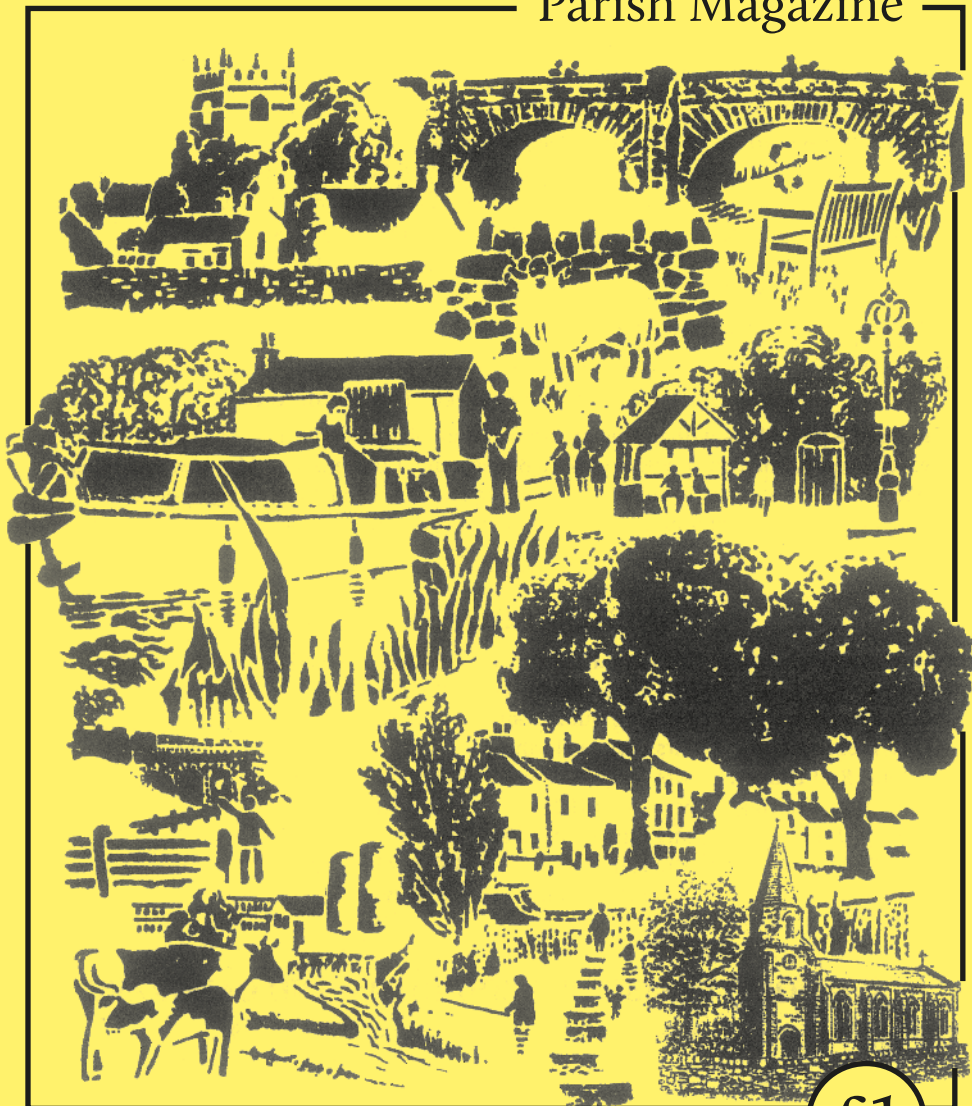


# GARGRAVE & CONISTON COLD

Parish Magazine



JANUARY 2024

£1

## CONTACTS

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Treasurer	Carol Saxby	
PCC Secretary	To be advised	
Electoral Roll	To be advised	
<b>Gargrave Parish Council</b>		<a href="http://www.gargravepc.org.uk">www.gargravepc.org.uk</a>
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<b>Coniston Cold Parish Council</b>		
Clerk	Rachel Jones	748125
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<b>Coniston Cold Village Hall (The Richard Tottie Memorial Hall)</b>		
Bookings	Vacant	
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Subscriptions	tbc	

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

**Caterpillar Club** (0+)—St Andrew's Church, Wed 10am, Charlotte McDonnell, cea92@hotmail.co.uk, 07885 474998

**Gymnastics** (5+)—Mon and Wed, 4-6.30pm, info@ambitionsgymnastics.com

**Rainbows** (5+)—Tue 5-6pm, Primary School

**Brownies** (7+)—Tue 6.15-7.30pm, Primary School, malhamdalebrownies@gmail.com

**Guides** (10+)—Tue 7.30-9pm, Primary School, gargraveguides@gmail.com

**Young Farmers Club—Coniston Cold**, Tues 7.30pm, Sarah Hargreaves, 01729 830123

**Lunch Club**, Neville Crescent Community Centre, 2nd Wed each month, 12.30pm, Carol 748990

**Bowls—outdoor**, Mar to Oct, Gargrave Bowling Club, Martyn Cox, 07745 018 459

**Bowls—indoor**, Oct to Mar, Tues & Thurs 2-4pm, Joan Griffin, 749277

**Cricket—Gargrave Cricket Club**, [contact details tbc]

**Cycling—Gargrave Tuesday Club**, Dalesman, Tues & Thurs, Trevor Pickles 01282 844788

**Golf—Mason's Arms Golf Society**, 749304

**Hunt—Pendle Forest & Craven Hunt**, Tony Holmes, 748200

**Pilates—Classical**, Zoom Mon 9 & 10.15 am, Village Hall Tues 6 & 7pm Wed 7pm Thurs 9, 10 & 11.15 am, Cate Davies 079 5533 8775

**Tennis and Croquet—Craven Lawn Tennis Club**, Beth Whitley 749664, www.craventennis.org.uk

**Table Tennis—Gargrave Village Hall Annexe**, most weekends, Allison Wiffen, 07880 520071

**Tai Chi & Qigong**—Village Hall, Wed 1pm. Ian Cresswell. See <https://gargravevillagehall.org.uk>

**Tai Chi Qigong**—Green by War Memorial, Wed & Thurs 9.30am, Zoom Mon 9am, Zoom Fri 9am (with **Pilates**), Bee Faulkner, 07778 980994, [www.beeactivebeerelaxed.com](http://www.beeactivebeerelaxed.com)

**Gentle Hatha yoga**—See <https://gargravevillagehall.org.uk>

**Art—Gargrave Art Group**—Village Hall, Mon 1-3.30pm, Bev Parker 749910

**Bell Ringing**—St Andrew's, Mon 7.30pm, Sun 10.00am, Ali Lucas, 07921 970961

**Handbell Ringers**—St Andrew's, Wed 2 - 4pm (not all Wed; phone to check). Cynthia Hardyman 748839

**Bingo**—Neville Crescent Community Centre, Mondays 1.30-4pm, Carol 748990

**Gargrave Heritage Group**—Tues 10am, St Andrew's Church, Martin Thompson, 01756 541317

**Gargrave Community Library**—email admin@gargravelibrary.co.uk, Patsy Simpson 749489. Opening hours: Mon, 3pm-5pm; Tues, 10am-12pm; Wed, 2pm-4pm; Thurs, closed; Fri, 2pm-4pm; Sat, 10am-12pm; Sun, closed.

