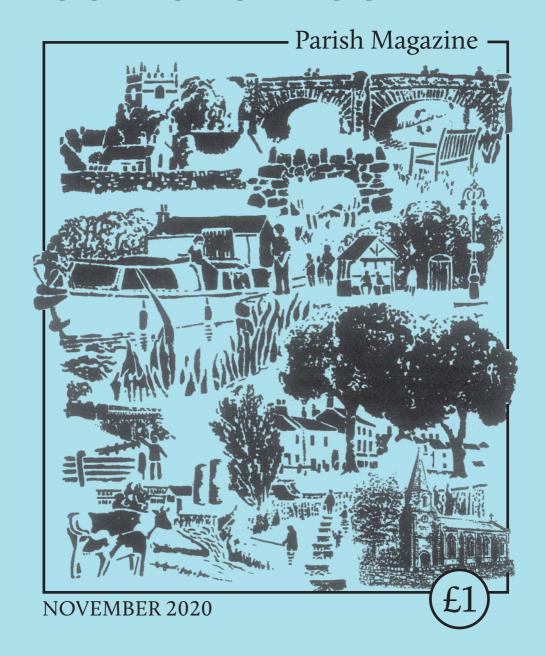
GARGRAVE & CONISTON COLD



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

Some of these activities are on hold or online at the time of writing.

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

Bowling - outdoor Gargrave Bowling Club, Michael Cox, 748285

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

Cricket - Gargrave Cricket Club, 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, Tue 10 & 11.30am, Fri 9am & 10.30am Bee 0777 898 0994

Pilates - Classical, V Hall, Tue 2pm, 6pm, 7.05pm, Thu 3pm, 6pm 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.

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, Ali Lucas 07921 970961

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, 2nd Wed of month 7pm, Glenys Riley 07715 878709

French club – 3rd Thurs of month, 8pm, Allison Wiffen 749913

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

THREE MISSING WORDS

Rev Andrew Steer

Thankfulness, joy and hope. Three things missing from the world today.

Thankfulness – it has been said that we no longer live in an age of enlightenment but in an age of entitlement. For example, it is widely acknowledged at many universities that students expect to receive a second class degree just for turning up to lectures. Isn't it true that as our quality of life has improved, so too have our expectations? How often do people become frustrated because there is no wifi or phone reception?

A friend of mine goes to an orphanage in India, where street children are taken in and given a home. These are children from the lowest caste, orphaned or rejected by their parents, left to fend for themselves. They are literally India's 'nobodies'. He sent me a video of these children playing out in the dirt of the orphanage playground. No shoes, borrowed clothes, no possessions, but one thing really struck me. They were all smiling. Full of joy. Every one of them. They looked like they owned the world. Why – because they had no expectations and they were thankful.

In today's climate our world lives in fear of the Virus – fear of catching it, fear of restrictions and what they will mean for people's lives. Fear of unemployment and falling deeper into the spiral of debt, fearful of that red letter or that knock on the door. Fear of not being able to feed or clothe the children. Real, tangible, desperate fear. For thousands of people, there is little joy or hope for the future.

Contrast this with the church at Thessalonica and Paul's letter to them. Paul isn't known for mincing his words – take for instance his letter to the Galatians where he does away with any niceties before launching into some bitter polemic. But the letter to the Thessalonians is full of encouraging praise and thankfulness. Take verses 6-8 - praise unequalled in any of Paul's letters. And note that despite persecution, they received the word with joy – inspired by the Holy Spirit.

Can you remember when you first heard the good news about Jesus Christ? About the love of God? Perhaps it was a slow, gradual dawning over time, or maybe it was a real 'road to Damascus' moment when you realised that you suddenly you had a different outlook on life. Perhaps you are still on your way to that discovery?

Can you remember how it felt? The joy that you first experienced – elation even? Wouldn't it be great if we could relive that joy everyday? If we were marked out as people of joy and thankfulness?

Paul says that they received the word with joy 'inspired by the Holy Spirit'. That same Holy Spirit is at work in our lives, if only we are open to Him. He won't force His way in, but we have to welcome the Spirit into our hearts through prayer and reflection, asking God to work within us, to open our hearts and our eyes to His working in our lives.

What about hope? Paul says that they had 'steadfast hope in our Lord Jesus'... waiting for Christ's return.

The Second Coming is something we neglect to discuss these days, a little out of fashion, but it's there in the Lord's prayer, it's there in the Creed – "He will come in glory to judge the living and the dead and his kingdom will have no end".

What do we hope for? Do we hope for an end to the current crisis? Better health? World peace? All of these things, obviously.

