

# WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

February 2010

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## FAIRTRADE FORTNIGHT 2010

**THE BIG SWAP**

**Bingley**, FT tea and cakes party on the afternoon of Sunday 28th Feb in Little House, 2-4pm

**Ilkley**, 6th March, Christchurch Coffee Centre. 1pm Fairtrade Foundation Producer Tour: Talk and 'Q & A' session with Banana Producer from the Windward Islands. 2-4pm Fairtrade Tea Party. Free.

**Bradford**, Fairtrade Tea Party, 27th Feb, 9am - 5pm, Bank St / Tyrell St., Free

**Skipton**, event at Holy Trinity Church and refectory [at the top of High Street] on Sunday afternoon at 2pm until 4pm

**Haworth**, Tea Dance (see page 16)

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

**Bradford - a Fairtrade Zone**

**Bradford District Council**  
www.bradford.gov.uk





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It is amazing what havoc a few inches of snow will wreak; fingers crossed, we are past the worst of it now. I feel like Paul Hudson, the weatherman, with all these fabulous wintery pictures to choose from. (And to the many talented photographers in the Worth Valley, thanks for sharing your snaps.) We have managed to publish a few choice moments frozen in time.

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

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

*Have a great February.*



Liz Barker

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Noisette of lamb, roast Root vegetables  
dauphinoise potatoes, & minted jus  
Trio of peppers filled with mushrooms & parmesan, Leeks & red Leicester, tomato, basil & mozzarella  
Fillets of seabass, roasted vegetable tower, Ulster Champ potatoes

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**10**  
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Should you wish to lavish attention upon your loved one on St Valentines Day we have a special selection of chocolate valentine treats from Charbonnel and Walker and are very excited to have just taken delivery of the latest designs from Jeanette Sargent Jewellery.

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Whatever you think of St Valentines Day, the chances are that if you ignore it completely (or more importantly, if that special person in your life ignores

it completely) you will be left feeling a little deflated (if not totally crushed) on the day. Take heed all you reluctant romantics; no matter how vigorously he or she may protest otherwise, we all need to feel loved and appreciated, and if we were really honest, or had the courage, we might even own up to the fact that we would actually quite like our loved ones to lavish attention upon us on St Valentines Day (and that anonymous declarations of undying love are really quite thrilling). Champagne, flowers, chocolate of course. Intimate, candlelit dinners - dinner in Paris would be nice; Valentines Day is all about spoiling the one you love.

Food and love have always gone hand in hand. Eve tempted Adam with the apple and it has been that way ever since. Even today it is statistically proven that the majority of first dates take place over dinner, lunch or some kind of food related rendezvous.

If you are planning to go out for dinner, keep the location of the venue a secret, only revealing its identity at the very

last moment if possible. Of course not everyone wants to spend Valentines evening in a crowded restaurant. For some the seclusion of home is the only place in which to host that special date. There is also something very romantic about the thought and effort that goes into the preparation of a special meal for ones sweetheart.

This is also a time when you can be as over the top as you like. Don't be afraid to dress up; there's nothing wrong with adding a little glamour. Pay special attention to how you lay the table keeping romance in mind as you do so, by adding a splash of vibrant pink or red in the form

of glassware, candles or scented flowers. Unplug the phone, scatter the floor with petals and light the candles.

One word of advice - keep the menu short. One of the most unromantic feelings is that of having eaten too much. The emphasis should be on the

presentation of the food and the flavours it provides. An exotically spiced main course or one including seafood followed by a light dessert - pears lightly poached with star anise and drizzled with chocolate sauce perhaps or little soft centred chocolate puds will suffice. Open the champagne and make your romantic dinner and outright celebration of sensuality. You'll be glad that you made the effort. Commercialised it may have become but that doesn't need to mean that romance is dead.



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# Mother of the Bride

by Nikki Carroll of Firths



Choosing your Mother of the Bride or Groom outfit should be a very exciting occasion. However formal wear is not something that most people pick out often, so finding the right outfit can be overwhelming with so many options out there to choose from.

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

Talk to the bride first, she may have certain preferences on colour and style. You need a colour that is both wedding appropriate and flatters your skin tone. By knowing what styles and colour to look for in advance, you can narrow your choices. Key colours for spring summer 2010 to watch out for are purple with white or cream, fabulous floral printed linen in vibrant colours or classical black and white continues to be a striking combination and is no longer viewed as mournful for a wedding.

Begin the process of choosing your outfit at least six months prior to the wedding;

considering expected climate, venue and formality.

