

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2016

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The saying goes, 'March comes in like a lion, and goes out like a lamb.' As we go to press the forecast says possible snow this week! There is always a bit of truth in these old sayings.

I don't know about you, but I have been so pleased to see the sun again. We live in hope and have included a lovely walk around Goitstock Woods & Harden Beck for you to enjoy should the weather cooperate. Another option is a round of golf! What's more, Branshaw Golf Club have great membership deals available. (page 13)

Mothers Day and Easter are on the horizon but the Young Writers Club have chosen to focus on Earth Hour this month. Mark your calendars for March 19th 8:30pm to join in the

collective 'switch off'; light a candle and chill out for an hour. See page 8 for more details.

Steve Thorpe shares his top tips for getting our gardens in shape for a new growing season; all green thumbs turn to page 26.

Feeling crafty? Damside Mill has a number of creative courses for you; upcycle, revive, re-upholster or repaint your vintage or unloved furniture; see page 10.

Clarus Opticians will host monthly drop in sessions for the community relating to eye health beginning March 31st; read more on page 5.

Roll on spring!

Have a great month,
Liz



Liz Barker



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Clarus Opticians in Keighley opened its doors in October 2015. It is an independent practice owned and managed by Sajid Bashir, an optometrist with over 15 years experience in the optical industry. **"I was raised in Keighley but continued my professional education in Scotland. It was helpful living and working in other parts of the UK; I gained the benefit of experiencing different perspectives and broadening my outlook on life. I returned to Keighley to be near my family and set up Clarus Opticians,"** explained Mr Bashir.

It is Mr Bashir's commitment to provide an all encompassing service that includes looking after individual needs rather than a one size fits all approach that is so refreshing. **"At Clarus we believe in taking the time to get to know our customers and listening to their concerns. We offer support and help that is as unique as the individual. It is a friendly, professional and personalised service."**

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Optometrist Sajid Bashir with Keighley resident Eric Tidswell at Clarus Opticians.

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Evening appointments are available on request, giving you flexibility to be seen at your convenience outside the typical 9-5 working day.

Beginning March 31st, 9:30-11:30am, Clarus is holding informal monthly drop in sessions that will combine "coffee morning" style gathering with informative

talks on optical health. Call in for a cuppa and learn more about dry eye management this month.

Clarus Opticians. 46 Cavendish St, Keighley BD21 3RL
01535 930116 www.clarusopticians.com



COUNTRY COOKING & FORAGING FOR FOOD

For the promotion of Health & Wellbeing by Cath Bromwich



Last week was really wet, so I decided that my groups needed some very traditional nosh to cheer them up, and every generation loved this! There was some debate about what bits of meat were traditionally used to make faggots: brains or mince? I went for mince! You can use any type - turkey is lowest fat, but pork and beef are also delicious. For this meal, the main trick is to season everything well.

The recipe can be made for any number of people. Just don't add a whole egg if you are only making it for one! Use up the rest of the egg in scrambled egg for another meal.

Ingredients:

- 100-150g mince (any)
- A splash of egg, beaten
- Fresh or dried herbs, salt and pepper
- Optional: a few breadcrumbs made from about half a slice of bread.
- 1-2 tablespoons oil

Cath Bromwich, a Silsden resident, is a cookery teacher and forager. Her livelihood includes foraging and cookery courses, such as cooking on a budget and outdoor foraging and cooking experiences. She trained at Ballymaloe Cookery School, Ireland. For more information, or to pass on your stories and recipes, contact Cath at www.facebook.com/foragercathyorkshire

MY TRADITIONAL FAGGOTS WITH BUBBLE-AND-SQUEAK AND ONION GRAVY

Serves 1

Instructions:

Mix the mince with the herbs, salt, pepper and breadcrumbs

Add some egg to hold the mince together - but do not make the mixture soggy

Form into little sausage-shaped rolls or flat patties

Heat the oil in a frying pan

Cook on a medium heat until nicely browned all over and cooked through (partly slice one to check)

Serve with my onion gravy (contact me if you don't have the recipe from a previous issue), and with 'bubble-and-squeak'. To make this, pour a little oil into a frying pan and let it get properly hot. Then add cold, seasoned, leftover mashed potato with cooked cabbage, onion or leek. Leave it to sit and 'crisp' a few minutes before turning, then fry until it has a crispy coat all over.

