

THE UPPER WENSLEYDALE NEWSLETTER

Issue 211

March 2015

Donation please:
30p suggested or more if you wish



Mill Gill Falls, Askrigg

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**Upper Wensleydale
Newsletter**

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PLEASE NOTE

This web-copy does not contain the commercial adverts which are in the full Newsletter.

As a general rule we only accept adverts from within the circulation area and no more than one-third of each issue is taken up with them.

Advertising

Boxed adverts: £6, £12, £18

There is a big reduction for six issues or more, so for six issues the totals are:

£25, £50 or £75

Greetings etc. £2.00

What's ons (non-commercial) are free

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**THE APRIL 2015 ISSUE
WILL BE PRODUCED ON**

MARCH 24th and 25th

**DEADLINE FOR COPY:
THURSDAY
MARCH 19th**

Editorial

Prompted by the wonderful initiative by Katie Cutler and consequent generosity of all those who contributed to help the little old disabled Gateshead pensioner, Alan Barnes, who was mugged and robbed a few weeks back, it has been suggested that this editorial should be about good news (for a change!).

Generally the media (and all of us?) find bad news more of a talking point, so here goes, let us list some examples of good news; you might think of others.

This month sees Comic Relief Red Nose Day and some of the examples from previous years of what this can achieve are incredible in alleviating terrible conditions in many parts of the world.

In this area, groups and meetings find the time and the desire to run events for various charities, and items for food banks are being collected. Local individuals take up sporting challenges for their chosen good causes.

Maybe the best bits of good news rarely hit the headlines. Numbers of people regularly, or in emergency, will happily volunteer to run neighbours to our hospitals, and wait for them there until it's time to return. People who might have been active and very visible in the community and are not now, because of accidents, illnesses or infirmities, are not forgotten and get visited so that they are kept in touch, (It doesn't happen in all communities). Then there are those who have a 'ministry' by phone or email who regularly make contact to check up on friends or neighbours.

There is the good news that our bus services will be retained and improved, essentially made possible by the considerable number of volunteer drivers. Add to these the First Responders who are on hand and the defibrillators we have been supplied with in various villages.

Do not dare to forget our health centres! Where else can one still see the doctor by just arriving, or get an appointment the day you ring up! Talk to friends and family who live in other areas.

It is so easy to dwell on the bad. However, some will know these words: "Whatever is true, whatever is honourable, whatever is just,

whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things". Give it a go!

What's more, this is March and on the 20th/21st SPRING is here! Good news indeed.



Many thanks to all who supported our Pie and Peas supper in February; we raised the fantastic amount of £400.50!

Our offers for March and April 2015!
Get healthy and Spring into action!

Sign up for a six month gym membership and get one month completely free.

Recommend a friend at the same time and get half price induction for each of you.

Existing members? Recommend a friend for a six month membership and get £20 cashback from your gym fees.

Also - Coming up soon... start dates to be confirmed:

Health and fitness sessions

Want to get in shape and feel healthier and fitter? Sessions starting on **Tuesdays from 10.00am to noon.**

Netball

Did you enjoy netball at school/college? Come back to netball and take part in fun, active and friendly sessions. Starting on **Tuesday evenings from 7.30 to 9.00pm.**

For information on any of the above please contact us on **650060**, or email admin@yorebridge-sport.co.uk

Jan Hale

Let us Know

Here's a suggestion which has come our way: have you an old recipe for something you, your parents or grandparents make, or used to make, which has never seen the light of day in local recipe books?

We are concerned this bit of our social history could so easily be lost. Why not send them in to us; we will print them now and again.

Improvements at Ribbleshead

Good news indeed. During the middle of February the Settle and Carlisle Railway Trust has completed work on the approach track up to Ribbleshead station, (they own it, not Railtrack, and have now found the funding).

This entailed digging out the 40 potholes, which have been the problem, and providing new road foundations and surface. As it says in the latest Settle – Carlisle Journal “Great news for passengers, visitors and holiday makers arriving by car.

Letter

I enjoyed your illustrated article about stiles, in which you posed various questions.

People may be interested in looking up the official guidelines for stiles:

pittecroft.org.uk/5709

where amongst other information it states that steps should be no more than 300mm (12"), with the top rail no more than 450mm (18").

It also clearly states that no barbed wire should be closer than 1m (about 3 ft).

Such stiles are quite rare!

Leslie Kinsman

Family History Group

Meetings of the Upper Dales Family History Group continue on **Wednesday, March 25th**, with a meeting at **2.00pm** in Fremington Sunday School near Reeth. This will be a return visit by the ever popular ladies Curriculum Kitchen with a recreation of historical food and costumes.

This time they will be looking at 'Taking tea with a Georgian Lady - Exploring the dress and customs of the early 19th century'. Get there in good time to make sure of a seat!

Non-members very welcome, £2. Contact telephone: **01748 884759** for details or see the website at www.upperdalesfhg.org.uk

Eunice the Ewe



Eunice was hiding amongst the button making on page 25 last month. The winner of the £10 prize, selected in our perfectly fair way, was **Mike Pledge, West Burton**, who has been looking for her for 19 years and found her at last!

Cautionary Tale!

An elderly lady was invited to an old friend's home for dinner one evening.

She was impressed by the way her lady friend preceded every request to her husband with endearing terms such as; Honey, My Love, Darling, Sweetheart, etc. The couple had been married almost 70 years and, clearly, they were still very much in love.

While the husband was in the living room, her lady friend leaned over to her hostess to say, "I think it's wonderful that, after all these years, you still call your husband all those loving names."

The elderly lady hung her head. "I have to tell you the truth," she said, "his name slipped my mind about 10 years ago, and I'm scared to death to ask the old grump what it is!"

Air Ambulance Clothes Collection

Please bring bagged clothes, curtains, towels, bedding (not pillows or duvets) shoes, used ink cartridges and old mobile phones to St. Margaret's Church, Hawes.

Bags are available in the church.

The bags will be collected on Monday 16th March at 10 am so please leave them in the church any time before then.

Proceeds of the collection will be split between the Great North Air Ambulance and St. Margaret's Church Restoration Fund.

Answers to February Competition

Farms and small settlements in the Newsletter area. Anagrams are marked with *

1. Sylvia's place; see issue 209 *Thorney Mire*
2. Boy less worth * *Low Thoresby*
3. Crest of hill, 40 winks, slovenly spoken fish *Browna Paddocks*
4. Brace bron * *Breconbar*
5. Sleep with dad's vehicle *Nappa Scar*
6. Occidental door locked *West Bolton*
7. Enlarge Percy * *Carpley Green*
8. Children's sounds *Kidstones*
9. Ah glib hen * *High Blean*
10. Nay real dagger * *Raydale Grange*
11. Did Wales die * *Widdale Side*
12. Illuminated with woman's London gardens *Litherskew*

There was no completely correct entry by the deadline.

March Competition

Time for a bit of bird spotting again!

Anagrams

1. I THUS MOANER
2. O LOWER THREADS
3. RAPPING ERE ENDS
4. GRIPE DART
5. CHOCS FED PET TARTLY
6. RE CHATTY CORES
7. DRIVEL NOR PEG
8. ROWS OUR SHAPE
9. THOSE CANT
10. ILL TUM EGO
11. TRUB ENGINED
12. ASHEN TAP

Sedbergh Town Band

Wednesday 11th March

in the Market Hall Hawes at 7.30pm

Tickets £6 on the door; Raffle

Proceeds for St. Margaret's Church

Restoration Fund

Hawes and District Gala Committee

As a lot of you may be aware some members have resigned from the committee who have served many years and we would like to say a massive thank you to them all for their hard work and dedication.

But sadly now this means we are in desperate need of new committee members and volunteers. If you would like to join the committee or be a volunteer please contact **Emily Pickard 07868 568993 or Emma Guy 07712 605110**. We would be grateful even if it is just on the gala day to help set up and tidy away. Please help us in any way you can to keep the gala running year after year, unfortunately without any extra help the gala may not be able to continue.

This year's Gala will be on Saturday 27th June; look out for further information nearer the time regarding times and location.

Upcoming Fundraisers:

Gala Quiz- Wednesday 4th March at Crown Hotel.

Gala Tombola - Sunday 15th March

Table Top Sale 10.00am-4.00pm Hawes Market Hall. Any donations or help with the tombola will be much appreciated.

Children's Easter Disco Friday 27th March 6.30pm-8.30pm. £1.50 entry fee, under 5s must be accompanied by an adult. Refreshments available.

We would also be grateful if anyone could donate any feather pillows, mattresses or an old bookcase with a back. Please contact Emily Pickard or Emma Guy if you have any of the above you would like to donate to the Gala.

We look forward to hearing from you with any new ideas or suggestions and any offers of your help.

Roger Stott, MBE

At Roger's very well attended funeral service last month in St Margaret's church, Hawes, the amount donated for Parkinson's UK, the support and research charity amounted to £642.



Do you look after a friend or family member?

Hambleton and Richmondshire Carers Centre is a charitable organisation providing free and confidential help and information for all carers from 5 years of age. We aim to provide support tailored to your personal circumstances.

