

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

September 2011



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Autumn is my favourite time of year. As soon as the air feels crisp and the whiff of coal and wood smoke permeates the village streets, I know it's time to pull out the woolly jumpers from storage.

Here are three words to describe "what's on" in the area this month...

Festivals, Festivals, Festivals!

First of all, mark your calendar for the FallFest in Glusburn at the end of the month...it looks like it is going to be one humdinger of a weekend packed with lots to do and see; a real showcase of artistic talent in the Aire Valley!

September is the second time Haworth hosts Fair Intentions, the eco-festival that is gaining interest far & wide. There will be a Curry & Ceilidh in a pedal-powered marquee on the Bronte Pasonage meadow...see inside the magazine for more details.

Other noteworthy festivals are The Bronte Festival of Women's Writing in Haworth and The British Science Festival event in Bradford.

The Skipton Puppet Festival takes place 23-25 Sept and is gaining popularity.

Of course, we can't forget The Keighley Beer Festival! It is in its 23rd year and still going strong.



Dare I mention Christmas without getting lambasted? I know it is early, but you might want to take advantage of the two Timothy

Taylor pubs (The Grouse and The Lord Rodney) that are keen to take your bookings for Christmas... and mention the Aire Valley Mag when you book! Enjoy your September. All the best,

Liz



Liz Barker

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from
little
acorns

Being a local girl born in Lees and growing up in Crossroads I retain many happy memories of the area. Long, warm summer holidays spent outdoors enjoying the spectacular countryside, cold winters sitting next to my mum and a warm open fire which is how my career started- watching her knit. Little did I realize that was to be the very beginning of my career!

On leaving school, I joined a local textile company as a junior knitter which meant knitting eight hours a day mainly working on new product to make sure the yarns could achieve what was required regarding tension, strength and 'general knit-ability'. This hands-on experience proved invaluable and a true test of my career path. Working for Hayfield Textiles in Glusburn seemed a long way from Crossroads, whereas today I travel throughout Europe and even have a book signing trip to New York in October!

Hayfield Textiles also gave me the opportunity to progress and I became a junior designer before moving to The Robert Glew Group (brands Emu, Robin and Studley Yarns) where I worked my way up to the role of Chief Designer. This allowed me to develop my personal style across a wide variety of yarns. As Chief

Designer I also worked with a technical team developing new yarns, whereas today I work with yarns from a number of diverse countries such as Japan, Chile, Italy and Turkey. During this period I also started a family and now have three children Timothy (23), Joshua (18) and Ellie (15) of whom I am very proud and, in turn, they have been really supportive of my time consuming career over the years.

In 1993 I worked as Chief Designer for Sirdar, based in Wakefield, working with an incredible team of enthusiastic and talented people.

Together with my family's support, I made the decision to work as a freelance designer which allowed me flexibility to initially work from home. What started off with one client grew very quickly and today I work for most of the major UK knitting companies, including local companies Designer Yarns, Stylecraft (both in Keighley), James C Brett (Bingley) and King Cole Yarns (Silsden).

I would like to thank Elizabeth Barker, Aire Valley Mag editor, for her interest in my work and feel privileged to be asked to contribute to this successful magazine.

Happy knitting! Jenny Watson (née Rimmer)



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Keighley driving instructor John Howard of Thwaites Driver Training is inviting local people to do their bit for the environment and save money into the bargain! John has designed a two hour Eco-driving course for any driver who wants to fight the ever rising cost of petrol and diesel.

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www.kbcbridge.yorks.net

complete journeys in greater safety and with less stress. Who wouldn't want more money in their pocket to spend on food or leisure rather than pouring it into the fuel tank?

Keeping with the "Eco" theme, John challenged Aire Valley Cycles owner and former professional road racing cyclist, Bernie Burns to try out the course and improve his motoring miles per gallon. Bernie uses a vehicle for business and family use and has really felt the rising cost of fuel. After completing the course Bernie was achieving over ten miles per gallon more than on his initial assessment drive. John said: "If Bernie continues to drive like this, his kids can look forward to some good Christmas presents this year!"