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THE YOUNG WRITERS' CLUB

WHAT IS EARTH HOUR?



8:30-9:30pm Saturday, March 19th

electricity, using items such as coal, oil or gas. It may surprise you but these will run out one day! By turning out all your lights or taking out your plugs before you go to school or work, you're preserving these so they will last a bit longer, meaning you won't have to face a future without Facebook.

Not only that, but you'll be saving yourself money by not having to pay such a huge electricity bill. You could spend the money on a holiday with your family or some new clothes!

So, why not join this global act at 8:30pm on Saturday 19th of March for one hour by turning your lights off and pulling all your plugs out. Why not have a fun family games night, or curl up with a good book under candlelight? You might find there is an actual world beyond your phone screen.

Earth Hour 2016 Toby's Tips for saving Energy

Switch off your mobile phones, computers and appliances when not in use.

Have a shower instead of a bath to save water.
When making a hot drink only boil the amount of water required, don't fill the kettle for one mug.

Make sure you use LED lights when possible.

Don't drive to work, cycle instead!

follow <http://earthhour.wwf.org.uk>

This article has been researched and written by Niamh Green from North Halifax Grammar School, Lainie and Chloe from Stanbury Village School, and Toby Ross, Sophie Tankard, & Lucille Robinson from Parkside School.

The Young Writers' Club meets weekly in term time at Cobbles & Clay in Haworth.

Have you ever heard of Earth Hour? No? Why not read on to find out?

Earth Hour is a global celebration in aid of the environment. Businesses and individuals take part by turning off their electricity for an hour.

The first Earth Hour was held in Sydney, Australia in 2007. Involvement in the event has been growing ever since. Last year, 172 countries, 371 cities and 10.4 million people turned off their electricity to do their part for the environment.

We rang up local schools and large supermarkets to inform them about Earth Hour. We told them our school's (Stanbury's) plans for the event, which included turning off all the lights and other electrical appliances in school on the 17th March, as well as holding a fair trade breakfast on March 4th and wearing green or recycled clothes.

The thought of turning your electrical appliances off for an hour- such as your phone- is probably making you weak at the knees right now. But do you know what will actually happen if you don't?

Well, for starters, the electricity produced in power stations uses natural sources, some of which could take lots of years to replace. Fossil fuels are also used to make

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This spring learn how to reinvigorate your home

Most people have an armchair in the attic that has been patiently waiting for its day to be dusted off and lovingly restored. It probably belonged to a great aunt or a granny, and comes with a cherished narrative; a myriad of memories crammed into its very fibres. All it needs is a bit of TLC and some time set aside to revive it, bring it back to life and give it a renewed pride of place in the home.

So here is the nudge you've been waiting for...Just do it; join one of the classes at Damside Mill this spring and get going with that project that has been niggling you for years. Whether a precious heirloom chair or a funky lamp you retrieved from a skip, get your creative juices flowing and

enjoy the pleasure of working with your hands. You will bring your ideas to fruition under the careful tutelage of Pauline Keenoy, former Leeds College of Art lecturer and restoration queen with more

than 20 years experience. Pauline runs a number of courses from Damside. You can choose evening or weekend classes to suit your schedule. **Weekly courses:**

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• SOCIAL BENEFITS

Golf is hugely popular across the UK and is a great place to meet new people. Many golf clubs have their own restaurants and bars for both club members and the public to enjoy. Clubs run many themed social events in their clubhouses throughout the year. Most clubs will hire out their function rooms on request to the public and represent good value for money.

