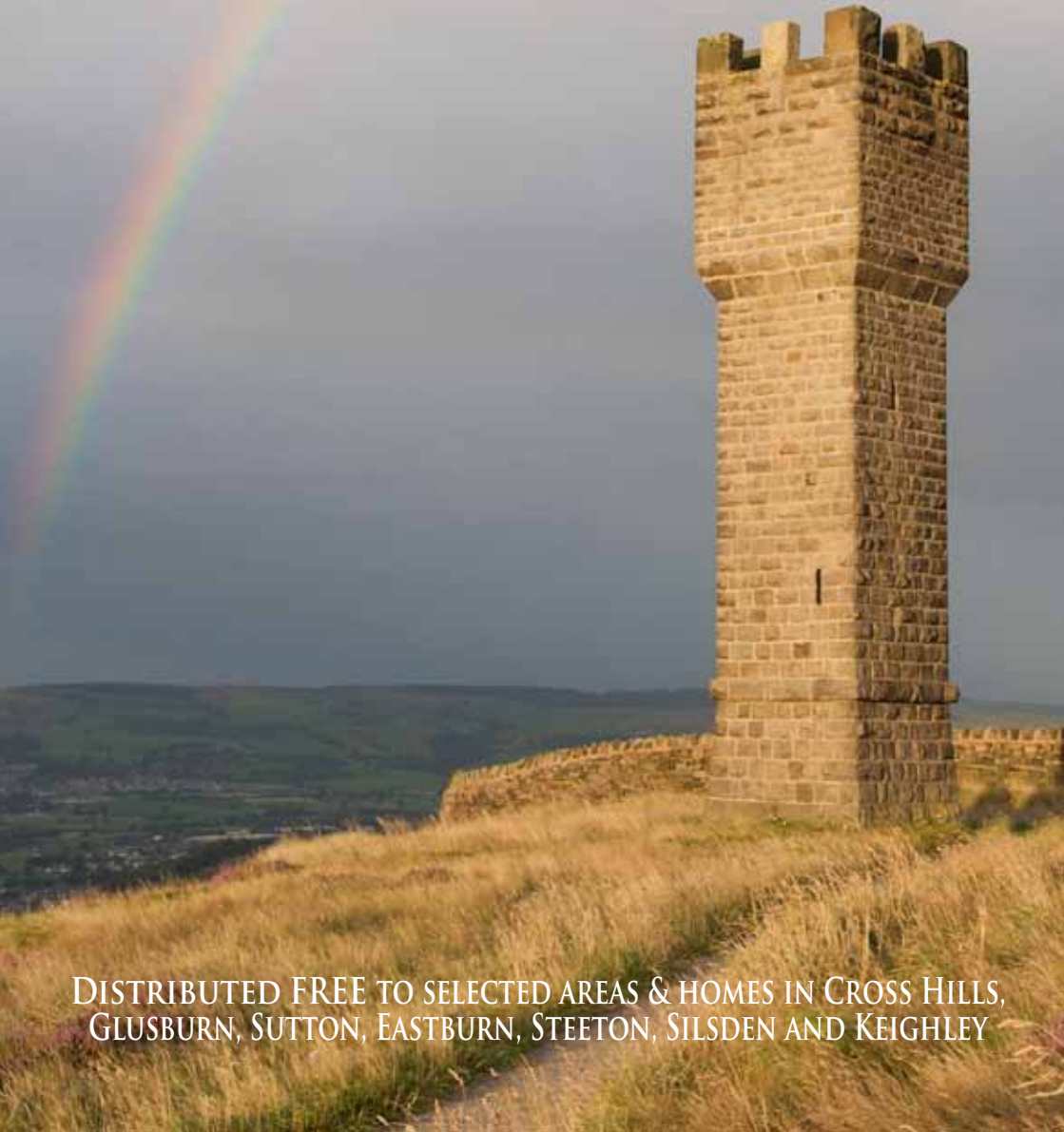


AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

October 2011



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*If you would like to find out more about volunteering at the museum please contact Sonia Boocock
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When October arrives it feels like we have turned the corner and can see the end of the year in sight. The kids have settled back to school and preparations for half term are already underway. The routine is reassuring and familiar. For those without family or with little support there is help in the community with a number of initiatives and groups. Central Hall is located on Alice Street and is easy to access. It houses a number of supportive community groups. Read on p12 about two organisations, Confianza and Mothers and Pregnancy Support Service (MAPSS), that are also based there and doing good things for the community. A certain calendar project is causing quite a stir...read about that on p16.