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

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

It has always been protocol for the mother of the bride to wear a hat.

However current trend and practicality have introduced the now fashionable

fascinator, enabling you to meet and greet guests without the worry of a large brim being in the way.

Whatever your preference, your chosen headpiece should complement and enhance your outfit allowing you to feel like a million dollars.



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

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

up-do hairstyle made popular by the beautiful star from Breakfast at Tiffany's has started to see a come back with modern brides looking for a simple yet sophisticated style.

This timeless hairdo is essentially a twist style starting from the back and piled up high on the head for a simple but lovely finish. Finish off the look with a delicate little tiara or a row of pearls for a gorgeous

bridal hairstyle.

The hairstyle pulls your hair away from your face to accentuate and highlight your face. It works beautifully for brides with small faces or those with delicate features. However, if you have a wide face or a prominent jaw, you might want to consider a long hairstyle instead.

Do try a trial run of this style with your hairdresser first to see if it will suit you before finalising your hairstyle as updo hairstyles sometimes tend to make brides look slightly older.

The Audrey Hepburn hairstyle is one of timeless beauty and elegance and would go with just about any wedding gown style. Simply add long white gloves, a string of pearls and perhaps a pair of sunglasses in your photos to recreate that famous look from Breakfast at Tiffany's!

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# Wedding Superstitions

A load of rubbish... or should you take them seriously?

Much as we may be modern thinkers and dismiss any kind of hocus-pocus as, well, hocus-pocus, most brides do pay a little sneaky regard to superstitions and how they may affect the outcome of the wedding and the marriage.

Being a pragmatic type I have to say that superstitions should not be taken seriously. But then, why do I refuse to walk under a ladder, or feel overjoyed when I find a four-leafed clover?

Let's take a look at some of the more commonly known wedding superstitions - just for the sake of academic interest, of course!

## Bows

It seems you should gather together all the bows and ribbons from the wrapping of your wedding gifts, stick them together into a large bouquet, and hang them over your marital front door for about a year. This apparently brings good luck. It will also bring cobwebs, dust and all manner of other creepy crawlies to your new home. Perhaps pressing all the bows into a flat collage, duly framed with insect-proof glass, would be more appropriate?

## Chimney sweep

Many sources say it's good luck if the bride sees, or preferably is kissed by, a chimney sweep on her wedding day. Just be sure you're not wearing your pristine white dress at the time.

## Knives as gifts

Jewish traditions say that if you receive knives as gifts; it's bad luck. The remedy is for the recipient to give the donor a coin, so demoting the gift to a business transaction which solves the problem.

## Rain on wedding day

This is an interesting one. Many superstitions say it's bad luck if it rains on your wedding day, others say it's good luck. Maybe that depends on which hemisphere you live in, or at least which climate. Those of us who live in chronically rainy Northern Europe should probably assume that rain on our wedding day is just one of those blasted things that we have to deal with whatever event we're organising. However if you're of a romantic frame of mind ... rain



on your wedding day can mean fertility via good news for the farmers' crops. Some cultures say rain on your wedding day means you will have many children.

## Rice, throwing after ceremony

This tradition goes back quite a long way and

the little rice kernels are supposed to represent fertility despite their being a squillion times larger than reproductive ova. (Confetti and flower petals represent the same thing.) Rice is also a damned nuisance in the yards of wedding ceremony venues because the kernels tend to acquire dampness, swell up and get caught up in the soles of everyone's shoes - especially trainers. Before you allow rice to be thrown, check it out with the powers-that-be at your ceremony to ensure it's permitted.

## Right foot forward

This one is a bit like the old children's

superstition, 'Step on a crack, break your grandmother's back.' It seems the bride must step into the wedding ceremony venue with her right foot first for good luck. Just watch you don't catch it in the hem of your dress.

## Something old, something new, something borrowed, something blue

(And a silver sixpence in her shoe.) It seems this rhyme first emerged in Victorian times, but its origins go back further. The meaning of each item is not clear, but generally it's taken that something old refers to the background of the couple - their friends and family. This is symbolised by the bride wearing something that isn't new. Something new is about the couple's future together, and shouldn't be hard to symbolise as chances are the bride's entire outfit is new - or at least new to her which is all that matters. Something borrowed should be something belonging to a happily married family member so their good fortune carries on to the bride, and some say you should be sure to return the item if you want to avoid bad luck. Yes, even if you borrow your grandmother's diamond earrings. Something blue seems to have a variety of origins including ancient Rome, early Christianity and the Jewish faith. Take your pick.