But surely, our ultimate hope is in the return of Jesus Christ, who will bring justice and peace to our world, who will bring healing and eternal life, wiping away every tear, every ounce of sadness, and we shall see the unspeakable, indescribable wonder of God in His glory, when every knee shall bend and every tongue confess that Jesus Christ is Lord.

This is our hope, our firm belief. This is what marks us out as God's people, and transforms us into people of thankfulness, joy and hope.

May we be like the Thessalonians, an example to all those around us, shining bright as living witnesses to God's love and power.

CHURCH SERVICES FOR NOVEMBER

St Andrew's, Gargrave

Sunday 1 November8am Holy Communion, 10.45am Family serviceSunday 8 November10.45am Service of remembrance, War memorialSunday 15 November8am Holy Communion, 10.45am Service of the Word

Sunday 22 November 10.45am Holy Communion

Sunday 29 November To be confirmed

St Peter's, Coniston Cold

Sunday 1 November

Sunday 8 November 9.30am Holy Communion Sunday 15 November 4pm Compline Evensong Sunday 22 November 9.30am Holy Communion

Sunday 29 November To be confirmed



Gargrave Church of England (VC) Primary School

Sarah Peel

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





Harvest Festival

We held our harvest festival in school via MS Teams this year! It was wonderful for the pupils to share a message for their class, to all the other classes.

Parents donated fruit, vegetables and food. These were then created into hampers and taken to Neville House, Milton House and Skipton Food Bank.

The pupils as part of craft worship worked in pairs to make cards. These were made to give to each of the residents at the two care homes; we would normally visit them. We hope they loved them.

Sport

We are trying to be active in PE lessons and also playtimes as this is one way to help our mental health. Mr Mukherjee, KANGA sports and Hedley Verity (Wharfedale) provide weekly lessons.

Cycling

Our year 6's took part in cycling awareness, they loved riding their bikes and improving road sense. More pupils are cycling and scootering to school which is great to see.

Gargrave Bowling Club have donated funds from their weekly bowling tournament, how kind of them. We are going to buy new storage for bikes and scooters with the money.

We encourage all our children to be active at home and we hope you see them out and about around the village.



If you have a child who was born between 1st September 2016 and 31st August 2017 please contact school for a tour. We will comply with COVID guidelines and would love to meet you. We will show you the children at work and our amazing facilities and meet the fabulous staff.

Advent Christmas Fayre

Tony Wimbush

Until social distancing measures can be relaxed it will not be possible to hold the annual Christmas Fayre organised by Christians-in-Gargrave. Thank you to all our previous helpers and supporters, we wish you a safe and Happy Christmas. Hopefully we will be back in 2021!

Family service review, 4 October

Peter Gardner

Things are looking up. We went live today. Family service was in church and if you could forget those minor little irritants, like the fact that you were wearing a mask, using hand sanitizer, social distancing and not singing, you might almost think that normality had returned - but for one important fact - <u>still no St. Andrew's breakfast</u> – no bacon butties, sausage sandwiches or jammy croissants. What is the government thinking of? How can they do this to us? When, oh when, will bacon butties be allowed?

Well, we bravely went ahead regardless and today's subject was – "Power." What comes to mind when you see that word? Is it perhaps, the electricity supply to your home, the power of water flooding houses and businesses, or perhaps it's the power of government, which at the stroke of a pen can make us stay in our homes and not mix with others?

At this month's family service, we explored different sources of power. Members of the congregation pointed out quite a few sources of power within the church - but in the scripture reading, the talk, and a poem from the book, 'The Electric Gospel"— we homed in on one main source of power, the power of the Holy Spirit.

What sort of power is that, you might ask?

Well, here's the thing. After Jesus had risen from the dead, he appeared to his disciples on several occasions. On one of them, he commanded them not to leave Jerusalem until they had received power when the Holy Spirit came upon them. When that actually happened, the disciples began to speak in languages they had never learned - and foreigners who were in Jerusalem heard them speaking in their own languages about the wonderful things God had done. Afterwards, those same disciples performed miraculous signs and wonders, people were healed and all sorts of amazing things happened. That was all due to the power of the Holy Spirit - and as we were reminded in the talk, it was that same power that had raised Jesus from the dead. Amazing!

In our time of prayer, we were encouraged to pray that we might receive that power – because, yes, God is still willing to give it to us in these days. We certainly could do with it in these difficult times.

Wouldn't it be wonderful to see that power at work in Gargrave? Why not pray that we will – and soon!

Craft and chat Sylvia Humphreys

Although the Craft and Chat Group has been unable to meet in church for many months several members have been busy making blankets, hats, scarves and other items. The photograph illustrates the scope of their efforts. To appreciate the beautiful colours of the blankets please see the online version of this magazine (www.gargravemag.co.uk) where the photograph appears in colour. In early October 18 blankets, several hats and children's jumpers were donated to Jubilee Outreach Yorkshire Most of these items will be part of the charity's fifth container shipment to war-torn Yemen, and the charity has expressed its gratitude for the Group's help. At the time of writing this article their fourth container was scheduled to arrive in the port of Aden on October 20th. It contained approximately 400 knitted blankets, water filters, medical supplies and over 50 wheelchairs.