• COMPETITION

Golf is unique as an amateur sport as the handicap system allows players of all abilities to compete on a level playing field. Competitions can have as many as 150 people in them all competing against each other on the same day. The game can be enjoyed socially and competitively. There

are many different formats: individual, pairs, teams and mixed gender events.

• STRESS RELIEF

A round of golf can be a great way of reducing stress in our lives. It's nice to be outdoors in quiet natural surroundings with your friends.

• KIDS

Golf is a fantastic sport for young people to take up. It teaches important life skills that will help them throughout life. Here are just a few: Determination, Self Confidence, Hand Eye Coordination, Patience and Honesty. Clubs offer a safe environment for children to try a new sport and provide expert coaching. Junior golf is very well structured with coaching sessions and competitions available at clubs supervised by adults and golf professionals. Golf clubs are great places for kids to make new friends. There are many members of golf club who have been there since they were children and made life long friends.

But most importantly golf is just good fun.

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Last month's location was Cliffe Castle
Museum. The winner was Karen Howlett
from Sutton.

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It's never easy running the railway, not least because a lot of what we work with is so old.



We restore and maintain a fleet of carriages that date back to the 1950s and 1960s and have a fleet of locomotives that includes

one returning to traffic that is nearly 120 years old. In addition we can call on our partner organisations, with the Vintages Carriages Trust who run the Museum of Rail Travel based at Ingrow Station to provide a beautiful rake of more vintage carriages for our passengers to enjoy. There is also the Bahamas Locomotive Society, with their museum also at Ingrow, which includes the only steam engine owned by the National Trust that dates back to 1888.

Operating such an aged fleet of locomotives and carriages is what we are all about, offering our passengers a journey back in time through



the beautifully restored stations, which are deserving of recognition in their own right. However, working with such venerable artefacts being challenges and our Winter Steam Gala is an example of this. Planning for such events takes many months, during which time we will be taking with other locomotive owners to try to source a

visitor to the line to complement the home fleet and we will do all we can to bring into traffic any locomotives or carriages that are nearing the end of their overhaul. This February's event was no different, and we had two visiting engines lined up. One was actually our own locomotive (LMS Black 5 no 45212 for the enthusiasts amongst you) that is being overhauled by the same experts who have restored Flying Scotsman for the National a Railway Museum, so understandably that national treasure became their focus for the past few months, so ours couldn't be readied in time for a visit and operational circumstance conspired to prevent an alternative. The second planned locomotive's overhaul ran into delays, so that cancelled too, and to make matters worse our home-based locomotive number 75078 failed a routine inspection so is also unavailable.



The resourcefulness and tenacity of the event organising team has been amazing. Although they couldn't get the alternative locomotive that they hoped for, and the impact of the Boxing Day floods meant that we couldn't get locomotives in by road because of damage to the bridge at Haworth, they worked so hard to devise the timetable that included double-headed trains and demonstration freight services.

