
Upper Wensleydale Newsletter

Issue 146 April 2009

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Plus all the regular features

Published by

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Newsletters on the Web, 2003-09 enter "Upper Wensleydale Newsletter" in, say, Google.

Printed by Peter C. Wood and ASW and collated,
folded, stapled by
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Editorial

It'll come in handy!" So say those among us who find it hard to throw things away causing the house, garage, workshop or office to be crowded out. Even so, a spring-clean isn't a bad idea. The hard bit is to make the decisions.

It isn't just in the domestic or local scene where big decisions are made on what stays or what goes. We are reminded that this month, 20 years ago, it was agreed at national level to keep and not to scrap the Settle to Carlisle railway. It had been a very hard fight and the efforts of many people near here and further afield are well-documented. At the time it was not universally regarded as a wise move. But look at it now; a better local passenger service than ever in its history, a very large amount of freight carried and great improvement to the track and signalling. If it had gone, it could never have been restored.

And that's the trouble; to throw away things that can fairly easily be replaced and possibly improved, is acceptable; but some things really are irreplaceable. We've let some wonderful structures be demolished; we tore up too many railtracks in the sixties; we've failed to save some precious landscapes; maybe even, we've failed to cling on to some worthwhile traditions, beliefs and events, and so become poorer.

Not that all things are sacrosanct! We each have our opinions about, say, shopping centre of the 1960s or 70s, but it would be wrong to preserve none of them. Old red phone boxes, and the more modern ones are fast disappearing because "everybody has a mobile"; not so, of course, and we could have problems in emergencies. How about the 'wonderful' automated systems now replacing real people when we phone almost any public company? Now that could be an article in its own right. A few more real people at the

end of the phone line would save numerous nervous breakdowns. You might like to contact us with your pet hate about what we've lost, what we should lose, or what we must preserve.

Drop-off points and contacts

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

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West Burton:	Nadine Bell, Margaret's Cottage	663559
Newbiggin:	Lynda Bayne, Meadow Barn	663324
Aysgarth:	Kitty's Tearoom	663423
Redmire:	Ann Holubecki	622967
Thoralby:	Sandra Foley, Post Office	663205

The Great Poached Egg Debate

This particular 'Who knows' continues to produce suggestions!

Crack medium-sized egg into cup. Half fill a pan with water and bring to the boil. Turn off heat. Slide egg into pan and leave for exactly 2 minutes. Remove with slotted spoon and blot underside to remove excess water. If you don't want to eat it straight away, tip some of the hot water off carefully and add a little cold water. The egg will keep as long as you like in this way. Two eggs can be done together.

**Meriel Overton,
Newbiggin in Bishopdale**

**Next issue
will be produced on April 29th
and 30th and will be distributed
between April 29th and May 4th
DEADLINE FOR COPY:
THURSDAY APRIL 23RD**



Eunice

I was hiding in Dales Sweep Advert, P6 last month.

Winner: **Mary Grainger of Hawes.**

Spotted me this month? Write to the editor for a chance to win £5.00.

Easter Food and Flowers

**Monday 6th April -
10.30am to 3.00pm**

To be held in Askrigg Village Hall. There will be a flower demonstration by Lesley Blissett of Periwinkle Florist and a cookery demonstration by Elizabeth Guy. Tickets cost £12.50 and include lunch and should be booked in advance.

Stations of the Cross

On 6th April at Sycamore Hall there will be a Stations of the Cross presentation. Coffee and tea will be served at 6pm and the presentation will start at 6.30pm. Everyone will be most welcome to come.

Penny Blanch, Secretary

Abbagirls at Leyburn Cinema

On **Friday 3rd April at 7.30 Abbagirls**, the original and first Abba tribute duo who have performed to great acclaim all over the world, perform at Leyburn Cinema

Tickets are £10 in advance (£12.50 on the door); under 16s £6 in advance (£8.50 on the door) and are available from Leyburn TIC **01748 828747**

Springtime on the Wensleydale Railway

Trains run again from **Wednesday April 1st**. There are also five guided walks during the Easter school holidays and all are based on the train departing Leeming Bar at 09.50, arriving Leyburn at 10.29 (Good Friday walk), Redmire 10.44 (four other days).

All these walks except Easter Sunday are 7 miles - bring suitable clothing, footwear, packed lunch and drinks.

On **Good Friday, April 10th**, the guided walk will get a head start by using the free shuttle bus service from Leyburn to Middleham Stables Open Morning, before walking to Coverham Abbey and on to Redmire. Walkers who are not arriving by train but wish to join this group at Leyburn should be at the station by 10.20 and buy a single ticket for the return journey from Redmire to Leyburn.

On **Saturday April 11th** there is a Redmire Circular walk and on **Monday April 13th** a quite different Redmire Circular walk.

On **Easter Sunday April 12th**, there will be a short one way guided walk on field paths to Bolton Castle (admission charge) combined with a Family Easter Egg Hunt! All children should be accompanied; the Easter Sunday walk leaves Redmire station at 10.45 on arrival of the first train (with self-guide return to the station for either the 13.10 or 15.55 train). On **Wednesday April 15th**, a guided walk leaves Redmire station at 10.45 for a 7 mile 'up and down' walk with good views to Leyburn.

May Bank Holiday Weekend, book at least three days in advance and save £3 by buying a combined ticket for Wensleydale Railway/Leyburn Food and Drink Festival (May 2nd to 4th). Details:

www.wensleydalerrailway.com or WR timetable (available free at POs and TICs), or phone **08454 50 54 74**.

New National Study Comes to West Witton

West Witton based complementary practitioner Pamela de Chaumont-Rambert will shortly be giving sufferers from knee or ankle pain an opportunity to try out a natural therapy that has shown remarkable success in treating all kinds of joint and muscle problems.

The therapy is the Bowen Technique, and this month, Pamela will be taking part in a national study project designed to show how Bowen can help those who are affected by knee and ankle problems, which are a common cause of lack of mobility and in some cases, time off work.

The study is the latest to be organised by the Bowen Therapists' European Register and previous studies into migraine, asthma, frozen shoulder and back pain showed that the great majority of people treated during the study experienced significant improvement in their condition.

For the latest study, Pamela, a Registered Nurse who works from her treatment room in West Witton, is offering special rates to local people with knee or ankle problems who sign up for a total of three treatments. As well as experiencing the benefits of the therapy, participants will be invited to contribute to the national survey by helping to record the effects of their treatment.

Bowen is a drug-free, non-invasive complementary therapy. The therapist, using only thumbs and fingers, makes subtle but dynamic, rolling movements over muscles and tendons at precise points. The process sends impulses to the brain to trigger the body's own healing systems.

The therapy has a very broad spectrum of application as mentioned above. It is suitable for all ages, from tiny babies with colic to more mature clients who suffer from arthritis. It has helped many people to

lead more active lives, often enabling them to return to work after a lengthy absence.

Pamela can be contacted on **625569** or www.dalestherapy.co.uk

Prayers for Pentecost – an Invitation to You

Churches together are organising a series of five evening meetings to discuss the Lord's Prayer. The evenings will be led by people from different churches in the area. The evening will start at 7.30pm and there will be refreshments served afterwards.

Everybody is very welcome to come – church-goers and non-church goers alike. Churches together includes Catholics, Anglicans, Methodists and Quakers so we are a very mixed bunch! If you would like to learn more about prayer or would like to discuss prayer among a group of friendly people then do come! The meetings will be held **from April 29th** for five weeks – it is not necessary to come to all the meetings, just come to the ones you can. On **April 29th, and May 13th and 27th** the meetings will be at the Quaker meeting room in Bainbridge. On **May 6th and 20th** they will be held in the Methodist Church in Hawes – in the room at the back of the building. **Penny Blanch, Secretary**

To All Dog Owners

After “cleaning up” after your dog, **please** put poop-a-scooped bags in bins provided and **not** dangling from bushes, tucked into cracks in walls or on top of them. The countryside is beginning to look a real mess. Please help to keep the Dales tidy.

Thank you.

Name supplied

Thank You from Hawes Post Office

Steve and Linda will be celebrating their 4th year at the Post Office in May and we would like to thank all our customers who have supported us, especially during the difficult period of Post Office Closures.