John can be contacted on 01535 681251. See website at www.thwaitesdrive.com for details of this course and cost effective learner driving lessons. Bernie can be contacted at Aire Valley Cycles on 01535 610839

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*Bookings are now being taken for Christmas Day
Christmas parties & New Year's Eve*

Festive Season Menu 2011

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Children aged 14 and under £12.95

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Christmas Day

Open 12pm to 5pm.

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New Year's Eve

Open 12pm to 1pm.

New Years Eve

Open 12pm to 1am.

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this is reflected
in the logo for
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CAMRA merchandise can be purchased
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Opening Times: Thursday 22nd September
3-11, Friday 23rd and Saturday 24th 11-

11. Entry: £3.00 (free to

CAMRA members). Pre-
arranged groups of 10
or more, arriving at the
same time, can benefit
from free admission. For
more information visit:
www.keighleyandcraven.camra.org.uk

When they aren't
organising beer festivals
Keighley and Craven
branch of CAMRA is part
of the national not-for-profit

organisation with over 120,000 members
enjoying a busy social life and campaigning
for drinkers, pubs and breweries. The
local branch will be supporting National
Cask Ale Week in October with an
event open to the public,
focussing on new breweries
and pubs in the Worth Valley on
Saturday 8th October. See the
website for more details or ask
at Keighley Beer Festival.



The local branch of the Campaign for Real
Ale (CAMRA) organises 2 beer festivals a
year. Keighley Beer Festival is approaching
it's 23rd year at the end of September
at Victoria Hall, the
other is the relatively
new Skipton Beer
Festival held in
Spring.

This year's Keighley
festival will be
featuring at least
10 different porters
(a black, richly-
flavoured beer
style) in the "Porter
Potter", in addition
to a selection of

other beer styles. For a bit of fun, Friday
night is "Silly Hat Night" with spot prizes for
the best hats.

There'll be cooled cask-conditioned beers
from local breweries and some more
unusual ones not often seen in this area.
Alternative drinks on offer are real cider
and perry, fruit wines, foreign bottled beers
and soft drinks. Quality food will be served
throughout the festival by Rural Recipes.
In 2011, CAMRA is celebrating 40 years
of campaigning for real ale and pubs, and



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Here is one festival that won't require Wellington boots to enjoy!

Fall Fest is the brainchild of retired teacher Sue Ingham. She and a team of dedicated people in the community, including Jason Smith and Katie Johnson, have pulled all the stops out to put on this inaugural event. The aim is to showcase the amazing talent that exists in Glusburn, Crosshills and the surrounding villages.

It will be a weekend packed full of music, film, art, theatre, workshops and children's activities. Come to enjoy the music of emerging bands or why not sign up for one of the music workshops and gain the confidence and skills to start your own band!

Visit the Festival Gallery to enjoy the works of ceramic artist, James Oughtibridge alongside local artists.

Join Janys Chambers - A script writer for Emmerdale, Holby City and Radio 4 and try

your hand at creative writing.

You might like to join Jim Woodland and his team to create your own animated film.

Saturday morning the focus is on fun activities for children. There will be lots to do and an opportunity to get stuck in!

On Sunday there are workshops in music and theatre with freelance composer Mark Melville and theatre director Louie Ingham.

A dramatic finale will round off the festival with a BBQ/Roast, live music in the festival marquee and lantern extravaganza!

Interested in Volunteering at Fall Fest 2011?

We have many positions available for volunteers; from helping to set up pre-event, stewarding and manning gates during the festival and helping clear down afterwards. Here is a list to get you thinking...-

Stewarding - Checking tickets - Setting up equipment e.g Marquee - Clearing down - Box Office - Staffing Stalls/Exhibits - Serving (Festival Cafe) If you are interested please get in touch by emailing jason@fallfest.co.uk



Above, Kelly Glynn and Simone Gott from South Craven School, part of the team that created the Wall of Art. Jason Smith, right, one of the community volunteers who has played a key role in organising the FallFest.

