

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

February 2010



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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORIES

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Elizabeth Barker, Editor

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It is amazing what havoc a few inches of snow can create. Fingers crossed, we are past the worst of it now. (I'm sure my friend on the front cover is hoping the same thing.)

This month our attention is given to wedding services, valentines, steam galas, and activities that support Fairtrade fortnight. Never a dull moment.

My assistant, Janet, has returned from maternity leave and is whipping the office in to shape. But we could do with some more hands on deck. Do you like to write, or are you wanting to get involved in the local community? We are looking for volunteers to help us with our community pages and non commercial activities in the Aire Valley. We hope to hear from you.

Have a great February.
Liz



Liz Barker

FAIRTRADE BRADFORD

PROUDLY SUPPORTING THE BIG SWAP

- Bingley**, FT tea and cakes party on the afternoon of Sunday 28th Feb in Little House, Bingley town centre 2-4pm
- Ilkley**, 6th March, Christ Church Coffee Centre. 1pm Fairtrade Foundation Producer Tour: Talk and 'Q & A' session with Banana Producer from the Windward Islands. 2-4pm Fairtrade Tea Party. Free.
- Bradford**, Fairtrade Tea Party, 27th Feb, 9am - 5pm, Bank St / Tyrell St, Free
- Skipton**, FT event at Holy Trinity Church and refectory [at the top of High Street] on Sunday afternoon 2pm until 4pm
- Haworth**, Tea Dance (see page 14)

FAIRTRADE FORTNIGHT

2010

THE BIG SWAP



® This year's Fairtrade Fortnight (22 February - 7 March) is going to be our most ambitious two weeks yet. We want one million and one swaps made during The Big Swap. We'll be asking the nation swap their usual stuff for Fairtrade stuff; your usual wine, sugar, or oranges for Fairtrade wine, sugar or oranges. Each swap will be proof that the UK wants developing world producers to get a better deal. Register here and get swapping.

Bradford -
a Fairtrade Zone

Watch out in the run up to Fairtrade Fortnight for other events around the Bradford District including Bradford University and Church services.

Call 01535 642227 to be included in the next Aire Valley Mag

Mother of the Bride

by Nikki Carroll of Firths



Choosing your Mother of the Bride or Groom outfit should be a very exciting occasion. However formal wear is not something that

most people pick out often, so finding the right outfit can be overwhelming with so many options out there to choose from.

Here are a few simple steps to achieving your perfect outfit:

Talk to the bride first, she may have certain preferences on colour and style. You need a colour that is both wedding appropriate and flatters your skin tone. By knowing what styles and colour to look for in advance, you can narrow your choices.



Key colours for spring summer 2010 to watch out for are purple with white or cream, fabulous floral printed linen in vibrant colours or classical black and white continues to be a striking combination and is no longer viewed as mournful for a wedding.

Begin the process of choosing your outfit at least six months prior to the wedding; considering expected climate, venue and formality.

Consider whether you are looking for an outfit to be once only or to be worn at other events. It may be beneficial to have an outfit that can be worn on more than one occasion and proves healthier on the bank balance!

Shoes should be elegant yet practical, after all, it's going to be a long day and there's bound to be a lot of running about.

It has always been protocol for the mother of the bride to wear a hat. However current trend and practicality have introduced the now fashionable fascinator, enabling you to meet and greet guests without the worry of a large brim being in the way. Whatever your preference, your chosen headpiece should complement and enhance your outfit allowing you to feel like a million dollars.

Although the attention will be on the bride at the wedding, all eyes will be on you too throughout the day, so it's imperative to put in that extra effort to ensure you look fabulously sophisticated on this very special occasion.

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Say you saw it in the Aire Valley Mag!



In keeping with the trend towards retro styling, the "Audrey Hepburn Hairstyle" is proving to be a popular hit with brides!

The elegant up-do hairstyle made popular by the beautiful star from *Breakfast at Tiffany's* has started to see a come back with modern brides looking for a simple yet sophisticated style. This timeless hairdo is essentially a twist style starting from the back and piled up high on the head for a simple but lovely finish. Finish off the look with a delicate

little tiara or a row of pearls for a gorgeous bridal hairstyle.