We are, thankfully through the closure programme, and are to remain open. However, there have been many Post Offices around us that have closed permanently, temporarily, or now have reduced hours. The good news is that we are open :-

**8:30am to 5:30pm Mon to Fri and
8:30am to 12:30pm on Sat.**

We do not close for Lunch (which is why we are so thin!!)

We always want to give the best service with the minimum of waiting so if it is possible to avoid our busy period of :-

3:30pm to 4:45pm

when we have a lot of business customers to serve, we will be able to save you queuing and ensure we get the mail away on time. Thank you again for all your support.

The mail collection times from the Post Office are:

**11:30am and 4:45pm Mon to Fri.
11:00 am on Sat.**

Steve Reynolds

Farewell Father Bill

The Rev Bill Simms has been the vicar of Hawes and Hardraw for nearly 16 years. He and Eileen, his wife, came to Hawes in August 1993. He is a well known figure in the town and a good friend to many. He has given very faithful service to the town as vicar and as well as taking regular services on Sundays and weekdays he has baptised many babies, married many couples and has taken part in a large number of funerals

in both Hawes and Hardraw.

He has a bright and cheerful personality and can be relied upon to say the right word in each situation.. His deep love of the Lord and his love of life shine through, giving hope and encouragement to townspeople and his congregation alike.

Easter Sunday, April 12th, will be his last Sunday in the Parish and St Margaret's will be marking the occasion with a buffet lunch after the usual 10.30am communion service.

Bill and Eileen will be much missed and we wish them a long, happy and healthy retirement.

Margaret Iveson

Coffee Mornings for Amala

There will be a coffee morning in the

Hawes Methodist rooms

on Tuesday April 28th from 10.00am

This is in aid of the Wensleydale School's trip to the Amala Children's Home in South India.

Also at

Village Hall, Askrigg.

Thursday, April 16th

10.00 am to noon.

Raffle, tombola and cake stall.

Donations would be welcome and may be left with A. Heasman or E. Hammond

Crucifixion

by **John Stainer**

Performance by Benefice Choir
(some congregational hymns included)

Palm Sunday, April 5th

6.30pm

St. An-

drew's Church, Aysgarth

ALL VERY WELCOME

Refreshments served afterwards

Wensleydale Decorative and Fine Arts Society

An Associate Member of the National Association of Decorative and Fine Arts Societies

Childhood in Art

When we look at images of children in Western art do we see real children or miniature adults? What do portraits by artists such as Rembrandt or Velásquez tell us about children in the past; did they really look and dress like that, were they cherished and understood, allowed to be playful or were they treated very differently from children today?

In *Miniature Adults? Images of Childhood in Western Art*, Sophie Oosterwijk investigates childhood in the past. How did adults see children through different periods of history? How were they actually presented in art from antiquity through to the Middle Ages, the 17th century and the Victorian era, until the present day? The findings could well be

different from what one might expect.

Sophie was born in Gouda, studied English at Leiden and Medieval Studies at York. She gives the Wensleydale Decorative and Fine Arts Society lecture, at Middleham Key Centre on **Tuesday, April 14th at 2.00pm.**

Visitors are welcome and membership and further information is available from Membership Secretary, **Elaine Frances tel. 624203**

Upper Dales Mobile Skip Service

Saturday April 18th

Gayle Green, 9.00am - 1.00pm

Refuse including large bulky items and recycling materials all welcome.

Enquiries - County Councillor
John Blackie: **0796 758 9096**



Mystery Picture

Last month we were looking down Bishopdale, recognised by several readers.
Now where's this?

Bainbridge School News

Fashion Show Success!

A good time was had by the many people who supported our Fashion Show at Sycamore Hall last Thursday evening. What serious shoppers we all were (and a few in particular who will remain nameless!) We raised £323 for PFA funds which is going towards paying for the bus which took all the Infants for a fantastic day recently with their friends at West Burton school and for the transport taking the Junior class next week to the RAF base at Linton-on-Ouse. We are extremely lucky having such an active and dedicated PFA and I'd like to say a special thank you to Karen Prudden and Ann Calvert for organising the show, to Sycamore Hall for allowing us to use their wonderful facilities and to everyone who came along. We're already looking forward to the next one!

Emma Arblaster, Parent Governor

Did You Know...

Q: Half of all Americans live within 50 miles of what?

A *Their birthplace*

Q: If you were to spell out the numbers, starting from 1, how far would you have to go until you find the letter 'A'?

A *One thousand*

Q: What do bullet-proof vests, fire escapes, windscreen wipers and laser printers have in common?

A *They were all invented by women*

Q: What is the only food that doesn't spoil?

A *Honey*

Q: What percentage of the whole of Africa is wilderness?

A *Less than 3%*

Q: What percentage of North America is wilderness?

A *38%*

Spring Concert

East Witton Male Voice Choir will give its Spring Charity Concert in the Methodist Hall, Leyburn on **Wednesday, April 29th at 7.30pm.**

Admission is free but there will be a collection for the Parkinson's Disease Society.

Surgery News

Prescription Ordering

Can I remind everyone that telephone requests for repeat prescriptions should only be made between 11.00am and 3.00pm Monday – Friday. This frees up the staff and telephone lines to deal with clinical enquiries during surgery hours. Please order at least 48 hours before you require your medicines – we have experienced significant problems obtaining some medicines recently due to supplies being exported from Britain. (The weakness of Sterling has resulted in the UK being a source of cheap medicines that are being Hoovered up by the Eurozone countries).

The practice website has had a major update, and you can now use it to order repeat prescriptions on-line. Go to www.centraldalespractice.co.uk and click on 'prescriptions'. You can select the surgery you normally attend and there is a 'choose chemist' drop down menu that gives you a list of drop-off points from which you can choose the collection point for your medication. The on-line order form is easy to fill in, but you must be very clear about the medicines that you require. Please type in the name, dosage and quantity of each medicine *exactly* as it appears on the dispensary label attached to your existing pack of medication, or on your repeat prescription counterfoil. If the dispensary staff is in any doubt about what exactly is required, you will be e-mailed by return for clarification.

Doctors' rotas

For the foreseeable future, Dr Jones will be on part-time secondment to the North Yorkshire and York Primary Care Trust. This means that he has to attend meetings throughout the county, sometimes at short notice. Consequently, the published rota may be

changed without warning, resulting in your doctor possibly not being present as advertised. If you particularly wish to see your usual doctor, please telephone the surgery to check whether the rota is running 'true' that day.

If you have any questions or comments regarding the services from your medical

Carperby Playing Fields Association – Another Concert

The fund for the new Pavilion at Carperby Playing Fields received another significant boost with the Phil Beer concert in March. Phil's reputation ensured a full house at the Village Institute and his dazzling musicianship provided a fantastic evening's entertainment.

The concert organisers have been offered another act for **Saturday 4th April. Colvin Quarmby** are a five-piece band with a strong word-of-mouth national following. Their musical style stubbornly refuses to be pigeonholed, hardly surprising when they combine guitars, drums and percussion with fiddle, cello, squeezebox and spine-tingling five part vocal harmonies; think the Beatles with a touch of The Beautiful South. Setting them apart from the rest is creative front man Gerry Colvin. His energy is infectious, joyous and endearing, fuelled by a sense of the absurd, and inspires between-song banter that the country's top stand ups would kill for. This band is unique and unforgettable, the songs are brilliant and they should be a household name.

If you would like to attend the concert and support the Pavilion Fund please contact **663808** for tickets or further information.

A Change for the Ladies

Please note that the speaker at the Gayle Ladies meeting on **Thursday April 30th** is not as advertised previously but will be Mr Les Jobson with 'Memories of Musical Theatre'.