**Craft and Chat**—St Andrew's, Tues 2pm, Sylvia Humphreys 748779

**Parish Council Meeting**—Village Hall side room, 1<sup>st</sup> Wed of the month

**Snooker Club**—Village Hall Snooker Annex, every day, Stewart Smith 749340

**Gargrave 22 Group**—Village Hall, 2nd Wed in month, 7 for 7.30pm, Glenys Riley 07715 878709



*"Curlew" © Ann Shadrake*

### **Magazine contributions and adverts**

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 and relevance.

Handwritten submissions can be delivered to 3 Marton Close, BD23 3PG.

**Advertising:** Les & Kim Hatfield  
07711 718153  
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**Editorial:** Clare Maslin and  
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## COLLARED!

*Revd Andrew Steer*

### **Going back a different way**

By the time you read this you may be thinking of taking down the Christmas tree, recycling the cards, and you might even have heard enough carols for a lifetime! As we think of putting Christmas away for another year, it's worth remembering that the three wise men ("Magi" not kings) were not actually at the birth of Jesus but arrived later—sometime in January. The feast of Epiphany celebrates this event and reminds us that Jesus was born not just for the Jews but also for non-Jews (these wise men were Gentiles). We know the story well, and after they had presented their gifts, they returned home a different way to avoid the evil schemes of King Herod.

This "going back a different way" suggests a return to a different way of living for the Magi. These men represent a long lineage of people waiting, watching and hoping for God to intervene in the world, and now, with the birth of Christ, their lives were forever changed. As the carol says, "the hopes and dreams of all the years are met in thee tonight". How could they simply go back to their old lives as though nothing had changed?!

For us, as we witness the effects of wars, climate change and global uncertainty, the question is do we just go back to life as it was before, or do we "go back a different way" to a different way of life?

Christmas seems to change the way people relate to one another—albeit ever so fleetingly. Greater kindness seems to be apparent as goodwill to all seems to be the mantra for all but the "bah humbugest" sort of person. Family rifts are put to one side for Christmas and generosity of spirit seems to be more prevalent. Messages of peace and hope pour through the letterbox from the four corners of the world and even the least religious feel a sense of pull to something heavenly and something much, much better. Just like the Christmas truce on the battlefields of World War One, for a moment the world seems to take a breath and draw nearer to God.

All too quickly though, the tree comes down, the decorations are boxed up and every remnant of Christmas is hoovered up for another year and we return to the merry-go-round of life. But what if we decided to keep the lights up, keep the tree in pride of place and keep the spirit of Christmas alive? Wouldn't our lives be much better if

we kept on with the goodwill to all men, and continued to work hard at peace and reconciliation throughout the year? Imagine if we kept on and even increased our random acts of kindness, our generosity of spirit and our care and consideration towards others.

The Magi, the shepherds and anyone else who came face to face with the events of that pivotal night returned not to their old lives, but to new lives, which were forever changed by God's intervention into the world. They must have looked at life with new perspectives, new meanings and a hope-filled outlook.

Coming face to face with Jesus is a transformative, life-changing experience from which there is no going back the same way. Once you realise that you are loved with an infinite love which doesn't depend upon your own merits, there is no going back the same way. Once you realise that this love continues despite full knowledge of all your failings, deepest secrets and the darkest corners of your soul, there is no going back. Once you realise that this love is unbreakable, unstoppable and is forever, there really is no going back.

Having peered into the stable this Christmas, and having come face to face with love itself, will you go back the same way to the same old life, or, like the Magi, will you go back a different way to a new life full of hope, joy, inner peace and unconditional love?

May you take the spirit of Christmas and Christ himself into the new year and see how life can be so much fuller, better and rewarding.





## DIARY FOR JANUARY

### Coniston Cold

Sun 7	Epiphany Compline Evensong, 4pm, Church. Bring and share tea after 4pm Service.
Sun 14	Epiphany Prayer Book Communion, 4pm, Church.
Sun 21	Epiphany Compline Evensong, 4pm, Church.
Sun 28	Candlemas Prayer Book Communion, 9.30am, Church.

### Gargrave

Mon 1	Bank Holiday Coffee morning (every Monday), 10.30am – 12pm, Church.
Tues 2	No Craft and Chat [restarts 16 January] Indoor bowls every Tuesday and Thursday through to April, 2pm – 4pm, Village Hall.
Wed 3	Parish Council meeting, 7.15pm, Village Hall, Annexe.
Thurs 4	Indoor bowls every Tuesday and Thursday through to April, 2pm – 4pm, Village Hall.
Fri 5	Coffee morning (every Friday), 10am – 12pm, Neville Crescent Common Room. Coffee and biscuits £1.
Sun 7	Epiphany BCP Holy Communion, 8am, Church. Breakfast, 10.30am, followed by 11am Family Service, Church.
Mon 8	Coffee morning (every Monday), 10.30am – 12pm, Church.
Tues 9	No Craft and Chat [restarts 16 January] Indoor bowls every Tuesday and Thursday through to April, 2pm – 4pm, Village Hall.

Thurs 11	Indoor bowls every Tuesday and Thursday through to April, 2pm – 4pm, Village Hall.
Fri 12	Coffee morning (every Friday), 10am – 12pm, Neville Crescent Common Room. Coffee and biscuits £1. Picnic Supper Dance with live music from Denis Westmorland, 7.30pm – 11pm, Village Hall. £6 admission.
Sun 14	Epiphany Matins, 8am, Church. Sung Eucharist, 11am, Church.
Mon 15	Coffee morning (every Monday), 10.30am – 12pm, Church.
Tues 16	Craft and Chat (every Tuesday), 2pm, Church. Indoor bowls every Tuesday and Thursday through to April, 2pm – 4pm, Village Hall.
Thurs 18	Indoor bowls every Tuesday and Thursday through to April, 2pm – 4pm, Village Hall.
Fri 19	Coffee morning (every Friday), 10am – 12pm, Neville Crescent Common Room. Coffee and biscuits £1.
Sun 21	Epiphany BCP Holy Communion, 8am, Church. Morning Worship, 11am, Church
Mon 22	Coffee morning (every Monday), 10.30am – 12pm, Church.
Tues 23	Indoor bowls every Tuesday and Thursday through to April, 2pm – 4pm, Village Hall.
Thurs 25	Indoor bowls every Tuesday and Thursday through to April, 2pm – 4pm, Village Hall.
Fri 26	Coffee morning (every Friday), 10am – 12pm, Neville Crescent Common Room. Coffee and biscuits £1. Library Film Night, “A Man called Otto”, 7pm for 7.30pm, Village Hall. £5 admission (under 16s free).
Sun 28	Candlemas BCP Holy Communion, 8am, Church Family Communion, 11am, Church Broadway Fairs Flea Market and Craft Fair, 9.30am – 3.30pm, Village Hall. Refreshments available until 3.30pm.
Mon 29	Coffee morning (every Monday), 10.30am – 12pm, Church
Tues 30	Indoor bowls every Tuesday and Thursday through to April, 2pm – 4pm, Village Hall.



