

# REETH & DISTRICT GAZETTE

ISSUE NO. 289

JULY 2020

*Bumper Positivity Edition*



*Your local news magazine  
for the Two Dales.*

**PRICELESS**

# REETH AND DISTRICT GAZETTE LTD

**This Gazette is full of positivity.** The content is so different from recent Gazettes. This suggests we are all feeling better and nearly through it and we all no what IT is. I also finally after all my pleading received more 'Dear Editor' articles. That is why I have labelled this Gazette as the 'Bumper Positivity Edition'. Only unique events lead me to name Gazettes. I hope you enjoy it !

Mike B

## First Thoughts

Proof Readers,  
don't you just love them ?

As Gazette editor I am reliant of my proof reader so that I can blame them for my mistakes. If you spot any mistakes then it is the proof readers fault not mine. Do not come moaning to me.

I write this as our proof reader has recently changed and that's my fault. For years now Tracy Little has been the editor's nemesis. Oh how she loves her apostrophes and capital letters in the right places. Every time my Gazette was marked I thought of primary school in the 60's when the



teacher would stick a Gold, Silver or Bronze star on your work. Brilliant. Seriously I like proof readers as it make my output so much improved.

This recent change came about because I just could not get the Gazette to Tracy at a convenient time each month, for her to have the time to proof read. It was always last minute with me and I felt so bad about imposing on Tracy that I suggested my Anne do the job.

So this is an enormous  
**THANKYOU** to Tracy from all  
Gazette readers, not so much  
from the editors (☺)

I am not sure Tracy will miss this as us all locals know she gives up her spare time voluntarily for so many good causes, every single month. A personal sorry to Tracy, from me:

*'Tracy if you miss the role., then as soon as I resign or get kicked out the job is yours again.  
That is if you want it'.*

One more note, let's try and remember that feeling during lockdown. Everyone was saying that the positive outcome will be that we may all be more patient with each other. BUT as I write this on Sunday 14th June, I am now noticing the UK is reverting back to what it was before, with no lessons learnt.

If we do go back to as it was, then all I wish is for all NHS staff to receive pay rises before we all forget about how grateful we have been.

Of course I am missing out the many other services and I want all of them to receive recognition they deserve. In particular those who risked their lives and their families lives, they should be the first in line.

Mike B

**Cover Picture.** kindly donated by local Scenicview Gallery -  
[www.scenicview.co.uk](http://www.scenicview.co.uk) .

# REETH AND DISTRICT GAZETTE LTD

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For information on advertising and prices, please contact the treasurer. Advertising copy, should be sent to the editor.

The editor reserves the right not to publish any advert or article considered to be inaccurate or misleading.

All articles or items for inclusion should be sent to the editor  
E-mail: editor@reethGazette.co.uk  
or left at Reeth Post Office.

## **The Editor welcomes feedback.**

At the editor's discretion ☺, these will be published with Editor responses in the 'Letters to the Editor' section. Please send feedback to editor@reethGazette.co.uk

## **Posting The Gazette**

To post a copy of this Gazette to a friend or relative, will require a Large Letter size and will cost £1.40 second class, or £1.64 first class.

## **Gazette Deadlines**

The deadlines for the next two months are:

**Aug issue: July 10th**

**Sep issue: Aug 10th**

**PLEASE NOTE:** We will endeavour to publish all suitable items submitted by the deadline date but this cannot be guaranteed and is at the sole discretion of the editor.

**REETH AND DISTRICT GAZETTE LTD**  
**Zoom Goes Janet Seymour School of Dance**



All 150 students from the School of Theatre Dance received a Certificate of Achievement for dancing through Lockdown. Classes began via Zoom during the first week of lockdown and have continued throughout the Easter Break and the May half term holiday. We will take a break during the summer holidays and then reassess from September and only return to normal when it is safe to do so.

**Janet Seymour**

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Hudson House AGM  
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Jill May  
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## If One Then Toucan Toucan by Kirsty Tarran 13 Years



**Editor Note:** Wow Kirsty. I know what you can do for a living when you grow up. That would grace anybody's house. Actually if somebody could convert the image into a stained glass window it would be amazing with light shining through it. If you have any other art you are proud of send me another for the next Gazette. **Mike B**

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## Mental Health Matters

I had a few hours to spare, the wall has not responded to any of my recent questions.

I have been getting quite depressed by all the negative media and the small number of people who are looking for somebody to blame, constantly criticising, moaning, and whinging, the "I told you so" brigade and the "don't do it like this do it like that". People may have made mistakes but who has not, I think it is fair to say that most people are working for the greater good.

Mental health is a real passion of mine. The effect of isolation on people's health has commendably been highlighted, while issues of mental health are much more to the forefront than 20- 30 years ago. There is more understanding, empathy and the stigma relating to mental illness has been reduced. There is still a long way to go. At any one point in time, research shows that 1 in 4 of us will have some form of mental health issue. When the resources allocated to mental health services move closer to that received by other sectors of the NHS it will be a great step forward.

My interest in Mental Health is very simple. Twenty years ago I was in a psychiatric unit in Durham. I was not visiting! I had taken up an unplanned residency which lasted several months. It was a life changing experience in many ways and a lot of good things came out of it. Mental health problems do not magically disappear but admitting you have issues, a reoccurring theme, would be a considerable step in the right direction.

Some personal thoughts. During the current situation we have been encour-

aged to consider people's mental health and look out for people struggling.

What you have to consider, however, is that it's not easy to identify individuals who are struggling. You do not get a flashing badge or t-shirt to wear. I was one of those people....6'6" rugby players are big and tough....stereotyped of course. A physical presence but with no presence of mind!

I was frequently asked "how are you", "what's bothering you?" etc. For a long time the response was that of denial that I had a problem. It was an admission of failure, a sign of fragility etc. A battle I would win on my own. Asking for help was to be a weakness. There was a fear of some of the classic responses- "What have you to be depressed about?", "pull yourself together".. "you are soft " etc. Ironically in sport you win as a team and to tackle mental health issues it's good to have a team with you, it is most definitely not a solo sport.

The hardest and the best thing I have ever done in my life was admit that I was struggling and needed help. I almost left it to late. For me there was an immense feeling of relief - immediately therapeutic.

You will realise one way or another there is a lot of help out there, from friends, and family and in particular the NHS. The response from my friends was overwhelming. The bottom line is that you do not need to fight mental illness on your own.

If you broke your leg you would go to hospital. If you are struggling with your mental health please go and see a GP in the first instance. Do not surf the internet. The best way forward, by far is talking. (continued on next page)

## REETH AND DISTRICT GAZETTE LTD

I also know that certain people have a reluctance taking medication but as part of a total care package it can make a lot of difference to lots of people. It is however not a quick fix, what works for one person often does not work for others. With a good care package and associated support systems you can be assured that there is light at the end of the tunnel but do not be impatient as it can take a lot of time but my personal experience is that it is a journey massively worth taking

I will re-emphasize the biggest lesson I have learnt is to try to understand that you are not on your own, that many people feel the same way as you, and that by hiding away and trying to sort it out is not a good way

You have to be honest with yourself and look for help. Admitting you have a problem and talking is a massive step forward. As I have already said you do not have a flashing light's on you that lets everybody know. We are very good at hiding away problems, emotions, feelings etc. Wearing your 'I am alright' uniform makes it very difficult for people other than professionals to spot. It has to be a two way process, the cavalry do not arrive unless called. I can tell you , in my experiences, it is the best call I ever made in my life. Maybe you are one of those people that should make a call. **Howard Nicholson**

**Grinton**

**Editor Note:** As another sufferer I would support Howard and add that I was always trying to find a 'Fix', the silver bullet, later to learn that was not going to happen. What you do is learn the techniques to 'Cope'. Now that's achievable! **Mike B**



The advertisement is a vertical rectangular poster with a gradient background from orange at the top to green at the bottom. At the top left is a circular logo for NACS (National Association of Chimney Sweeps) with a 'MEMBER' badge. At the top center is a circular logo for 'SWEEPIN THE DALES CHIMNEY SWEEP' featuring a broom. At the top right is a 'HETAS APPROVED' logo. The main text is in bold, yellow and black fonts. It lists services: Chimney Sweep, Stove Refurbishment, Stove servicing and repair, Solid fuel stove installations, Stainless steel flexible linings, and Stainless steel rigid flue systems. It also mentions that high quality components are used. Contact information includes the phone number 01765 688078 and the website www.sweepinthedaes.co.uk. At the bottom, there is another circular logo for 'HEATIN THE DALES SOLID FUEL INSTALLATION SERVICE' and another NACS member badge. The HETAS logo is also present at the bottom left.