Liz Barker

Have a great October!

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WINED & DINED

BY CLAIRE SMITH



'There are few hours in my life more agreeable than the hour dedicated to the ceremony known as afternoon tea'

Henry James

It is a month of pumpkins and pomegranates, country lanes colonised by dancing, golden leaves, frosty mornings and autumnal afternoons. There will be transient processions of ghosts and ghouls which evaporate almost as suddenly as they appeared once Halloween is behind us. But as we move into the autumn and winter months my English side surfaces and my thoughts turn to the steadily ticking clocks, sumptuous furnishings and all embracing calm of the English country house; to crisp white tablecloths and elegant teas taken in fine china brought on silver trays. The very English tradition of afternoon tea conjures images of stylish ladies and gentlemanly behaviour; of delectable morsels both sweet and savoury, enjoyed in an atmosphere more relaxed and refined than the rushed cup of tea and biscuit that we know today. Setting aside an afternoon in which to enjoy taking tea, either alone, if solitude is what you need, or as a social gathering, will re-connect you with the magic of a time less hurried and more pleasurable than the impersonal hustle and bustle of modern day living.

Traditionally afternoon tea begins with savouries- finger sandwiches, savoury pastries and little toasts- followed by scones and a selection of tiny cakes

and fancies. An extra special tea would include a glass of champagne. Each of the delicacies on offer must consist of no more than a mouthful or two, the idea being that afternoon tea affords the participant an opportunity to taste and enjoy lots of different flavours whilst chatting over a delicately fragranced, honey-coloured infusion.

Combine stilton with pear or smoked salmon with cream cheese (or stick with the quintessentially English cucumber if you prefer) and place on thinly sliced bread with the crusts removed; cut each sandwich into fingers to make delicate finger sandwiches. Anchovy butter on crisp little toasts, caramelised onion tartlets and baby rarebits all make a tasty start to tea. Next come the scones, fresh from the oven and served with clotted cream and as good a conserve as you can find; cinnamon toasts, fruited and spiced teabreads, drop scones or baby Chelsea buns. After all this (and this is my favourite part) come slithers of cake and delicious little fancies (I could write reams) tiny éclairs, fruit tartlets, chocolate macaroons and mini pavlovas; moist sponges and florentines, all washed down with a fine leaf tea, earl grey, afternoon darjeeling or a delicate rose petal.

Scour antique, junk or charity shops for pretty china teacups (the china should be fine- translucent when held up to the light), or give your best china an airing and dedicate an autumnal afternoon to the joys of taking tea.

'I think of half-past four at Manderley, and the table drawn before the library fire...the performance, never-varying, of the silver tray, the kettle, the snowy cloth.' Daphne du Marier, Rebecca.

THINKING ABOUT SOLAR PV? BUYER BEWARE & PURCHASE WITH CONFIDENCE

There has been an astounding amount of growth in the solar photovoltaic market in the last quarter. Consumers are becoming increasingly aware and interested in energy efficiency and new choices open to them for powering their homes. The increased demand has however led to an increase in rogue trader solar companies, as recently mentioned on TV; and some newcomers have jumped on the bandwagon thinking it will be an easy and profitable business opportunity.

We recently learned that one reputable PV company from Queensbury had been out to an installation for an 83 year old gentleman in Wyke, Bradford, where another company had tried to charge £43,000.00 for an installation that was worth £13,300.00!

It may seem obvious but it is advisable to get more than one quote from recommended companies. Don't assume that cheaper is better. Solar PV companies should be charging around the same unless they are using sub standard materials or sub contracted labour. Be sure you are quoted like for like. and ask for clarification if you don't understand the information or request an itemised quotation.

Here is a Solar PV buyers' checklist

Use this to ensure the salesperson or surveyor adequately checks the suitability of your home for solar PV. During a visit from a solar PV installation company, a good surveyor should do the following.

Make written notes of all the

measurements, in particular the orientation of the roof.

- Look at the roof – from both inside and outside.
- Use access equipment for closer inspection where roof quality is uncertain.
- Record any possible risk of shade on the roof from trees, neighbouring houses and chimneys.
- Examine the loft and measure the tilt angle of the roof.
- Look in detail at your consumer unit (fuse box) and metering.
- Identify your main electrical appliances and when you use them.
- Look around your house and discuss where to locate cables and equipment.
- Provide an in-depth quote including scaffolding costs, panel/module information, details of warranties, details of the inverter, the company's terms and conditions, and information on how it has calculated the payback, rate of return and savings.