Competition Answers

Numbers and letters:

1. 3 falls in Aysgarth (Upper, Middle, Lower)
2. 1 pub in West Burton (two in West Witton)
3. 20 percent = one fifth
4. 18= voting age in Great Britain
5. November 30 = St Andrew's Day
6. 8= English King Henrys
7. 12 sides in a duodecagon
8. 3 blind mice
9. 24 blackbirds baked in a pie
10. 17 miles– Hawes to Leyburn
11. 100 degrees centigrade = boiling point of water
12. 550 in Roman numerals= DL
13. 4= cube root of sixty four
14. 30 days hath September, April, June and November
15. 26 miles in a marathon (approx.)
16. 8 legs on a spider
17. 4 fingers on a hand
18. 4 lions in Trafalgar Square

And the winner of the £10 prize was

Jane Ritchie

This Month's Competition

For the bird-brained! Here are a few British birds:

1. Ballad Mavis
2. Fast
3. Dr Spooner's Scottish little mine
4. Found in a former Lincolnshire town
5. Castle
6. Chew, then...
7. Strings across the streets for the fete
8. Bird-watching might be one!
9. A pint at bedtime?
10. White rear
11. Quadrilateral with two unequal pairs of adjacent sides
12. Hours of darkness spent near Hawes
13. The tenth letter
14. Angry Willia

15. Part of another one!

Raydale Project

At their last steering group meeting the Project had Ann Harding of Settle tell the group how to go about establishing a community hydro-electric power scheme.

In Settle their scheme is now set up and installation work should be started any day now. It is really helpful having another project so close by to learn from. The main pitfalls which beset the Settle scheme should not affect the Raydale scheme as our feasibility study has already addressed them. However it is quite a long and complicated process setting up the appropriate financial arrangements.

Fortunately help is at hand; a company which has assisted a project in New Mills in Derbyshire, where they are already producing electricity and selling it direct to the local Co-operative store, also successfully assisted the Settle group. Water Power Enterprises can help the Raydale Project and two members of the steering group will be going to discuss our scheme at a workshop in Settle shortly.

Endeavouring to reduce our carbon footprint was one of the first decisions made by the Project along with the environmental work to protect Semerwater. What is so encouraging about having a community hydro scheme is that it should eventually yield funds to replace the charity support the Project has received from Carnegie UK, which finishes shortly. It could give the long term security the Project needs to allow it to continue to support measures for coping with climate change.

Deborah Millward, Project Leader

Telephone Numbers

Will readers please note that in adverts and articles our general policy is to use only the last six digits for local (i.e. Wensleydale numbers).

If calling from outside the area then prefix these with **01969**.



Prunings

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

As I opened the kitchen door this morning to make the early coffee I was overwhelmed by the scent of the hyacinths on the window sill. The house faces South East and the sun on the glass had warmed them into releasing their precious perfume. I stood and let the delicious experience soak in until the kettle had boiled and switched itself off. I hadn't even put the coffee into the mugs. That's the thing about plants: a tiny cutting, an even tinier seed asks nothing more than a little care and attention and it will reward you with hours of enjoyment. Welcome to my world! I can always find a good reason to stop and smell the flowers.

The hyacinths got me thinking about the bag of lilies that are waiting to be planted. I love lilies and I am especially taken by the scented ones. Short stemmed oriental forms will always give a good show but some of the taller varieties are exquisitely perfumed. Star Gazer with its speckled petals is a particular favourite and there is still plenty of time to plant some as it flowers late. In fact there is still time to plant most lilies because, if like me you enjoy having successive displays, the later you plant, within reason, the later they will bloom. Lilies benefit from a little thought in advance of planting, but they really are easy and reliable. As they are hardy they will thrive in a well drained border as long as they have shelter from the wind which can break the stems. If the soil tends to hold water they appreciate a trowel full of gravel in the base of the planting hole.

They look particularly well in tubs and planters. The trick is to get them to grow straight. A nursery man once told me that the key is to use a deep pot. Put the bulbs, odd numbers of course, well down in the centre of the pot, but lean them outwards so

that they grow towards the sides. Lilies produce more roots on the stem as they grow and if they have sufficient depth this helps to anchor them. They'll manage a second year without re-potting but they will benefit from removing the top layer of compost and replacing it with fresh mix. We have such pretty river pebbles in the Dales and I often put a mulch of them on top of the pots. As well as looking good this helps keep out the weeds and retains moisture. If you use commercial compost you will need to water regularly as it tends to dry out quickly. An Aunt of mine used to grow her favourite varieties in pots and then sink them in the borders when they were about to flower. The same idea would work well in a planter.

Whatever you choose to grow, take time to enjoy it.

Rose Rambler

We are delighted to welcome a new gardening correspondent. We have been fortunate over the years to read the wit and wisdom of our various contributors and we look forward to more from Rose.

How Far Do They Go?

Mr John Stirling of Askrigg claims that Hervey Bay in Queensland is the farthest the Newsletter reaches (since the committee won't allow the Editor to claim Melbourne!). John also reminds us that we carried an article about 'Life in Oz' from Hervey Bay in our March 2007 issue.

Thanks, John.

Business Success for Hawes Company

About five years ago Griff Thomas, whilst working as an electrical contractor in Hawes, identified a gap in the market for the training and examination of electricians and set up a company, GTEC Training, to try to serve the needs of the industry.

Even at his most optimistic Griff probably never imagined how successful the venture would prove to be. His company, now operating out of offices on the Brunt Acres Trading Estate, opposite the Fire Station, employs 7 local people and has about 20 others sub-contracted throughout the UK.

Griff has worked closely with the National Electrotechnical Training Body (NET) and the Electrical Contractors Association (ECA) to establish GTEC as one of the principal training organisations in the U.K.

Approximately 5,000 apprentices a year seek to become qualified electricians and in order to do so they need to pass a 3-day Practical Performance Assessment called the AM2. These PPAs are undertaken at 40 approved centres throughout the UK. Griff identified that some of the centres were building up significant backlogs of candidates waiting to take their PPAs because of a shortage of staff and facilities, so he approached NET with a proposal to kit-out a mobile facility with six assessment bays that could be driven to those centres with backlogs to provide them with additional resources.

NET approved the proposal and Griff has invested in the purchase and fitting out of a mobile centre. Readers may have seen the facility on the forecourt at the Trading Estate at the end of 2008 as it was being fitted out by local tradesmen and it is now in operation at its first location in Wales. Griff is also expanding his training organisation in new areas and has just won

a contract with Corgi to organise and manage the technical assessments of their members. He is also undertaking a number of projects and activities in the area of Renewable (Green) Energy Sources such as solar panels and ground-source heat pumps.

It is good to see that, using the power of the internet and broadband (and entrepreneurial skill), national activities can be managed out of the remoteness of Upper Wensleydale. **B.C.**

Call for Wedding Dresses

There is a wedding dress exhibition planned for May Bank Holiday weekend at Askrigg Church. Anyone who would like to show their wedding clothes; it does not have to be a dress, please contact Jo Hammond on **650596**. There is a wide range of wedding clothing already pledged for the exhibition, there is room for many more. All that is needed is the loan of your wedding clothes for the weekend and a photograph of your wedding! Leave your name and number with Jo on **650596**

Lively presentation

Maybe the title 'Inside a Lakeland Farmhouse' doesn't sound too exciting but with Andrew Lowe's talk at the Museum Friends last Friday it really came alive.

There is still much to learn about the life-style of 'working people' of this period as there is very little written history. Much can be learnt from fixtures and fittings still remaining here and there. Andrew's message was "If you see or know of any unusual features in the Dales, measure them and photograph them"

Christian Aid Week Sunday May 10th to Saturday May 16th

This is Just a reminder that Christian Aid week will come around again in a few weeks' time. It is our opportunity, as a community, to raise as much as we can for the world's poorest people. As each year passes the need for our help becomes more vital and we really can make a difference. Last year Christian Aid Week raised an astounding £15 million!

Here is a heart warming story from the Democratic Republic of Congo.

"Nadia says she would rather starve than not do the things she loves. Since the death of her father, the family has struggled to earn enough to survive. But for Nadia, survival is not enough. She longs for a life fully lived - and a 12 month sewing course run by a Christian Aid partner has allowed her to hope that might be possible one day. 'I'd like to open my own sewing shop' she says. Meanwhile, Nadia is passing on her love of fashion as she teaches other young girls to sew."

Christian Aid Week collectors raise an average of £33.50 each - this could provide three young women in the DRC with enough fabric to complete a 12 month tailoring training course.

In the Hawes area we have a United Service at Hawes Methodist Church on **Sunday May 10th at 10.30pm**, (collection for Christian Aid); a Coffee Morning and Bring and Buy on **Tuesday May 12th 10.00am to 12 noon** at Hawes Methodist Rooms and House to House collections during the week. Please give generously and help if you can. For more details contact - **Linda Butters Tel. 667662**.

Race Night
Askrigg P.T.S.A.
King's Arms
Saturday April 25th, 8.00pm
Contact: Julia 663303 All welcome.

