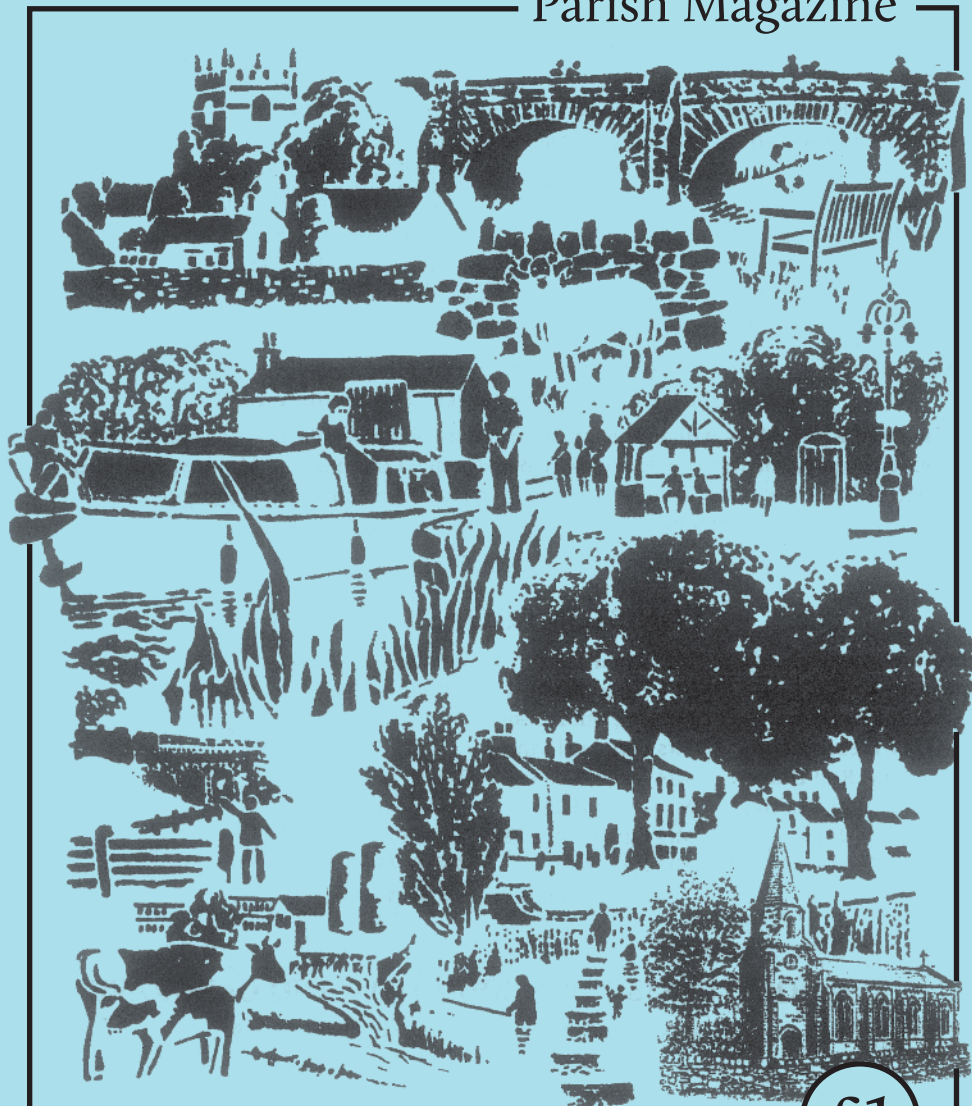


GARGRAVE & CONISTON COLD

Parish Magazine



FEBRUARY 2021

£1

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Don't bottle it up

Eleven reasons to be cheerful

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Photo by Ray Bracewell

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

Many 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.masonsarmsgolfclub.co.uk, 749304
Hunt – Pendle Forest & Craven Hunt, Tony Holmes, 748200
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

COLLARED!

Rev Andrew Steer

#ITSOKAYTOTALK

"ANDY ROBERTS WAS A LOVING AND DOTING FATHER, son, brother, grandson, nephew, cousin and friend. He was an all-round top guy, one of the truly nicest people. His love for his daughter was inspirational to see and the way he looked at her and idolised her was a blessing. Sadly and tragically without any warning Andrew, at 23 years old, was taken away from all his family and friends by suicide. On average one man every 2 hours takes his life in the UK. It's often said a factor is that men don't talk."

The above is an excerpt from a national support group called 'Andy's Man Club', and it's the true story which has led to almost 1,000 men coming together every Monday evening in small groups, simply to talk.

This last year has been the most difficult in living memory for most of us. Social beings with a need for human contact, time and again we have found ourselves locked away, deprived of that life-giving nectar of human interaction. Not just men, but women also, have struggled with nobody to talk to, nobody to share their deepest feelings with.

Yet most of us agree the need to prevent suffering, preserve life and to support those who look after us. Most of us are united in our efforts to stay at home and prevent transmission of this invisible enemy. Staying at home, wearing a mask in public, hand-hygiene; these are some of the most loving things we can do right now. It's self-sacrificial, it puts the needs of others above our own, but it's not easy. It comes at a price and for many of us that price is our own mental health.

People often expect Christians to be a jolly lot – after all, we're always harping on about the 'good news' and Jesus being 'the light of the world'. Well, it is and He is, but that doesn't stop us from struggling with life. As a vicar I've done one wedding this year, but buried far more people, said goodbye to friends, missed my loved ones and even had to close my churches, none of which has been easy. At times I've felt lonely, isolated, disappointed, frustrated, angry and depressed.


And all of that is ok. It's actually ok to admit that we are struggling. In fact we're in good company when we do. Jesus had all the same struggles. The Bible is full of real people who lived through awful times, and voiced their feelings – to God. The writers of the Psalms put it like this: "You walked off and left us", "Why don't you do something?", "Don't dump me, O God". Even Jesus accused God of abandoning Him on the cross "My God, my God, why have you forsaken me?" These weren't pathetic requests, but more like angry accusations.