## EVENTS

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### Share a prayer with St Andrew's Church

*Peter Poulter*

Each morning at 9am a small group of people meet in St Andrew's to pray for the church and the village. You are welcome to join them. Either come along to church, or maybe just pause for a moment, wherever you are, and share a prayer.

This picture by the French artist Jean-François Millet shows a couple stopping their field work to pray when they hear the Angelus bell from the distant church. If prayer is not a word you use, then just pause and reflect in your own way hopefully and lovingly for the life we share in our community.



Each month our prayer will focus on a particular part of the parish. In January we will be praying for those who live in the Neville Road and Crescent and Higherlands Close area.

### Free Online Talk: Access the Dales, 17 January, 4.30pm

*Victoria Benn*



All digital talks can now be booked via the online ticketing platform, Eventbrite. The Zoom link for the talk will be sent out via email in the usual way a few days prior to the scheduled talk.

Talks can be booked via our Events page: <https://friendsofthedales.org.uk/events> or via: [www.eventbrite.com/cc/friends-of-the-dale-autumn-winter-talk-programme-2567229](https://www.eventbrite.com/cc/friends-of-the-dale-autumn-winter-talk-programme-2567229)

Sign up for the Friends of the Dales free e-newsletter on the website homepage.



Since becoming a wheelchair user in 2011, Debbie North has campaigned tirelessly to break down barriers and promote countryside accessibility for all. Founding the charity, Access the Dales, whose motto is “making the inaccessible accessible”, it has fund raised to now offer nine “free to borrow” all terrain wheelchairs available

from designated sites across the Dales. Debbie was also appointed Cabinet Office Disability and Access Ambassador for the Countryside in 2022. This talk offers a unique opportunity to learn about the successes and improvements Debbie's campaigning has achieved, along with the challenges still to surmount.

**"A Man Called Otto", Library Film Night, 26 January,  
Village Hall, 7pm for 7.30pm**

*Dave Smith*



On Friday 26 January we will be showing "A Man Called Otto"  
[see p.11 for film details].

The customary café style seating will be in place, so please bring your own refreshments. The Village Hall doors open at 7pm with the film starting at 7.30pm. Tickets are £5 on the door with under 16s free. Sorry but we can only allow Guide Dogs into the Hall.

**Free Online Talk: Breeding Waders of the Yorkshire Dales,  
21 February, 4.30pm**

*Victoria Benn*



All digital talks can now be booked via the online ticketing platform, Eventbrite. The Zoom link for the talk will be sent out via email in the usual way a few days prior to the scheduled talk.

Talks can be booked via our Events page: <https://friendsofthedales.org.uk/events>  
or via: [www.eventbrite.com/cc/friends-of-the-dale-autumn-winter-talk-programme-2567229](http://www.eventbrite.com/cc/friends-of-the-dale-autumn-winter-talk-programme-2567229)

Sign up for the Friends of the Dales free e newsletter on the website homepage.

In this online talk, Ian Court, Wildlife Conservation Officer for the Yorkshire Dales National Park Authority, will outline the status of the key upland breeding wader species and how important areas such as the Yorkshire Dales National Park are for them. He will also look at the current threats, detail the habitat requirements that waders need and summarise some of the conservation work that is being undertaken to protect them. Finally, insight will be offered into how the Authority's Nature Recovery Strategies will help to benefit a wide range of habitats and species including breeding waders.

[See the back cover for Ann Shadrake's wonderful photograph of a Curlew]

**Film Night: Saturday 13 January at 7pm**



“The Unlikely Pilgrimage of Harold Fry”

Tickets on the door £7

Veggie option, gluten free (advance notice please)

Bar open

**BURNS NIGHT: Thursday 25 January, 6.30pm for 7pm**

Haggis toasted with a wee dram

Bring a poem to recite. Wear Tartan (optional)

Tickets £15. Please book by Monday 22 January

By email: [malhamdaleparishhall@gmail.com](mailto:malhamdaleparishhall@gmail.com)

Caroline Rosier on 07815 100353

Gill O'Neil, The Old Barn Cafe, Malham, 07840 962937

Please look out for news of other events including our regular Film Nights on village noticeboards and our FB page:

[www.facebook.com/MalhamdaleParishHallKirkbyMalham](https://www.facebook.com/MalhamdaleParishHallKirkbyMalham)

Any enquiries re events or bookings, please email Sue on

[malhamdaleparishhall@gmail.com](mailto:malhamdaleparishhall@gmail.com) (note new email address) or call 07484 181 699

## NEW YEAR JOKES

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Why did Dracula pass out on New Year's Eve?

There was a count down.

What does a man with no hair sing at midnight?

Bald Lang Syne.

What is a New Year's resolution?

Something that goes in one year and out the other.

What's a cow's favourite holiday?

Moo Year's Eve

What do farmers grow on 1st January?

New Year's Hay.

# Kirkby Malham Parish Hall for hire!



**Fully Equipped Kitchen, large meeting room, accessible toilet.  
A licensed bar can be provided on request.**

**The ideal venue for:** Exercise Classes  
Children's Parties  
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Evening Socials  
Exhibitions

<b>Standard Hire rate:</b>	<b>£12 per hour</b>
<b>Heating (if needed):</b>	<b>£5 per hour used</b>

**Contact: NOTE NEW EMAIL**

Sue at [MalhamdaleParishHall@gmail.com](mailto:MalhamdaleParishHall@gmail.com) or 07484 181 699

# NEWS

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## Library news

*Dave Smith*



On Friday 26 January we will be showing “A Man Called Otto”. The film tells the story of a grumpy widower (Tom Hanks) who is very set in his ways. When a lively young family moves in over the road, he meets his match in the quick-witted and very pregnant Marisol and finds an unexpected friendship that will turn his world upside-down.

This comical and heart-warming film stars Tom Hanks, Mariana Treviño, Rachel Keller and Manuel Garcia Rulfo

The customary café style seating will be in place, so please bring your own refreshments. The Village Hall doors open at 7pm with the film starting at 7.30pm. Tickets are £5 on the door with under 16s free. Sorry but we can only allow Guide Dogs into the Hall.

All proceeds from the film nights go towards the running costs of the Community Library and the Library Committee thank you for your support.

Future film show dates are as follows:

23 February	Fisherman’s Friends: One and All
22 March	The Great Escaper
26 April	Title to be confirmed

You may recall that early in 2023 as part of our agreement with North Yorkshire Council visitors to the Library took part in the biennial Public Library User Survey. The results have now been published:

- 100% of respondents thought that, overall, Gargrave and Malhamdale Community Library is ‘Very Good’ or ‘Good’.
- 100% of people thought the standard of Customer Care is ‘Very Good’ or ‘Good’.