To coincide with the Fall Fest, South Craven students studying Applied Arts were commissioned to design and install a digitized wall of art that reflects the spirit of the festival.

With months of planning, designing, and coordinating involved, the wall art is now in place at the Glusburn Institute and can be viewed and enjoyed by the community for years to come.

The colourful and dynamic piece is a credit to South Craven School and its team of dedicated students and is an example of how community engagement can benefit all.

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Home Start

Support and friendship for families

What is Home-Start?

Home-Start is a national voluntary organisation offering informal, friendly support to parents with at least one child under the age of five.

Being a parent, wherever you live, whatever your circumstances, isn't always easy. Add in pressures such as illness or financial worries, and without the support of family and friends nearby, the stress can seem overwhelming.

Home-Start offers free support, friendship and practical help to families with at least one child under five. Families are visited regularly in their own homes by volunteers who have all had experience of parenting and know how hard it can sometimes be. Home-Start Craven seeks volunteers to support local families in South Craven

Could YOU help us make a difference for families?

YOU could have the skills needed to make a difference to a family living locally. As a parent you'll know just exactly how tough it can sometimes be. Did you often long to have someone to confide in or just have a chat with?

Home-Start's families come in all shapes and sizes and from all different backgrounds. Some may be feeling isolated, they may be new to the area

without the support of family and friends, or they may be parenting alone. Others may be struggling with difficult relationships, have an illness or a disability, or have several pre-school children. All have one thing in common, the need for someone to listen and be there just for them.

Home-Start volunteers also come in all shapes and sizes and from all different backgrounds. We need people with a whole host of different experiences to provide our special kind of support to families.

Will I be the right sort of person to support a family?

Home-Start volunteers are all ages and from all walks of life. All we ask of you is that you have experience of bringing up children and can spare a few hours a week. Initially we ask you to complete a 'Volunteer preparation course' these courses are run regularly and are free. The course usually takes place one day per week for around 10 weeks. Both day time and evening courses may be available. Volunteers will all have to agree to undergo a full enhanced CRB check and provide 2 references. Home-Start values its volunteers highly and provides full support and training and all out of pocket expenses are reimbursed

If you or anyone else you know, think you can spare a few hours a week to become a friend to someone in their own home in the South Craven area, we would love to hear from you.

**Debbie Atkinson Co-ordinator
Home-Start Craven**

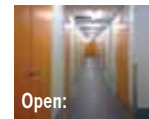
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Fair-trade Autumn Pudding



Grease and line a deep cake tin with greaseproof paper (the sort of tin you would make christmas cake in. Heat the oven to gas mark 4/ 180.

Whisk the butter and sugar until very light a fluffy - an electric mixer does this best, Slow down the beating and add the beaten egg, and then the flour, baking powder and spices.

With a spoon, stir in the fruit, and then spoon the mixture into the cake tin, and bake for about 40 minutes until brown on top.

Take out of the oven and allow to cool for 10 mins or so, before carefully tipping out of the cake tin and removing the paper.

While it is cooling a bit more, make the toffee sauce: 200g caster sugar, 250ml whipping cream and a tablespoon of butter, plus vanilla essence if you have some in.

Using a small, heavy bottomed saucepan, pour the sugar into the saucepan and cook gently until it starts to melt around the edges. using a long handled spoon, bring the edges in towards the middle and keep moving the sugar around until it is melted, Dont let it burn!. Take it off the heat, and put an oven glove on your hand. Using your protected hand, pour in half the cream and stir quickly - it will spit. stir well until combined, and then add the rest of the cream, the butter and the vanilla. You can even add a tot of whisky if you like..

Serve while warm over the pudding, and dont expect to move for at least an hour afterwards. Enjoy!

Nel Hargrave



Nothing says autumn like, "APPLES".