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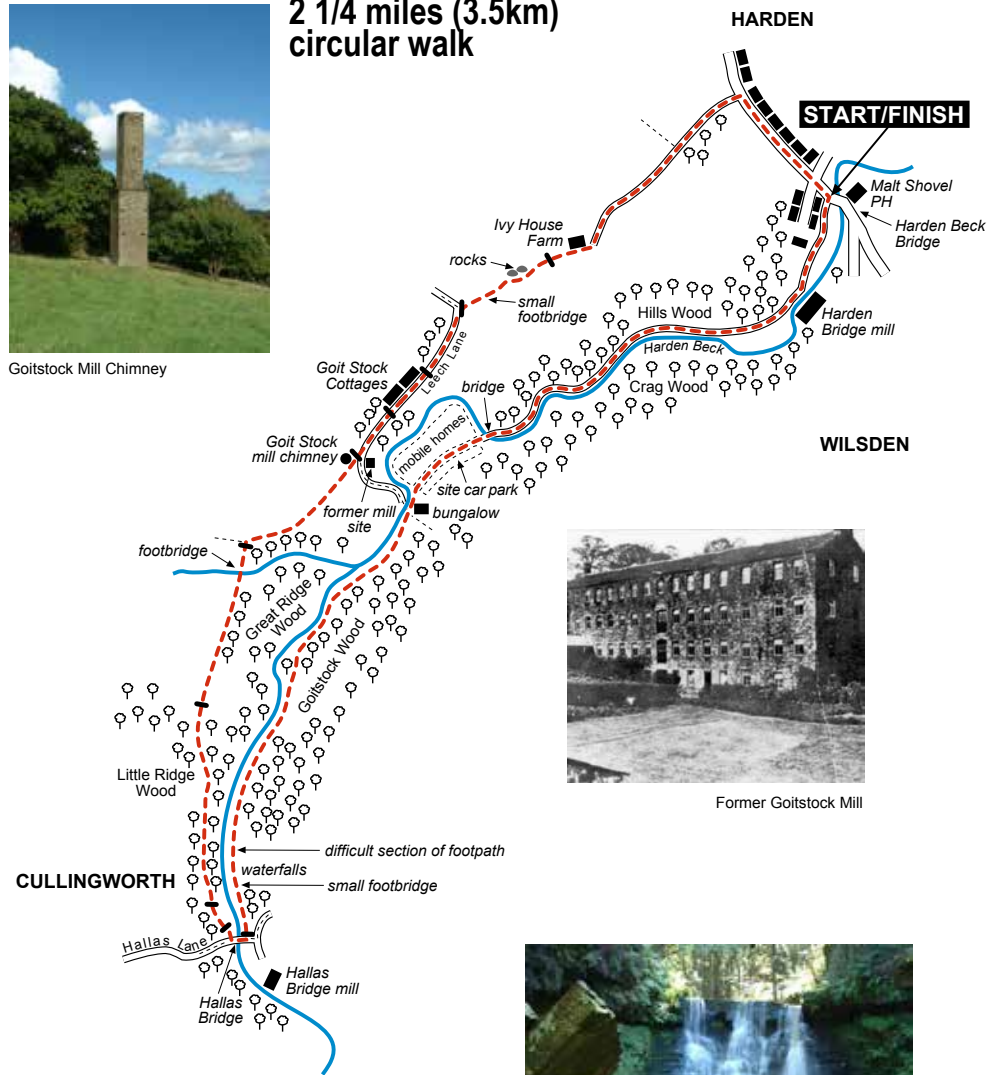

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	Footpaths

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A relatively level walk along the valley bottom, walking mainly through woodland on unsurfaced footpaths which are often wet and boggy, including one short section where a handrail has been fitted to assist the walker over a narrow and rocky section. Please take care! This walk is not suitable for pushchairs, wheelchairs and people with restricted mobility.

Walk start point: Harden Beck Bridge, junction of Wilsden Road and Harden Lane, adjacent to the Malt Shovel Public House. Car parking is limited to on street parking, please park with care. Although the Malt Shovel has a car park it is limited to patrons only.

The Walk:

Start by walking along Goit Stock Lane between the houses and garages, following the sign for Harden and Bingley Caravan Site.

Continue along the lane walking parallel to Harden Beck on your left, all the way to the entrance to the caravan site. On reaching the caravan site follow the road through the site walking between the neatly trimmed hedges to where the site road turns to the right.

Here the route leaves the caravan site by going straight ahead to walk in front of 'The Bungalow' and through the gap in the fence into Goit Stock Wood. Follow the well-defined path through the woodland, again walking parallel with Harden Beck, which is now on the right hand side.

Eventually the path starts to narrow down and is strewn with rocks, a handrail has been fitted here to help your passage and great care is required.

