


WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2010



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March is a great month for moving forward. Quite literally, the clocks do just that; on the 28th of this month we add an hour and go onto British Summer Time (BST). I like the sound of that. We can all enjoy more daylight.

Mothers Day is celebrated in March too. (It is on the 14th this year) I'm told it is the busiest day of the year for pubs and restaurants, so book a table well in advance if you plan to take your mum out for a meal.

The Manorlands Keighley BigK 10K race is on the 14th too; maybe you can persuade your mother to join you for the race and work up an appetite for that Sunday dinner? It's just a thought

Liz

keep swapping
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Say you saw it in the Worth Valley Mag!



It's nearly four years since Cobbles and Clay nestled into Haworth on the Main Street. The Café has been one of the few places to remain open 7 days a week regardless of the weather or the flow of tourists to the village. It has established itself as a truly local café where local people feel comfortable and welcome, and it has gone from strength to strength not only with the pottery painting side of things but also with the food offer. A new menu, complete with a gluten free section, children's menu and a surprisingly good selection of wines and local beers is featured. You will also find information on wedding plates and pottery commissions. Details about evening events held once a month with a varying array of artists in an intimate live acoustic setting can be found in the menu folder and on the website.

Recently significant refurbishment has been under way from roof to cellar, starting with a newly designed function room upstairs which provides a great space for large party bookings, business meetings, local group gatherings, etc. On the ground floor of the café a more functional kitchen has been created to cope with the increase in demand for food, and in the studio/cellar a new all singing and dancing kiln has been installed.

Jill and her team welcome visitors and are pleased to show people around. Why not visit the Café and see for yourself? www.cobblesandclay.co.uk

WORTH VALLEY MAG

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With Lambing season in full swing and spring around the corner it seems fitting to write about one of the latest

projects dreamed up by the Keighley Arts Factory. Shorn Keighley, the arts project that aims to pair community groups with local businesses and local artists is also in full production mode. In this instance though, the sheep in question are made from resin and molded to life size and likeness of the real woolly creatures. Worth Valley Publishing Ltd. the publisher of The Worth Valley Mag and The Aire Valley Mag, has sponsored a sheep and is enthusiastically embracing the project. "It is a great way of engaging the community and putting groups together that might not have otherwise had the opportunity to work together. Who knows exactly what the outcome will be; but I'm sure it will be creative, worthwhile, and fun," said Liz Barker, editor and proprietor of the magazines.

The sculptured sheep await artistic treatment which will include painting in the style of a famous artist; in this case, David Hockney, with help from the skilled hands of several Worth Valley Young Farmers under the guidance of talented artist and teacher Sarah Hutton, also from the Worth Valley. The rural group will meet and get creative together at the KAF studio in Keighley in the coming weeks. You can follow the project's progress on the blog Sheep Cred, <http://shornkeighley.blogspot.com/>

The project is supported by the Keighley Campus of Leeds City College, with match funding from the Keighley Area Co-ordinators Office through the Keighley Future Heritage Initiative. Contact Rifat Bashir if you'd like more information. rifat.bashir@leedscitycollege.ac.uk



Mother Knows Best

Mother's Day is March 14th

There are a few things that are common to all mothers around the world. Apart from showering love and affection on their precious offspring, mothers make a point of keeping an eye on their children's activities and invariably offer sage advice along the way. Here is some of the most common advice given by mothers to their children. Does it sound familiar to you?

Make sure to change your underwear every day; you never know if you'll have an accident.

Don't make that face or it'll stay in that position.

What if everyone jumped off the bridge? Would you do it, too?

You have enough filth behind those ears to grow potatoes!

C'mon, close that door! Were you born in a barn?

If you don't have something nice to say, don't say anything at all.

Don't put that thing in your mouth; you don't know where it's been!

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Mother's Day Set Menu

STARTERS
 Smoked haddock & poached egg on wilted Spinach with hollandaise sauce
 Warm goats cheese on roasted vegetables with basil pesto
 Pan fried scallops on prawn & pea risotto with saffron sauce
 Soups of the day with warm bread
 Slow cooked shredded duck in a home-made chive pancake, with plum sauce

MAIN COURSES
 Breast of chicken Kiev, French beans, sauté New Potatoes & red pepper reduction
 Grilled Plaice fillet crushed new potatoes & leeks & broccoli with prawn & crayfish sauce

Char grilled sirloin steak, mushrooms, tomato, Chunky chips & pepper sauce (£5.00 supp.)
 Noisette of lamb dauphinoise potatoes, roast Root vegetables & minted jus (£4.00 supp.)
 Herb pancakes filled with spinach & wild mushrooms, tomato & basil sauce with mozzarella & saute new potatoes
 Baked fillet of sustainable cod with a herb crust, potato gratin with peas & bacon in a cream sauce

DESSERTS
 Belgian chocolate brownie, ice-cream & warm chocolate sauce
 Sticky toffee pudding, toffee sauce & cream
 Lemon cheesecake with raspberry sauce
 Mixed berry Eton mess with fruit coulis
 Selection of ice-creams from just Jennys in Halifax
 Cheeseboard, home-made chutney & biscuits

Glass of champagne£6.50
 Bucks Fizz£4.50

For specials of the day please see board

2 Courses £15.95 3 Courses £18.95

A suburban mother's role is to deliver children obstetrically once, and by car forever after. Peter de Vries

Fresh N Fruity Organic Veg & Fruit Boxes

delivered directly to your door!