The Characters of Hawes

My wife and I frequently visit the Hawes area and find the whole area both beautiful and enchanting. The people of the area are very friendly, welcoming and add to the richness of the place.

It is a group of these people that recently gave me a chuckle and I would guess other people present at the time.

Often on our visits to Hawes my wife and I take refreshment at one of the many excellent cafes or other eating houses. On one of these occasions we were sitting enjoying a light lunch and there were several ladies gathered on a table to the rear of the café who were obviously retired and enjoying a get together to discuss the 'world' and other issues. We couldn't help but overhear that they got onto the inevitable subject of health, as is often the case when people of a certain age meet up!

Subsequent to this event, I happened to be in the same café partaking refreshment, but this time I was on my own. I noticed that the same ladies were again gathered in the café for what was obviously a regular gathering. I could not help but overhear that their conversation had again got on to the subject of health!

I heard one of the ladies say "And what pills did the doctor give you this time?" and after a little further discussion on the subject, one of the other ladies said, at a volume that could easily be heard throughout the café, "You have two minutes to talk about your ailments and the subject is then closed!"

This raised a chuckle from me and probably many others of the customers in the café and I expect added to the enjoyment of their visit to a wonderful area.

From an admirer of Hawes and all its characters. Name withheld for fear of possible handbag bashing!!

Upper Dales Family History Group

The speaker at the February meeting was Tony Keates, one of our local members, who explained how he had set about researching one particularly mobile branch of his family tree who had travelled around the British Isles and crossed the Atlantic before settling in North Staffordshire in the late 19th century. Starting with the family story that his great grandmother Anastasia was Irish, Tony had located them on a census in Leek (not helped by the family name of Armitt being transcribed as Arnutt) and plotted their movements around the country by the places of birth of their large family of daughters, including Nova Scotia and the Isle of Wight as well as the more understandable Aldershot, as well as verifying that Anastasia was in fact born in Ireland.

Tony explained the various channels he had used for his research. Although there are no County Records Offices in the Republic of Ireland, there are regionally based groups dealing with research in their areas, although unlike the UK, none of it is free. He also explained the quite complicated civil administration system of overlapping parishes, townlands and poor law unions which make identifying a place of birth more of a minefield. Many of the records which did exist were lost in the fires of the 1918 uprising. An additional pitfall was that Anastasia's maiden name of Dowling turned out to be an anglicised version of the more obviously Irish, Dooley!

From the birth certificate of one of the children, Tony learned that Anastasia's husband Henry was in barracks in Dublin. To trace Henry Armitt's military career he used various websites, finally tracking down his discharge papers which gave a complete overview of his career, including spells in the East Indies, Jamaica and Bermuda as well as Nova Scotia where he

was finally discharged after 21 years service. Tracing military records involves identifying which regiment a man served with – not necessarily the one he first joined! Some regiments changed their names and men were transferred between them at various times. There are several sources of useful information on the military, including muster rolls, pension payments and discharge papers, many of which are gradually being made available on the internet. Military records are also often the only place to find a physical record of what our ancestors actually looked like, as well as their good behaviour (or lack of it!)

This month's meeting is at **2.00pm on Wednesday, April 22nd**, at Middleham Key Centre, when the speaker is Dr Ann Hartley on 'Travelling Ancestors'. This meeting will be followed by the AGM.

Tracy Little

We Can't Give It Away!

The number of entries for the trial runs last year of the Newsletter Award for Volunteering and of the Photographic Competition were not overwhelming, so the Annual General Meeting agreed to rest these two experiments for a while. We always welcome suggestions for other initiatives.

Walks of Witness

To commemorate the events of the First Good Friday, two walks of witness will be taking place.

In the upper dale the Churches together in the Hawes area will walk from **Gayle Chapel at 10.00am** with stops at the creamery, the school, the Market House and St Margaret's gate for hymns and readings.

The walk will terminate at **Hawes Methodist Church** for the annual Good Friday worship at **11.00am** followed by Devotions at **St Margaret's at noon**.



Heavens Above

This month there's the best opportunity of the year for you to try and catch a glimpse of the planet Mercury. It can be a tricky object to spot but for a few days either side of April 26th (when it's at its furthest from the Sun) you should be able to see it very low in the WSW for an hour or so after sunset. Not many people can claim to have seen this little world so if there's a spot of clear weather why not chance your luck.

The ringed planet, Saturn, is also on view this Spring. You'll find it high in the south not too far away from the sickle-shaped pattern of stars outlining the head and shoulders of Leo the Lion. High in the SE is the kite-shaped constellation of Bootes the Herdsman, with the brilliant golden-orange star Arcturus - the 4th brightest in the sky - marking its southern tip.

Legends of old claim Bootes was set in the heavens as a reward for inventing the plough. He's sometimes called the Bear Keeper and the bear in question, the constellation of Ursa Major, is high overhead at this time of the year. Its seven brightest stars form the familiar pattern we call The Plough. To the west of Bootes like a capital 'C' lying on its back is the little constellation of Corona Borealis, the Northern Crown, while immediately to his east, representing the tresses of an ancient Egyptian queen, is a loose scattering of stars with the charming name of Berenices' Hair. Along with the adjacent constellation of Virgo it's home to a vast supercluster of hundreds of galaxies similar to our own Milky Way - an awe inspiring sight in long exposure photographs.

Finally this month, keep an eye out for the odd shooting star between **April 19th and 25th** when the Lyrid meteor shower is active. Best night to look is **21st/22nd** when the stream is at its peak. Have clear skies!

Al Bireo

Penhill Benefice:- Programme for Good Friday Witness with Cross

- 1) Preston under Scar:- 9.05 bless cross in church, 9.10 witness outside church with congregation, 9.25 cross and witness team sent forward by Preston congregation.
- 2) Redmire:- green 9.30
- 3) Castle Bolton:- 10.00: green near church with congregation, join 10.15 service; 10.45: cross and team sent forward by congregation .
- 4) Carperby:- green by cross 10.55.
- 5) Thornton Rust:- green by meeting room 11.25
- 6) Thoraby:- green 11.55.
- 7) Newbiggin:- NE end 12.20.
- 8) W Burton:- green by monument 12.50.
- 9) Wensley:- by gates to Bolton Hall 1.20.
- 10) W Witton:- new location opposite Wensleydale Heifer, witness with congregation 1.45; sent forward by congregation 2.00 before their service in church.
- 11) Aysgarth:- on the Green, behind the Methodist Chapel, with congregation 2.10; then to join in chapel service 2.30.

At each station we display the Cross, and present a reading, a meditation, prayer, silence, and finish with a hymn; and we welcome anyone who is prepared to join.

National Park Rangers Report

A note to dog owners during lambing time and the bird breeding season.

The next five months are crucial for wildlife and for farm animals alike and dogs can cause lasting damage if they are allowed to roam free. The breeding season, which lasts until July 31, is a very sensitive time for domestic and wild animals as they give birth to and then raise their young.

Although dog owners are entitled to keep them under close control but off the lead on public paths, we would ask them not to do this to reduce even further the risk of wildlife and farm animals being unintentionally disturbed at this crucial time. There are some simple rules under the Countryside Code that pet owners must remember.

“The most important is that, on most areas of open country and common land – known as 'access land' – you must keep your dog on a short lead between 1 March and 31 July, and all year round near farm animals.”

National Park Rangers and National Park Centre staff are only too happy to give advice to anyone who is concerned about going into an area that may be used as a breeding ground by wild animals.

More information about the Countryside Code can be found on the National Park website at www.yorkshiredales.org.uk.

Since my last report National Park staff and Volunteers have completed this year's coppicing in the north western part of Freeholders Wood adjacent to the Middle Falls at Aysgarth. The aim of the coppicing is to create a variety of woodland habitats – clearings, thick bushy growth and more mature trees. This variety of conditions attracts a wide range of species of plants and animals. The open glades provide ideal conditions for woodland flowers, while the thick coppice is favoured by nesting birds. A coppiced woodland is therefore a rich habitat for wild plants and animals, much

richer than a uniform stand of mature trees. Once cut the coppiced timber was stored and then collected by the Freeholders of Carperby.