The hairstyle pulls your hair away from your face to accentuate and highlight your face. It works beautifully for brides with small faces or those with delicate features. However, if you have a wide face or a prominent jaw, you might want to consider a long hairstyle instead. Do try a trial run of this style with your hairdresser first to see if it will suit you before finalising your hairstyle as updo hairstyles sometimes tend to make brides look slightly older. The Audrey Hepburn hairstyle is one of timeless beauty and elegance and would go with just about any wedding gown style. Simply add long white gloves, a string of pearls and perhaps a pair of sunglasses in your photos to recreate that famous look from *Breakfast at Tiffany's*!

Something old, Something new, Something borrowed, Something blue!

(And a silver sixpence in her shoe.)

Do you know this commonly held superstition related to weddings?

It seems this rhyme first emerged in Victorian times, but its origins go back further. The meaning of each item is not clear, but generally it's taken that something old refers to the background of the couple - their friends and family. This is symbolised by the bride wearing something that isn't new. Something new is about the couple's future together, and shouldn't be hard to symbolise as chances are the bride's entire outfit is new - or at

least new to her which is all that matters. Something borrowed should be something belonging to a happily married family member so their good fortune carries on to the bride, and some say you should be sure to return the item if you want to avoid bad luck. Yes, even if you borrow your grandmother's diamond earrings. Something blue seems to have a variety of origins including ancient Rome, early Christianity and the Jewish faith. Finally, the sixpence in your shoe. You would be hard pushed to find a sixpence these days since it was taken out of circulation in 1980. However if you insist on this one you can obtain a silver sixpence (they weren't always made of silver) from this website: www.silver6pence.co.uk
source: <http://www.howtobooks.co.uk>

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For a Hen Party with a difference book the cafe for your special night out with the girls.... Why not plan a painting party? Design the evening to suit your requirements either with or without a meal. Either way the wine can flow because Cobbles and Clay is licensed and can be reserved for private parties and sparkling occasions.
Phone Jill to discuss your ideas and create a unique experience. **01535 644218**



TRAVEL CORNER

by Alison Ender of Future Travel in Silsden



Top tips when booking your honeymoon

Choosing the right honeymoon for you is important. With so many fantastic, romantic destinations, where do you start...

Honeymoons are personal, it is about just the two of you, - not what others think you should book. Here are just a few considerations to take into account when choosing your honeymoon destination so that everything runs smoothly.

1. Decide if you want to travel in your married or maiden name. Remember if you are going to be travelling overseas before the wedding, - change your name after the honeymoon. Airlines charge quite hefty admin fees now for changing a name on a ticket, so be sure you select the best option for you. My advice - travel in your maiden name, you have so much to organise before the wedding, without form filling and expense of a new passport.
2. Gift Service - Why not add your honeymoon to your wedding list, which provides friends and family with the opportunity of contributing towards your

honeymoon.

3. Be realistic with the budget.... Staying in an expensive 5* hotel, generally means, 5* expensive prices for food and drink, so make sure you take spending money into consideration.

4. Remember to book your honeymoon early to avoid availability issues, but don't rush off on your honeymoon the morning after you married, consider leaving it until the following day, - you don't want to be running around at the last minute.

5. Treat yourselves to breakfast in bed, if not included as part of the honeymoon package. Do something different - it's your honeymoon, and why not consider private transfers to your hotel - it might not be as expensive as you think.

6. Add spa treatments or excursions to your wedding list - better than another toaster!

7. Book an airport lounge prior to flying - escape the mayhem of the departure area. Relax in a quiet lounge, with soft & alcoholic drinks, as well as snacks, internet access - great way to start your honeymoon

8. Don't plan to do too much - you will be tired from the wedding day, make sure you plan in relaxation days - your chance to chill out by the pool or take in a spa treatment.