A yummy scrummy way to use up windfalls, with the added delight of fairtrade dried fruits and nuts. And if that wasn't enough, an extra indulgent hot toffee sauce to finish it all off!

125g butter, softened

175g caster sugar (billingtons golden fairtrade is best)

1 local egg from Marsh Top Farm (other eggs are available, but these are so much nicer)

150g plain flour

1 teaspoon of baking powder

1 teaspoon or more of nice spices - mixed spice, or cinnamon, ginger or nutmeg - or even cardamon

4 apples, peeled, cored and chopped into 1cm pieces
a handful of your favourite fair trade dried fruits - I like chopped up figs best

a handful of your favourite fair trade nuts, chopped - pecans, almonds and walnuts are all delicious with apple, but so are lots of others too

Where in the Aire Valley? COMPETITION

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

This months prize is generously donated by The Keighley and Worth Valley Railway
FREE Day Rover Ticket

Email your answer to:

mail@worthvalleymag.co.uk

The winner will be selected from all correct answers received by Sept 20, 2011



Last month's winner was Robin Tindale from Cowling. The location was Globe Inn, Keighley. Google Earth ©

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the art café

Friday 16th September
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Create a beautiful picture in felt under the tuition of a skilled craft teacher from Lapwing Crafts.

Saturday 17th September
Flower Borders Workshop
Paint, embellish and stitch a flower border with Sally Danys. Courses cost £45.00 and include a welcome coffee/tea and lunch in the cafe. 10:00am - 4:00pm.
Ring Cobbles and Clay for more details.

We will be starting a "Knit and natter" 7.00 to 9.00 ish at Cobbles and Clay Thursday evenings starting 22nd September. All knitters, from experienced to those new to the craft are welcome. Meet local people and socialise in this friendly and welcoming environment.

Daisy Days
01535 644 653

Our winter yarns have arrived! Come to the shop and take a look at our inspiring options, ranging from the new Debbie Bliss 'Paloma' range to the all new Rowan yarns including British Masham...locally reared in North Yorkshire and spun in Guisely New stock arriving all the time...and watch this space...we are soon to be launching our own designer knitting kits to help get those needles clicking!

New season Cath Kidston now in stock and an extended range of Decopatch materials too.

We will be in the Craft tent at Fair Intents this year...come and have a go at knitting or try one of our ethical/green craft activities! (Sept 10&11th)

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DAEDALIAN LTD
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With “going local” well and truly on everyones mind these days, it seems appropriate to take a look at what we have on our doorstep in the Aire Valley.

We are encouraged to shop locally, support local traders, and consider more sustainable ways of living. How wonderful then that we are fortunate to have gifted and talented people working in the region to meet our yearning for excellent craftsmanship and well thought out designs for our interiors.

Daedalian, the cabinet and furniture makers, a stones through away in Oxenhope, offer a service that is second to none and is often sought out by clients as far as London and Edinburgh.

Business partners and owners Catherine Senior and Jonas Hartley have an ethos which includes respect for traditional craftsmanship & cabinet making skills, and a solid commitment to quality. They also take the time to understand their clients needs. Most importantly, they listen, meet people face to face, and then listen again; so that in the end, the work commissioned not only fits the brief, it often exceeds expectations.

Whether asked to craft an individual piece of furniture or design an entire interior space, attention to detail and impeccable quality is always the trademark when Daedalian is involved.

A local couple asked Daedalian to design a kitchen for their country cottage. Their initial concern was that their project was too small. Having met other companies who were less than friendly and downright snooty, they were reticent

about approaching Daedalian with their ideas. Fortunately the couple plucked up the courage and were delighted to find Catherine and Jonas very sympathetic and more than happy to work within their brief.

Being approachable and providing excellent quality consistently has enabled Daedalian to sustain its business. Clients often return as friends to commission further work because a trust has been established and the work proven. The local couple, for example, having had a good experience, returned to Daedalian months later and commissioned a table and bench to add to their beautiful kitchen.