A donation of the Group's remaining funds has been made to help with the cost of heating and lighting the church. I miss the Group and hope that we can meet safely together in church very soon. Until then please keep knitting.

From the Gargrave Parish Council website

Anyone wishing to raise a matter within the Public Participation section of parish council meetings must first of all contact the Clerk at gargravepc@yahoo.com to inform of the subject they wish to discuss and they will then be given a time slot. Only one member of the public at any one time will be allowed into the Annex when the meeting is in progress.

Village Hall news

Caroline Thompson

We do hope everyone is well and keeping in good spirits. It is pleasing to see that a little bit more activity has returned to the Hall during the past couple of months. It is good to see the doors open once more and a small amount of people able to enjoy the various exercise classes.

The creative talents are beginning to flow again too in the Art class and group. Unfortunately after speaking with a member of the team at Craven District Council we find that it is impossible to consider any further Coffee mornings or Fairs for the foreseeable future. These are difficult times and planning ahead is not easy. How apt at the moment is that traditional proverb which quotes `There is nothing certain, but the uncertain`?

We continue to work hard behind the scenes, dealing with both day to day issues and future plans. Robert has continued with some minor remedial work to the property and the Autumn hanging baskets are in place and the tubs should soon be in flower.

Please keep an eye on the Village Hall noticeboard as over the next few weeks I shall be listing one or two items for sale. They have all been donated towards Village Hall funds. We have travel cots, pushchairs, wicker hampers (empty, ideal for filling with Christmas gifts), new jigsaws, and lots more. Hundreds of books too, so please if you have a favourite author do get in touch.

We shall see now what was happening at the Hall, back in the mid-sixties, commencing with the AGM meeting in 1964. The retiring chairman was thanked for his work and he was presented with a suitable present of one hundred and fifty cigarettes. Membership numbers were recorded as four hundred and forty eight ladies and two hundred and eighty eight gentlemen. Payment was made for a five gallon drum of floor polish for four pounds, twelve shillings and advertisement fees for the Craven Herald were almost eight pounds. One very sensible question was asked of the committee, now they had got some battery clocks, what about obtaining some batteries so they worked!

It seems the aforesaid clocks which must have been secondhand continued to cause problems throughout the year, The repairer took two away, he managed to get one working, the other would need a considerable amount spending on it, in later months they were both sold for five shillings each. The clocks were obviously more trouble than they were worth.

In February 1965 a request was received for a Mums and Babies weekly meet which would enable mothers in turn to go shopping and have their hair done whilst the children could be looked after at the hall. After a long discussion the application was rejected due to the heavy booking of the hall. The hair do's would have to wait!

In June 1965 trouble arose between the dance members and the religious drama group and those responsible were warned as to their future conduct .

Unruly actions had begun to occur at some of the dances so two plain clothes ex policemen had been hired to attend on the door and behaviour had improved.

The best four dance competition so far was recorded at the tail end of 1965 but it was marred by the disappearance of an underskirt - 100 yards of net underskirt to be precise. She must have been a big lady.

The mystery of the missing underskirt continued on in future meetings, but there was a shrinkage in the quantity two months on with the owner wishing to claim insurance for the 70 yards (not 100 yards) of net which had gone missing at the dance competition. The Secretary was instructed to reply to the distressed dancer from Morecambe to say that there was no insurance cover for theft from the Ladies room.

I wonder what did happen to the net? I bet the lady from Morecambe was keeping a watchful eye on the next competition she attended at Gargrave and looking to see which other competitor had the fullest skirt!

More from the Archives next month

From the belfry

Ali Lucas



It's so good to be back! Although we are not able to sound all the bells at the moment, it is such a joy to be back in the tower although you can't see us smiling behind the masks! I hope it has been a pleasure for you all too.

Bellringing as a hobby brings many plusses. One of the first I noticed being back in the tower was the fitness aspect. For a start there are the tower steps to contend with. Many of these are steep and uneven. We have 34 to tackle at Gargrave to get up into the ringing chamber. I realised in September that I was out of practice!

A recent study by professional trainers and health experts has found that there are in fact a number of ways in which bellringing enhances our health.

Although it might look like hard work to pull the rope, it is actually more about rhythm and co-ordination, although getting the larger bells moving at the beginning requires a little more 'oomph'. Sometimes endurance is required. Bell-ringing practices are generally relatively short performances of 5-10 minutes at a time, but for special occasions we might consider ringing a peal, which is over 5000 changes in the order of the bells, and can take over three hours. This is where the endurance comes in.

