

RETURN TO UWNL HOMEPAGE

UPPER WENSLEYDALE NEWSLETTER ISSUE 158— APRIL 2010

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PLUS ALL THE REGULARS

Published by

The Upper Wensleydale Newsletter
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asked before any part of the Newsletter is repro-
duced.*

Editorial



This is a bit political not partisan we think), and mathematical; but please read on!

Talking to friends in other places, we hear that they are being inundated with election leaflets and numerous callers at the door. That appears to be because they are in marginal seats. In places like ours where the outcome is believed to be a foregone conclusion, we are being gently ignored – or at least not being targeted. Some people might think that’s a blessing!

Various opinion polls suggest that the General Election turnout is going to be pathetically low, although as we write, it seems that the ‘great debate’ between the party leaders might be helping to raise the interest. Mind you, only about a quarter of voters have watched so far – and of them not all the full programme.

So why bother to vote here? We sometimes forget that not so long ago some of us couldn’t. Women fought tooth and nail – and chains!- to get the vote . The “lower classes” in the previous century were excluded from having a vote; so in fact people worked hard for this chance to have their say along with the favoured few. that alone ought to inspire us. But, you might say, what difference will it make here , or in many other safe seats?

Well, our MPs are representatives. It matters a great deal just how much support there is for them within their constituency. This is where the maths. starts! If there are only two candidates, then clearly it’s easy to see who wins; but if the winner gets, say, 55% of the votes cast and only 60% of voters vote, then that means the winner has the real support of only 33% of the people! One in three!

If we take it a bit further to a more likely situation of four candidates then it is equally important to vote. Let us pretend there are 80,000 voters and to be optimistic and say that 65% vote – that’s 52,000.

Suppose that the candidates get: 25,000, 15,000, 10,000 and 2,000. That means that fewer voters choose the winner than the sum of the opponents! It also means that 25,000 out of the 80,000 represents 31% of the lot! So our vote says quite a bit about the support for the winner. Nationally, the total of votes for each of the parties says quite a lot about trends.

So it is worth voting, even if our vote makes no difference to the national outcome. We can hope that we will be sent at least some information about all the candidates, together with a concise reminder of the main issues that sum up their parties. Wouldn’t it be good despite all this, if our constituency had the highest turnout in the land!

The Richmond (Yorkshire) Constituency candidates are:

*Eileen Driver Labour
William Hague Conservative
Lawrence Meredith Liberal Democrat*

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:	Lorna Ward, East House 667405
Bainbridge:	Hammond’s Butchers 650631
Askrigg:	Rima Berry, 8 Mill Lane. 650980
Carperby:	Margaret Woodcock, Bella Cottage 663488
West Burton:	Nadine Bell, Margaret’s Cottage 663559
Aysgarth:	Kitty’s Tearoom 663423
Redmire:	Ann Holubecki 622967
Thoralby:	Sandra Foley, Shop 663205

April Competition Answers

Colourful Quiz

1. scarlet pimpernel; 2. blackbirds;
3. cabbage white; 4. orange blossom;
5. green fingers; 6. white elephant;
7. in the pink; 8. black widow;
9. white cliffs; 10. black velvet;
11. Rhode island red; 12. yellow brick road;
13. blue grass; 14. scarlet runners;
15. snow white; 16. bluecoat;
17. golden gate; 18. redcoats;
19. blue john; 20. blue peter;
21. long john silver; 22. green;
23. silver-tongued; 24. purple prose.

From now on the competition prize will rise to £20 but this will be paid directly by the Newsletter to a charity nominated by the winner. Each entrant should therefore indicate the preferred charity in case they win and let us know whether or not they wish the charity to be mentioned in the Newsletter.

The prize for the Eunice winner rises to £10.

“Flower Festival 2010

From the wild windswept uplands with their flushes and blanket bog, to the flower-rich hay meadows in the valley bottoms, the ancient bluebell woodlands and the ethereal limestone pavement, the Dales offer fantastic habitats for wildflowers and the species they support.

Easter saw the very first of over a hundred ‘*Flowers of the Dales Festival 2010*’ events, celebrating the wonderful wildflowers of the Dales and highlighting their importance for biodiversity.

The Festival, which is coordinated by the Yorkshire Dales Millennium Trust, was a huge success last year, attracting over 1,200 people. This year’s festival promises to be even bigger and better with exciting new activities to help celebrate ‘*2010 In-*

ternational Year of Biodiversity’. Events will highlight some of the species that depend upon the wildflowers of the Dales, including bumblebee, butterfly, honey bee, bug and bat events as well as talks on how to grow native wildflowers of the Dales in your own garden.

Organisations and individuals across the Dales will also host events. In Wensleydale and surrounding areas look out for guided walks along wildflower verges near Bainbridge, wildflower walks and talks in Askrigg, Hawes, Aysgarth, and in Swaledale and on Ingleborough, plus the opportunity to get involved with practical conservation work. There will also be lots of wildflower themed events at the Dales Countryside Museum and a two-day scything course in July. The Flowers of the Dales Festival 2010 programme is available to pick up now from the Yorkshire Dales Millennium Trust office in Clapham, or you can download a copy from the resources section of the website www.vdmt.org If you’d like to receive a programme by post please send an A5 SAE (39p postage), to **Tanya St. Pierre, YDMT, Old Post Office, Main Street, Clapham LA2 8DP.**

Annual Exhibition

The Yoredale Art Club annual exhibition of local artists’ work will be held in the Methodist Hall, Leyburn, from **Friday to Monday, May 28th to 31st from 10.00am** (Sunday from noon) **until 5.00pm.** Admission is free.

Swaledale Festival May 29th to June 13th

Booklets with full details are available from all information centres etc. or you can phone **01748 880018** or email: [**enquiries@swaledale-festival.org.uk**](mailto:enquiries@swaledale-festival.org.uk)

There will be events in our area at:
Holy Trinity, Wensley
St Andrew's, Aysgarth
St Oswald's, Askrigg
Dales Countryside Museum
St Margaret's, Hawes.

Further details of these will be in the June Newsletter.

Eunice is Confused!

... or maybe we are! In the March issue she was hiding in Steve Raw's advert, correctly found and won, but we mistakenly said she was still in J T Atkinson's advert.

Last month a strange thing happened, she hid herself in the Heavens Above binoculars but an identically cloned Eunice remained in with Steve Raw! What's more, there was also one with the Dales Sweep; but it is lambing time! This was not a deliberate April Fool. There was one—and some of you fell for it!

May Competition

Add a letter! Each clue leads to two words. The second one always has one letter added to the first.

EXAMPLES.

“Part of body hurt: ARM; HARM”

“Clanger stomach: BELL;BELLY”

1. Strong wind local village
2. Valley Dr Who creation
3. River untainted
4. On the cob tree fruit

5. Gaseous water beck
6. Stroll hike
7. Mere Yorkshire play around
8. Currency bother
9. Arête spanner
10. Slope sudden pain
11. Braver stone
12. Breathless work of art
13. Gun sweet
14. Material coloured pencil
15. Fast local village.

38 out of 140

Of the 140 sites submitted for possible affordable housing within the National Park., 38 have been put on a short list for further consultation. Please see: [**www.vorkshiredales.org.uk**](http://www.vorkshiredales.org.uk) for the details and the whole Housing Development Plan.

King's Club Seminar

8th May 10.30am - 5.00pm
West Burton Village Hall
Speaker: John Stephenson (Associate Director, Scripture Union)
A day of teaching from Luke's Gospel
All Welcome - lunch will be provided
Please ring or e mail to help with planning the catering [**mikehirst@tiscali.co.uk**](mailto:mikehirst@tiscali.co.uk) or phone **667841**.

Dates for King's Club this year

2nd - 6th August

Family BBQ Saturday 7th August

4.00 p.m.

Askrigg School

Grateful Thanks

Hawes Methodist Church would like to thank all those friends and neighbours who have generously responded anonymously to the 'Gift Day by Letter' appeal which has now raised about £850.

