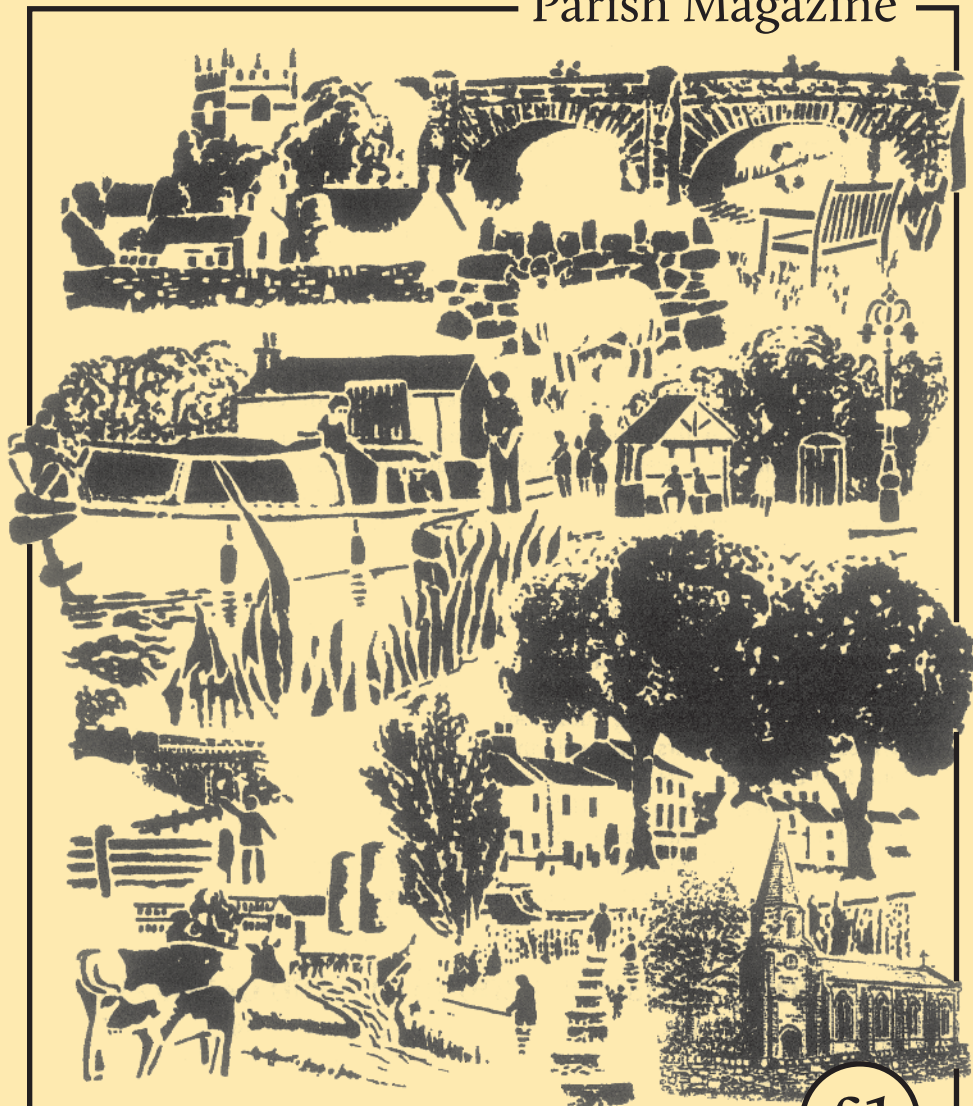


GARGRAVE & CONISTON COLD

Parish Magazine



MARCH 2021

£1

Inside this month

Looking forward to freedom from slavery

Post office "temporary" closure

Hard-won wisdom from a rich Christian tradition

Why are Bob and Sally ringing the bells?

Malhamdale Environmental Group

Simultaneous launch of Walks around Gargrave and Dog Watch – coincidence?



Photo by Ray Bracewell

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Public Transport back to Gargrave

TRAINS to Gargrave **REDUCED TIMETABLE**

Last DIRECT train

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) **0713³** **0824⁴⁵** **1049⁴⁵** 1450 1618

Sat. (From 23 Jan) **0713³** **0824⁴⁵** **1049⁴⁵** 1450 1618

Sunday (From 24

Jan) 0925 1225 **1520¹⁵** **1607¹⁵** **1725¹⁵** 1911

NOTES: 13. From Ribbleshead only. **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 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] **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] 1035⁸ 1335⁸ 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

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

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

www.northyorkstravel.info/operators/n/nycc/ 01609 780780; 580/581/582, Kirkby

Lonsdale Coach Hire 01524 733831 www.klch.co.uk ; Buses (general) www.dalesbus.org

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

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

Note: Transport details remain subject to changes, e.g. as Covid-19 response develops.

COLLARED!

Rev Andrew Steer

The joy of freedom

ONE OF THE NEWS STORIES which has caught my eye recently has been the plight of the Uighur people – an ethnic group native to northwest China. Recently, China has detained millions of Uighurs in massive secure facilities known as “re-education camps”. The state insists that these are “counter-extremism centres” and are there to promote the economic and personal well-being of the people. However escapees reveal a much darker story, of forced labour, systematic torture and mass sterilization of women. The horrors of ethnic cleansing come to mind.

Our world is full of tales of injustice and imprisonment from elected leaders being thrown into prison such as in Myanmar to people living in modern slavery even in 21st century Britain. On a much more global scale, although far less severe, most of us have experienced something of our own freedoms being impinged upon. Living through lockdowns has meant we are unable to meet family and friends as we wish, not to mention the many activities we normally enjoy in life.

This theme of denial is close to the Christian experience as we journey through Lent. We are encouraged to exercise self-restraint by giving something up, or a little self-sacrifice by doing good works for others. Lent is a bit like an annual lockdown for Christians. Its purpose is to prepare us for the joy of Easter Sunday when we celebrate the ‘bursting forth’ of Christ from the tomb. Easter Sunday is the pinnacle of the Christian year and the sheer depth of joy and celebration is hard to describe – perhaps one way is to imagine that suddenly the Prime Minister comes on our TV screens and announces that Covid 19 is over and that the country is fully open, for good – tomorrow!