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### Upcoming Drop Ins:

06 Mar- Emily Kennedy - MIND  
20 Mar - Warm & Well  
03 Apr - Liz Lockey - CEO  
Hambleton Community Action  
& Helen Hunter - CEO  
Age UK NYD  
17 Apr - Prostate Cancer UK  
01 May- CANCELLED  
15 May - Dementia Forward



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## Reading Matters

Thanks to those who, following my request in last month's Gazette for ideas about how to get things to read during lockdown, have suggested some possibilities.

The Gutenberg project (<https://www.gutenberg.org>) offers free eBooks. They are mostly older literary works. Most were published before 1924, with some published in the decades after. There is even an option to download on to a Kindle, which makes a change. Often Kindles manage to block downloads from anything other than Amazon.

You can help independent second hand booksellers by ordering books from them via Amazon's Marketplace. I know Amazon takes a share of the revenue but it certainly gives the booksellers an income stream. You can get books that are in really good condition at a fraction of the price to buy new.

Elizabeth Gregson reminded me that the Old Temperance bookshop is open for telephone orders so you can help support a local business by ringing **01748 884185**. Orders can be delivered locally.

Let me know about any other ways you're aware of for getting reading matter - [elizabeth@bedfords.me.uk](mailto:elizabeth@bedfords.me.uk). Get in touch for a 30 minute appointment to have exclusive use of the library -

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**Elizabeth Bedford**



**Wensleydale Creamery Visitor Centre**

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**References available on request.**

### A Day In The Life Tagging Sheep

It was an early start. Everyone was up and getting ready for the long day ahead. I packed some food because I always get hungry! Once everyone was ready we headed off up the road to Shaw Farm. Thomas took the Mule, William and Dad took the pickup and Mum and I had the Land Rover. We had to quickly head down the road to Home Farm so we could check Lola and the pet lambs and get the working dog, Tot from Grandma's.

Once we had all gathered outside of the gates of Shaw Farm, it was time to get tagging! Mum and I got all of the tags ready and laid them out on the table whilst the boys gathered together a group of about 25 ewes and lambs with the help of Tot, ready to be tagged. Once the boys herded them into the barn, Dad caught the ewe and me and the boys caught the lambs. I tend to run and jump on mine because I'm light but Dad catches his by the horns. Dad read out the tag number of the ewe and the initials showing who it was tagged by. This was all for Mum to write down.

Whilst Dad did that, I passed my lamb to William to hold, then I got the tags off the table, loaded the taggers and passed them to the boys. The boys tagged their lambs to show who their dad was, and then William painted our mark onto the shoulder of each lamb to show that they were our lambs.

This really helps when the lambs go for a wander and get mixed up with other herds! It was all a family effort and once we had done the first lot of sheep it was time to get the second lot but by this time we had worked out a one-way system. Once we got going you couldn't stop us!

Once we had sorted and tagged that day's sheep and lambs, it was time to head back. We all hopped in our vehicles once again and this time headed down the road to Home Farm. Down there we went around all the sheep and caked them in the Mule. I like to stand in the back with the wind blowing through my hair watching Dad checking all the sheep with the lambs playing Wacky Races in the background!

Everyone had a job to do and once we had all done our bit it was time to head home. For the last time of the day we hopped in our vehicles and drove back to the house for a family night spent by the fire.

**Emily Barningham Age 12**

**Editor Note:** Emily, when your life is living on a farm I should imagine all of this is nothing special to you. Well Emily I can tell you that account was special to me.

Please send me a picture of your dog Tot, herding the sheep, as my favourite dog breed is Border Collie (I guess Tot is) then your picture will go in the next Gazette, for sure.

**Mike B**

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# REETH AND DISTRICT GAZETTE LTD

**Dear Editor**  
**Postcrossing**

**POSTCROSSING**

Thank you for your article on Postcrossing.com.

Since lockdown I've joined up and am enjoying sending and receiving postcards from all over the world.

It is a really lovely way of sending good wishes worldwide. Please see my postcards received so far since April.

I can really recommend this past time it is constructive and uplifting, and you get some nice art for your wall! By the way I have seen you in the village and I think you are just gorgeous, you do not need hair.



**Anne B**

**Editor Note:** If you have not guessed , this was submitted by my wife Anne. Also you can guess I wrote the last sentence. The website she is referring to is at: <https://www.postcrossing.com/>

**Mike B**



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Attention Howard Nicholson  
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## Community Transport

All is working well and our team of 32 volunteers are still showing up keen and raring to go! Some volunteers are here daily to see how they can help, whether it is going to our Medical Centre for the prescriptions to deliver on foot or by car, or to see if anyone needs a newspaper, magazine or a bottle of milk. Each week these volunteers donate hundreds of hours of their time to make sure the residents of our Dales receive everything they need, they truly are amazing individuals and a letter from Rishi Sunak thanking us all for the hard work was recently received.

We have shopping buddies all over the Dale who whilst doing their own shopping, also do the shopping for their designated resident and the only feedback we receive is positive and warm. Boxes of biscuits, chocolates and bottles of Prosecco have been gratefully received, which keeps the stamina levels up and our daily intake of cake is now keeping our waistlines in maximum peak form..

Our jigsaw swap is going well, the befriending service is going so well that a meet up when possible is being arranged between the 'phone' friends. We also have access to the Library here and a large selection of DVDs.

As soon as we are able we are working on getting people at a distanced get together in small numbers in the form of picnics (at the Vicarage) so watch this space for further information and if you would be interested in attending one please give us your details, all Government

guidelines will be adhered to. We just need good weather.

If you haven't been in touch yet and think you could perhaps use our help or would like to take advantage of any of the things we do or offer. For information, call **01748 880021**. Email **rdctransport@hudsonhouse.info**

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Regards,

Gail and the slightly heavier team.

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# REETH AND DISTRICT GAZETTE LTD



## Mountain & Cave Rescue Team

### Incidents

April 9th to June 9th

On average we respond to between 50 to 60 calls each year.

### 3 Incident this edition

The teams focus during the Covid-19 outbreak has been to maintain an operational Mountain & Cave Rescue Service, we've held meetings on-line & limited equipment checks to single members of the team. Fortunately we are well stocked with the essential PPE to protect the team if deployed.

**26/05/2020:** Incident 18: Called to assist the Ambulance service with the evaluation of a casualty at Aysgarth Falls again.

**26/05/2020:** Incident 17: Called by the Police early in the morning to search for a missing person in the Middleham area, located by the team and returned to safety.

**25/05/2020:** Incident 16: Called to assist the Ambulance service with an injured walker at Aysgarth Falls. As the first team members arrived it turned out that the casualty could self-evacuate to the ambulance.

Each month we highlight an item of our rescue equipment; this is how we spend your generous donations. Last month we looked at our waterproofs, this month we thought you might like to see

our all too infrequently used T-shirt base layers! See the photo on the opposite page.

We issue moisture wicking base layers to help keep team members comfortable during rescues. During rescues team members go from slogging up hill & getting too hot, then static while dealing with the casualty & getting cold. The wicking base layers help move moisture away from the body & stop us getting too cold, sweaty & smelly!!

Thanks to all our team members, supporters & YOU for the ongoing support.

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### The Return of Ice Creams on Reeth Green

As soon as we knew that the Ice Cream Parlour was open, we drove over from the Morecambe area to Swaledale to enjoy an ice cream on Reeth Green. It was the last day of May - a gloriously sunny Sunday, but with just enough cloud to be comfortable.

There were just enough people around to maintain comfortable social distancing; and the village was quietish rather than over-busy. It was good to find that the loos were open - if you had 20p with you; and a walk around the Green proved useful as well as sociable - not least because we could pick up a copy of the Gazette as we passed the paper shop. Later in the afternoon we drove home over Buttertubs and via seeing friends in Hardraw; and then we could browse through the Gazette in bite-size pieces over cups of tea and biscuits back home after a wonderful day out, having carefully but so-enjoyably extended our lock-down.

**Jane Taylor.**

**Editor Note:** thanks for plugging our Gazette and our local ice cream parlour. I think we are all proud of the Gazette as it is so important for the community. It shapes and communicates events. It must be a great read to anybody living on their own. God forgive me if I miss out an advert for a local event as I get blamed for lack of attendance. I point that out because it shows what the Gazette enables as well.