Middleham and Dales Local History Group

**Tuesday 18th May 2.00pm
Middleham Key Centre**

The second John Rettie Memorial Lecture
Middleham and the world of racing, 1780-1914 Prof. Mike Huggins

John Rettie, a renowned international journalist, humanitarian and dalesman, was chairman of this group until his death in January 2009. This second lecture to honour his memory will be given by Mike Huggins, professor of Cultural History at the University of Cumbria.

Some years ago Professor Huggins wrote a booklet entitled *Kings of the Moor*, a history of horse racing and especially of the trainers in the Middleham area and the North York Moors. In this lecture he will put the eighteenth and nineteenth century training of horses and racing in this area into the national perspective, and also will discuss current practice and the relative importance of training in the sporting scene today.

Annual membership of the group is £10 and visitors are welcome to attend individual meetings for a fee of £3. For further information, please contact:

Tony Keates 640436,
or email dotandtonyk@btinternet.com

New Car Parking Fees

Overnight parking is being introduced in car parks owned by the National Park Authority to help walkers wanting to plan longer hikes. You can buy a parking ticket for either 24 or 48 hours at a cost of £5 or £7.50

Also introduced is a 10-minute '**free pee**' facility in each car park. There is a rise in

the cost of all-day tickets - to £3.50 for cars and £7 for larger vehicles.

All other ticket costs - including short stay - are frozen at last year's prices and the popular £10 weekly passes will continue in conjunction with Richmondshire District Council providing access to National Park and RDC car parks.

Old Time Dancing

The Dales Old Time Dance Club is holding an evening of Dancing to live Music in The Methodist Hall, Leyburn, on **Saturday May 8th**, with a mixture of Old Time and Sequence Dancing, from **8.00pm until 11.30pm**. This will be the final dance of the current session, and all are welcome.

Don't worry if you are not experienced dancers, as members are only too pleased to help out visitors. There will be a charge of £3 per head for non-members, and you will need to bring your own soft drinks and glasses. For further information contact **Peter** on **624829**, **Jill** on **625503**, or **Sally** on **01677 451813**.

Jill Adamson (Joint secretary)



Mystery picture
Last month's was of the Devil's Stone on the side of Addlebrough.

Bainbridge Methodist Chapel

A reminder to readers about these events in May: **Sunday 2nd, 10.30am** anniversary service led by the Rev. Martin James, followed by the dedication of a seat at Sycamore Hall, in memory of Catherine Metcalfe. **Sunday 23rd May at 3 pm** Pentecost Praise on Bainbridge green, with Hawes Band and the Dean of Ripon, followed by tea.

Anne Deans

What's on at the Dales Countryside Museum

Exhibitions

- 23 April - 19 May "Echoes of Gayle Mill".
Watercolour paintings by Suzanne Barnes
- 29 May - 11 July "Yorkshire on my Mind".
Silk paintings and photography by Jane Carlisle and Martin Priestley.
Workshops available.

Events

- 2 Pathfinder Introduction. A basic navigation course for all the family. Under 16s must be accompanied. 12.30 to 4.30pm. Please book.
- 2 Pegloom Demonstration by Dilys McCaffrey. 11.00am to 4.00pm
- 4 Spinning by museum Friends in reception 2.00 to 4.00pm
- 14 Wash Day in the Victorian Kitchen
- 25 Drystone Walling demonstration 2.00 to 4.00pm
- 30 Pathfinder. Full day's navigation training. 10.30am to 4.30pm. Booking essential.

For more details of the above or to book please ring **666210**, email hawes@yorkshiredales.org.uk or see www.yorkshiredales.org.uk

Thoralby W.I. Fashion Show

Tuesday May 11th; 7.00 for 7.30pm

Thoralby Village Hall
 £3.00 admission includes wine, nibbles and a raffle ticket.

Police Report

A new crime trend now occurring throughout Dales is daylight theft of works vans and other motor vehicles. The works vans often contain expensive tools, which are easily disposed of and/or used to commit further crime.

A common factor is that they have had their keys left inside (not necessarily in the ignition) and were not locked. If you are working in a building and using power tools then you will not see or hear what is going on outside. **IT IS TOO COMMON A PRACTICE FOR PEOPLE IN OUR AREA TO LEAVE VEHICLES INSECURE, OFTEN WITH KEYS INSIDE THE VEHICLE, IF NOT IN THE IGNITION. PLEASE PUT AN END TO THIS AND LOCK IT AND TAKE YOUR KEYS WITH YOU.** Insurance companies ask for a police report before making their minds up on paying out and if keys are left in a vehicle then it could be bad news for the claimant.

The criminals are obviously touring about and checking these vans out. It is also believed that the criminals spend time watching for an opportunity. Often they will be parked up nearby. A silver Skoda car and a white Ford Transit have been seen close to a couple of the thefts. So please report such sightings and those of other suspicious vehicles as the criminals may not always use the same vehicles, **immediately.**

Mindless damage was caused to a window in the Market Hall in Hawes in early April. Information is sought regarding the culprit.

Andy Foster PC826
Leyburn Safer Neighbourhood Team
Wards of Addlebrough and Hawes&
High Abbotside 0845 60 60 247
SNTLeyburn@northyorkshire.pnn.police.uk

Hawes Cricket Club News

We would like to say Thank You for your support at the quiz night on April 2nd. We raised **£606.**

We are appealing for players for the 2010 season; also, if you would like to come down and watch the cricket on a Sunday afternoon you will be very welcome, maybe doing a little umpiring or scoring. Come and get involved, your cricket club needs you!

Please contact **Steve Raw, team captain.**

May Events at Gayle Mill

Sunday May 2nd: Tours at 11.00am and 2.30pm (last approx. 2 hrs).

DEMONSTRATION DAY: Special Guided Tours + demonstrations of water powered Victorian woodworking machinery.

Admission £10 adult, £5 child (including refreshments)

Booking advised

Monday May 10th 10.00am to 4.00pm
"Acid Green and Navy Blue" - Painting with Moira Metcalfe, well known Wensleydale artist. Effective use of light and shade - dark and bright colours to create contrast within a painting .

.Fee: £55 (includes light lunch and refreshments)

***Booking essential:* phone 667320 or see: www.gavlemill.org.uk**

Food Hygiene Course

Monday 24th May

One day 9.30 am – 4.30 pm

Venue: Community Office

Price dependant on number of participants:

4. £69.50
5. £55.50
6. £46.50
7. £40.50
8. £35.00
9. £31.00
10. £28.00

The price includes beverages

Additional costs would be:

Certificate (Mandatory)	£11.00
Book (optional)	£2.50
Book & Certificate	£13.00

Bring own lunch or use local shops and cafes. **BOOKING IS ESSENTIAL**

Another course can be arranged if numbers exceed 10.

Please leave name and phone number at the Community Office.

Great Expectations

“Well, how far can you hobble?”

I demonstrated.

“That’s fine. You’ll manage. And if it gets too much you’ll just have to sit out.”

“Don’t you think CERN will have a wheelchair they could lend me?”

“Don’t be daft Tom, its essentially a laboratory.”

“Well what about my crutches?”

“You’ve just shown me you can hobble.”

CERN - a place of modern miracles: nuclear fusion and particle accelerators. In the 1980s the scientists of Europe (and some of the Americans that felt left out) established the site on which they were to build the world’s largest Particle Collider.

Yet after 30 years of practice, hard work and toil, the 60km of tubing lying beneath the city of Geneva still keeps breaking. And I now know, it has an awful lot of stairs.

So, as the world’s most exciting scientific toy is ‘so close to home’ as my Physics teacher so boldly stated, why not take an outing over to Switzerland? My entire class, not to mention my teacher (who was returning to CERN for the fourth time) were filled with anticipation. I had great expectations.

After three and a half hours on an aeroplane, handicapped by a ruined leg, and a pair of awkward crutches to negotiate through both airports, and narrow 737 aisles, I felt he had been rather blazé about the whole trip.

I don’t know if any of you have been to see the Large Hadron Colider at CERN, but believe me it’s like going to Eureka, only with less to see and do. Not only is the collection of accelerators buried several miles below the city, but no one, but no one is allowed down to see it whilst in use. We travelled 850 miles, dragged our luggage through the streets of Geneva and missed three days of school, to watch a four and a half minute 3D video that we could have watched safe and dry in our classroom in Wensleydale.