The truth is that the resurrection story is all about freedom, emancipation, release. Throughout the Bible, there is a recurring narrative of release from slavery into freedom and in Christ’s death we experience the fullness of that. The well-documented resurrection of Christ brings with it an existential freedom – a release from all those things which hold us back such as regrets, fears, disappointments, even shame. And it’s not just a release from the past, but also a whole new way of being. Imagine that someone knows everything you ever thought, said or did, every mistake or misdemeanour, every angry thought, every secret longing. And imagine that person loves you regardless of all that and will never stop loving you.

If you can imagine all that, then you’re some way to experiencing the incredible joy and wonder of Easter Sunday. If you can imagine a life of ‘inner freedom’ and all that brings to the way you feel about yourself, your loved ones and the world around you, you’re on the right track. Then develop this into a position of thankfulness, joy and inner peace, where you know that you are loved beyond belief – even by a higher Being, and you’re getting closer to Easter.

It's hard to find the words which can express the incredible joys of freedom we find in Christianity, and when we declare "Christ is risen – He is risen indeed. Hallelujah!" you may get a glimpse of what this means.

In the meantime, we continue to be on our knees praying for the release of the whole world, for the freedom of all people who are enslaved in any way, and for peace, justice and joy for everyone.

Happy Easter!

March

NEWS

Gargrave Church of England (VC) Primary School

Sarah Peel

'Work with all your heart'

LOVE, PEACE, HOPE

Remote Learning – Parent Survey Feedback

"Fantastic mix of work and support. We don't see the other side of what you do, but I imagine it must take so much planning and preparation- thank you very much." Parent – Sycamore Class

"Although XXX is in school the way on-line learning has been set up means I can still do tasks with XXX after work" Parent- Apple Class

From these responses, it is clear that parents and children are trying extremely hard to adapt whilst trying to balance a number of other competing priorities. In some cases, parents expressed a sense of fault that they were unable to oversee remote learning as much as they would hope, as they balanced those priorities.

"The daily catch-up is really valuable. Being able to e-mail staff when problems arise is great, they are always dealt with in a timely manner" Parent - Oak Class

"I feel the videos are a big improvement on last time and they are really beneficial as I don't need to explain as much" Parent - Willow Class

We heard that for many, remote learning is currently working "well" or "very well" with 68% of respondents stating so. 6% stated they thought remote learning was not working well and there were specific reasons stated for these few respondents which we will seek to address. We were relieved to hear that no one believed it was not working at all for their child.

26% of respondents thought remote working was just working "ok". Understandably, we accept it may not work well for everyone. This was also reflected in our question asking how well children are engaging with remote learning content. Again, it is reassuring to hear that the majority of children are

able to get through most of their activities. Teachers appreciate the efforts of both children and parents in marking and uploading the work via Teams.

45 respondents proactively expressed their gratitude for the effort teachers are making in planning/delivering lessons. Teachers are working above and beyond their normal working hours to deliver remote learning and I know this feedback is appreciated and motivates them to keep delivering the best possible experience for our children.

"The quality of video lessons is fantastic" Parent - Ash Class

There were similar positive messages to be found in terms of the pace, clarity and content of remote learning. We are continually striving to improve our remote learning and details have been shared with parents. We hope that we are able to return to a more normal curriculum as soon as possible.

Reassuringly, nearly all respondents felt they had sufficient IT support to undertake remote learning effectively. This is encouraging - we were able to provide support to a number of families in the early stages of our remote learning and it seems to have worked well so far. This has included devices from the DfE and also devices from the community which have been donated to us- thank you.

Inside Out Day

Everyone in school together with those children who were remote learning at home, took part in **"Inside Out Day"**. Staff and children did a range of activities which explored this year's theme of Kindness, Resilience and Gratitude.

Everybody was encouraged to wear an item of clothing **inside out** as a reminder that, how someone else looks on the outside doesn't necessarily reflect how they are truly feeling on the inside. We used the following as inspiration to think about how we can demonstrate kindness, resilience, and gratitude ourselves.

Gratitude: Gratitude meditation; Create a gratitude box

Kindness: Read the 'Drop of Kindness' poem; Send a drop of kindness card

Resilience: Make a resilience fortune teller

Below is a selection of photos that parents have sent in. They show how creative children have been and how engaged they were in the activities.





Village Hall news

Caroline Thompson

Here we are in another month but really there is nothing different to report at present. The Prime Minister will be updating the nation on the 22nd February with a plan for coming out of lockdown but with the deadline for the March edition of the church Magazine being on the 18th February we at the Hall currently at the time of writing remain in a state of uncertainty. We would like to think that slowly we shall be able to return to some normality, however it is doubtful that any plans will include the possibility of hosting any larger events for some time yet.

Normally by now everyone will have had the opportunity to purchase their Village Hall Members books for the forthcoming year. The pocket size booklets list the years events and contain contact numbers for both committee members and class leaders, they also act as a receipt for membership, with payment in recent years being a nominal £3.00 per person. We have not published the booklets this year as we felt there was little point at the present time as we currently have no events taking place. We do have regular bookings provisionally in place for when they are able to resume and will make a decision on the printing of booklets and any membership details when we are able to do so.

We would like to take this opportunity to send very special birthday wishes to a former long term and valued member of the Village Hall. Mrs. Muriel James will be 100 years old on the 22nd March. Mrs. James and her family ran the corner shop in the Village for many years. She was a key member of the Ladies section which organised the monthly dances and she and her friend Lucy Taylforth were the regular faces taking the admission fees on the door at the dances. We shall be sending a card from everyone on our committee to mark this amazing milestone birthday. If you remember Mrs. James and would like to send greetings this is the address: Hemcliffe Care Home, Belmont Ward, Spring Gardens Lane, Keighley, West Yorks. BD20 6LH.

One event which we do already know will be taking place at the Village Hall is the Police, Fire and Crime Commissioners election which is due to take place on the 6th May. The election will be overseen by Craven District Council and anyone going along to vote can be assured there will be strict protocol and safety measures in place. The count will also take place at the Village Hall with security staff in attendance. The elected Official will be responsible for overseeing how crime and community safety are tackled in the North Yorkshire County Council area. They will also be responsible for providing services for the victims of crime.