So it is ok not to be ok. It's ok to express our true feelings – especially to God. It's called prayer, and it really helps. The point is that we must be honest – with ourselves, our family our friends and with God. But that's not easy. It wasn't easy for Andy Roberts, and it's not easy for many of us who are trying to 'be strong'. If this is you, whether you are a man or a woman, I urge you to talk to

someone. Talk to a friend, talk to God, talk to me. Whatever you do, don't bottle things up, because none of us are superhuman – we are all just people trying to get by and make the best of a really awful situation.

As the old BT advert used to say, "It's good to talk."

If you need someone to listen, call the Samaritans anytime on 116 123 anytime. You can call NHS 111, or you can call me on 01756 749273 in total confidence. Please do talk.

February 

NEWS

Parish magazine subscriptions

Ron Humphreys

First, thanks to everyone who has subscribed to the Parish Magazine over the past year. I am particularly grateful to our magazine deliverers for distributing over 400 magazines every month. Producing and distributing the magazines presented challenges during the year 2020 and I thank everyone who helped in overcoming these challenges.

At the time of writing, this year appears to present a new challenge as the subscriptions will become due during the third lockdown if it continues for several weeks. Last year the subscriptions were collected before the first lockdown. If possible the payment process will be initiated as usual with the distribution of the payment envelopes. The information given below may change for various reasons, e.g. the introduction of new coronavirus restrictions, deliverers shielding, etc. I ask for your patience if there are delays in the payment process.

Subscriptions are now due at £8.00 for the year. You will probably have received a payment envelope with your February magazine; the majority of deliverers use this approach. In the past a few deliverers have collected directly without using the envelopes. Obviously the latter approach may not be used if contrary to coronavirus restrictions and people are placed at risk. Where feasible and safe, could you please put the money in the payment envelope and return the envelope to your deliverer by Saturday, 20th February?

If you are paying by cheque please make the cheque payable to "St. Andrew's Church, Gargrave".

In closing I have two requests to our deliverers. When you have finished collecting subscriptions please bring the money to 6 St Robert Close (not Court). Please remember that Hugh and Janet Turner have moved, so do not leave the money at Kirk Syke on the High Street. If for any reason you cannot deliver magazines such as illness, holidays or shielding can you please notify Tony Wimbush (749917) or Ron Humphreys (748779) as soon as possible. Alternative arrangements can then be made and the magazines are not left in church too long.

Work planned at St Andrew's Church

Mike Maiden, Churchwarden

St Andrew's Church is planning to make changes to the internal space to make us more effective in Christian worship and in serving the community. There are a number of issues that we would like to address.

- As anyone who visits the church during the winter will testify we don't have the best heating system! We plan to install a new one, although we are fortunate that the present boiler is in good condition and doesn't need to be replaced.
- When we hold events that include visual elements (for example, a play or a wedding) there is no raised stage area and it is difficult for people to see clearly what is going on. We plan to extend the existing raised area, which currently accommodates the choir stall, across to the pulpit.
- The area beyond the rood screen, where the main altar is situated (the sanctuary) does not have disability access and we plan to include this as part of creating the raised area.
- There are many resources that we could use for worship and for other events that depend on modern audiovisual systems and the church does not have one. We plan to install a new system that will facilitate this and give better sound production for music and other media.
- Finally, we hold successful events that are less formal than a traditional church lay out allows. Some years ago pews were removed to create an informal hospitality area at the back of church but this is too small for many events, such as our monthly Family Service breakfasts, Shrove Tuesday meal, or the mulled wine served after switching on the Christmas lights. We plan to remove a further four rows of pews to extend this area and balance the church roughly 50/50 between formal and informal areas. It is important to say that there is no plan to go beyond this, as some churches have done, and remove all the pews, as we believe that both formal, traditional worship and less formal, contemporary activities have an important part to play in church life and should be valued and honoured. Indeed, our plan is to install under-pew heating in the remaining pews that will fix them in place.



Obviously all of this will cost money but we are amazingly blessed by a generous legacy received from Ruth Abbott that will fund the majority of the work. But there is work that is either inappropriate under the terms of Ruth's legacy or is beyond the resources that we have available. We would love to engage with you as our village community in moving the church to a position where all of our activities are fully supported and accessible. Should you wish to support us in this as a shared project you can donate through a payment to St Andrew's Church Parochial Church Council. Please contact us for further details if you need them.

Calling all business people!



Joanne Ackroyd

Everyone needs a little bit of good news at the moment so here's some great news for all our local businesses.

Did you know that you can advertise in this magazine from as little as £32 for a year? That's 11 magazines reaching 500 households in Gargrave and Coniston Cold. In addition it can be accessed online in colour.

And as a bonus all profits go to St Andrews – so you also benefit the Parish church!

It's simple:

Contact Kim and Les on parishmagads.gargrave@outlook.com or 07711 718153; send them your art work and sit back and wait for the customers. Best do it now as the 2021/22 deadline for our annual advertising directory is 15 February.

BIG thank you in advance.

Gargrave Church of England (VC) Primary School

Sarah Peel

'Work with all your heart'

LOVE, PEACE, HOPE

The Gargrave team spent our training day in January updating first aid training, while looking forward to welcoming the children back to school the next day, after the Christmas break. However, fast forward to 8pm that same evening and we found out from the Prime Minister that primary schools were to close with immediate effect and move to remote learning!

Out went our planning for a return to school for most pupils and in came Microsoft Teams online video teaching. This has been a steep learning curve for everybody but with tremendous team spirit, the Gargrave school community has been phenomenal! With the school open for critical and key worker pupils, learning groups are supported in their learning while remote learning is in place for all other pupils. Our pupils, and their families, have risen to this mighty challenge. Each class is having a daily meeting on Teams so that all the pupils get to see their friends which is good for their wellbeing.

Our very youngest pupils who are only 4 and 5 years old are marvellous! The children have been learning phonics daily, reading and maths together with life skills, such as baking and cooking. It has been wonderful to see photos of their 'work' which has been wide ranging – building snowmen, making fabulous Lego and junk models, videos of the children taking part in playdough disco, to name but a few.



We are offering a variety of learning, including the basics but also other subjects. Here is Bradley's art work- collage of faces.

We learned during the last year that we are delighted that the pupils are keeping on writing. Here is one piece written by a year 4.