Why choose organic produce?

Quite simply, it tastes better! Despite reports in the press recently that organic produce is no better for you than mass produced, forced vegetables, all you need to do is compare the taste of an organic carrot and a non-organic carrot and the results speak for themselves.

So, why local?

By buying from local farmers we are not only addressing the environmental issues of food miles and wastage but Fresh n Fruity assures that the produce is at optimum freshness as it has not been sitting in a cooled warehouse for up to weeks on end.

Why Fresh n Fruity?



now, 35 years down the road they both live in Silsden and are not only business partners but also the best of friends. Fresh n Fruity was formed two years ago when Jane and Dawn discovered that they both enjoyed organic veg boxes that were bought from a national company; but they wanted local,



The Fresh n Fruity ladies, Dawn & Jane, proudly display their produce.

seasonal produce as well as organic; so they contacted a local organic farmer and switched to his boxes which are filled predominately with his own crops from his farm near Boston Spa.

"Johnny, the farmer, has a cropping plan with over 50 different varieties of vegetables coming to fruition throughout the seasons," Dawn explained,

"Following our success in the Aire Valley, we have decided to branch out into the Worth Valley."

Because they are selling something that they buy for themselves, Dawn and Jane remain enthusiastic about their produce and the service they provide; they find that both busy people and pensioners alike appreciate and enjoy the fact that their boxes will arrive on their doorsteps on the same day each week accompanied by a familiar and friendly face.

All in all it is a satisfying way to support British farming whilst buying wholesome produce and supporting two enthusiastic ladies who are providing a super community service.

Why not give Dawn & Jane a ring and tell them you read about them in the Worth Valley Mag!

Fresh n Fruity
Dawn 01535 654351
 07932 300322
Jane 01535 657374
 07905 321567

The Princess AND THE PAMPER

By Karen Whitehead of The Green Room, Oxenhope

Every bride wants to look and feel beautiful for their big day...

It is important to start preparing well in advance to ensure that on your wedding day, you look more beautiful than you ever have before. However, whilst the weeks leading up to the wedding can be an exciting time, they can also be very stressful.

With careful consideration and planning you can achieve the results you are looking for whilst maintaining a balanced and healthy mind.

COUNTDOWN TO THE BIG DAY

Six months before

- Start a facial course and manicure / pedicure course to ensure that your skin and nails are perfect. Monthly treatments are ideal

• Relaxation treatments to minimise stress e.g. La Stone Therapy, reflexology, body massage etc. to help rejuvenate and re-balance energy levels. It is important to carry out these treatments at regular intervals right up to the big day.

Two months before

- Exfoliation body wraps and scrubs to give your skin vitality
- Trial eyelash tinting, spray tanning and waxing, especially if you have never had any of these treatments before

One Month before

- Microdermabrasion leaving your skin tone smooth and fresh in appearance

One Week before

- Final body treatments
- Waxing

Two to Three Days before

- Lash and eye brow tint
- Eyebrow shaping
- Body exfoliation
- Final spray tan

Day Before

- Final facial to give a perfect and glowing complexion
- Manicure and pedicure, if not possible on the day
- Body massage

Useful tips:-

- Try everything out well in advance from eyelash tinting and eyebrow shaping to manicures and fake tans, to ensure you like the look you are trying to achieve
- Eat, drink and sleep properly in the months prior to the wedding can help give your skin a healthy glow....it really does work!
- Smile and enjoy the journey

And don't forget, the groom and other members of the wedding party can also benefit from a wide range of treatments

This is your special day. With the right beauty and relaxation programme it can help make it the perfect day.....one to remember.....always.

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DON'T FORGET **Mother's Day** March 14th