Anyone walking through the wood will have noticed the wire mesh Gen Guards that are used to protect the new coppice growth from deer and rabbits. The guards will remain in place till the new shoots have established themselves, the guards will then be removed for reuse on future coppicing. We have also undertaken some coppicing work within Riddings Field to encourage plant growth on the Knowles adjacent to main falls path.

I would like to remind you that if you encounter any problems whilst using public rights of way or open access land you can contact either Paul Sheehan or myself on **666226** or **662912**.

Nigel Metcalfe

Area Ranger – Lower Wensleydale

Your Rights (of Way!)

On the evening of **Tuesday April 7th** we are planning to hold an informal drop-in session for people to talk to us about anything to do with Public Rights of Way (PROWs).

This is a trial to see if there is much response and to give local people a chance to speak to us about any issues. These could be from a broken stile or gate, to ideas about creating new links in the existing network to improve access.

We will be at the Dales Countryside Museum from **6.00 to 8.00pm**

Horse riders, mountain bikers, walkers as well as land owners will be welcome to call in for an informal chat about any issues or ideas that improve access, or to highlight specific problems. There will be free tea and coffee available.

Matt Neale and Nigel Metcalfe
(Area Rangers for Wensleydale and Coverdale)

Tradition Likely to be Ignored

It is a well-known and cherished ‘quirk’ of our area that Wensleydale is the only Yorkshire dale named after a village and not after the river— Ure, or more properly, Yore.

In an attempt to standardise addresses and telephone areas, which is taking place nationwide, the Royal Mail, together with B.T. and the Ordnance Survey, is to set up an investigation to see what the reaction would be locally to a permanent change to ‘Uredale’.

Our feeling is that this is a totally unnecessary piece of bureaucracy, but if it has to come about then it should properly be ‘Yoredale’, the spelling already in use for several properties.

Our personal concern is that a change to the ‘Upper Yoredale Newsletter’ would lose our tradition and we would not be happy. Readers who would like to take part in the survey should not contact the Newsletter but visit

www.wenstovore.apr1.org

What’s on in April at the Dales Countryside Museum, Hawes

April 3rd – June 18th

We are hosting an exhibition by artist Ruth Lee. “Let No Loop Down” will feature contemporary textiles and knitting inspired by the museum collections.

Ruth will be in the exhibition and talking about her work on the Sunday afternoon, 5th April. She will be running adult workshops creating knitting and textile work between 11am and 3.30pm on the 25th April, 16th May and 18th June. Booking essential. Ruth’s website: www.webs-of-intrigue.co.uk

Tuesday 7th: Friends of the museum will be Spinning and rugmaking 2-4pm

Saturday 11th 1.30-4.30pm: Pathfinder – a basic introduction to map-reading. Some

theory and practical work. Maps provided – but bring walking gear. £3 charge.

Sunday 12th 11am-4pm: Pegloom demonstration, making rugs from sheep’s fleece or recycled materials.

Tuesday 14th 2-4pm: Traditional stone walling demonstration.

Sunday 19th 10.30am-4pm: Digital Cameras for beginners. Booking essential. £12 charge

Friday 24th 1-4pm: Friends of the museum will be in costume in the Victorian kitchen and talking about their kitchen duties.

For more details contact 666210

hawes@yorkshiredales.org.uk

www.yorkshiredales.org.uk

Long Service

One name you just have to associate with The Hawes Methodist Church is Jean Airey. For as long as many of us can recall she has welcomed the ministers and preachers to the Sunday worship as the chief ‘Steward’- a very Methodist role, as well as being the contact for almost everything else!

Well, she is finally stepping down from these tasks (but remains the secretary for the Cemetery). The congregation has paid tribute to Jean for her very faithful commitment over so many years.

The contact for booking the chapel or the meeting rooms is **Shirley Watkinson, 667785.**

A Mole’s Night Out

An illustrated talk by Gerald Marsh of the Uredale Mine and Cave group.

Wednesday April 15th 7.30pm

Gayle Mill

Admission £5.00; under 16s £3.00

The Wensleydale Writers Group

The group meets at the Friends Meeting House, Grove Square, Leyburn at 10-0 a.m. on the first Wednesday of each month. All welcome. Phone Bob Ellis, 667311 for further details

Mud, Mud, Glorious Mud.....

Do you remember the Flanders and Swann song? It came to mind as my boots emerged with a squelch from a particularly deep patch of mud last week.

Mud - not something we think much about. The dictionary defines it as wet soft earth, but there is more to it than just that. For instance there is mud wrestling, and mud races across muddy estuaries. It has provided many people with homes in the shape of mud huts.

As a small child I remember making mud cakes with a friend. We would help ourselves to flower heads from our garden to use as decorations for the tops. My father loved his garden, but never complained - merely admired the selection of cakes in our shop! Health Farms offer mud treatments, at a price. I wonder if the Wensleydale variety has any special properties? If so, it could be a possible new contribution to the Dale's economy.

Diana Jolland and I enjoy writing easy walks in Wensleydale, so that people who are not long-distance walkers can enjoy the scenery of this beautiful Dale. We started a new series for 2009 in January, scrunching over frozen ruts in low temperatures, but then the snow came and plans were put on hold. Now we are catching up - in the mud. Deep mud reminds me of when I first went ice skating as a youngster. To begin with there was an uncertainty about staying on my feet, and the thought returns as my boots start to slide. At least if I don't stay upright, it will be a softer landing!

Anyway, time to put the boots on again - I wonder what thought will come to mind this time?

Sycamore Hall and "Yellow Minibus"

For the use of **day care centre or short-stay- care flat** - contact NYCC Social Services - **01609-536189**

Facilities for the **general public** — contact Michelle - 24 hours - **0370-192-4055**; give your contact number and Michelle will ring you (cheaper!):

- *Hire of a room for meetings, whist drives, etc
- *Coffee morning - Thursdays 10.30am - 40p - Just turn up for a chat
- *Library - coming soon I Yes - for the general public!
- *Shop and restaurant - tel: **650782**
- *Hairdresser - tel : **650158**
- *Drop in to visit, keep an eye on the notice board (main corridor) for special events and trips; sit in the garden or greenhouse.
- *Use the bathroom with assistance equipment (£2) - need your own helper/carer.
- *Possible help with transport to/from Sycamore Hall.

Michelle would like to create a team of volunteer drivers to bring people to Sycamore Hall and take residents out on excursions. Why not give her a ring for a chat for further details. This could involve use of the "yellow minibus" (see below) and MIDAS (minibus) training would be paid for by the centre.

Use of the "yellow minibus"

This is linked to the day care centre during the daytime, but may be self-drive hire at other times. Contact **Ken Preston - 650095** with enquiries. Your driving licence must permit you to drive a minibus.

U.W.I.P.S. is the organisation that raises funds for the minibus, and organises its use. We need new members so that we can continue to function. Contact **Geoff (650117)**

Czech Republic Exchange

The Wensleydale School's Comenius project, focused on the local history of their European countries, drew to a close last month.

Exactly one year earlier we hosted a group of students from the Czech Republic; September saw us visit a small town in Flanders and the Belgians joined us in Wensleydale last November. Our arrival in Litvinov, in the industrial heartland of the Czech Republic, marked the final instalment of the three way exchange project.

Booking a holiday in somewhere that boasts 'the Czech Republic's largest oil refinery', a convenient chemical plant, ringed by opencast mines, is somewhat unconventional. OK it wasn't really a holiday, but going 'off the beaten track' definitely added to our experience; Russian and German were the foreign languages of choice and hand gestures prevailed as a means of communication. The signs of over forty years of Communist rule were all around, from the stereotypical blocks of flats to the trams ferrying workers to the former state industries. But rapid change was just as apparent; it's easier to get to Tesco or McDonalds in Litvinov than it is in Hawes.

Teaching environmental science, the Schola Humanitas is one of a handful of new, highly specialised schools in the Czech republic. Our hosts, from a wide area of Northern Bohemia, boarded at the school. With classrooms downstairs, accommodation above and a resident, free roaming parrot it was a great place to stay.

Whether watching the local hockey team, visiting Pargue, or the famous spa town of Karlovy Vary it was good to catch up with our Czech counterparts. Potato pizza, other local delicacies, and the sights of the Czech Republic all made for a great week.