The rest of the results are also pleasing with a clear majority—high 90s in most cases—expressing that most of the services provided are ‘Very Good’ or ‘Good’. 72% said the library supported their ‘Health and Wellbeing’, 50% said ‘Studying/Learning’, 28% said ‘Getting Online’, and 22% said ‘Meeting People’—demonstrating the huge social value of Gargrave & Malhamdale Community Library.

Needless to say, the Committee are very pleased with the Survey results and wish to thank all the Library Volunteers for making such a good result possible.

**Gargrave Church of England (VC) Primary School**

*Sarah Peel*

*‘Whatever you do, work at it with all your heart, as working for the Lord’*

LOVE, PEACE, HOPE

01756 749433

admin@gargrave.n-yorks.sch.uk

### **As we approach the New Year we share with you all our Christmas Celebration**

St Andrew’s Church was transformed into “Baaarmy Bethlehem”. There, Cheeky, Rascal and Scamp, the party sheep, tried to cause chaos! However, Caesar tried to bring order to Bethlehem.

Those sheep kept trying to party but eventually all of the characters joined in the party to celebrate the birth of Jesus. Every child in Reception, Year 1 and Year 2 took part, and the whole school supported with their singing.

It was lovely to see the Church full. Members of our amazing community were treated to singing, dancing, reading and acting. A super start to Christmas.

The whole school also enjoyed a delicious Christmas lunch for over 100!

We look forward to an amazing 2024 and wish everyone all the best for the New Year.





Anyone venturing through the hallowed portals today would immediately have noticed that things had changed. Instead of the usual set up, chairs were set out at the back of the church facing the side wall and a definite festive atmosphere could be detected. The odd angel could be seen wandering around and a couple of kings in magnificent costumes were strutting their stuff, while shepherds sipped mugs of coffee and hung on to their crooks.

Yes—you've got it. It was the nativity, and this year it was a nativity with a difference. The main elements were, of course, the same; how God came down to earth to be the saviour of mankind, how he became a baby born of a virgin and how this was revealed to shepherds by angels. Then came the visit of the kings with gifts of gold, frankincense and myrrh.

The story was told in rhyme and punctuated with sketches and well-known carols. It started with an encounter between the Virgin Mary in traditional dress and the Angel Gabriel nattily attired in a striped blazer. Mary was somewhat freaked out when Gabriel appeared in her kitchen and announced that she'd been chosen to have God's baby. (Well, let's face it, ladies, you'd have freaked out, too, wouldn't you?!) Anyway, as you probably know, she agreed to this—just as well, really.

The next sketch featured a discussion between a sulky King Herod and his scheming wife and the visit of one of the kings, who told Herod that a baby had been born who would become King of the Jews. In this portrayal, Herod was, shall we say, not the sharpest knife in the drawer, and his wife was definitely the one who called the tune. They hatched a plan to kill Jesus, but as history records, this was not successful. (Brilliant sketch though.)

Cut to the final sketch—more of a tableau, really, with Mary, Joseph, baby Jesus, kings, shepherds, angels, a donkey and a couple of sheep (definitely not herdicks) in the stable, posing there—ideal photographic opportunity—before being led around the church by the Angel Gabriel carrying the star of Bethlehem.

Definitely a cool nativity. Entertaining, modern, but keeping the essential message that God came to earth to be the saviour of mankind.

Thanks, particularly, go to Jo who produced it, and to all the many people involved, both up front and behind the scenes.

Finally, we adjourned for coffee and mince pies before the church was rearranged for hosting the villagers after the Gargrave Christmas light switch-on. That went well, too, but that's another story.

## **News from the Village Hall**

*Caroline Thompson*

I am writing this piece in early December but it will not be circulated in the Magazine until January, so we do hope you have had a lovely Christmas. If you kindly purchased one of our Village Hall calendars, then Lynn and I do hope the photographs are giving you pleasure and will continue to do so through 2024. Our thanks must go to Jason and Chris at EP Print who produced the calendars at very short notice, so we were able to sell them in time for Christmas.

Unfortunately, in November my Village Hall news was not printed in the Magazine so I am using some of the content for the January News, which has made this piece of news so much quicker to produce. Every cloud has a silver lining.

Colin, our great gardening friend from Skipton, appeared at the tail end of the year planting a new display of colourful plants to see us through the Winter months. He plants up the hanging baskets and the containers and small area over by the electrical sub-station. Martin and Jo have done a sterling job keeping the weeds at bay in and around the carpark and over by the area planted with shrubs. Amazing what some white vinegar and salt can do!

Many thanks for the positive comments about the new artwork on the wall of our outside store which faces the main carpark. It features our Village Hall logo which was designed some years ago when our website was created. Banksy will be back with his paintbrush and creativity in the Spring and his identity may even be revealed in another issue. To complete the improvements in that area we have two new Parking for Patrons only signs ordered which will have a cream background and green lettering to match those elsewhere on the outside of the premises. The two old wood signs which are currently on the wall have begun to look a bit scruffy.

At some point soon, we may have to look at some work to the wall which runs alongside the area of shrubs. Hopefully nothing too major but nothing that the replacing of a few stones and a bit of cement won't cure.

Some electrical work is still ongoing on the stage and redecoration of the walls is required, but the stage area looks so much bigger and fresher and ready to welcome some great performances, be it from musicians, pantomime, or drama.

The annual Jumble sale (back in the Autumn) was hugely successful with a grand total of £2,717.00 raised for Village Hall funds. A percentage of the total had been raised during the year from the little sales table, which is located within the kitchen entrance area, these proceeds are handy to keep on one side and bring out to use as floats on the day and then they are just added to the day's sale total. (We set up these little sales tables as Covid restrictions began to lift and we have kept them in place as they are so popular. Dance teachers Jack and Betty joke and say that their pupils don't really come for the class but rush straight in to see what bargains and books are for sale.) We thank all those who donated goods and came along on the day to purchase the many bargains on offer from bongo drums through to evening dresses! The biggest thanks though must go to all the lovely kind people who gave up their time so willingly to help either on the Friday setting-up day, or on the sale day itself, or, in some cases, on both days. We really could not do it without you. The Gargrave Management Committee would like to express their thanks for the support and it's wonderful to know that some of the Hirers and Users come along as they really do value the facility and they are happy to volunteer and give their support to the biggest Management fund raiser of the year. Special thanks to those who travelled some distance to help (Leeds, Selby, Ribchester to name just a few).

Grateful thanks too from all the helpers to the amazing kitchen staff who kept everyone fed and were so busy they missed out on food themselves. Now that's dedication!!

We didn't seem to be left with vast quantities of Jumble and this is now stored and will re-appear on our sales table and at various Flea Markets through the year, with proceeds held back for next year's floats and ultimately go into next year's total sales figure. The unsold clothing, bags and shoes were put into black bin liners and went to school days later to weigh in for their funds at the Bags to School fundraising event.

Pleased to say that a date for next year's event is now fixed and the 2024 Jumble sale will be held on Saturday 5 October. See you there!