Tuesday 12th January 2021

Snowmen on the doorstep

The snowmen stood outside chanting, she could hear their low tones but she couldn't hear what they were saying through the window. Slowly she reached up and opened the window just enough to try and make out what they were saying.

The cold air slammed through the small gap taking her breath away. She put her ear to the space and closed her eyes. Concentrate she told herself. Concentrate.

The dull noise suddenly became a pattern and she could just about work it out. "save our planet, save our planet" over and over again, they were all saying the same thing. They had come to help make her Christmas wish come true!.

Father Parfitt

Diocese of Leeds website, Simon Myers and Duncan Faulkner

We were sad to hear of the death of Father Geoffrey Parfitt on 19 December. He died at Threshfield Court Care Home, to where he had recently moved from his home at The Manse, Broughton Hall.

Geoffrey Parfitt was born in 1937, studied for the Roman Catholic priesthood in Rome and was ordained in 1968 in Horsforth. From 1968-73 Fr Parfitt served as Assistant Priest at St Mary's parish in Halifax. From there he moved to the English Martyrs parish at Lupset, Wakefield. In 1975 Bishop Wheeler appointed him to the staff of St Anne's Cathedral in Leeds, as Master of Ceremonies with responsibility for the Cathedral's liturgies. He had a reputation as a hard taskmaster but the result was that things went like clockwork on the sanctuary.

Following six years at Thornton near Bradford, in 1988 Fr Parfitt moved to the parish of the Sacred Heart at Broughton. The parish included the St Patrick's Chapel at Earby and the Oratory in Gargrave, which was on West Street. His parish church was the Chapel of the Sacred Heart attached to Broughton Hall,

home of the Tempest family since the mid-fifteenth century and one of England's great Recusant houses. He was to remain here for the rest of his life.

Fr Parfitt became a great proponent of the Tridentine Mass and of the Latin Mass Society. His love of the Mass was always prayerful and without fuss, pomp or ostentation. He retired from active ministry in 2012 and continued to live at the Manse at Broughton. A singular man, Fr Parfitt made a singular contribution to the life of the Diocese of Leeds during the more than fifty years of his priesthood, and above all to its traditions of liturgy and worship.

May he rest in peace.

Simon adds:

He said Mass at Gargrave twice a week for nearly 30 years. On his retirement there was no replacement and so the Chapel closed. A very devout man and a stickler for doing things right. I served Mass for him at Gargrave and Broughton for 20 years and he was very particular with lots of practices for the Triduum and Christmas. But he said Mass beautifully. And we did get an Easter Egg on Easter Sunday. He was in some ways a rather solitary man but his parishioners were very fond of him and he of them. He loved Yorkshire and was always happiest going on long walks with his dogs in the Dales. Poignantly the collar for his old dog Robbie who died some 20 years ago is still hanging on a peg in the kitchen at the Manse. That brought a tear to my eye.

52 years a Priest and saying Mass daily at Broughton until he was taken to Airedale 3 weeks before his death. Not bad is it?

Citrus thanks

Jennifer Rowlands

The folk at St Andrew's church would like to give a big thank you to Gargrave Co-op for donating the oranges for the Christingle bags at Christmas!

We hope that everyone who collected a pack enjoyed putting them together.

Calling all Co-op members!

Joanne Ackroyd



Did you know that St Andrews church is now one of the Co-op registered charities that you can nominate to receive the points from your membership card? Yes! Our church can benefit from your Co-op purchases at no cost to you.

So, if you already have a Co-op card, just go into the app <https://www.coop.co.uk/membership> and nominate St Andrews Church Gargrave.

Not a member? Why not register now? It is easy – honestly! Just go to the same web address and register for a card. For a one off payment of £1 you qualify for points too to spend in store. When you buy selected Co-op products and services, 2p for every £1 you spend goes into your Co-op Membership account. They give the same amount to our church.

Thank you on behalf of St Andrews.

Village Hall news

Caroline Thompson

What a roller coaster of a year we have had at the Village Hall. We began it well last January with the grand opening of the self-contained Snooker Hall which coincided with an Open day Coffee morning. The whole venue was open to view and the vast majority of our regular Hirers were in attendance to distribute information on their classes and events. There were of course an abundance of our famous cakes and bacon sandwiches!

The Roller coaster then vanished down a huge drop in March when lockdown forced full closure. The upside was it did enable Robert our Caretaker to complete some much needed remedial building work. Slowly after ensuring all the compliance was in place we were able to re-introduce some small classes during the summer months. We even managed a Covid safe Coffee morning in September, literally days before the rule of six was introduced. There was another drop in the Roller Coaster journey when the tier system arrived for it either disrupted the structure of classes or forced cancellation of others. We entered the New Year by finding ourselves at the bottom of a stomach churning drop again, full lockdown closure and no time scale on when lockdown will be lifted. However I am confident that before too long we will be climbing off the Roller Coaster and moving onto better things. I always did prefer swings and roundabouts!!

Robert has taken advantage of another quiet period by treating the floor in the main hall with specialist floor sealant. This is a necessary job which needs to be undertaken once every few years, it both maintains and protects the sprung maple floor. We are so lucky to have such excellent facilities at the venue and it is important they are well looked after. The late Leon Brittain, MP (former Secretary of State for trade and industry, Home Secretary, Chief Secretary to Treasurer) attended a Conservative function at the Hall many years ago and said how impressed he was with the facilities, he remarked that Village Halls were very different in Richmondshire (his constituency) and London - and Gargrave even had curtains!!

It has been a hard year for our Assistant Caretaker Steve who in normal times would have covered weekend events at the Hall, taking down and setting up for events, often at ungodly hours. He has undergone intensive treatment for his illness and thankfully has now completed his cycle. It really lifted our spirits when he contacted us recently so say though not completely cured, his test results are positive and he has been given the go ahead to return to light work. He is looking forward to re-commencing some small tasks in his main occupation as an odd job man and gardener. Fortunately Steve is a great reader so he has been able to take advantage of a ready supply of books from our store at the Hall. Please do contact me if you would like to purchase any books, the paperbacks are priced at 50p each and hardbacks at a £1.00 each. Cash sales only please, non-contact collection or delivery may be arranged. Please do also keep an eye on the noticeboard outside the Hall as we have one or two items listed for sale. Proceeds in aid of Hall funds.