**Mike B**

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As long as we're together  
The rest can go to hell  
I absolutely love you  
But we're absolute beginners  
With eyes completely open  
But nervous all the same

If our love song  
Could fly over mountains  
Could laugh at the ocean  
Just like the films  
There's no reason  
To feel all the hard times  
To lay down the hard lines  
It's absolutely true

Nothing much could happen  
Nothing we can't shake  
Oh we're absolute beginners  
With nothing much at stake  
As long as you're still smiling  
There's nothing more I need  
I absolutely love you  
But we're absolute beginners  
But if my love is your love  
We're certain to succeed

If our love song  
Could fly over mountains  
Sail over heartaches  
Just like the films  
If there's reason  
To feel all the hard times  
To lay down the hard lines  
It's absolutely true

**David Bowie**  
Private message  
'the perks of being editor' **Mike B**



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## Extreme Weather

On the morning of 30th July, we were working with the sheep. It was hot and humid. As the day went on, you could hear the rumbling of thunder, gradually getting louder. After lunch, Dad went to the Auction Market with some sheep. Soon after it started to rain, and the thunder and lightning got louder and the rain got heavier. Within twenty minutes the river was rising, the yard was flooding, the lane was flooding, and the kitchen was flooding, water coming in through the back wall. The spouts on the buildings were overflowing. There was water everywhere and it was still coming down - so heavy we dare not go outside.

My mum rang Dad at the auction. He could not believe what was happening. It was dry fifteen miles away, but he set off home. In the meantime, the rivers were getting deeper, the water was brown and angry, moving very fast, the noise of rocks tumbling down. The stream was deafening, the water was ripping out everything in it's way. We could see water coming out of the wood opposite our farm, raging past our barn very fast and deep. It ended up taking several walls and part of the barn with it.

This went on for about four hours. Afterwards, when Dad was home, we went to see the damage. There were rocks in the field. There were landslides by the river. Walls and fences had been destroyed, our footbridge was gone, our track was washed out and there was a big hole in the barn! I couldn't believe the power the water from the cloud burst had to cause all this destruction.

It was very frightening.

**George Harker**  
**Aged 12**

**Editor Note:** Brilliant George. You made me think of your poor sheep as well. I do hope you and your family have recovered and it never ever happens in our lifetime again. I think we will all be thinking of a year ago late July and will all be a little nervous. By the way we are all grateful to farmers and their families, George. You may not realise that but you are working in a profession that means something to all of us and helps all of us. So in these lockdown times thank you to you and your family. George, I hope you grow up in the family tradition and keep it all going.

**Mike B**

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## Bottle in the garden

When digging in my back garden, I often find pieces of broken glass and assume there must have been a building or maybe somebody dropped them. So when I find these I always wonder where they came from, who dropped or dumped them. This inspired me to write a poem. I hope it resonates with you as well:

Sunlight glints on your  
Razor sharp edge  
Curved broken bottle  
Alien amongst my veg

Feeling your rotund body my  
Thumb scrapes off grime and  
Reveals your name  
So regal: Richmond.

Erstwhile pub stable yard  
Became my garden  
Exhuming you takes me  
To an era long gone.

Bountiful brown contents  
Silky cool as ice  
Lured your lush to  
Poormen's paradise.

You didn't cost the earth?  
His lips on your neck  
Both then and now  
Tomorrow a headache.

How long have you lain  
Waiting for your drinker's return?  
Cracked body hurt by horses  
Razed by builders, interred.

Fragment of legacy,  
Begrimed, buried,  
Beloved's memory  
Now long dead.

Was he a farmer?  
Gossiping in the parlour  
Returning from market  
Pockets full of copper

Or drowning his sorrows?  
Children in rags,  
Bankrupt on malt liquor?  
Was he a loving dad?

Perhaps he was a miner?  
Your sweet liquid hushed  
Hard days on the hillsides  
Oblivion evicted the dust.

I know or care not  
So I stash  
Your toxic body  
To the trash

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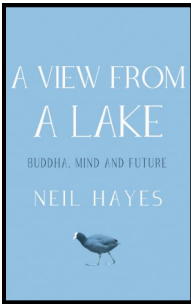
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### Great Read

#### View From A Lake

A few years ago I was lucky enough to work with Neil Hayes. A great leader and a lovely inspiring and I would say 'very cool'

fellow. During our discussions Neil mentioned he was writing a book and a year later I purchased a copy. 'A View From A Lake'. I had by that time probably read between 30 and 50 self-help books as was a trend at that time. To better myself or help me with general anxiety I had been suffering. I started his book and for some reason I lost track of where I was. This year I picked it up again and turned directly to Neil's recommendation on meditation OR as it tends to be called now 'Mindfulness'.

I cannot tell you how many times I had tried this and just fallen asleep or become distracted. What really defeated the object was, I criticised myself for not managing to relax. Then I read the section from Neil's book and it was the first book that was realistic about how difficult it was to just stop and stop your mind from wandering. So my book recommendation this month is Neil's book and as is typical of Neil he had no qualms sharing with me, his entire book text. In order that I could share a section that my help readers. So for all those who want to finally succeed in meditation or mindfulness and find it really difficult, read this extract. I hope it helps some of our readers and I recommend you pick up Neil's book from any bookseller.

One note, in Neil's book he mentions Buddha a lot and at first I thought wow that sounds a bit too mystic for me. Far from it, it's quite clear that all this mindfulness stuff is not new and it's not surprising. For 1000's of years our forbears did not have waste-of-time-TV and they had a lot of time to think about life and living. Anyway please enjoy this from Neil ....

#### A View From A Lake , chapter two, page 34 onwards...

Here are some guidelines that you may wish to consider. They are not the only way, and the intention is not to be prescriptive, but they do embody meditation techniques that are commonly practised and found to be effective.

They follow a simple formula:

**Ready  
Set  
Let go**

We teach through language because that is how we communicate with each other, but please bear in mind that the intention of this teaching is to arrive at understanding through experience, and that the realisation we seek is not well expressed as verbal concepts. It is not our thinking minds that need to communicate with each other here, and ultimately our outer and inner voices need to become ships on the horizon. The awakening of our awareness comes through the actions that the words suggest, not the words themselves. The words are signposts, not our destination. That said, it is perhaps best to read all three sections Ready, Set, Let Go, to get a feeling for the whole adventure before returning to Ready and taking the first step...(see next page)



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If this is your first experience of meditation, then this step may well be the most important one you will take in your life, and lead to an enduring change in your world view., and possibly even the world itself.

It may be useful to cycle through the steps a few times and return to the text after each cycle. And always remember two things; there is **no such thing as a bad meditation**, and your mind is like everybody else's.

### Ready

Meditation is best done regularly, ideally at least once a day, and it can be beneficial to do it at a particular time so it becomes part of a routine.

Select the place in which you will meditate. Ultimately, the hope is to be able to be mindful anywhere at all and in any circumstances, but in the beginning it will be useful to select a pleasant and peaceful place where there are minimal sources of distraction. It helps if the field of vision is uncluttered, although it is not necessary to go as far as some Zen monks who face a blank wall in meditation. That said, I personally have gained great value from that method and use it still when the alternative is to face a disorderly space. If there are objects in your field of view that the thinking mind could seize upon, then it may be best to clear them before you start. On the other hand, the presence of a few potential visual distractions does not have to be a problem. They could simply be something to work with, noticing but not reacting to the thinking mind that is telling you that if only you would get up and move that shoe or straighten that mat, *then* you would be able to get down to some proper meditation.

Formal meditation is usually done in a sitting position. There are alternatives, but let's stick with the mainstream for now, albeit with some customisation for less supple Western bodies. Clothing should be loose and comfortable. The traditional position for sitting is cross-legged on a cushion on the floor. Some bodies may not be flexible enough to adopt this position, but it is worth trying with various numbers and types of cushion before giving up entirely on it and adopting one of the alternatives below. The cushion is important to allow us to sit with our backs straight. This position is good because it is a stable position, and one that does not lead to a drop in energy levels and drifting into sleep.