Remember to ask how long the company has been in the PV business. Always ask for references and follow them up. A reputable company will be delighted to put you in touch with their customers. You can then find out just how good they are by speaking to others who have had the system installed.

Find out, if the company is accredited with a recognised consumer advocate group or a professional association.

As in all major purchases, buyer beware is the axiom. There is no substitute for due diligence; you may indeed benefit from the installation of solar PV.

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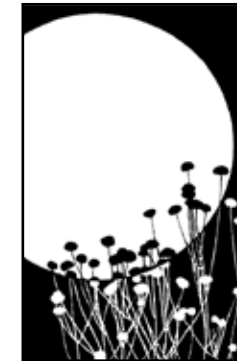


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The Child In Him

I loved the child in him
 so innocent and sweet
 The mischief in his eyes
 the blush upon his cheek
 The tender way he spoke
 that showed me that he cared
 The touch of his warm hand
 that gently touched my hair
 The smiles that we shared
 that filled my life with glee
 For when I was with him
 I found the child in me

Jean Gabor



Rags

The night wind
 rips a cloud sheet
 into rags,
 then rubs, rubs
 the October moon
 until it shines
 like a brass doorknob.

Judith Thurman

Ghostly (Haiku)

Lightning break the window
 cat arched back in fear
 apparition comes

by Laurence Overmire



Blue Cheese Fondue

(Serves 4)

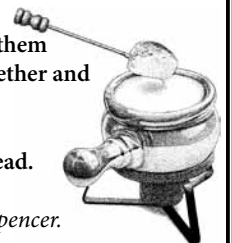
- 3/4 pint of Timothy Taylor Landlord beer
- 1 teaspoon grated onion, lightly fried in a few drops of olive oil
- 2 oz./50 g Colston Bassett Stilton, crumbled
- 12 oz./350 g Farmhouse Cheddar cheese, grated
- 1 Tablespoon flour

Heat the beer and onion in a fondue pan or an enamel coated pot (don't use an aluminium pan). When the beer is hot, but not boiling, add the blue cheese and slowly stir until melted using a wooden spoon or other non-metallic spoon.

Mix the cheddar cheese and flour together and then gradually incorporate them in to the heated mixture. Continue to stir and allow the cheeses to melt together and the fondue to thicken. Again, be careful it doesn't boil.

Serve in a traditional fondue pot with heat beneath it.

Serve with cut up cubes of fresh pineapple, celery sticks, and lashings of bread.



This recipe is adapted from and inspired by Hamlyn's Fondue Cookbook by Jill Spencer.



Keighley's older people can celebrate Christmas Day together with a special lunch at Central Hall.

The festive fare will be provided by Confianza, which is based in the building and provides a variety of training courses to help people into employment in the catering and other industries.

'Christmas Day is special so it's at the heart of our social aims and objectives,' says managing director Gavin Farrar. 'We are pleased to be able to offer this service to the older people of Keighley on what can be a very lonely holiday.'

The four-course meal will be cooked by Confianza trainees and will include all the favourite traditional fare and seasonal

trimmings with vegetarian options for starter and main course. Tickets are £10 each and will include a glass of wine and Christmas music. Transport can be arranged for an additional £2.50.

Three computers will be available so that people can use the internet to call their friends and family.

'Central Hall is more than just a meeting place for everyone in Keighley,' says development manager Matt Blackmore. 'Every room - including VIP's@Café Central - has wi-fi access so you can drop in at any time and keep in touch with loved ones from further afield.'

Tickets for the Christmas lunch are for old-age pensioners only and can be bought from Central Hall reception (telephone 01535 665258) or from Confianza (telephone 01535 612530). Sixty places are available.

SUPPORT FOR YOUNG MOTHERS

An organisation providing guidance for pregnant teenagers and young parents has moved into Keighley's Central Hall.

The Mothers and Pregnancy Support Service (MAPSS) can help with finding and moving into good quality housing, and exploring training, education and employment opportunities.

There is also guidance on budgeting, claiming benefits, completing forms and letter writing. Other services include advice on effective parenting and developing domestic skills, help with accessing healthcare and other specialist support, and encouraging involvement in social and leisure activities.



'We aim to provide a one-stop shop to meet everyone's information needs,' says Central Hall development manager Matt Blackmore. 'MAPSS will complement the wide range of services for individuals, community groups and buildings already located here.'