As far as being active in the community goes, Jonas and Catherine have been involved with the local business networking group, Whoyano. Meeting other business owners has enabled them to widen their circle of contacts and get involved with other community projects too.

Fitting in to the fabric of community life while building a sustainable business has proven successful for Catherine and Jonas.

A friendly welcome and cup of tea awaits you at Daedalian’s workshop and showroom in Oxenhope. Brooks Meeting Mill, Shaw Lane, BD22 9QS. Open Mon-Fri 8am-5:30pm. Saturdays by arrangement. Alternatively you can arrange a home visit at your convenience. 01535 640 860



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When Helen Lets Her Hair Down

by Ludorum

Now, I can tell some stories,
Relate some ripping yarns,
Of frenzied nights out on the tiles
And naughty nights in barns.
But, fellas, let me tell you,
There can be little doubt,
The party hasn’t yet begun
Till Helen lets it out.

When Helen lets her hair down,
I gotta warn you, guys,
You could make a marquee with
The skin and hair that flies.
The ladies gasp in horror,
The boys all go berserk;
It’s no good taking bromide,
Even tablets wouldn’t work.

When Helen lets her hair down,
And struts her stuff around,
Paint comes peeling off the walls
And London Bridge falls down.
Thermometers start popping –
Don’t blame the thermostat –
It’s Helen’s act that pops your corks
And makes your beer go flat.

When Helen lets her hair down,
In restaurant or club,
You’ll find you’re too preoccupied
To get on with your grub.
The chef will have no use for
The spices on the shelves,
The lobsters leap into the pot,
The chickens pluck themselves.

When Helen lets her hair down
(Which happens ev’ry time),
The universe runs backwards
In defiance of Einstein.
So if you go out with her,
Please fellas, stop and think:
If you would have a quiet night,
Don’t give the girl a drink!

Calling all local businesses!

Would you like to make contact with other businesses and find new opportunities?



Forthcoming Events:

When: **Tues, Sept 6**

Where: **Silsden Sports Club**

Time: **5:30**

Speaker: **Julia Donoghue**

Subject: **Apprenticeships**

Contact: **01535 872 031**

Aire Valley Business Network meets monthly. It is a friendly professional forum for networking and building connections with like-minded people. The format is relaxed. Refreshments are served, and there is a £5 entry fee.

Save the date: Tues, Oct 4th, same time & place...

Guest speaker Martin Thornton will both entertain and surprise you with his unique approach to getting to the heart of a matter with his "Therapeutic use of Humour." www.avbn.org.uk

An entertaining evening is on the cards from the October AVBN guest speaker, Martin D Thornton. Martin uses humour to help people get over their challenges and believes that therapy should not only be easy and but also enjoyable.

If you don't leave seeing a humorous side to your problems he'll give you your money back and he claims that that has never happened!

His clients have been known to say he is definitely crazier than they ever will be and that his warped sense of humour helps them to see their problems and the world from a different perspective.

He believes that most people's difficulties are a result of a limited view of the world as they have learned habitual ways of thinking, feeling and behaving in response to their everyday lives.



Martin D Thornton

On the evening Martin will show you ways of breaking these habitual ways of perceiving and reacting to the world that can help you find different ways of looking at your challenges, either personal or

business, which can help you solve them and so create more opportunities to be successful and enjoy yourself more.

Martin will explain how his blend of Neuro Linguistic Programming, hypnosis and stand-up comedy helps people solve their problems themselves, which he says is probably best because by his own admission he often gives really daft advise. He also says he might reveal the secret of how he is able to "mind read" and demonstrate, just for a laugh, his trademark, "Reverse Hypnosis" which is rarely seen by the general public.

www.avbn.org.uk

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Hall from 10am until 3pm. There will be local history stories in the Town Hall, an open bus tour including locations of 'Sharpe' the Hero and a chance to meet the Town Mayor for a cup of tea.