Continue along the footpath as it starts a gentle but rocky climb, passing two waterfalls and crossing a railway sleeper bridge. After a short distance you will meet with a bridleway path crossing from left to right. Turn right downhill and across the bridge (Hallas Bridge), which spans Harden Beck, then turn immediately right again on the opposite side and follow the path a short distance up to the metal railings which can be seen above, and over the stile in to a field.

Cross the field diagonally to the right going uphill to another stile. Climb the stile back into the woodland and follow the well-defined path as it meanders through the trees, eventually reaching a stile in front of a large meadow.

Go through the stile and straight ahead across the meadow, keeping to the left of the row of mature trees in the centre of the meadow before crossing a metal footbridge at the far end.

The path now follows the dry stone wall on the right, uphill and through the stile next to a field gate. Here bear right following the wall on the right to its end, before bearing left across the field towards the Goitstock Mill stone built chimney and the electricity pylon.

As you pass below the chimney the footpath crosses over the chimney flue. Continue along the path for a short distance and go through the stile at the side of the gate to where the path joins a track. Bear left along the track and around the right hand side of a gate to walk in front of a row of cottages (Goit Stock Cottages).

Continue along the now tarmaced track to walk around the right hand side of a second gate. After approximately 125yds (115m), just beyond the first bend look out for a narrow footpath off to the right. Take this path through a small gate walking downhill at first, through thick vegetation and over a small railway sleeper bridge, before bearing right and then left near to the large rocks.

Continue by following the dry stone wall on the left, through a field gate and straight ahead in front of the farmhouse (Ivy House Farm). Just beyond the farmyard bear left on to the farm access track, which you should follow back to the main road from where you started the walk.

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Thursday through to Sunday. A variety of menus are available including the ever popular roast dinners and bar snacks.

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KEIGHLEY WOMEN SHARE GOOD WILL & CHARITY IN LESBOS



Oakworth friends Jane Arnold and Maggie Higson lend a helping hand in a Lesbos warehouse when they traveled to the Greek Island to support independent efforts to alleviate the migrant crisis.

What made you decide to volunteer?

We had been watching the news with growing unease about the plight of the refugees fleeing from war and persecution in Syria and surrounding areas, and as Europeans were concerned that the Greek people who are already struggling with a severe financial crisis, and especially the residents of the Aegean Islands who were bearing the brunt of the unprecedented numbers of displaced people migrating.

What kind of work were you doing?

With 10 days notice we booked a flight and hotel, and arrived in the capital Mytilene on 14th January. We quickly established our routine. We worked each morning sorting clothing and aid in a large warehouse just outside the capital, in the afternoons we walked to the refugee camp

and helped serve hundreds of meals in order to provide a hot food to the refugees daily. This was followed by a mammoth washing up session. In the evenings we distributed extra warm clothing, chocolate and fruit to the refugees in the harbour as they boarded the 8 pm ferry for Athens from where they embarked on their trek through Europe.

What were your thoughts on encountering the plight of the refugees at first hand?

We were especially struck by the resilience and optimism of the refugees, who told us of their harrowing and hazardous crossings in overloaded leaking inflatable dinghies, whole families with both small children and elderly people travelling together, many who could not swim and were clearly terrified. They literally arrived on Lesbos with the clothes on their back and a rucksack, others with barely a bin liner of belongings. The seas were rough in January, the weather cold and windy, and still they kept crossing.

What were your impressions of the situation on the Greek Islands?

We were also humbled by the welcome provided by the islanders. We spoke to local Greek volunteers, hotel staff, shopkeepers, waiters, bus and taxi drivers and never heard a single word against the refugees. The people of Lesbos are incredibly kind and are desperately worried about their own futures but are nevertheless supporting the refugees wherever possible. We would urge anyone who has not yet planned a summer holiday, if you intended going abroad, please consider Lesbos, it's a beautiful island where you will receive a warm welcome, whilst at the same time supporting the Greek people who are on the front line of the crisis.