BERRY'S FARM SHOP

is hosting a Carers' Pop-up Information point on the second Thursday of the month during March, April and May. Why not pop along and pick up a leaflet or stop for a chat?

Dates: **12th March, 9th April, 12th May**

Time: **10.30am -3.00pm**

Tel: **01609 780872**

32 High Street, Northallerton, DL7 8EE

info@hrcarers.org.uk

News From the Wensleydale Society

The village dances, which were common in the Dales up to the 1960s, the local tunes and the musicians who played them is Bob Ellis's subject in '**Music and Dance in the Dales**' at the Wensleydale Society on **Friday 6th March**. A former teacher at Wensleydale School, Bob has published a number of books and articles on history and is a part-time musician playing folk dance music on the melodeon.

The talk starts at **7.30 pm** at West Burton Village Hall and we make it easier to get to lectures by our return coach between Middleham and West Burton, which picks up in Harmby, Leyburn and West Witton, (details from **Eileen Jackson 622287**).

Membership of the Society is £5 per year, and members are welcome to bring guests (£1 per guest). Our monthly walks programme for members adds to the enjoyment of Wensleydale and its wider environs, and is a wonderful way to get to know the area.

Wensleydale Decorative and Fine

Arts Society

Tuesday March 10th 2.00pm
MIDDLEHAM KEY CENTRE

Inn Signia, Pub Signs, the Artwork and the Stories behind their Names

Inns and public houses are a rich part of Britain's heritage. Their signs provide us with an abundantly illustrated guide to both our history and our cultural heritage.

There are about 50,000 pubs in the UK with 17,000 different names but why so many "Red Lions", "Crowns" and "White Harts"?

The lecturer will explore the stories behind the origins of some peculiar names including the "Bucket of Blood", the "Blazing Donkey" and the "Cow and Snuffers".

John Ericson was Director of Studies at the School of Education at the University of Bath. He is now a freelance lecturer.

We welcome non- members to this lecture and to any future lectures of interest. Lectures are held on the 2nd Tuesday of the month from October to June at the Middleham Key Centre. The cost is £8 per lecture. It would be helpful to inform the Membership Secretary beforehand if possible, on **01765 635244**.

rosalindhigson@btinternet.com

Cathy Trewby

New Museum Volunteers Needed

There will be a Spring Meeting for Dales Countryside Museum Volunteers on **Wednesday 25th March**. It will be held at the Dales Countryside Museum between **2.00 and 4.00pm**.

At the meeting we will hear from staff and volunteers currently working at the museum about the range of work completed and jobs available this year. If you would like to know more about volunteering at the museum - please come along. Let us know so we know how many cakes to get! Look forward to seeing you.

Fiona and Debbie
666210

dcm@yorkshiredales.org.uk



*Mystery picture.
Last month's was of the old Congregational Chapel in Bainbridge*

Penhill Benefice

Easter Lilies

Would you like to donate a lily this Easter in memory of a loved one?

The lilies will be used in a floral display in St. Bartholomew's Church, West Witton at Easter. A list of those in whose memory the lilies have been given will be displayed in the church.

If you wish to make a donation for a lily, please write your own name and the name of the person in whose name the lily has been donated, on an envelope enclosing £3 per lily and give to **Valerie Alsop (622576)** by **20th March**.

To Make You Smile

"He gets offended when others talk whilst he's interrupting."

"The trouble with jogging is that by the time you realise you're not fit enough to do it, it's a long walk home."

"He prays on his knees on Sunday and on everybody else the rest of the week."

Programmes available from: Towlers Newsagents, Leyburn and
The Corner House West Burton

MARCH 2015

The
Wensleydale Tournament
of
Speech and Song



Methodist Hall, Leyburn
on

March 10th - 12th (Speech)
March 18th - 20th (Music)

Registered Charity No. 1007474 Admission: Adults £1.00 per day; £3.00 per evening
Children £0.50; Under 5s free

"By the time a person gets to green pastures, he can't climb the fence."

Heavens Above

There's an impressive partial eclipse of the Sun this month – the best in UK skies since 1999 – and wherever you are on the morning of March 20th, you'll see the Moon swallow up over 80% of the solar disc. The farther north you are, the larger the coverage. In the Northern Hebrides 98% of the Sun disappears behind the Moon, in fact they just miss out on seeing a total eclipse by a tantalising 150 miles! From our part of the world coverage is around 90%, so let's hope those clouds stay well out of the way to give us a decent view for once.

If you want to observe the eclipse from start to finish – it lasts from just before **8.25 am until about 10.40 am** - you'll need to find a spot with a clear view to the south-east as the Sun is still fairly low down when the silhouetted Moon takes its first bite out of the solar disc. Greatest coverage occurs around 9.30am and by then you should notice a marked darkening in the sky and a drop in temperature. You won't be able to see the Sun's beautiful outer atmosphere – the corona – as there will still be too much sunlight around. To see this dramatic effect you'll have to stick around for the next total eclipse in 1990!

A word of warning – don't be tempted to look directly at the Sun through binoculars or a telescope. ***You will seriously damage your eyesight if you do so.*** The safest way to view the eclipse is to project the Sun's image on to a shaded sheet of white card via one of the eyepieces of your binoculars or you can use special eclipse glasses like the ones being given away with this month's edition of the 'Sky At Night' magazine (which also has loads of other info all about the eclipse as do the many dedicated websites that have sprung up on the internet). Interestingly, the Vernal Equinox, marking the beginning of Spring, also falls on the 20th March this year. Just after the eclipse ends, the Sun crosses the celestial equator from south to north again, and for the next six months we'll have more daylight hours than hours of darkness. Not to be confused with the start of British Summer Time on March 29th when you mustn't forget to put your clocks *forward!* Have clear skies.

Al Bireo

Ranger Report

Spring is thankfully approaching, which is an important time for both lambing and nesting birds. It is particularly crucial for ground nesting birds such as lapwings, curlews, redshanks, oystercatchers and snipe. Free roaming dogs easily put birds off using an area for nesting, so I would ask all those out walking with dogs to keep them on a lead. Your dog may mean no harm, but nesting birds see dogs as predators and take evasive action. While parents are away from nests, the eggs may get cold and hatchlings could die of exposure and scavengers like crows may target eggs and young birds. You don't have to head up on to the moorland to see them, as there are some fields between Hawes and the river Ure which are home to these birds, so look out for them when you're out and about. The Yorkshire Dales has some of the best habitats in the UK for such birds and everyone can do their bit to help them.

Still on the subject of dogs, I have been directly asking owners if they clean up after their dogs. I have spoken to dog walkers on several local footpaths after receiving many complaints over the last couple of months. I have passed the information on to the Richmondshire dog warden, and don't be surprised if you get photographed not cleaning up. The message is very simple – pick it up. Cotter Force is very regularly used by a few local dog owners, who are obviously not cleaning up after their dogs. As always, I welcome your reports of damaged stiles, gates, signposts etc along public rights of way and on open access land.

I can be contacted on **666220**, matt.neale@yorkshiredales.org.uk or by calling into Hawes National Park Centre in the Station Yard.

Matt Neale

Area Ranger - Upper Wensleydale

An Evening not to be Missed!

The Newsletter Annual General Meeting will be held at Sycamore Hall on **Wednesday March 18th at 7.30pm**. Any members of the public within the Newsletter area are welcome to attend, It isn't boring!

Place Names—the Viking Touch

Our Newsletter area covers one of the most significant parts of the Viking-speaking ‘Danelaw’ in England. Although we probably take our local names for granted, visitors from other parts are bemused by many of these, finding them very different from many other parts of England.

Scandinavians settled extensively in the north and east of England towards the end of the 9th century. Those on the east coast were primarily Danes. There were those of Scandinavian origin inland from the north west coast. They had come via Ireland where they had been settled for about a century. These were of Norwegian origin and brought with them a language hugely influencing our words today.

The most common ending used in Scandinavian place names was ‘-by’, which referred to a village. The Scandinavians frequently just tacked on ‘by’ to a village that already had a place name. Therefore, it is not unusual to have a combination of Old English (Anglo-Saxon) with a Scandinavian ending. You’ll be able to think of plenty of ‘bys’ up here.

Many of us will know that our ‘Thwaite’ (*Old Norse Thveit*) means a clearing; Langthwaite obviously means long clearing (in the forest) and Thackthwaite the clearing in the rushes. The trouble is that not all Thwaites mean what they might suggest: although ‘Swinden’ most surely refers to swine, i.e. Swine Valley, don’t be fooled into thinking that Swinithwaite has anything to do with pigs! The Norse ‘Thveit’ and ‘Switha’ is more likely to be a personal name: ‘Switha’s’ clearing.

The Scandinavians also used ‘thorp’ or ‘throp in their place names. Thorpe meant a ‘secondary village’ or a village of lesser importance when compared to another nearby village. It was usually used with the name of the larger nearby village. Scotton Thorpe (in the old West Riding in Yorkshire) would have meant the small settlement near Scotton. Directions were also used with thorpe so that Westhorpe referred to the smaller settlement to the

west of the larger one. Thorpe was also used in other ways that are self-explanatory – Newthorpe, Woodthorpe and Bishopthorpe are good examples..

