

# AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

Dec 2013/Jan 2014

**Seasons Greetings &  
a Happy New Year...**

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APLA NABA



photo by John Sargent



Say, "Hi" to 2014! With the excitement of the Tour de France on the horizon and a dazzling 100 day cultural

festival, this year the Aire & Worth Valley will be a fantastic showcase for the best that Yorkshire has to offer.

Signs in the landscape, like the giant 'Hollywood' style sign in Oxenhope will be part of a moveable feast of interesting projects & happenings that will captivate both local and global participants.

[www.worththetour.org.uk](http://www.worththetour.org.uk)  
[www.letour.yorkshire.com](http://www.letour.yorkshire.com)

I've really enjoyed putting this edition of the Aire Valley Mag together, mostly because it has been a great team effort. Joanne, Diane, Clive, and the distribution team all play a part and I am grateful for their dedication and effort. I also use the services of talented designers and photographers and a handful of regular contributors. Three cheers for great local talent and community spirited individuals!

I had the pleasure of photographing and tasting the Christmas pudding on p12. Like it says in the headline, it is easy and very tasty; another original recipe from Nel at Damside Mill for you to enjoy.

Finally, from the whole publication team, we wish you the very best this festive season and a happy and healthy 2014.

Liz Barker, editor



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This spring we are opening our doors to adults with a new range of part-time courses for adults being offered from January 2014.

Part Time courses include formal qualifications for example: Nail Treatments, Massage, Barbering, Book-keeping, Plumbing, Electrical Installation 17th Edition, Childcare and Teaching Assistant. A range of shorter training courses are also being offered including Brickwork and Carpentry & Joinery Introductions and Circular Saw Training.

There are also a number of "Just for Fun" Community courses including Calligraphy for Dads and Invitations, Digital Camera First Steps, Watercolours, Knitting, Jewellery Making, Decorating Cup Cakes, Guitar Playing For Beginners, Spanish For Beginners, Polish For Beginners, Local History (Victorian Keighley and Keighley's Industrial Heritage), Grow your Own Fruit & Vegetables, Gardening Pots, Containers and Hanging Baskets and Creative Writing - How to Write a Short Story.

Adult Learners will be able to enjoy state-of-the-art facilities, including: Hairdressing and Beauty Therapy Salons, Childcare Training Rooms, and IT/Media suites. There are also a range of specialist facilities including industry standard workshops for Welding & Fabrication, Carpentry & Joinery, Electrical Installation, and Plumbing & Gas Safety.

The Campus is also home to the STAR

Centre, a lively science hub that uses space as a theme to encourage young learners into undertaking science related subjects.

If you would like to visit the campus, take a tour around the fabulous facilities, talk to students and tutors, and receive careers information.

Make a date to visit our Keighley Campus Open Night on Tuesday 14th January 2014 between 5-7pm. Further information can be found on the on the college website events page [www.leeds.citycollege.ac.uk/index.php/media/events/](http://www.leeds.citycollege.ac.uk/index.php/media/events/)

If you already know what kind of subjects you're interested in or you want to find out more about courses starting in spring and how to apply or enrol go to [www.leeds.citycollege.ac.uk](http://www.leeds.citycollege.ac.uk) or by contacting us directly. We have a friendly team ready to help you with course enquiries, student support, senior advice and support to help you choose the right course.



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Keighley Campus

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**Davies Lettings Ltd** celebrated its first anniversary in November this year. Jason Davies decided to launch his own Letting Agency after being made redundant from Reeds Rains, Keighley, when the branch closed down in December 2011.

Jason is passionate about property and has over 10 years' experience as a Sales & Letting Agent. Since launching on 5th November 2012 then, his Agency has gone from strength to strength and he now boasts a portfolio of over 25 managed rental properties. Jason said, "If you're a landlord seeking responsible, quality tenants for your property and want to enjoy easy, hassle-free rental income each month, then Davies Lettings can help you."