Upon returning home, battered and bruised after the trip, I felt utterly helpless, much as I had done a month earlier lying in the dirt beside my shattered bike. My palms were blistered, my shoulders strained, and my *good* leg felt like jelly.

Guess who hobbled into the classroom on Monday, after his particles had collided with an ice wall at the weekend. You’ve guessed it. My physics teacher. Do I sense a touch of poetic justice?

Tom Stephenson, Bursary Student

The Pleasures of Snow

Whilst for many people snow only creates problems for me it is a thing of beauty particularly for the way in which it magically transformed our Wensleydale landscape during this last winter.

Our normal winter weather comes to us courtesy of a succession of Atlantic low pressure systems producing depressing days of alternating shades of grey punctuated by torrential downpours of rain. Not so this year as with the winds in the north and east we have been blessed with Alpine conditions with days of intense, invigorating cold accompanied by sunny skies of deep blue above a glistening white landscape.

Of all the magnificent Alpine days this winter Christmas Day stands out in my memory and will do for many years to come. Our walk from Hawes to Sedbusk took us through deep, fluffy snow which squeaked and crunched under our boots in the sharp frosty air. The Ure at Haylands Bridge carried snow on its iced over stretches as it wound its way between snow-covered banks. What was so special about this winter's snow was its depth and the length of time it covered the fells, especially gratifying as our usual snowfalls often melt within days. The silent fells, that Christmas morning -Wether Fell, Dodd Fell, Great Shunner Fell, Widdale Fell and Stags Fell- were truly magnificent under their white mantle. I cannot believe that there is a more beautiful sight in the Dales than the sunlit fells under deep snow and the soft pink glow which suffuses them in the late afternoon.

Even as the deep snow cover has melted it has provided us with an attractive patchwork of white on a green and brown landscape under blue skies. So now as we enter the month of May it is likely that the last of

the snow patches, hiding behind walls and in shake holes, will have succumbed to the warm spring sunshine, erasing all traces of winter. As for me, however, and I hope for other readers too, I will look back with some pleasure to the 17th December when those tiny crystals which combine to form snowflakes first fell from the sky and turned our Wensleydale landscape into a magical winter wonderland.

S. Lennie



Hold a Fish and Chip Supper to help spinal cord injured people live full and independent lives."

**Great British
Fish and Chip Supper
Friday 21st May 2010**

Want to raise money where you live or work? Want to eat Fish and Chips, while raising money for charity? Hold a fish and chip supper on Friday 21st May 2010 whilst raising awareness of spinal cord injury and supporting the **Spinal Injuries Association. (SIA)** You can hold a fish and chip supper in your own home, at work or hold a larger supper in your community.

SIA will provide a fundraising pack containing hints and tips, recipes, invitations and donation envelopes. By inviting 7 friends and asking them to donate an additional £5.00 means you will raise at least £35.00 from your supper but we will also give you additional fundraising ideas to raise even more money for SIA.

Last year we had over 80 suppers taking part in England and Wales. In 2010 we want to double that figure and ensure we can provide more support to spinal cord injured people.

Every year in the UK over 1,000 people experience a spinal cord injury and there are an estimated 40,000 spinal cord injured people in the UK alone.

For more information or request a fundraising pack call **Elizabeth Wright on 0845 678 6633 xtn 229** or visit www.spinal.co.uk

Eggsellent Easter Fair

Yorebridge Sport and Fitness held their first Easter Fair on bank holiday Saturday and raised over £200 for the Centre. There was plenty to see and do at the fair with

Wii, softplay, competitions and craft stalls to browse, not forgetting of course plenty of tea, coffee and delicious cakes!

Well done to Luke Bussey, Lily-Ann, James Peacock and Rupert Civil who all won an Easter egg for their entries in the colouring competition and we would like to thank everyone who came on the day or who helped in any way.

For those of you who did not yet realise, the gym and fitness facility is now open **7 days a week from 7am until 10pm**. So there is no longer any excuse not to come along and get fit! We also now offer monthly memberships with no contract involved and a membership for children aged 13 and over.

Our summer programme of football and other activities is also in the process of being planned along with the brand new line up for **Party on the Pitch**, so watch this space for further details!

Please do contact the Centre on **650060** or email admin@yorebridge-sport.co.uk for further details.

Lesley Williams

Surgery News

Medicines Review Survey

Many thanks to all those of you who completed the feedback survey about your use of medicines review. This has enabled us to comply with the constantly changing requirements of the Dispensing Services Quality Scheme, which attracts much-needed funding to the practice

Medication Changes

Your doctors choose the medicines they prescribe based on clinical evidence, side-effect profiles, the likelihood of interactions with other medicines and acceptability to the patient. To save money, the local

primary care trust, NHS North Yorkshire and York, would like many of our patients to be changed to cheaper medicines, and wishes to organise potential switches of the following:

Esomeprazole (Nexium)
Rosuvastatin (Crestor)
Ibandronic acid (Bonviva)

If you are taking any of these medicines, it is likely that during the next few weeks, someone from your practice or the medicines management team will be in touch to discuss changing to a cheaper alternative. These changes will only happen to your medication if you give your consent.

Overall, your practice spends ~ £300 per patient per year LESS than the average for North Yorkshire. Indeed, in the league table of total spent, your practice is the third lowest of the 60 practices in North Yorkshire, despite having one of the highest proportions of patients over 65 years old. This is achieved by treating patients in the community wherever possible, rather than sending them to hospital.

CFC-containing asthma inhalers

For environmental reasons, these products ceased supply at the end of March, and it is increasingly difficult to source them. So those patients taking Beclometasone inhalers will be changed over during the month to Clenil, a CFC-free inhaler. These inhalers are at the same doses and are used in exactly the same way as before. The only difference that may be noticed is a slightly different taste in the mouth following inhalation.

LVA sponsored bike ride

Sponsorship forms for this event will be appearing up and down the dale over the next few weeks. The LVA is a major benefactor to the practice, so please sponsor your local team. As usual, your practice will be entering a team and sponsorship

forms will be at both surgeries

If you have any queries or comments about the services we provide, please contact me at Hawes surgery, **667200**, or email: Clive.West@gp-B82045.nhs.uk

River Bain Hydro Scheme

We had a successful launch of the River Bain Hydro share offer on Thursday, April 8th with the Chairman of the County Council and the Chairman of the National Park Authority both backing the project. With a 45kW installed capacity, River Bain Hydro will generate approximately 185,000kWh per year, enough to power around 40 houses, saving 80 tonnes of CO₂ per year, 3000 tonnes over an expected lifetime of 40 years. We're aiming to raise £250,000 through the share offer. There will be a 'Celebration on the Village Green' at Bainbridge on **Saturday, May 22nd from noon** onwards and if you'd like a nice day out, you'd be more than welcome to come along and find out more about this scheme.

Festival of Flowers and Art

St Andrew's, Aysgarth

Displays of flowers

by local flower arrangers

Art Exhibition by local artists

Saturday 1st May 10.00am - 5.30pm

Sunday 2nd May 1.00pm to 4.30pm

6.30pm Songs of Praise

Monday 3rd May 10.00am - 5.30pm

Entrance to the Flower Festival is £3.00, children free, refreshments will be available in the Lady Chapel

Tickets £6. Contact **Margaret Hall 623012** or **Anne Day 624171**

Dry Stone Wallers...

have been out in force as part of an ambitious plan to replace a 'clapper' bridge in the Ballowfields Nature Reserve in the National Park.

The bridge, which is still subject to planning permission, is to be put together at The Dales festival of Food and Drink as part of the show demonstrating dry stone walling techniques. It is then hoped that it will be rebuilt in the National Park at the Ballowfields Nature Reserve between Carperby and Askrigg. The existing bridge, which is similar to stepping-stones, floods when the water levels rise.