Sitting cross-legged is a challenge for many or perhaps most Western adults, and there is no shame in not being able to adopt this position naturally. If you need four cushions, then so be it. I personally favour a quite a substantial pile of cushions as I lack flexibility in both back and knees. An alternative is to kneel, place the cushions between your legs and under your backside, and then sit gently back, knees apart, with the lower leg tucked under the upper leg, calf facing the back of the thigh. In either the cross-legged or kneeling/sitting position, the higher you need your cushions, the more pressure you will place on your knees, so it may help first to lay out a soft mat to give you comfort. Such a practice may in any case help you regard this as your meditation space. These two positions are suitable because they feel dignified, resolute and appropriate for meditation.

...continued on page 28.

# The Kings Head

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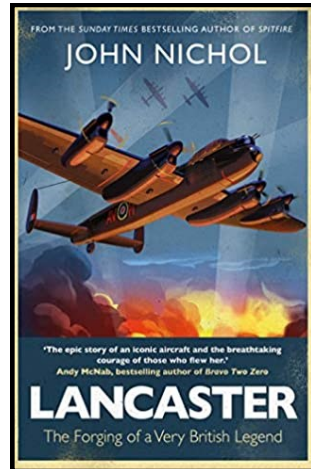
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## **Good Read**

Lancaster by John Nichol



A magic book, it was released only this month and it's rare that I purchase a new book let alone a hardback book.

I am at Chapter 3 and already I have learnt even more about what it was like to be there flying 50ft above Germany on a bombing run, in fact the first ever Lancaster Bomber run deep into the heart of Germany, so low that a duck hunter fired at them and cows were running away. The lower gunner even had sea spray across his canopy. I have been lucky enough to tour a Lancaster at Duxford and I can promise you that when you stand in the cockpit it's like being in a greenhouse placed on top of a large wing. The centre spar that links the wings runs directly through the fuselage and I cannot imagine what it would be like trying to get out fast with a parachute attached. The author of this book is well known. John Nichol a former RAF Tornado pilot who was captured, held and tortured in the gulf war. **Mike B**



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If you conclude that you are simply not made to sit on the floor in this way, then there are many types of kneeling stools available for meditators to try. These take the general form of a low bench with a tilted seat, which allows the lower legs to tuck under in a kneeling posture whilst the backside is supported by the bench. Of course, you can always sit on a chair, but if you do so then sit erect, not leaning back on a support, else you may fall asleep and ultimately experience the wrong sort of awakening! A cushion set between the base of your spine and the chair can help maintain the spine erect and encourage the body not to relax back into the chair. The goal is not to be uncomfortable, but it is beneficial to adopt a posture that is not your usual position for sitting in comfort. Whatever sitting position you settle upon, all is well; the quality of the mindfulness does not derive from the sitting position. Some people may find it helpful now and again to visualise themselves as being like a mountain in their sitting position, a simile that is useful for the meditator to feel stable, grounded, strong and resolute.

What to do with the hands? Much is written about the symbolic meaning of hand positions in meditation, but it is not really all that important to the experience. The key thing is that you are sitting in a position that you associate with a feeling of being settled, resolute and open. One good position for the hands is to rest one on top of the other in your lap with the palms facing up. If you can associate the upward facing palms with a feeling of receptiveness then that is a helpful thought.

A good alternative is to rest them on your knees with your palms downward.

What to do with the eyes? Open or closed? Staring out or down? Many meditate with their eyes closed, many with their eyes open and lowered. As usual, there is no right way or wrong way.

As this book is based on personal experience, then the suggestion would be to meditate with the eyes open, and the gaze lowered and fixed a few feet away. That said, the first several years of my meditating life were spent meditating with eyes closed. Closing the eyes can present more of a challenge to those prone to dozing off. It may be that in deep meditation the eyes naturally start to close without our willing it, perhaps stopping before being fully closed, or perhaps closing completely. This can cause a flurry of thought and lose the precious concentration that has been gained - Am I falling asleep?, Should I open my eyes again? If it happens, just let it happen and be mindful of your energy and resolve, so you are alive to the difference between deep meditation and sleep. Don't worry, there is no mistaking the vibrant energy of true awareness, and it certainly feels nothing like sleepiness. If your eyes are open and you feel truly awake, then it is unlikely that you are asleep. Meditation is about developing wisdom rather than rules, so use your best instinct to work out what is best for your own practice. Trust yourself.

If when meditating with the gaze lowered, a feeling of drowsiness arises that you cannot master by stirring up energy, then it may help to raise the gaze a little. It may also help to observe the body to see if it has slumped,

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and if so, straighten up. Note that if you do find yourself in this state, you should be aware that the thinking mind will take the opportunity to distract you with some self-reproach or judging that this is a poor meditation. As usual, note the thoughts and let them pass on their way!

Adopt your sitting position. Set yourself a timer, preferably one with a pleasant alarm tone so you are not shocked out of meditation. Some meditation apps are available which have beautiful bells and gongs, so there are good alternatives to being jolted out of your meditation by loud and insistent squawking and beeping. The reason it helps to use a timer, rather than consult a watch or clock, is that we are training ourselves to let our thoughts go rather than instinctively follow them, and that needs to include thoughts about consulting our time-piece. The child's persistent question on the family outing "Are we there yet?" is never too far from the surface in later life!

It helps at this point to remind yourself of your resolution to orient your life towards mindfulness through this practice. The practice requires effort and energy, and in order to stir up such vigour it is important to develop a firm resolve. Without such resolution, the mind will always continue to wander. To achieve the one-pointed awareness we are striving for, the mind needs to be directed. Such direction will require our continued effort, although as we advance this effort will become more natural, and indeed will become self-generating and self-sustaining. The word "effort" sometimes has a negative connotation, but

this is only so when we see the source of that effort as being finite and limited.

Many of life's most pleasurable activities require effort, but we do not regard them as a struggle because there is abundance in the energy that sustains them. As ever, the thinking mind is the root of the problem here, and psychologists have consistently shown that tasks regarded as effortful are fatiguing, whereas those where we are "in the zone" are not.. If the thinking mind suggests that we do not want to do something then suddenly we perceive our resources as limited and we dwell in feelings of lethargy and fatigue. Meditation teaches us not to listen to the thinking

**I hope even this small extract is helpful to some.**  
**Mike B**

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## CORONAVIRUS

During this tragic and unprecedented time the Government has stated that (at the time of writing 04/04/20) we must not make non-essential journeys in our cars and that includes driving to view and possibly test drive a potential purchase. However, if you have a pressing need to buy a car (old one's expired or you've a medical condition requiring an automatic rather than a manual etc. etc.) we can supply a vehicle fully disinfected and delivered to your door if necessary.

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## Video Game

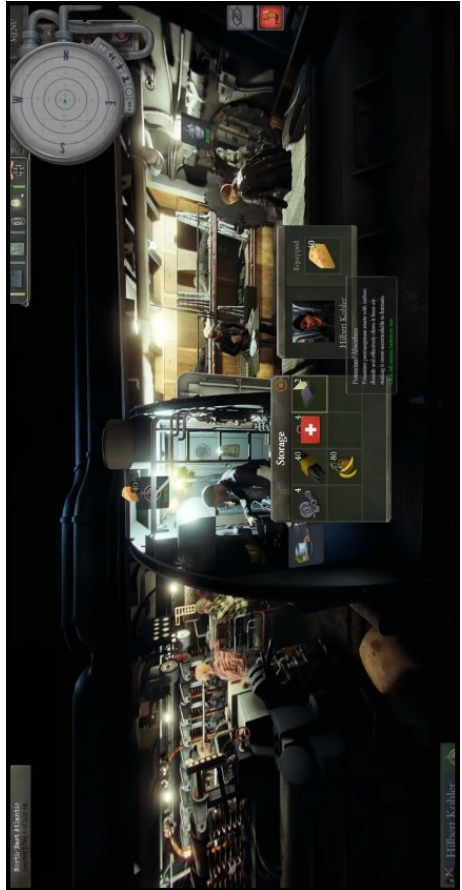
### U-Boat

It may be the anniversary of D-Day or my age but I do realise there are a few references to World War II this month. I am sure though it does interest many readers so I will continue here in this recommendation. Again I am trying to attract the many who think computer games are just violent or a waste of good time. In my view they have their place for all and this recommendation is an incredible simulation that is still being developed.

Wikipedia describes this simulation as: **U-BOAT** gives players command of a Type VII submarine during World War II.