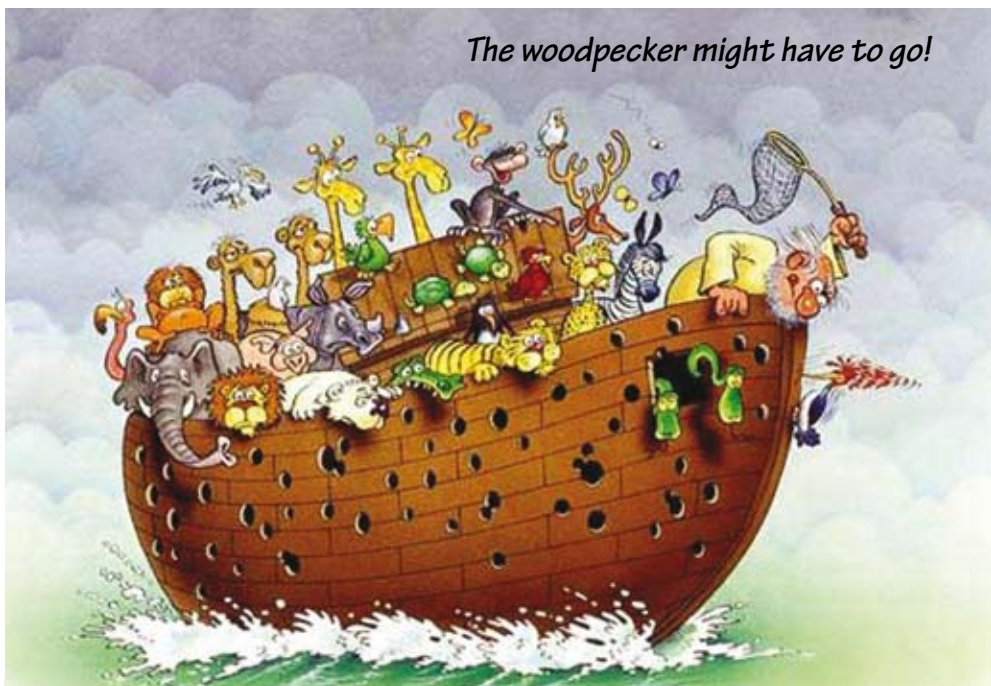
Pamper your Mum this month

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Say you saw it in the Worth Valley Mag!

The woodpecker might have to go!



Everything you need to know about life,
you can learn from Noah's Ark

One: Don't miss the boat !

Two: Remember that we are all in the same boat.

Three: Plan ahead. It wasn't raining when Noah built the Ark.

Four: Stay fit. When you're 600 years old, someone may ask you to do something really big.

Five: Don't listen to critics; just get on with the job that needs to be done.

Six: Build your future on high ground.

Seven: For safety's sake, travel in pairs.

Eight: Speed isn't always an advantage. The snails were on board with the cheetahs.

Nine: When you're stressed, float a while.

Ten: Remember, the Ark was built by amateurs; the Titanic by professionals.

Eleven: No matter the storm, there's always a rainbow waiting.

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INSURANCE MATTERS

Honest & impartial advice by Alison Jenkins of Veritass

THE GREAT ESCAPE (There is nothing Great about an Escape of Water!)

Water escaping in the home can lead to heartbreaking damage to your possessions plus considerable cost and disruption whether you are insured or not. In fact, damage by water leaking inside a home is one of the biggest reasons people claim on their house insurance – especially around this time of year – yet most leaks are avoidable. British weather isn't that predictable so a mild spell can lull us in to a false sense of security – a cold snap can come along without warning and at any time.

Leaving your home unattended?

Turn the main stopcock off but keep your heating system on as though your home is occupied, just turn down the thermostat to around 15 degrees c. This will ensure that in the event of freezing conditions the heating will come on low and stop the water trapped in your pipes from freezing and bursting the pipes which could cause a major flood when the temperature rises again.

If you are going to be away for an extended period you might want to consider draining down your plumbing and heating system, but do so with professional advice.

Make sure pipes and the loft, if you have one, are insulated. This will help stop pipes freezing and bursting and will help prevent joints from leaking.

Have someone keep an eye on your home and look out for leaks. Let them

know where the stopcock is in case they have to turn off the mains water supply in a hurry.

What to keep an eye out for all year round.

Inspect plumbing joints from time to time. If you have copper pipes and you see a build up of green colouring on joints it might be a tell tale sign of a leak. Also check plumbing joints, which are hidden from view such as on washing machines and dishwashers.

If you have plastic plumbing joints then remember that they will probably degrade sooner than metal ones, so keep an eye out for even the slightest hint of water.

Insulate header and water tanks and check ball valves for signs of wear.

Insulate your loft to protect pipes and in severe cold weather open the loft hatch to warm the void.

Do not insulate under the water tank, this allows heat from the house to help keep the tank from freezing.

Make sure you know where the stopcock is so you can turn off the mains water where it enters the building. Test it every so often so it won't be too stiff to turn when you need to turn it off in an emergency.

Information obtained from Fortis Insurance Co Ltd.

Many insurance companies are now introducing an increased excess in respect of claims related to escape of water.

Additional cover can often be taken out to cover Home Emergencies. Contact your broker for further advice.

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Raging river destroys homes

Last month we wrote about a set of greetings cards published to raise funds for the Peruvian Charity "Casa Ninos Hogar del Sol" (CNHS), describing the aim of building greenhouses and kitchens attached to the schools that the children have to walk up to 3 hours per day to attend.

But the role of the charity changed in a matter of days at the end of January, when unprecedented rainfall led to raging floods sweeping down the Sacred Valley, destroying houses, bridges and roads. An estimated 30,000 people lost their homes and the region was declared a state of emergency. Crops have been ruined, making the future of starving children in the region more uncertain than ever. The fertile ecosystems they drew for the cards

had become a sea of mud and debris. Ilkley aid worker Leander Hollings and founder of MySmallHelp (www.mysmallhelp.org a UK charity) was herself trapped on a bus for 12 hours by landslides and floods. Already working for CNHS and another children's charity "Aldea Yanapay", she is now helping to provide emergency relief.

Appealing for funds from Peru, Leander said: "Funds already collected have been used to supply food to displaced people such as the Paucarbamba community, just outside Urubamba. We carried food there and were met by about a hundred people in dirty, sodden clothes sharing a small stable-like building and a few tents. We helped them to prepare dinner on their outdoor stove. Despite having just lost their homes they remain strong in spirit, offering

Greetings with a Difference

URGENT UPDATE



The children remain hopeful



Temporary shelter set up



Homes will need to be rebuilt

cooking tips to us and making jokes. Our delivery of food to this community was very much appreciated and needs to continue. Donations can be made through MySmallhelp via Paypal to leander.hollings@mysmallhelp.org using the reference Cusco Emergency or by bank transfer at Lloyds Bank.