Finally, the sixpence in your shoe. You would be hard pushed to find a sixpence these days since it was taken out of circulation in 1980. However if you insist on this one you can obtain a silver sixpence (they weren't always made of silver) from this website: [www.silver6pence.co.uk](http://www.silver6pence.co.uk)

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- Q. Name the four seasons  
A. Salt, pepper, mustard and vinegar
- Q. Explain one of the processes by which water can be made safe to drink  
A. Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists
- Q. How is dew formed  
A. The sun shines down on the leaves and makes them perspire
- Q. What causes the tides in the oceans  
A. The tides are a fight between the earth and the moon. All watertends to flow towards the moon, because there is no water on the moon, and nature

- abhors a vacuum. I forget where the sun joins the fight
- Q. What guarantees may a mortgage company insist on  
A. If you are buying a house they will insist that you are well endowed
  - Q. What are steroids  
A. Things for keeping carpets still on the stairs .
  - Q. What happens to your body as you age  
A. When you get old, so do your bowels and you get intercontinental
  - Q. What happens to a boy when he reaches puberty  
A. He says goodbye to his boyhood and looks forward to his adultery
  - Q.. Name a major disease associated with cigarettes  
A.. Premature death

- Q. What is artificial insemination  
A. When the farmer does it to the bull instead of the cow.
- Q. How can you delay milk turning sour  
A. Keep it in the cow
- Q. How are the main parts of the body categorised (eg the abdomen)  
A. The body is consisted into 3 parts - the brainium, the borax and the abdominal cavity. The brainium contains the brain, the borax contains the heart and lungs and the abdominal cavity contains the five bowels:  
A,E,I,O and U
- Q. What is the fibula  
A. A small lie
- Q. What does 'varicose' mean  
A. Nearby
- Q. What is a terminal illness  
A. When you are sick at the airport .

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



Say you saw it in the Worth Valley Mag!

# BRITAIN! SWAP YOUR CUPPA FOR A FAIRTRADE CUPPA

For this year's Fairtrade Fortnight we want one million and one people to join us in The Big Swap. Get involved by swapping your usual stuff for Fairtrade stuff, starting with your cuppa. Each swap will be proof that the UK wants developing world producers to get a better deal. Visit [thebigswap.org.uk](http://thebigswap.org.uk) to find out more, get inspired and register your swap.

**FAIRTRADE  
FORTNIGHT**  
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THE BIG SWAP  
**22 FEBRUARY-7 MARCH**



We support fair trade

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

Still wondering about Fairtrade?

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

The Fairtrade Foundation is 15 years old but the fair trade idea has been around for 40 years or more

What has happened to the idea of Fairtrade during this time?

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

There are now thousands of products carrying the Fairtrade Mark, cosmetics, cotton, shoes, footballs, wine, beer etc. The biggest food sales come from bananas and coffee. Supermarkets and coffee chains are embracing the idea responding to consumer choice and demand. This is where individuals play their part, we can't

change the whole world but we can make changes in our own lives and shopping habits which in turn DO make a change for the better in the lives of people at the other side of the world. So in effect you have changed the world albeit a purchase at a time!

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

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

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

In depth information, facts and figures are on [fairtrade.org.uk](http://fairtrade.org.uk)

Say you saw it in the Worth Valley Mag!





## SATURDAY 27<sup>TH</sup> FEBRUARY

at West Lane Baptist Chapel, Haworth  
from 4-7pm  
tickets £2 to include all tea, cakes and dancing!  
drop in to Sonia's Smile or phone 647776



with **The Palm Court  
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*Bring your friends, have fun and dance or just watch and listen to the beautiful old time music.*

*Enjoy the tea, sandwiches and cakes and bring along a box of your regular tea bags and swap them for a box of top quality Imporiant Fairtrade tea.*

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

## Haworth Fairtrade does it again!

We are getting a name for holding great events; remember last years Chuffin Fair? And the wonderful 'Chocolat' with Joanne Harris?... now a Tea-dance to fit in with the big tea party theme and the Big Swap. Haworth Fairtrade Group are non profit making and we can keep the ticket price generously low, sponsored by Imporiant tea and local businesses, money to cover events is also raised through various means, so please contact Sonia's Smile if you would like to help or offer a raffle prize. Thanks also to the Palm Court Orchestra for waiving the usual fee. In case you are wondering, the boxes of swapped tea will be donated to be

distributed to the homeless in Bradford. So, this Fairtrade Fortnight, swap something and register it on the website, swap whatever you do on Saturday afternoon and come to the a tea dance... and swap your thinking that Fairtrade doesn't work, it does!