Our Caretaker Robert has kept busy this month becoming a dab hand with the paint brush. I think if he was an artist he would belong to the Impressionist abstract movement, a Jackson Pollock with his vigorous sweeping brushstrokes. Simon is our assistant cleaner and adds the final neat finishing touches. He is more of a Picasso, famous for his fine line work. Seriously though they both do a great job and interestingly a Jackson Pollock piece is worth more than a Picasso but we value each work equally!!

Another job recently completed is in the Match room, one of our smaller rooms for hire. We were kindly given a donation by a lady in the Village of some large mirror panels, these have been mounted in wood frames and fitted onto one length of wall. They will be a welcome addition in the room for anyone who teaches dance or exercise classes. Mirror panels are also a feature in the Annexe room.

During the past month we were very sorry to hear the sad news that one of our former Caretakers, Tony Cockshott had passed away. We send our sympathies to all his family and friends

Before we take a regular trip back to the Village Hall Archives it might be worth remembering that twenty years ago the farming community were in the grip of the Foot and Mouth disease. The countryside was effectively closed down and farmers were unable to leave their homes. The implications of the outbreak was devastating to them and their families.

It was an unprecedented time for the farming community. However though the road to recovery was long, things did slowly return to normal. Perhaps we can relate this to our current situation and by next edition of the Magazine our journey could have begun. Let's hope it's more of a Chew Lane trip than a route 66!

Back in the early 1970's the minutes had thankfully now begun to appear in a typed form and not handwritten. Emphasis was still on getting a good deal with the savings and on advice from the auditor, a bond for £300 was renewed with Baildon Urban Council with an incredible interest rate of eight per cent.

In May 1971 a question was asked of the boy who had put his foot through the door of the table tennis room. Apparently the Secretary had contacted the boy about the damage but had not received a reply. A further letter would be sent asking him to attend the next meeting. He duly attended the June meeting but said he could not afford to pay much for the damage. It was agreed he should pay half the cost and he arranged to pay the £6 in fortnightly

instalments. By September no instalment had been forthcoming so in October he was notified that his membership would be withdrawn until such time the amount was paid. It remains unclear whether this was ever paid or perhaps he took the easy way out and just went and played table tennis elsewhere!

A committee member took it upon himself to contact Rolf Harris asking for a painting to be shown at the forthcoming Art Exhibition, however in the meantime the Art Committee said it would be against their rules to show his painting but it could be accepted if it was shown at the Summer Festival and sold to the highest bidder. It seems doubtful that one ever arrived as there is no further mention of it in future minutes.

A telephone enquiry had been received from the WI requesting a use of a room for a series of twenty meetings but it was proposed that this was incompatible with activities already provided by the ladies section and the request was turned down.

In October 1972 it was decided that the television be removed as it was little used, and just as the first episode of Emmerdale was about to be aired too!

From the belfry

Ali Lucas



Before I started bell-ringing myself, I used to meet my now husband in the pub after practice night and sit down for a drink with his ringing friends. Their conversation would inevitably turn to bell ringing and suddenly it was as if they were all speaking a different language. They were using words that I knew like *dodge*, *lead*, *run* and *cover*, but put together in sentences that made no sense at all!

Several years later I realise that I now speak the language fluently and it is only when I am teaching new people to ring that I frequently find myself having to explain the meaning of everyday words in bell-ringing terms. When we say '*lead*' we mean your bell is rung first in the sequence. When we say '*dodge with the 3*' we mean first ring after bell number 3 rings and then immediately before number 3 rings. When we say '*cover*' we mean ring your bell last in the sequence. Is it surprising how quickly we take for granted the understanding and forget that these words have completely different meanings for those new to the art.

Sally and Bob are a couple of names in the tower that are often bandied about. For those bands who actually have members called by these names it must be very confusing. We use the word '*Bob*' to instruct the band to change the order in which they are ringing. If you were stood watching you could be forgiven for wondering why the conductor keeps calling his name and Bob never answers.

In the meantime Sally is being caught! This is the name we give to the fluffy bit of the rope, which ringers catch as the rope moves up and down.

Sometimes the language transfers in the opposite direction and terms used in ringing are adopted into every day conversation. You will have heard of the term '*Ringing the changes*'. This phrase derives from the practice of bell

ringing. Each line in the pattern of striking the bells is called a 'change'. To 'ring the changes' the bells start in the order 1,2,3,4,5,6 and then the order changes on each stroke until the bells are finally brought back to their original starting position.

You may also have used the term 'run like the clappers'. This phrase may have come from the times when all important news was spread to the village by use of the church bells. The 'clapper' in question is the bit that strikes the inside of the bell making the ringing sound - a vigorously rung bell implying a sense of urgency or speed.

And then there is the unspoken 'language' of ringing. The sound of ringing bells transfers the message of joy and celebration or sometimes sombre remembrance and sadness and occasionally sounds a warning.

The message from the band is clear though. We hope that we can soon return to the tower together and ring those beautiful bells. We also extend a warm welcome to anyone who fancies having a go and learning this curious language for themselves.

Deaths

Duncan Faulkner

We were saddened to hear of the deaths of two people who have been, in different ways, part of the life of St Andrew's Church, and many other aspects of village life for many years: Tony Cockshott and Professor Christopher Heywood. We hope to include obituaries for both in a future edition.

Gargrave and Malhamdale Community Library

Dave Smith

Not a lot of change from last month as at the time of writing the "Roadmap" for the lifting of restrictions has not been issued but, hopefully, by the time you read this it will have been.

Just to re-cap when we are permitted to re-open the Library Open Hours will be as follows:

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

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.

The loan period for books before fines are due will be extended until the Library is open.

During the closure period we can offer a 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.

You are now able to **Reserve a book** from the **NYCC Library Service** and collect from Gargrave.

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

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

Post Office closure

Nigel and Sue Taylor

We regret to inform you that Gargrave Post Office will be closing on the 24th March 2021.

If there are any shop owners in the village who are interested in running the Post Office from their premises please let us know.