All proceeds from the greetings cards also go to the same purpose – to provide emergency relief and eventually to help rebuild the children's world for them. For further information, contact SoniasSmile on Main Street in Haworth, The Happiness Centre in Ilkley, AYNI, The Arcade at 7a, Railway Road Ilkley, or Kay Bottomley 01535 646519.



Vital rail link swept away



WHAT'S YOUR FAIRTRADE SWAP?

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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

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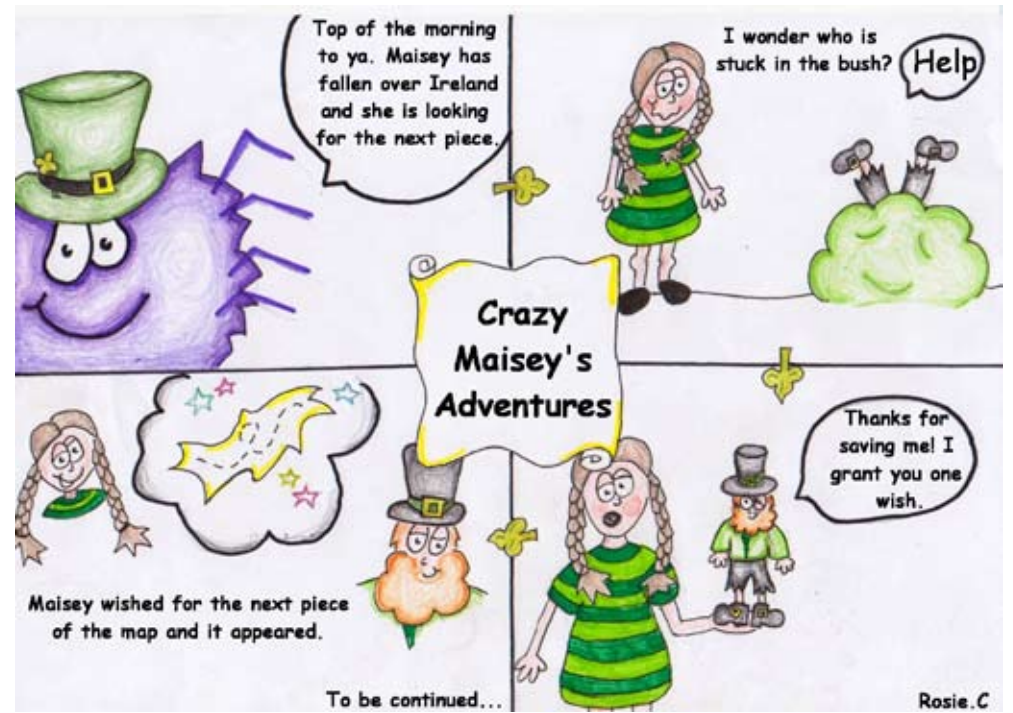
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The winner will be selected from all correct answers received by March 15, 2010

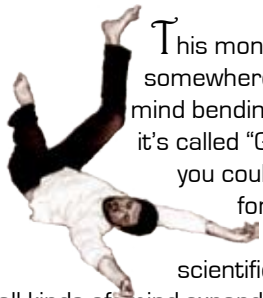


The Feb winner was Karen Dunne of Cross Roads. The location was Three Acres, Bingley Rd.

Google Earth ©



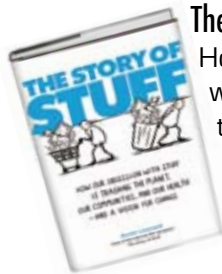
WEBSITE OF THE MONTH



This month's website isn't somewhere you can buy mind bending drugs, but as it's called "Get High Now!" you could be forgiven for thinking that. It's actually a scientific site filled with

all kinds of mind-expanding tricks. There are 40 audio and visual illusions to be experienced along with explanations on how they work although sometimes not even science has managed to understand how these affect the brain. There's also a book to accompany the site and an app for your i-phone. Turn on tune in and drop out!
www.gethighnow.com

BOOK OF THE MONTH



The Story of Stuff

How Our Obsession with Stuff Is Trashing the Planet, Our Communities, and Our Health—and a Vision for Change
By Annie Leonard

352 pages; Free Press

The title says it all. Sound advice for scary times.

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Say you saw it in the Worth Valley Mag!

Easter treats for sticky little fingers



Bash up the shredded wheat in a bowl so it separates into strands.

Cut the apricots up into little pieces – children's scissors are good for this.

Break up the chocolate and put in a bowl with the oil and microwave on half-power, stirring after every 30 seconds until nearly all melted. Then take out of the microwave and stir until the last bits melt.

Put a tablespoon of the melted chocolate into a small bowl (a cereal bowl is ideal). Dip the cocktail stick into the food colouring and then stir into the chocolate – repeat until it turns into colour your child is happy with.

Then take a handful of the shredded wheat and a few apricot pieces and almonds and stir well into the coloured chocolate.

Take out with little hands and make into a rough flattish ball on the greaseproof paper, and push a dip in the centre to make a nest shape.

While the chocolate is still soft, add a few sprinkles and put 3 little eggs in the nest, and leave to set.