Our regular visit back to the Archives is looking at the entertainment scene. In March 1969 it was decided that the TV had seen better days so it was decided rather than a purchase, a rental was better value. A 19" screen (bit smaller than the ones we all have today) was secured with a eighteen pounds and eighteen shillings deposit and a nine shillings per week payment plan. The old set would go into the Jumble sale. Later in the year the children at Gargrave School were to get the benefit of the new set when they watched the investiture of Prince Charles and thanks were expressed to the Village Hall committee by the then headmaster Mr. Robinson. (I remember watching the same programme on TV at my junior school). It was decided during the same year that a better class band should be booked and it seems that the agency of Lewis Buckley entertainments was used. Based in Southport the agency promoted many of the big name bands. Terry Lightfoot and his Jazz band were decided upon at a fee of £125.00 which in today's money would equate to around £2,000. The band had a couple of minor hits in the UK singles charts and were leading members of the Jazz generation of the period. They had been supported previously by the fairly unheard bands of The Who and The Beatles!

From the prospect of the Beatles nearly making an appearance to Billiards: Approval was given by the committee to the purchase of twelve new billiard cues, six for general use and six to be sold to members. My cue to now end this month's piece!

Fundraising for Manorlands

Caroline Thompson

I would normally in this edition of the Church Magazine be able to announce the sum of the funds raised during 2020 for Manorlands Hospice.

I have run a charity stall alongside my own personal one for some years at the twice monthly Village Hall Flea Markets. However this year was not normal!! We did manage to hold around three markets before lockdown and fortunately I was also able to have a stall at the Coffee morning held in September. However the total funds are unlikely to match those raised in previous years but fortunately due to the kindness of family and friends I have been able to sell a few items (at a distance) through the year. I have received a very kind donation of a wonderful selection of nearly new wedding hats from a local business and my ninety eight year old Mum purchased two just in case she was invited to a wedding in 2021 - how forward thinking was that ?

I contacted Molly one of the fund raising team at Manorlands over the Christmas period and we intended to arrange a pick up date for both the cash raised and the official collection tin but unfortunately due to the current lockdown we are unable to do this now. Therefore the announcement of funds raised will have to wait.

The Covid epidemic has hit the general fund raising for the Hospice very hard and a funding gap of around £1.5m is anticipated for the financial year. The hospice provides specialist medical and palliative care, supporting people with life limiting conditions . It also provides families with emotional, practical and spiritual support.

I have a huge amount of goods, kindly donated over a period of time, almost new shoes and clothing (and of course hats). Books, household goods, DVD`S and CD`s, jewellery, pictures, everything imaginable.

Please contact me if you think I may have something specific to your needs. The Village Hall is very kindly allowing me to advertise a few of the sale goods at different intervals on their website and the Hall noticeboard, please contact me for any further details if you see anything which may be of interest. Sales and collection can be arranged at a social distance without any physical contact. Home delivery in the Village if requested.

The wedding hats are brilliant value, priced at just £5.00 each, they are mainly large ones (if you`re going to wear a hat for an occasion it may as well be a large one) and there are various colours. Two fascinators make up the selection, one grey on a comb fastener and one fuschia pink and black on a clip fastener (brand new). Not wanting the menfolk to feel left out, how about some good old fashioned films on DVD: How the Wild West was won and Three Movies in one set: A bridge Too Far, The Great Escape and Battle of Britain. £2.00 each.

Every £1.00 raised can literally make a difference.

From the belfry

Ali Lucas



As the bells are likely to lie silent for a little while longer, I thought I would use this time to introduce you to some of our ringers at St Andrews.

This month it's **Debbie Fletcher**.

Debbie moved to Gargrave in 2011 from Lichfield. She is retired from a long career in Further Education however retirement does not stop her being busy. Debbie likes to keep fit through cycling and walking and working in her garden. She has eight grandchildren, who in more normal times she sees regularly and she volunteers for both CAB and Age UK.



Debbie started ringing in 2018 having always fancied having a go. She was prompted to finally take it up by an Open Tower event at the church, spurred on by another villager Allison Wiffen, who had already taken the plunge.

I asked Debbie a few questions about her ringing experience so far....

What do you enjoy about ringing?

I enjoy the camaraderie and the support you get from other ringers, the stretch and exercise you get - even just climbing the tower! There is great satisfaction when the bells don't clash and sound tuneful and I enjoy the challenge of learning new methods (tunes). Also I love the fact that it is part of our heritage. Bells have been ringing in England for centuries.

What is the trickiest part of ringing?

For me its bell handling - and this last year hasn't helped! You worry that you've forgotten what you know, and I can't wait to get back into the tower to have

some solid bell handling practice. We've been learning methods using Ringing Room whilst in lockdown which is great, but now need to put the theory into practice. I've got into counting my place rather than looking for Sallies (ropes) – let's hope I can continue to do this when we return.

Is there anything unexpected about ringing?

You are welcomed at other towers both locally and nationally and Malcolm Bland had been really proactive about getting the more inexperienced ringers out to other tower practices before the Pandemic to get the feel of other bells.

I did ring in the Scilly Isles when we went across the summer before last and really enjoyed the experience.

How would you describe it to encourage others to take it up as a hobby?

If you are looking for something a bit different, where you can meet other people and have some fun, where you get a bit of exercise and where you can get involved as much or as little as suits you, then give it a go. Absolutely no experience of anything is required, although the ability to count to 8 is useful!

If you think bell ringing sounds like a possible new hobby for you, do get in touch. Even though Covid 19 might keep us out of the tower for a little longer yet, there are still aspects of this varied hobby that can be learnt in lockdown.

Gargrave and Malhamdale Community Library

Dave Smith

As I am sure you are all aware the Library has been closed under Lockdown 3 regulations and, at the time of writing, it is anybody's guess as to when we will be able to re-open.

Being an optimist group on the Library committee we hope we will be able to re-open before you receive the March edition of the Magazine. When we do re-open the hours will be as follows:

Mondays	3-4pm
Fridays	2-4pm
Saturdays	10am-12 noon

The loan period for books before fines are due has been extended until the 1st March.