In some cases, Scandinavian names have been mixed with other meanings – though Old English is the most common. Scandinavian Christian names have been used in conjunction with ‘tun’ (or ‘ton’) so that Thurmaston means the farm/village/homestead of Thormond – Scandinavian name with an Old English termination.

Here’s a selection of some common Viking words occurring in our place names. Several words containing ‘SK’ have become ‘SH’ in English.

You can spot the link sometimes: skale – shale.

Skirt – shirt; ask – ash; skip – ship; (*Skipton = sheep town*). The old Norse/Viking words are in *italics*.

Ber = hill = *berg*

Birch = birk = *birkt*

Bush = busk = *buskr*

Rocky cliff = clint = *klint*

Crook = bend = *krokr*

Alder tree = eller = *elri*

Hill = fell = *fjall*

Ravine = Gayle or Gale = *geil*

Enclosure = garth = *garthr*

Road or cattle-route = gate = *gata*

Water meadow = holme = *holmr*

Spring = keld = *kelda*

Church = kirk = *kirkja*

Barn = laithe = *hlatha*

Heather = ling = *lyng*

Bog = mire = *myrr*

Ridge = rig = *hryggr*

High pasture/shieling = sett = *swaetr*

Pass/gap = *skarth*

Swarth = black = *svartr*

Lake = tarn = *tjorn*

Ford = wath = *vath*

So here are a few examples of local place names with some of these words within them:

- Appersett = The pasture near the apple tree
Askrigg = The ash ridge
Aysgarth = The open space in the oak trees
Bellerby = Belg's village (personal name)
Burtersett = The high pasture by the alder tree (*a burtree is a dialect form for the alder*).
Cotterdale = The valley with the huts
Fossdale = Waterfall valley (Obvious!)
Hell Gill = Flat-stone ravine (nothing to do with it being a bit fiendish to look into)
Marsett = Maurr's high pasture (an old Norse personal name)
Redmire = The reed pool (Old English 'hreed' and 'mere')
Sedbergh = Seat-shaped hill. (The spelling of Sedbergh doesn't seem to have changed since the 11th century)
Yockenthwaite = personal name Yaghan + clearing.

If this has whetted your appetite, have a look on the web for 'Viking words in English' etc.

You will not be disappointed !

A.S.W.

Gayle Mill Events

**Demonstration Tours – Sunday 1st March
11.00am and 2.30pm £12**

Come and join our Demonstration Tours on the first Sunday of each month. A two hour tour where you get to see the original 1879 machinery working! Includes light refreshments.

Gayle Mill reopens for **one hour tours – Monday 23rd March at 1.00pm and 3.00pm** £6 per person, children 16 and under Free

Guided Tours run daily from Sunday to Friday each week until Friday 2nd October..

To book for any of the above: **667320** or email admin@gaylemill.org.uk

Pilot Scheme Until June

Open for Longer Appointments at GP Surgeries

Central Dales' patients are now able to book an evening appointment at Hawes Surgery on **Wednesday evenings 6.00- 8.00pm.**

Either Dr Jones or Dr Brown will be on duty. Patients are also able to book an evening appointment with GPs at other surgeries in Hambleton & Richmondshire in the same cluster group. These include:

Leyburn
Catterick Village Surgery
Mayford House, Northallerton
Harewood, Catterick Garrison
Aldbrough St. John, near Richmond
Great Ayton Health Centre
Stokesley Health Centre

Patients wishing to take advantage of this pilot service should telephone Hawes or Aysgarth Surgery to book an appointment at Hawes or to book at another surgery. The Receptionist will be able to give information as to when other surgeries will have evening appointments.

It will be of particular benefit to patients wanting a non-urgent appointment outside normal working hours.

PLEASE NOTE: Medicines cannot be dispensed in the appointment but you can take the prescription away with you or the item(s) can be dispensed the following day. No nurse will be available to act as a chaperone. If in any doubt, ask for advice when making an appointment.

GPs at other Practices will be able to access medical records IF, BUT ONLY IF, the patient gives his/her permission.

**Dear L.M.
Happy 70th Birthday on March
22nd
Many happy returns
Love and best wishes
LW, F.D, & B.B, & D.T**

Don't Worry About Climate Change It's going to happen anyway

For many years now, most scientists, and particularly those working for the IPCC, have been warning us that our planet is about to fall victim to a serious illness, of which this article is a diagnosis. With acknowledgements (and apologies if necessary) to James Lovelock.

The underlying cause: An excessively over-populated, selfish, greedy species, whose technological prowess surpasses its wisdom.

The symptoms: The levels of carbon dioxide in the atmosphere have been steadily, and exponentially, rising since the industrial revolution and are now at their highest level for at least 3 million years. This has almost entirely been caused by the burning of fossil fuels for industry, home heating and transportation, combined with a continuous reduction of nature's main consumers of carbon dioxide (trees and algae). The overall global temperature is rising.

Consequently, the ice in the Arctic and Antarctic is melting at an accelerating rate, often releasing methane into the atmosphere, which further exacerbates the problem.

The likely developments: Sea levels will rise, eventually by about 5 metres or more, rendering many coastal towns and cities, and some countries, uninhabitable.

According to most climatologists, extreme weather events (such as floods, droughts and hurricanes) will increase in frequency and magnitude, though the effects will often be local. There will probably be crop failures.

The comfortably-habitable areas of the planet will decrease in size and number, and there will be intense competition amongst survivors for those areas.

The treatment: As with any illness, there are several different possible approaches:

1. Allow nature to take its natural course. This will involve great suffering, and may entail large-scale elimination of the underlying cause (complete with collateral damage), but the planet will almost certainly eventually recover and settle back into its usual behaviour patterns.
2. Take drastic action, on a global governmental level, to reduce carbon dioxide

levels by quickly shifting from fossil fuel technologies to the most viable alternative energy sources – nuclear, solar and, most particularly, hydrogen, (in concert with the previous two). It has been estimated (by David Sanborn Scott) that, with enough will, determination, co-operation and investment, an almost global, hydrogen-based energy-production infrastructure (with only water as its by-product) could be achieved in as little as 20 years. Until that “Last Night I Had The Strangest Dream” scenario, on an individual level all that people can do is to make the conscience-salving, futile, symbolic gesture of reducing their own dependence on fossil fuels. This can be achieved by travelling as little as possible, reducing home heating, and not buying goods which are produced by energy-intensive industries (or foods which are transported long distance). If everyone on the planet did that, it would make an enormous impact (not least on the global economy), as would large-scale protesting and campaigning for governmental action.

3. Try a counter-intuitive alternative therapy (like a combination of homeopathy, acupuncture and faith healing), and claim that global warming is necessary for the long-term future of mankind (even if it is not good for the planet). Climate change deniers have missed a trick here. Instead of calling themselves ‘deniers’, which sounds so negative, they should have called themselves climate change justifiers. The fact is that, in geological terms, we are currently in the latter stages of an interglacial period and the planet is due, in the absence of interference, for another ice age (which would eventually have significant habitat-reducing effects, particularly in Northern Europe and North America). By increasing global temperatures and melting all the ice at the poles, we may be able to forestall (and perhaps even prevent) the next ice age. For all we know, the destructive effects of global warming may be less than the destructive effects of the next ice age would have been.

If any readers are interested in becoming part of a local Climate Change group, with a view to discussing possible courses of action, please contact me on hughdower@yahoo.co.uk.

Hugh Dower, Countersett

News from St Margaret's, Hawes

As everyone is aware we are going through a very large restoration project at St Margaret's and we, the congregation, are extremely grateful for how the town has supported our fundraising activities – thank you. It seems like such a long time since any actual building work has been done but I am pleased to say that we have had a pre-contract meeting with the firm who is going to take on phase two of the work and very happy to say that that work will begin in April. It does mean that there will be some disruption to the entrance to the church but all will be done safely so that the church can stay open as it always has; and there will be no disruption to our normal services both during the week and on a Sunday so funerals, weddings and baptisms will take place as usual.

During this waiting period there has been much comment on the state of the East window of the church. It is very sad to see the wall looking so discoloured and some people have wondered why it is like this. Our Architect is on the case and has undertaken research – both nationally and internationally - to get to the bottom of the problem. Please be assured this is in hand and once we get to the bottom of the problem it will be rectified. As part of the restoration project the PCC (Parochial Church Council) have begun a period of discernment for the way forward for St Margaret's once the building has been put back to its former glory. To this end the PCC has had a morning session with Bishop James, our regional bishop, to begin this process of discernment. What came from our initial meeting with the Bishop was a realisation that perhaps for the moment we, as the congregation, are being called to pray for ourselves as a church and also for the town.

We have always prayed for the town from the point of view of praying for the sick and those who might be experiencing difficulties of one sort or another. We always pray for the market on a Tuesday and the businesses in the town as well as those who work here. The question that the Bishop asked us was whether the people of Hawes know that we do. Good question! Perhaps you were not aware of this? Well we do, in services four times a

week and personally every day. We are your parish church whether you come to services or not and as such we pray for all those who live and work in the parish; which includes Hardraw, Askrigg and Stalling Busk where we also pray for Hawes people and places. If there is anything specific that you would like prayer for, then please do not hesitate to contact either myself (667553) or any other member of the church and we will pray for you quietly and in confidence or generally in our services. We are your parish church and as such we are happy to serve you in this way.