9. Weather - this will play an important part of your decision making as not all destinations have year round good weather. If you have a destination in mind, understand the seasons, is it the best time to go? Call me for more information on 01535 658617

Brontë Parsonage
Museum Haworth



VOLUNTEER MUSEUM STEWARDS at the Brontë Parsonage Museum

Would you be interested in finding out more about the Brontë Parsonage Museum and its remarkable collection? ... discovering what goes on behind the scenes at the museum? ... learning new skills and meeting visitors from around the world?

If you have some free time you may want to consider becoming a Volunteer steward at the Brontë Parsonage Museum.

The museum will be launching a new volunteer programme shortly and is looking for volunteers



to work hours during the day, between Monday and Friday. As well as offering enjoyable, interesting and useful experience, volunteers will also receive various benefits including free admission to Brontë Society events.

*If you would like to find out more about volunteering at the museum please contact Sonia Boocock
01535 640192 sonia.boocock@bronte.org.uk*



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TOP TECH TIPS

Being the adventurous sort I usually cope with the challenges bad weather brings. As the Council's Grit supplies dwindled recently, I had to admit that the 1-in-4 hill near my house was not safe to drive on at times. We switched to the bus for the daily school/office run for a few days last month, but then the school closures finally triggered my inner 'Grumpy Old Woman' to come out singing:-

**Oh the weather outside is shocking,
And the roads are all gridlocking.
Dropping kids off at school is 'no-go'.
Flippin' Ice! Blinkin' Slush! Bl***y Snow!**

While kids aren't exactly disappointed if school's closed, I am! In a small business like ours it's 'all hands to the pump' most of the time. Work can't stop just because of a bit of snow, or anything else, so solid fall-back plans are essential.

Making the most of currently available technology, really can mean 'Business As Usual' from the comfort of home. Remote Desktop Services is built into Windows Business/Professional Editions. Apple sell their own Remote Desktop as an add-on to Mac OS X. Both enable you to work as if you are sitting right in front of a computer that could be anywhere in the world. You need a broadband internet connection between the computer, laptop or mobile client device you are using (yes, even some mobile phones are capable!) and the remote host computer in your office.

Some business networks and Professional/Business Edition Windows PCs are already configured to allow

remote desktop connectivity. In some cases you can even wake up your computer if it's powered off!

If your office computer is Windows Home Edition or MacOS, or your business network is not configured to allow direct connections through, there are a number of third-party software solutions enabling you to set up a connection quickly and easily, many via a web browser, with very little technical knowledge needed.

Most products are downloadable. In some cases they offer basic functionality free of charge. If you want to do more, e.g. printing from your office computer to your home computer's local printer, hear audio, or transfer files between the two, you should probably go for a fully licensed product/subscription.

A word of caution though - in businesses where client confidentiality and data security are essential, high level encryption may be required, or remote working may be completely inappropriate. Getting your employer's permission to 'remote desktop' is essential!

Why not ask your boss about building your fall-back plan ready for the next time bad weather or childcare problems disrupt your ability to reach the office?

For more information try web searching for 'remote desktop software'. For fuller explanations of 'remote desktop' have a read through: http://en.wikipedia.org/wiki/Remote_desktop_software http://en.wikipedia.org/wiki/Comparison_of_remote_desktop_software http://en.wikipedia.org/wiki/Remote_Desktop_Protocol

Michelle Thompson, CloudfreeIT (see us on the back cover)

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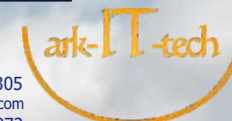
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YOGA & MEDITATION – THE ANTIDOTE TO STRESS

Stress is now one of the most common words in the English vocabulary, describing everything from a missed appointment to a life-threatening diagnosis.

So what really is stress?

Stress really results from perceiving obstacles to the fulfillment of our needs and desires.

The body responds aggressively to these perceived obstacles or threats. It's called the "fight/flight" response. It's a stress response that arises from a primitive part of the brain and is designed to ensure our survival.

During this fight/flight response, a number of physiological changes occur, which prepare the body to respond aggressively to a perceived threat:

- The heart beats faster.
- Blood pressure rises.
- Breathing becomes shallow and rapid.
- Blood sugar rises.
- Adrenalin production increases.
- The immune system weakens.
- The production of sex hormones decreases.