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|---|---|
| <p><b>Friday 19th Feb</b><br/><b>Christine McMahon:</b><br/>Story Telling - Northern Grit (re-scheduled)<br/>Tickets £2.50 Children, £5 Adults. 8pm<br/>Food served between 6:45-8pm (suitable family event)</p>  | <p><b>Friday 26th February</b><br/><b>John Drury</b><br/>Tickets £5.00 8.00 start<br/>Food available from 6.45.<br/>More new songs (Including Princess Aris and the Dragon) and some old faves from John and friends.<br/>(If he can find any!)</p> |
| <p><b>At Cobbles &amp; Clay we are committed to using Fairtrade products and ingredients wherever possible</b><br/><b>(Offer Valid from Feb 22- March 7th)</b><br/>In celebration of Fairtrade Fortnight we will be adding to our menu, <b>Free fair trade tea or Americano when served with fair trade bananas slow cooked in maple syrup served with cream or ice cream. £3.25</b><br/>We will also be hosting a Fairtrade banana producer ...<br/>please refer to our website for details.</p> | <p><b>February Half Term...</b><br/><b>(Open 7 days, 9-5)</b><br/>Looking for something to keep the children busy during half term? Drop by the cafe for a few hours of creativity and fun. No need to pre-book.</p>                                |
| <p><b>Save the date! March 27th</b><br/><b>The Travelling Band</b><br/>return to the cafe for a special acoustic session. ( see our website for more details.)</p>  | <p>Guarantees a better deal for Third World Producers</p>   |

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# Where in the Worth Valley? COMPETITION

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

This month's prize is generously donated by Keighley & Worth Valley Railway

Day Rover Pass

Email your answer to:

[mail@worthvalleymag.co.uk](mailto:mail@worthvalleymag.co.uk)

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



The Dec/Jan winner was Michael Bottomley of Haworth. The location was Stanbury cemetery.

Google Earth ©

## WEBSITE OF THE MONTH



If you want to save money on your phone bill then this month's website is your new best friend. Many companies advertise using '08' numbers which cost far more than standard calls and are usually excluded from any inclusive time packages offered by your phone provider. Quite often you'll be kept waiting on these lines in a queue and it's no surprise to learn that companies that use these numbers are actually receiving a cut of the phone call costs! Saynoto0870.com is a site that lists alternative numbers that you can use at the normal rate. You can search by company name or number and there is also a very useful forum. [www.saynoto0870.com](http://www.saynoto0870.com)

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Say you saw it in the Worth Valley Mag!

Brontë Parsonage  
Museum Haworth



## **VOLUNTEER MUSEUM STEWARDS** at the Brontë Parsonage Museum

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

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

The museum will be launching a new volunteer programme shortly and is looking for volunteers to work hours during the day, between Monday and Friday. As well as offering enjoyable, interesting and useful experience, volunteers will also receive various benefits including free admission to Brontë Society events.