Sat 10 Sept – Sun 11 Sept Fair Intents Ecofair in Haworth. A fun weekend of entertainment and activities with a focus on fairtrade and the community. 12pm-5pm. Free entry. For more information visit www.fairintents.org.uk

CURRY & CEILIDH on Sat 10 7-11pm Tickets from Sonias Smile, or Oates & Wiles on Haworth Main St. or over the phone 01535 644764.

Sat 10 Sept & Sun 11 Sept Costumed Herb Border Walks East Riddlesden Hall A National Trust Event: Medical Herbalist, There will be activities for children including colouring and a treasure hunt, along with a display of herbal products showing how they are used to make syrups and salves as well as cosmetics. The guided walks are included with admission to the house and gardens.. Meet in the back porch. Suitable for all ages. Activities for children. Contact:Carla Weatherall 01535 607075 Times:15:30 to 16:00. Guided walks last approximately 30 minutes.. Booking Not Needed

Sat 10 & Sun 11 Sept Soul-in-Skipton @ The L.M.S. Broughton Road. Skipton. [Venue right on the Railway Station doorstep.] D.J's Ian Kinmond, Ian Walsh, Andy Child and Larry Calvert playing the very best in Northern, Motown, Club Soul and a little bit of Modern. Call Ian Kinmond on 01282 842886. 8.00pm till 1.00am. £3-pay-on-the-door.

of every month. Cafe Central will be open for refreshments. Home baked cake and a cup of tea is included in the ticket price of £7. 01535 612500 or www.lavenderfieldsevents.co.uk

Thurs 15 Sept Table Top Clothes and Shoe Sale at Cobbles and Clay, Haworth. 7pm-9pm. All entrance fee donations will go to Manorlands and the Haworth Church Restoration Fund. £5 for a stall (inc glass of wine) and £2 entry to buy and browse. Food and cakes

Fri 16 – Sun 18 Sept Bronte Festival of Women's Writing in Haworth. Returning for a second year, the festival weekend will include talks by prominent and emerging women writers, creative writing workshops and family events at the museum. For more information and full programme, visit www.bronte.info or call 01535 642323

Thurs 15 Sept – Sat 17 British Science Festival Event in Bradford. Scientists from the University of Leeds working with practitioners and landowners will host a free event Find out more about your local environment and why it's so important. There will also be a family treasure hunt and guided walk of an upland site at Ogden Water on Sat 17 Sept. The event will be held at the Richmond Building of the University of Bradford from 1pm-2.30pm. to book free ticket telephone 0845 807 207. To enquire about the treasure hunt and wildlife walk contact Becky Houlding at Groundwork Leeds on 0113 238 0601.

Sun 18 Sept Bronte BigK Mountain Bike Challenge set amidst the beautiful scenery of Bronte Country has routes for all standards. In aid of Sue Ryder. For more

information, route maps and to sign up on line go to www.brontebikechallenge.org.uk
Thurs 22 – Sat 24 Sept Keighley Beer Festival at Victoria Hall, Keighley. Sat. Opening times: Thurs 3pm-11pm, Fri/Sat 11am-11pm. Entrance free for CAMRA members, £3 for non-members. For more information visit www.keighleyandcravencamra.org.uk.

Sat 24 Sept Craft Fair First For Keighley Central Hall 10am-4pm New business Lavender Fields is helping to put Keighley's small craftspeople on the map with a series of craft fairs at Central Hall. Each will feature sellers from the area and further afield, so there's always something new to see. Entrance is free but there will be a charity collection point for donations.For more information visit www.lavenderfieldsevents.co.uk.

Sun 25 Sept High Heel-a-thon 2011 Leeds City Centre - in aid of the Breast Cancer Support Centre, The Haven & Sue Ryder. 1 mile fun run route around Leeds City Centre. Starts 12 pm outside the Gateway. Followed by food, drink and live music. For more info visit www.highheelathon.co.uk.

Sun 25 Sept Silsden Circuit Part 2 7½ miles (12km) circular walk Packed lunch required Meet Julian Hanson at 10.30am at Wesley Place car park, Silsden. Undulating field paths with some difficult stiles to complete the Silsden Circuit.