We apologise for any inconvenience caused and would like to take this opportunity to thank everybody for their support over the last 27 years.

More on Post Office “temporary” closure

*Karen Bragg, Network Provision
Lead, Post Office Ltd*

We are writing to inform you that, regrettably, following the resignation of the postmaster and the withdrawal of the premises for Post Office use, the Gargrave branch will be closing temporarily on Wednesday 24th March at 13:00.

The provision of a Post Office service to our customers in the local community is important to us, and we will continue to work hard to restore services in the area. We would welcome any applications from potential retail partners interested in running a branch locally on our behalf. The vacancy is currently being advertised on our website www.runapostoffice.co.uk and applications will be carefully considered. If you are aware of any interested parties, please do share the link with them.

I would like to assure you that we are working hard to keep any period of closure to a minimum and we are currently investigating the options available which will enable us to reinstate a Post Office service to the local community. In exploring this, it is important that any future service is sustainable for the person operating the service, and for Post Office Limited.

Future provision will reflect customer numbers and usage and we may take the opportunity to establish an alternative type of service. This may be a local style branch which runs alongside an established retail shop in newly refurbished premises and creates a more modern and convenient experience for customers.

If you have any questions you would like to raise about this matter, please write to me via the National Consultation Team at the address shown at the end of the letter. Please note that your comments will not be kept confidential unless you expressly ask us to do so by clearly marking them “In Confidence”. Any future changes to service provision would be handled in line with our Principles of Community Engagement.

We would like to apologise for the inconvenience the temporary closure may cause. We hope that our customers will continue to use Post Office services.

Email: comments@postoffice.co.uk

Website: postofficeviews.co.uk

Address: FREEPOST Your Comments

Thanks and alternative post offices

Duncan Faulkner, Editor

It seems appropriate to put on record the gratitude of the people of Gargrave to Nigel and Susan for their many years of dedicated service to the village and surrounding area. From the point of view of the parish magazine, we're particularly thankful for their willingness to sell copies of the magazine over the past ten years. We wish them all the very best for the future.

There are several alternative post offices to Gargrave, all similar distances away. The branch in Subway at Swadford Street, Skipton is probably the best option for access by public transport. If you are driving or cycling, a pleasant trip with easy parking is to head north to Town End Shop in Airton. The shop and post office are currently open every day apart from Monday. There's also a post office in Hellifield.

Wanted: garage to rent

Alison Askew

Wanted, A lock up Garage to rent, anywhere in Gargrave. In which to keep a car. Please contact Alison Askew. 07805 581365

Mystery Donor

Julie Verney

There seems to be an anonymous gifter in this lovely village of Gargrave. At the turn of January into February I opened my front door just to check the weather only to find two bunches of daffodils lying carefully placed out of harm's way on my doorstep. No note, just these deeply budded stems full of the promise of spring. What an uplifting and exciting surprise yet tempered by the questions who and why. I therefore did some sleuthing only to find I wasn't the only lucky recipient.

Whoever you are, I would love to be able to thank you face to face for your thoughtfulness and care, never mind the effort of finding me! I suspect you want to remain anonymous so please accept my heartfelt gratitude and know that these blooms, now a blaze of gold, as well as your actions have brightened these difficult days immeasurably. Thank you!

Update from Gargrave WI: Keeping in touch

Sarah Kirk

As in many other WI's around the country, here at Gargrave WI we have been keeping in touch; meeting up last summer, sharing lockdown projects on line and enjoying (socially distanced, within government guidelines, of course!) chats as we have bumped into one another on our daily constitutionals around the village. Borne out of adversity and always ready to adapt to circumstance, the

National Federation is currently piloting virtual WI's complete with fun talks and 'breakout' rooms.

At Christmas, thanks to Janet Lane, Abbie White and Cynthia Hardyman, Gargrave WI were keeping it real with a festive gift of a bowl of hyacinths which filled our homes with intoxicating fragrance and glorious colour in the dark days of January. This month we have all been delighted to receive a 'Morsbag'.



In 2007 when living on a houseboat on the river Thames, Claire Morsman, became horrified at the endless flow of plastic bags in the water. After having observed a bird entangled in a plastic bag she vowed never to use a plastic bag again. Claire started making the shopping bags and handing them out locally. A great idea took flight.

There are now 1500 pods of people, mainly in North America, Europe, Australia and New Zealand, in addition to the UK, making the bags to give away to strangers and friends. Our thanks go to our perfect pod: Cynthia Hardyman, Glenys Riley, Jackie Nuttall, Janet Lane (pictured with some Morsbags) and Jean Maxwell who adhered to Claire's principal that the bags are also made from recycled material to save that too going into landfill. As Janet Lane put it: 'We thought this would be a nice thing to do as a WI to help us keep in touch. Enjoy your bag!'

We certainly will. Spot these incredibly stylish, environmentally friendly bags out and about on a local shopping trip near you!

Gargrave Art Exhibition: Summit Talks

Sheila Bamford and Sarah Kirk

We are now entering our third year as Co-Chairs of the Gargrave Art Exhibition Committee but in reality we have only overseen one show and at the time of writing uncertainties remain about 2021. However, we and our fellow committee members continue to initiate and collaborate, and in the midst of the pandemic our aim is to remain upbeat and to take steps into the future even though, as for everyone at the moment, our foothold is sometimes unsure and there are, no doubt, many twists and turns in the pathway ahead.

To help us consider this challenge, we set ourselves another one. Instead of a shared WhatsApp perusal of the task from our individual burrows, the two of us, determinedly upbeat, began beating a track up to the summit of Sharp Haw



in snowy, cold and crisp conditions. The spectacular views, the cries of the buzzards, the whoops of children tobogganing on the lower slopes, the thoughts of a beloved local artist prompted by the memorial bench situated on the track above Flasby, the fauna and flora, the cocker spaniels going hither and thither, intoxicated by forest smells, were all enough to make anyone feel upbeat. What a place we live in! On our ascent we occasionally looked down the valley

at the village nestled in amongst the hills and agreed on how lucky we are. And without mentioning what we were looking at by name agreed - what a place to hold a Summer Art Exhibition.