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

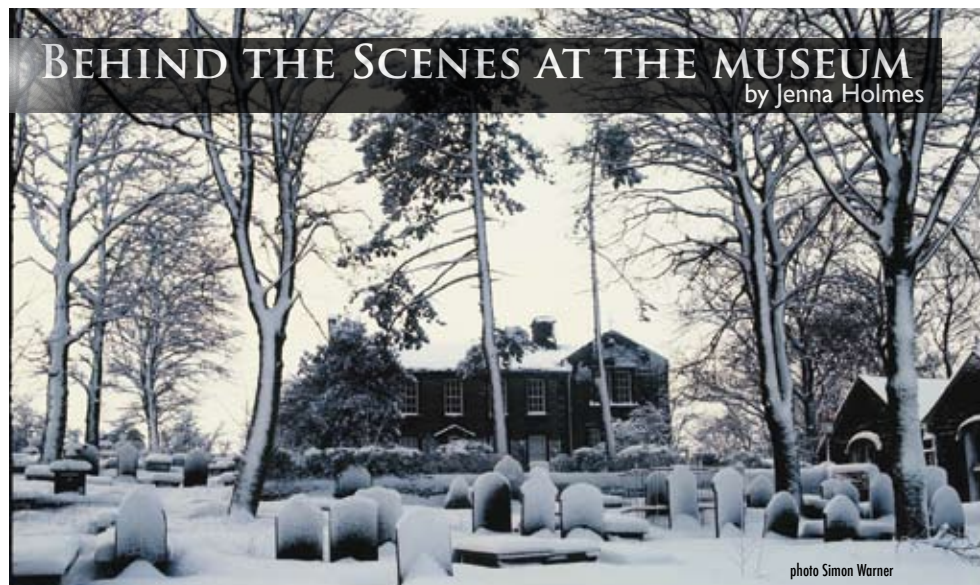


photo Simon Warner

## **BEHIND THE SCENES AT THE MUSEUM**

by Jenna Holmes

At the time of writing, the Parsonage is in an unusual state of upheaval. Despite being officially 'closed' in January, behind the scenes, the museum is actually having one of its busiest months of the year. It's the time that items in the collections

undergo conservation, rooms are redecorated and repairs carried out, before new exhibitions are created for the coming year. The Brontë artefacts are carefully cleaned and stored away, furniture is checked for woodworm, cleaned and polished with traditional beeswax. Then the real deep clean begins. Staff and volunteers scrub every inch of the house from top to bottom, washing down woodwork and dusting all the hard to reach nooks and crannies. The empty rooms give the house a unique atmosphere and it is always fascinating to be able to wander the rooms free from the usual displays and security barriers and imagine all the history they contain. This year, there has been even more activity than usual, because we have been carrying out the second stage of a redevelopment project. You might remember that last year the museum's

exhibition room was completely redesigned. This year (with input from local residents who came to a series of special resident's evenings) attention has been turned to some of the period rooms themselves. It's the first time that the

house has had any significant changes since the 1980s so there is a lot of excitement about the final result. Old worn flooring is being ripped up and replaced with new carpeting, walls repainted and new display cases are being installed. It was quite a task to get the old heavy display cabinets out of the museum and across the car park in the snow and ice.



When all the redecoration has taken place, it's time to choose the items that will go out on display. It's always interesting to see the exhibitions coming together, especially with several new artefacts acquired this year that will be shown for the first time, including Emily Brontë's paintbox. Now the rooms are pristine once more and it is time to open the doors to the public. Many staff might feel ready for a holiday after all that hard work, but for the museum it's the start of a new year.

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## Sweetheart tart for the Casanova in your Kitchen

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

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

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

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

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

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

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

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

Nel Hargrave

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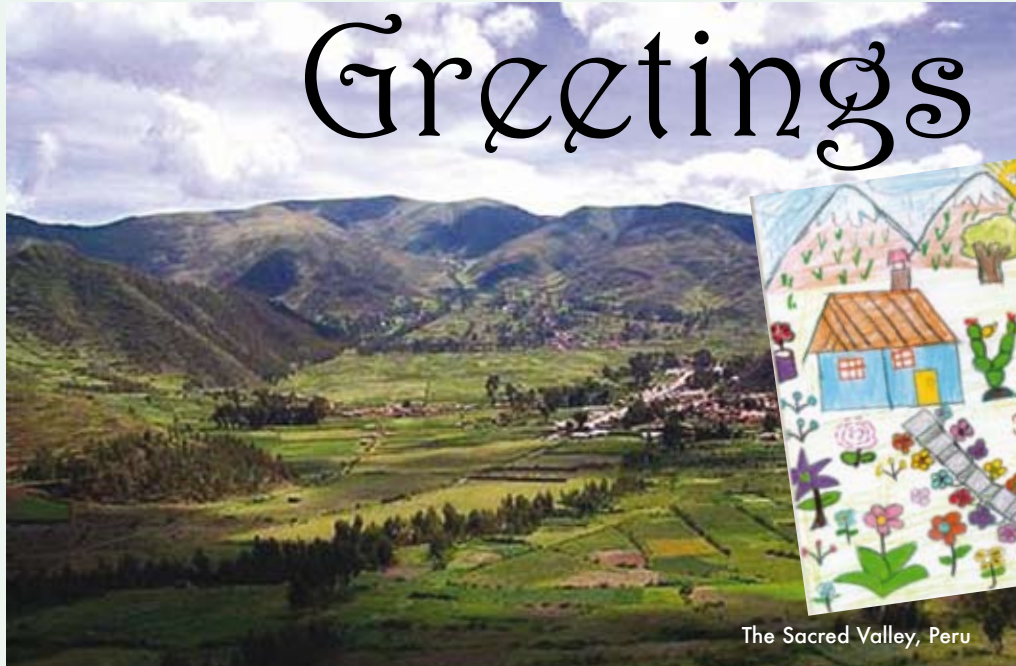
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Say you saw it in the Worth Valley Mag!