Rev. Ann Chapman

A Better Deal for Farmers

Upland farmers from across the north of England met this week to discuss setting up a hill farming forum that would provide a stronger voice for upland farming, showcase its benefits to society, and influence Government support.

A two-day meeting was organised by the Northern Upland Chain Local Nature Partnership (LNP) and sponsored by Natural England. It included speakers from existing farmer groups, as well as the York, North Yorkshire and East Riding Local Enterprise Partnership.

A common theme was the distinct benefits of working within a farmer group, from improving farm business performance to having direct contact and influence with Government. Farmers agreed to begin the process of setting up a Northern Upland Chain hill farming forum, which would seek to bring together existing farmer networks and interested farmers to champion the wider benefits of hill farming.

The Partnership is working to promote 'High Nature Value' (HNV) farming - looking at ways in which traditional farming systems can deliver environmental benefits more effectively, at the same time as making the farm business more economically viable.

Best Foot Forward

It's often said in mountaineering circles that one good day in winter is worth ten in summer. Certainly winter can produce some spectacular scenery but it does create additional hazards, not least the cold conditions and possibly extreme weather. Conditions underfoot can be tougher, fitness levels are sometimes lower, there's more gear to carry and daylight is shorter. All these offer the opportunity for things to go wrong. Fortunately for most of us this doesn't happen but when it does it can be something of a reality check.

Unlike most Best Foot Forward articles we are not outlining a specific route here but describing an event. We were in the Lake District in February and experienced some unusual winter weather phenomena. It started in the western Howgills when we climbed up through mist into a completely clear sky with the sun shining down on top of a sea of cloud stretching as far as the eye could see. The top of the cloud was at about 1,500 feet. The same thing happened a couple of days later on Dow Crag near Coniston, only this time the cloud reached 2,000 feet. Scafell was very clear; Skiddaw was like a volcanic island floating on the ocean; Whernside and Ingleborough raised their heads enough to be identifiable, while adjacent summits, probably Great Coum and Gragareth lay like dark skerries beneath the mist. It was one of those days when you were reluctant to plunge back down into the fog in the valleys.

The following day we hoped to repeat this magical experience on Coniston Old Man but the omens were not good: the fog seemed thicker and less likely to break up on ascent. As it happened we never got the chance to discover what lay above, although we later learned there was no sun on top that day. What did strike us was that it was damper and colder. The rocks were wet with condensation. Quite suddenly, at about 1,800 feet, we realised the pebbles on the path were getting slippery and the rocks were covered in a black ice sheen, difficult to see and dangerous to walk on. We put

grippers on but not full crampons and wondered about continuing. We heard voices above us and, climbing towards them, soon realised there was a casualty, a guy on his own (he'd been to the top) being attended by two other guys, both quite young. The injured chap had already rung for help about ten minutes before we got there. He reckoned he had dislocated his shoulder which was very painful. There was some blood but no evidence of other injuries. He was seemingly experienced and well equipped and he hadn't fallen far but he was in shock and clearly not in a fit state to walk, so the obvious course of action was to wait for rescue. We decided to stay, although there was little we could do except provide extra warm gear and give support to the two young guys there, one of whom was doing a great job. The temperature was around zero. The air was still, so hardly any wind chill but we were alert to any signs of hypothermia. Minutes ticked by and we knew there was no chance of a helicopter rescue in such thick mist.

After half an hour or so doubts began to creep in about whether mountain rescue had got the message. We decided to descend to meet them but stopped, uncertain of their choice of route. We rang them again and they assured us that a team was on its way. We waited a little longer and by now an hour had passed, everyone was getting decidedly cold and the casualty was deteriorating. A few more walkers appeared but most turned back at the ice. One or two hung around. It's hard to leave when someone needs help.

Eventually, after nearly an hour and a half, we heard the reassuring sound of a walkie-talkie radio. Two guys appeared and we led them to the casualty. Everyone was very glad to see them. They carried out basic checks on the man and then put crampons on as nobody without them could stand up on the path. Then two more guys came, then another two and soon there were about ten of them with all sorts of gear, including a stretcher. They were in constant contact with base and kept

relaying information such as “pain still bad, had to give another five mil of morphine.” Getting him onto the stretcher was not easy and by now the casualty was shivering badly despite a heavy sleeping bag. Initially the stretcher was used as a sledge but on reaching less frozen ground eight of them carried it down the rocky path, which was slow work. We just carried the spare gear and watched. The banter was quite entertaining: “why is it when you let go it makes no difference?” A couple of paramedics came up from the helicopter; one did a medical check. I asked the other one about the pilots: “they stay with the chopper in case anyone nicks it”; Daniel Craig would have been impressed.

At last we reached the Great North Air Ambulance “Pride of Cumbria” and the casualty was carefully placed inside to be transported to Furness Hospital. The Coniston Mountain Rescue Team dispersed and we were left to reflect. Why had it taken so long for the team to get there? Well, all but two were at work and had to down tools, get to base, drive a Land Rover and hike up the mountain so the response can’t be instant. It makes you realise how important it is to have enough gear to wait in the cold. Once there the team was very professional. They clearly knew what they were doing and made good use of passers-by like us. Our walk had been seriously curtailed but in many ways it was the most interesting day of the week and certainly the one that will stay in the memory.

N.P.

Reminder - Settle-Carlisle Line Bargain Fares Offer

The special £8.50 flat rate Winter Fare Offer for Dales Railcard holders runs until Saturday March 28th (except before 08.15am Mon-Fri). Up to 4 children can accompany the holder of the Dales Railcard at £4.25 each. Check T&C before travelling and note that the trains can be *very* busy in the last few days of these bargain fares!

Felt for Lent

Experience felt making with felt artist Andrea Hunter.

In response to a suggestion that for the period of Lent we acknowledge a gift that we have been given by God and use that for the benefit of others Andrea has recognised that her ability to make beautiful creations from felt is something that she can share with others.

The joy of creating felt and recreating the wonder of our world around us is an awesome gift that many of us may have but as yet it remains undiscovered. Andrea would like to help others to discover that creativity within through her own gifts and ability as an artist and teacher.

If you would like to find your creativity through making felt then here is an opportunity to accept the gift of discovery that Andrea can give to you.

Andrea will hold two mini workshops in her studio for those wishing to learn basic felt making skills. Each workshop will last approximately 1½ hours.

**Sunday 8th March 2015
10.30am – noon or 2.00 – 3.30pm**

Come along and learn a new skill whilst having fun in a relaxed atmosphere. There will be a charge of £2 per person for materials. Numbers are limited to 8 persons per session so please ring to reserve your place. **667644**

Eggcellent Easter!

Enjoy Easter at Bolton Castle with eggciting Easter Egg hunts, eggstravagant egg decorating, eggstraordinary bonnet making and much more! **Monday 30th March – Friday 10th April (10.00am-5.00pm)**

Preserving to Conserve

If you follow the Raydale Preserves signs to Stalling Busk you may wonder - where is this jam factory? The only hint is the smell in the air of the latest recipe, so I followed my nose and discovered a hive of activity in a lovingly restored barn where all products are hand-made. Derek and Lesley Kettlewell developed their business from a side line selling a few jars of lemon curd and strawberry jam in the farm kitchen, to employing seven people and selling 80 different products to a worldwide market. Derek explained that diversifying into preserves has enabled them to carry out major conservation work on the farm,

them to conserve the landscape and continue traditional farming practices. They have re-built over 7000 metres of stone walls, renovated buildings and replanted ancient woodland and a series of five walks has been developed so visitors can experience beautiful Raydale.

Derek and Lesley's son Andrew joined the family business following University and is responsible for marketing and developing new products. Andrew has secured contracts with Booths supermarket and shops in London and Manchester. He has developed the website and through distributors Raydale preserves are sold worldwide. Andrew keeps abreast of food



ensuring its future for their growing family.

Born and bred a farmer, Derek never thought he would be making jam and chutney for a living. They were one of the first Dales farms to develop a niche product alongside the main farming business. By the mid 90s many farms were diversifying to survive and the market quickly became competitive. Looking back Derek said it was great fun doing everything themselves, from chopping onions to delivering to local shops. To keep ahead of the competition and increase production they converted a barn and invested in equipment enabling them to scale up the business, and took on part time staff to help meet increasing demand. A downside to growth has been an increase in paperwork, the upside however is they now buy in ready chopped onions so there are fewer tears! A positive result is that income from the preserves has enabled

trends and introduces new products accordingly, trying out new recipes in small batches with all staff sampling and commenting on new ranges. Derek has developed a recipe book to ensure consistency and new products may be variations of traditional preserves such as lemon curd with elderflower or spicy onion marmalade. The most popular chutneys are Red Onion Marmalade, Hellish Relish and Strong Cheese Lovers Chutney. Traditional Raspberry and Strawberry jams are still their biggest sellers, and current development of a range of salad dressings is eagerly awaited. So why not try one of the walks from Stalling Busk, then pop into the tasting and tea rooms at the end for a delicious scone topped with your favourite preserve. They are open from May to October.

K.J.