Numerous scientific studies have evidenced that chronic stress accelerates aging and makes you more vulnerable to serious illness, including heart disease, high blood pressure, cancer, panic attacks, immune deficiency, depression, stomach ulcers, chronic fatigue, and migraine headaches. When you feel overwhelmed or anxious, it is easy to forget that you have choices and that there are many tools and techniques that can help you to feel better right away, a couple of these are yoga and meditation. A regular practice of yoga can help bring balance to mind, body & spirit, and when

your mental, physical and emotional selves are working in harmony with one another, you can experience clarity, a sense of wellbeing, calmness, peace of mind and enthusiasm for life.

Meditation gives you the experience of pure, restful awareness. As you meditate, the bodily reactions are exactly the opposite of the stress response: your breathing slows, blood pressure decreases and stress hormone levels fall.

I run weekly yoga classes and meditation sessions in the Aire & Worth Valleys. Phone me to find out more and mention that you read this article in the Aire Valley Mag. Sheila Murray. 01535 648761

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Special guest.....Nioka Abbott-Balcombe a Fairtrade banana producer from the Windward Islands

Q. Would you work hard in difficult conditions for a full year and then accept whatever payment you were offered?

Still wondering about Fairtrade?

The Fairtrade Mark was introduced to guarantee that the producers of bananas, cocoa, tea etc were getting a 'fair' price for the crop. This is because they were basically held to ransom at harvest time to the World market prices and had to accept anything they could get, even if it meant less than they needed to pay for the workers, their land, rent, even food for their families, etc.

The Fairtrade Foundation is 15 years old but the fair trade idea has been around for 40 years or more. What has happened to the idea of Fairtrade during this time?

There are strict monitoring rules before a product gains the Fairtrade Mark, that's why it is so important, and it is the ONLY mark guaranteed to address poverty, not only paying above the market price and never dropping below the agreed minimum figure but also paying a premium which goes to develop the community, schools, housing, whatever they decide is most needed.

There are now thousands of products carrying the Fairtrade Mark, cosmetics, cotton, shoes, footballs, wine, beer etc. The biggest food sales come from bananas and coffee. Supermarkets and coffee chains are embracing the idea responding to consumer choice and demand. This is

where individuals play their part, we can't change the whole world but we can make changes in our own lives and shopping habits which in turn DO make a change for the better in the lives of people at the other side of the world. So in effect you have changed the world albeit a purchase at a time!

One of the more recent increases which had a huge impact on the cocoa farmers in Ghana was when Cadbury changed all the cocoa purchasing for Dairy Milk to Fairtrade. it is hoped that this won't change with the recent take-over.

Fairtrade Towns, Cities, Zones, Counties, Boroughs, Countries, Islands are now all over the world and millions of ordinary people with a conscience come together with a passion to ensure the life that we take for granted can be enjoyed by the people who strive to provide our luxuries.

The impact that the Fairtrade Town movement has had reaches far beyond it's own certified products and by campaigning on ethical and moral issues, the whole consumer business has changed. It may be naive to believe that one day all trade will be fair but surely anyone who answered 'no' to the opening question can doubt that it's good that at least this issue is being addressed. For indepth information, facts and figures see www.fairtrade.org.uk

BRITAIN! SWAP YOUR CUPPA FOR A FAIRTRADE CUPPA

For this year's Fairtrade Fortnight we want one million and one people to join us in The Big Swap. Get involved by swapping your usual stuff for Fairtrade stuff, starting with your cuppa.

Each swap will be proof that the UK wants developing world producers to get a better deal. Visit thebigswap.org.uk to find out more, get inspired and register your swap.



FAIRTRADE FORTNIGHT
2010
THE BIG SWAP
22 FEBRUARY-7 MARCH



Don't miss this opportunity to join in the Big Swap locally. Bring a box of your non Fairtrade tea bags and swap them for a box of Imporient Fairtrade tea at the Tea Dance being held by the Haworth Fairtrade Group. (see p.14 for more details!) Keep an eye on Fairtrade Bradford for more details about other events in the area. (other Fairtrade Zones include Baildon, Bingley, Bradford College, Ilkley, Shipley, and Thornton.).