Would you like to help? visit: <https://mydonate.bt.com/fundraisers/theworldwidetribecorefunding1>



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Sudoku

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

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

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

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

To solve a sudoku puzzle, each row of nine squares must contain the numbers 1 through 9. Each column must also contain the numbers 1 through 9, and each box must contain the numbers 1 through 9.

Kids' Corner Jokes

How excited was the gardener about spring? *So excited he wet his plants.*

Does February like March?
No, but April May

When do monkeys fall from the sky?
During APE-ril showers

What season is it best to go on a trampoline? *Spring time*
What do you call a rabbit with flees?
Bugs Bunny

What goes up when the rain goes down?
Umbrellas

Name a bow that can't be tied. *A rainbow*

Where will you be in four years?
I don't know. I don't have 2020 vision.

Faithful Feet

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Happy Easter



Fancy taking part in a charity Zip wire ? I am looking for 150 people to take part in a sponsored Zip wire. This will be a sponsored event for Sue Ryder Manorlands and The Cystic Fibrosis Trust. The Cost of the Zip wire is £30 each which you will need to pay before the event (this can be returned once you have collected all your sponsor money in). This will be a local event if we get enough people to take part. Interested in this event please contact Donna on 07487 885194 or email donnaibbotson1@yahoo.co.uk.

Run Bradford Every Wednesday 6.30pm - 7.30pm at Haworth Park. Small friendly running group to help runners of all abilities especially beginners. Children 6+ and adults welcome. £2 per run. Contact Janet 07756560765.

Every 3rd Monday (term time) in the month 6pm - 8pm The Keighley & District branch of the National Autistic Society meet at Lavenderfields, Cavendish Street, Keighley Free and all are welcome to join in discussions and listen to visiting speakers.

Little Rascals Baby & Toddler Group every Thursday 10am - 11.30am at Trinity Church , Fell Lane Keighley.

Coffee Stop Every Friday 10.30am - noon at Trinity Church, Fell Lane, Keighley, Serving Fairtrade coffee & tea. Call in for a friendly chat.

Scott Street Ruggers meet at Keighley Healthy Living on first and third Mondays in every month, 1000-1200hrs. Free admission, tuition and startup kits. All welcome - men, women, beginners, whatever! Make a totally individual rag rug or

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wall hanging in between tea and chat. More info call Amy Baldwin 01535 669605 amy@oaktex.co.uk

Feb -10th April In Sheep's Clothing-Fashion at Cliffe Castle Museum, Keighley. The British Wool Board commissioned notable fashion to create clothing that would highlight the versatility of woolen fabrics in fashion and promote the British Wool trade.

Mon 7th March 2pm-3pm Meeting Point at Trinity Church, Fell Lane, Keighley - The Holme Singers.

Mon 14th - Sat 19th March Hayfever at Keighley Playhouse. The Bliss family are incapable of sharing the spotlight. Unconventional, risqué and often downright rude, they are everything a respectable English family shouldn't be. When each member of the family invites a guest to their rural retreat , the unassuming visitors are thrown into a living melodrama. Misjudged meetings, secret seductions and scandalous revelations proliferate during one outrageous weekend in Berkshire. www.keighleyplayhouse.co.uk. Box Office Email: boxoffice@keighleyplayhouse.co.uk Box Office Tel: 07599 890 769

Tues 15th March Exley Head Ladies Circle are holding an evening of music, humour and fun by the Ritardandos at the Chapel 7.30pm. Tickets are £4 to include refreshments. Everyone welcome . Tickets available from Glenis 01535 640346

Sat 19th March Trinity Ramblers - Canal Walk Silsden to Riddlesden, Meet at Keighley Bus Station at 9.50am. Packed Lunch required.