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Francis O'Dwyer  
2013**

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Body wasted  
I must get to the top

Fingers - throbbing  
Knuckles - aching  
Wrists like lumps of wood  
Forearms - rigid  
Biceps - twitching  
I'd stop if I could  
Feet - can't feel them  
Legs are wooden  
Thighs are burning too

Down to thinner air we're breathing  
Climbing higher and higher  
Buttcks numb from the saddle  
Lungs and chest on fire

Head is throbbing  
Tongue is rasping  
As I fight for breath  
Eyes are sunken  
Cheeks are hollow  
I must have a rest  
Riders spread all down the mountain  
I cant stop now  
I am leading  
Stronger than the rest  
ONE descent  
Another climb  
Then a Polka Dot Jersey  
To prove that I'm the Best



**Enjoy Santa's top list of  
Christmas jokes that poke  
fun at the Elves, Reindeer  
and even himself...**

1. How much did Santa pay for his sleigh?  
Nothing, it was on the house.
2. What kind of music do elves like best?  
"Wrap" music!
3. What's a good holiday tip?  
Never catch snowflakes with your tongue until  
all the birds have gone south for the winter.
4. What happens if you accidentally eat a  
Christmas decoration??  
You get "Tinsel"-itis!
5. Why does Scrooge love Rudolph the Red-  
Nosed Reindeer?  
Because every buck is dear to him.
6. What do you call Frosty the Snowman in  
May?  
A puddle

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# easy PLUM, GINGER & BRANDY PUDDING *by Nel*



Christmas pudding can often be overlooked as part of the Christmas feast; by the time we've put away the turkey roast, sprouts done in five different ways, and enough goosefat roasted potatoes to sink a battleship of celebrity chefs, we're groaning about not having enough room for pudding. But that's a bit of a travesty of Christmas justice, and I'd like to share a recipe for a special pudding which in my humble opinion outshines the best roast turkey "main event", and sends packing any new-fangled notions of "just a little cheesecake instead". And if you've never made your own Christmas pudding before, you'll be surprised how easy is – particularly as this one cooks in the microwave and can be made in advance.

Important note: the tradition of putting a sixpence in the pudding has long been overtaken by health and safety nightmares, and unfortunately, coins and microwaves should never be used together. But a larger coin, cleaned overnight in coca-cola, can be surreptitiously hidden on a special plate between cutting and serving the pudding.

As a topping for this rich, boozy pudding, just a traditional spoonful of cream, or even better, marscapone complements it perfectly. After all, we only indulge once a year, don't we?

- Ingredients:**
- 200g soft prunes
  - 1 apple, peeled and chopped small
  - 125g mixed dried fruits
  - Zest and juice of an orange
  - 100ml brandy
  - A tablespoon of black treacle
  - 2 tbs of chopped preserved ginger
  - 100g light brown sugar
  - 125g plain flour
  - 50g of white breadcrumbs (about a slice of bread, whizzed in a foodprocessor)
  - 1 teaspoon mixed spice
  - ¼ teaspoon cloves
  - ¼ teaspoon salt
  - A handful of walnut pieces
  - 100g butter in small pieces
  - 2 eggs, beaten

Put the apple, prunes, fruit, orange juice and zest, ginger, treacle and brandy in a bowl and microwave for 3 minutes on high – stir well and leave to cool for about 15 minutes

Put the flour, breadcrumbs, salt, spices and butter in a bowl and rub in (or whizz in a food mixer/processor) until it is coarse and crumbly. Stir in the walnuts. Add the eggs and then fruit mixture and stir well.

Pour into a well-greased microwaveable pudding bowl (I use an old pyrex one), or individual smaller ones. Cover with cling film and then pierce the top a few times to let the air out

Microwave for 10 minutes on high, (or 7 minutes for smaller puddings) and leave to stand for 5 minutes. Then run a knife around the inside and carefully turning out. It will need to cool a further 5 minutes before eating. If you want to make a day or two in advance, leave it in its bowl, covered with fresh cling film in the fridge, and simply pierce the clingfilm and microwave on medium for 3-4 minutes before serving.

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## COUNTRY COOKING & FORAGING FOR FOOD

For the promotion of Health & Wellbeing by Cath Bromwich



One of my cooking heroin's is my Aunt Janet. She grew up during the second world war with no electricity or outdoor toilet. As she says 'I know what it is to be green, and I'm not doing it again!' She has however been cooking since she was 14 years old. As she puts it 'when the servants left my mum said 'Someone is going to need to learn to cook, lovey, and its not going to be me!'' Now she has many years of great cooking behind her. I have had the privilege of learning from her. One of her tricks has been to keep things simple, and it is her recipes I'm sharing with you about sloes. Many think it is sloe gin that is special, but thanks to Janet, in my family it is Sloe gin chocolates that are important!