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Roasted salmon, crushed new potatoes & leeks, Broccoli with prawn & crayfish sauce
Char grilled sirloin steak, mushrooms, tomato, Chunky chips & pepper sauce

Valentine's
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Friday 19th Feb
Christine McMahon:
Story Telling - Northern Grit (re-scheduled)
Tickets £2.50 Children, £5 Adults. 8pm
Food served between 6:45-8pm (suitable family event)

Friday 26th February
John Drury
Tickets £5.00 8.00 start
Food available from 6.45.
More new songs (including Princess Aris and the Dragon) and some old faves from John and friends.
(If he can find any!)

February Half Term...
(Open 7 days, 9-5)
Looking for something to keep the children busy during half term? Drop by the cafe for a few hours of creativity and fun. No need to pre-book.

Save the date! March 27th
The Travelling Band
return to the cafe for a special acoustic session. (see our website for more details.)

At Cobbles & Clay we are committed to using Fairtrade products and ingredients wherever possible
(Offer Valid from Feb 22- March 7th)

In celebration of Fairtrade Fortnight we will be adding to our menu, Free fair trade tea or Americano when served with fair trade bananas slow cooked in maple syrup served with cream or ice cream. £3.25
We will also be hosting a Fairtrade banana producer ... please refer to our website for details.



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Sweetheart tart for the Casanova in your Kitchen

Sumptuous, rich, lavish, indulgent and perfect for spoiling that special someone on Valentine's day – and simplicity itself. So even if you're stunned by their smile and senseless in their presence, you'll still be able to whip this up and watch their knees go weak from the very first mouthful. This is unbelievably good...and if there isn't a special someone to share it with, then all the better – because, after all, you're worth it!

- 1 block ready made puff pastry (thawed if needed)
- 150g chocolate (dark or milk, whichever you prefer)
- 150ml condensed milk
- 150 ml (or so) double cream, whipped
- strawberries, raspberries or cherries to top with – about 20 – 25 at the most
- Heat the oven to gas mark 7 / 220 / 425

Roll out the pastry into a circle about half an inch deep and place on a floured baking tray.

Cut a heart shape (you might want to cut a template out of paper first and cut around

it if your hands are trembling already...)] With a sharp knife, cut another heart shape inside the first, about an inch or so smaller all the way around – but don't cut all the way through the pastry. Make diagonal scores across the central heart shape and bake for around 15 minutes until crisp and risen, but not burnt! Take out of the oven and, while still warm, gently lift away the top layers of pastry from the INNER heart shape. This will leave you a heart shaped shell.

Once this has cooled, melt the chocolate and condensed milk together in the microwave on full power for 1 minute. Take out and stir very well until the mixture becomes smooth and glossy. Spread mixture inside the tart.

Whip the double cream and spread around the inside inch or so of the tart shell, and decorate with the berries and any heart shaped trimmings from the spare pastry.

Best eaten horizontal with a large spoon and a daft grin on your face.

Nel Hargrave

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*Are you a community based group?
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communicate to the community.*
phone us with your event details
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Sat 30th Jan-Sat 6th Feb Puss In Boots

Keighley Amateurs Pantomime. Fun for all the family! There are four matinees, Saturday 30th at 1pm and 5pm, Sunday 31st at 2.15pm and Saturday 6th at 2,15pm. Victoria Hall (Keighley) Victoria Park Hard Ings Road Keighley BD21 3JN 01535 681763.

Wed 3rd Feb Splitting the Aire 6 mile linear walk. Packed lunch required. Meet David Anderson at 10:30am outside Bingley railway station. This walk visits both sides of the river Aire ending at Saltaire. Return to Bingley via public transport.