Doctors' Rotas Supplied by the Health Centre											
AYSGARTH SURGERY ROTA						Wb - week beginning					
Wb	Mar 2nd		9th		16th		23rd		30th		
Day	am	pm	am	pm	am	pm	am	pm	am	pm	
Mon	WJ	W	WB	WB	W	W	F	F	FJ	FJ	
Tues	BF	BF	FJ	FJ	JB	JB	JW	JW	BW	BW	
Wed	J	J	J	J	F	F	B	B			
Thur	F	F	F	F	J	J	J	J			
Fri	B	B	B	B	F	F	F	F			
Doctors: B- Brown, F - France, J - Jones, W - West , C - Closed Morning Surgery: 9.00 - 10.30 am no appointments Afternoon Surgery: 4.00 - 5.30 pm appointment only <i>For appointments and all enquiries ring 663222</i>											

HAWES SURGERY ROTA						Wb - week beginning					
Wb	Mar 2nd		9th		16th		23rd		30th		
Day	am	pm	am	pm	am	pm	am	pm	am	pm	
Mon	BF	BF	FJ	FJ	JB	JB	JW	JW	BW	BW	
Tues	W	W	WB	WB	WF	WF	F	F	FJ	FJ	
Wed	B	B	F	F	B	B	J	J			
Thur	J	J	B	B	F	F	F	F			
Fri	F	F	J	J	J	J	B	B			
Doctors: B- Brown, F - France, J - Jones, W - West , C - Closed Morning Surgery: 8.45-10.15am Tues till 10.45am; no appts Afternoon Surgery: 5- 6.00pm Tues 1.30-4.00pm; appts only <i>For appointments and all enquiries ring 667200</i>											

March Events in Reeth Memorial Hall

Thursday 19th March at 8.00pm – Steve Knightley (one half of *Show of Hands*) visits Reeth on his *Grow Your Own Gig* tour. Having filled the Royal Albert Hall on four occasions Steve is enjoying bringing his songs and stories to smaller and more intimate locations in village halls the length and breadth of England. He says ‘

“With so many songs written for and about people who actually live and work in the countryside I’m really looking forward to playing them in their spiritual homes!” See: www.growyourowngig.co.uk - Tickets £16 in advance (£18 on the door).

Saturday 21st March at 8.00pm – Steve Turner – Primarily Steve plays concertina and sings, but he also accompanies himself on the cittern, and plays mandolin and banjo. “A shining example of the music the British folk scene is capable of producing” (*Folk Roots*). See: www.steve-turner.co.uk - Tickets £8 in advance (£10 on the door).

Under 16s are half price and all profits are for the upkeep and improvement of the Memorial Hall. Contact

John Little 01748 884759 or see www.reethmemorialhall.co.uk

Food for Thought

At Berry’s, Swinithwaite, **6.30pm for 7.00pm**
 Tickets cost £10 for main course, tea and coffee.
 To book contact Anthony Day at Gordon Lodge, Redmire **624171**
 cheques payable to Bolton-cum-Redmire PCC

Monday, March 2nd,
 speaker Rev. Michael Hepper, Vicar of Leyburn
 Main course: Beef casserole with herb dumplings, vegetables, potatoes

Monday, March 16th -
 speaker Rev. Caroline Hewlett,
 Vicar of Swaledale
 Main course: chicken, ham and leek pie, vegetables and potatoes

Selection of puddings each evening with donations to charity
 Drinks available from the bar
 Any enquiries contact **Ian Ferguson 650685**

	Leyburn Arts and Community Centre <i>- Events Calendar -</i>	<i>Film Tickets</i> <i>Adults £6</i> <i>Concessions £5</i>
Fri 6 Mar	Film - Gone Girl - With his wife's disappearance having become the focus of an intense media circus, it is then suspected that he may not be innocent.	
4.30 & 7.30 pm		
Fri 13 Mar	Film - Mr Turner - An exploration of the last quarter century of the great, if eccentric, British painter JMW Turner's life (1775-1851).	
4.30 & 7.30 pm		
Fri 20 Mar	Film - The Imitation Game - During World War II, mathematician Alan Turing tries to crack the Enigma code with help from fellow mathematicians.	
5pm & 7.30pm		
Sat 21 Mar	Murder at Fat Belly's Speakeasy - Come along and track down the criminal. 1920's fancy dress optional. Ticket £12.50 includes supper. Fund raiser for LADS & The Old School House.	
Friday 27 Mar	Film - Paddington - A young bear travels to London in search of a home. Finding himself lost at Paddington Station, he meets a family who offer him temporary haven.	
5pm & 7.30pm		
Sat 28 Mar	Kate and Paul Howden Jones - Singing duo make a welcome return as part of their 'No Halls Barred 2015 Tour'. Two great communicators and great musicians.	
Thur 2 April	Spring Art Exhibition - Various local artists will be exhibiting their work in the Studio. Free Entry.	
For 2 weeks		
Sat 4 April	Sing along to Mamma Mia - Come and join us for a wonderful uplifting sing along to all Abba's great songs in everyone's favourite film. Fancy dress optional.	
Thur 16 April	Portrait Painters Exhibition - Open in the Cafe Bar. Free Entry.	
Sat 18 April	Race Night (With a Difference) - Choose your favourite jockey and cheer them on. A great evening with lots of laughs, raising funds for The Old School House.	
Sat 25 April	Blue Skies - They will take you on a journey that taps into a rich vein of music by singer/songwriters and composers of jazz, folk, blues and popular music spanning several decades.	
Telephone: Bookings 01969 624510 Email: admin@oldschoolhouseleyburn.com Website: oldschoollhouseleyburn.com F: facebook.com/oldschoolhouseleyburn The Old School House, Richmond Road, Leyburn DL8 5DL - Registered Charity No: 1122092		

**Hawes Community
First Responders
Recruitment meeting**

Saturday March 7th, 10.00am to 2.00pm
HAWES MARKET HOUSE

Volunteers are being sought to join the Hawes First Responders group. Responders provide immediate life saving care to members of the community in an emergency situation such as a heart attack, breathing difficulties or collapse, in the vital minutes before the ambulance arrives.

Volunteers will be trained in CPR and the use of defibrillator and oxygen.

Come along on March 7th for more information and an informal chat with the First Responder Trainer- Patrick Murphy.

**Gordon Sleightholm, Co-ordinator,
667348**

St Oswald's Church, Askrigg

Monday 9th March – Annual Meeting of Parishioners & Annual Meeting of the PCC to be held in Church at 7.00 pm. Anyone on the parish electoral roll is welcome to attend, together with anyone interested in becoming more involved with the life of the church.

Sunday 15th March – 10.30 am – Holy Communion for Mothering Sunday. Come along with your Mother to celebrate on Mothering Sunday. Refreshments served after the service. All welcome.

Sunday 29th March – 3.00 pm – 4.00 pm – Afternoon Tea in Church. Join us for good company, good food and drink and a warm, friendly atmosphere. Entry just £2. Everyone welcome.

Upper Dales Healthwatch

*The Patient Participation Group for the
Central Dales GP Practice*

Extract from the synopsis of the last meeting

Anti-coagulation near patient testing kits are now in operation at both surgeries. This is benefitting some 90 patients. This will allow new dosages of Warfarin to be given to the patient during the appointment.

Both Hawes and Aysgarth Surgeries are undergoing refurbishment. This will allow greater privacy for patients. Both surgeries now have alcohol hand gel dispensers in the waiting rooms.

Dr West will be retiring on 31st March 2015. As from 1st April the GPs will be: Dr Jones, Dr France, Dr Brown and Dr Pain.

Joy Parrington is the new Practice Nurse at Aysgarth.

The Muker Band generously gave the Practice £2,200 to provide a spirometer to both surgeries.

Friends and Family test feed-back can be given on line (www.iwantgreatcare.org) or a card can be completed and put in the box available in both surgeries.

Opening Hours Pilot - Hawes Surgery will now be open **6.00-8.00pm on Wednesdays** for pre-booked appointments with either Dr Jones or Dr Brown. Details have been sent to Parish Councils. *See page 18*

SystemOnline - Patients can apply to either surgery for a unique user name and password. With effect from April 2015. This will also allow patients to access their recent medical record, and order repeat prescriptions using an App or smart phone.

The bids for a **'Resusci Anne'** have been successful. The dummy will be available for communities to borrow to practise CPR.

Jane Ritchie

Middleham and Dales Local History Group

"Attacking the Devil"

W.T. Stead and the Victorian Press

Dr Tony Nicholson

Spring course of 3 sessions beginning on **Tuesday 17th March at 2.00pm** at Middleham Key Centre and continuing on 24th and 31st March. W.T. Stead was one of the most celebrated journalists of the Victorian era and launched his career as a young editor at the Northern Echo in Darlington. For ten years in the 1870s, he used the paper to pioneer what he called the 'New Journalism' - a graphic, lively and sometimes sensational form of writing. Soon he caught the attention of influential figures in London and became editor of the Pall Mall Gazette where he began a series of famous attacks on some of the worst abuses in Victorian society. His powerful and often controversial style made him a force in the land and ushered in what Stead called 'government by journalism'. In many ways, he was the founding father of modern journalism and we live with his legacy. In these 3 sessions Dr Tony Nicholson will tell the amazing story of Stead's rise to power and look at the way local and family historians can use the press to explore some of the darker corners of Victorian and Edwardian society. The fee for the 3 sessions is £15 for members of MDLHG and £25 for non-members to include 2015 membership of the group. To register or for further details please contact **Tony Keates, 640436** or email dotandtonyk@btinternet.com

Pete Waterman- and the Wensleydale Railway

Pete Waterman OBE, who is the most successful British producer-songwriter in pop history, an author, DJ, Pop Idol judge, TV presenter and entrepreneur – perhaps best known for the phenomenally successful Stock Aitken Waterman team, which launched Kylie Minogue, John Travolta, Rick Astley, Steps and many other artists – is coming to Northallerton!