Below you will find a recipe for sloe gin. The chocolates are made out of the fruit as a by-product of making the gin. After you have made the gin and decanted it then you are left with the shrivelled, pickled fruit. The simplest thing to do is to melt dark chocolate and drop the fruit in it. Then you scoop out individual fruits onto a piece of baking parchment. Once they have cooled and hardened you can pack them in little boxes with tissue paper (there will be stones in each). Alternatively you can adapt any chocolate recipe calling for Morello cherries soaked in brandy. I use a fine grater to grate the alcoholic sloe goo off the stone. Sloe gin recipes seem to vary massively. I find this one a bit sweet and sometimes it goes syrupy. There is not exact science. Start with this and work out what you like and adapt. So finally the finding of sloes! The ware-about of sloes is a well-guarded secret in every town! I am not very good at identifying the bushes out of season but from late autumn onwards if you walk up footpaths in country that have lots of hawthorn in them, looking carefully, then you

will have a good chance of finding bare twiggy small trees with very small dark purple berries on. They are small, hard and bitter to taste. Once you have picked them you need to freeze them to 'bleat' them or get a willing auntie to spend hours poking each one with a fork to break their hard skins so that the lovely juice will come out.



Cath Bromwich, a Silsden resident, is a cookery teacher and forager with a background in health promotion. Her livelihood includes foraging, general and health-related cookery for different conditions such as diabetes and coeliac disease. For more information, or to pass on your stories and recipes, contact Cath at [www.facebook.com/ourchoicefoodsforaging](http://www.facebook.com/ourchoicefoodsforaging)

### Sloe Gin Traditional Recipe

75 cl Gin,  
450g sloes (bleated),  
450g sugar,  
2 cinnamon sticks,  
A big jar or 2  
(I use very large, used coffee jars).

Mix all the ingredients together until the sugar is dissolved. Place to the side and every day for about 2 weeks turn upside down and give a good shake. After this time put the jars somewhere out of the way and leave for as long as possible. As I have said, I like to have some for Christmas so 6 weeks is the minimum, but a few months is better. The longer you keep it the more it matures. You can strain it after a few months and rebottle. I have some in a clear decanter and it is beautiful colour.

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Ask Aireworth Vets



*your independent local practice*

We like to tell you about the wide range of services we offer - but this month we thought we'd let our clients do the talking instead. Here's what the animal lovers of the Worth and Aire Valley area said about us:



#### Dogs & Puppies

"More than a Vets Practice, it's like a huge family"

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## CLIVE: FIT FOR PURPOSE

Retired teacher, exam invigilator and assistant examiner, Clive Sherratt, taught at Bingley Grammar for 31

years but despite retiring in 2005 still goes into a number of Bradford schools to look after exams (and also Bradford University where he studied from 1969 to 1972). He has marked GCSE History since 1994 and now marks GCE General Studies and still retains his interest in education.

Clive first became involved with the distribution of publications in 2006. At its peak he was regularly delivering 900 + copies of the (Keighley) Target/Advertiser over a large part of Oakworth before the withdrawal of publication in 2012. The experience gave him a good grounding for the contract work for Aire and Worth Valley Mags beginning in 2008.

"From even before the start of my contract work with Aire and Worth Valley Mags I was impressed by the quality of the magazines and have since found that this opinion is shared by the overwhelming majority of the magazine's readers who have been consulted over the years I have back checked the mags" Clive asserted.

"I have received any number of pleasing comments such as

"I always look forward to receiving my copy"

"I got an electrician/painter and decorator plumber through the magazine"

"I find the articles both interesting and informative"

Back checks have consistently revealed a good delivery rate across an expanding area and a positive feedback from respondents. "As well as my back checking work, I am also on call when needed as relief deliverer and have recently taken the role of regular deliverer of the Oakworth Goodley Round."