Then repeat with different colours until all the mixture is used up and you have a fine selection of nests any child would be proud to give (or just eat!).

by Nel Hargrave of Worth Baking

It's lovely to get the smallest of children involved in cooking - and even the youngest can make these cute little pastel coloured nests with sweet chocolate eggs nestling inside.

Then they can decorate with sprinkles and sweets and give their very own handmade Easter gifts to the special people in their lives.

For 4 nests you will need:

- 2 shredded wheats (or about 20 mini wheats)
- 150 - 200g white chocolate
- a teaspoon of oil
- food colourings (I used pink, yellow and green)
- a few dried apricots (or rasins)
- a few flaked almonds (optional)
- mini-eggs and sprinkles
- several bowls
- 3 cocktail sticks or barbeque skewers
- greaseproof paper, or greased tinfoil spread on a flat tray

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editor, Liz Barker: Liz@worthvalleymag.co.uk

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I put off any dreams of fatherhood until well in to my late 30's when – after a few too many pints in a beer garden and maybe a touch of sun stroke - I suddenly thought that having children might not

mean changing my wonderful lifestyle that much.

What an idiot. Becky (5 yrs) and Luke (2yrs) have more or less erased all memories of that previous life. They're worth it of course, but nothing really prepares you for those moments when being a dad makes you want to hide under the bed and weep. I sometimes think back to those years of unmitigated freedom. I can almost recall the days


when my wife and I could suddenly decide to go out to a pub or a gig, when everything I cooked didn't end up on the floor, when I could watch anything on TV other than CBeebies.

There's nothing more intimidating than a gaggle of five year old girls rampaging around your house when you've just got in from a hard days work. Becky has had quite a few friends over recently, they seem to spend a lot of time on a website called Dress Up. I can vaguely remember a cardboard version of it in the 70's. It basically involves dressing up cartoon characters in a variety of clothes, but the main feature of the game is to keep everyone else off the computer. I bet those Wii's are good fun, but I don't want to end up like that bloke in the advert for them. He looks like he's been playing on it for too long.

To prepare for when they're older and running rings around me I've taken up jogging. You might have seen me gasping for breath around Oakworth. You have to be in shape if you've got kids. It's not easy pretending to be a horse with a two your old on your back if you're a coughing, blubbering shadow of the man you once were. And then there's all the picking up and carrying. Hard enough work when they want picking up, but a test of strength and patience when they don't. Nothing is more physically and mentally demanding than trying to gather up a screaming child - thrashing , wriggling and doing that thing where they dislocate their own limbs so you can't pick them up, but I'm determined to get fit, after all I'd rather be their Superman than their Fat Controller.


I took Luke to Aladdin's Cave in Keighley the other week. To kids it's a

wonderful adventure playground, but to a desperately unfit adult it's an SAS obstacle course. I tried to follow him as far as I could, but in the end I had to turn back and wait for him in the ball pool where I sat reading emails on my i-phone. Talking of which I've found my i-phone is a fantastic cure for tantrums. It's guaranteed to silence any screaming, kicking bundle of fury in seconds. If you're lucky enough to own one and unlucky enough to have a small boy who sometimes loses it big time I'd advise you download these two apps - Animal Zoo and Choo Choo Train. Having the power to reproduce realistic sounds of lions, monkeys, chickens and steam trains from your pocket will distract the little beast long enough for him to forget what it was that drove him to writhe around on the floor in the first place.



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Say you saw it in the Worth Valley Mag!

Frocks, Pole Dancing, and a Firm Friendship

Sandra Dickinson & Nikki Carroll slide into a

beautiful business opportunity worth sharing



Sandra Dickinson



Nikki Carroll

Sandra Dickinson fell in love with Haworth four years ago when touring with the 'Anything Goes' stage show. (Some will remember Sandra as Trillian in the television version of *The Hitchhikers Guide to the Galaxy* and will be delighted to find that she will soon be on our screens again in the BBC series *New Tricks*.) The cream teas at the

Old Apothecary Tea Rooms might have had something to do with Sandra's new found love for Haworth, but in addition to that, Sandra confesses that she became hooked on a shop on Main Street; Firth's, the long established bastion of fashion for ladies in Yorkshire. "She practically had to be dragged out screaming" Nikki, Firth's owner, recalled Sandra's first encounter with Firth's and the excitement the two shared for fashion; it was the beginning of a firm friendship.

Now Sandra visits Haworth as often as possible and is straight into Firth's to see Nikki's latest collection. Recently she went so far as to help hang the stock and was spotted by customers with her head in boxes of new arrivals.

Coming up for air, Sandra smiled as they asked "Is this your usual work?" and "You're a dead ringer for Sandra Dickinson!" "No, really?" Sandra winked, "I'll have to tell my husband that one!" Everyone shared a laugh and the mood in the shop was jovial.

And the laughs keep coming as Nikki has introduced Sandra to pole dancing (part of Nikki's 'fitness' regime). "Nikki looks great upside down!" says Sandra, "I'm in awe of her on the pole, she's really something to aspire to". Sandra on the other hand has her own secrets for staying young (btw, her husband is some 20 years younger than she.) "I have discovered my own bag

of tricks from the Swiss company, Arbonne, which is proving to be effective," she mused, "Standing there in my husbands boxer shorts at the last pole dancing class, I thought, the Body Duo [age reversal creams] are really working. The old body is holding its own against these young ones!"