He has a lifelong love of railways and has contributed massively to the preservation and development of heritage railways. Hence he is coming to give “An Audience with Pete Waterman” at Northallerton Forum on Friday 5th June at 7.30pm in aid of the Wensleydale Railway Trust and to contribute to the MARS (Maintenance and Restoration Shed) appeal. It promises to be a memorable evening!

Tickets are now on sale at £18 with £15 for concessions (OAPs and children); (seats are numbered and reserved) from two sources:-

1. Directly from the Forum - use their on-line booking: www.forumnorthallerton.org.uk or ring the box office on **01609 776230**
2. From Phil Smith, 1 Galtres Road, Northallerton DL6 1QN – cheques only please, made payable to Wensleydale Railway Trust and enclose a stamped self-addressed envelope.

For any more details either contact the Forum or pandmsmith@sky.com or **01609 774733**

Chance for Local People to Have Their Say on NHS Services

Patient Congress event in Leyburn

Thursday 19th March, 9.30am – noon. TENNANTS AUCTION CENTRE, NHS Hambleton, Richmondshire and Whitby Clinical Commissioning Group is inviting members of the public to attend this latest Patient Congress. The Patient Congress is a forum to bring together members of the CCG’s Health Engagement Network and representatives from local GP Practice Participation Groups. Members of the public with an interest in healthcare are also welcome to attend.

Updates will be given on key local projects, including the Friarage Hospital and work underway to enhance local rural healthcare. There are also opportunities to ask questions of local GPs and senior CCG staff and take part in discussions about how best the CCG can keep local people up to date with important health information and news. “This is the very first time we’ve held our Patient Congress in Leyburn. It’s a great opportunity for people to come along, meet us and get involved in shaping the future of local healthcare. We are looking forward to meeting lots of people and having interesting discussions about local health topics.”

Attendance at this free event must be booked in advance to help the CCG plan effectively.

To reserve a place, please email the CCG at HRWCCG.HRWCCGenquiries@nhs.net or call **01609 767600**.

Traditional Village Dance at Askrigg

In March 2013, the Friends of the Dales Countryside Museum organised a traditional village dance in Askrigg in which we tried to recreate the atmosphere of the village dances that were common events in the social calendar of many villages in the Dales until the mid-20th century. The dance was a sell-out and we have had a number of requests from those who attended the event – and from several people who didn't – to organise another one.

Your wish is our command! There will be another traditional village dance in Askrigg Village Hall on **Saturday 21st March 2015**. The dances, which will be explained by the caller and walked through before the music starts, will be ones that were familiar in the Dales in the late 19th and early 20th centuries. The well-known folk dance band from Kendal, *Tumbling Tom*, will provide the music, which will comprise dance tunes that were collected from local musicians who were well-known in the first half of the 20th century, including the Beresford family from Langstrothdale, Harry Cockerill from Langstrothdale and latterly from Askrigg, Kit White from Swaledale, Sam Stables from Wharfedale and Sam Fawcett from Swaledale and latterly from Baldersdale.

As they did last time, *Tumbling Tom* will use their computer know-how to begin some of the dances using old recordings of local musicians made between the 1950s and 1970s and will then join in with and gradually take over from those old musicians. Not everything, however, will be a repeat from the 2013 event. More old tunes have been transcribed and learnt since then and more old dances have been resurrected, so there will be some material that was not used in 2013.

The dance will begin at 8.00pm and will finish around **11.00pm**. There will be a

licensed bar in the back room and an interval during which refreshments will be served. Tickets will cost £10.00 each and will be available from Sue Foster in Hardraw, Eleanor Scarr at Coleby Hall, Bob Ellis in Gayle and from the information desk at the Dales Countryside Museum.

Bob Ellis

New Frail Elderly Clinics

Weekly clinics for frail elderly people in Hambleton and Richmondshire have been introduced as part of efforts to reduce unnecessary hospital admissions.

These clinics take place on Monday afternoons at the Friary Community Hospital, Richmond, and on Thursday afternoons on the Rutson Ward at the Friarage Hospital, Northallerton. Transport is available for those patients who require it.

Each clinic undertakes a full multi-disciplinary assessment of four patients per clinic with a team comprising a consultant geriatrician, occupational therapist, nurse/case manager, physiotherapist and a social worker from North Yorkshire County Council. The clinics are already up and running and patients are referred to them by their GP.

The assessment includes looking at factors including a patient's home environment, their communication and nutritional needs, their health and their mobility and then developing an individual care plan for them.

The type of patient that is typically seen at the clinic are those who will be able to be discharged from care at the end of the assessment with a clear plan in place, rather than patients who may need an immediate hospital admission or referral on to another specialty. The whole focus of the clinics is on working proactively with patients to prevent unnecessary admissions to hospital.

Hawes School News

Class 2 would like to say 'A Big Thank You' to Sue Hugill & Lily for calling in to see us. We looked at all the things Lily needs as a baby. We had some lovely conversations about when we were babies too! We really liked our cuddle with Lily before they left!

Visit to the DCM

Class 3 went to the Countryside Museum. The teacher who took us was Mr Metcalfe. We started walking down the street carefully. I walked with Aiva, behind me was Kaylee and Jessica, and in front of me was Louis and his partner. When we got to the museum we went up the stairs into a room where a lady greeted us. When we were seated the lady talked about what we were going to do. We were given a big box on our tables full of things from the Stone Age. We carefully took off the lid to see what was inside. Some people got big pieces of material but others got small pieces. There were small arrowheads, big arrowheads, knives, combs and antlers. When we had seen the materials we had to look very carefully at each piece and draw one of them. The lady told us how to draw like an archaeologist would. When we had finished, we put on our coats and me and Kaylee got into line and we all walked back to school and we talked about how much fun it was.

Nia (Year 4)

Cookery Club

Our cookery club, which is run on Wednesdays after school by Mrs Scully and Mrs Fothergill, is proving to be very popular. So far the children have made chocolate chip cookies and dinosaur/boat jacket potatoes. They'll also be making fruit buns and mini quiches. "I liked making my jacket potato horse using a carrot, cucumber and tomatoes."

Evie Alder (Year 2)



Making Music

We are very much looking forward to an exciting venture after half-term when some of our older children are going to be involved in a research project being run by the University of Hull about how effectively children learn a musical instrument when receiving their tuition via video link. The wonders of Skype!

Dawn Alderson

New in Swinithwaite

The Healing Collective is a new complementary therapy centre in Swinithwaite, adjacent to Berry's Farm Shop and Cafe. Complementary therapies work alongside the treatment given by your doctor - they do not replace it. However, they can often play a most helpful supporting role to many conventional treatments. They also encourage you to make positive changes in your own health and well-being by encouraging healthy habits of diet and lifestyle. Modern life can be very challenging and it is common to experience feelings of anxiety or unhappiness as well as physical aches and pains. At times like this, complementary therapies can help and revive. They are also good if you just fancy a bit of pampering!

The 1st Saturday of every month, 10.00am - 4.00pm: Meet the therapists and have a free taster session. (Starts Saturday 4th April)



Sad times – happy times

First the sad times – despite repeatedly writing about phone scams people still seem to be getting caught. Even more sinister is the latest approach of scammers – if they get on to your computer and you refuse to pay they are now behaving really badly and locking computers with an unknown password to hold you to ransom.

Could I put out a big plea to share the following simple statement with anyone who will listen:

***** IF YOU GET AN UNSOLICITED CALL ABOUT COMPUTER PROBLEMS IT IS A SCAM *****

Some suggestions how to handle these calls:

1. Strange I don't have a computer – it may be a lie but how do they respond?
2. Please send me a written estimate for the work you propose to do with full contact details
3. Since you know so much about my computer please confirm its serial number before we proceed
4. I am busy right now – please give me your name and telephone number and I will call you back – then report those details to Trading Standards, Ofcom and the Police
5. Simply hang up

Whatever they say do not do anything to let them access your computer;– do not give them ANY information about you or your computer. To keep it simple don't go near your computer while they are on the phone;– that way you can't be tempted to fall for their lies.

If you are unfortunate enough to be caught report it to your credit card company and tell them you have been conned. That way you should get a refund and your card cancelled and replaced. If your computer is behaving oddly or you are worried, get help to check out the computer and leave it switched off until that can be done; don't do any online banking or shopping until you are sure your computer is clean and safe!