No doubt when libraries do re-open, announcements will be made in the press and we will distribute a few posters together with an announcement on the Library website. www.Gargravelibrary.co.uk.

During the closure period we are able to offer a very limited service as outlined below:

The Home Library Service will still be offering free delivery of books to your door. The Select and Collect Service will still be available.

Access to the PC and Photocopying will still be available through an appointment.

For further information, book an appointment or to place an order for any of the above services please contact the Library on 01609 536547 or email admin@gargravelibrary.co.uk

Happy first birthday to GNAT!

Bee Faulkner (GNAT chair)

Congratulations to all who have helped support our Village Toilets this last year. 1st Jan 2020 was the date that our loos were due to be boarded up, with the water turned off permanently. Thankfully this nightmare didn't come to pass, and the rapidly formed Gargrave Needs A Toilet (GNAT) Group was able to seamlessly take over from the Parish Council. We've now seen our first 12 months through, with volunteers doing all the staffing, for all 366 days of our first year. We are glad to be providing facilities for Cygnets Bistro & The Dalesman Café – our well ventilated village loos being on hand for their visitors, as well as to everyone else passing by.

We've had support from so many directions, people donating money, publicising our cause, painting, mural making on the doors, sign making, spring cleaning, gardening, putting in low energy light bulbs and shelves, helping with the electrics and plumbing when fitting the new handwasher-dryer unit in the Disabled loo. This unit complements the new ones we now have in the Ladies and Gents – which were in a sorry state this time last year. And now we have too the water bottle filling machine on the outside wall of the loo, complete with lovingly made to measure mounting frame, carved to fit the curves of the textured bricks of the wall. Thank you to all those who have given so generously in time and money to help turn around our toilets.

To help keep us running, we would particularly welcome regular monthly standing orders of £1, £5, £10, etc. Our bank account details are: GNAT (Gargrave Needs A Toilet) NatWest, Sort code: 01 - 07 - 93, Account number: 53123018. Or visit <https://www.gofundme.com/f/gnat-gargrave-needs-a-toilet> to make a one-off donation.

We'll be holding our AGM by Zoom this year on Friday 12 March at 6pm..If you'd like to join in, here are the details. Or if you'd like them by email, please email me at BeeActive@posteo.net.

<https://us02web.zoom.us/j/86716198135?pwd=L0o2c1dEQ0FnR2hLWk4UnRWcDI6QT09>

Meeting ID: 867 1619 8135

Passcode: Gargrave

And if you'd like to include a regular weekly or fortnightly outing to your diary, why not join our volunteer cleaning rota? We'd ideally have two people per evening, so you can either have company whilst cleaning, or clean on alternate weeks. Please contact me on 07778 980994 if you'd like to be involved. (I've bizarrely been finding my cleaning session has become one of the highlights of my week, enjoying my regular catching up with my cleaning buddy Wendy.)

Gargrave Parish Council

Kath Ashby

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

When meetings do not take place, a monthly report is produced.

Hungry wild birds

Janet Prince

I have been feeding three sets of swans on the canal from Lock 30 (Skipton end of Gargrave) back to the Anchor Inn. I bought frozen peas from the Co-op shop: swans can have peas and frozen sweetcorn. White bread has no food value for swans and other wild birds and so is best avoided. Wholemeal seedy bread is a much better alternative (bread must not be given dry). Other options include rolled oats, and cracked corn and wheat. Cracked grains are much easier for birds to digest than whole kernels.

Two of the swans near the Anchor inn have been rescued because of the frozen icy water; they were unable to survive there! On 10th January all 3 sets of swans were back on the canal; they have become quite tame. Apparently the swans roost away from the canal, then return again.

I am also feeding the ducks at South Street with sunflower hearts twice a day; also wild bird seed for the other birds. I go out well dressed up for the cold weather and wear my wellingtons. Readers, please consider feeding the wild birds where you live!

PS Does anyone keep a scrapbook?

Locket found... and a bracelet and a ring

*Sue Warburton
Bee Faulkner*



This locket has been found and is possibly owned by a lady with connections to Milton House on Marton Road.

If anyone can identify the locket or the couple in the photos, could they please contact Sue Warburton, email sue@warb.co.uk or phone 07729 122597. Many thanks.

And in our Village toilets (the disabled one) a ring has been found, and also a child's bracelet. Please contact Bee Faulkner on 07778 980994 for more details

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If you'd like to advertise in the Parish Magazine, please contact Jane
on 07581 733147 or gargravemagjd1@gmail.com.

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

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FARMING ON SCALEBER HILL

John Hall

DECEMBER IS notorious for being a difficult month on the farming calendar. Short, dark days usually damp, wet or miserable subjecting cattle to sudden changes in temperature causing various chills and coughs. Unfortunately, the animal vaccines which would normally be produced to be administered for such conditions as pneumonia have been put on hold and delayed due to the manufacture of covid vaccine which takes precedent.

In a normal year it is usual to socialise in the build up to Christmas – the fatstock shows, the local carol service and the banter of the show ring – the lockdown has taken its toll and spread gloom over the whole area.

As a member of the senior age group, and having taken notice of the relevant advice very seriously, it was a shock to discover I had Covid 19 over Christmas. This was not a pleasant experience but I am now on the mend.

2020 was not a year one views with much pleasure. Due to lockdown the New Year arrived with muted enthusiasm. New Year's Eve has always been a night of celebration, this year was like a damp squib. One cannot dwell on what might have been as the animals need attention!

With a brisk north east wind and a covering of snow it was decided that it was time to start supplementary feeding the sheep with high energy concentrate feed and haylage. What a relief for them after all the pouring rain and floods to have a nice cold and dry spell. The sheep must appreciate dry backs, some good food and a hint of Spring as the days start to lengthen. I do believe I saw daffodils flowering in York on the TV?

After all the uncertainty concerning Brexit, can one believe life might return to some semblance of sanity with the announcement of a trade deal. However, the first signs of delays at ports concerning machinery spares, sudden increase in the cost of animal feeds and straw prices at an all-time high, does not help the blood pressure of a farmer!!

NATURE NOTES

Bathie

Mosber Lane and the moat...