Never one to sit still for long, Clive started doing distance running and long distance walking in 2010 when he reached to age of 60. Since then he has run four full marathons and three half marathons (including the Great North Run). He aims to complete five full and half marathons by the age of 65. He hopes to do the London Marathon and reach his target of raising £5000 for charity. Clive's next run is the Edinburgh Half Marathon in May 2014. **Anyone who wishes to support his chosen charity Macmillan Cancer Support can do so by going to Clive's Just Giving site.**

As far as Clive's long distance walking exploits are concerned he has already done Wainwright's Coast to Coast, Hadrian's Wall, The Pennine Way, The Cleveland way and St Cuthbert's and St Aiden's Way while his next long distance walks are Lady Anne Clifford's Way and The South Downs Way.

Clive's activities hold him in good stead for the back checking and magazine delivery work. We're pleased he is fit for purpose!

**If you have any questions about magazine deliveries in your area, please contact the Worth & Aire Valley office. 01535 642227**

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Steve Edwards, Managing Director,  
Cobbydale Construction Ltd, Sliden

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# Where in the Aire Valley? **COMPETITION**

Where is the red x located in the photo to the right? ?

This months prize is generously donated by **Keighley & Worth Valley Railway: Day Rover Pass**

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Last month's winner was Craig Inman The correct answer was Elliot May Furniture Google Earth ©

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# TOP TECH TIPS by Michelle Thompson at CloudFree IT

## When all is not as it seems...

Always up for a giggle are we at CloudFreeIT, so our festive season got off to a comical start on 1st December with us yomping round Skipton, dressed as Santas. The lads had only just shaved off their November 'Moes', replacing them instead with full face white beards. With Christmas shopping and New Year Sales bargain hunting now a major online leisure pursuit, it's essential you don't allow your excitement to be dampened through lack of awareness that some things are not as they seem...

A sharp increase in the number of Ransomware infection cases coming through our service centre door prompts this festive reminder about online vigilance, folks!

Ransomware, commonly bundled up with music, movie and software downloads, may also be picked up from clicking on links to infected websites. It's not usually designed to self-replicate between computers, so it can only get onto yours if you are careless online.

Once present the infection may completely block normal use, and payment by credit card is demanded in return for giving back control. Some strains such as 'UKash' or 'the Police virus', on the loose for over a year, are frighteningly common now. Some are fairly straightforward to remove, but many are not. 'CryptoLocker' is one of the 'New Kids on the Block' (remember them?). It starts encrypting the contents of your hard drive, stopping you opening your documents, photos, music files etc. If you have mapped drives to folders on other computers on your home or business network, those too will be encrypted. A message appears telling you that the private key will be destroyed unless you pay a ransom to access the key before the countdown finishes. If you

try to remove the infection with an anti-virus product the key is destroyed. Reports indicate that paying the ransom may not get you your files back.

Anti-virus products often overlook this kind of malware because the user has unwittingly opened the door for it. Vigilance is the key to a Happy Christmas online, so keep the following in mind:-

1. File-sharing & torrent services are NOT reliable - you don't know whose computer you're downloading from! It's safer to stick to paying for your movies, music & software.
2. Treat all links received in emails, or via messaging services & social networking sites as unsafe until you check their validity - hover your mouse over the link (without clicking). The real web address (URL) will show up in the bar at the bottom of your browser or in a pop up box close to the link if you're using an email client such as Outlook.
3. Be aware that URL shortening services e.g tinyurl.com & bit.ly, used extensively on social networking services such as Twitter to get around length limits on posts, may be used by criminals to disguise a true URL, leading you to a site you would otherwise avoid.
4. Make regular full backups of your computer.
5. Ensure your computer creates system restore points when changes are made to the operating system, application software or data files. After removing the infection, you may be able to revert to a previous unencrypted version of each file one at a time (laborious if you have a lot of files, but great as a last resort!).