And to happy times – Despite the fact the internet can sometimes appear to be like living in the Wild West with gun slingers and bank robbers everywhere there are also real opportunities.

On a personal note I would like to share some positive things that have happened to me in the last couple of years.

Anyone who knows me knows I took up playing the cello a couple of years ago, – something that has become a bit of an obsession. One of the great things that has happened during that time is I have discovered just how useful social media such as Facebook, Twitter etc. can be, when used with caution, to build networks of real contacts.

Many people say 'oh I never go near Facebook' because they fear they will be sucked into all sorts of unwanted attention but I have to say when used with caution it can be a fantastic tool. You can keep in touch with friends – especially those who no longer live nearby but new and better friendships can form.

A word of caution is probably called for at this point. I am not advocating a wholesale opening up to all and sundry on the internet,– and children in particular need to be protected and educated on how to stay safe.

One way that has surprised me is the extent to which I now have access to many musicians, and genuine friendships and collaborations have resulted. These have almost all happened by connections with people I actually know in the real world and in that way I know I am talking to someone who is at least known by someone I know ... But it has meant meeting and playing with some incredible musicians and has been a very positive and liberating influence on my life.

There is nothing special about music. I am sure it is equally possible to build new friendships about any topics of interest and enthusiasm.

That's it for this month; any thoughts for articles or questions do get in touch: carol.haynes@dalescomputerservices.com

Carol Haynes

Bainbridge School News

Learning and Growing, Loving and Caring with Jesus

At the end of January, Bainbridge School was subject to a SIAMS inspection (Statutory Inspection of Anglican and Methodist Schools). The Inspector spent the day in school talking to the children, staff, parents and governors and observing how the school demonstrates its distinctiveness and effectiveness as a Church of England school.

We were all delighted when the report was received the following week showing that we had been graded as **OUTSTANDING** in all three areas inspected. Here are some of the things the Inspector said about the school:-

- The exemplary behaviour and attitude of pupils is based on a secure understanding of Christian values such as responsibility and respect.
- The Christian values of Thankfulness, Reverence, Endurance, Creation, Peace and Hope permeate school life and form the basis for Spiritual, Moral, Social and Cultural development.
- One pupil said 'learning about Christian values helps us to use these in our lives at home and at school'.
- All the children are very well supported, both in terms of their learning and their wellbeing.
- The school's Christian values result in a secure and caring environment where the majority of children make expected progress in all core subjects. Achievement is good compared to national outcomes.
- Pupils' behaviour is exceptional and this is reflected in the schools RESPECT code which weaves the Christian life of the school together in terms of relationships, through a creative curriculum and expectations of behaviour. Staff and governors speak passionately of how the children are nurtured, loved and

accepted for who they are and how they are allowed to flourish with confidence.

- From below average starting points in Foundation stage in 2014 at Year 6 86% of pupils achieved Level 4 or above in reading, writing and maths compared with 79% nationally.

Naturally, we are really proud of all our children for gaining us this accolade and for their continued confident, mature and articulate understanding of our Christian ethos. We would like to thank all those who have helped us along the way including our staff, parents, governors and the local clergy.

K.P

DCM What's On

Exhibitions:

The Pennine Ways Exhibition will be on show until 26th April. Celebrating the 50th

birthday of the Pennine Way. Dales artists have produced an exhibition highlighting the walking route using art, photography and sculpture. Also included are original artefacts and archive material.

Rugmakers will be on show in the Waiting Room until the end of April. There will a demonstration in the gallery on 31st March.

March

- 15 Mothers Day: An opportunity to make something for mum
- 20 Archaeologist Gillian Howells will talk on Nidderdale: 500BC–1611AD. All welcome. Donations to the Friends of the Museum
- 21 Rug Making: Full day workshop with Heather Ritchie. Materials and lunch included £35. Booking essential

For further information on any activity 'phone **666210** '



It has been all go at Dalesplay whilst the children creatively made cards and treats for their families to celebrate Valentine's Day and cooked up a treat on Pancake day. We have been on an outing to The Wensleydale Dairy to watch how cheese is made and had a look around the museum there; our visit coincides with our new topic as we focus our attention to people around us and the jobs they do. Dalesplay would like to thank The Dales Licensed Victuallers' Association for their kind donation of £250 to the setting. The money has been used to purchase new resources for the children to learn and play with. We welcome new children into the setting this month; we hope you enjoy your time with us and look forward to helping you learn and develop through play. We have some exciting work planned for Dalesplay over the next few months; we hope to rearrange our cloakroom to provide better storage of coats and bags and install new CCTV to ensure children are safeguarded to the utmost. Please take a look at our Facebook page to see what we have been doing in the setting and get updates. If you need childcare or are eligible for government funded 2/3 year old places please contact us on **667789**, or dalesplay1@btconnect.com. We are here to help provide top quality care in a safeguarded environment for children in the dales.

Joanne Fothergill

Lent Lunches

MID-DALE; Fridays:

March 6th - Thornton Rust village hall,

March 13th - Carperby institute,

March 20th - Thoraby village hall,

March 27th - Aysgarth institute.

All are from **noon to 1.30pm** for Christian Aid.

IN THE HAWES AREA: Wednesdays, March 4th, 11th, 18th, 25th in Gayle Chapel; **noon.**

We Need Your Hearts

Love the Yorkshire Dales?

Enjoy knitting, felting or crochet?

Can you keep a secret?

Please help...

We're working on a secret project in the Yorkshire Dales to make people happy. We can't tell you about it yet, but promise it will make you smile - and we need your help!



We need as many hearts as you can make by 16th March!

The hearts... should be made out of wool and

can be knitted, crocheted, felted or even just cut out of old jumpers, and can be any colour - make them bright and colourful! They can be any size from 2 inches (5 cm) - 12 inches (30 cm) high.

They should ideally have a string to hang them by. For ideas and patterns, please see the website below. The project is still quite secret but if you let us know you want to take part by going to www.dalestourism.com/hearts.html we'll send you more details!

When you've made your hearts, please send them to us or take them to the places listed on the web-site.

THANK YOU!

The regular Spring sessions of

Circle Dancing

at Sycamore Hall, Bainbridge will start again on **Thursday March 19th at 7.30pm**

Not sure if you'd like it?

Come and try at a **FREE ONE HOUR** taster session on

Thursday April 2nd at 7.30pm

Come on your own or bring a friend; no partner required and all are welcome.

For more information: **Paula 650548**

Prunings

A personal take on plants, propagating and other rural ramblings

In the Times Paul Simons wrote about Candlemas; in Garden News Ian Currie did the same. Both went on to describe the ancient pre-Christian Festival of Light, or Imbolc which marks the halfway point between the winter solstice (shortest day) and the spring equinox when candles were lit and farmers needed to predict whether winter was over and spring about to arrive.

In the USA they set great store by it but they call it Groundhog Day. The groundhog



emerges from hibernation and if there is enough sun for him to see his own shadow he returns underground to hide from a few more weeks of winter. If there is no sun, spring is just around the corner. Interestingly, we had a beautiful day on the 2nd February, so bad news? Ian Currie published a picture of his garden on the 3rd February: snow covered and misty with no sunshine. Could that be good news? Mr Currie's garden is more than 200 miles away in the South East where I understand the sky has been overcast for more than a week. Today (11th Feb) is the first day in almost a fortnight when we have not had glorious sunshine. The current high pressure it seems will keep our weather fairly dry, not too cold and it will fend off most of the horrors which might approach from across the pond. Perhaps the traditional predictions would be as accurate if we tossed a coin.

The winter sun searches out surfaces for reflection, from evergreens to shiny slivers of snow in hollows and hedge-backs. It really is the time for rethinking or planning and planting, but looking at the advice in some publications most new schemes could work out very expensive if you buy in to get the effect that you want. In addition you

might find that some of the purchased specimens have been reared in very different conditions from our own. They may or may not thrive in the Pennine climate. I think it is preferable to look at what already does well in the area and make similar choices. If there is a spectacular display nearby it may be that the owner has worked magic by creating a micro-climate which suits a particular plant. How was it done? Is it possible on your patch? Would a little constructive praise win you some cuttings or seeds? Anything is worth a try.

When all else fails buy in, but be aware of the risks you take. The larger garden centres usually buy in from Europe and although the growing conditions may be colder than ours they are often drier. I suspect that many of the plants I have lost over the years have finally given up because of the wet rather than the cold. If you have particular favourites that limp along but never reach their potential you could consider relocating them. I once had a lovely Ceanothus (variety not known as the cutting was a gift) – I planted it on a fence where the conditions should have been fine, but it struggled and eventually expired. My friend gave me some more cuttings and, as before they struck well. The second time I planted it against a low wall barely twenty feet from where the first one had been, and it made a wonderful display in about three years. You never know!

Good luck! And whatever you grow, take time to enjoy it.

Rose Rambler

Sent from my ipad

“Island of St. Thomas, U.S. Virgin Islands, on counter in a small deli., Wensleydale Creamery genuine cheese— three varieties.

Well done, Creamery!”

B.M.C

Dr Pam West

As most readers will no doubt be aware (news travels fast in the Dale!), Dr West retires at the end of the month. So I went to have a chat.