Down by the moat, on a clear and crisp winter's afternoon, I gaze across the icy plateaus of the semi-frozen lake. A handful of Black-headed Gulls are standing motionless on the ice. In their winter plumage, their name seems somewhat incongruous, as they have white feathers on their heads and just a smudge or two of grey. Even their summer head gear isn't black but a chocolate brown. These small gulls are the most common species found inland, and until the 1940's, colonies were commercially exploited for both eggs and meat.

A dozen ducks fly down to the waterlogged grass on the far side of the moat. Some appear to have chestnut brown heads, grey flanks and a white flash along the wings, more detail than this is hard to discern. They settle down to forage amongst the grasses and melt away into the meadow.

I discover that they are Teal, the smallest duck found in the UK, about the size of a pigeon. The males have an iridescent blue-green teardrop marking on their heads, which is where the colour teal's name comes from. The males are in their nuptial plumage, which is bright and distinctive. After the breeding season, from mid-summer until October, they will be in eclipse plumage which is a mottled brown, resembling the female. When not breeding the ducks are very gregarious, and although some will breed in the UK, the majority are winter visitors from the Baltic and Siberia. A group of Teal are called a spring, apparently due to the way they can suddenly take wing vertically.

Beyond the moat, along by the tinkling beck that separates the meadows, are several leafless Blackthorn trees. But brightening up the spiny branches are

tiny golden saucers, surrounded by lemon and lime foliose (leafy) growth. This is the Sunburst lichen (*Xanthoria parietina*) an apt moniker for such a glowing lifeform, although it goes by many other names.

It appears to be a single entity, but lichens are a cunning combination of at least two different organisms. There is at least one fungus involved and either green algae or cyanobacteria (formerly blue-green algae) or both. They employ a strategy known as symbiosis, which is when species interact in ways that benefit both of them. The alga makes carbohydrates by photosynthesis and the fungus absorbs minerals from the environment. Without the presence of the alga, the fungi found in lichens could not exist. Cyanobacteria, however, can exist independently in a variety of environments.

The attractive golden saucers I see on the Blackthorn twigs are apothecia, a technical name for the spore-producing bodies. The leafy structures are made from a mesh of fungal filaments called hyphae, and embedded within are the photosynthesizing algal cells.



Although appearing to suffocate the branches, lichens do not harm the substrates they are found on, merely using them as a support structure. They can be found on many diverse materials including bark, rock, concrete and soil. Certain tree-dwelling lichens are used to monitor nitrogen pollution in the atmosphere and most lichens are intolerant of high levels of sulphur dioxide. Their chief environmental benefit is to cycle nutrients making them available to plants.

Walking up the meadow near the railway line, I hear and then see Chaffinches and Blue Tits, darting about in the shrubs on the embankment. Perched at the top of a tree, overlooking the line, a Kestrel surveys his domain, on the lookout for small mammals such as mice and voles. The railway line provides a valuable green corridor, connecting habitats and allowing wildlife to move from place to place. With a generally undisturbed habitat, it provides a safe and secluded home for many creatures.

On Mosber Lane, close to the railway bridge, there is an elegant Silver Birch with strange, tangled-looking bird's nests on some of its branches. These are not bird's nests, however, but Witches' brooms, an overgrowth of woody stems, and in the case of the Birch tree, they are caused by a fungus. The Witches' brooms don't adversely affect the health of the tree and can be an attractive addition.

Further along the lane, in the centre of a spikey blackthorn hedge, no longer hidden behind dense foliage, I find an old Wren's nest. It is a small, hollow ball made mostly of moss, surrounded by a protective crown of thorns.

The silver-grey trunk of a majestic Beech tree is shaped like a massive, fluted column, reminiscent of those found in the nave of some grand cathedral. I marvel at the



large, sooty black buds on an Ash tree, just waiting for the warmth of spring to burst them into life.

At the top of the lane, I take in the timeless view of the village, nestling cosily beneath the flank of Sharphaw. And as dusk falls, I head back along the darkening way, listening to the plaintive “keeeyaa” call of a Buzzard, and turn to see him circling high above a nearby hill, silhouetted in the fading light.

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.

I'd like to take occasion to celebrate the fact that David's Crown, the book in which all these poems are collected will be published at the end of January, and also to invite you to a special celebration and launch event! On February 11th at 7pm Canterbury Press, my publisher, will be hosting a webinar in which I will be joined by Christine Smith, my editor, and three distinguished guests, to discuss the book, and the more generally the role of the psalms in our contemporary life, and to choose, read, and comment on a selection of the poems. It should be a wonderful evening, it will be completely free and you can register for it here: <https://canterburypress.hymnsam.co.uk/events>.

Psalms 78 is a wonderful long psalm in which the psalmist looks back on the dramatic story of Israel and how they were rescued from Egypt and brought into their promised land. But the psalm faithfully remembers not only God's gracious rescue but also Israel's many backslidings, and God's nevertheless persistent grace. This story, the psalmist says, must not be hidden, but proclaimed afresh to each new generation both so that they should know that God is gracious and that they should learn from the mistakes of the past. What was true then is true now, and in my response I have tried to tell the story, as I do throughout David's Crown, of my own experience of gracious rescue and also of my own fallings away from, and grace-led returns to, my saviour.

LXXVIII Attendite, popule

He led me out of darkness into light
And now I will proclaim all he has done
To rising generations. My delight

Will be to share the story of the one
Who came to me before I came to him,
Whose love still greets me with each rising sun.

But neither will I hide my sin and shame;
The many times that I refused his grace
And turned my back on him, forgot his name

And sought my former darkness, turned my face
Away from my redeemer. I'll confess
My own perversity, and dare to trace

My wilful trespass in the wilderness
And how through all of this, my Lord stayed true
And pulled me through with patient tenderness.

RELINQUISHMENT (PART 2)

Tony Collins

This is the second of a three-part series by Tony Collins, a literary agent who has written this for the Parish Pump news service.

LAST MONTH I WROTE ABOUT MY ADDICTION TO CARS. But how about the addiction to a busy life?

Until a few years ago I ran a couple of imprints at a well-known publishing company, and feared I was slacking if I didn't receive a hundred emails a day.