**Stay safe online and have yourself a Very Merry Christmas & a Ransomware-free New Year!**



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**Sat 23rd Nov - Sun 12th Jan Rock Legends in Yorkshire at Salts Mill & 1853 Gallery** In Gallery 2 (adjacent to the Diner) "Rock Legends in Yorkshire" over 60 photographs taken by Paul Beriff in 1963/4 of the icons of rock and pop - The Beatles, The Rolling Stones, Pink Floyd, The Kinks..... and many more.....Free entry Open 7 days 10.am until 5.30pm weekdays (6pm Weekends)

**Thurs 12th Dec East Morton Village Institute Annual Christmas Lunch** Arrive 12-12.30pm. Tickets £12 which includes Hot Christmas Lunch, Crackers, Wine, Dessert, Carol Singers & School Choir. Contact Rhona or Barbara.

**Sat 14th East Morton Village Insitute Christmas Party 2-4pm** Tickets £4 (inc snack & a gift from Santa). Entertainment from the Sorcerer's Aprrentice. Call 07866900792 for tickets.

**Sat 14th Dec 9.30am - 1pm Arts, Crafts and Gift Fair at Silsden Methodist Church** Made in Yorkshire (or very near) Art, Craft and Gift Fair with coffee shop for refreshments and level access. Free entry

**Sat 14th - Sun 15th Dec Torchlight Weekend in Haworth.** With Music & Entertainment all weekend. **Santas Grotto 1- 4pm on the Sunday.** An annual favourite with many visitors to the village. Saturday - Candlemas Eve - Santa & Mrs Claus lead the torchlight procession down Main Street accompanied by the Holly Queen, Morris dancers, choirs, bands. Carol singing around Christmas tree at bottom of Main Street. The famous Sunday Torchlight Procession sees



hundreds of torch and lantern bearers along with choirs and bands singing carols, wind their way up from the bottom of the cobbled Main Street to the Parish Church.

**Sat 14th & Sun 15th Dec Christmas Craft & Gift Fair.** Admission £1 (includes Tea or Coffee) 10am - 4pm at The Old School Rooms Haworth.

**Sat 14th & 21st & Sun 15th & 22nd Dec East Riddlesden Hall 11am - 3pm..**Come and see Santa this year as he makes his annual visit just before Christmas. The cost is £5 per child Booking essential, call 01535 607075.

**Sat 14th Dec Salts Walks at Saltaire Village** Entertaining, guided walks around Saltaire World Heritage Site. Adults £4.00, Children £3.00 (12 and under) Walks depart at 2.00pm from the Visitor Information Centre, Salts Mill, Victoria Road, Saltaire, BD18 3LA, every Saturday and Sunday.

**Sun 15th Dec East Riddlesden Hall 2pm in the Barn.** Come and join us for a Christmas concert by the Windstruments Flute Orchestra. Free entry but donations gratefully accepted.

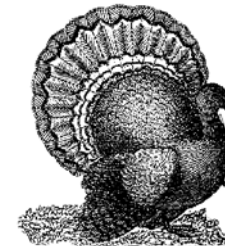
**Sun 15th Dec at 1pm Jack and the Beanstalk at Steeton's Community Hub.** Family Tickets for 4 people £15 or £5 per person inc drink & biscuit. Tickets from Rosie Sanderson 01729

825944.

**Sat 21st Dec 9am - 3pm Saltaire Local Produce Market** at Caroline Street Car Park Every 3rd Saturday of the Month The Yorkshire Region boasts some of the best local produce in the country, with fresh seafood from the east coast and fine produce from the Dales. Free entry

**Sat 21st Dec - until it melts 11am Enchanting Ice Sculptures at City Park, Bradford, BD1 1HY** The Children of the Snow and the Boy with the Little Idea.Come and marvel at beautiful and enchanting ice sculptures by celebrated local artist, Follow the story of a young boy in the North Pole who plays with the magical Children of the Snow.The boy has a little idea, let's make children happy on Christmas day! One day it changes the world Free entry

**Sat 21st & Sun 22nd Dec Haworth Nativity Weekend.** Musice & Entertainment all weekend. Haworth's reflects the true spirit of Christmas with the Haworth and Cross Roads Nativity Walk. The traditional Christmas story reenacted on the Main Street with story narrated and carols sung. Starts at **1.45pm** on **Sunday** at the Christmas Tree at the bottom of Main Street and finishes at the Church of St. Michael and All Angels. **Santas Grotto 1-4pm.** **Thurs 26th Dec - Sun 5th Jan 12**