Never wanting to miss an opportunity Sandra and Nikki, the dynamic duo themselves, have now joined forces with Arbonne Skin Care Products, and are independent consultants for Skincare's best kept secret. Sandra left Nikki her little bag of tricks, the anti-aging skin care range of Arbonne, a couple of months back and in no time had a "convert". "The products sell themselves...all you have to do is try them and you will see how well they work." The two are now having a great time



spreading the news. Nikki is so confident in the product she encourages customers to take home and try the full range for free. "With so many different premium brands now available, people quite rightly want to try before they buy. Over the years I've tried all the best lotions and potions, but the effect of Arbonne is amazing and so quick to show results."

Founded around 30 years ago, Arbonne began with the aim of providing skin care products unparalleled in quality and effectiveness. The botanical based products mix the best of science with the best of nature.

"I'm delighted to be able to share my new found secret with my customers; there may even be some who will be as

convinced as Sandra and I and will want to join the Arbonne team." Nikki quipped, "I can recommend a crackin' pole dancing class too!"

Call into Firth's for your free products or visit the Arbonne website www.arbonneinternational.co.uk

(There is an opportunity to register as a preferred customer and benefit from a 20% discount too.

Quote ref 440002774 when ordering.)

Look out for Sandra from May as she stars in the UK touring production 'Murdered to Death'

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Tickets are now on sale for Firth's Fashion Show, *SOUTH PACIFIC* April 13th. All proceeds to benefit The Oakworth Ladies Group for RNLI.

£5 ticket includes a raffle. Purchase tickets from Firth's in Haworth.

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Sun 7th March, Up Stones and Down Stairs Walk 6 miles [9.6km] circular themed walk. A walk to the edge of Oxenhope Moor; good views and some history as well. Meet David Anderson at 10.30am at the Millennium Green, Oxenhope, adjacent to the railway station. Packed lunch required.

Mon 8th March, Stanbury and District W.I 'Surrey is not just for flying' from Mrs Y. Todd. Meeting at West Lane Baptist Church, Haworth at 7.30pm

Sat 13th March-Sun 14th March Mother's Day Craft Fair at The Old School Rooms, Haworth. Selections of handmade gifts, jewellery, toys, chocolates, fudge, truffles, textiles, art, cards, baked goods, soaps, handbags, and more.. Bring your mum along and treat her to a gift and lunch!
www.haworthcraftfairs.co.uk

Sat 13th March, Waterfall Walk

A scenic walk around the Forest of Trawden, viewing some attractive waterfalls. Meet at Pepper Hill Barn, Wycoller, Nr Colne. 10.30am-4.30pm. Tel: 01282870253

Sat 13th March, Wuthering Hike (Haworth Hobble) 32 miles traversing grit-stone moors around Haworth, Todmorden and Hebden Bridge. 4,400 ft of ascent/descent. Maximum time allowed 11 hours. For more information Tel: 07970206003



Sun 14th March, Mothers' Day Special at Embassy & Bolton Abbey Steam Railway Special Tea served in the director's saloon at Embassy & Bolton Abbey Steam Railway, Skipton. Pre-booking essential. Tel: 01756710614

Sun 14th March, Mothers Day Luncheon Train Enjoy a traditional three course Sunday lunch on board one of the Keighley and Worth Valley Railway's beautifully restored 1930s Pullman Cars. All trains are steam hauled and a full bar service is available. Cost per person £36. For more information visit website: www.kwvr.co.uk or Tel: 01535 645214

Mon 15th March-Sat 20th March, Albert Make Us Laugh A light play by Jimmy Chinn, performed at the Keighley Playhouse. For more information and booking visit www.keighleyplayhouse.co.uk or Tel: 08451267859

Thurs 18th March-Sun 28th March, Bradford International Film Festival National Media Museum including premieres

and previews. There will be plenty of special guests, so film fans can hear the stories behind their favourite stars and movies through talks and screenings. More information available at www.nationalmediamuseum.org.uk

Fri 19th March, My Mate Rumpelstiltskin: Story telling for Grown Ups 8pm Food served from 6.45 until 8pm. Drinks available all evening and we are licenced. Aimed at Adults but suitable

for children 11+ or maybe 9 + if their parents are very liberal! Tickets £5.00 adults Children £2.50

Sun 21st March, Fresh & Organic Farmers' Market Locally sourced produce, at Church Green in Keighley. 9am-1pm

Fri 26th March, Coffee Morning at The Wuthering Heights Inn, Stanbury. A chance to meet people, raise issues and receive information. Last Friday of each month, 10.45am: March 26th – A representative from Keighley Area Office. For further information please contact: Alison Eagle - 01535 665258, Or Nicci at the Wuthering Heights - 01535 643332.

Enquire if you would like help with transport
Sat 27th March, Lent Lunch at Stanbury Church 12.00 pm to 2.00 pm. Proceeds to charity. All are welcome.


Sat 27th March, Cobbles & Clay present The Travelling Band Tickets available now from the café (60 Main St. Haworth) or ring 644218. Hear the band in intimate surroundings featuring new material from their second album.

Tues 30th March, Whoyano Rural Business Network. Grow your business through local networking. Contact kath.thornton@whoyano.co.uk for details.