# Greetings with a difference



The Sacred Valley, Peru

A unique set of greetings cards has been published locally to raise funds for the Peruvian Charity "Casa Ninos Hogar del Sol" (Children's Home - Hearth of the Sun). The cards have been designed by primary school children in Pachar, in the Sacred Valley of Peru, and show their interpretation of "the world I want to grow up in". The cards were printed locally for free – as an act of philanthropy. This means that 100% of the profits will go back to the charity. The charity that benefits is based in Ollantaytambo (a train stop away from Machu Picchu), and is focused on ensuring that children who live at altitude get enough to eat, a balanced diet, and stay warm. A balanced diet at 3,000m plus is a challenge – thousands of varieties of potato grow there, but

vegetables don't. So the charity builds greenhouses and kitchens attached to the schools that the children have to walk up to 3 hours per day to attend. One such development has already been built at a school / community hub at T'astayoc and is providing healthy meals for over 100 children each day. Another is now planned at Pachar. The healthy eating and grow your own agendas are dear to the hearts of anyone who knows anything about Haworth Primary School, and Garden Club facilitator Steve Thorpe has been approached to offer advice about how to run the greenhouse once it has been built. Haworth Primary School children have also been involved in a project looking at the similarities and differences for children here and in Machu



Peruvian girls in traditional dress.

Picchu. They have planned a package of information to send over there to progress the pact of friendship made in the twinning agreement.

So if you're looking for a greeting card with a difference, consider these beautiful interpretations of the world children would like to inherit. They are available from SoniasSmile on Main Street in Haworth, The Happiness Centre in Ilkley, and AYNII (Ilkley's new Fair-trade outlet), for further information, contact Kay Bottomley 01535 646519.



Greeting cards printed by Bermuda Print, Guiseley

**Whoyano Rural Networking** will be held the last Tuesday of every month.  
 £15 Non Members £10 Members  
 Contact Kath Thornton, Whoyano Founder  
 mobile 07921 645 612  
 email: kath.thornton@whoyano.co.uk

**Sat 30th Jan-Sat 6th Feb Puss In Boots**

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

**Thurs 11th, Fri 12th & Sat 13th of Feb Craven College performing The Little Shop of Horror.** 7.15pm Tickets £8

Adults, £5 Conc. The Mart Theatre, Ling Fields, Gargrave Road, Skipton BD23 1UD. Box Office on (01756) 791411

**Fri 12th - Sun 14th Feb - Winter Steam Gala.** KWVR [www.kwvr.co.uk/events/index.htm](http://www.kwvr.co.uk/events/index.htm) Contact tel. 01535 645214

**Fri Feb 12 to Mon Feb 22, LEEDS VALENTINES FUN FAIR** Europe's biggest Valentines Fun Fair with theme park rides and attractions including Rollercoasters, Log Flume, Giant Wheel and a mass of over 150 thrill rides and family attractions from Waltzers to Dodgems or the Buzz Bom & Devil Rock. Open Daily 1pm - 10.30pm. (exc Fri 12th opens 5pm and Saturday 20th opens at 6pm) Admission £1 children under 1 metre FREE. Car Parking FREE and Rd Car parks along LUFC West Yorkshire LS11 OES

**Sat Feb 13, to Sun Feb 21, Eureka!**

**Winter Games.** You don't need to fly to Canada to take part in the Winter Olympic: this year. Visit Eureka! instead where we'll be holding our own winter party build your own sleigh and race it with your friends through a winter obstacle course or make a snow pom-pom for our indoor snowball



*Calling all Local Folk*  
 Were You involved with the original Railway Children film? Tell us your story and you might end up in the pages of the Worth Valley Mag or invited to the Railway Children Anniversary celebrations!

challenge! Activities are drop-in every day from 13-21 February.

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

**Tue Feb 16, to Thu Feb 18, Marking Out: Half Term family workshops**

Have fun creating larger than life art work inspired by the patterns in Peter Randall-Page's sculptures. Sessions: 10.30am + 1.30pm / £1 per person

Yorkshire Sculpture Park, West Bretton, Wakefield West Yorkshire WF4 4LG

**Sat 27th Feb. Fairtrade Tea Party.**

Bank St / Tyrrel St. Bradford. From 9am. Enjoy a free cup of Fairtrade tea with Fairtrade Bradford. The Fairtrade Banana producer will be there from 2pm.