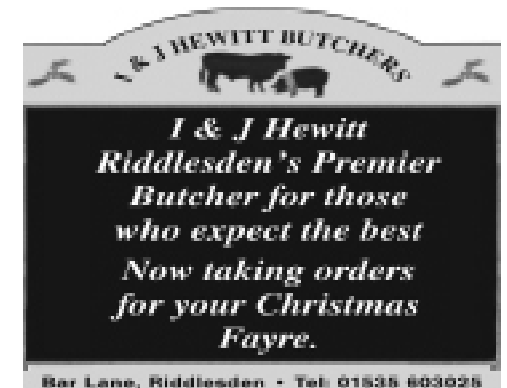


**Days of Christmas Trail at Bolton Abbey 10am-4pm.** Enjoy a magical walk with family and friends at Bolton Abbey over the festive period and discover the 12 scenes from the traditional carol come to life. Explore Strid Wood to find the 12 scenes - see 7 swans a-swimming, 3 real french hens and have a go on the drums. Free event, normal estate admission applies. **Sun 5th Jan the Badapple Theatre Co** present "the mice who ate xmas" at

**East Morton Institute**  
**Tues 14th Jan Open Night at Keighley Campus** Bradford Road Keighley, West Yorkshire BD21 4HQ  
keighleycampus@leedscitycollege.ac.uk

**Mon 20th - Sat 25th Jan - Bus Stop by Keighley Playhouse.** A light comedy. Four bus passengers have to stay overnight in a road-side diner during a snow-storm. More info visit [www.keighleyplayhouse.co.uk](http://www.keighleyplayhouse.co.uk). Box Office 07599 890769.

**Sat 25th Jan - Sat 1st Feb Mother Goose Pantomime by Keighley Amateurs at Victoria Hall, Keighley..** Book tickets on line or call 08456252550.



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# SUDOKU

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

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

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

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

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

Sudoku solutions  
see page 31

# CHRISTMAS WORD SEARCH



away in a manger  
bring a torch  
carol of the bells  
chestnuts roasting  
christmas medley  
coventry carol  
deck the halls  
drummer boy  
frosty the snowman  
jingle bell rock

jingle bells  
joy to the world  
let it snow  
linus and lucy  
morning star  
oh christmas tree  
oh holy night  
oh how joyfully  
oh silent night  
silver and gold



silver bells  
sleigh bells ring  
the first Noel  
up on the housetop  
we three kings  
what child is this  
white christmas  
winter wonderland

Words can go horizontally, vertically and diagonally in all eight directions.  
Words may overlap but do not share letters.

f g r l e o n t s r i f e h t s i l e n t n i g h t g c  
p c g n w r q j i n g l e b e l l s q p t d y r c c l g  
t r m j s l l a h e h t k c e d k r r b k r r r o n n l  
r n k p n t w c a r o l o f t h e b e l l s h v x m n q  
k t t n v z z q t m k w l d c k b n h f m w e y g n d k  
d r a t s g n i n r o m g t j g f c c h v n n h g d v h  
q k x q h e r l b h t h t r y t r p s l t k a f n l f z  
n l j l g v e j r n v n p l n o j a l r r h m j f r r r  
t f n m r x w r t f h d l n t b m x y b e g w k c r q b  
b r k x s g n p t m m u q a t t g c t w g p o v c n f j  
l k g y l i k t p s f l g g s k a c p r n r n d h g l s  
c f k k o j l l b y a n q i g r x k t m a m s n r q e i  
y h k x r b p v o l i m r p o w c f s h m h e a i r t h  
u r e n y m r j e r k h t l k o v l f k a f h l s m i t  
t p t s l k w e b r c j l s r q e k v k n f t r t k t s  
h l o m t o s h m e a p o l i i t k h x i d y e m s s i  
g v f n h n p g t m c n l y g r l g n p y k t d a i n d  
i t l h t j u i n t u e d h t i h t n r a t s n s l o l  
n k o w k h h t l i b r b g n o n c x m w p o o m v w i  
y t c w p w e r s e k e d u o m t m h n a q r w e e c h  
l r v n l c x h l r l e s p p l p h k o x v f r d r v c  
o r x k f c k g o l o a e f d t d y e j l w l e l b b t  
h m f v l t n x s u n a r r z w j m d w x n z t e e t a  
h d c n h i m r c d s z s r h d k p c t o l n n y l f h  
o t l c j r i z l r r e c t n t c k l g l r r i k l d w  
y h k z x n v u r c b t t t i v e j r w r b l w t s c v  
p n k q g v c n m f m t m o q n z w r f j f z d p h f t  
r l x r d y c h m v y f d y p t g l l r k k k m t m b n