Thurs 11th, Fri 12th & Sat 13th of Feb Craven College performing The Little Shop of Horror. 7.15pm Tickets £8 Adults, £5 Conc. The Mart Theatre, Ling Fields, Gargrave Road, Skipton BD23 1UD. Box Office on (01756) 791411

Fri 12th - Sun 14th Feb - Winter Steam Gala. KWVR www.kwvr.co.uk/events/index.htm Contact tel. 01535 645214

Sat 6th Feb Kelly's Eye Live music. Glusburn Institute Tickets £7.00 Tel 01535 630223 TICKETS AVAILABLE FROM Thornton's Crosshills or www.ticketsource.co.uk/glusburnevents
Fri 12th Feb Keighley Blues Club - The Cajun Roosters (Special Guests: Charnley & Grimes) Tickets: Members £10. Non-members £12. Keighley Cougars RLFC tickets 01535 600310 or 07522 326855

Fri Feb 12 to Mon Feb 22, LEEDS

VALENTINES FUN FAIR Europe's biggest Valentines Fun Fair with theme park rides and attractions including Rollercoasters, Log Flume, Giant Wheel and a mass of over 150 thrill rides and family attractions from Waltzers to Dodgems or the Buzz Bom & Devil Rock. Open Daily 1pm - 10.30pm. (exc Fri 12th opens 5pm and Saturday 20th opens at 6pm) Admission £1 children under 1 metre FREE. Car Parking FREE and Rd Car parks along LUFC West Yorkshire LS11 OES

Sat Feb 13, to Sun Feb 21, Eureka! Winter Games. You don't need to fly to Canada to take part in the Winter Olympics this year. Visit Eureka! instead where we'll be holding our own winter party build your own sleigh and race it with your friends through a winter obstacle course or make a snow pom-pom for our indoor snowball challenge! Activities are drop-in every day from 13-21 February.

Free with standard admission. The National Children's Museum West Yorkshire HX1 2NE

Sat 13 Feb Steeton Male Voice Choir Lord Mayor's Appeal St. Bede's School Bradford.

Tue Feb 16, to Thu Feb 18, Marking Out: Half Term family workshops Have fun creating larger than life art work inspired by the patterns in Peter Randall-Page's sculptures. Sessions: 10.30am +

1.30pm / £1 per person
Yorkshire Sculpture Park, West Bretton, Wakefield West Yorkshire WF4 4LG
17th -20th Feb Glusburn Institute Dick Whittington Pantomime tickets:www.ticketsource.co.uk/glusburnevents
Sun 21 Feb Sutton Village Hall Table Top Sale 9am-12 noon. 20p admission (or more) All proceeds gratefully received and will go towards the Village Hall refurbishment. 01535 637160

Wed 24th Feb to Sat 27th Feb Right Up Our Street, Silsden Community Productions theatrical event based on local events & characters. Tickets on sale Twiggs newsagents, (Adults £6, Under 16's £3) Silsden AFC/Cricket Pavillion, Keighley Road, Silsden. The performance starts at 7.30pm.

27th Feb Haworth's Fairtrade Tea Dance. 4-7pm, as part of Fairtrade fortnight 22 Feb - 7 March. West lane Baptist Church. Tickets £2 to include all tea, cakes



and dancing. phone 647776.

Sat 6th March. Fairtrade Tea Party. 2-4pm Christchurch Coffee Centre, The Grove, Ilkley. Free. The Fairtrade banana producer will be there at 1pm for a talk.



Keighley BigK 10K

Sunday 14th March 2010

Victoria Park, Keighley 9:00am

In aid of Sue Ryder Care - Manorlands Hospice

A multi-terrain 10K route linking parks and scenic paths, suitable for all abilities (runners and walkers welcome)

For further information and to enter online go to www.bigk10k.org.uk or phone 01535 640430 for an entry form. Please enter in advance, entry costs adults £9.00, 11 - 16 year olds £5.00 (£15.00 on the day subject to capacity)

RURAL MATTERS by Rachael Moore

Carry On Farming

When you think of farming, you think of cows grazing in a lush green field, or gathering the hay in the hot sunshine. It's been a different story more recently...

We all need water to live, but in excess we can't manage this natural asset. November was a particularly wet month, with heavy downpours causing rivers and streams to flash flood, then back up and flood yet more land. With the land being underwater, some crop damage is evident once the water has receded.