The player is not in charge of the submarine itself but in fact "in charge of the men controlling the submarine" as a U-Boat captain. The player has to manage the morale, discipline and trauma of the crew and make sure all the crew come back alive at the end of a mission. The crew are also made up of individuals who each have their own individual stories and personalities. According to *Rock, Paper, Shotgun*, "Everything has been created down to the tiniest of details to make sure WWII buffs get what they want, and realistic and modern graphics are promised as well. The developers have also developed precise and historically accurate interior of the ship to further enhance gameplay and give the player the ability to take control of certain tasks on the ship themselves such as firing torpedoes, using radios and piloting the submarine. See the cross section from the game

Mike B



# REETH AND DISTRICT GAZETTE LTD

## July Church Services

Church buildings have been closed but, as the Gazette was being finalised, the position was beginning to change. Please contact any of the ministers or check on the websites shown below for the latest information.

Whilst the buildings may be closed please know that the church - the body of people who worship and follow Jesus - is alive and well and continuing to pray and seek to serve.

Please contact any of the Ministers as usual to talk or pray, or if we can help in any way. A weekly newsletter, including an order of service to use at home on Sunday, can be found on the 'Services and Events' page of the Swaledale at Arkengarthdale parish website: [www.swaledalearkengarthdaleparish.org.uk/](http://www.swaledalearkengarthdaleparish.org.uk/).

If you would like this to be emailed to you each week, please contact the Vicar to be added to the circulation list.

A weekly devotional message can be found on the Evangelical Congregational website - <http://www.reethecc.co.uk/>

### *Religious Society of Friends (Quakers)*

Quaker House, 7 Grove Square, Leyburn every Sunday at 10.30 am  
The Scout Hut, Quakers Lane, Richmond 2<sup>nd</sup> and 4<sup>th</sup> Sundays at 10.30 am  
Judith Calow 01748 884 320 [www.dalesquakers.org.uk](http://www.dalesquakers.org.uk)

#### *United Reformed Church*

Reverend Stephen and Reverend Hilary Collinson  
01748 821 586  
[revscollinson@outlook.com](mailto:revscollinson@outlook.com)  
[revjcollinson100@outlook.com](mailto:revjcollinson100@outlook.com)

#### *Methodist*

Reverend Les Nevin  
Minister for the Two Dales  
01748 823 149  
[les.nevin@icloud.com](mailto:les.nevin@icloud.com)

#### *Reeth Evangelical Congregational Church*

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[www.reethecc.co.uk](http://www.reethecc.co.uk)

#### *Roman Catholic*

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01748 822 175  
[www.stjosephsfx.co.uk](http://www.stjosephsfx.co.uk)

#### *Church of England*

Reverend Caroline Hewlett  
Vicar of the Parish of Swaledale with Arkengarthdale  
01748 884 706 [carolinejhewlett19@gmail.com](mailto:carolinejhewlett19@gmail.com)

## News from the United Reformed Church

Although private prayer is now permitted in churches this will not be possible in the United Reformed Churches in Low Row and Keld. These buildings will remain closed until the Government allows services to resume.

Sue



## Success for Dales dance school pupils at exams taken remote

Forty dance students aged between 6 and 18 were faced with the postponement of their ballet exams when the Royal Academy of Dance examining body sent all their examiners home due to the impending Covid-19 crisis just three days beforehand.

Just before the lockdown started it was agreed that the young dancers at Janet Seymour's School of Theatre Dance could take their exams remotely with everything being filmed and then e-mailed off for marking.

After a long wait the results have now been returned with all the students passing and those taking vocational exams earning distinctions or merits.

For two of the students in particular the outcome was a great relief. Alana Hodgson and Eva Midgley who will be leaving for University and Vocational Dance College in September have both been dancing with Janet since the age of three and were able to complete their Grade 8 examination, the highest level available. Alana said: "I absolutely love dancing at the Janet Seymour school of Theatre Dance, which I've done since I was three. It has provided me with so many opportunities, including performing in shows, being in the pantomime and going on a German Exchange Trip. We are so lucky to have such a talented and versatile teacher living here in the Dales. Janet goes above and beyond to help us all and at the moment my class is having 5 lessons a week on Zoom. We are all so grateful



and I can't wait to continue dance classes with her when I'm home from University."

Eva says: "My result for Grade 8 Ballet was a really lovely way to end my 15 years dancing with Janet, and I shall miss everyone at the dance school very much when I move to take up my place at Northern Ballet School in Manchester."

Sadie Bainbridge whose daughter, Isabel, took her Grade 4 ballet exam said, "Janet Seymour is such an amazing dance teacher who always goes above and beyond for all her students finding ways to keep them dancing!!! My daughter is so lucky to be part of her school, she passed her exam and is still doing her tap and ballet classes online thanks to Janet's determination and dedication to her students. Well done to everyone"

**Janet Seymour**



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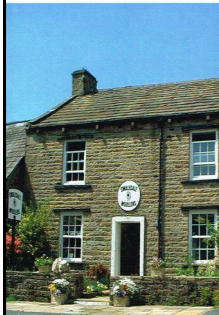
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**Readers meeting  
famous people**

Hello Richard again, my next famous person I've met is Princess Margaret when employed at Kensington Palace between 1970 to 1973.

I remember well when she took delivery of this Rolls Royce in 1972 reg No 3 GXM.



**Editor Note:**

Lovely pictures. If you would like to write about the positive experiences with Margaret.

Please do then share Richard for the next Gazette. Thanks

**Mike B**



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## Dales Police Report June 2020

The following incidents of note have occurred in the Dales area -

One positive from the lockdown has been a reduction in crimes such as theft and burglary. We have, however, taken numerous reports of anti-social behaviour and breaches linked to the coronavirus rules. We have also received many enquiries regarding our enforcement of the regulations relating to the coronavirus legislation. Here is what we can do.

In all situations we will engage with people, explain the regulations, and encourage them to follow the rules. We will only use enforcement as a last resort.

Upon writing this report at the end of May the regulations state that you must have a reasonable excuse to leave your home. This includes travel to a public open space to promote physical or mental health or emotional wellbeing, either alone, with members of your household or with one member of another household.

You cannot gather with more than two people unless you are from the same household or the reason is permitted under the regulations, for example to attend a funeral.

The Police can fine you if you breach the regulations, but we would prefer not to and hope that you will do what is right to protect your family, your loved ones and other people.

We cannot enforce the Government guidelines, for example the 2 metre rule or the wearing of face masks.

Please stay safe and help us to stop the spread of the virus. For more information, please visit [Gov.uk/coronavirus](http://Gov.uk/coronavirus).

As we move into Summer we are seeing an increase in day tripper numbers turning up at our rural towns and beauty spots. This is allowed, as long as the above rules are adhered to. We have stepped up patrols and are working closely with the Yorkshire Dales National Park and Richmondshire District Council to monitor this and keep everyone safe.

**Julian Sutcliffe PC558**  
**Dales Neighbourhood Police Team**

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**Guess The Location**  
Previous Gazette Answers

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**Guess The Location**

How well do you know Swaledale and Arkegarthdale? Can you identify these local landmarks? Answers in next month's Gazette. Elizabeth

<p>1</p> 	<p>2</p> 
<p>3</p> 	<p>4</p> 

37

The answers to the 'identify the landmarks on page 37 of the June Gazette edition are:

- [1] Calver
- [2] Great Pinseat
- [3] Goodwell Seat Beacon, above Summer Lodge
- [4] Blea Barf

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## Guess The Location

How well do you know your local bridges ? Can you identify these four ?  
Answers in next month's Gazette. Elizabeth



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## Television



For those of you who have not caught up with this excellent Sky Atlantic TV series you have to start watching it. Season 2 has just started but all episodes are available on catch up services. It is a spin off from the movie of the same name and a previous 1980s TV series. This version concentrates a lot on the German occupation of La Rochelle and the French Resistance. Watch many U-boat secret missions from France to the USA.  
**Mike B**

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### Covid-19 Support - July

Even as lockdown continues to be relaxed many areas of our life will still be affected. However, the support structure put in place in the two dales will still be there for you. Full details of all the support that there is can be found online at [2dales.org.uk/coronavirus](http://2dales.org.uk/coronavirus) and [www.swaledalearkengarthdaleparish.org.uk/Parish-News](http://www.swaledalearkengarthdaleparish.org.uk/Parish-News) and on Facebook at [www.facebook.com/ReethDCT/](http://www.facebook.com/ReethDCT/) and [www.facebook.com/groups/ReethandDistrictCommunity/](http://www.facebook.com/groups/ReethandDistrictCommunity/) If you can't access the internet and this information then please phone the anchor hub at Hudson House. Phone **01748 880 021** manned Monday to Friday 10 am to 3 pm (except bank holidays). Messages can be left at any time. Thank you to all who have volunteered and are providing this much needed support.