As you ring the bell, you stretch up and pull the rope back down. Stretching up tones the core abdominal muscles and glutes, and if you keep your back straight, as you should it helps to tighten those stomach muscles. The downwards rope-pulling action improves your upper body strength whilst working biceps, quads and calves with minimal force.

And it's not just the body that gets this gentle work-out, the mind has to be pretty active too. There is a fair amount of memory work as you remember the different order of the bells. The eyes and ears are busy observing and listening to the bells around you so that you can strike yours in the right place. When I started ringing I found it a great way to switch off from my busy work-life. You need all your concentration to co-ordinate everything, which means you can switch off from the day to day troubles for half an hour.

And then of course, perhaps the greatest aspect is the social side. You get to meet people from all walks of life not only locally but nationally. We meet up for outings, social gatherings and then new found friends lead you off into other hobbies too. And the fact it's a social activity means it's an ideal way for everyone to feel part of a group and part of the community.

So who would have thought that the old tradition of church bellringing could offer Do you fancy giving it a go when all this is over? Get in touch now and we can start preparing you with the mental work, so you can concentrate on the physical workout once things return to that normal.

BeeActive Pilates and Tai Chi Qigong

Bee Faulkner

I heard an inspirational talk this week by Tom Myers, author of "Anatomy Trains", describing how in the absence of movement (couch potato style), one's body's fascial web tends to felt up, making us stiffer and reducing our ranges of movement. And, conversely, how movement frees us up within the directions that we move – so the greater the variety of movements we make, the more mobility, elasticity and lubrication we'll gain. And then there are the social benefits too of moving together with others, plus the bonus of Vitamin D generation if you're moving outside.

keep So the up moving you're doing, and see you can expand your repertoire too: Dancing in the kitchen? Walking in zigzags curves rather than in straight lines? Walking sideways or backwards? Skipping? Or If you'd like to join in with some Tai Chi Qigong or Modern Pilates, newcomers are welcome to the following (socially distanced) groups which I'll running from November. For more info. please contact me on 07778 980994 or visit BeeActiveBeeRelaxed.com.



- Tuesdays 9am and 10am Modern Pilates Gargrave Village Hall (main hall)
- Wednesdays 9am Outdoor Tai Chi Qigong Gargrave Water Street Green
- Thursdays 9am Outdoor Tai Chi Qigong Gargrave Water Street Green
- Fridays 9am Modern Pilates by Zoom
- Mondays 9am Tai Chi Qigong by Zoom

ONCE AGAIN POPPYFIELDS IN GARGRAVE are the DROP OFF point for Christmas shoe-boxes. Toys4U is the shoe box appeal which delivers toys and love to Eastern Europe. Boys and girls aged 3-5 years, 6-11 years and 12 years plus are always thrilled to receive shoe boxes at Christmas filled with toiletries, pens, pencils, colouring and writing books, soft toys, toy vehicles, hats, scarves and socks. Call in Poppyfields for a leaflet or visit our YouTube channel (@teams4Utube) to watch videos of show-boxes being made. There is a carrying charge of £2.50 a box and the end of November please for shoe-boxes to be dropped off. The website is www.teams4u.com.

Marie Chapman - Poppyfields 01756 748071 or 748083

Gargrave and Malhamdale Community Library

Dave Smith

HOME LIBRARY SERVICE: Is back in operation delivering books, large print books and DVDs to those that cannot attend the library themselves.

The Covid-19 pandemic has restricted many people who are vulnerable to their homes and who may now find a need to take up the service. If you are not currently a member of the library do not worry, we will sign you up. The service operates on a fortnightly basis, there are NO charges involved, all we need is an indication as to your tastes and we will do the rest.

To take advantage of this service first contact the Library by phone or email, details below, and explain what sort of books you would like to read. A volunteer will then deliver suitable books to your doorstep on a fortnightly basis.

Be assured that we will be taking all necessary safety measures with items delivered to your home. The books will have been quarantined for 72 hours before being put in a paper carrier bag for delivery to your doorstep. The Volunteer will deliver and place them on your doorstep, ring the doorbell and step back. You can then open the door pick up the bag of books and close the door. Any books that you have finished with can be placed on the doorstep, the Volunteer will then pick up the used books and return for quarantining to the Library

Most items you would borrow from a library can be delivered, including:

- Books, large and small print
- CD based audiobooks
- music CDs
- DVDs

If you are housebound and wish to enrol on the Home Delivery Service or know of somebody who might benefit, please contact John Hewitt on 01756 748199, the Library on 01609 536547 or email gargravelibrary@btinternet.com

In addition to the Home Delivery Service the Library is still offering the Select ϑ Collect service for those of you who are uncomfortable at the thought of entering the Library. To take advantage of this service please contact the Library.