# SURVIVING CHRISTMAS



**Christmas can be both a rewarding and challenging time. It's common to get attached to our expectations for Christmas and in trying to achieve them get frustrated, stressed and even angry. Simple techniques can carry us over the hurdles allowing us to finish the festive season feeling relaxed and refreshed.**

- 1) Externals are only so important. What we really want is to be happy and free from problems and for those we care for to achieve the same. Happiness is impossible if we feel un-peaceful and disturbed inside. Problems, worry, stress and unhappiness are types of mind; they are feelings and do not exist outside of the mind. Take a step back from your expectations and think about what is really important and meaningful.
- 2) Acceptance is a peaceful mind. We have so many expectations that there is little chance of them all working out. Rather than fighting this it's more realistic to accept the things that we cannot change with a happy mind. Try thinking of the bad feelings as being like a few moments of bad weather in the mind. Even the most

ferocious storm has no power to destroy the sky and will pass.

- 3) Other people see things differently than you! We get caught up in the fulfilment of our own wishes but one of the simplest tips for a better Christmas is to remember that other peoples' wishes matter. Christmas is about giving and the most important thing to help others achieve is a happy mind; for everyone you meet think, "this persons' happiness and freedom matter".

## 5 Minutes for Inner Peace

Experience inner peace with this simple meditation:

- Find a quiet place and take 5 min to calm the mind
- Sit comfortable and take a few moments to relax physically
- Bring your thoughts inward and turn them to the natural flow of your breath
- Breath away busyness, disturbance or distraction as dark smoke
- Breath in peaceful and uplifting golden light
- Relax into any peaceful feeling that comes

## NEW YEAR NEW DIRECTION

No sooner is the New Year upon us and we are making plans for the year ahead. Mostly these will be plans for external developments, feeling greater happiness lies in these goals. Yet if we check every year we have been searching for lasting happiness from externals and have never succeeded and neither has anyone else. This shows that we have been looking in the wrong place. Happiness and suffering are states of mind and their causes must also lie within the mind. For 2014 to be better than 2013 we must make an effort to improve the state of our mind and develop peaceful and happy states of mind such as patience, contentment, compassion and wisdom. Only then can we make progress towards lasting peace of mind.



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[www.enjoymeditation.org](http://www.enjoymeditation.org)



**New Years Day Walk for World Peace**  
Haworth to Bronte Waterfalls/Top Withens  
Wed January 1st, 11am  
Enjoy a walk and meditation dedicated to world peace starting at 11am at Haworth Bronte Parsonage Museum, stopping at the Bronte Waterfalls for a guided meditation with the option of continuing on to Top Withens. For further information contact the Buddha Land Centre. 01535 958189

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NEXT TASTER SESSION - THURSDAY 16 JANUARY 2014!

For further details please email.




## East Morton Jigsaw Festival

Many thanks to the Aire Valley Magazine for alerting readers to the East Morton Jigsaw Festival, which took place a few weeks ago, and thanks also to those readers who came along and helped make the event such a success. The school hall was filled with over 200 jigsaws, all made up for viewing and available to buy. It was quite a spectacle! We were amazed at the number of people who turned out to be jigsaw enthusiasts (what is the word for someone who loves jigsaw puzzles?!) and who enjoyed swapping ideas about which makes and types are the best ones to do. Over the weekend, jigsaws were bought, competitions were entered, faces were painted, bacon sandwiches and cakes were consumed – and most important of all £2300 was raised. The money will be shared between Breast Cancer Research, and the fund for the village church's much needed heating replacement. Many thanks to all who made this such a great weekend. Best wishes, Sally, event organiser.

## Sudoku Solutions

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



Seasons Greetings - Best Wishes for 2014!

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