Save the date: Wed 14th-Sat 17th April, Sutton Amature Operatic & Dramatic Society present 'When the Lights Go On'- The show includes 39 of the most popular wartime songs. At the Village Hall Sutton. 7.15pm. Tickets available from the Box Office 01535 632289.

Keighley BigK 10K
Sunday 14th March 2010
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Lionel Jeffries and film crew at Oakworth Station during the filming of The Railway Children in 1970 - Photo: Robin Higgins

KEIGHLEY & WORTH VALLEY RAILWAY PAYS TRIBUTE TO LIONEL JEFFRIES

One of the great British character actors and film directors of the last century, Lionel Jeffries, who adapted E. Nesbit's novel The Railway Children and directed its filming on the Keighley and Worth Valley Railway, has died at the age of 84. Chairman of the Keighley and Worth Valley Railway Preservation Society, Paul Brown, paid tribute to him, saying, "There have been many richly deserved tributes to Lionel Jeffries from the world of stage and screen, but we must remember that it was his work with our Railway 40 years ago that made our success possible. Lionel's work was instrumental in turning the five mile long branch line through Bronte' Country into an internationally acclaimed success and showed communities and groups throughout the British Isles that if they wanted to re-open and run their local railway - then they could do so. "Thanks to the huge number of extra passengers the film brought to the

Keighley & Worth Valley Railway - numbers trebled - we had to install an extra track (a passing loop at Damerns Junction) to cope with them. The interest today is if anything, more intense than ever. Paul added: "We are now planning the celebrations to mark the filming of The Railway Children over the forthcoming May Day Bank Holiday and we will take time to remember Lionel Jeffries and all that he and his cast of Jenny Agutter, Bernard Cribbins, Dinah Sheridan, Sally Thomsett and the others did for the future of the Keighley and Worth Valley Railway. Thanks to Lionel, people throughout the world come to ride on our steam trains to see Oakworth station where 'Mr Perks the Porter' befriended the children while their father was wrongly imprisoned and where after many adventures, including saving the train from a landslide outside Mytholmes Tunnel between Oakworth and Haworth, they were so memorably reunited with him". The Railway's spokesman, Jim Shipley, an acknowledged expert on the film whose book "The Making of The Railway Children" is published by the Railway on 28th March, said: "We have stayed in touch with many of those connected with the film in the 40 years since it was made here and everyone connected with the Railway is deeply saddened by Lionel Jeffries' death." Lionel Jeffries was born on 10 June 1926 in London, served in the Army in Burma during World War II, trained at RADA and in addition to his work as an accomplished character actor, made more than 70 films ranging from Alfred Hitchcock's Stage Fright to The Railway Children.

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Q: I'm two months pregnant now. When will my baby move?

A: With any luck, right after he finishes university.

Q: What is the most reliable method to determine a baby's sex? **A:** Childbirth.

Q: My wife is five months pregnant and so moody that sometimes she's borderline irrational. **A:** So what's your question?

Q: My childbirth instructor says it's not pain I'll feel during labour, but pressure. Is she right? **A:** Yes, in the same way that a tornado might be called an air current.

Q: When is the best time to get an epidural? **A:** Right after you find out you're pregnant.

Q: Is there any reason I have to be in the delivery room while my wife is in labour? **A:** Not unless the word "divorce" means anything to you.

Q: Is there anything I should avoid while recovering from childbirth? **A:** Yes, pregnancy.

Q: Do I have to have a baby shower? **A:** Not if you change the baby's nappy very quickly.

Q: Our baby was born last week. When will my wife begin to feel and act normal again? **A:** When the kids are in university

10 WAYS TO KNOW IF YOU HAVE "OESTROGEN ISSUES"

1. Everyone around you has an attitude problem.
2. You're adding chocolate to your cheese omelet.
3. The dryer has shrunk every last pair of your jeans.
4. Your husband is suddenly agreeing to everything you say.
5. You're using your mobile phone to dial up every car sticker that says: "How's my driving-call 0800-".
6. Everyone's head looks like an invitation to batting practice.
7. Everyone seems to have just landed here from "outer space".
8. You can't believe they don't make a tampon bigger than Super Plus.
9. You're sure that everyone is scheming to drive you crazy.
10. The ibuprofen bottle is empty and you bought it yesterday.

TOP TEN THINGS ONLY WOMEN UNDERSTAND

10. Cats' facial expressions.
 9. The need for the same style of shoes in different colors.
 8. Why bean sprouts aren't just weeds.
 7. Fat clothes.
 6. Taking a car trip without trying to beat your best time.
 5. The difference between beige, ecru, cream, off-white, and eggshell.
 4. Cutting your hair to make it grow.
 3. Eyelash curlers.
 2. The inaccuracy of every bathroom scale ever made.
- AND, the Number One thing only women understand: OTHER WOMEN**

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ANKLED	TOWING	WAGERED
BROGAN	CONTEST	DOCTRINE
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The Spring Flower

I put the bulb in the ground
Weeks and weeks ago
Where it could hide
From winter's frost and snow.

There it lies
And shuts its eyes.

And when I had forgotten
That I had put it there
It reached its green leaves out
To test the warmth of the air.

The bulb sits up in bed
And puts its hands above its head.