Born in Lytham, Dr West did her medical training at Leeds University, coincidentally at the self-same time as Dr Jones whom she has known since Freshers' week. This was followed by hospital work: A and E, medicine for the elderly, obstetrics, gynaecology and a selection of other jobs, all helping in General Practice to which she was already strongly committed. The question: "Have you thought of Social Work?" got a resounding "no"!

So it was to Wyke, near Bradford, for six years before the Dales from 1993 to 1995. Husband Clive's work took them away but they arrived back in April 1997. I

wondered what were the best and worst aspects of the work. She loves general practice — seeing the babies she has delivered growing to adulthood, and the privilege and pleasure of sharing with patients in complete confidentiality, which is very rewarding. She will miss that.

Which brings us to the worst bits and the passion builds up!

"P o l i t i c a l centralisation of the Department of Health; CQC = Care Quality Commission - an oxymoron if ever there was one; top-down medicine, tickboxes and under supported rural practice!" Dr West has seen these things worsen in her 32 years. This led

on to the changes and advances in that time, which she claims have been amazing. And these were a few mentioned. There was no keyhole surgery then, "Even hysterectomies now", heart attacks and strokes dealt with by stents without surgery, incredible progress in cancers - she mentioned especially breast and bowel; great strides in rheumatoid arthritis with complicated drugs. Macular degeneration treated by injection

— with a drug that started off for the treatment of something else! Mind you, AIDS was only just on the scene. Dr West finds this exciting but admits that it is essential to keep up to date by regularly reading the BMJ—British Medical Journal-

and keeping an eye out for on-line newsletters about the licensing of approved medicines. And there is a yearly appraisal! But she kept returning to this: the Government interference with General Practice and the lack of understanding of rural areas. "It might make sense in very densely populated areas in our cities for small practices to combine; it saves on premises, overheads and support staff." She went on to mention reduction in the service in parts of the Lake District, Bowland and the North York Moors. "We will have to fight for services", she said and was scornful of the claim that 5000 G.Ps. will be found. "There are not enough in training or as applicants, or they are put off General Practice here and make off to Australia or Canada etc." However, to happier things! She believes she and husband Clive, having run the practice for 16 years, leave it in a good stable position. She stressed again the need for the support of us all because of the lack of funding for rural practice and reminded patients of the amazing support of the staff - receptionists etc. who give an excellent service and will regularly 'go the extra mile' to keep the system going. Dr West thinks that the work is normal compared to other areas except for the age-profile skewed to the elderly! "The lack of serious drug problems means surgeries are not shuttered or surrounded by razor-wire as in some urban areas!" She and Clive do not expect to move away yet. I wondered, if as a retired doctor in the area, she would get accosted in the street for medical advice. "I do now" she said, "stopped in the Spar shop! They will be seen around, walking dogs, mountain biking, but spending more time in France in the area about an hour inland from La Rochelle.

It has been very rewarding; she will miss working with the patients. "It is the right time" she said.

To Dr Pam, thank you so much and very best wishes.

A.S.W.

WHAT'S ON LISTING; please add these dates to your Diary

March

- 1,23 Gayle Mill Demonstration
Tours: 11.00am and 2.30pm.
£12. See p.10
- 2,16 'Food for Thought evenings at
Berry's Swinithwaite. See p.16
- 3 10.00am to noon. St Andrew's
Church, Aysgarth. Drop in for
Coffee at The Rambles,
Thornton Rust
- 4,11,18,25 Study Group, Memorial
Hall, 7.30pm. Details: **622040**
- 4 Bolton-cum-Redmire: Church
PCC's Coffee Club, The Old
Police House, Redmire
- 4,15,27 Various Hawes Gala events.
See p. 5
- 4,11,18,25. Lent lunches, Hawes
area. See p. 24
- 6 Wensleydale Society. See p.6
- 6 Women's World Day of Prayer:
2.30pm in St Margaret's Church
- 6,13,20,27 Mid-dale Lent lunches.
See p..24
- 7 First Responders Wanted! Come
and see what's required. In the
Market Hall, Hawes between
10.00am till 2.00pm. See p.17
- 8 Felt for Lent courses. See p.14
- 9,16,30 Gayle Whist Drives. Institute,
7.30pm.
- 9 Commonwealth Day
- 9 St Oswald's Askrigg, Annual
Meeting: 7.00pm. See p. 17
- 10 YDNPA Planning Committee,
1.00pm.
- 10 Decorative and Fine Arts Society:
2.00pm, Middleham. See p.6
- 10,17,24 Gayle Methodist Fellowship;
7.30pm.
- 10-12; 18-20 Tournament of Song.
See p. 7
- 11 Sedergh Town Band at the
Market Hall; 7.30pm in aid of St
Margaret's Restoration Fund.
See p.5
- 11,25 Wednesday Club with
afternoon tea at Redmire Village
Hall;2.00pm.
- 12 'Carers' event; Berry's Tea Shop.
See p 6
- 13 'The Filling Station'. Middleham
- 14 St Patrick's Day Party at Bolton
Castle Details: **623981**
- 14 Thoraby 'brunch', Village Hall.
9.00am -1.00pm
- 15 Special Mothering Sunday
service; St Oswald's, Askrigg.
See p.17
- 15 Mother's Day afternoon Tea at
Castle Bolton. **623981** to book
- 15 Table Top Sale in Market Hall,
Hawes for Hawes Primary
School
- 16 Last time for Air Ambulance
clothes collection. 10.00am
St Margaret's
- 17 St Patrick's Day
- 17 Middleham and Dales Local History
Group. See p.18
- 18 Carperby W.I. "The life of a Tudor
housewife of 1580". Institute,
7.30pm.
- 18 Newsletter AGM. See p.8
- 19 Hawes W.I. in Gayle Institute,
7.00pm. "The humorous side of
life".—Original Poetry by Hilda
Hodgson
- 19 Patient Congress at Tennant's,
p.19
- 19 Aysgarth Parish Township meeting,
7.30pm. Aysgarth Institute
- 19 Circle dancing, Sycamore Hall.
See p..24
- 19,21 Musical evenings in Reeth
Memorial Hall. See p. 16
- 20 Stalling Busk Pie and Pea Supper,
7.30pm. All welcome
- 20 Deadline for donating an Easter
Lily
- 20 Museum Friends meet; 7.30pm.
- 21 Dales Praise: See p.28
- 21 Traditional Village Dance,
Askrigg. See p.20
- 25 Family History Group. See p.4
- 25 Blood Donors wanted. Hawes
Market Hall. Aftnoon & and evng
- 25 Become a volunteer at the Dales
Countryside Museum. See p.6
- 27 Yoredale Natural History
Society:Leyburn Methodist Hall,
7.30pm.

- 28 Exploding Buddhas at the Fountain Hotel for the Summer Bash. See p.28
- 29 Palm Sunday Breakfast: 9am in Redmire Village Hall with Procession to 10.30am Penhill Praise: St Mary's Redmire
- 29 Afternoon teas, St. Oswald's. See p.17
- 31 Marie Curie–Hawes collection day. See p 28

Advance Notice

This year's Askrigg Produce Show will be held on the **Sunday** of the August Bank Holiday Weekend. For the schedule see:

Askriggproduceshow.weebly.com

or 650424

Great Daffodil Appeal Street Collection

Marie Curie's largest fundraising campaign returns this March. More collectors than ever are needed this year to collect coins and hand out daffodil pins. Being a collector is a great way to help Marie Curie nurses provide care for people with terminal illnesses, and support their families through difficult times.



Every £20 collected pays for an hour of nursing care. The money raised in 2014 has provided funding for 413,000 hours.

This year the Hawes collection will be held on **Tuesday, 31st March**. *Would you be able to give an hour of your time to help raise money for the charity?* Now you can sign up on-line via <https://www.mariecurie.org.uk/get-involved/daffodil-appeal> or phone the York fundraising office on **01904 755260**

Exploding Buddhas

28th March 10.30pm to 1.00am

Fountain Hotel ; in aid of the Summer Bash.

Drop-off points and contacts

for news, articles, reports, letters, what's on dates, competition entries, suggestions and comments:

Hawes:	Alan S. Watkinson, Burnside Coach House.	667785
Gayle:	Sarah Champion 23, Little Ings	667006
Bainbridge:	Sylvia Crookes, 3, Bainside	650525
Askrigg:	Rima Berry, 8 Mill Lane	650980
Carperby:	Margaret Woodcock, Bella Cottage	663488
West Burton:	Nadine Bell, Margaret's Cottage	663559
Aysgarth:	Hamilton's Tearoom	663423
Redmire:	see Carperby above	
Thoralby:	Sandra Foley, Shop	663205



Dales Praise

St Andrew's Church Aysgarth

Speaker: Rev Martin Dowland (Glossop)

Saturday 21st March 7pm

Dales Praise is an opportunity for Christians from all churches to come together in an evening of celebration and praise. Through singing, drama and proclamation we declare together 'how great is our God' *Martin Dowland has recently retired from being the Rector at St Mary's, Haughton Green in Manchester and is now living in Glossop, Derbyshire*

Whet your appetite and listen to Martin on Tameside radio by following this link:

www.stmaryshg.org.uk/#!/news/c1qem