A sketch of what the new bridge will look like

The new bridge was assembled as part of a master class run by Dry Stonewall Master Craftsman Norman Haddow from Scotland. The class organised by the Otley and Dales Dry Stone Wallers Association, Leyburn Branch took place at Scott's Yard Bellerby over the two days last weekend.

The bridge, which will cost approximately £2000 to build, is being paid for by the National Park. The Drystone Wall Association is providing the labour free. Paul Sheehan Access Ranger Yorkshire Dales National Park for Lower Wensleydale said "The new bridge will look nice, enhance the landscape and allow people to cross the river whilst it in spate."

The Dales Festival of Food and Drink is on **May 1st-3rd**; for more information visit www.dalesfestivaloffood.org/.

Charity Concert

This will take place, given by the Prize winning *Craven Accordion Orchestra.*, on **Saturday, May 8th, 7 00pm** in Redmire Village Hall.

Harry Hinchcliffe has generously agreed to bring his 20 strong Orchestra to play for us, lots of familiar tunes and some you won't have heard. The Concert is in aid of Amala Orphanage in India, and Marie Curie Nurses. Refreshments will be served.

The Upper Dales Health Watch

The Consultative Group for the Central Dales GP Practice

Synopsis of March meeting

The following topics were discussed:

Swine 'flu – The vaccination programme had gone well. The Practice still had supplies for 65+ year olds. No severe reactions had been seen; just an aching arm for a couple of days and one child had a temperature for a bit.

First Aid training – 2 sessions have been booked for Friday June 11th. There are still 4 places available on the afternoon session 1.00 – 4.00pm being held in the West Burton Village Hall. The training will depend on the ability of the trainees, but the intention is to cover:

- Management of an unconscious casualty
- Management of blood loss
- Caring for a casualty who is breathing normally
- Choking
- Management of fractures and spinal injuries

Anyone wishing to attend should contact **Jane Ritchie 663385**.

Summary of Care Notice -The Central Dales GP Practice strongly advises people to be part of this national scheme which allows Health Care Specialists to see their summary care records. Clive West is happy to answer questions if anyone has concerns.

Campaign by Dispensing Doctors - Doctors cannot buy medicines at the price Government funding allows; discounts are no longer available and there is a shortage of medicines because the exchange rates are causing UK drugs to be exported. This is becoming a serious issue.

Care Quality Commission is a Government initiative for a self assessment audit of care to be undertaken by all Health and Care Services.

Ordering repeat prescriptions - Some patients are having difficulty getting through to the Aysgarth Surgery on the phone between 11.00-3.00. Patients are advised to use any other method than the telephone. E.g. post, email or a written message left at prescription drop off point to be collected by a doctor.

North Yorkshire LINK - The Richmondshire Group has identified as its priorities for 2010 Care Services and communication with Health and Care providers.

All post mortems will now be done at the James Cook Hospital but funeral directors will continue to take and collect bodies from Northallerton where the viewing facilities had been upgraded. There is now designated car parking, a waiting room and loos as well as improved body storage facilities.

Health Visitors - 68 Health Visitor posts from across North Yorkshire have been lost over the past 5 years. There is now only 1 for the Upper Dales.

Well Baby Clinics - Dr West had been informed that the clinics at Hawes and Aysgarth surgeries were going to stop, but she

had not been consulted about the Askrigg Children's Centre. Dr West has been deluged with complaints. Cllr. John Blackie has been assured that mothers with travel problems can be seen at the GP surgeries. Anyone having difficulty making such an appointment should contact him.

Jane Ritchie, Hon Secretary.

Hawes School News

(Carried over from last month)

Trip to Ripon Cathedral

First all of class 3 came to school early at 8.15am. Next we all got on to the bus to set off at 8.30. It took us two hours to get there and it was a long and tiring journey.

When we got there we went to the door and Mr Eldridge handed us some questionnaires. Then we entered the cathedral in groups of three. After that he showed us all of the parts of the cathedral. We all looked at the button exhibition and other parts of the cathedral. Then we all went to look around. Everyone found the crypt and it got really busy. Then Mr Eldridge came down and told us to come to the main part of the cathedral. We all sat in the main part while he told us what we were going to do after lunch. We all followed Mr Eldridge and Mrs Dooley out the back door and to a large hall where we all sat on a chair or on the floor.

When everyone had finished their lunch we went back to the cathedral. When we were back inside Mr Eldridge asked everyone to have 5 minutes silence in our favourite part of the cathedral. Most people picked the crypt but my group chose the library upstairs.

At the end of the day we got back on to the bus to head back home for the end of school. In my opinion, a great day out.

Kayleigh Barnes

Football

On Monday March 1st the school football team went to Middleham to play against Middleham and Askrigg. Our first match kicked off, then a couple of minutes later Kory had a shot and scored. (What a goal!) After that Askrigg came back with a promising shot but they missed. They dribbled down for one last shot before half time and

they scored a good goal. The second half was not as exciting with shots from both teams but no more goals. 1-1; a good game.

Our second game was a harder match as Middleham are a strong side. Coming in with a brilliant shot from long range they scored a brilliant goal. They had lots of shots, scoring two more goals which were excellent. We had a few shots on goal but the goal keeper was too good! 3-0. A difficult game.

Jack Thomas



Greeting the Sun and the Sun Easter Day

16 people and four dogs sang Paschal Praise at dawn on Penhill this year - a bright frosty greeting, particularly gratifying as this was the Reverend Henry DuBois's swansong.



Dalesplay have had a fun filled Easter Holidays from Egg decorating and hunting to planting bulbs and flowers outside to brighten Dalesplay up. The sunshine and dry weather has brought lots of fun and play outdoors allowing us to make full use of the equipment we purchased with the outdoor funding money awarded to us by NYCC. Our holiday clubs have been very well attended by both families from the dales and visitors on holiday. We are now busy putting a new list together of workshops for the next half term holidays at the beginning of June. The list will be available at the beginning of May so please feel free to call into the entrance and pick one up.

We are collecting the Sainsbury's and Tesco vouchers for schools. If you have any, or are offered them in store we would very much appreciate them. We have collection boxes in the entrance hall if you would like to drop them in. Also to help raise funds for Dalesplay we have been very lucky to receive a script from Emmerdale that screened on Christmas day and has been signed by many of the cast; with it is also a signed photo of Carl King. We are raffling it off with runner up prizes of wine and chocolate. If the script doesn't interest you perhaps the value of it on ebay might! Raffle tickets can be purchased from any staff member of Dalesplay or call in and ask for one. The money raised will go towards a hard surface being laid to enable the children to play outdoors in all weather conditions. We need your support!

Dalesplay are assisting the Sure Start Children Centre at Askrigg to run a stay and play alongside the weigh-in clinic on the first Thursday of the month. It allows parents to meet up with other parents and children can make full use of the fabulous

equipment and activities laid out for them. These sessions are free to all parents and children who are between 0- 5 yrs, sessions run from 1-3pm. We are also assisting the new play and stay sessions held in the Methodist hall in Hawes every Friday morning 9.15- 11.00am. *Please see below*

Stay and Play

Hawes Methodist Hall

Every Friday Morning (term times only)

9.15-11.00am

Come along and use the fabulous equipment and resources we have to offer.

We have fun activities for babies right up to 5 year olds.

A healthy snack and drink will be provided and a brew for mum/ dad. All sessions are FREE!!

Many thanks

Joanne Middleton

CHAOS 100 Club

Result of the Club draw held on Thursday 24th. December 2009 at the Fountain Hotel, Hawes:

- 1st. No. 51 Andrew Bailey, Thoraby
- 2nd. No. 4 Bunty Moss, Hawes
- 3rd. No. 47 Clifford Bailey, Thoraby

Result of Club draw held at the Fountain Hotel, Hawes on Friday 26th. March 2010:

- 1st. No. 59 David Gray, Seascale, Cumbria
- 2nd. No. 63 Sue Tighe, Woodhall
- 3rd. No. 5 Paul Taylor, Sedbusk.