**27th Feb Haworth's Fairtrade Tea Dance.** 4-7pm, as part of Fairtrade fortnight

22 Feb - 7 March. Tickets £2 to include all tea, cakes and dancing! drop in to Sonia's Smile or phone 647776.

**Sun 28th Feb 10am - 4pm Haworth**

**Vintage Fair.** Bronte School Rooms 1.50 admission.

**Sat 6th March. Fairtrade Tea Party.**

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



**Keighley BigK 10K**  
 Sunday 14th March 2010  
 Victoria Park, Keighley 9:00am  
 In aid of Sue Ryder Care - Manorlands Hospice  
 A multi-terrain 10K route linking parks and scenic paths, suitable for all abilities (runners and walkers welcome)  
 For further information and to enter online go to [www.bigk10k.org.uk](http://www.bigk10k.org.uk) or phone 01535 640430 for an entry form. Please enter in advance, entry costs adults £9.00, 11 - 16 year olds £5.00 (£15.00 on the day subject to capacity)

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

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


To celebrate, admission to the museum will be free to local residents of BD20, 21 & 22 on **Saturday 20 February** (please bring a utility bill or other official proof of address)  
 The museum is open 11.00am to 5.00pm - 01535 642323/ [bronte@bronte.org.uk](mailto:bronte@bronte.org.uk)




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Finding the right tutor for your child can be a daunting task. Education tutors come

in a variety of guises but the fundamental requirement remains- to find a tutor who can inspire and motivate your child to discover a new confidence which he or she can then take back into the classroom. When former school principal Kip McGrath opened the first Kip McGrath Education centre 30 years ago, his founding belief was simple; "Any child can learn if they are taught properly". Kip McGrath Education Centres encompass over 680 franchises in 20 countries, with 280 in the U.K.

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## YOGA & MEDITATION – THE ANTIDOTE TO STRESS

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

So what really is stress?

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

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

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

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

Numerous scientific studies have evidenced that chronic stress accelerates aging and makes you more vulnerable to serious illness, including heart disease, high blood pressure, cancer, panic attacks, immune deficiency, depression, stomach ulcers, chronic fatigue, and migraine headaches

When you feel overwhelmed or anxious, it is easy to forget that you have choices and that there are many tools and techniques that can help you to feel better right away, a couple of these are yoga and meditation. A regular practice of yoga can help bring

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

Meditation gives you the experience of pure, restful awareness. As you meditate, the bodily reactions are exactly the opposite of the stress response: your breathing slows, blood pressure decreases and stress hormone levels fall. Primal Sound Meditation is a simple, natural way of experiencing this deep state of restful awareness.

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



Cougars players, Chris Baines, Brendon Rawlins, Jonny Presley and Tom Hall were delighted to open the shop especially as Sue Ryder is Keighley Cougars main charity. The opening of the shop was extremely popular with local residents who enjoyed champagne as they shopped. Shop manager Sue Leighton said 'We would like to thank all those people who kindly donated as without them the shop would not be here, We continue to ask people to look in their attics and cupboards for vintage clothes and memorabilia.' Sue Ryder Care's other shops in the area will supply suitable items from their own donations, including the Keighley Cavendish Street Shop and the Bingley, Park Road branch.

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

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# TOP TECH TIPS

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

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

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

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

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

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

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

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

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

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

For more information try web searching for 'remote desktop software'. For fuller explanations of 'remote desktop' have a read through: [http://en.wikipedia.org/wiki/Remote\\_desktop\\_software](http://en.wikipedia.org/wiki/Remote_desktop_software) [http://en.wikipedia.org/wiki/Comparison\\_of\\_remote\\_desktop\\_software](http://en.wikipedia.org/wiki/Comparison_of_remote_desktop_software) [http://en.wikipedia.org/wiki/Remote\\_Desktop\\_Protocol](http://en.wikipedia.org/wiki/Remote_Desktop_Protocol)

Michelle Thompson, CloudfreeIT

# OUTREACH EVENT – STANBURY

The Wuthering Heights Inn at Stanbury opened its door to older people from the local area on Wednesday 9th December. The event was jointly organised by Nicci at the Wuthering Heights, Parish Councillor – Lesley O'Brien, Keighley Voluntary Services and funded by KEIG – Keighley Elderly Initiative Group.

