrave Gardens go Global. Our plan is for gardeners to share photos, stories and even drone footage. We will invite donations to St Andrew's Church. To find the gateway to these horticultural delights, please go to **gargravemag.co.uk** and click on the Open Gardens tab. We hope to launch by 20 June or thereabouts. Websites offer cookies but not cream teas so you will have to make your own we're afraid.

INFORMATION

Local businesses offering food delivery or takeaway service

This is not a comprehensive list. Please do suggest other contributions.

Masons Arms – hot rolls, jacket potatoes, main courses or drinks delivered to your door within Gargrave, or to takeaway. 7 days a week, 12 – 7.30pm. 01756 749304.

Old Swan Inn – takeaway breakfasts 9am to 1pm, dinners 5.00 to 9.30pm. Burgers, pizzas, mains, sides and desserts. 01756 749232

Frying Yorkshireman – takeaways and bike deliveries within Gargrave only. Open Tue, Fri, Sat, from 4.30pm. Advance ordering by phone encouraged: 01756 748345. Minimum order £10 for deliveries apart from for vulnerable customers who cannot leave home. Payment by bank transfer or contactless preferred.

Bollywood Cottage - takeaways, Tues to Sun, 5pm to 10pm. 01756 749252.

Dalesman Café – closed at the time of writing.

Town End Farm Shop, Airton – shop is open and well-stocked; free local delivery service available (Tue and Fri to Gargrave). Café closed, even for takeaways. 01729 830902, email chris@townendfarmshop.co.uk.

Rushton's Milk Delivery – also cream, yoghurt, eggs, potatoes and orange juice. 07811 343478 / 015242 51378, email jackierushton17@gmail.com.

Coniston Hotel – Coniston at Home: ready meal delivery service from frozen food brand, byRuby. Deliveries Mon, Wed, Sat. 10% discount for NHS workers. Also veg, fruit, meat boxes. 07872 443006,email restaurant@theconistonhotel.com.

Hellifield Highland Beef – shop is open and delivery available. Robert and Wendy Phillip- 01729 850 217, Robert Phillip- 07812 105375.

Keelham Farm Shop, Skipton – online delivery service now available. Minimum order £30 for home delivery. https://keelhamfarmshop.co.uk.

Courtyard Dairy, Settle – 'National Food Shop of the Year' at the Farm Shop & Deli Awards in April - Cheese shop is open or phone through an order for free delivery locally, or car park collection. 01729 823 291.

Filling stations closest to Gargrave

Distances [miles] from Gargrave to filling stations:

SE; SKIPTON; 5 mi; Tesco [24 hr], Keighley Rd, BD23 2AG; 0345-677-9615

SE; SKIPTON; 5 mi; Morrisons, Broughton Rd, BD23 1RT; 01756-796-070

South; KELBROOK; 8 mi; Texaco, Colne Rd, BB18 6TG; 01282-338-332

SW; BARNOLDSWICK; 8 mi; Gulf, Skipton Rd, BB18 5NB; 01282-853-357

NE; THRESHFIELD; 8 mi; SPAR, Kettlewell Rd, BD23 5PL; 0208-426-3700

SW: GISBURN; 10 mi; Texaco, Gisburn Rd, BB7 4ES; 01200-415-953

NW; SETTLE; 11 mi; CO-OP, Church St, BD24 9JD; 01729-824-719

Compiled 2017

Public Transport leaving Gargrave

Compiled by Peter Hardyman 15 May 2020

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

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

TRAINS from Gargrave - ** FOR ESSENTIAL JOURNEYS ONLY **

To Skipton (arrives approx. 9 mins later) & Leeds (arrives approx 55 mins later)

Mon-Sat (From 18 May) 0754¹ 1150¹ 1645 1813 1850¹ 2237¹

Sunday NO SUNDAY SERVICE after 16 May

To Giggles'k (arr. ~ 20 mins later) & Lanc'r (arr. ~ 65 mins later)

Mon-Sat 0528 0902 1504 2006

Sunday NO SUNDAY SERVICE after 16 May

To Settle (arr. ~18 min later) & Carlisle (arr. ~2hrs later)

Mon-Fri 0832 1133 1732 Sat. 0832 1133 1732

Sunday NO SUNDAY SERVICE after 16 May

NOTES: 1. Change at Skipton for Leeds. **Only DIRECT journeys are shown.** (Timetables are from 18 May.) AT THIS TIME, Northern recommend consulting the National Rail Journey Planner: https://ojp.nationalrail.co.uk/service/planjourney/search or 03457 48 49 50.

As of 15 May: No planned engineering works affecting trains from Gargrave during June are identified. *That may change. Check with northern railway.* For live info on next 2 trains text GARGRAVE to 84950, or go to www.realtimetrains.co.uk/ NB: Bus Replacement Stop at Gargrave is on Church St, on the village side of the Railway Bridge.