We have discussed for some time the installing of CCTV at the premises. I have had personal reservations about it in the past as I just find it a little intrusive. However, early in the New Year, we need to be prepared to fulfil the duties of Martyn's law which is a government bill for protection of premises from the threat of Terrorism. The bill is currently in draft form and there are lots of pages to read. I didn't anticipate that the draft standard evaluation guidance would be my Christmas reading! Basically, premises are tiered as to the capacity of people they can hold and they are required to produce action plans which, according to their capacity, can mitigate the impact of a possible terrorist attack and reduce the risk to the public. Enhancing security systems will be a major player in fulfilling the duties of the bill so it would seem an appropriate time to now install a CCTV system. We have received a quote from a local firm so hope to soon be taking action. I don't know what my late Grandfather would make of all this. Way back in the 1950s he would often utter in his old dales twang "Nay, folks is getting too clever, there'll be bother int world, just you see".

## **Craft and Chat**

*Sylvia Humphries*

The Christmas sale of work in church on Saturday 25 November raised over £960 for church funds. An impressive variety of items made by members of the Craft and Chat group and others were on sale. There was also a very popular chocolate tombola and refreshments were served by a hardworking team. I thank everyone who helped in any way to make the event a success. In addition to those people so kindly helping on the day, there were several others who spent many hours at home making the lovely items for sale.

Please note that the Craft and Chat group will not meet again until Tuesday 16 January. New members are welcome, if only to come for a chat. The group meets in church from 2pm to 4pm.

## **SPORT**

---

### **Craven Lawn Tennis Club**

*Beth Whitley*

Craven Lawn Tennis Club, based in Gargrave, held their Annual Charity Fancy Dress Christmas Tournament on Sunday and 12 hardy souls played in the cold and wet

weather. The sum of £55 cash was raised for a local children's charity and presents were donated to the Children's Ward at Airedale General Hospital and delivered there by Graeme Southam on behalf of the club. The Tournament itself was won by Graham Kirkbright and Pam Southam and the Fancy Dress Competition was won by Sally Clarke.

See below for photographs of the group of players who braved the elements, the winners and the presentation of gifts at Airedale Hospital.



The annual End of Season Presentation Evening was recently held at Herriots Hotel in Skipton. The Awards handed out were as follows:

Vera Fell Trophy - Sally Hopkinson  
John Hill Cup - Graeme Southam  
President's Day Cup - Sally Clarke & Graeme Southam  
Most Improved Player Cup - Kat Ross  
Joan Wilson Trophy - Beth Whitley  
Special Award - Trevor Dixon (for 30 years on the Club's Committee)



(L to R) Sally Hopkinson, Sally Clarke, Graeme Southam, Kat Ross & Beth Whitley



Trevor Dixon



Tennis does continue at the Club throughout the winter months on the 3 All Weather courts and in the evenings too under the brand new floodlights. Anyone interested in joining the club is asked to contact Beth Whitley the Secretary at: [honsecretary@craventennis.org.uk](mailto:honsecretary@craventennis.org.uk) or phone her on 01756 749664.

### **Ahernes of Hellifield, Saturday opening hours**

The Saturday opening hours are different to those shown in the advert on p.A14 of the central advert section. Saturday opening hours are now 9 am–12 pm.

## **KIDS' CORNER**

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### **Make a frozen suncatcher!**

Suncatchers made from ice are really easy to make. Go for a walk outside to gather some berries, twigs and leaves from nature. The more colourful the better.

#### **What you'll need:**

Berries

Twigs

Flowers

Buds

Leaves

A plastic lid, paper plate, pie plate or silicone mould

#### **What to do:**

Lay out a plastic lid, paper plate, pie plate or silicone mould to use as the mould for your suncatcher.

Fill the mould with water.

Add your natural elements to the water.

If it's a really cold day/night, leave outside to freeze or carefully put in the freezer. Try not to get water everywhere!

When your suncatcher has frozen, gently remove the ice suncatcher from the mould and hang from a tree branch or windowsill.

If you want your ice to be crystal clear, try boiling the water first. Ask an adult to help you.





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## A MEDITATION FOR JANUARY

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Dave Tomlinson

*Dave Tomlinson is a semi-retired vicar, popular author and regular “Pause for Thought” presenter on Radio 4. He attracted front page news in 2013 when he took the funeral of the “Great Train Robber” Ronnie Biggs. Robert Lentz is an American Franciscan friar with a world-wide reputation for his innovative icons.*



*Embracing Our Billy Goat!*

I love the work of Robert Lentz whose icons include contemporary images of unconventional “saints” like Albert Einstein, Black Elk, Steve Biko and Martin Luther King. When Lentz was commissioned to paint an icon of Jesus as the Good Shepherd he agreed with the proviso there would be no cute woolly lambs anywhere near him. The Good Shepherd is about sinners, the people we push to the margins. Robert Lentz says, “He is about addicts and sex offenders and shysters and punks. If I’m going to paint the Good Shepherd, he is going to be holding a goat, and not just any goat, but a smelly lustful, scary old billy goat”. He points out that most medieval symbolism for the devil is derived from goat physiognomy. His Christ would hug such a beast to remind puritanical Christians that God’s ways are not to be confused with ours!

The Franciscan monk painted the goat hair by hair, and was surprised at the end when it seemed ready to jump into his arms. “There seemed too much of me in the goat that I did not want to acknowledge and see.” Lentz writes, “He demanded that I

embrace myself with compassion and look at other human beings with a new understanding.”

Each of our souls has billy goat parts—wild, untamed and undomesticated parts—that don’t fit with our idealised image of ourselves or how we wish to be seen, so we keep them hidden from public view. The question we all must face is not just whether we can love other people, but whether we can learn to love ourselves. In a similar way that Jungian psychology teaches us to acknowledge and integrate the shadow side of ourselves, which is the seat of creativity, Lentz believes that our billy goat parts are potential treasure troves of spiritual energy that can be tamed and brought in from the margins. Christ the Good Shepherd embraces the billy goat within each one of us and coaxes us back to wholeness and health.

For many of us, the image of a billy goat replacing a lamb is disturbing. But then the publicans and prostitutes that Jesus hung out with did not fit either; just as criminals and drug addicts don’t fit today. They threaten our comfortable religion. But Christ with the billy goat embraces them too.

The people I personally love most are those who know their dark side and are able to channel its energy with good purpose: people like my friend Harry, an alcoholic who has been in recovery for 25 years. Learning to live with something like alcoholism, and discovering how to channel the energy that often drives it in more positive directions, is no mean feat and requires a lifetime of practice. Every alcoholic or addict knows something most of us don’t know—we are all dancing in the dark, that even the best of us can be one bad choice away from screwing up and sinking into chaos. So we need humility. There can be no room for self-righteousness or judgement of others.

Rowan Williams, the former Archbishop of Canterbury, pointed out that Christianity is simple but not simplistic. Faith is a synthesis of belief and doubt. It exists in constant tension between the two. Belief that is not chastened by honest doubt and questions results in mere certainty, in fundamentalism which can lead to a complete loss of faith, or to self-righteousness and bigotry.