Representatives from KEIG, Carelink, NHS Bradford and Airedale – Seniors Show the Way, Carers Resource, Anchor Project and Bradford Council's Supporting people team attended the event to give advice and support to those there.

A bowl of warming soup provided by Wuthering Heights, cakes made by Audrey Toothill and festive carols sung by pupils from Stanbury Primary School were all enjoyed by those attending the event.

Comments included "I have made contact with services I didn't know existed – I now hope to receive much needed help and know that I don't have to suffer alone" and "Stanbury usually gets forgotten, so it's good to see that you are making an effort to include us".

This was part of a pilot series of events organised for older people in the rural areas of the Keighley Constituency by Keighley Voluntary Services and KEIG. Many thanks to Nicci at The Wuthering Heights for being so welcoming and also to Cllr O'Brien. There was a real community feel about the event and there were lots of opportunities to network. Some of its successes include signposting to other agencies and vital benefits support has been provided which allows people to make the most of their incomes.

A number of coffee mornings are to be organised so local residents can continue to get together and meet with other organisations that support older people.

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Say you saw it in the Worth Valley Mag!

# RURAL MATTERS by Rachael Moore

## Carry On Farming

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

We all need water to live, but in excess

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



frozen lamb

photo James Hutton

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

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

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

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

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

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

We finally got the lambs to the higher field. They were all gathered together and fed supplementary feed to boost their energy. At least we knew they were safe and wouldn't be washed away.

Following the downpours of rain causing widespread flooding, comes the gentle white snow flakes. They don't cause any harm, I hear you say... I love snow. Everything looks so clean and refreshing, especially when it's sunny. Then again, I don't have to work in it every day.

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nor the work they have chosen

nor the one life that waits  
beyond all the others.

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in the shadows  
you can  
whisper that truth  
to the quiet reflection  
you see in the water.

Whatever you hear from  
the water, remember,

it wants you to carry  
the sound of its truth on your lips.

Remember,  
in this place  
no one can hear you

and out of the silence  
you can make a promise  
it will kill you to break,

that way you'll find  
what is real and what is not.

I know what I am saying.  
Time almost forsook me  
and I looked again.

Seeing my reflection  
I broke a promise  
and spoke  
for the first time  
after all these years

in my own voice,

before it was too late  
to turn my face again.

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**01535 642227**

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Winter Offer  
Cut and Blow Dry £11.95  
(limited appointments)

Telephone Lesley on 07767 806666 to arrange an appointment

1, Victoria Road, Mill Hey, Haworth (inside Body Beautiful)



## Matt's HEADROOM

107a Lidget

Oakworth

BD22 7HN

Tel: 07841 416 698

Tuesday 9:30-5:30  
Wednesday 9:30-7:00  
Thursday 9:30-7:00  
Friday 9:30-5:30  
Saturday 8:00-2:00

(In summer Sat opening may vary.)

Male Hairdressing

## The Stirrup

RESTAURANT of HAWORTH

Haworth - 103 Main Street - 01535 642007

www.thestirrup.co.uk

### Set Menu

2 Courses £15.95 or 3 Courses £17.95

Friday & Saturday 6 - 8.45 (Last orders)

### Starters

Pan fried scallops, prawn & pea risotto saffron sauce  
Toasted Goats cheese on roast vegetables & basil pesto

### Main Courses

Crispy skin on chicken breast, sauté potatoes, grilled vegetable tower  
Baked fillet of Salmon Gratin, wilted spinach & hollandaise sauce  
Stirrup luxury fish pie topped with cheesy mash

Sirloin Steak  
Local beef, mushroom & Black sheep ale pie with a suet crust, roast root vegetables & creamy mash  
Lasagne of roast mediterranean veg.  
Chunky Chips & salad  
Roast noisette of local lamb, dauphinoise potatoes, Honey & rosemary roast root vegetables

### Desserts

Sticky toffee pudding  
Apple & plum crumble  
Raspberry Eton mess  
Cheeseboard with biscuits

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Home Care Services  
Serving our local community

*We can provide the support and care solutions required to maintain  
independence at home. All our staff are locally based giving us more...*

***"Time to Care"***

**Example of services provided:**

Personal Care - bathing, washing, showering,  
Help with mobility and associated problems.  
Cleaning, housekeeping, shopping  
Accompanying- i.e. on outings, shopping  
Help with medicines  
Help with reading, correspondence  
Companionship & befriending



*For further information or a confidential consultation please telephone*

Mrs. Jayne Ricci or Mrs. Janine Cooper on 01535 645206 or 01535 648001