Completing our project, having made many new friends and explored two new countries, we were all sorry to leave the Czech Republic. The hard work and dedication of staff and students in all three countries made these four weeks possible. I'm sure I speak for the whole group in thanking everyone involved, and hoping that this might be the first of many Comenius exchange programmes.

Richard Ellison, Bursary Student

Askrigg School News

Red Nose Day

On Friday 13th Askrigg Primary School dressed up for 'Do Something Funny For Money.' We came up with the idea that Girls dressed as Boys, Boys dressed as Girls or you could dress in as much red as you could find. Most surprisingly nearly all the boys dressed as girls rather than in red.

Each class made a different type of biscuit to give out on red nose day. School Council sold red noses for a £1.00 each and made £60.00. The donations we collected on Friday came to £67.01. Altogether we made £127.01 to send off to Comic Relief.

Betty Guy, School Council Secretary

School Council News

Our latest project is to see if we could get some hens to keep at school. First we have to ask the Yorebridge Trustees for permission. Then we have to find out about hen houses and runs. We are hoping that Mr. Jackson might be able to make the hen house with us in our Design and Technology lessons. Mrs. Fawcett has been on a hen keeping course so she knows all about hens. If we are allowed we are hoping to get the hens before the summer holidays but don't worry about the hens in holiday time because we have lots of children that want to look after them. It is a very EGGsciting time!

Hawes School News

Class Two's Ancient Egypt Trip

It was a very long journey to Harrogate.

When we went to the museum we saw a big coffin. It was a nice turquoise colour. We could dress up, be scientists or do a quiz. Also we went to the gift shop. It had a very royal name. Its name was Royal Pump House Museum.

Next we went to the pump room to meet Mrs Graham. We looked at some ancient Egypt antiques. Bethan and Aaron liked the Eye of Hours. After that we went to a park across the road and then back to the pumproom to do some artwork and look at someone being mummified. We had a great day out.

Bethan and Aaron Alderson Year 3

Casterton drama day

On Thursday the year 5 went to Casterton for a drama day. Big thanks to Mrs Woodyer, Clair and Pauline for taking us there and back. We went to see the musical 'Oliver' and we learnt the dance steps to "Consider Yourself". We had a great lunch and tea. We also got to see the ponies and art gallery. We had a great time and would love to go again.

Emily Metcalfe Year 5

Settlebeck Science Day

On Thursday afternoon on the 12th March, the Y6s went to Settlebeck High School for a magnificent Science and Engineering Day. We were split into two groups to find out about different colours of chemicals and we made a rocket car using pressure, straws, dowel and a plastic bottle! We all had great fun and I'm sure we would all like to do it again! Thank you also to Mrs Nelson, Head of Science, and Mr Jermy, CDT teacher, for teaching and helping us.

Bonnie Glendinning

When we got there the first thing we did was the flame tests. We took a metal and placed it over the Bunsen burner to see what colour the flames were then we recorded it, we then did the same but with metals that weren't labelled

and tried to work out what they were. After that we did the DT. We made rocket-powered cars by letting air out of a bottle which was strapped to a car sending it forwards.

Daniel Iveson Y5

We got to play with chemicals, we put a chemical with water. First it was blue, we heated it up and it turned orange! Next we made some rockets. We made them with vinegar and bicarbonate of soda. We went outside and tested them. My one didn't work!! Then we made a different kind of rocket. First we put water in a bottle and then put a special lid on it. We went outside to test them, they were amazing, one went over the roof! After that we went for a lovely lunch. To finish the day off we had a long car ride back to Hawes.

Louis Dinsdale Y5

Tesco Computer Vouchers

We would be **most** grateful if you could ask for the vouchers when shopping in Tesco and either drop them into school or give them to someone associated with the school, please.

Easter Service at the Methodist Chapel.

On **Thursday April 2nd** the school are taking part in an Easter Service at the Methodist Chapel starting at **1.30pm**. Parents, relatives and members of the community are warmly welcome to join us. Following the service there will be an Easter Bonnet competition and Easter Egg hunt back at school.

Bags to School

The Parent Teacher Friends Association (PTFA) of Hawes Community Primary School are fund raising and would like to invite the community to help. Please fill as many black sacks as you can with any unwanted clothing, towels, bedding, curtains etc... The more bags we fill the more school benefits. Just drop off the bags to the school on **Monday 1st June 2009**. The bags will be collected from the school at 2pm. Thank you for your help.

Kathy Lewin

West Burton School News

Fairtrade Fortnight

As part of Fairtrade Fortnight, West Burton CE Primary School held a Fairtrade coffee morning in the Village Hall. This was part of a series of lessons, assemblies, debates and events which the children have enjoyed as they work towards becoming a Fairtrade school.

At the coffee morning children chatted with customers about Fairtrade, playing games and quizzes and encouraging their community to find out more about Fairtrade. They displayed their own presentations about Fairtrade issues, and sold toys and books to raise funds for school improvements due to take place this summer. Parents donated cakes and biscuits made with Fairtrade ingredients, which were sold alongside Fairtrade teas and coffees. Marion Baines attended with her Traidcraft Stall, which was a big draw.

The morning was a huge success, with £250 raised from teas, coffees, raffles and donations. Children were delighted by the fact that they were able to teach their parents, relatives, neighbours and members of their community something new about Fairtrade.

Swimming

Every Tuesday, this term, West Burton C.E. Primary School goes swimming to Richmond leisure centre. There are 4 groups that the young swimmers are divided into; two in the small pool and two in the big pool. All the school thoroughly enjoy their swimming sessions on a Tuesday afternoon. Here is a quote from a year 5 pupil telling us how much she is enjoying the swimming, "*It is very fun and I love swimming!*"

**Nuala
Burnett Year 6**

World Book Day

World Book Day is on 5th March but this year we celebrated it on the 26th February 2009 to fit in with our Fairtrade coffee morning, and to raise money for the 1st floor. For World Book Day you dress up as someone out of a book, such as Rapunzel (from the book Rapunzel) or a Dalmatian from 101 Dalmatians. Even the teachers dress up: everyone in the hall laughed when Mrs Brotherton skipped and danced onto the platform: she even sang! (she was Rumpelstiltskin). Children's parents were there to help raise money. After the assembly there were stalls and activities.

Everyone loved it: we love doing it every year, and in addition we don't have to wear school uniform!

Millie Kenyon Year 6

Gayle Mill Spring Fair

**Saturday April 25th
from 10.30am**

Craft demonstrations, displays,
living history interpretation, stalls,
art exhibition with work of local
artists.

For full details see the website:

www.gaylemill.org.uk

or phone 667320

Doctors' rotas as supplied by the surgery

AYSGARTH SURGERY ROTA											Wb - week beginning			
Wb	Apr 6th		13		20		27							
Day	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.				
Mon	WF	F	C	C	JA	J	FA	A						
Tues	J	J	F	J	WF	WF	WJ	WJ						
Wed	W	W	J	J	JA	J	FA	A						
Thur	J	J	A	A	WF	F	WJ	W						
Fri	C	C	W	W	J	J	A	A						

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	Apr 6th		13		20		27							
Day	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.				
Mon	J	J	C	C	WF	WF	WJ	WJ						
Tues	WF	WF	WJ	W	JA	JA	FA	A						
Wed	F	F	W	W	W	W	J	J						
Thur	W	W	J	J	A	A	F	F						
Fri	C	C	A	A	WF	WF	WJ	WJ						

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

Richmondshire Citizens Advice Bureau Expands Service

Because of problems caused by the current economic climate bureaux across England and Wales are extending their services thanks to additional funding from the Government.

Richmondshire Bureau at 23, Newbiggin, Richmond is open to drop-in clients from 10.00am to 4.00pm on Tuesdays and Thursdays, and on Wednesday mornings for appointments. They have now extended this by opening for appointments and telephone advice on Wednesdays from 2.00pm until 7pm. They have also started offering advice by email.

The C.A.B. service has seen a large increase in inquiries linked to the downturn, with sharp rises in people seeking advice on redundancies, benefits and mortgages and secured loan arrears.

Manager Angie House said "As people on low or moderate incomes are struggling to make ends meet at a time of increasing uncertainty about the security of their jobs and incomes, access to reliable, high quality, free, independent advice has never been more vital."

Thanks to this additional funding the Bureau is also able to offer more

volunteering opportunities to people in the District.