Since that January walk we and the rest of the Gargrave Art Exhibition Committee have been considering how to build on our experience of the 2019 Exhibition, banking the positives and dissecting the parts we thought we could improve upon. We have drawn up lists detailing what aspects of the Exhibition went well and what aspects require modification. The idea now is to work through each item and come to an agreed plan on how we can do better this year, hopefully, but maybe next year if things in respect of the pandemic are not going so well. Our objective is to provide uplifting experiences for our artists, our visitors, our purchasers and very importantly our volunteers. We also hope to work closely again with our primary and pre-school partners and business supporters.

The notion of 'post pandemic' implies that at some point all will be well but in reality there is enormous uncertainty about how things will be in six or twelve months' time. It is against this backdrop that we will be clear about what we can and cannot deliver, continue to plan for the future, strive to meet our aspirations and prepare enthusiastically for the time when we can once again hold another Gargrave Art Exhibition.

Meanwhile you can read our Newsletter Winter/Spring 2021 (No3) here <https://mailchi.mp/8b38975c0173/gargrave-art-exhibition-news-winterspring-2021-6661252>

And visit our website at <https://gargraveart.wordpress.com/>

BeeActive Pilates and Qigong: Zoom now; Outdoors soon?

Bee Faulkner

I'm dreaming of sharing outdoor Tai Chi Qigong with others again, hopefully this will be on the horizon sometime very soon. How about pencilling it into

your calendar too? When I can, I'll be starting a new beginners group on **Wednesdays at 9am**, and resuming the more established group on **Thursdays at 9am**. It's a minimal Covid risk activity as we need to be socially distanced anyway, so we don't collide with each other, and practising outside gives such good ventilation. And then there are the great health benefits and the wonderful connection with nature - given our beautiful location by the river, behind the War Memorial.

In the meantime I'm glad to be continuing my handy Zoom video classes for Qigong on a **Monday at 9am**, and for Modern Pilates on **Tuesdays at 10am**, and **Fridays at 9am**. It's such a good way of keeping one's practice going, and with it our core strength, length, flexibility, balance and so much more. We'll be breaking for Easter for a fortnight from 28 March to 9 April. If you'd like to join in, please contact me on 07778 980994 - the movements are accessible to most people.

My daughter and I had an entertaining visit to the podiatrist recently. "What you need", he told her, "Is Pilates! Go and find a Pilates instructor and keep on practising for 20 minutes a day, every day". He told us how it has been a transformational story for him, having begun ten years ago to alleviate back troubles. What music to my ears! Fortunately for my daughter, she didn't have far to look or far to go: our family exercise life has been transformed too and we now sometimes have all four of us working away together - fabulous!

GNAT needs and AGM

Bee Faulkner (GNAT chair)

Thanks to the help of many. GNAT (Gargrave Needs a Toilet...) has continued keeping the toilets open daily, whilst many other ones around the country have given in to closure this last year. Ours are appreciated by so many, including all the key workers and delivery workers passing through the village. We recently received a handwritten card left in the Ladies expressing great appreciation of being able to use our much needed facilities.

Although we are most grateful for the many one-off donations we have received so far, what we really need is a more regular, reliable, predictable income to give us the confidence to pay for cleaning. So instead of donating say £10 or £20 from time to time, please consider instead setting up a monthly bank transfer of £1 or £2 or more. Our bank details are: account number 53123018, sort code 01-07-93, name "GNAT". There are currently just eight of us donating monthly, how great it would be if this had a tenfold increase!

And we could do with augmenting our volunteer cleaning rota, so as to keep it not too onerous for anyone. Each of us is cleaning either once a week or once a fortnight, solo, or with a buddy, or offering holiday cover. Please consider joining the rota, or suggesting it to someone else you know who may be willing. Please contact me on 07778 980994 to find out more.

We're holding our GNAT (Gargrave Needs a Toilet...) AGM on Friday 12th March at 6pm by videoconferencing, to which all who care about our village loos are welcome to join.

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

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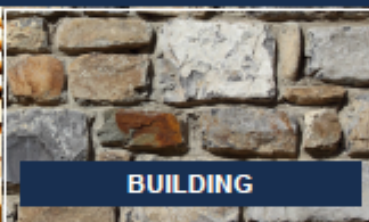


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Dog watch: Keeping Gargrave Gorgeous

Linda Hartell

Greetings one and all!

A small number of like-minded people have formed a group to highlight and tackle Gargrave's dog poo problem.

It's to be called 'Dog watch' with the reason d'être being... "Keeping Gargrave Gorgeous" – by educating and encouraging people to pick up poo and dispose of it responsibly – residents and visitors alike.

The plan is to mount an improved and effective signage campaign at key areas in the village and underpin this with brightly coloured 'Dog watch' badges that responsible dog owners can wear attached to hats, coats, bags etc. Thus clearly showing their support for the initiative and hopefully demonstrating that Gargrave expects everyone to pick up after their pets, everywhere, every time!

I'll keep you fully informed of progress.

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.

Malhamdale Environmental Group

Peter Cummings

Malhamdale Environmental Group (MEG) was set up in 2019 after attendees at the Malham Parish Meeting decided that they would like to carry out positive action locally to combat climate change.

Subsequently, MEG became the sub-committee of the Kirby Malhamdale Parish Council which deals with environmental issues. It works with Craven District Council and has set up connections with bodies including the Yorkshire Dales National Park, Yorkshire Wildlife Trust, and Yorkshire Dales Millennium Trust.