Is it time to stop seeing darkness and doubt as simply the enemy, and embrace it as a potential friend? Though it has often been eliminated from Christian spirituality by shallow certainty and hollow triumphalism, darkness has always had an honoured place in Christian tradition. The expression “dark night of the soul” and “cloud of unknowing” may represent aspects of human experience that are

confusing, painful and potentially faith destroying, yet they are also seen to be the necessary path to greater spiritual enlightenment. We need to be reminded that God is the creator of darkness not just “sweetness and light”!

**Acknowledgements:** Adapted from “The Bad Christian’s Manifesto—reinventing God (and other modest proposals)”, Dave Tomlinson, 2015

## FARMING ON SCALEBER HILL

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*John Hall*

With storms and heavy rain throughout November it was a relief to be able to house the last of the feeding lambs. Once inside, being dry and comfortable with a good supply of silage, they are thriving well. Housing lambs allows the breeding ewes to have full range of the farm. As mentioned previously the ewes are running with the rams. The rams wear a harness with a coloured crayon which is changed after the first week (this indicates which ewes will be due to lamb in the first week) and then after 16 days. The ewes cycle every 17 days so by changing the crayon colour and swapping the rams around after 16 days this allows for any fertility issues in the rams to be noticed and subsequently rectified. This year, a good indication of the condition of the ewes was the speed in which the ewes were “coloured” with very few being recoloured after 17 days. Hopefully this will lead to a short lambing period.

As a diversion from the inclement weather a visit to the annual Christmas show and sale of all breeds of cattle and sheep at Skipton Auction Mart was made. This was a great success with all the crème de la crème of prime stock on show. Being on a Sunday it allowed budding Young Farmers of the future to take part. The show also contained domestic classes which included baking and preserves as well as children’s classes. These are always as fiercely contested as the livestock classes. To end the day many of the pies, cakes, preserves, etc. were donated for auction for three local charities. When you have crowds of people enjoying themselves it is amazing how much an auctioneer can extract from them for a worthy cause such as Manorlands Hospice.

There constantly seems to be news regarding climate change on TV and in the press which includes the part that livestock (mainly cattle) play. Farmland in the UK comprises of large areas which are incapable of growing grain, cereals, fruit and vegetables mainly due to climate and soil types, however, grass grows abundantly. Ruminants (cattle, sheep, etc.) can turn something that humans cannot digest—

cellulose (grass)—into something that is delicious and contains vitamins, minerals and protein which are all required as part of a well-balanced diet—meat. It has been reported that well managed grassland is capable of absorbing and storing many times more carbon than the equivalent area of broadleaf woodland.

In an ever-changing and volatile world, food security is becoming hugely important. We would do well to remember an old Chinese proverb “well fed man many problem, hungry man only one”.

## **COP28 AND THE CONSEQUENCES OF NOT LIMITING CLIMATE WARMING TO 1.5C**

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*Chris Bolas*

Conference of the Parties (COP) has come around again and is being held in the United Arab Emirates (UAE) for the 28<sup>th</sup> year. We are still battling over climate change and have a lot to do. For this article I thought I would pass onto you what the experts say will happen if we fail to meet the 1.5C target. Based on the Paris COP21 agreement there are 8 G20 countries who are not meeting their global warming commitment and are viewed as critically behind target. They are Argentina, South Korea, Saudi Arabia, Russia, Turkey, Canada, Mexico and Indonesia. The British government’s recent actions have also been neglectful and our rating is highly insufficient, worse than the United States which is rated as insufficient. It seems possible that the world could be heading for 2 to 2.5 degrees of warming without all nations increasing significantly their efforts.

### **What will happen if the climate warms by 2C**

There will be more severe droughts, storms and flooding. They will become more severe with each fraction of a degree we come closer to 2C of climate warming. This will mean that in East Africa the maize and sorghum harvest will be down by 30% to 50% and 50% more people will have water shortages and greater food shortages. More people will move to cope with the impact of climate change, more migration will occur and they will move to wealthy countries like ours. Without sufficient action there is the real possibility of increased conflict which will make things even worse.

At 2C of climate warming, 18% of insects, 16% of plants and 8% of vertebrates are projected to lose their habitats and likely to become extinct. The rainforests, which are major carbon storage locations, will reduce in size and could reach their tipping

point where they dry up and become grassland, with the loss, to the atmosphere, of all the carbon stored in them, increasing warming further.

Coral reefs and maritime ecosystems will see high sea temperatures and change in water PH. The Caribbean coral reefs will reduce to 1% of their size and the Western Indian Ocean reefs will reduce to 10%, due to bleaching caused by higher sea temperatures. At this level recovery is unlikely. It will be no good going to the Red Sea for a diving holiday as there may not be very much worth seeing: the reefs will have gone forever.

Melting ice caps and rising sea levels will cause some small island nations to disappear beneath the waves. Thinking of going to the Maldives for a holiday? Much of that may not be habitable. More migration is likely to be the outcome. The melting of the permafrost caused by the warming of the Arctic is already at 4C above pre-industrial levels. The resultant release of methane, which is 80 times worse than carbon dioxide in the first 20 years after release. This means a catastrophic impact on the 2050 climate change targets.

The ecosystems upon which we depend will be much less able to recover from the shocks that will impact them. Food crops will be much less reliable, having a profound impact on human life and survival.

1.5C IS NOT A POLITICAL CONSPIRACY dreamt up by some vested interest group or cabal looking to benefit. The situation is very real and the predictions are the result of research by scientists for over **50 years**. It feels like we have a driver at the wheel of the motor car who thinks driving at very high speeds in a built-up area will not result in themselves or anyone else getting hurt. We may get away with it for a time, but sooner or later there will be a tragedy. Don't be like that speeding driver, listen to the experts and do whatever you can now.

(Information Sourced from Guardian articles during Cop28)

## WATER IN AND AROUND GARGRAVE

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Duncan Faulkner

### 14. Treading lightly on the water?

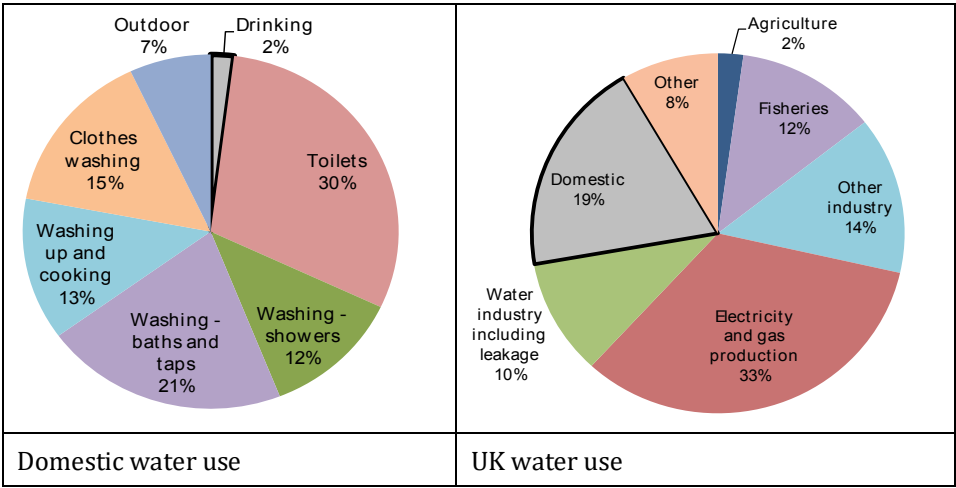
*"My soul thirsts for God... O my God, my soul despairs within me. Therefore I remember You from the land of Jordan and the peaks of Hermon—even from Mount*



Mizar. Deep calls to deep in the roar of Your waterfalls; all Your breakers and waves have rolled over me.” (from Psalm 42).