CAB volunteering really does provide an opportunity to learn new skills and develop existing ones. A lot of volunteers go on to paid work either with the Bureau or elsewhere. The skills you develop are readily transferable to the job market

It's also a chance to put the skills and experience you already have to good use by helping others in your local community. You won't be out of pocket either; they will cover any travel costs, and at the moment could also help with childcare costs.

Above all it's a chance to make a real difference.

More details about volunteering can be obtained by contacting the Bureau on **01748 823862** or through the website: www.citizensadvice.org.uk

Anyone needing advice can either call in or arrange an appointment by ringing the same number.

Safer Surfing on the Internet (Part 1)

The internet is a great place to find information and go shopping but it can also be a dangerous place for the unwary. Here are a few tips to help you explore and shop on the internet more safely. I apologise that they are specific to Windows computers (but they are by far the most common). Similar issues and challenges exist for Mac and Linux users too.

There are many ways that unscrupulous people on the web try to exploit your computer to send out bogus emails or try to steal confidential information from you. Securing your computer to make it harder for the outside world to see and interfere with your computer is vitally important.

First, make sure that you install all updates and patches as they become available. Windows users can automate this process in Windows XP and Vista by making sure automatic update is enabled in the Security Centre within the Control Panel. Updates frequently fix newly discovered potential security breaches and bugs.

Similarly, regularly check for updates for any programs you use (e.g. office and email applications, Adobe Acrobat Reader, Flash Player). Many of these programs automatically check to see if there are updates but there are also many programs that you need to check manually on the developer's website for a new version to install.

Second, use security software to protect your system from potential threats and block attacks. There are three types of software you should consider: antivirus, antispyware and firewall.

Many people get a new computer with such software (usually from Norton or MacAfee) already installed and you pay an annual subscription to keep them up to date. Both of these programs also cause computers to slow down considerably and removing them gives your computer a speed boost.

You don't have to suffer with a slow computer to be safe or spend a lot of money on annual subscriptions. There are some very good free products. For example, "Avast Antivirus" is free to home users and rated as effective as the commercial antivirus products – it also has a very light impact on your computer system (see www.avast.com). Avast also includes some antispyware protection but this can be supplemented by regular scanning with the free "Spybot Search & Destroy" (see www.safer-networking.org) which can also inoculate your system against spyware threats and scan your system as you browse the internet.

Third, if you use broadband ensure you use a router to access the internet. Most service providers send free routers when you sign up but, until recently, many only supplied cheap modems (which plug into a USB socket). If you have a modem ask for a router instead – if your ISP refuses simply change provider (many will give you a free router at the threat of losing your custom). The big security advantage of a router is that they all come with a built in hardware firewall. This means that your computer is shielded from the outside world and means that the free software firewall built into Windows XP (and later) is more than adequate for securing your computer – saving extra expense and also extra security applications to slow down your computer. Finally, adopt safe surfing habits; never click on adverts offering free security scans or respond to windows that pop up with a message saying your computer is at risk. Only visit sites you consider likely to be safe. Don't download and install programs unless you are sure they are safe and you know you need them.

Next time I will look in more detail at safer surfing habits and also safe shopping on the internet.

If you would like to contact me you can do so through my website. **Carol Haynes**

www.dalescomputerservices.com

MARKET PLACE AND GREETINGS

**Happy 40th birthday, Daddy.
April 9th.
Lots of love
Cerys and Nia**

MARTIN
**Kathleen would like to thank everyone who
sent cards and best wishes
during her stay in hospital**

JOHN & BRENDA FOTHERGILL
Congratulations & Best Wishes on your
Ruby Wedding Anniversary
7th April 2009
Love from Brian, Sylvia Karen, Andrew
And Mam



**Experienced kitchen/cleaning staff
required from Easter onwards.
Part time hours and good rates of pay.
663375 (Thornton Lodge)**

**Shirley and Alan Watkinson
thank friends for the cards, best
wishes and offers of help associ-**

**April 22nd and 24th
HAPPY 40th BIRTHDAY
Daddy and Uncle Mike
Lots of love,
Holly, Daisy and Jake**

**Happy 40th birthday, Mike
April 22nd
Health and happiness always.
Love Dad, Mum and all the family.**

**Your Gala Needs You
Volunteers needed for Gala Day
Saturday 27th June 2009**
for help with stalls, gate duty, setting
up and clearing away
HOURS: Whatever you can manage
PAY: Zilch!
JOB SATISFACTION: Boundless....
Please see **Sue (667192),
Mick (666834)**
or **Mandy at The Fountain**
All offers of help genuinely
appreciated!

**DALESPLAY
Childcare Manager**
(minimum 2 years experience with at least
NVQ level 3 in Play Work)
is required for Dalesplay, Hawes.
Dalesplay provides childcare for children aged
0 to 14 years.
It is open throughout the year and offers
breakfast club, after school club and wrap
around care together with a holiday club.
Applicants should be enthusiastic and
motivated to work in a busy environment.
A CRB check will be required.
Salary will be based on age and experience.
A written application should be made in the
first instance to The Chairman, Dalesplay,
Town Head, Hawes, N. Yorks DL8 3RQ
by **April 20th 2009.**

**Happy 40th birthday Andrew
April 24th
All the very best.
Gilbert, Margaret and family**

Askrigg School
requires a Midday Supervisor for up to
three days per week.
The hours are 12noon – 1:15pm and the rate of
pay is £6.53 per hour.
The position is subject to health and enhanced
CRB checks. For more details please contact
Kath Alderson at School on **650331.**

**Allen and Mabel (Gayle) would like to
thank all their family, neighbours, and
friends, for
making their Golden Wedding such a
special and happy time.**

Holy Week and Easter Church Services

During Holy Week there are daily services of Holy Communion (HC) at several of our churches.

Below are the special services.

Palm Sunday, April 5th

- 8.00am HC at St Oswald's Askrigg
- 9.00am Breakfast in Redmire Village Hall
- 9.40am Donkey Procession leaves for church
- 10.00am HC and Palm Crosses at St Oswald's
- 10.00am Family Service, St Mary's Redmire
- 9.30am St Margaret's, Preston-under Scar
- 10.30am St Bartholomew's, West Witton (HC)

Usual service times at all other churches with distribution of palm crosses.

Monday April 6th

- 6.00pm Stations of the Cross joint churches' Meditation at Sycamore Hall
- 7.30pm Meditation at Preston-under-Scar

Tuesday April 7th

- 7.30pm Meditation at West Witton

Wednesday April 8th

- 7.30pm Meditation at Castle Bolton

Maundy Thursday April 9th

- 9.30am HC at West Witton
- 6.30pm Supper and meditation in St Oswald's, Askrigg
- 7.00pm Watch of the Passion (HC) St Margaret's, Hawes
- 7.30pm HC at Thornton Rust Mission
- 8.00pm HC at West Burton Methodist Church

Good Friday April 10th

- 9.30am Preston-under-Scar
- 10.15am Castle Bolton
- 11.00am Hawes Methodist Church
- 12 noon Devotions, St Margaret's, Hawes
- 1.30pm Meditation on the Cross (HC) at St Oswald's, Askrigg
- 2.00pm West Witton
- 2.30pm Aysgarth Chapel

Saturday April 11th

- 6.00pm Easter Vigil and renewal of Baptismal vows at St Oswald's, Askrigg
- 8.00pm Service of Lights, Holy Trinity Church, Wensley

Easter Day April 12th

- 6.30am Joint churches Sunrise Service at Penn Hill
- 8.00am HC at St Oswald's, Askrigg
- 9.30am HC at Castle Bolton
- 9.30am HC at Preston-under-Scar
- 9.30am HC at West Witton

- 10.00am HC at St Oswald's, Askrigg
- 10.30am HC at Hawes Methodist Church
- 10.30am HC at St Margaret's, Hawes
- 10.30am Bainbridge Methodist Church
- 11.00am HC and family service at Aysgarth
- 2.00pm HC at Marsett Methodist Church
- 2.30pm HC at Sycamore Hall, Bainbridge
- 6.30pm HC at Gayle Chapel
- 6.30pm Songs of Praise at Thornton Rust Mission Room

**UWNL Treasurer's Report
for Year 2008/9**

The accounts were audited and approved on March 8th 2009 by Barry Wilcox, MCMI.