I regularly attended events such as the Frankfurt Book Fair, where the diary took months of planning and each day was divided into thirty-minute slots. The buzz was intense: I have rarely felt more alive. I was publishing 60 books a year and keeping my feet in the complex web of relationships that that required. It all took intense concentration.

Like many business folk, I have been an adrenaline junkie. Which is another way of saying: your life is probably at war with your ethics. If you fill every minute with sixty seconds' worth of distance run, as Kipling had it, you cannot think critically. This is where relinquishment comes in. It helps us stop trashing the planet, for a start.

Relinquishment allows us to concentrate on priorities. If we are trying to live a sustainable life, to eat meat from animals farmed with integrity and butchered without cruelty; to seek out fruit and vegetables that are locally sourced, grown without artificial fertilizer, and packaged without plastic; these things require space to think. Pollution, land degradation and climate change all result from the premise that more = better, which is the lie behind our enslavement to the Gross Domestic Product. We cannot afford to keep going as we are.

In the everyday routine of our lives, if we are to live as faithful disciples, we must undertake the detailed work of finding out and considering the implications of our choices as voters and as consumers. We should ask, 'Who made this shirt? Why is it so cheap? Where was the cotton sourced? How was the factory run? What were the workers paid? Did they work reasonable hours? As a customer, am I a partner in their wellbeing, or exploiting their vulnerability?'

It takes time to make considered decisions – and relinquishment creates time. These ideas, and many more, are explored by Pen Wilcock in her new book *Relinquishment: Making Space for What Really Matters*.



REASONS TO BE CHEERFUL



Anon

I have stopped accessing the news; well, more or less. I know I need to know what's going on, but how I wish the media would also show some positive stuff. Like a sunset even if it's over a snow covered landscape; someone smiling rather than crying; it's good to say thank you for our NHS, but we have so many other things to say thank you for too, don't we? So, here is my little test of positivity in this local part of the media!

Things to say thank you for:

Friends who leave little parcels of home baking on my doorstep



YouTube church services



Walks in our beautiful countryside



Birdsong



Pregnant sheep on the hillsides oblivious to anything but chewing grass and looking out for the shepherd with extra goodies to eat



A glimpse into cowsheds filled with contented cows peering out at strangers walking by



My on line teacher and friends in class who make me laugh every lesson.



Folk who work tirelessly to provide me with food; those who deliver, click and collect or take away and shop workers especially our Co-op in Gargrave



Technology and how much more I have mastered (well, a bit better anyway) in lockdown



The love and patience of those I live with



The eternal, wonderful, powerful love of God who promises that all will be well

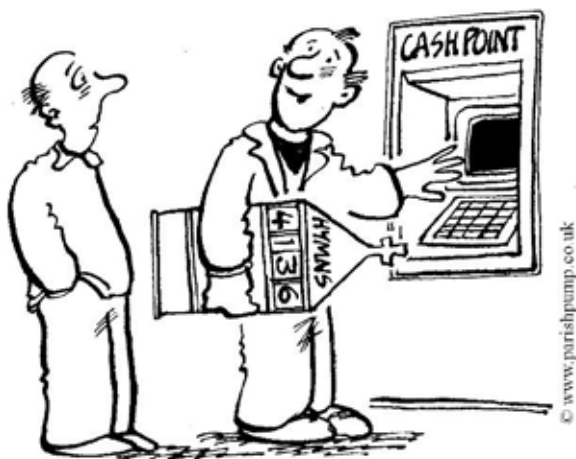


A February Rose by Nigel Beeton

My love, she likes a red, red rose
Of deep magenta hue,
A gift for Valentine that shows
That someone's love is true.
But think on this, my bonnie lass,
As you admire the bloom –
That flower's been forced on under glass
You ought to wait till June!

Diabetic

A fellow nurse at my hospital received a call from an anxious young woman. "I'm diabetic and I'm afraid I've had too much sugar today," she said.
"Are you light-headed?" my colleague asked.
"No," the caller answered, "No, I'm brunette."



*...between you and me, it's the
only way I can remember my PIN number!*

INFORMATION

Gargrave Lands Charity

Are you currently experiencing financial difficulties and needing help?

***Do you need financial assistance to pursue
higher or further education or vocational training?***

**If you live in Gargrave, Flasby, Eshton, Winterburn, Coniston Cold
or Bank Newton then Gargrave Lands Charity may be able to help!**

Financial assistance readily available in approved cases.

***Contact one of the trustees listed below to discuss your situation.
Absolute discretion and confidentiality assured.***

**Phil Ellis
748685**

**Christine Charlton
748817**

**Joyce Garner
748447**

**Ian Reed-Peck
07527 269915**

**Mike Maiden
07876 886313**

Public Transport leaving Gargrave

Compiled by Peter Hardyman 18 January 2021

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

Gargrave Private Hire - local & distance, airport transfers: [07877 054698](tel:07877054698), 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 REDUCED TIMETABLE from 18 January 2021

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

Mon-Sat (From 18 Jan) 0744 0754 1150 1645 1813 1850 2237⁴

Sunday (From 24 Jan) 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 18 Jan) 0528 0902 1504 2006

Sunday (From 24 Jan) 0922 1115 1412 1615 1815

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

Mon-Fri (from 18 Jan) 0832 1133 1732

Sat (from 23 Jan) 0832 1133 1732

Sunday (from 24 Jan) 0950 1311 1509

NOTES: Location of Pick Up in Gargrave for Rail Replacement Buses is uncertain: may be beside The Summerseat on High Street OR at Station Entrance: CHECK WITH NORTHERN. 1. Change at Skipton for Leeds. 9. To Ribbleshead ONLY. Generally, only DIRECT journeys are shown. AT THIS TIME, Northern recommend consulting the National Rail 03457 48 49 50 or the Journey Planner:

<https://ojp.nationalrail.co.uk/service/planjourney/search>

As of 18 Jan: No planned

engineering works affecting trains from Gargrave during February 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/

BUSES from Gargrave (from 20 July)