Brown puddles last for a month or so, with the grass having gone slimy underwater.

Then there's the animals. There's a farmer who I know very well, who keeps a close eye on the downfalls and any hint of heavy rain and the lambs are moved to higher ground. One particular Sunday, just as we were supplementary feeding the sheep and hogs, a brief glance down the valley spurs a Lamb Moving Session. The river was at a level with the banking and ready to burst at any point. Gathering up 200 or so lambs with two men (well, one lady) and a sheepdog against the driving rain was not going to be easy. The lambs were well sheltered under a belt of trees, not knowing this was one of the lower fields in the valley bottom. Getting them to shift was not welcomed, even with the dog.

Eventually, after a lot of arm waving and shouting at the lambs, they began to 'trail' the way we wanted. The aim being to get every lamb safe and sound on higher ground at the field furthest away from where we were... Sunday Lunch was



frozen lamb

photo James Hutton

looking more like Sunday Tea. I was really impressed by the sheepdog. She was well practised at this routine, keeping a good fifty feet to my left and the farmer another fifty feet to her left. If any lambs tried to make a break, she had them covered as they were soon returned to the rest of the flock.

The rain got stronger and the winds colder, by heck we felt it as we were already soaked to the skin, but we had to carry on – the river had now burst its banks and was running into the fields where the lambs were. Soon, the

wool was drenched and we all know how heavy this can be when its wet. The lambs got slower, we got more tired, but had to press on. Some of the lambs stopped and refused to go any further. There was nothing else for it, they had to be taken to higher ground one way or another. So, they got a free ride. Some in the LandRover and the odd few carried by the farmer over his shoulder. With the river getting higher there was no time for messing about. You have to admire that in a farmer. A job needs doing, so they just get on with it. No moaning, even in these conditions.

We finally got the lambs to the higher field. They were all gathered together and fed supplementary feed to boost their energy. At least we knew they were safe and wouldn't be washed away. Following the downpours of rain causing widespread flooding, comes the gentle white snow flakes. They don't cause any harm, I hear you say... I love snow. Everything looks so clean and refreshing, especially when it's sunny. Then again, I don't have to work in it every day.

Calling all local businesses!

New Year's Resolutions fading fast? Why not take a truly positive step towards better business this year by joining the 'Aire Valley Business Network'?



We're aiming to put a 'spring in your step' as we re-launch the group at our March meeting. There'll be the opportunity to hear the first in a series of four speakers invited to the next four of our regular monthly meetings, covering topics relating to **GROWING YOUR BUSINESS in 2010.**

Guy Foster (Established Business Advisor at Business Link) will be offering insight into the importance of **Sales & Marketing** in all businesses. Network with local business people, share in the ideas for encouraging local growth and discover new opportunities.

This event is FREE! There will be refreshments available, so get there early to network!

Forthcoming Events:

February Meeting:
2nd February 2010
Kings Arms, Silsden
5.30pm – 6.30pm

March Meeting - Sales & Marketing:
2nd March 2010
Kings Arms, Silsden
5.30pm – 6.30pm
Guest Speaker: Guy Foster

The AVBN is a group set up by local business people to develop trade for and between the wide-range of businesses in the Aire Valley and surrounding areas.

Meeting on the first Tuesday of every month in Silsden, we invite all local business people to come along to experience our 'less intense' style of networking. For information check out our website - www.avbn.org.uk. If you would like to attend please email us - contact@avbn.org.uk



Four Keighley Cougars players opened the brand new Sue Ryder shop in Haworth on Tuesday. The charity which runs the Manorlands hospice in Oxenhope has refurbished the Haworth outlet with the theme of vintage and retro clothes and memorabilia.

Cougars players, Chris Baines, Brendon Rawlins, Jonny Presley and Tom Hall were delighted to open the shop especially as Sue Ryder is Keighley Cougars main charity. The opening of the shop was

extremely popular with local residents who enjoyed champagne as they shopped. Shop manager Sue Leighton said 'We would like to thank all those people who kindly donated as without them the shop would not be here. We continue to ask people to look in their attics and cupboards for vintage clothes and memorabilia.' Sue Ryder Care's other shops in the area will supply suitable items from their own donations, including the Keighley Cavendish Street Shop and the Bingley, Park Road branch.