Round a purple flower
Its green leaves opened wide
As if it were opening hands
To show a present inside.

Up it stands
And stretches out its hands.

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TOP TECH TIPS by Michelle Thompson of CloudFree IT

Roll on Spring; assuming you're more 'Kim and Aggie' than 'Wayne & Waynetta Slob' it's the time to sweep away the cobwebs!

If you spent the winter hibernating indoors with your computer, shooting zombies, emailing post-Christmas 'thank-yous' or surfing 't'internet' looking for cheap deals on beach holidays, you might

be interested to know that there could be trouble brewing inside that faithful little machine of yours.

Aside from all the crumbs you dropped into your keyboard, as you munched mince pies whilst hunting for bargains amongst the unwanted gifts being offloaded on eBay, worse might be lurking inside your computer.

Computers are a bit like a 'laid-back' vacuum cleaner, slowly sucking in dust, fluff and other unpleasantness through the cooling fans and vents. Over time a significant amount of this 'oomska' coats the inside of your computer, acting like a fluffy blanket and slow-cooking the delicate components.

In my first IT support job for an FE College, I got the very unpopular job of 'mucking out' the IT labs. 'Enough skin cells in those PCs to clone some more students if we get short!' joked my boss. He wasn't

wrong! There was enough fluff to knit socks too! Ughhh!

In the worst cases premature failure is the outcome of this dirt build up, so it's essential to get your PC serviced or 'spring-cleaned' at least once a year.

Like all machines, computers require maintenance in order to continue giving good service. Getting rid of the dust is

just one step towards improving performance and extending its working life.

It might be tempting to leap in armed with rubber gloves, feather duster and vacuum cleaner, but it can be risky to 'DIY' unless you know how to protect your computer from the static electricity we all build up inside us.

Clearing out junk, temporary or unused files & emails and defragmenting your hard disk are some other tasks you should also do regularly too, as well as ensuring your Anti-virus software is kept up to date and any security updates/fixes are applied.

Reliable support companies will carry out routine computer maintenance for you for less than the cost of a cheap meal out for two. So there's no excuse to neglect your computer's health, is there? (See CloudFree IT on the back cover)





WORTH THE TEARS
by Ludorum

And the night cried a million tears
upon the rain-soaked slope,
And heaved a sigh from Haworth high
to lonely Oxenhope:
"Keep me in your mem'ry, dear, while
we are far apart,
And all the while your lovely smile
remains here in my heart."
But no reply above the wind, nor in
the mist and rain,
To warm a cold and tired soul, to
soothe an endless pain.
A winter's wish left unfulfilled; to
wander all its days,
From Haworth high to Oxenhope,
beneath their moorland gaze.

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With Spring around the corner, what better opportunity to lay your own eggs? Well of course – not literally!

With the help of my not so little brother, here's how. Keeping hens is a bit like baking a cake – miss out an ingredient and it will be a flop!

1. Select a suitable **chicken coop**.

This needs to be weatherproof, but with plenty of ventilation, spacious and fox-proof. This could be an old garden shed, a chicken run, or you could make your own. You'll also need to fence them an enclosure so they can't escape onto roads, or into the flower beds.



2. Get the **equipment and feed**.

This can be bought from a local agricultural supplier such as Whitaker's Animal Feeds, or Haworth Pet Supplies is one to try. You'll need: water drinker, feed tray, vermin proof grain bin and a bag of layer's pellets. A bag of pellets costs around £10 and will last 5 hens about a month [by my brother's reckoning].



3. Get the **livestock**.

Local livestock auctions do a quarterly feather sale, where you can purchase all breeds, sizes and colours of hens. I'd recommend you start with a bantam that's relatively easy to look after – a Light Sussex. Identified by their white plumage with black tipped feathers. These are generally good layers and



make good pets. They cost around £10-15 each depending on the sale. Four female hens will be a nice group size.

4. Introduce your hens to their new home.

They will need a constant supply of fresh water, a perch to roost on and

a cosy corner to nest and lay their eggs in. Bedding them up with sawdust or straw is ideal. Let them roam around outside during the day, and lock them up at night. Feed them morning and night – you'll soon have names for them all. My hens used to know it was bedtime as I whistled and they came running!!

5. Cockerels.

The male of the species, and just like humans, the noisiest! In all seriousness, consider carefully before you buy a male as the WILL cock-a-doodle-do at the break of dawn – so consider your neighbours! The whole idea of having a cockerel is that he 'treads' the hens and fertilises the eggs. If the hen sits on them for 21 days and keeps them warm, you'll get chicks.

If you don't want to breed them, just collect the eggs daily. A cockerel is not necessary for egg production, only for breeding.

Have fun and enjoy keeping poultry.

TRUTH or MYTH?

Hens only lay 6 days a week??

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- Keep those **vaccinations** up-to-date and if you're thinking of travelling abroad with your cat or dog this summer, or maybe using a kennels or cattery while you go on holiday—then your pets may need extra protection. Come and speak to one of our friendly Vets.
- More daylight encourages us all to take more exercise, **Aireworth Vets** stock a great range of toys, leads and collars. Our qualified Veterinary Nurses are happy to give advice about your cat's and dog's fitness.

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Our smaller pets will also appreciate a good Spring clean, as the temperature rises consider moving your Rabbits and Guinea Pigs back out of doors.

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