Airedale Enterprise Services uses Central Hall as a base for providing business support and people can search for volunteering opportunities at VIP's @ Café Central. The building also houses the Keighley offices of Bradford and Airedale Citizens' Advice Bureau.

MAPPSS can help pregnant women and new parents aged 16 to 25 from across Bradford district, who are homeless or inadequately housed.

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THEATRE REVIEW A VIEW FROM THE BRIDGE



his lawyer - played by the commanding presence of Ian Wilkinson - to see if there is any legal recourse for ending the affair. The only chance he has of breaking them up is by informing the Immigration Bureau about his niece's lover, but coming from a fiercely loyal Italian neighbourhood this is not something he can do without the risk of some serious recrimination.

Every twist and turn in this treacherous and tragic tale was greeted with a chorus of "ooh's" and "ahh's" by the Playhouse's dedicated followers who - after feeling thoroughly involved in this classic story - rightly rewarded the superb cast with a rousing applause at the final curtain. As we streamed out on to Devonshire Street I paused to listen to the buzz of enthusiastic chatter and felt empowered by that feeling you get when everyone leaves together at the end of a great party - the feeling that you've been treated to some quality entertainment - and that's something that can often feel like a rare commodity these days, but not at Keighley Playhouse. Find out for yourself at their next production - Alfred Hitchcock's "39 Steps", which is on from the 24th to the 29th of October. As one satisfied customer told me on the way out, "It's better than the telly!"



photos by bbphotoshop.com

Despite the glut of banal reality shows choking the television schedules more and more of us are investing in bigger and better home entertainment systems and staying in - relying on our thrills to be delivered to the comfort and safety of our living rooms. Ridiculously oversized plasma screens and 3D glasses may bring you closer to the cinematic experience, but if you really want to get in the thick of the action you won't regret getting off your couch and paying a visit to your local theatre. The new season at Keighley Playhouse opened recently to a packed audience with a performance of the Arthur Miller play "A View From the Bridge", and there was undoubtedly more drama and engaging dialogue in five minutes of this excellent production than you'll see in a lifetime of Celebrity Big Brother. And all for the miserly sum of £6.00 !

Tim Lobley as Eddie Carbone gave a compelling performance of a man slowly bubbling with resentment at his adopted niece's relationship with his wife's cousin, an illegal immigrant from Italy he had welcomed in to their Brooklyn home. Unable to separate them he even resorts to visiting

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2012 Calendars

It all started when Jevgenia's exercise and dance class from Haworth went on an overnight excursion to the Dales. While enjoying the break in the countryside one of the dance class members, Sarah Granby, picked up the Grassington Calendar Boys 2011 calendar. Following in the footsteps of the ladies of the Rylstone W.I., some of the men of Grassington had stripped off to raise money for a local cause. The idea as pioneered by the original Calendar Girls, has been much copied with varying degrees of success. Though the Grassington offering was less than stellar compared to that of the ladies slightly further down the valley, the seed was sown in the mind of Sarah, who thought this might be a fun way to raise money for Haworth Parish Church restoration fund.

It took a while, but wheels were set in motion and local Worth Valley resident Liz Barker and her husband, photographer Paul Barker were drafted in to assist. It seemed highly appropriate to use Paul to help, because during his career as a press

photographer, he covered the launch of the original W.I Calendar in 1999, and also appeared as an extra in the Calendar Girls movie.

There have been so many terrible efforts at charity calendars, that the decision was taken to only proceed on the understanding that the project would be done well or not at all. Despite the fact that it was to raise money for the church, boobs and bottoms would be visible, and when this was reported in the local press, a few people from the parish church thought this was a most unsuitable project for the church to be involved. [Not unlike the Calendar Girls' story where the WI distanced itself from the calendar participants] After some smoothing and cajoling and explaining that this was not a particularly new or radical idea...and after all it was the community coming to the aid of the church, plans were made and volunteers enlisted to pose in as great a state of undress as they dare.

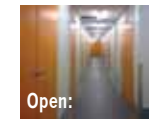
The goal was to include many people

from different parts of the community, not just church goers or traders. The list grew rapidly and so many people came forward that it was eventually decided to produce two calendars, one featuring men and the other featuring women. A little friendly rivalry has been introduced to see which version sells in greater quantities. The results will be announced at a party in the New Year, which as well as having another occasion to raise a few more pounds for the church restoration fund, will be an opportunity to draw the community together for a common cause.