Quarantining in church had its drawbacks. Two days in, the biscuits were gone, and Rupert was hungry.

Body parts

A doctor in our village surgery often plays a game with his younger patients to put them at ease, and to test their knowledge of body parts. And so it was that one day, while pointing to my young son's ear, the doctor asked him solemnly, "Is this your nose?"

Alarmed, my son glanced over to me and said softly: "Mum, I think we'd better find a new doctor!"

With forthcoming US Presidential Elections in mind...

A candidate came home in the small hours and gave his wife the wonderful news: "Darling, I've been elected!"

She was delighted. "Honestly?" she demanded.

He laughed in an embarrassed sort of way. "Oh, why bring that up?"

A local council official said that he ran for office again because he thought his possible

opponent, if successful, might be even more ineffective than he was.

Admirer to political candidate: "Great speech, sir! I really like the straightforward way you dodged those issues."

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

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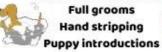
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FARMING ON SCALEBER HILL

John Hall

AFTER THE BEST SUMMER I CAN REMEMBER, with weeks of fine weather for lambing time followed by sun filled days for silage making, and the first crop being very scarce and dry the weather then reverted to normal Yorkshire type for weeks! Due to the ground being warm, plus the rain, the grass took off. Both pastures and meadows soon had an abundance of grass everywhere. With the silos half full and the fields so wet, with so much grass, how could it be harvested? Right on tap the sun came out and gave us a glorious September giving everyone chance to make hay, silage or haylage. It has given everyone chance to secure winter fodder. Not so with the farms apple and plum trees, fruit has been non-existent.

At this time of year with the fodder supply assured and the cattle and sheep all in good condition, I should be reporting on the local shows and sheep and cattle sales. This is what one works all the year for. A time to meet up at markets and shows and enjoy this period before the cattle come inside and the winter grind begins. The Coronavirus has taken the joy out of life with all shows cancelled and severe restrictions at auction marts. For many retired farmers whose lives revolve around auctions marts, and who can't gain admission, it could bring on mental problems.

My policy has always been work hard and play hard. At the moment work is always there, it is the play time which is non-existent with no bowling, no shows or auction marts – very difficult. In these times of crisis there is always a job on the farm waiting. At the moment the breeding ewes are on the high land. They will soon need to come home to prepare and vaccinate and sort for rams. The Texels and Beltex are good at being rigged which occupies quite an amount of my time! As for the cattle, it is approaching staggers time (a shortage of magnesium) so a daily trip round with some feed is required. With good grass the lambs have grown well. All in all both beef cattle and dairy heifers have been good to sell.

The old saying "always a job on the farm" is true. As one of the cubicle sheds requires attention, as the feeding barriers require replacing, every spare minute is spent on them as the cattle will soon need it. I have also seen a new wall gap in an awkward place – no peace for the wicked!

NATURE NOTES

Bathie

Season of mists and mellow fruitfulness...

It is a time of magical misty mornings and of colourful trees, as they turn from the greens of summer to vivid autumn hues. Along Chew Lane the leaves of a Sycamore are turning yellow, orange and pink and the golden Hazels are draped over the beck.

This seasonal change in deciduous trees and shrubs is the result of the breakdown of the green pigment chlorophyll, brought on by falling temperatures and shorter days. And as it declines the more colourful yellow/orange carotene and red/purple anthocyanin pigments beneath, are revealed.

The depth of colour is influenced by both chemical processes in the leaves and the weather. Cold nights destroy the chlorophyll so the leaf fades to yellow, but if the temperature stays above freezing, anthocyanin production is promoted and a redder colour attained. This is also the case if the weather is dry and sunny, as more sugars are produced. These become concentrated in the leaves and anthocyanin production increases.

Amongst a dense patch of stinging nettles, running alongside Chew Beck, I discover many jewel-like Ladybirds in varieties of orange, black and red. Some are a pure shiny black and others have two or four striking red blotches on their wing cases (elytra). There are also the more typical, bright orange ones with a myriad of black spots, some spots coalescing to create a variety of attractive patterns. The Ladybirds with black elytra tend to be commoner further north, as this is an adaptive response to cloudier conditions which maximises their ability to absorb the heat of the sun.

Surprisingly, despite this variety, most of these small beetles are Harlequin Ladybirds (Harmonia axyridis). It is an invader from Asia that was first recorded in the UK in 2004 and is competing with our native ladybirds. Although this species appears dominant in the vegetation, I occasionally come across the more

diminutive, British, 2-spot ladybird, which confusingly, can also be found in similar colour variations to the Harlequin and with many more than two spots!