### Covid-19 Support - Village Contacts

Anchor Hub	Hudson House	880 021	<a href="mailto:rdctransport@hudsonhouse.info">rdctransport@hudsonhouse.info</a> or <a href="tel:01748880021">ad-</a>
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## Dance

Stood in the garden bare foot,  
Lush soft grass beneath her feet  
Prokofiev Romeo and Juliet in her head  
phones, smiling.  
Head turned to the blue wonder above  
Clouds that danced  
like angels: inspiration  
Moving forward, seeing her reflection  
Not vanity but correction in movement  
Swaying her arms feeling the beauty of  
nature all around  
Birds their song happiness, almost in  
tune with her soul.  
Tiny dog appeared, smile erupted on  
Aurora's mouth.  
Picking up this beautiful wonder,  
Aurora changed the music on  
her head phones: Ultra Life.  
Dancing barefoot, singing at the  
top of her voice:  
I've got so much soul inside me.  
Fast asleep little snores now from my  
perfect dog, Aurora raised her arms.  
Moths all around now, dancing  
together, beauty all around.  
The moths they made no sound  
Their silken wings she echoed  
In her moves as she danced.  
Bird songs all around, love seek the  
beat inside my head.  
A smile appeared.  
Beauty all around, Mother Earth.

**Geraldine**

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## Homing Pigeons

### E-Mail of World War I and II

When I moved to Yorkshire I expected that occasionally I would see Racing Pigeon clubs in this area. Not as yet. Anyway I was fascinated recently to read about the role homing pigeons played in the wars including the fact that Lancaster bombers would take 2 homing pigeons on each flight. It's amazing that these birds could be released by downed bomber crew from anywhere, relied on to take a life saving message back to their airfield.

Photo courtesy: [warhistoryonline.com](http://warhistoryonline.com).  
**BBC News item:** 23/02/1942, a badly damaged RAF bomber ditched into the N. Sea. The crew were returning from a mission over Norway, but their Beaufort Bomber had been hit by enemy fire and crashed into the sea more



than 100 miles from home. Struggling in freezing waters - unable to radio an accurate position back to base - the four men faced a cold and lonely death. But as the aircraft went down, the crew had managed to salvage their secret weapon - a carrier pigeon. The blue chequered hen bird, called Winkie, was set free in the hope it could fly home to its loft in Broughty Ferry, near Dundee, and so alert air base colleagues to their predicament. Winkie made it home, after flying 120 miles, and was discovered, exhausted and covered in oil and RAF Leuchars in Fife was informed. Winkie was not carrying a message, but the RAF were able to calculate the position of the downed aircraft using the time difference

between the plane's ditching and the arrival of the bird - taking into account the wind direction and even the impact of the oil on Winkie's feathers to her flight speed.

A rescue mission was launched and the men were found within 15 minutes.

Mike B



### Great Album Tug of War

Not a new one but I played this again this week and had forgotten how good it is. I would be interested what today's teenagers would think of this. Probably they have moved on with totally different tastes.

Revisit it

The album includes :

1. Tug of War
2. Take It Away
3. Somebody Who Cares
4. What's That You're Doing?
5. Here Today
6. Ballroom Dancing
7. The Pound Is Sinking
8. Wanderlust
9. Get It
10. Be What You See
11. Dress Me Up as a Robber
12. Ebony and Ivory

Mike B

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## 2 Dales Football



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davidwilliams@yuillgroup.com

We continue in lockdown and competitive football is off the agenda for the rest of this season. We are, however, looking to start some socially distanced training about mid July. Longer distance passing is perhaps a weakness so something to work on! We still await guidance from the FA. Their level of support, communication and leadership during this crisis has been lamentable.

They seem only interested in the professional game. Whatever happens, it is going to be difficult to get football up and running and a significant drop in participation initially is anticipated. There is evidence on social media already that a number of teams across the County have folded.

The Hambleton & Richmondshire Junior Football League operate a 3 Phase season which gives more football than most leagues. We play development then go indoors for Futsal (though any indoor sport may be off the agenda this year but we are looking at the new 3G pitch at Richmond School if it is ready) before re-emerging to play a combination of development and competitive football. Next season we are looking to run:

- Under 7's in conjunction with Spennithorne.
  - Under 9's and 12's in conjunction with Hawes
  - Under 13's.
  - Under 14's in conjunction with Catterick Village
- But we need more players and at

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## ARKENGARTHDALE PARISH COUNCIL MAY 2020

**Remote meeting arrangements during the Coronavirus pandemic:** These were agreed in accordance with *The Local Authorities (Coronavirus) (Flexibility of Local Authority Meetings) (England) 2020 as follows:* The Annual Parish Council Meeting and the Annual Parish Meeting would both be postponed until next year, and Cllr Stubbs would remain in post as Chair until then; members of the public would be able to access documents and notices of remote meetings on the Parish Council's website and notice board; the Press and the public would be able to access remote meetings (using Zoom) by contacting the Chair for details prior to the meeting; there was a requirement to conduct essential business only until further notice from UK Government.

**Coronavirus community support:** A funding application had been submitted to the Yorkshire Dales Millennium Trust for the reimbursement of fuel costs for the Arkengarthdale volunteer delivery drivers. Parish Councillors expressed their thanks to all in the delivery team, and thanked Richard Smith and Susan Dray for setting up and organising the service. The Parish Council was going to purchase Personal Protective Equipment for the volunteers as a matter of urgency, and a grant application would be submitted to RDC's Coronavirus community support funds for these costs. The volunteer delivery team had organised a 'Lamb Count' competition to win a hamper (kindly donated by the Swaledale and Arkengarthdale Archaeology Group)

and had requested voluntary pledges from entrants to put towards an end-of-pandemic community event. Thanks were expressed to Bruno Iesini, who had very successfully organised and coordinated the competition.

**School building:** The School Building Community Group had not progressed with raising funds for the school building during lockdown and that the moratorium on the sale of the building would end on 12 June, at which point the building would be placed on the open market.

**Affordable housing:** The Upper Dales Community Land Trust (UDCLT) with support from RDC and Broadacres Housing Association was interested in bidding for the school building as an alternative site for the affordable housing project, previously intended to be sited next to the war memorial. A Local Needs survey had been undertaken by Cllr Watkins prior to the pandemic. Broadacres Housing Association and the RDC Housing Officer had concluded from this survey that there was a local need. A meeting had been cancelled by RDC's Housing Officer before lockdown and progress had since stalled. A new meeting was scheduled for next week. It was noted that this was a matter for UDCLT, not the Parish Council.

**Flooding matters:** The Parish Council was working with the YDNPA to reinstate at least one of the four main footbridges destroyed by the floods in Arkengarthdale last July. It was unanimously agreed that the contribution made by Richmond Motor Club for flood-repair work should be put towards the cost of rebuilding the most heavily used bridge in the Dale near Arkletown.  
.....continued on next page.



## REETH AND DISTRICT GAZETTE LTD

It was noted that NYCC were contributing towards other destroyed bridges at Wood House, Whaw and Punchard. The YDNPA was waiting to hear from DEFRA about further possible contributions.

**NYCC Highways:** The walls near Eskelath Bridge had been rebuilt well. Highways were waiting for the cap stones to be delivered in order to finish the job when current working practices under Coronavirus restrictions allowed. The hole in the bridge was to be done by the Bridges Dept. There were several outstanding issues and another request for a site meeting would be sent to Highways to address the following: drains still blocked between Arkle Town and Langthwaite; culvert near the Langthwaite sign still blocked; camber on Arkengarthdale Road outside CB Yard causing water to flow towards properties; potholes on Eskeleth to Whaw road and at Whaw; culverts on Stang Lane possibly to clear and erosion on the road sides near the cattle grid on Stang Lane; debris under Eskelath bridge; drains and culverts still blocked on Bouldershaw Lane; pot holes in road near Langthwaite.

**Planning matters:** Planning application R/01/164/OH (overhead lines/replacement of poles) at Kitley Cottage, Whaw approved. Planning application R/01/108B at Spence Intake, Arkengarthdale approved conditionally.

**Meeting dates in 2020/21:** 6 July 2020; 7 Sept 2020; 2 Nov 2020; 11 Jan 2021; 1 Mar 2021; 10 May 2021  
Full minutes are available online at [www.arkengarthdale.org.uk](http://www.arkengarthdale.org.uk).