The photographs are completed now, and the artwork is done. The calendar includes a local councillor, a former Lord Mayor, a senior district councillor, a handful of Haworth traders, a host of interesting characters from the wider Worth Valley, a bellringer, a minister and his wife, a plumber, a mechanic, a busker, and a retired Haworth bobby and oompah band leader many will certainly recognise. It is a cast of wonderfully brave and active citizens willing to participate in community life; they deserve a pat on the back and much praise for their efforts.

From mid October the calendar will be available from many of the shops on Haworth Main Street and wider in the community. You can order online via www.worthvalleymag.co.uk. Please support this fundraising effort and purchase the calendar for your friends and relations. If nothing else, buy them now and save them for posterity...Like the original Calendar Girls first editions, they may be collectors items one day!

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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 generously donated by author Philip Lister
Ghosts and Gravestones of York

Email your answer to:
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The winner will be selected from all correct answers received by Oct 20, 2011

Last month's winner was Sue Thompson. The location was Steeton Pharmacy. Google Earth ©

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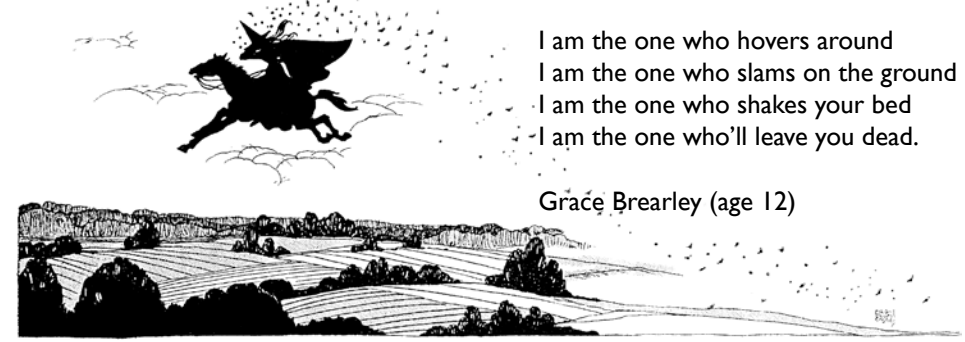
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ON HALLOWEEN

The witches fly
Across the sky,
The owls go, "Who? Who? Who?"
The black cats yowl
And green ghosts howl,
"Scary Halloween to you!"

~Nina Willis Walter~



HAUNTED

I am the one who haunts your home
I am the one who rings your phone
I am the one who slams your door
I am the one who screams on the moor.

I am the one who walks through walls
I am the one who always calls
I am the one who scares you at night
I am the one who gives you a fright.

I am the one who hovers around
I am the one who slams on the ground
I am the one who shakes your bed
I am the one who'll leave you dead.

Grace Brearley (age 12)

To advertise call Liz on 01535 642227



Months of planning came together for just two days in September when the Bronte Parsonage meadow once again was the location for the Fairtrade ecofestival, Fair Intents. The weather forecast wasn't looking great but fortunately luck was with us and it stayed fine for the duration.

Saturday evening was blessed with a full moon shining from a cloudless sky assisting the solar fairy lights in transforming the landscape into a magical musical venue for the Ceilidh, add to that the local and Fairtrade wine and beer, and a curry and there was a heady mix of pleasures of which the Brontes, certainly Patrick, would have approved.

The attendance over the two days was double that of last year's event, attracting over 3000, and there were far more things to see and do. Some were rather unplanned, like the straw bale seating that became at first a den and soon a mountain of straw that kept dozens of children happy for the whole two days. Who needs a bouncy castle when they can make their

own fun with such a natural resource to feel, smell, throw themselves about in completely safely.

Adults had the opportunity to play with stone, or wood courtesy of Craven College or try one of the many crafty things on offer from local groups and individuals, whilst local talent entertained non stop in the marquee. Visitors included Kris



Hopkins MP and Bradford's Lord Mayor Naveeda Ikram who were both impressed by the event and offered encouragement and praise for such a community led initiative.

Several charities benefited from the event and the huge cost of staging it was borne mainly from the Co-op



Membership, Ecology Building Society, the Parish Council and the Big Lottery, as well as a handful of dedicated business owners who gave



pro bono, and to whom we are extremely grateful.