**Roger Emmins, Treasurer
Hawes Amateur Operatic Society**

**Charity Evening
In Aid of The Mowbray Suite and
The Alternative Therapy
Treatment Room**

Organised by Lisa Porter and Friends

In May 2009 I was diagnosed with breast cancer, which then went on to develop into secondary cancer and so my journey through the Friarage Hospital began.

Firstly the Scott Suite, of which I cannot speak highly enough, then I went onto chemotherapy at the Mowbray Suite with help from the Alternative Therapy room.

My treatment is still ongoing; now I feel it is time to give something back for all the care and understanding that they gave me. I have close friends who also had connections and feel the same. *I am sure most of you have family or have known someone who has been through something similar.*

I have decided to hold a charity evening on Saturday September 4th at Muker. This will include a band, hog roast and then followed by an auction of promises. There will be more details of how you can support it and/or donate to the auction of promises at a later date.

Lisa Porter

**Prayers for Pentecost Meetings—
an Invitation for Everyone**

Following the success of last year's meetings Churches together are organising a series of five evening meetings which will follow the York course 'Faith, Hope and Love'. The evenings are led by people from different churches in the area and people can come to as many or as few evenings as they can manage. The meetings start at **7.30pm** and there are refreshments served afterwards.

Everybody is very welcome to come, church-goers and non-church goers alike –

anyone interested in exploring their spirituality. Churches together includes Catholics, Anglicans, Methodists and Quakers so we are a very mixed bunch!

The meetings still to be held are **Wednesdays April 28th and May 12th** in the Hawes Methodist Church, **May 5th** in St Oswald's Askrigg and **May 19th** in the Quaker Meeting House in Bainbridge.

Penny Blanch

**Great British
Fish and Chip Supper
Friday 21st May 2010**

Want to do something different? Want to raise money where you live or work? Want to eat Fish and Chips, while raising money for charity? Hold a fish and chip supper on Friday 21st May 2010 whilst raising awareness of spinal cord injury and supporting the **Spinal Injuries Association. (SIA)**

You can hold a fish and chip supper in your own home, at work or hold a larger supper in your community.

SIA will provide a fundraising pack containing hints and tips, recipes, invitations and donation envelopes. By inviting 7 friends and asking them to donate an additional £5.00 means you will raise at least £35.00 from your supper but we will also give you additional fundraising ideas to raise even more money for SIA.

Last year we had over 80 suppers taking part in England and Wales. In 2010 we want to double that figure and ensure we can provide more support to spinal cord injured people.

Every year in the UK over 1,000 people experience a spinal cord injury and there are an estimated 40,000 spinal cord injured people in the UK alone. For more information or request a fundraising pack call **Elizabeth Wright on 0845 678 6633 xtn 229** or visit www.spinal.co.uk

Computer Security (again)

I have spent a large part of last month cleaning up infected computers. A couple of months ago I warned of fake security programs on the internet and since that article I have been inundated with requests to clean up the resulting havoc.

Let me reiterate the warning: there are a number of variations on a theme so it isn't easy to give a precise set of things to look out for but by far the commonest issue is when you are browsing the internet a popup window appears saying your computer is at risk. You are then prompted to click a button to clean your computer (or a decline button) – *don't click either button they both seem to install the same fake security program.*

The best thing to do is to close your browser by right clicking on the taskbar icon (at the bottom of the screen) and select "Close". This will force the window to close without activating the nasty behind the buttons. Alternatively use the Task Manager to close the browser (press CONTROL / ALT / DELETE and the Task Manager opens in XP but in Vista/7 you then click Task Manager). Select the applications tab and click on the browser tasks currently running then click End Task at the bottom and allow the application to close. Note that there are about 50 variations of this pest that affect Windows XP, Vista and 7 and they do a good job at masking their presence by disabling standard security features in Windows and replacing them with very similar looking versions of their own.

The aim of the scam is to get you to part with credit card details and for some reason I have yet to find a real security suite that protects computers against this plague (I have seen infected computers running all

the common security apps: Norton, MacAfee, Avira, Avast, Panda, Kapersky etc.) so please don't feel complacent that you are protected.

Accessing your computer away from home ...

Many people want to access their own computer when they are using a laptop away from home. The simplest way I have found is to use a program called Team Viewer (www.teamviewer.com), free for non-commercial use. Many of my customers have seen me use this to access their computers remotely to identify problems or to show them how to do something without having to get in the car – but it can do much more. Go to Team Viewer and download the program ("Start Full Version") and install it on your home computer. Choose "Start Automatically with Windows" and choose a secure password that you can use to access your computer later. Now select "Full Access" and complete the installation. When the program runs make a note of the ID (this is unique to your computer) which is needed with the password you chose to access the computer.

When you are away you can access your computer (so long as it is switched on and connected to the internet) by going to teamviewer.com and click "Web Login" at the top. First time you will need to set up an account (free) and once logged in you can use your home computer ID and password to view you home computer screen and control it just like you were at home. You can also transfer files to and from the computer you are using.

Hope this has been helpful. As ever, if you have any questions or suggestions drop me a line via my website www.dalescomputerservices.com.

Carol Haynes

Prunings

A personal take on Plants, Propagating and other related rural ramblings.

Two weeks ago the Postie remarked on how grey everything looked. “Won’t it be lovely to see some fresh green?” – Well, this week has seen an amazing recovery. Coming down Gayle Bank towards Wensley the other day I couldn’t fail to be impressed by the verdant vista of Wensleydale spread out before me. Lawn mowers have sprung into life, and you can’t miss the fabulous colour of newly burst Hawthorn in the hedgerows. In addition, tiny signs of life are emerging in some of the pots I had given up for dead. The will to grow that so many of our native plants have never ceases to amaze me.

Garden Centres and supermarkets alike are burgeoning with colour, and it’s all very encouraging, but I am reminded of the old adage: “better the devil you know” Supermarkets and most garden centres do not grow their own plants, they retail. Most achieve better sales when plants are in bloom, so that’s what they stock. If you look carefully at labels it may be clear that many plants are imported from Holland where the climate is kinder. So take care. Buying bedding plants when the nights up here in the dales are still cold is risky and can work out to be expensive unless you have somewhere under cover to keep them until night temperatures lift.



The Tête à Tête daffs which I put into tubs in the back end have been, and still are, glorious, nodding their cheerful heads every time I go out, but I think Rip van Winkle has it for interest. They opened a

couple of days later, and the double heads look luxuriant. All have benefited from the extended cold, so I suppose every cloud has a silver lining, or a golden one!

I’ve pricked out lots of seedlings; so far I think the Coreopsis have it for rapid germination and healthy growth. Lobelia Syphilitica is appearing in odd places so I think many more of them have scattered seed than I had anticipated. It may not be long lived but it’s striking blue flowers will lift any border, and once you have it, it does not disappear.

One of the treats this year will be Amelanchier Lamarkii. Last year the one in a container produced a few flowers, but this year it looks as if it will be covered and it’s only about five years old. Today (April 18th) a tiny spot of white is beginning to appear on the buds. I shall need to water it well or the glorious display will be short lived. I think it was Joe Swift who first alerted me to it, and he was absolutely right: beautiful, fragile looking flowers and glorious autumn colour. I can now vouch for the fact that it really is as tough as old boots because it has survived outside, in a pot, and so have all the cuttings I potted up last year. Like so many of our familiar friends, it just has to show us how beautiful it can be.