The balances in hand are healthily in credit due, in part, to the award of a grant of £5000 from the Grassroots Grants scheme, distributed by the Yorkshire Dales Millennium Trust in partnership with North Yorkshire Community Foundation. The grant, awarded specifically for the purchase of a new printer, arrived too late for the equipment to be bought in this financial year and the expenditure will take place next year.

Income from donations and postal subscriptions has increased markedly compared to last year, and there has also been an increase in the income derived from advertisements, collection boxes and interest on the deposit account.

Expenditure is slightly down on last year, despite the initiation of the Eunice Award for volunteering, and a photographic competition, both of which offered significant prize money.

However, there was only one applicant this year for the book grant scheme for local college and university students.

Other local donations included:

- £1000 - Thornton Rust Institute (for roof repairs)
- £500 - Hawes Amateur Operatic Society
- £250 - Askrigg School Coracle Project
- £150 - Tournament of Song Coach Fund
- £100 - Dales Harvest Event
- £100 - Hawes Christmas Lights
- £40 - Young Voices Music Appeal
- £10 - Wensleydale Chorus

**Janet W. Thomson
Treasurer; March 12th 2009**

**UWNL Accounts
March 2008 to February 2009**

Income	£
Balance b/f	8723.25
Postal subs and small	
Donations	573.50
Grassroots grant	5000.00
Collecting boxes	2104.36
Adverts	6816.00
Interest	<u>188.91</u>
	23406.02
Expenditure	
Production costs	2708.48
Committee expenses and	
Honoraria	1845.60
Software and computer	
services	1297.73
Office rental	257.50
Distribution costs and	
Donations	2330.00
Prizes	780.00
Box labels	94.92
Bursary student	225.00
Book grant scheme	<u>150.00</u>
	9689.23
Balance carried forward	13716.79

UWNL Treasurer 12 March 2009

WHAT'S ON LISTING
Transfer these dates to your calendar!

April

- 1 Wensleydale Railway resumes service (See p. 3)
- 2 Hawes School Easter Service (See p. 27)
- 3 Lent Lunch at Thorlby Village Hall noon to 1.30pm
- 3 Wensleydale Society AGM. "Poverty and Pragmatism in Wensleydale and Swaledale 1790 - 1914" by Christine Hall. West Burton Village Hall at 7.30pm
- 3 Abbagirls at Leyburn Cinema (See p. 6)
- 4 Concert with Steve Quarmby at Carperby Village Institute (See p.10)
- 5 Gayle Choir Sunday 2.30pm
- 5 Stainer's "Crucifixion" at Aysgarth Church (See p.11)
- 6 Stations of the Cross at Sycamore Hall, Bainbridge (See p.6)
- 6 Easter Food and Flowers in Askrigg Village Hall (See p.5)
- 7 Rights of Way evening (See p23)
- 7 Hawes Drama Group reads "High Profiles" by Woodrow Wyatt. Gayle Institute at 7.30pm
- 9 Country Market. Leyburn Methodist Hall. 10.00am to 11.30am
- 10 Middleham Stables Open Day 9.30am to 1.00pm
- 12 Antique and Collectors' fair. The Falls from 10.00am
- 12 Father Bill takes his last service at St Margaret's, Hawes (See p.6)
- 13 Sale of home baking, plants; refreshments. Castle Bolton Church 10.30am to 1.00pm. For Church funds and mission partners
- 13 Car Boot sale at Wensley with refreshments in the village hall
- 14 Coffee Morning and stalls. Hawes Methodist rooms. 10.00am to noon
- 14 YDNPA Planning committee. Yoredale, Bainbridge. 10.30am
- 14 Decorative and Fine Arts Society (See p.8)
- 15 Slide-talk at Gayle Mill; 7.30pm (See p.27)
- 16 Country Market. Leyburn Methodist Hall. 10.00am to 11.30am
- 17 Museum Friends "The Yorkshire Thoroughbred, born and bred" 7.30pm
- 17 Dales Old Time Dance Club. West Burton Village Hall from 8.00pm (AGM on April 20th at 7.30pm)
- 18 VaCo Orchestra at St Andrew's Church, Aysgarth. Concert starts at 7.30pm
- 18 "Pulse" live at the Fountain in aid of the Summer Bash
- 19 Table Top sale at the Market House, Hawes
- 22 Gayle Chapel annual gift day
- 23 Country Market. Leyburn Methodist Hall. 10.00am to 11.30am
- 25 Gayle Mill (See page 33)
- 25 Three Peaks Fell Race. Start in Horton in Ribblesdale at 10.00am
- 25 Bainbridge Methodist Church annual gift day. 2.30 to 4.00pm
- 25 Richmond Choral Society: Messiah at St Mary's, Richmond at 7.30pm
- 26 Craft and Produce Fair. The Falls from 10.00am
- 29 East Witton Male Voice Choir concert. (See p.40)
- 29 Prayers for Pentecost (See p.5)
- 30 Country Market. Leyburn Methodist Hall. 10.00am to 11.30am
- 30 Gayle Ladies. 7.30pm (See p.10)

May

- 1-4 Yoredale Art Club Exhibition. Leyburn Methodist Hall. 10.00am to 5.00pm (from noon on the Sunday)
- 2-4 Leyburn Food and Drink Festival

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UWNL Annual Report

We say thanks once again to the large number of people who are responsible for the continuation of the Upper Wensleydale Newsletter, now in its fourteenth year. It would be a poorer affair without the regular article-writers, artists, school-, club-, church- and organisation-reporters, all of whom give us enough and more material for each issue and provide a very full directory of events in the area.

We believe we serve our advertisers well by not over-crowding their adverts and we are grateful for their support.

But that is by no means all; other voluntary effort put in by the printers, proof-readers, office staff, distributors and the very efficient (and happy) committee, all make it far more of a pleasure than a pain to be involved.

This year has seen a couple of initiatives: the Eunice Award for Volunteering and the Photographic Competition, the results of which were reproduced in full colour. We continue with our successful Bursary Student scheme and are pleased this year to have broken the female monopoly! Our book and equipment grants for students continue, and we have given several donations to appropriate causes.

The circulation remains steady, the area covered being from the top of Wensleydale at Lunds down to West Witton, Wensley and Preston; Bishopdale, Walden and the top ends of Dentdale and Swaledale.

Many people from 'away' receive copies by post keeping them in touch either as previous residents, relations or regular visitors.

But we don't want to get into a rut! Our committee make-up changes gradually over the years as we welcome new members representing various areas of the dale and we try to ensure that every aspect of the work is understudied to allow time off and

holidays; Yes! Voluntary work carries responsibility but rewards too. We can always find room for others to be involved. You won't regret it! **A.S.W.**

Advertising

Boxed adverts: £5, £10, £15

There is a one-third reduction for six issues or more, so for twelve issues the totals are:

£40, £80 or £120

Greetings etc. £2.00

What's ons (non-commercial) are free

Contacts:

For Hawes area and westward: **Sarah Dinsdale, 23, Little Ings, Gayle. 667006**

For elsewhere: **Sue Duffield, Fellside, Thornton Rust: 663504**

Whilst we try to make sure that all information is correct we cannot be held legally responsible for omissions in articles, listings and advertisements or for any inconvenience caused thereby. Views expressed are not necessarily the views of the committee. Articles by committee members just use initials for the by-line. Please ask before reproducing any part of the newsletter.

Published by

The Upper Wensleydale Newsletter
Burnside Coach House,
Burtersett Road, Hawes DL8 3NT
Tel: 667785 Fax: 663559
e-mail: alan.watkinson@virgin.net

Newsletters on the Web, 2003-09 simply enter "Upper Wensleydale Newsletter" in, say, Google.

Printed by Peter C. Wood and ASW
and collated, folded, stapled by
newsletter volunteers at the
Wensleydale Centre, Yorebridge, Askrigg

Committee: Alan S. Watkinson,
Rima Berry, Barry Cruickshanks, Sarah Dinsdale,
Sue E Duffield, Richard Ellison (Bursary student),
Sue Harpley, Alastair Macintosh,
Neil Piper, Janet W. Thomson,

Important notice

The address for Newsletter correspondence and for dropping off information, articles and What's Ons in the Hawes area is now:

**BURNSIDE COACH HOUSE,
BURTERSETT ROAD, HAWES**

Please do not leave it at
Old Station House; we've moved!