Thanks to all the brilliant people who gave up their time and energy to help us put on two great days of fun, games, music, playing, learning, eating, drinking, dancing, watching, joining in or just observing.

fairtrade.org.uk
fairintents.org.uk
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TOP TECH TIPS by Michelle Thompson of CloudFree IT

The Trouble with Email Aside from the irritation I feel since 'txtspk'* started replacing the use of 'Proper English'* in some forms of written communication, occasionally my blood pressure rises a notch further, when normally well-spoken recipients of my 'carefully crafted' emails reply with 'attchmnt mssng - rsnd'. Call me old fashioned, but whatever happened to pls?

I know what you're all thinking, folks! Quick slip of the mouse and 'oopsy' the email has gone before you've attached the file. I have a little sticky note next to my computer now warning 'Don't forget the attachment, Stupid!'

If I can see the file in question with the email in my 'sent items', and can save it/open it locally on my computer, I know it was sent. If my mail server doesn't report anything amiss, what did go wrong?

If the recipient's mailbox is nearly full both the email and attachment might get rejected. In some cases mail servers may strip out suspicious attachments, but I can assure you I send only 'pukka' docs!

If the intended recipient swears they've been using the same mail system for years and they only have trouble with your attachments recently, it's worth checking nothing's changed at your end.

Try changing one variable at a time such as the email client or version of it, sending from a different computer or physical location, in case one of these is contributing to the problem.

If you use Outlook you may find some email client software can't interpret the default Rich Text Format and mis-interpret this as an attachment e.g. 'winmail.dat'. Most software can't open this. It still

doesn't explain where the 'real attachment' went!

I might try resending via Outlook Web Access or 'cc'ing the email' to an email address on Yahoo, GoogleMail or Hotmail. If that works the problem is definitely on their side.

Some email clients are more troublesome than others. Chances are whatever your intended recipient is using, someone else somewhere has had the same issue, so 'Google it' or talk to a professional.

Sometimes this happens intermittently for no apparent reason and when resent (without doing anything differently) the email may just come through with the attachment intact.

No time to troubleshoot? Upload the tricky file to a cloud-based file-sharing service (e.g. Dropbox) and email a link to your intended recipient so they can download it from there.

* Invented to keep text messages below original SMS limit of 160 characters. Evolved from concise communications used in the days of telegraph, when longer messages cost more to send. Used on social media services/chat rooms, and in instant messaging/emails/SMS by 'Yoof of 2day' as substitute for talking to each other. Probably creeping into in written school work too. Seen occasionally on unsuccessful job applications!

** Means English as taught in days before 'do-gooders' at Department for Education decided marking schoolwork down, for poor spelling and missing full stops, might crush the little darlings' self-esteem. Still used in formal/business environments. Mostly.

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phone us with your event details
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the professionals flying their large kites. Kites will be on sale and visitors can have fun flying their own. Free event, normal admission applies. Closest car park – Bolton Abbey Village.

Tues 4 Oct Art workshop at the 'Little House' in Bingley. Every Tuesday from 1.30 - 3.30 pm. Working mainly in watercolours and acrylics. Any ability level. For information please contact Jan Whittock on 01535 645058/07968050964/ jpwhittock@yahoo.co.uk

Wed 5 Oct Keighley Art Club meets behind the Keighley Library at the Healthy Living Centre every Wednesday at 6:45-8:45. Diverse and interesting programme; new members welcome. For more information phone Barbara Klempka on 01535 669914 for more details.

Wed 5 Oct 'Where Wolves?' circular 6 mile walk. A steady climb to Windgate Nick to see if the mythological beasts are still there. Meet Anne Hodgson at 10.30am at Addingham Library. Bring your own packed lunch.

Fri 7 – Sun 9 Oct Autumn Steam Gala at Keighley and Worth Valley Railway. Experience the sights and sounds of the steam age with an intensive three-day service displaying the full range of the railway's historic locomotives and carriages. Re-live the atmosphere of a humble 1950s branch line with a 2 carriage suburban train, or why not climb

aboard the afternoon Express re-enacting famous scenes as seen in The Railway Children with the locomotive thundering through Oakworth and its carriages following on behind. For more information visit www.kwvr.co.uk or telephone 01535 645214.