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

Rose Rambler

Doctors' Rotas as Supplied by the Surgeries

AYS GARTH SURGERY ROTA Wb - week beginning										
Wb	May 3rd		10		17		24		31	
Day	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.
Mon	C	C	WJ	W	JA	J	FA	A	C	C
Tues	JA	JA	FA	A	WF	WF	J	J	JA	JA
Wed	WF	F	WA	W	JA	J	F	F	WF	F
Thur	JA	J	FA	A	WF	F	J	J	JA	J
Fri	F	F	W	W	J	J	A	A	F	F

Doctors: A - Arblaster, F - France, J - Jones, W - West, C - Closed
Morning Surgery: 9.00 - 10.30 a.m. (no appointments)
Afternoon Surgery: 4.00 - 5.30 p.m. (appointment only)
For appointments and all enquiries ring 663222

HAWES SURGERY ROTA Wb - week beginning										
Wb	May 3rd		10		17		24		31	
Day	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.
Mon	C	C	FA	FA	WF	WF	J	J	C	C
Tues	WF	WF	WJ	WJ	JA	JA	FA	A	WF	WF
Wed	A	A	F	F	W	W	A	A	A	A
Thur	W	W	J	J	A	A	F	F	W	W
Fri	JA	JA	FA	FA	F	F	J	J	JA	JA

Doctors: A - Arblaster, F - France, J - Jones, W - West, C - Closed
Morning S'y: 8.45-10.15 Tues till 10.45 (no appointments)
Afternoon S'y: 5.00-6.00 Tues 1.00-4.00 (appointments only)
For appointments and all enquiries ring 667200

What Goes up Must Come Down

It is a good thing to see so many events advertised up and down the dale with posters and flyers here, there and everywhere. We have been asked by several readers to appeal to organisers who diligently put up all these on notice boards, lamp posts and telegraph poles, to **please remove them again as soon as the event is over.**

...And Some Stuff shouldn't Go Down At All

While we are on our social responsibility high horse we have also been asked by one quite appalled reader to plead with everybody— locals, tourists, dog owners and farmers, all to stop leaving any kind of litter about the place. Some areas are looking quite disgusting.

Heavens Above



You might be surprised to see just how low down the full Moon is at this time of the year. Take a look at it on May 27th and the following few nights you'll notice that it barely clears the southern horizon. You also might notice the famous 'Moon illusion' - an effect that makes the Moon appear very much bigger when it's closer to the horizon than it does

when it's higher up in the sky. The Moon can also take on a lovely golden reddish tinge when it hangs low in the sky so it should be interesting to see if ash from the recent volcanic eruption in Iceland has any effect on it's colour this month.

Brilliant Venus continues to dominate the early evening sky low in the WNW immediately after sunset. On around the 21st it lies close to the open star cluster M35 - a beautiful sight in binoculars.

Mars fades rapidly during the month as it heads eastwards out of Cancer towards Regulus the bright leader of Leo the Lion. Saturn is reasonably high in the SW at the beginning of the month in the constellation of Virgo.

Al Bireo

Dogs

Dog owners are being asked to keep their pets on the lead when they walk in the National Park over the **next five months** during the lambing and bird breeding season.

West Burton School News

It is nice to see that Spring has finally sprung and pupils and teachers at West Burton CE Primary School had a lot to celebrate at their end of term assembly having earned great success at the Tournament of Speech achieving two first places, three second places and two third places, three with distinction. Many congratulations to all our winners.

Also in the Tournament of Song the whole school celebrated a well deserved second place with the Traditional British Folk Song 'The Keeper' and maintained a very high standard throughout the Tournament. An excellent showing both individually and by the entire school. Being the only competitors to enter the whole school and achieve these results is outstanding, hats off to Sally Stone for all her hard work!

The school enjoyed taking part in the Anna Purna Dance Workshop. Easter fun was had by all with the annual egg rolling competition on the village green and the pupils held an egg decorating competition with some extremely imaginative and unique ideas!

The juniors enjoyed their Roman mosaic workshop in school, designing their own coaster tiles with a member of the Dales Countryside Museum.

The School has a full calendar of events arranged for the summer term including a cycling awareness programme, cricket club and gymnastics classes. We look forward to a fulfilling and active term and thank you for your continued support.

Joanne Sharp, Parent Governor



Bainbridge and District Motor Club

10 cars met at the National Park car park at Aysgarth for the first rally of the season where a shooting range was set up for each driver and navigator to shoot at two different targets.

Each car was then given a set of instructions to follow. Several questions were to be answered on the way round as well as keeping an eye out for red telephone boxes (I think only one was to be seen!); some of the places we visited were West Witton, Coverdale, East Witton, Finghall, Newton Le Willows and Akebar. Once we got to Akebar we had to locate 8 grid references, then choose from 5 and visit them in the shortest route.

It was a lovely night and was enjoyed by all. A big thanks to Muriel Lambert and Netta Davison for organising the first event.

The next rally will be held on **Wednesday 19th May** by Dave Scarr and Adrien Stevenson.

Emma Thwaite

Christian Aid Week 2010

May 9th to 15th

In the Hawes area there will be house-to-house collections as usual. On **Sunday May 9th** it is the turn of St Margaret's for the united service for churches in the Hawes area at 10.30am.

**Wensleydale Railway
Celebrations
May 22nd– 24th**

Wensleydale Railway Association (WRA) will celebrate its 20th anniversary with a special Anniversary Train and bell-ringing throughout the dale on Monday May 24th.

A three day commemorative exhibition will be held in Redmire village hall from **May 22nd to 24th**, with 'Turn up and Go' scheduled train services between Leeming Bar and Redmire on Saturday and Sunday **May 22nd/23rd**.

The railway provides car-free access to the dale and a growing network of bus and vintage bus connections, contributing to environmental sustainability. Journeys and events based on the railway, and in partnership with other organisations, support the development of tourism and local business – so much so that the Wensleydale Railway now brings a million pounds each year into the regional economy. These successes will be celebrated, as we look ahead to what might also be achieved in the next 20 years!

Ruth Annison

Askrigg Show

August Bank Holiday Monday (30th)

I would like to take this opportunity to thank David Jackson for the 12 or so years of sterling service. The show must go on as they say, and I am now taking over.

The committee is busy compiling the schedule, which should be out towards the end of May. Please e-mail requests for an electronic copy to askriggproduce@tiscali.co.uk

The children's vegetable challenge 2010 returns to growing the heaviest single potato in a bucket. If you wish to take part contact me ASAP on **650923** (eves). Also

in the children's section, the "design a schedule cover for next year" class for Juniors and Seniors.

Homemade Tipples section, if you have some at home - don't drink it all - enter some in the show! Another section is the photography section. As well as the regular classes of Landscape View, 3 photos on a theme, and photo with a caption - we have River Life, Eyes, Silhouette, Fruit or Vegetable, and Wensleydale.

Taking part is great fun - and who knows you may win. If would like to help in any small way, please contact me, or send an e-mail.

Angus Carmichael

West Burton May Fair

Monday 31st May, 1.00-5.00pm

Falconry, Maypole and Morris Dancing
Puppet Shows, Stalls,
Children's Attractions.
Teas and much more!!
Phone **Julie Pledge 663481**
for more information



Bible and General Knowledge Quiz

Wednesday 12th May, 7.00 to 9.00pm
at Sycamore Hall, Bainbridge

£5 for a team entry –
tea and biscuits included.

Every body welcome and for details and to
register telephone

Julian Spykerman 663444

Buzzy Time

Gayle Ladies had a buzzy time on March 25th when Donna Parker gave her informal talk on beekeeping. The room was filled with the seductive scent of honey as she demonstrated the way a beehive is built up in sections and the areas differentiated for honey or egg laying. Although the hive was from last year there was still honey left to see and taste and the audience was fascinated by the way bees could construct cells for egg laying.

With noses full of the heady honey aroma, the ladies heard Donna tell how the queen is made by the way she is fed by the

others, and the purpose of the other different bees within the hive, which is a flourishing system and quite unique. Bee communications were discussed too, which involve flying patterns known as a "dance" and wing beats.

Beekeeping in this area can be a precarious business because of the lack of sufficient flowers for enough of a season to sustain the bees and Donna explained that hives had to be moved to try to find suitable areas with enough warmth and shelter to suit the bees.

Naturally the Ladies got stuck into the tasting at the end and showed a real appreciation of the different tastes in various honey samples. The Ladies left with a new awareness of the importance of bees and the benefits to be had.

Pat Whitehead

Railway Service

**Friends of the Settle– Carlisle line and
Friends of Hawes Junction Chapel**

Sunday May 30th, 11.00am

Led by Canon Bill Greetham, Hawes Silver
Band and Gunnerside Choir
on Garsdale Station Platform.

Buffet lunch to follow in the chapel; optional short walk.

Talk by Bill Mitchell, M.B.E.