We should be careful what we thirst for, both spiritually and physically. We are what we drink—in a literal sense, for our bodies are over 50% made of water. The NHS recommends that we drink 6–8 glasses of fluid a day. That’s about 2–2.5 litres. It’s really not very much. We use around 50 times that much water in our houses each day. As you can see from the graph, a fair proportion of that doesn’t really need to be treated to drinking standard—but it is.

Five times as much again is taken from the water environment for other purposes in the UK, as shown on the second graph. And vastly more again is taken up in the form of rainfall that feeds the grass and crops that supply our food. At this enormous end of the scale, to produce the food we each eat needs 2 to 4 tons of water a day, 1,000 times the amount we drink.



Given the damp climate we enjoy (if that’s the right word) in the Pennines, it may be hard to see many reasons for using less water. Especially as most of what we use in our houses goes via the sewage works into the River Aire rather than being lost forever. But clean water and treated sewage does come at a cost—it takes a lot of energy and chemicals to deliver those 0.15 tons of water to each one of us every day and to stop our waste from killing all the fish in the river. The cost is more direct for those who have water meters, which act as a good incentive to cut down. I have

found it's possible to reduce water use to around half the UK average without feeling like we're making any sacrifices.

The much larger volumes of water used to grow our food are a different matter. Such water is lost from the environment as it evaporates rather than ending up in a river. This can be a serious problem for crops or animals farmed in arid areas—such as all those Spanish salad crops and fruit we can buy all year round. As a nation we are effectively importing 62% of our water needs via the “virtual” water taken up in the production of these crops and other imported products.

There are ways to “eat less water” such as preferring fruit and veg grown in the UK over those imported from areas of acute water stress. Also, there are some types of food that take a lot more water to produce than others: beef being particularly high (I suspect this is mainly because cows take much longer to grow than chickens or potatoes).

Another way that we can reduce our impact on the water environment is to be careful what we throw away into it. We can use eco-friendly detergents and avoid tipping paint or oil down drains. Water butts can help store runoff from our roofs which might otherwise end up activating sewer overflows. Farmers have an important role to play here in management of slurry and manure. Many around Gargrave have transitioned to slurry injection systems, which reduce the amount of runoff during heavy rain.

We are fortunate in Gargrave to have water all around us, an integral part of our village environment rather than hidden away behind industrial buildings as rivers can sometimes be. It's mostly quite clean (which my daughter appreciated this week when she had an unexpected encounter with the canal). And it enhances our quality of life. Watching the moon's reflections shimmering on the surface of the river can touch our spirits and connect us with something, with someone, greater than ourselves. Deep can call to deep.

This is the last of the series. Thank you to those who have accompanied me on this watery journey around Gargrave Parish over the past 14 issues. We've covered the meaning of the Aire, the transport of pigeon's dung, the mysterious pipe under Airedale Avenue and the connections between holy wells and wild swimming. I've learned a lot from the people I have spoken to and the material I've read. I'm sure there is much more that could be covered.

## 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's 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.*

<b>Phil Ellis</b> <b>07907 308313</b>	<b>Joyce Garner</b> <b>748447</b>
<b>Christine Charlton</b> <b>748817</b>	<b>Ian Reed-Peck</b> <b>07527 269915</b>

## CORRECT PROCEDURES

WHAT TO DO IF THERE IS AN...

### ACCIDENT



WRITE IT IN THE 'ACCIDENTS' BOOK

### INCIDENT



WRITE IT IN THE 'INCIDENTS' BOOK

### AWKWARD SCENARIO



WRITE IT IN THE 'AWKWARD SCENARIOS' BOOK

### EMBARRASSING MOMENT



WRITE IT IN THE 'EMBARRASSING MOMENTS' BOOK

## ROTA FOR ST ANDREW'S CHURCH

	8am SIDESMEN	10:45am SIDESMEN/WELCOMERS			BIBLE READER	INTER- CESSOR	REFRESH -MENTS
7 Jan	Linda Wall	Family Service Team					
14 Jan	Colin Chapman	Jo Ackroyd	Robert Ackroyd	Helen Wilson	Annelies van Oyen	Jo Ackroyd	Jane & Carol H.
21 Jan	Kay Craven	Sarah Curtis	Judith Robinson	Jennifer Rowlands	Jennifer Rowlands	Duncan Faulkner	Judith & Sheila
28 Jan	Linda Wall	Yvonne Poulter	Peter Poulter	Jean Banks	Kit Gore	Peter Poulter	Mark & Claire
4 Feb	Colin Chapman	Family Service Team					
11 Feb	Linda Wall	Alan Bagnall	Lesley Bagnall	Paul Maslin	Yvonne Poulter	Peter Poulter	Linda & Andy
18 Feb	Colin Chapman	Jo Ackroyd	Robert Ackroyd	Helen Wilson	Jo Ackroyd	Pam Bolas	Sarah & Joan
25 Feb	Kay Craven	Sarah Curtis	Judith Robinson	Jane Dallas	Jane Dallas	Duncan Faulkner	Alan & Lesley



## **Gargrave Public Transport information—an apology** Peter Hardyman 16 Dec 2023

*Owing to other commitments, I was unable to produce the monthly update for the December Magazine. I have not yet obtained the revised printed rail timetable for our lines, and have been unable to download the N7 timetable from the Northern website. I hope to have the usual information for the February Magazine. I apologise for any inconvenience.*

***The bi-annual rail timetable change took place on Sunday 10 December.*** I do not expect drastic changes to the services on our lines from the information in this issue of the magazine (a repeat of the November Magazine). However, please check:

For live info on next 2 trains text GARGRAVE to 84950,  
or go to [www.realtimetetrains.co.uk/](http://www.realtimetetrains.co.uk/)

northern railway [www.northernrailway.co.uk](http://www.northernrailway.co.uk) ; 0800 200 6060 [Travel Assistance 0800 138 5560]

**National Rail Enquiries** 03457 48 49 50 [www.nationalrail.co.uk](http://www.nationalrail.co.uk) ;  
**Rail Ombudsman** [www.railombudsman.org](http://www.railombudsman.org) 0330 094 0362

*Living in BD23, you can buy a **DALES RAILCARD**: £10.00/ year.*

*1/3 off All rail tickets (for departures after 0815 Mon-Fri and all weekend) between Gargrave, Leeds, Bradford, Carlisle, Morecambe, Lancaster. Big discount for children with you.*