Fri 7th Oct Back to the Land Girls Mart Theatre, Skipton. A new comedy. North Yorkshires Badapple Theatres Doorstep Theatre troop are back on the road again with a fourth and final reprise of their hugely successful production from last year. The play captures the flavour of the times with a wealth of musical interludes as the story unfolds to reveal two characters with the same aspirations and dreams shared by modern-day young women. More information and a full list of dates and venues for the month tour at www.badappletheatre.com tel: 01756 706460

Sun 9th Oct St Thomas's Church Sutton, Harvest Festival - for All Ages Service 10.30am

Sat 22nd Oct Last night of the Proms at Ermysted's School, Skipton. A great evening of music for all, in aid of the Poppy appeal. Starts 7.30 pm for more info 01756 790982.

Sat 22nd Oct Cider Day - 3rd Community Apple Pressing day at Naylor's Brewery, Midland Mills, Station Road, Cross Hills. More details contact 01535 637451 or 07855 325580



Sat 22 Oct – Sun 30 Oct Pumpkin Trail at Bolton Abbey. The trail will start from the entrance of Strid Wood (by the Cavendish Shop). Pumpkins and other Halloween characters will be hidden along the green trail up to the Strid for children and families to find. 10am-4pm, booking not required, turn up any time. This is a free event, but normal admission applies. The closest car park is Sandholme. To take part collect a trail and activity form at Sandholme kiosk or Cavendish shop.

Sat 29 Oct – Sun 30 Oct Halloween in Haworth. Parades up the street on both days: Saturday - Dragon Day and Sunday - Parade of Horrors. Gather at 2.30pm at the bottom of the street to take part in these parades.

Fri 4 Nov Kirsty Hopkins on making a felt handbag at St Peter's Church in Crosshills. Cost £35, phone 01535633139 for more details.

Sat 5th Nov Silsden Gala Committee Bonfire Night - the fire is lit approx 6pm, also a small fun fair and various food stalls.

Sat 5th Nov Bolton Abbey annual Guy Fawkes Night. Fireworks, Bonfire, Hot Snacks, Refreshments, Free Car Parking, Free Shuttle Bus, Bar and Entertainment.. £6.00 Children and £7.00 for Adults.

£1.00 of all tickets sold will be donated to the Duchess of Devonshire's chosen charity, Yorkshire Dales Millennium Trust. Please note that any tickets purchased on the gate will be charged at £7.50 each for Children & Adults. Contact the Events Office on 01756 718 55.

Sun 6 Nov Walker Wood 3 mile circular walk. Meet David Anderson at 11am near Saltaire Railway Station for an easy introduction to countryside walking. Packed lunch required.

Sudoku Puzzles

Fun for all the family

5		7	2	6				
				3	7	9		
4	2	8	6	9				5
	1					6	3	
			1	6			7	
6		3	7	8		1	2	
	4	1	8				9	
8	7			5	3			1
2	6	1	9	3		4		

Sudoku No.: 16413

					3			
7	2	4		9	6	5	1	
	4	3				2	7	
3	7	8		1	5	4		
6			8	3	4	7		5
			6	7	2			
4			2			3	6	
2	5			6	9	7	8	
		7	3	1				

Sudoku No.: 17259

7	4		9	3	2			
		5				2		3
1	2					7	4	9
		7			8	1		
8	5	3		2	7		6	
		1	3			8	7	5
		9		6	3	4		
3	1	4		9	5			
5	8	6						7

Sudoku No.: 19031

	4	8	3		5		9	
			7	2	1			
2	3			4				7
			8		2	5	3	
8	3	2						6
1	5					9		
3	5	8			9		6	
4	2	7			3		9	1
9	6	1		4	8		7	

Sudoku No.: 18087

7	2		3	1		8		
	5		7		2		3	
3	1	9	5	8		2	6	
9		7				3	8	
	4						1	6
1			6			4	9	2
	7	8	2	5		1		9
5	9						2	
			1	9		5		

Sudoku No.: 19799

	9	5	6	8	2			4
				5	1	9	6	
		9		7	5	3	8	
	4	7	2		8			
7		9	8	6				5
	6						4	3
2		8		3	6	4		
9	5	3			8		2	1
		4					8	

Sudoku No.: 16647

Test your skills of logic with Sudoku: every row, column, and box of 3x3 cells must contain the numbers 1 through 9 exactly once.
See page 31 for the solutions

THE BEST START IN LIFE

by Karen Davidson of Weeny Boppers.co.uk

I've heard it a million times: "surely babies are too young to benefit from musical experiences?!" Quite the contrary - the latest research shows that early, age-appropriate exposure to music can have a remarkable impact on children's development.