Susan

## Sweep

Like me, have you ever wondered what breed of dog was Sweep (Sooty and Sweep)? In fact he was a Blue Roan-Cocker Spaniel. Well there you, go tell the next person you meet and impress them.

Mike B



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### Ask the Family

Answer the trivia questions without referring to the internet or books.  
Answers page 63.

Q	Category	Question
1	Movie	For what movie did Joe Pesci win an academy award ?
2	Geography	What is the capital of South Korea ?
3	General	What is an eyrie ?
4	Science	Which planet is named for the Roman God who was the son of Juno and Jupiter ?
5	General	What soft drink, introduced in 1982, was the number three US seller within two years ?
6	General	What shape is the piston in a 'Wankel ' engine ?
7	Geography	Which countries border Chile ?
8	History	Albert Einstein was offered the position of prime minis-
9	Food	What kind of clay is used to make Indian dishes like nann and chicken tikka ?
10	Literature	What does the fairy godmother transform into a coach for Cinderella?
11	Sport	Who was the first footballer to receive a knighthood ?
12	Geography	At 8pm in Miami , what time is it in Boston ?
13	Literature	What game does the Queen of Hearts order Alice to play in Alice in Wonderland ?
14	Movie	What French detective features in the 'Pink Panther' movies ?
15	Sport	W A is what position in Netball ?
16	Geography	Which US state is nicknamed the 'Evergreen State' ?
17	General	Which bees in a hive are there to fertilise the queen ?
18	General	Sociophobia is the fear of what ?
19	History	What was the nationality of Rasputin ?
20	Bible	Which city was destroyed on God's command to Joshua and the people of Israel, by walking around it seven times whilst blowing loudly on horns

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# REETH AND DISTRICT GAZETTE LTD



So, did you feel good about last month's feel good lyrics? Here are the answers:

- She's giving me the excitations (excitations oom bop bop) - **Good Vibrations, The Beach Boys**
- I see trees of green, red roses too - **(What a Wonderful World, Louis Armstrong**
- Here's a little song I wrote, you might want to sing it note for note - **Don't Worry Be Happy, Bobby McFerrin**
- Whoa! I feel nice, like sugar and spice - **I Got You (I Feel Good), James Brown**
- Imagine me and you, I do I think about you day and night, it's only right - **Happy Together, The Turtles**
- Daay - **Lovely Day, Bill Withers**

The tiebreaker: Beethoven's 'Ode To Joy' was adopted as the "Anthem of Europe" by the Council of Europe in 1972.

And the winner is: Chris Browne, who was a whopping nine years out, but still closer than anyone else.

This month, we are going back fifty years.

Here are the first lines of seven Number Ones from 1970. All you have to do is work out the titles and artists.

- When you're weary, feeling small
- I was born
- When I die and they lay me to rest
- Now if there's a smile on my face
- Now that you're gone, all that's left is a
- You went away and left me long time ago, now you're knocking on my door
- When no one else can understand me, when everything I do is wrong

For the tiebreaker: In total, how many weeks did these songs stay at Number 1? (Clue: The answer is less than 53.)

The usual rules apply with no internet use allowed - unless it is to listen to my newly extended show from 10.00am - 1.00pm on Bishop FM. (It won't help but you can have a go at guessing the year in the 'Mystery Hour') £5.00 will be donated to a charity of the winner's choosing. Answers can be left at the Post Office or sent via e-mail to:

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### Friends of the Dales Countryside Museum

The local musicians who led Dales folk dancing right through the night in the early 1900s are celebrated in a book full of fascinating detail and music published as part of the Yorkshire Dales Folk Dance and Tunes Project at the Dales Countryside Museum (DCM) in Hawes.

The author, Bob Ellis of Gayle, has entitled it 'There was None of this Lazy Dancing', quoting a concertina player, Sam Fawcett of Baldersdale (1878-1960). Fawcett said: "When we get a drop of beer... and got into full blast, there was none of this lazy dancing!" And a popular accordion player, Harry Cockerill (1914-1994) who farmed in upper Langstrothdale told of how he would milk the cows on the way home from an all-night dance.

Bob doesn't just give detailed biographies of musicians such as Cockerill, Brian and Jackie Beresford and their family, and Dick and John Wallbank, but also transpositions of their music some of which was almost certainly unique to the Dales. He can assert this because of the meticulous research he has carried out since 2011. "Although the project was my idea, it was prompted by comments and suggestions made by Fiona Rosher [the DCM manager]. I was already playing a lot of British and European folk dance music and wanted to add a local element to my repertoire.

"I discovered there were only two people in the Dales (both quite elderly) who were still playing that type of music and that it was in danger of dying

out," he said. Those men were Tim Boothman from Threshfield whose late wife, Rosie, was the daughter of Jackie Beresford, and Sam Fawcett's son, Septimus.



Photo provided by Bob Ellis

The result is the most complete record to date of Dales musicians and their music in a very easy to read and enjoyable format. Ellis has drawn together all previously published material and, through his own research, been able to add that which has never before been published. As more is coming to light he plans to post it on his website ([www.dalestunes.org.uk](http://www.dalestunes.org.uk)). The book is in A4 format which has allowed him to print a tune per page along with what is known about it's history. One of Peter Beresford's tunes can be traced back to an itinerant bagpiper in Vienna in the 17th Century. Ellis points out that most of the Dales' musicians couldn't read music. They learnt tunes by ear and then adapted them to the needs of the barn dancers. ....next page

## REETH AND DISTRICT GAZETTE LTD

The music begins with that of William Calvert (1780-1847) thanks to Lynn Wood of Haworth acquiring his tune-book at an auction in Leyburn in 2002. Calvert's family probably paid for his gravestone at Spennithorne churchyard but for the Dales Minstrel, William Bolton, friends raised the funds for his gravestone at Burnsall churchyard when he died in 1881.

Many of these Dales' musicians came from very straightened circumstances but they provided something very important for Dales folk. Bob comments: "Dances provided opportunities for people in the scattered neighbouring villages to meet up, exchange news, socialise and enjoy themselves. No wonder village dances were popular - few other events in the lives of Dales folk provided a relief from the drudgeries of daily life, an opportunity to enjoy yourself and socialise and, for the younger people, a chance to meet members of the opposite sex with a view to finding a partner for life."

Bob is sure there was a Dales' style of dance music. When quoting Sam Fawcett that there was "none of this lazy dancing", Bob writes: "To cater for this energetic dancing, the musicians adopted a vigorous, unadorned style of playing that focused more on rhythm than melody." He has included a detailed section on Morris and Sword dancing in the Dales. He states: "Whilst not entirely unique to Yorkshire because isolated examples have been recorded in the Shetland Islands and on the Isle of Man, all the other known longsword dances in Britain originated in villages in Yorkshire (87 in all) or in neighbouring counties. The teams in the Dales that survived longest were at

Kirkby Malzeard, Bellerby and Hunton.

"An unlikely organisation that helped some of the longsword dances to survive the lean period during the first half of the 20th Century, when many teams stopped dancing, was the Women's Institute, which encouraged the creation of women's teams in some local villages. In 1929, for instance, Middleham W.I. ...came third in a longsword competition held at Castle Howard."

Bob has been playing the melodeon since 1994, has organised Melodeons in Wensleydale weekends at the DCM as well as two traditional dance evenings for the Friends of the DCM. His book can be laid flat so that musicians can easily read and play the tunes. And those who buy the book (£20 plus £4 postage) will be able to download and play the audio files. For more information see [www.dalestunes.org.uk](http://www.dalestunes.org.uk).

Pip Pointon

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## Help conserve swifts in National Park

Bainbridge, 26 May 2020



Common Swift (*Apus apus*)

People in the Dales are being asked to help the conservation of swifts by recording nest sites or where they see a 'screaming party' this summer.

Swifts are currently returning from Africa to breed and can be seen in many Dales villages and towns, although populations are in steep decline across the UK. Groups of screaming Swifts flying fast and low are a sure sign that birds are nesting locally. The forms for recording a nest site or a screaming party can be found here: <https://www.yorkshiredales.org.uk/park-authority/living-and-working/wildlife-conservation/swift-conservation-project/> . The background to this 'citizen science' project can be found in our latest blog post.

The project is being run by the Yorkshire Dales National Park Authority in partnership with the Sedbergh Swift Community Group. Tanya Hoare, a member of the Sedbergh Swift Community Group, said: "Knowing where Swifts nest will mean we can better protect these endangered birds. So why not help by sending your Swift sightings in. Unless we act now, we are in danger of losing them forever."