Amongst the nettles, I also find empty pupal cases and some unhatched pupae, all firmly attached to the upper-side of the leaves. It is likely that most of these Ladybirds are the new generation of adults, which having pupated in late summer, will feed but not mate. Then from October until March they will overwinter in a dormant state, becoming active again in the spring.

Following mating next May, the adult females will lay their eggs in June and July. Then through the summer, the larvae will pass through four developmental stages (instars) the fourth and final stage becoming a pupa. In August the larvae pupate and the new generation of adults emerge and so the cycle is completed*. As an adult Ladybird's life expectancy is only a year, any older generation Ladybirds in the nettle bed, will not overwinter for a second time. *N.B. there are some Ladybird species that have more than one generation a year.

In the nettles, along with the Ladybirds, I discover a pretty pink and orange spider with long and slightly hairy legs. It is most probably a male Lesser Garden Spider (Metellina segmentata) but could also be M. mengei, as both species are very similar and spin orb webs. Apparently, in September, during the mating season, courting male Lesser Garden Spiders will wait at the edge of the female's web for a prey item to become trapped. Once it does, they all dash to it and the first to arrive will wrap the prize in silk. Then by plucking the threads of the web, the successful suitor signals to his prospective mate and then presents her with the gift. This I have to see!

A foraging party of long-tailed tits accompany me along the lane, flying from Field Maple to Ash to Hazel uttering their "zee zee zee" contact call. Then flying through the branches of an Ash tree, silhouetted against the clouds, they shoot by like falling leaves carried away by the westerly wind.

Close to Eshton Wood, and six feet up on the shady side of a gnarled dead tree trunk, I find the bracket fungus Dryad's Saddle (also known as Pheasant's Back Mushroom). This large, edible, fleshy, tan fungus is growing in several layers. It is a polypore and the underside of the fungus is a creamy white with many distinct small pores. It's found on both living and dead wood and has an important role to play in breaking down cellulose and lignin and releasing nutrients back into the soil.

Nearby, on charred parts of a fallen trunk, I come across the Charcoal Cup (Peziza echinospora), This species is usually found growing on burnt ground or charred wood. The inside of the small goblet-shaped fruiting bodies are a dark reddish-brown and the exterior is a white flushed brown with scurfy markings. These inedible fungi have the appearance of many hungry mouths.

Also, along the side of this trunk, there are the many-tiered thin layers of the Turkey tail fungus (also known as the Many-zoned Polypore). This concentrically banded, velvety bracket fungus, is so-named because the zones of different colours are similar in appearance to a wild turkey's tail. It is a very

variable species and the bands of colour can be blue, green, rust to black but always having a white or cream margin.

Once in Eshton Wood I pause to listen to a party of Goldcrests foraging in a dense thicket of Snowberry. These tiny grey-green birds, with a bright yellow stripe on top of their heads, have a very high-pitched peeping contact call. I watch silently as they move unobtrusively though the impenetrable shrubbery, searching for tiny insects. A Nuthatch lands in a nearby tree and starts climbing up the trunk. Further on, I stop to sample some succulent-looking blackberries and I am not disappointed, they are sweet and tasty. I stroll back along the path listening to the ominous calls of the crows in the tree tops and a cock pheasant calling in the distance.

Wandering along Ray Bridge Lane a Great Tit emerges from the hedge and greets me with great ebullience. The verges are a riot of autumn colour with shiny crimson Hawthorn berries (haws) glowing in the late afternoon sun. There are glossy orange hips and patches of Rosebay Willowherb in shades of copper, peach and tangerine. They have the remains of their ornamental wispy pale seed heads curling above their colourful leaves.

I take the towpath back to the village and admire the pale, architectural seeds heads of the stately umbellifer Hogweed, standing by the water's edge. The light now fading as the evening draws in, I make my way home, pondering on all the beautiful things that I have come across that day.

A CORONA OF PSALM POEMS

Malcolm Guite

Malcolm Guite is a poet, priest, rock musician and friend of our own Andrew Steer. We are grateful for his permission to include his poetry in our parish magazine, from his blog: https://malcolmguite.wordpress.com/ in which he is working his way through the book of psalms.

Psalm 48 is a celebration of the city of Zion and the temple in her midst, a celebration of the covenant promise that God would faithfully meet his people there. For a Christian this psalm takes on a new significance. Firstly because we know that the Temple, the meeting place of God and his people was an archetype and foreshadowing of Christ, who would himself be the temple, the meeting place of God and the whole of humanity. And secondly because of the wonderful truth that when we are members of the body of Christ, whose body is the true temple, then we ourselves, both body and soul, become a temple of the Holy Spirit, that Christ himself comes into us to abide with us and in us. No longer need we travel to some outer destination to meet with God, but need only turn inward to find that 'in our hearts are the highways to Zion'. The temple is already there within us, and Christ is waiting, deep in the mystery of our own heart and soul, if only we will enter those depths and find him. And there, in the depth of our own being he will meet with us, to cleanse us and renew us.