BUSES from Gargrave (from 30 March)

*Except Bank Holidays

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

M-Fri* 0910 0955 1055 1057M⁷ 1155 1355 1357M⁷ 1555

Saturday 0910 0955 1055 1155 1355 1555

Sun + B.Hol: [873/884] SUMMER SERVICE SUSPENDED

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

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

Mon-Fri* 1000 1100++ 1200 1300++ 1500++ 1700++ Saturday 1000 1100++ 1200 1300++ 1500++ 1700++

Sunday + B.Hol: SUMMER SERVICE SUSPENDED

To Malham (arrives ~ 25mins later) (Services 210/211)

Mon-Fri* [210/211] 1000⁷ 1310⁷

Saturday [75] SATURDAY SERVICE SUSPENDED
Sun + B.Hol: [873/884] SUMMER SERVICE SUSPENDED

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

Public Transport back to Gargrave

TRAINS to Gargrave ESSENTIAL JOURNEYS ONLY Last DIRECT train

From Skipton (arr. Gargrave ~ 6 mins later)

Mon-Sat 0522 0826 0856 1127 1458 1727 2000 1648

Sunday NO SUNDAY SERVICE after 16 May

From Lancaster via Giggles'k (arr. Gargrave ~ 65 mins later)
Mon-Sat 0648 1046 1745 213

Mon-Sat 0648 1046 1745 213 Sunday NO SUNDAY SERVICE after 16 May

 From Carlisle
 (direct: arr. Gargrave ~ 2 hrs later)

 Mon-Fri
 0824^{15} 1049^{15} 1450
 1618

 Sat.
 0824^{15} 1049^{15} 1450
 1618

Sunday NO SUNDAY SERVICE after 16 May

NOTES: 15 . Stops at Hellifield & Skipton, <u>but NOT GARGRAVE</u>. (Timetables are from 18 May.) 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.

ESSENTIAL JOURNEYS ONLY

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

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

Mon-Fri* 0945 0950M⁸ 1045 1145 1245 1300M⁸ 1445 1645 Saturday 0945 1045 1145 1245 1445 1645

Sun + B.Hol: [873/884] SUMMER SERVICE SUSPENDED

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

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

Mon-Fri* 0845++ 0930++ 1030 1130++ 1330 1530++ Saturday 0845++ 0930++ 1030 1130++ 1330 1530++

Sun + B.Hol: SUMMER SERVICE SUSPENDED

From Malham (arrives Gargrave ~ 25mins later) (Services 210/211)

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

Saturday [75] SATURDAY SERVICE SUSPENDED
Sun + B.Hol [873/884] SUMMER SERVICE SUSPENDED

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

Service Operators: northern railway www.northernrailway.co.uk 0800 200 6060

[Travel Assistance 0800 138 5560]; 210/211, NYCC

www.northyorkstravel.info/operators/n/nycc/ 01609 780780; 580/581/582, Kirkby Lonsdale Coach Hire 01524 733831 www.klch.co.uk; Buses (general) www.dalesbus.org; Traveline 0871 200 22 33 www.traveline.info; National Rail Enquiries 03457 48 49 50

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

Gargrave Library

Currently closed.

West St, 07960 704509 gargravelibrary.co.uk Visit http://capitadiscovery.co.uk/northyorkshire/ to reserve or renew books online (first obtain your PIN no. from library), or renew by calling 01609 532774

Emergencies and concerns

ELECTRICITY E mergencies 105, General enquiries 0800 375 675

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GAS National Grid Emergency Line 0800 111 999

WATER & SEWERAGE https://www.yorkshirewater.com/contactus_08451 24 24 24

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

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

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

NHS: Emergency: 999. Other urgent medical concerns: 111

GARGRAVE BRANCH SURGERY: Currently closed.

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

	First day of holiday	Last day of holiday	
Summer	Mon 20 Jul 2020	Mon 7 Sep 2020	
Half term (Autumn)	Mon 26 Oct 2020	Fri 30 Oct 2020	İ
Christmas	Mon 21 Dec 2020	Fri 1 Jan 2021	

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 on the back page. 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.

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Adverts can be included throughout the year - see back page of mag.

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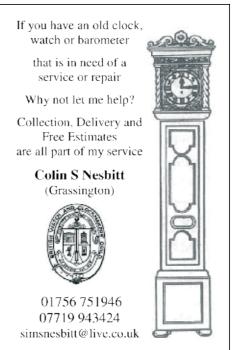
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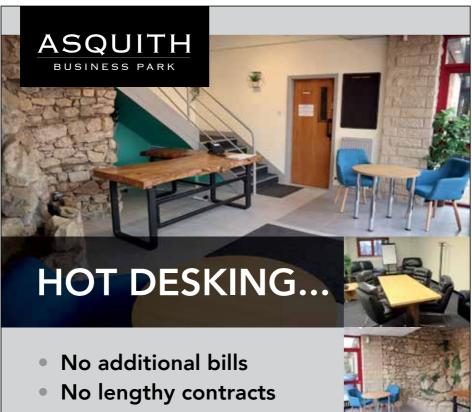
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