But what may be of specific interest to parishioners of Gargrave is the connection it set up last November. A representative from the Environment Agency (EA) and the Aire Catchment Network (ACN) spoke to the November MEG meeting about plans for natural flood management. Although much has been accomplished further downstream, information gathering work is ongoing along the upper stretches of the river so that properly planned and co-ordinated schemes can be prepared and implemented. Readers may wish to access three websites which should enable them to keep up-to-date with progress. The White

Rose Forest (<https://www.kirklees.gov.uk/beta/white-rose-forest/index.aspx>) is a partnership promoting increased tree cover across North and West Yorkshire and improvements to our natural environment. Yorkshire Integrated Catchment Solutions Programme (iCASP) (<https://icasp.org.uk/>) serves the Yorkshire Ouse drainage basin, a catchment area facing complex and costly challenges to do with flooding and drought, soil and water degradation, loss of agriculturally productive land and important ecosystems. Closer to home is the Aire Catchment Network's Newsletter (<https://mailchi.mp/48b928c6c363/aire-catchment-network-monthly-update-for-september-4662053>) which provides information about natural flood management projects in the Aire Valley. Of note is the ACN's survey which invites information from anyone who may spot sites for new projects along the river Aire where woodland planting and other natural flood management methods might be effectively introduced. (<https://survey123.arcgis.com/share/2914a3cba1434b0180f8033e089eba7e>)

Discussions with Yorkshire Wildlife Trust highlighted the fact that it would be helpful if a volunteer group could be set up that would provide labour for tree planting and subsequent maintenance tasks.

Accordingly, a database of local volunteers was set up with the aim of enabling local people to take part in tree planting, and similar outdoor tasks that encourage moves towards zero carbon targets and which contribute to natural flood protection both in Malhamdale and further down the Aire Valley and beyond. Those who wish to join this volunteer group should email malhamdalevolunteers@gmail.com for further information. Also, anyone wanting such tasks done is welcome to make contact via the same email address.

Serious volunteer activity cannot begin until the Government has decided that CoVid restrictions can be significantly relaxed. Nevertheless we plan for the future and the door is open for new volunteers to swell our database so that the demand for volunteers that will surely come when CoVid is over can be properly catered for.

One further item relating to tree planting has very recently occurred and may be of interest to Gargrave residents even if they live just outside the National Park area.

At the MEG meeting on 28th January, Chris Lodge, one of the Tree Officers at the Yorkshire Dales Millennium Trust (YDMT) explained that the Trust had just been awarded a £250k grant for a tree planting programme across the Yorkshire Dales National Park and Nidderdale AONB area. As part of this programme, named "Together for Trees" (T4T), Malhamdale was chosen as one of its hubs. The programme targets are the creation of a minimum of 30 new native woodlands (23 hectares), planting and protecting 80 landscape trees outside woodlands, creating 1000 metres of new native hedgerow and delivering 4 community woodland schemes (3 hectares). Chris asked for the group's support to enable the local community and the YDMT to work together to achieve these targets.

MEG will (i) help YDMT find suitable locations for small plantings and (ii), with equipment, saplings, tools and fencing provided free, help with planting.

T4T has a social dimension in its aim to bring communities together through tree-planting activities and to provide volunteers with knowledge about such matters as surveying, monitoring, and woodland management.

If any landowner or farmer wishes to find out more about the planting of trees in small patches of land which cannot be used for agricultural purposes, or needs hedgerows planted, or even wishes to replace individual trees that have died (as part solutions to replacing ash trees lost to ash die-back), please contact Chris Lodge at the YDMT on 015242 51002.

There is one area where we would have liked to make progress but have been unable to. MEG has been invited, along with other environmental groups to join in the drafting of a Local Area Energy Plan (LAEP). The input to this plan does require a sound knowledge of the science behind renewable technologies and no one amongst our current number have such knowledge. So anyone with skills, competence, and experience in these fields may wish to come forward. If so, please contact malhamdalevolunteers@gmail.com in the first instance.

Cats & dogs

Behind every cat that crosses the street, there is a dog saying, "Go ahead, you can make it."

Dogs believe they are human. Cats believe they are God.

The only domestic animal not mentioned in the Bible is the cat.



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FARMING ON SCALEBER HILL

John Hall

MY POLICY IN LIFE HAS ALWAYS BEEN work hard and play hard. 2020, due to all the lockdowns and isolations proved to be all work and no play! December and January are always difficult months on a stock farm but light relief has been obtained by Christmas and New Year festivities. After a complete blackout of social events over many months, a day of Spring like weather on the first of February coupled with record Covid vaccinations might bring a ray of hope of better days to come.

We have recently scanned the sheep. After problems with ram fertility and lameness during the autumn we were wondering how the results would be. No problem – good results and not too many triplets! As the sheep are in good condition the day proved positive.

Having planted woods and hedges over the years, we have hedges ripe for laying. As there is only a short period whilst the sap is down and before the birds start nesting, laying the hedge in a traditional manner is a pleasant and rewarding process. Finding time and suitable days whilst having all the stock to feed is the problem! I am sure Prince Charles would be able to advise, as I believe he is an expert, that there is a call to plant more and more trees but that the woods and hedges need maintenance to have the desired effect. These schemes are fine providing thought is given as to how they are managed. Our efforts at planting copses in wet areas have been of great benefit by keeping stock out of areas where liver fluke infestation can occur and providing shelter during storms. We have much pleasure with the wildlife and bird life and seeing all the various types of trees grow to maturity. However, the occurrence of Ash die back is a worry as some trees are showing signs of wasting.

I can't sign off without mentioning my pride and joy – the Lonk and Herdwick sheep. They are very independent and like open land and space! Wall them in and they are likely to go over, fence them out and they are likely to go under! In what has been the most difficult year ending with the horrible Covid 19, walking my dogs and tending my sheep gave me reason to get up and go. With lambing time looming and Spring on the way, by the time you read this all the daffodils Marjorie planted should be in full bloom.

SOLID TRUTHS AND REAL LIFE!