Is a baby ever too young to be rocked along to a catchy melody in their parent's arms; sung a lullaby; spoken to rhythmically or bounced up and down to a rhyme? Of course not! Music provides patterns, differing contrasts (volumes; speeds; tones; rhythms etc.), vocabulary, labelling and a sense of emotional wellbeing.

In the womb babies hear the pulse of their mother's heartbeat and feel the rhythm of her movements and maybe this is why babies seem so predisposed to music even from birth.

It's only been since the 1990's that scientists have been able to study what happens to the brain when a person listens to or performs music. Music causes increased activity in many parts of the brain, which assists development and growth in many key areas - and apparently the younger the exposure, the better.

Scientific studies have shown that music stimulates early development in those parts of the brain responsible for cognitive behaviours; reasoning; language;

intellect; verbal abilities; motor functions and physical body movements such as balance and co-ordination; emotional development; the processing of sound and visual information; social skills; creativity and memory.



It's fascinating that research has found that infants respond to aspects of music such as tone, melody and rhythm. Studies have shown that babies come into the world with musical preferences and begin to respond to music while still in the womb. At the age of four months, clashing notes at the end of a melody will cause them to squirm and turn away. If they like a tune, they will be comforted.



In infants "*learning occurs through movement and quick emotional associations; by age two the brain has begun to fuse with the body via marching, dancing, and developing a sense of physical rhythm... The more music children are exposed to before they enter school, the more deeply this stage of neural coding will assist them throughout their lives,*" - Don Campbell, 'The Mozart effect'.



When it comes to music and the early years it's true to say that a good start never ends... so get those babies singing, dancing, rocking and jingling!

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PET PORTRAITS

Capturing the likeness of a beloved pet is a skill that Meg Ghyll has developed over years of practice. Drawing was an interest from childhood but not something Meg initially considered pursuing as a profession. Meg's education took her to Aberystwyth where she read Zoology and extended her knowledge and understanding of animal anatomy. Recognising her talent, Meg's friends and family have encouraged her to take commissions and build up a pet portrait portfolio. You will see from her website she has taken up this challenge and has a stunning collection of work under her belt. Judging by the testimonials on the website, there are many satisfied pet owners who have commissioned her work!



Meg Ghyll Pet and Wildlife Pencil Artist
Website: www.meggghyll.co.uk

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Sudoku Solutions

5	3	9	7	2	1	6	8	4
1	8	6	4	5	3	2	7	9
4	7	2	8	6	5	1	3	5
7	1	8	2	9	4	5	6	3
9	2	3	5	1	6	8	4	7
6	5	4	3	7	8	9	1	2
3	4	5	1	8	2	7	9	6
8	9	7	6	4	5	3	2	1
2	6	1	9	3	7	4	5	8

1	3	5	9	6	7	4	2
4	7	9	1	2	3	5	8
6	2	8	7	4	5	1	3
2	9	3	6	5	1	8	7
7	6	4	8	3	2	9	5
8	5	1	4	7	9	3	2
3	8	6	5	9	4	2	1
5	1	7	2	6	8	4	9
9	4	2	3	1	7	6	8

7	4	8	9	3	2	5	1	6
9	6	5	4	7	1	2	8	3
1	3	2	5	8	6	7	4	9
4	9	7	6	5	8	1	3	2
8	5	3	1	2	7	9	6	4
6	2	1	3	4	9	8	7	5
2	7	9	8	6	3	4	5	1
3	1	4	7	9	5	6	2	8
5	8	6	2	1	4	3	9	7

7	2	6	3	1	9	8	5	4
8	5	4	7	6	2	9	3	1
3	1	9	5	8	4	2	6	7
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2	4	5	9	3	8	7	1	6
1	8	3	6	7	5	4	9	2
6	7	9	2	5	3	1	4	8
5	9	1	8	4	7	6	2	3
4	3	2	1	9	6	5	7	8

3	9	5	6	8	2	1	7	4
4	8	7	3	5	1	9	6	2
1	2	8	9	4	7	5	3	6
5	4	1	7	2	3	8	9	6
7	3	9	8	6	4	2	1	5
8	6	7	5	1	9	7	4	3
2	7	8	1	3	6	4	5	9
9	5	3	4	7	8	6	2	1
6	1	4	2	9	5	3	8	7

See Page 26 for puzzles

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FATHER CHRISTMAS

3 & 4, 10 & 11, 17 - 22 Dec 10am-4pm
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WINTER WONDERLAND CHRISTMAS GIFT FAIR 3 & 4 Dec 10am-4pm

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