Fri 30 – Sun 2 FallFest A weekend of arts and entertainment for the whole family at the Glusburn Institute. see pages 10&11 in this magazine and go to www.fallfest.co.uk to find the latest updates.

Sat 1 Oct – Sun 2 Oct Kite Festival at Bolton Abbey from 10am-4pm. Turn up anytime to see the professionals flying their large kites. Kites will be on sale and visitors can have fun flying their own. Free event. Normal admission applies. Car parking at Bolton Abbey Village.

Please support local trade

Sudoku Puzzles

Fun for all the family

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

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8	5							4
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								7

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

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

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

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Keep Moving!

By Maria Anderson

So you don't feel like doing any exercise today? Then you are not alone.

Coming in to autumn/winter season finding motivation to go for that morning walk can be a struggle and rainy weather doesn't make it easier that's for sure.

Now, despite your best intentions to burn off those extra kilos you put on in the last six months - sometimes you just can't help yourself sleeping in instead of getting out for that morning walk.

So how do we stay motivated to exercise when the weather is getting colder and darker?

Here are a few things to try.

Find a friend to walk with - have a weekly walking date and catch up with the latest gossip, you most likely will not even notice that you are walking.

Set the alarm 30 minutes earlier - you know, very few people will naturally wake up half an hour earlier. You are limiting the chance of a morning walk close to zero without an alarm.

Use a pedometer - and record the number of steps taken within your walk and your day-to-day activities. It can be fun to monitor the progress!

Now we all know, walking is the best exercise to assist weight loss, it will ensure that you get fresh air and energy to keep up with a busy lifestyle. Reaching 10,000 steps per day will not only speed up your weight loss, it will also get you fit and healthy.

But it might be a good idea to find other exercise options for those really cold and raining autumn days to ensure that you get your exercise done even when the rain is pouring down outside. As there are really are no good excuses to skip your daily exercise!

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Here are some training options:

Swimming is often touted as one of the best exercises for weight loss, and when you think about it seems to make sense. Swimming uses all your major muscle groups and you will be burning fat, just as fast as when you are walking. Awesome!

Yoga involves movements, which bring stability and energy to body and mind, resulting in total well-being. Yoga is extremely useful in strengthening your core and shoulders and you can expect to burn fat - thereby promoting both weight loss and fitness.

Cycling is a great exercise as it offers variable resistance, from slow easy cycling to explosive sprints, which means people of all ages and fitness levels can benefit. The muscles most used in cycling are those of the buttocks, thighs and calves - surely places we want to keep trim. If you are cycling out on the roads remember to use a helmet. Stay safe.

Weight training will increase your lean muscle mass and give you a faster resting metabolism. Spend 20 minutes in front of the TV with a few weights two times per week and you will have a toned and slim body sooner rather than later. Technology can believe it or not assist weight loss.

Download an exercise app on your iPhone or get a training DVD. Many of us will be more motivated with an instructor guiding through the exercise program. You only need a few minutes - Easy!

Treadmill is a great substitute when the outside environment isn't suitable for walking. You will ensure to keep your metabolism burning at highest speed. Always aim for 10,000 steps per day (including incidental walking).

Join a local gym! There is lots of help and support if you take the time to look.

Have fun and....keep moving!

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Sudoku Solutions

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

See Page 26 for puzzles

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- **HASSLE FREE repeat prescription service** why not let us keep your repeat slip and (when you request) we will order and collect your repeat prescription for you. Simply call in, telephone or email us.
- **We can order & collect** your repeat prescriptions from Crosshills Health Centre as well as from any other health centre in Keighley area.



47 Main Street,
Sutton In Craven

Telephone:
01535 633126

New opening hours
Mon-Fri 8.30am- 6.30pm
Sat 9am-12.30pm

we are open all day
weekdays and don't
close at lunchtimes.



www.suttonpharmacy.co.uk
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