***Except Bank Holidays**

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

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

Saturday 0820 0910 0955 1055 1155 1255 1355 1455 1555 1755

Sun + B.Hol: [873/884] **NO WINTER SERVICE**

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: **NO WINTER SERVICE**

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

Mon-Fri* [210/211] 1000⁷ 1310⁷

Saturday [75] **NO WINTER SERVICE** Sun + B.Hol: [873/884] **NO WINTER SERVICE**

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

Public Transport back to Gargrave

TRAINS to Gargrave <u>REDUCED TIMETABLE</u>	<u>Last DIRECT train</u>
From Skipton (arr. Gargrave ~ 6 mins later)	LEEDS to GARGRAVE
Mon-Sat (From 18 Jan) 0522 0826 0856 1127 1458 1727 2000	1648
Sunday (From 24 Jan) 0917 0945 1110 1305 1406 1503 1609 1809	1732
From Lancaster via Giggles'k (Trains arr. Gargrave ~ 65 mins later)	
Mon-Sat (From 18 Jan) 0648 1046 1745 2131	
Sunday (From 24 Jan) 1106 1344 1552 1751 2018	
From Carlisle (direct: arr. Gargrave ~ 2 hrs later)	
Mon-Fri (From 18 Jan) <u>0713¹³</u> <u>0824¹⁵</u> <u>1049¹⁵</u> 1450 1618	
Sat. (From 23 Jan) <u>0713¹³</u> <u>0824¹⁵</u> <u>1049¹⁵</u> 1450 1618	
Sunday (From 24 Jan) 0925 1225 <u>1520¹⁵</u> <u>1607¹⁵</u> <u>1725¹⁵</u> 1911	
NOTES: 13. From Ribbleshead only. 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. (Regrettably, no Winter Offer this year.)	

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 0950M ⁸ 1045 1145 1245 1300M ⁸ 1345 1445 1545 1645 1845	
Saturday 0850 0945 1045 1145 1245 1345 1445 1545 1645 1845	
Sun + B.Hol: [873/884] NO WINTER SERVICE	
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: NO WINTER SERVICE	
From Malham (arrives Gargrave ~ 25mins later) (Services 210/ 211)	
Mon-Fri* [210/211] 1035 ⁸ 1335 ⁸ from opp. Buck Inn, Malham	
Saturday [75] NO WINTER SERVICE	
Sun + B.Hol [873/884] NO WINTER SERVICE	
NOTES 8. Tues & Thurs service stops at Coniston Cold 4 mins before Gargrave	

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GARGRAVE BRANCH SURGERY: Currently closed.

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

	First day of holiday	Last day of holiday
Half term	Mon 15 Feb	Fri 19 Feb
Easter	Mon 29 March	Mon 12 April
Half term	Mon 31 May	Fri 4 June
Summer	Mon 26 July	Fri 3 Sept

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 parishmagads.gargrave@outlook.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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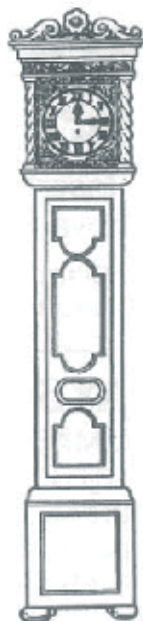
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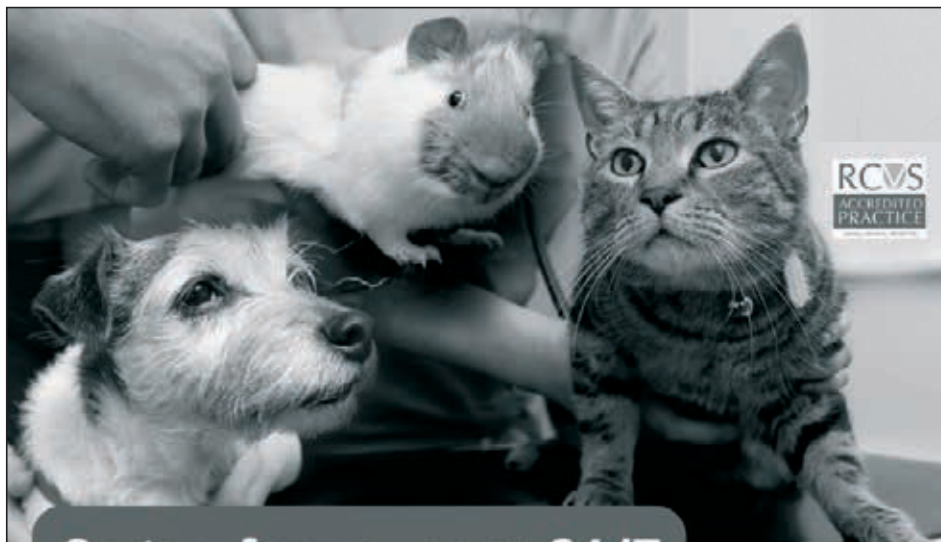
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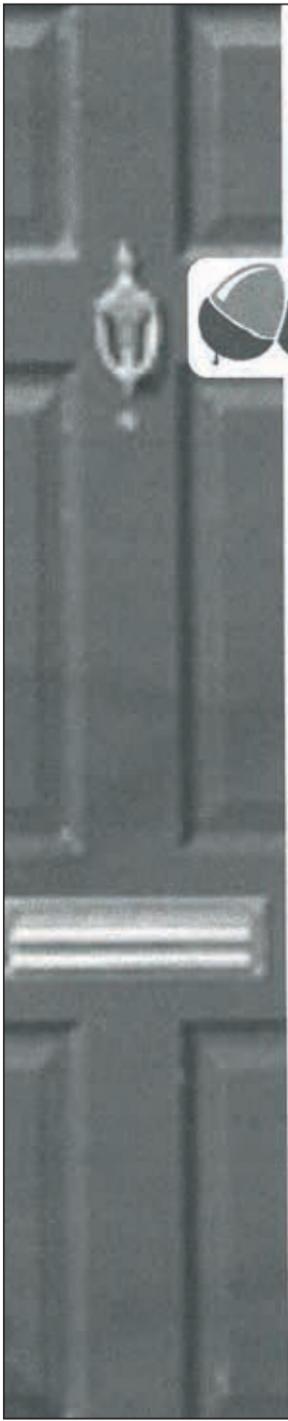
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