This is especially good news for us as Covid tightens its grip and lockdown looms again. If we are self-isolating, or if our churches are closed again, we can

find him in our own hearts and homes where there will be no social distancing, only spiritual intimacy.

XLVIII Magnus Dominus

For heaven's king has made the earth his home Not just the hill of Sion, but the whole Round world. Call him from anywhere, he'll

Come to you and make his dwelling. Hail Him in any language, he replies In your own mother-tongue. For now your soul

Is his true Sion, and each day you rise Already in the city of your God. So mark the towers and temples, and apprise

Again the beauty of your new abode. Your soul is greater than you ever knew: Walk round its walls, then take the holy road

That winds towards its centre, where the new Temple of his spirit shines and stands, Where Christ himself is there to welcome you.

POEM: THE WEAVER

Anon

Man's life is made in the loom of time To a pattern he does not see, While the weavers work and the shuttles fly Till the dawn of eternity.

Some shuttles are filled with silver thread, And some with threads of gold. While often just the darker hues Are all that they may hold.

But the weaver watches with skilful eye Each shuttle fly to and fro,
And sees the pattern so deftly wrought
As the loom moves sure and slow.

God surely planned the pattern:

Each thread, the dark and fair, Is chosen by his master skill And placed in the web with care.

He only knows its beauty, And guides the shuttle which hold The threads so unattractive, As well as the threads of gold.

Not till the loom is silent And the shuttles cease to fly Shall God reveal the pattern And explain the reason why

The dark threads were as needful In the weaver's skillful hand As the threads of gold and silver For the pattern which he planned.

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 lan Reed-Peck Mike Maiden 748685 748817 748447 07527 269915 07876 886313

FROM THE ARCHIVES

Duncan Faulkner

The vicar's letter from the September 1939 Parochial Magazine is a poignant read, written "in the midst of a great crisis". Rev Arthur Blunt refers back to 1938 when "the world was saved from the horror of war, at least for the time being" and asks "may we not hope and trust that God will hear and answer our prayers and once again save the world from destruction"?

He tasks of the "government's efforts to find a peaceful solution of the grave problems confronting them" and of how the nation is "nevertheless determined, if these should fail, to fight for all its strength for principles which are dearer than life itself". The article acknowledges that "a just and lasting peace will not be won all in a moment" but will take continued and persevering efforts from all men of good will throughout the world. Some echoes, perhaps, of our current situation?

INFORMATION

Rotas for St Andrew's Church

Please arrange a deputy if you can't make your duty; to join call Jennifer Rowlands.

	8am Sidesman	10.45am Sidesmen / welcomers		Bible reader	Intercessor	
01-Nov	Colin Chapman	Family service				
08-Nov		Jo Ackroyd	Helen Wilson	Peter Poulter	Peter Gardner	Ron Humphreys
15-Nov	Kay Craven	Jennifer Rowlands	Sue Trout	Rocio Fordham	Paul Maslin	Hugh Turner
22-Nov		Peter Gardner	Zena Gardner	Mike Maiden	Pam Bolas	Peter Poulter
29-Nov		Les	Kim	Jane Dallas	Hugh Turner	Jennifer Rowlands
06-Dec	Colin Chapman	Family service				
13-Dec		Sarah Curtis	Judith Robinson	Peter Poulter	Les	Jane Dallas
20-Dec	Kay Craven	Yvonne Poulter	Pauline Gilfoyle	Paul Maslin	Lauren Maslin	Jo Ackroyd
27-Dec		Jo Ackroyd	Helen Wilson	Robert Ackroyd	Annelies Van Oijen	Paul Maslin

Public Transport leaving Gargrave Compiled by Peter Hardyman 16 October 2020

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

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

Face coverings compulsory on all public transport; including masks, reusable cloth coverings + other options; scarves & bandanas - the wearer's nose & mouth must be covered.