Member Champion for the Natural Environment at the Yorkshire Dales National Park Authority, Ian McPherson, said: "Screaming parties of Swifts are the sound of summer in the Yorkshire Dales National Park. As more birds return over the next few weeks, the parties will get bigger and louder. "Please do take a minute or two to submit a record if you see Swifts flying near you. The more we know about where Swifts are spending their time in the Dales, and particularly where they are nesting, the more we can do to protect this truly wonderful species.

"Being a birder myself I have had a great interest in Swifts for many years and, being a resident of Sedbergh, have been involved with the Sedbergh Swift Group since it's inception." Andrew Fagg

Image 'Common Swift (*Apus apus*) flying overhead © Nick Upton'

For more information, please contact the Yorkshire Dales National Park Authority's Media Officer Andrew Fagg ([Andrew.Fagg@yorkshiredales.org.uk](mailto:Andrew.Fagg@yorkshiredales.org.uk)) or Communications Manager Mark Sadler ([Mark.Sadler@yorkshiredales.org.uk](mailto:Mark.Sadler@yorkshiredales.org.uk)).

# REETH AND DISTRICT GAZETTE LTD

## Reeth Parish Council February

**Meeting arrangements** Reeth Parish Council held their first meeting by Zoom on May 25 under new regulations enabling councils to hold remote meetings for a specified period until May next year. Arrangements for members of the public to attend meetings will be advertised in the local press and the minutes will be available to read online.

**Parish clerk** The new Clerk to the council is Mrs Christine Steward.

**Flood repairs** Coun Kendall summarised the present situation regarding remedial work done in the Arkle Beck and payments made so far. The council agreed that some invoices which had been rejected previously should now be paid on the understanding that they would not accept responsibility for that part of the work as they had not authorised it. District Coun Good offered to contribute towards this payment with the rest coming out of a grant received from Reeth Sporting Society.

**Playground** Arrangements to discuss the replacement of playground equipment had been put on hold due to the current restrictions but one company had offered to provide a free plan and quote remotely. The Clerk would follow this up and would also contact other equipment providers.

**Overhanging trees** One of the branches from the overhanging trees near Reeth bridge, which was reported to Highways following the last meeting, had been hit and removed by a passing wagon. There were still some smaller branches low enough to cause concern, but Highways have advised that as the trees are on private land it is not their

responsibility to trim them. The Clerk will contact the National Park Ranger to get his advice about cutting them back.

**Village green** Councillors agreed that the green agreements should be sent out as usual. In the past a white line had been painted on the High Row cobbles to protect people sitting at the tables outside businesses from cars parking too close. This had almost worn away. Coun Frankland would check the position of the original line and Coun Peacock offered to talk to Highways about the possibility of them repainting it. A letter of thanks would be sent to Mr Reynoldson for his recent work maintaining the green while Mr Woodward had been self-isolating.

In response to a request from a local resident Coun Frankland would inspect the flagstones outside the Black Bull and if repairs were required he would arrange for an estimate to be provided and for the work to be done.

A request from a resident for authorisation to make some repairs to the Green near the Burgoyne was approved. A request from The Swaledale Festival to erect a tipi on the green next May was approved.

An email regarding the parking of a large campervan on the green was noted but because it is now parked on the highway this is not a parish council matter.

**Flag keeper** Coun Terry had been raising the flag for several occasions over recent weeks and was happy to continue with this. Coun Kendall would provide him with a list of upcoming dates when the flag should be flown.

.....Continued on next page

## REETH AND DISTRICT GAZETTE LTD

**Vermin** A problem with vermin in the Mill Hill area had been reported to RDC after a previous meeting and Coun Good would chase this up. He would meet Coun Terry to establish the exact location of the problem.

**Shelter** It was noted that Reeth bus shelter smelt of urine and had presumably been used as a toilet. Coun Rutter volunteered to wash it out if the smell remained.

**Market** Letters of thanks had been sent to all the Reeth market traders who had been delivering to local residents while the market was closed. Councillors expressed their thanks to Coun Guy and her small team of volunteers who had been receiving and distributing the vegetable orders.

**Environment** An email from the YDNPA Ranger regarding grass cuttings left on the Becksid was considered. Coun Good would ask Richmondshire District Council to provide signs which he would put up at the appropriate place.

### **Next meeting**

The next meeting will be held at 7pm on Monday June 22.

Tracy

### **Dear Editor Reeth Gentleman**

Please would you print the attached thank you in the next Reeth gazette. What has happened in Keld during this very hot weather has been beyond belief and needed to be witnessed to understand. This gentleman from Reeth witnessed the destruction left but came back the next day to do some clearing up. Many thanks. **Elaine H**

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## Message from the Museum

Thank you everyone who has e-mailed us on receipt of the most recent Friends of the Museum Newsletter, we are glad you all like it! It is excellent to know that it has brought good cheer. We very much enjoy your feedback, pictures and ideas, and the messages of support from around the world - from Australia to Sweden! As ever the publication is the result of team work, but special thanks must go to Tracy who spearheads the production, and has produced a bumper lockdown edition!

Sadly, but inevitably, we have had to cancel our July and August talks and events. It is impossible to meet the social distancing requirements in our space. However all our speakers are keen to re-schedule, and we will be aiming for a very special action-packed 2021. We have not yet decided what to

do about our September talk, but will let you know via our usual means. If we can open the Museum and shop we will do so, but only if we can meet the regulations and guarantee the safety of our visitors. If you see our signs out on the Green we are open, if not we are still closed.

I hope most of you identified the photograph we published in the June Gazette? It captured the laying of the foundation stone of Low Row Institute in April 1909. The exact date and event are included in a caption at the bottom of the postcard format picture. You can see more local photographs on our Online Image Archive on the Museum Website.

Now, how about the photo above? Where is this picture taken, when and what is going on?

.....Continued on next page.

## REETH AND DISTRICT GAZETTE LTD

If you want to sign up for our FREE e-newsletters with latest developments do let us know, and we will put you on the circulation list. For advance information on events, why not become a Friend of the Museum?

Annual membership: single £12.50, couple £20, family £25 gives unlimited free entry to the Museum, discount on talks, and our twice yearly Newsletter!

For more information contact Helen Bainbridge:

[helen@swaledalemuseum.org](mailto:helen@swaledalemuseum.org) or on 07969 823232.

Visit our website at:

[www.swaledalemuseum.org](http://www.swaledalemuseum.org) for the latest information.

Helen

Creative in a crisis! Or a moment of Peroni fuelled madness?

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# Diary Dates

## July

- 7th 2.15pm Hudson House AGM.  
18th Mobile Skip on Reeth green, 9am  
- 1pm.

## August

- 8th Day Field Trip at Cobscar near  
Redmire with Ian Spensley

## September

- 16th 7.30 pm Shaun Richardson,  
'Removed and Revealed: Some  
Effects of the July 2019  
Flooding on Archaeology In  
the Two Dales'.

## Reeth Memorial Hall Events

All concerts until the end of  
September have been either cancelled  
or postponed. Please see the Hall  
website for further  
details: [www.reethmemorialhall.co.uk](http://www.reethmemorialhall.co.uk)

## Muker 2020 Show Cancelled

With regret the 2020 Muker Show is  
cancelled. Next year's show on  
Wednesday 1st September 2021 will be  
even more special. Take care everyone.

**Kathy Scott, Show Secretary**

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Flood



I was not sure whether to remind you of this as it's not something to celebrate of course. I just thought there may be readers who never thought they would get over the effects, but now feel positive about their recovery (notwithstanding this lockdown period) and would like to submit their story 'A Year On' ?

The photo is the front cover of the Gazette September 2019 edition, my first Gazette actually. Obviously a collectors' piece in a 100 years time.

See George Harker's excellent but harrowing account of 30th July on page 21.

Mike B

Answers to 'Ask the Family' Quiz  
on page 50

1. Goodfellas
2. Seoul
3. The nest of a bird of prey
4. Mars
5. Diet Coke
6. Triangular
7. Peru, Bolivia and Argentina
8. Israel
9. The Tandoor
10. A pumpkin
11. Sir Stanley Mathews
12. 8pm
13. Croquet
14. Inspector Clouseau
15. Wing Attack
16. Washington
17. Drone Bees
18. Society and social situations
19. Russian
20. Jericho



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