Sun 20th March 9.30am Great Daffodil Walk at Myrtle Park. Raising money for Marie Curie A 6 mile circular sponsored walk from Tarquin's Tearoom, Myrtle Park and around St Ives Estate, Bingley
www.mariecurie.org.uk/groups

Sun 20th March 10.30am Palm Sunday at Trinity Church Fell, Lane, Keighley

Sun 20th March 11.30am - 3 pm Wedding Fayre at The 3 Acres, Bingley Road, Lees Moor, Cross Roads, Keighley.

Fri 25th - Mon 28th 10.30am - 4pm March Cadbury Easter Egg Hunt at East Riddlesden Hall.

Fri 25th Mar - Mon 28th March Pullman Afternoon Tea at KWVR. We operate in the finest traditions of the Pullman Car Company, recreating the luxury travel of days gone by. Your table awaits... ..fresh flowers, starched linen, and glittering glassware greet you as you board the train. Take your seats and savour the atmosphere as your journey begins.

Sun 27th March Easter Sunday 10.30am at Trinity Church, Fell Lane, Keighley.

Sat 2nd April 9.30am - 4pm Saltaire Vintage Home & Fashion Fair at Victoria Hall, Saltaire. With 40+ stalls of vintage loveliness for you and

your home including genuine vintage fashion, such as 1940's tea dresses, 1950's prom gowns, jewellery, accessories, furniture, homewares, vintage vinyl, toys, books, kitchenalia and collectables, all from the 1920's to the 1980's...

Not forgetting wonderful teas from Interlude Tea Room & Emporium, This is our BIGGEST and most established event - not to be missed!

Thurs March 31st 9:30 -11:30 Drop in session: Managing Dry Eyes at Clarus Opticians, 46 Cavendish St Keighley. All welcome.

Mon 4th April 2pm-3pm Meeting Point at Trinity Church, Fell Lane, Keighley - Mrs Joyce Rossington.. "The wisdom of tea towels"

Sat 16th April 10.30am A gentle, 3 mile walk from the Half Moon Café in Roberts Park to Five Rise Café, Bingley. The walk will follow the route of the Leeds Liverpool Canal. and Tish and Mike Lawson will give us historical information along the way. We aim to arrive at Five Rise Locks at around 12.30pm / 1.00pm and, along the way, we will take lunch orders and ring them through to the café. Alternatively bring along a picnic. Duration: 3 Miles
www.bingleywalkersarewelcome.org.uk

Fri 15th April 8pm East Morton Institute Bingo Night. Tickets are £12 each and include a book of bingo tickets and finger buffet - bring your own drinks. Profits towards further improvements to the Institute. Book early and call Barbara on 07526 726317 or Kathy on 01274 567174

Sat 16th April 7.00pm KVU Singers Elijah at Keighley Shared Church. Tickets £10. Call 01535 637425 or 653917

Gardening

WITH
STEVE THORPE

It's not far from the start of the growing season; hopefully better weather is ahead.

We seem to have avoided any heavy snow but the rain fall has been relentless. This will heighten the need to get some goodness back into your soil, whether it be a lawn, flower or rose bed or your vegetable garden. Lots of vital elements and nutrients will have been washed from the soil by all the torrential rain.

If the soil is workable dig in a layer of well rotted manure in preparation for the growing season. Alternatively add a general fertiliser such as grow more, blood fish and bone or pelleted chicken manure. Add weed feed and moss killer to your lawns. This will kill any moss formed over the wet winter months and then aid vigorous growth in early spring. Once killed, thick moss might need removing by using a springbok rake or powered scarifier.

Now is the time to move any trees or shrubs that are either in the wrong place or have outgrown their current position. Plant new bare rooted trees, fruit trees and rose bushes. Remember rose bushes need regular feeding



because they are very hungry plants and take a lot of goodness from the soil.

Prune existing roses to encourage vigorous new growth. Remove all dead, diseased and crossing wood and then prune at an angle to an outward facing bud.