1.30– 2.30pm

Best Foot Forward

I'm a bit of a bagger; not too serious like those who go after every 3000 foot peak; maybe more of a 'spotter'. You might remember how, some years ago, I told of our walk and search for England's rarest wild flower, the Lady's Slipper Orchid, and how we found it in Yorkshire. All finders are sworn to secrecy, so don't ask. It is good to 'bag' all the rarest flowers; try finding the Spring Gentian in Upper Teesdale, the

Mossy Saxifrage clinging on, on Pen-y-Ghent, or the rather more common Bird's Eye Primrose.

Others are not content until each new spring they've spotted each of the rarer upland birds. I'm always uplifted by the first far-away piping call of the Golden Plover.

However, a good friend and fellow-worker of the Newsletter, is a bit of a 'map-fiend' and has become extremely keen to locate **Fundamental Bench Marks**. Relatively few in number, these unbelievably accurately measured heights are on sturdy and quite small granite columns only about a foot high in places with good all-round aspects, and one is in Ribblesdale!

Such is his enthusiasm that he inspired me to find it. (He had tried in vain the week before and failed!) They are not secret, but I'm not telling you precisely. To make my happiness complete, the drive towards Ribblesdale (Saturday April 17th) was coincidentally accompanied by a long steam train crossing the viaduct! I'm a mildly interested steam train bagger!

Anyway, park at Selside and make your way south by track, footpath and bridleway to the southwest of South Park— and start looking! It's near a long curved wall. This is what it says on it: *This monument forms part of the Ordnance Survey National G.P.S. Network. It is an offence to damage it. If found damaged please ring our helpline 08456 05 05 05.* On the top of the column is a very sturdy metal 'boss'. The actual height is: 1168.1500 feet (or 356.0521 metres). How about that for accuracy! That is from their website. Apparently, inside the structure there is more detailed information.

Having bagged my first fundamental bench mark it was time (and a gorgeous

day) to bag a lesser not-much-visited fell-top, Simon Fell. It is about two miles as a crow flies roughly northwest over some tricky limestone pavement, rough grassland, and thank goodness for a wall/fence to cling on to, a very steep climb to the top. There is a cairn and a fantastic view over Ribblesdale and beyond.

A further delight about open-access walking is the spotting of those rugged, deep ghylls and falls too small for them all to be on the map. In other places try spotting the 'settlements' littering the fell-slopes. It is like this on the direct way up to Simon Fell.

From the top I followed the wall south to meet the long path coming from Ingleborough to Sulber Nick. There was a steady stream of walkers. This was the first time I saw anyone all day. **A.S..W.**

Upper Dales Family History Group

The speakers at the March meeting were Michael and Ann Brown who introduced a selection of Michael's ancestors and relations from the mid 19th century onwards, through a mixture of photographs, letters and diaries, spanning 150 years and three continents. Michael's great grandfather, William, had left Malton some time in the 1830s, to travel with his wife and two small daughters to Durban in South Africa, in search of work as a bricklayer. When the work failed to materialise, he left his young family in the city and set off by ox wagon across the Transvaal. As he travelled, he kept a journal which is still in the possession of his descendants today. Eventually the family returned to England and settled in York where they kept a dressmaker's shop in York for many years.

The nomadic genes were obviously handed down - a son, another William, born during their time in Durban, settled in Australia where he built his own house in Brisbane. Michael's father, Robert, went into the navy, serving on early submarines during WW1. The pictures and descrip-

tions of conditions on board were a real eye opener to most of the audience. A cousin, Charlie Munton, served in the Royal Artillery and was posted to France in WW2. His letters home to his sister gave a graphic account of life in occupied France, with columns of displaced refugees and the horrific realities of Dunkirk. Ironically, having survived the evacuation, he was killed in Italy shortly before the end of the war.

This month's meeting is on **Wednesday, May 26th, at 2.00pm** in Fremington Sunday School when Edgar Holroyd Doveton will be speaking on 'Researching Your Ancestors in British India'. Non-members are always very welcome, £2 each. There will also be a Computer Club on Saturday, May 8th, from 1.00- 5.00pm in Hudson House, Reeth, for anyone who is interested in getting started with researching their family on the internet or would like some tips on getting further. No need to book, just £1 per hour. For further details of any events please contact **Glenys Marriott 663738**, email:

glenys@bishopdale.demon.co.uk or see the website at www.upperdalesfhg.org.uk

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Bainbridge School News

Eliza Blowes Y4; Millie Glancy Y2

BAWB Easter Service

I'm sure that all of you who joined Bainbridge, Askrigg and West Burton Schools at St Oswald's on the 31st March will join me in congratulating them all on their poignantly personal "take" on the Easter Story together with their enthusiastic singing and interaction with Revd Ian Robinson! There is no doubt in my mind that our children are well aware that Easter goes far beyond "bunnies and chocolate eggs".

Over the Easter holidays the children have been planting and nurturing seedlings at home for a bumper crop of vegetables and flowers. We're looking forward to it being warm enough to plant them out in our new raised beds and Mr Moore has promised some more Saturday morning gardening sessions once the Icelandic volcano has allowed him to get home!

Despite his absence, due to the wonders of modern technology, the Junior children have had contact from Mr Moore on a daily basis (no excuses for not doing homework!) and they are enjoying learning about (and building) volcanoes as they see Eyjafjallajokull erupting in real time. I know we already have some budding geologists and volcanologists at Bainbridge School so what could be a greater way to "spark" their wonderment of the powers of the natural world?

Emma Arblaster, Parent Governor

A New Term, A New Teacher



Class 1 have welcomed the Summer Term with their new teacher, Mr Matthew Armstrong.

'I have been made so welcome at the school and I know I'm going to enjoy my time here. We have already had so much fun, creating a Garden Centre in class and learning about our wonderful local wildlife in Wensleydale,' says Mr Armstrong.

European Café

On Saturday 27th March a European Café was held at Askrigg Primary School. This was a sort of café where most of the food had been made by the children from Askrigg School. The children decided what was going to be sold. All of the food came from France, Italy, Spain and the U.K. Once the children took an order they would come straight to the counter to tell the teachers the customers' orders, then the teachers [Mrs. Sheehan] cooked the food.

Of course a café like this doesn't organise itself; the children worked hard cooking, making menus and doing research about what people eat in Spain, France, Italy and the U.K. Serving is a hard job; you burn your hands on the hot dishes but it is fun! The teachers nagged us to add up the money. Even though it's a café it doesn't mean you can get away with not doing maths! We raised £146 in total so it was worth it in the end.

George Sowerby Y6; Joe Renwick Y4

Easter Crafts

On Saturday 27th March we had a European Café and Easter Arts and Crafts. The children who came did the crafts, making Easter cards and painting. There was some salt dough that you could stick feathers on to make chicks or there was some eggs that you could paint.

National Park Building Competition

The design of new buildings in the National Park will be put under the microscope in a competition being run this year.

The Authority is running its **Best Building Design Award competition** - which aims to promote examples of both innovative and sensitive developments - for a second time.

Andrew McCullagh, the YDNPA's Deputy Head of Planning, said: "It's often thought that, to get planning permission in the National Park, it is always necessary to make new building work look just like its surroundings - as though it has always been there. It is true that this "safe" approach is often successful in getting planning permission and, indeed, where a village or group of buildings is particularly unspoilt, this is a sensible guiding principle. As a design approach, it does not necessarily produce buildings that are harmful or ugly - but neither does it encourage architects to experiment with new techniques and materials.

The competition is open to anyone who owns or has in any way been involved in a development that has been substantially completed since 1 January 2003, or from anyone else who simply thinks that a particular development has been successfully carried out and is worthy of an award.

Awards will be made in each of six categories listed on the website but, as these are not mutually exclusive, buildings can be nominated in more than one. Two of the categories are specific to the ideas of innovation and energy sustainability and the others relate to different types of development.