**Winter Offer**: 50% off Off-Peak Day Returns on these routes until Sunday 24 March 2024.

**Bus Operators**: 75/580/81/82, Kirkby Lonsdale Coach Hire [klch.co.uk](http://klch.co.uk) 01524 733831;  
210/211, NYC [www.northyorkstravel.info/route/2358/](http://www.northyorkstravel.info/route/2358/) 0300 1312 131;  
864, Keighley Bus Co [www.transdevbus.co.uk/keighley/](http://www.transdevbus.co.uk/keighley/) 01422 553 576;  
**Buses (general)** [www.dalesbus.org](http://www.dalesbus.org) **Traveline** 0871 200 22 33 [www.traveline.info](http://www.traveline.info)

## Public Transport leaving Gargrave *Compiled: Peter Hardyman 13 Oct '23*

**TRAINS from Gargrave TO 9 DEC 2023** **NOTE: There are discrepancies of 1 minute or so between a few train times in the printed timetable and the on-line tabular timetable; the earlier time is quoted here.**

**To Skipton** (arr. approx. 9 mins later) & **Leeds** (arr. approx 55 mins later)  
 Mon-Sat 0744 0754 0950SO 1019SX 1048 1150 1350SX 1351SO 1522  
 (cont'd) 1551 1647 1815 1848SO 1850SX 2019 2134 2216 2237<sup>1</sup>

Sunday 1121 1210 1420 1448 1656 1856 2107 2123

**To Giggleswick** (arr. ~ 20 mins later) & **Lancaster** (arr. ~ 65 mins later)

M-Sat 0525SO 0528SX 0731 0902 1102SX 1103SO 1304 1504 1815 2006

Sunday 0922 1115 1412 1615 1814

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

Mon-Sat 0605SX 0712SO 0832SX 0833SO 1003 1133 1604 1732

(cont'd) 1902 2033<sup>2</sup>

Sunday 0950 1315 1509

**NOTES: For locations of Rail Replacement Bus Pick Ups in Gargrave (when necessary) check with Northern.** Generally, **only DIRECT** journeys are shown here. **1.** Mon-Fri change at Skipton for Leeds. **2.** Ribbleshead only. **As of 13 October: No Engineering works affecting Gargrave in November have been identified.**

That may change. Check with Northern Railway. For live info on next 2 trains text GARGRAVE to 84950, or go to [www.realtimettrains.co.uk/](http://www.realtimettrains.co.uk/)

**BUSES from Gargrave** **\*Except Bank Holidays** from 30 Oct 2023

**To Skipton** (arr.~15min later) (Svc 75, 210/211, 580, 864) (M = from Malham)  
 M-Fri\* 0820 0910 0955 1055 1057M<sup>7</sup> 1155 1255 1355 1357M<sup>7</sup> 1455 1555 1810  
 Saturday 0820 0910 0955 1055M 1155 1355 1455M 1555 1655M 1755  
 Sundays + B.Hols [864] 1210M 1512M 1702M

**To Settle DIRECT** (arrives ~ 25 mins later) (Service 580/75) and (++) onward to **Kirkby Lonsdale** (Service 581) and thence to **Lancaster** (Service 81/82)  
 Mon-Fri\* 0905++ 1000 1100++ 1200 1300++ 1400 1500++ 1600++ 1700++ 1900++  
 Saturday 0905++ 1100++ 1300++ 1500++ 1700++ 1800++ 1900++  
 Sundays + B.Hols: **No Service**

**To Malham** (arrives ~ 25mins later) (Services 210/211, 75, 864)

Mon-Fri\* [210/211] 1000<sup>7</sup> 1310<sup>7</sup>

Saturday [75] **from 4 Nov:** 1000 1400 1600

Sundays + Bank Hols [864] 1057 1242 1542

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

## Public Transport back to Gargrave

### TRAINS to Gargrave TO 9 DEC 2023

**SEE NOTE on Discrepancies, on previous page.**

**Last DIRECT TRAIN**

**From Skipton** (arr. Gargrave ~ 6 mins later) **from LEEDS to GARGRAVE**

Mon-Sat 0519SO 0522SX 0600SX 0707SO 0725 0826SX 0827SO 0856 **1949**

0958 1057 1127 1258 1458 1559 1727 1810 1856 2000 2027

Sunday 0917 0945 1110 1309 1406 1503 1609 1808 **1731**

**From Lancaster via Giggleswick** (arr. Gargrave ~ 65 mins later)

Mon-Sat 0648 0941 1046 1246SX 1248SO 1447 1745 2030 2131

Sunday 1103 1344 1552 1752 2017

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

Mon-Sat 0549SX 0713SO<sup>13</sup> 0753SO 0824SX 0927SO<sup>15</sup> 1058<sup>15</sup> 1336

1450 1618 1824 2013<sup>14</sup> 2145<sup>13</sup>

Sunday 0925 1223 1520<sup>15</sup> 1607<sup>15</sup> 1725<sup>15</sup> 1911

**NOTES:** 13. From Ribbleshead only. 14. For Gargrave, change at Settle. 15. Stops at Hellifield & Skipton, **but NOT GARGRAVE**. Living in BD23, you can buy a DALES RAILCARD: £10.00/ year. 1/3 off Anytime & Off-peak rail tickets between Gargrave, Leeds, Bradford, Carlisle, Morecambe, Lancaster. Big discount for children with you.

**BUSES to Gargrave \*Except Bank Hols.** M = Malham service. From 30 Oct.

**From Skipton** Bus Stn.(arr. Gargrave ~15 min) (Svc 75, 210/ 211, 580, 864)

M-F\* 0850 0945 0950M<sup>8</sup> 1045 1145 1245 1300M<sup>8</sup> 1345 1445 1545 1645 1845

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

Sundays + B.Hols [864] 1045M 1230M 1530M

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

+ from Kirkby Lonsdale (581) and ++ from Lancaster (81/82)

Mo-Fr\* 0755++ 0845++ 0930++ 1030 1130++ 1230 1330++ 1430 1530++ 1745++

Saturday 0755+ 0845++ 0930++ 1130++ 1330++ 1530++ 1730++

Sundays + B.Hols: **No Service**

**From Malham** (arr. Gargrave ~25mins later) (Services 75, 210/211, 864)

Mon-Fri\* [210/211] 1035<sup>8</sup> 1335<sup>8</sup> from opp. Buck Inn

Saturday [75] **from 4 Nov:** 1030 1430 1630 from opp. Buck Inn

Sundays + B.Hols [864] 1145 1450 1640 from Nat Park Car Pk

**NOTES 8.** Tues & Thurs service stops at Coniston Cold 18 mins after Malham 3

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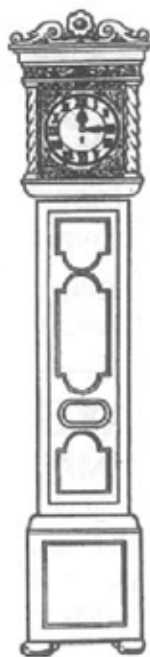
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