Lift and divide any established perennials and plant new plants in any gaps or where needed.

Plant any summer flowering bulbs such as lilies and gladioli to give them the best possible start. Start chitting your early seed potatoes ready for planting out later in the month. Stand in egg boxes or seed trays and place in a light, dry, frost free place to aid shoot growth. Onion sets can be bought and planted out doors this month.

Sowing times will start now and run throughout April depending on what you are growing. By delaying sowing for a few weeks many seeds can be sown directly out into their final growing position.

Get out in the garden, get growing and get healthy. We will all feel much better when we see the mass of colours from all the spring bulbs.



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No bake chocolate cake



Here is an easy recipe to keep the kids entertained in the kitchen this Easter. You can add 'bits' like raisins or other dried fruit in addition to the glacé cherries. Enjoy!

Step 1 Melt the chocolate, butter and sugar in a bowl over a pan of simmering (not boiling) water or in a microwave oven.

Step 2 Stir in the rest of the ingredients.

Step 3 Turn into a 18cm round cake tin lined with non stick baking paper, pressing down gently. Leave to set at room temperature until firm.

Step 4 Once fully cooled and set, remove the cake from the tin and peel away the lining paper. Cut into thin slices and serve.

Prep time: 20 mins
Serves 12
Skill Level: Easy
Baking time: None!

source: bakingmad.com

Ingredients

- 200g Milk chocolate chips broken into pieces
- 100g Dark chocolate broke into pieces
- 110g Butter (unsalted)
- 50g Unrefined dark muscovado sugar
- 110g Shortbread biscuits broken up
- 110g Glacé cherries
- 75g Hazelnuts whole, roasted
- 75g Pecan nuts roughly chopped
- 1 Maltesers small pack, roughly chopped

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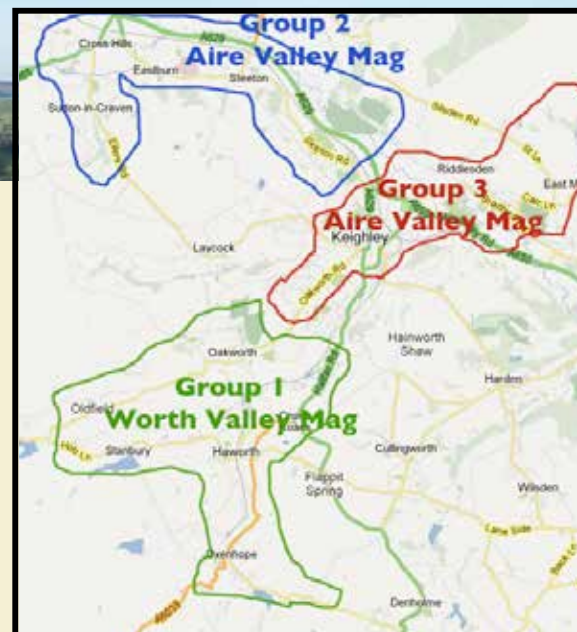
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Easter Egg Hunt

Can you find which Easter egg
appears only once?



Sudoku Solutions from page 22

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

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

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

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



Yorkshire

by Stuart Lawson Beattie
Skipton Poets Guild

Gods' Own County
This, is Yorkshire,
Where the leaves fly free,
And the hush of the beck
Is heaven to me.
Willows, wallow, I swallow.
Winds gather, heather sways.
I thank God, I'm here
For all, my days!
Rocks, huddle,
Lovers, cuddle
Cos, that's they way it is,
Yorkshire, is Bliss!
If I ever left,
T'would leave me alone, bereft!
For I will never leave!
I Love, this web, we weave!
Valleys, Rivers, Cliffs, Green trees,
Roll, forever, on this, Yorkshire Breeze!
Yorkshire, Gods' Own County,
This hallowed place, My Home!
Yorkshire,
Gods' Own County,
Where the Blessed,
Yorkshire Rose is sewn!

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