TRAINS from Gargrave

To Skipton (arrives approx. 9 mins later) & Leeds (arrives approx 55 mins later) Mon-Sat (From 14 Sep) 0744SX 07541 11501 1550SO 1551SX 1645SX 1645SO

1813SX 1813⁴SO 1913⁴BUS 2019SO 2134 2216SX 2218SO

Sunday (From 20 Sep) 1121 1210 1421 1448 1656 1855 2107 2123

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

Mon-Sat (From 14 Sep) 0525SO 0528SX 0902 1304 1814SO 1815SX

Sunday (From 20 Sep) 0922 1115 1412 1615 1815

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

Mon-Fri 0832 1004 1133 1732 2033⁹ Sat. 0832 1134 1604 1732 2033⁹

Sunday 0950 1311

NOTES: BUS=Bus substitution. Bus Replacement Stop at Gargrave is on Church St, on the village side of the Railway Bridge. 1. Change at Skipton for Leeds. 9. To Ribblehead ONLY. Generally, only DIRECT journeys are shown. 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 16 Oct: No planned engineering works affecting trains from Gargrave during November are identified. BUT buses are substituted Skipton-Kirkby Stephen 24-28 October. 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/

BUSES from Gargrave (from 20 July)

*Except Bank Holidays

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

0820 0910 0955 1055 1057M⁷ 1155 1255 1355 1357M⁷ 1455 1555 1755 M-Fri*

Saturday 0820 0910 0955 1055 1155 1255 1355 1455 1555 1755

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

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

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

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

Sunday + B.Hol: **SUMMER SERVICE SUSPENDED**

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

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

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

Last DIRECT train

From Skipton (arr. Gargrave ~ 6 mins later)

LEEDS to GARGRAVE

Mon-Sat (From 14/9) 0519SO 0522SX 0826SX 0827SO 0856 0959SX 1726 1127SX 1128SO 1253 1559SO 1727 1808SO 1810SX 2027

Sunday (From 20 Sep) 0917 0945 1110 1305 1406 1609 1809 1732

From Lancaster via Giggles'k (Trains arr. Gargrave ~ 65 mins later)

Mon-Sat (From 14/9) 0648 1046 1447SO 1448SX 1730BUS 2030 Sunday (From 20/9) 1106 1344 1552 1751 2018

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

Mon-Fri 0549 <u>0824¹⁵ 1049¹⁵ 1450 1618 2013¹⁴ Sat. 0824¹⁵ 0927¹⁵ 1049¹⁵ 1450 1618 1824 2015¹⁴</u>

Sunday 0925 1225 1607¹⁵ 1911

NOTES: BUS=Bus substitution. 14. Change at Settle. 15. Stops at Hellifield & Skipton, but NOT GARGRAVE. 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.

BUSES to Gargrave

*Except Bank Holiday. (M service to Malham)

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

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

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* 0755+ 0845++ 0930++ 1030 1130++ 1230 1330++ 1430 1530++ 1730++

Saturday 0755+ 0845++ 0930++ 1030 1130++ 1230 1330++ 1430 1530++ 1730++

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 <u>www.traveline.info</u>; National Rail Enquiries 03457 48 49 50 www.nationalrail.co.uk; Rail Ombudsman www.railombudsman.org 0330 094 0362

Note: Transport details remain subject to changes, e.g. as the response to Covid-19 develops. Bus substitutions from 24 to 28 October were notified after the October magazine went to press.

Gargrave Library

West St, 01609 536547 gargravelibrary.co.uk Open Mon 3-4pm, Fri 2-4pm, Sat 10am-noon Visit http://capitadiscovery.co.uk/northyorkshire/ to reserve or renew books online (first obtain your PIN from library), or renew by calling 01609 532774

Emergencies and concerns

ELECTRICITY Emergencies 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 101 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
Christmas	Mon 21 Dec 2020	Mon 4 Jan 2021
Half term (Spring)	Mon 15 Feb 2021	Fri 19 Feb 2021
Easter	Mon 29 March 2021	Mon 12 April 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 gargravemagid1@gmail.com.

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

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Book your table or view our gift voucher collection by visiting the coniston hotel.com

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Coniston Cold, Skipton, North Yorkshire BD23 4EA | Tel: (+44) 1756 748080 | Email: Info@theconistonhotel.com | Web: theconistonhotel.com
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Gills Top care home

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New members and guests always welcome Speakers, demonstrations, lunches, outings and more throughout the year

For more info call Glenys on 07715 878709 or email 1celt1saxon@gmail.com

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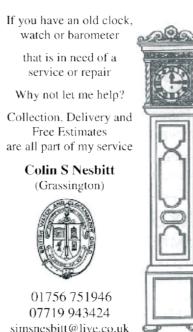
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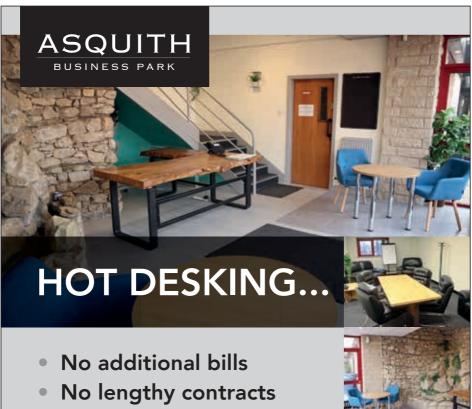
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