Tony Wimbush

"There is a persistent untruth which has made its way into the popular imagination in our day: that Christianity means closing off your mind, ceasing all serious thought, and living in a shallow fantasy world divorced from the solid truths of real life" ~Tom Wright, Anglican theologian

AS WE SLOWLY EMERGE from a long hard winter, both literally and metaphorically, few have remained untouched by some of the sobering realities of life. Below a diversity of voices from the depths and richness of the Christian tradition offer us hard-won wisdom, some solid truths and plenty of food for serious thought and personal reflection:

*

"The natural world is the larger sacred community to which we belong. To damage it is to diminish the emotional, imaginative, intellectual and spiritual life of humanity. We need to move from a spirituality of alienation from the natural world to a spirituality of intimacy with it, from a spirituality concerned with justice simply to humans, to a justice that includes the larger Earth community." ~ Thomas Berry, Christian ecologist

"In this life, in this age, to cling on to order and structure is unrealistic because the truth, the reality of life is not like that. Life is found when we let go of order

and comfort and confront disorder and death. The pinnacle of this theology of course comes in the gospel; Jesus enters the chaos and darkness of death only for the new life he came to bring to emerge at the resurrection." ~ Paul

Bradbury, Anglican pioneer minister

"As much as the world has an instinct for evil and is a breeding ground for genocide, racism, war, oppression, and injustice, the world has an even greater instinct for goodness, rebirth, mercy, beauty, truth, freedom and love." ~

Desmond Tutu, former Anglican Archbishop

"We had thought that we were human beings making a spiritual journey; it is truer to say that we are spiritual beings making a human journey." ~ Pierre

Teilhard de Chardin, Jesuit priest and scientist

"We believe in life before death" ~ Christian Aid motto

"While soul calls us down and into the details of our life, spirit calls us up and out, towards that which transcends us and the circumstances of our life. Spirit is the fire in the belly that kindles passions and vitalizes life. It calls us to be more than we are, urging us beyond the small safe places where we make our abode and inviting us to find our true home in relationship to the transcendent." ~ David Benner, Christian psychologist

"God comes to us disguised as our life!" ~ Richard Rohr, Franciscan priest

"With great spiritual intelligence, the poet Rainer Maria Rilke advises us to embrace and learn to love life's difficult questions, treating them like books written in a language we can't understand. Don't go chasing answers that aren't available to you right now, he says, but rather, 'live the questions now'. Then gradually we may learn to live our way into the answers." ~ Dave Tomlinson,

Anglican vicar

"I have set before you life and death, blessing and curse; therefore choose life."

~Old Testament

Jesus said, "A thief comes only to steal, kill and destroy. I have come that they might have life and have it abundantly" ~New Testament

Acknowledgements: Thank you to all the named authors. Why not search the internet to discover something about the real lives behind the above quotations?

WALKS AROUND GARGRAVE

Joanne Ackroyd and Duncan Faulkner

1: Mark House Lane and Pennine Way

THIS IS THE FIRST IN A SERIES of suggested walks around Gargrave and Coniston Cold. All are easy, local so Covid-rule compliant and fun! So, why not don those walking shoes, and have a go.

Starting point: Gargrave village Hall

Distance: 2.5 miles

Duration: 75 minutes

Difficulty: easy

With the village hall to your right, proceed into West Street, and then carry on into Mark House Lane. Continue up Mark House Lane when it becomes a track. Take a right signposted "Pennine Way Airton" cross by a stone stile and enter the field. Continue diagonally ahead, keeping Mark House Lane on your left.

At the end of the field go through a farm gate, way marked, and enter the next field.

Proceed forward going diagonally left to the corner fencing post. This is way marked. Follow the way mark proceeding diagonally right to the top corner adjacent to a wood. There is a way mark and fingerpost here. Follow this then through a gate forward to the next field gate, also way marked. Continue forward through a gate into the next field. Proceed diagonally right and at the field corner between 2 walls you will pass through a field gate, 2 notices remind you of the countryside code (!) and a finger post directs you onward. Ignore the finger post as we now leave the Pennine Way. Follow the wall on your left to a stone stile with a gated top; cross over and continue straight down the field keeping the trig point to your right.



Mark House Lane is locally known as Granny Lane as it approaches Bell Busk. At one time Mark House Lane was the main route to Settle and points beyond in the days of packhorses and cattle droving, pre-dating the A65.

One of the small fields to the right of Mark House Lane as you leave Gargrave was purchased and enclosed by the Churchwardens of St Andrew's in the 17th century, to belong to the poor of Gargrave perpetually; this is from "Gargrave Church and Parish" by Janet Dinsdale, published 1966.

Although often visited, there is no right of way to the trig point. However you are near the site of Haw Crag Quarry which was such a major producer of limestone that a railway branch line ran down from it, passing near the present site of Hesper Farm, joining the line that runs from Gargrave to Bell Busk.

In a straight (ish) line proceed through a second field when you will emerge back onto Mark House Lane. Turn left to retrace your steps.

Optional extras: If you still have energy to go further, instead of turning left onto Mark House Lane proceed forward, passing by Hesper Farm (the first place in Britain to manufacture Icelandic Skyr yoghurt) at the bottom of the track, and wend your (own) way back to Gargrave via Bell Busk and Coniston Cold and/or Bank Newton.

Photo shows Butter Haw Hill from the Pennine Way, © Chris Heaton (cc-by-sa/2.0)

A CORONA OF PSALM POEMS

Malcolm Guite

We are grateful for permission to include Malcolm's poetry in our parish magazine, from his blog: <https://malcolmguite.wordpress.com/> in which he is working his way through the book of psalms.

Psalms 85 contains, in my view, two of the most beautiful verses in the whole Bible:

Mercy and truth are met together: righteousness and peace have kissed each other.

Truth shall flourish out of the earth: and righteousness hath looked down from heaven.

But we live in a culture that has divorced and separated mercy and truth. On the one hand the 'truth-telling' of a call-out culture shows no mercy, and on the other, the apparent mercy of laissez faire indifference, or instant affirmation of every behaviour, shows scant regard for truth. But what God has joined together we should not put asunder, and in Christ the prophecy of this psalm finds fulfilment, for when we behold his glory we find, as John the evangelist said, that it is 'full of grace and truth'. And so it was that in my psalm I prayed for a healing of our split culture, and prayed to Christ that he would join together what we have split asunder.

LXXXV Benedixisti, Domine

His peace refreshes like a holy well,
His mercy turns me round and quickens me,
Lifts me a little higher for each fall.

And now within this psalm he summons me
To hear a truth my nation has ignored,
A truth forgotten in captivity.

So open me afresh to hear this word:
*Mercy and truth are met together, peace
And righteousness have kissed each other.* Lord

How is it we have sundered them? Can peace
Be founded where there is no righteousness?

Some speak the truth, but speak it without grace

And, calling others out, are merciless.
Lord, join together all that we have sundered
That we may flourish in your tenderness.