The shop in Haworth on Bridgehouse Lane also has a range of more traditional charity shop goods. It is open seven days a week from 9am to 4.30pm. If anyone would like to volunteer please ring the shop on 01535-602485'



Where in the Aire Valley? COMPETITION

Can you identify the building or landmark indicated by the red cross in this photograph?

This month's prize is A Free Day Rover Pass on the Keighley & Worth Valley Railway.

Email your answer to:
mail@worthvalleymag.co.uk

The winner will be selected from all correct answers received by Feb 15, 2010

Google Earth ©



Last month's winner was Peter Saunders
The correct answer was Steeton Primary School

WEBSITE OF THE MONTH



If you want to save money on your phone bill then this month's website is your new best friend. Many companies advertise using '08' numbers which cost far more than standard calls and are usually excluded from any inclusive time packages offered by your phone provider. Quite often you'll be kept waiting on these lines in a queue and it's no surprise to learn that companies that use these numbers are actually receiving a cut of the phone call costs! Saynoto0870.com is a site that lists alternative numbers that you can use at the normal rate. You can search by company name or number and there is also a very useful forum.
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As parents, everyone wants the best for their children and while the school year begins to swing back into its familiar rhythms, mums and dads are turning their minds to their children's academic progress. Our belief at the Kip McGrath Education Centres is that any child can learn if taught properly. As one of the largest and most successful supplementary education providers worldwide, we wanted to remind you about how our programmes can enhance the learning experience for all students and really motivate them make the most of their educational opportunities.

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The following questions were allegedly set in last year's GCSE examination. These are genuine answers from 16 year old boys. (allegedly :-)

- Q. Name the four seasons
A. Salt, pepper, mustard and vinegar
- Q. How is dew formed
A. The sun shines down on the leaves and makes them perspire
- Q. What guarantees may a mortgage company insist on
A. If you are buying a house they will insist that you are well endowed
- Q. What are steroids
A. Things for keeping carpets still on the stairs .
- Q. How can you delay milk turning sour
A. Keep it in the cow

- Q. What is the fibula
A. A small lie
- Q. What does 'varicose' mean
A. Nearby
- Q. What is a terminal illness
A. When you are sick at the airport .
- Q. Use the word 'judicious' in a sentence to show you understand its meaning
A. Hands that judicious can be soft as your face .
- Q. What does the word 'benign' mean
A. Benign is what you will be after you be eight
- Q. What is a turbine
A. Something an Arab or Shreik wears on his head.
- Q. What is a seizure
A. A Roman Emperor

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The shop (all fairtrade) sells beautiful jewellery, Josticks, Cards and much more. Michael Conneely (the Happiness Centre's resident astrologer) does tarot readings from the shop every Tuesday

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Aire Valley Mag

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co.uk

Brontë Parsonage
Museum Haworth



Free Local Residents' Day at the Brontë Parsonage Museum Saturday 20 February 2010

The Brontë Parsonage Museum has recently completed a project with support from the Heritage Lottery Fund to improve the presentation of the historic rooms of the Parsonage.

To celebrate, admission to the museum will be free to local residents of BD20, 21 & 22 on

Saturday 20 February (please bring a utility bill or other official proof of address)

The museum is open 11.00am to 5.00pm –
01535 642323/ bronte@bronte.org.uk



WORTH & AIRE VALLEY MAGS

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Private screened pool, jacuzzi & games room.

Fully air-conditioned, PS2 consoles & cable TV.

Situated off US27, 15 minutes drive from Disney, close to
 supermarkets, shops, restaurants, bars & golf courses.

For more information please contact
 Steve or Sharon

Daytime: 01535 643348

Evening: 01535 644227

email villa-enquiries@btconnect.com

www.orlandovillaforrent.co.uk

Cover photo: Paul Barker www.paulbarker.com