Nominations have to be received by

June 11th after which finalists will be shortlisted. All finalists will then be visited during July by a team of four judges, chaired by the eminent international architect Robin Snell and including locally-based conservation architect Paul Crosby. There will be an awards ceremony in the autumn to coincide with the publication of an illustrated brochure, when winners will be presented with commemorative plaques. Further details: www.yorkshiredales.org.uk/bbda or contact **Lesley Knevitt 652326**

WHAT'S ON LISTING

April

30 Yoredale Natural History Group AGM. Methodist Hall, Leyburn 7.30pm

May

1-3 Food and Drink festival, Leyburn

1-3 Flower Festival at St Andrew's, Aysgarth. See Page 17

2 Anniversary services. Hawes and Bainbridge Methodist Churches. 10.30am

2 Family service. West Burton Methodist Church

2 Gayle Mill demonstration tours at 11.00am and 2.30pm. See page 13

3 Sale of plants at Castle Bolton outside church in the morning

4 Coffee morning and stalls. Hawes Methodist rooms. 10.00am to noon.

5 Study Group. See page XX

5 Tap Dancing (Help the Aged). Hawes Market House 2.00 to 3.30pm

6 Election day

8 King's Club Seminar, West Burton Village Hall 10.30am to 5.00pm. See page 5

8 Children's service at St Oswald's, Askrigg at 4.00pm

8 Accordion Orchestra, Redmire. See page 17

8 Old Time Dance event. See page 9

9-15 Christian Aid Week

9 United services for Hawes area churches for Christian Aid Week. St Margaret's 10.30am

10 Gayle Mill art course with Moira Metcalfe - "Acid green and navy blue". See page 13

11 Coffee morning and stalls for Christian Aid. Hawes Methodist Rooms 10.00am to noon

11 Decorative and Fine Arts society "Heraldry - its all around us". Middleham Key Centre at 2.00pm

11 Thorlby Fashion Show. See page 8

12 Study Group. See page XX

12 Tap Dancing (Help the Aged). Hawes Market House 2.00 to 3.30pm

12 Bible and General Quiz; Sycamore Hall

See page 30

13 Ascension Day; Wensleydale Methodist Circuit service, West Burton 7.30pm

13 Ecumenical Open Air Ascension Day Service at Jervaulx. See page 32

13 Wensleydale Country Market. Leyburn Methodist Hall 10.00am to 12.30pm

15 Three Peaks Challenge

16 Songs of Praise. Aysgarth Methodist Church 6.30pm

16 Guided Walk. Historical Footsteps. Meet Bainbridge Green 1.00pm. 10K

18 Middleham and Dales Local History Group. Key Centre 2.00pm

19 Study Group. See page XX

19 Upper Wensleydale Ladies Luncheon Club "Reunion Island" - John and Maureen Denton. Rose and Crown, Bainbridge. Noon for 12.30pm

19 Tap Dancing (Help the Aged). Hawes Market House 1.00 to 2.30pm

20 Wensleydale Country Market. Leyburn Methodist Hall 10.00am to 12.30pm

20 Hawes WI. Resolutions and Denman College; Anne Harrison

20,21 The Rocky Monster Show at the Wensleydale School. See page

21 Museum Friends "Rethinking Ingleborough" at 7.30pm

21 The Great Fish and Chip Supper. See page 14

22 Celebration for the Bainbridge Hydro scheme. Bainbridge Green from noon. See page 17

22 Yorkshire Dales Society lecture "The Haytime Project". Hawes Methodist Church 2.15pm

23 Pentecost; Whit Sunday. United "Pentecost Praise" at Bainbridge Green at 3.00pm. See page 8

23 Table Top Sale at the Market House, Hawes for school funds

23 Herb discovery walk. Meet Aysgarth National Park Centre at 2.00pm. Easy

25 YDNPA full committee. Yoredale 10.30am

26 Tap Dancing (Help the Aged). Hawes Market House 1.00 to 2.30pm

...continued

- 27 Wildlife at Snaizeholme, Meet Mirk Pot 2.00pm. **Booking essential 666210**
- 27 Wensleydale Country Market. Leyburn Methodist Hall 10.00am to 12.30pm
- 27 Gayle Ladies "Musical Life" with Diane Hartley. 7.30pm
- 28-30 Yoredale Art Annual Exhibition. See page XX
- 29 Swaledale Festival begins
- 30 Marssett Chapel "Singalong" at 8.00pm
- 31 West Burton May Fair from 1.00pm

WeSPA Youth Art Group presents:
The Rocky Monster Show
 A fun rock musical for all the family
 Wensleydale School
 Thursday, Friday—May 20th, 21st
 7.00pm

This is the first production by the Theatre Group set up in October 2008. 22 students aged 7 to 12 from local schools are looking forward to using skills they have learnt in workshops with Debbie Allenby and Sue Hedges of the Georgian Youth Theatre.

The lively show full of catchy songs is set in the strange village of Arkham with an eerie castle, a mad scientist and monsters!

Please support this very worthwhile project. Tickets (£5; concession £3) and more information from: **Debbie 663533**

Bags2School collection

Askrigg School are having a Great North Air Ambulance Bags2School collection on **Tuesday 4th May**. If you have any clothes, shoes or bedding they will be collected at 8:30am. Proceeds shared between school and The Air Ambulance .

Market Place and Greetings

FOR SALE
 Three as new Ledge and Brace Plank Doors; various sizes.
 £40 each to include hinges and latches
 Ring 667227

Moore
 John and Nora would like to thank everyone for cards and good wishes on the occasion of their
Golden Wedding

Richard Dinsdale
 would like to thank family and friends for their good wishes, cards and gifts on his 80th birthday

Rachel
 would like to thank everyone who came to her party at the Crown and for the many cards and presents, also to Mike for arranging such a lovely surprise.

FOR SALE
 Cream leather suite immaculate condition includes three-seater settee and two electric controlled recliner chairs.
 As new £450.00
 Please telephone **663504**.

**Congratulations Mum and Dad on your
 Golden Wedding Anniversary
 May 28th 2010**
 Love from Teresa, David, George and Emily, Nigel,
 Julie, Dean, Phip, Brad and Abigail

Letter

Dear Mr Watkinson,

The mystery picture in the April edition is the so-called 'Devil's Stone' on the side of Addlebrough with Carpley Green beyond it. The last time I visited it was in 1989 .

At around that time the many prehistoric rock carvings around Wooler in Northumberland had fascinated me, especially those known as 'cup and ring'. In reading Stan Beckensall's book (in the Shire Archaeology series) Rock Carvings of Northern Britain I saw that there is one such rock at the top of Addlebrough and that it is the only one known in Wensleydale. Of course I had to go to find it. Experience around Wooler had taught me that the best time



Cup and ring marks, Addlebrough summit

of day to see these things is when the sun is low. So off I went one evening in October. My photographs show what I found and where the rock is. Whilst there are lots of cups cut into the Addlebrough rock, ring marks are few and far between. There is also evidence (at the far end in my photograph) that an attempt has been made to add an ordnance survey bench mark, Whoever did this gave up and put a complete bench mark on the side of the rock.

Stan Beckensall dates these carvings as early Bronze Age - about 2000BC. He points out that they are found almost exclusively at burial places and are therefore considered to be sacred or religious symbols. To quote him: 'they are the equivalent of a cross to a Christian.' That takes me



Devil's stone, looking north

back to the 'Devil's Stone'. If you go to the south-facing side of it you will see gouging that looks remarkably like a Christian cross - hardly compatible with the devil!

Ella Pontefract and Marie Hartley in their book *Wensleydale* tell us that the Carlow Stone and the Mermaid Stones at the shore of Semerwater are of Shap granite brought and deposited there in the ice age. They also relate the legendary story of a giant on Addlebrough hurling the Carlow stone at the devil on Crag Hill and the devil hurling his stone to where it now lies. I wonder if the Devil's Stone has the same origin as the Carlow and Mermaid Stones and that other stones inflicted the gouging that looks like a Christian cross during its passage in the ice from Shap. Someone will, no doubt, supply the answer. I can only guess! It is remarkable that the two gouges are almost perfectly at right angles and are of the right proportions to form the cross. It's also worthy of remark that I happen to be writing this on Good Friday!

John Kirby

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