RELINQUISHMENT (PART 3)

Tony Collins

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

DURING LOCKDOWN THE LITTLE METHODIST CHAPEL to which I belong has been refurbished.

After the builders left, we started putting things straight, and were stunned to realise how much *stuff* we had. Old hymns books. A broken communion set. Paper and defunct pens, stickers and dried glue from Messy Church. Wonky plastic chairs. A portable font. A cassette player. A communion jug from 1864. A spare organ stool. Endless vases. A handsome, heavily carved table that had been donated in memory of someone no one can remember. Not all of it useless, but none of it needed. I didn't win every discussion, but we filled a skip.

Adaptation is the motor of evolution. If we are encumbered with objects – and habits and old stories – we will be less able to change. Churches should not be museums.

Much of the problem arises from sentiment. My grandparents were world travellers, mainly in India and the Far East, and my childhood home was filled with trinkets. But one man's heirloom is another's junk, and over the course of the decades I have ditched most of the stuff that dogged my steps. If you value things for their sentimental value, rather than their intrinsic utility or beauty, your heirs will sigh as they open your attic.

This is where relinquishment comes in.

Relinquishment empowers love and generosity. You'd have thought the more you have the easier it is to give. In fact, the less you have, the more lightly you sit to everything. This is the principle of the Widow's Mite; those who have relinquished much are more often willing to share.

Relinquishment is the starting point for spiritual growth. What if we've been missing the chance to discover not only who we could have been, but who we at heart really are? What if the nothing we brought and leave with is precisely our birth-right, an instrument of spiritual power? If we remove the possessions and commitments that form our armour, our true selves can emerge.

And, once your mother's ancient sideboard has finally gone, you can break out the vacuum cleaner.

Learn how to sit light to stuff by reading Pen Wilcock's new book, [Relinquishment: Making Space for What Really Matters](#), available from Amazon in paperback and ebook.

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

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Public Transport leaving Gargrave

Compiled by Peter Hardyman 16 February 2021

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Sunday (From 24 Jan) 1121 1210 1421 1448 1656 1855 2107 2123

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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. Generally, **only DIRECT journeys are shown.** AT THIS TIME, Northern recommend consulting National Rail on 03457 48 49 50 or the Journey Planner: <https://ojp.nationalrail.co.uk/service/planjourney/search> **As of 16 Feb:** No planned engineering works affecting trains from Gargrave during March are identified. That may change. Check with northern railway. For live info on next 2 trains text GARGRAVE to 84950, or go to www.realtimet trains.co.uk/

BUSES from Gargrave

***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.

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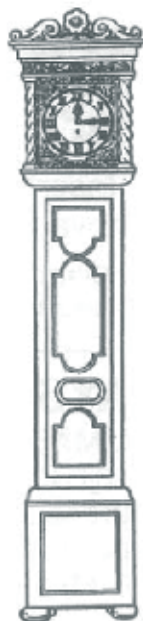
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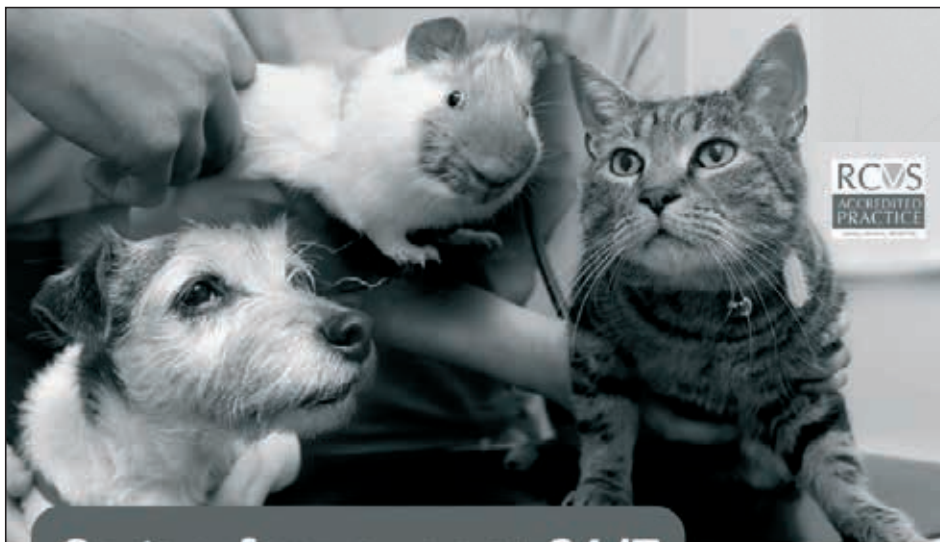
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Gargrave Lands Charity

*Are you currently experiencing
financial difficulties and **need** 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.

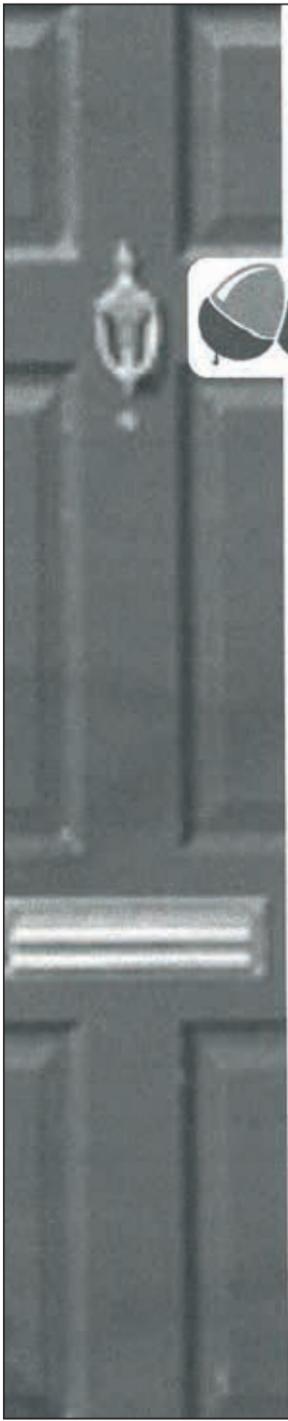
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