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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2010



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March is a great month for moving forward or springing ahead! 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 the longer days.

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!
Enjoy March, Liz



Liz Barker

WORTH & AIRE VALLEY MAGS

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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

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Say you saw it in the Aire Valley Mag!



If you're planning a bout of seasonal cleaning, choosing environmentally friendly products is just one way to help make it less painful on the planet. To make your clean as green as possible some cleaning products can even be dispensed with altogether in favour of more traditional alternatives.

Spring is also an ideal time to tackle household maintenance that has been left undone over the winter months. Here's how to help get your home in harmony with the environment for the coming year.

Make repairing dripping taps a priority - they could be wasting many litres of water a day.

Replace old light bulbs with energy efficient versions and batteries with rechargeable ones.

After touching up your paintwork donate any leftovers to community projects - the UK wastes 6.2 million litres of paint every year - and avoid putting oil, paint, varnish or solvent down the drain.

Only use washing machines (or dishwashers) when they are full and try to dry your clothes on a clothesline rather than in a tumble dryer. Avoid washing clothes at 50 degrees - no garment needs to be washed at that temperature - and turn the iron off when you have only one thing left to iron.

What did granny use before heavy-duty household chemicals were invented?

Vinegar! It's useful for all sorts...

Clogged Showerhead - dismantle the showerhead, soak the pieces in white vinegar for two to three hours. Clean off any sediment with a stiff brush.

Drain Cleaner - Mix 200ml (8 fl oz) of vinegar with 75g (3 oz) of baking soda. Pour directly into the drain and leave for 10 minutes. Pour clean hot water down the drain to clear grease and debris.

Kettle descaler - cover the element with equal quantities of water and vinegar. Bring to the boil and leave to soak overnight. Brush off the sediment and wash thoroughly.

Baking Soda! Beyond baking...

Scouring Pans - mix with water into a paste and scrub stainless steel, iron and cooper pots.

Fridge Smells - put an open box of baking soda in the fridge to absorb odours.

Nappies - keeps nappy buckets fresh.

Bins - a cheap alternative to freshen up a smelly bin.

Carpets - to get rid of smells, sprinkle on the carpet and leave overnight. Vacuum up the next day.

Of course, you can always call in the experts ...the following pages are filled with local companies that specialize in making your home sparkle and gleam! Many will use environmentally friendly products...just ask!

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Easter treats for sticky little fingers!



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

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.

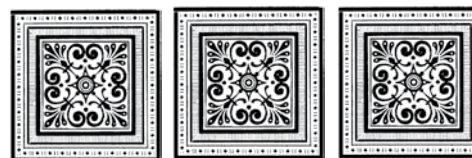
Take out with little hands and make into

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



Its 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)

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MOTHERS DAY ~ SUNDAY 14th MARCH

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)

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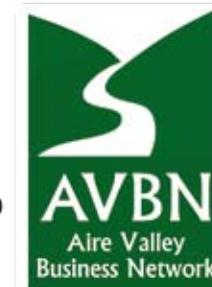
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- a) 5.30pm - Networking & food
- b) 6.00pm - Speaker (15 minutes)
- c) 6.15pm - Speaker's Question Time
- d) 6.30pm - Forthcoming Events info
- e) 6.35pm - Networking

Forthcoming Events:

March Meeting:

2nd March 2010, 5.30pm – 6.30pm
Kings Arms, Silsden
Guest Speaker: **Guy Foster (Business Link)**

April Meeting:

6th April 2010, 5.30pm – 6.30pm
Kings Arms, Silsden
Guest Speaker: **Steve Baker (VFM Business Advisors Ltd.)** Steve's is one of the top 100 growth firms in the UK over last 3 years!

Meeting on the first Tuesday of every month in Silsden, we invite representatives from all business categories in the local area to come along to experience our 'less intense' style of networking. This Spring we're focussing on Sales & Marketing.

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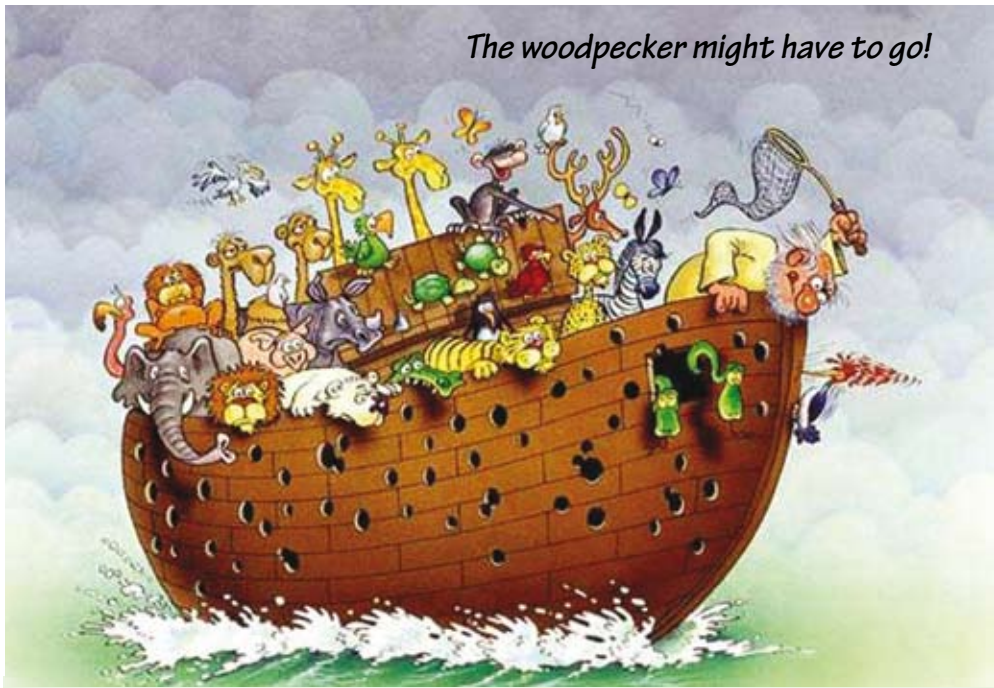
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The woodpecker might have to go!

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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If you use logic you can solve the puzzle without guesswork.

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

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

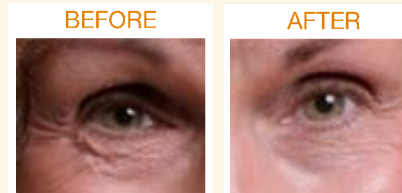
join the Arbonne team." Nikki quipped, "I can recommend a crackin' pole dancing class too!"

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

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

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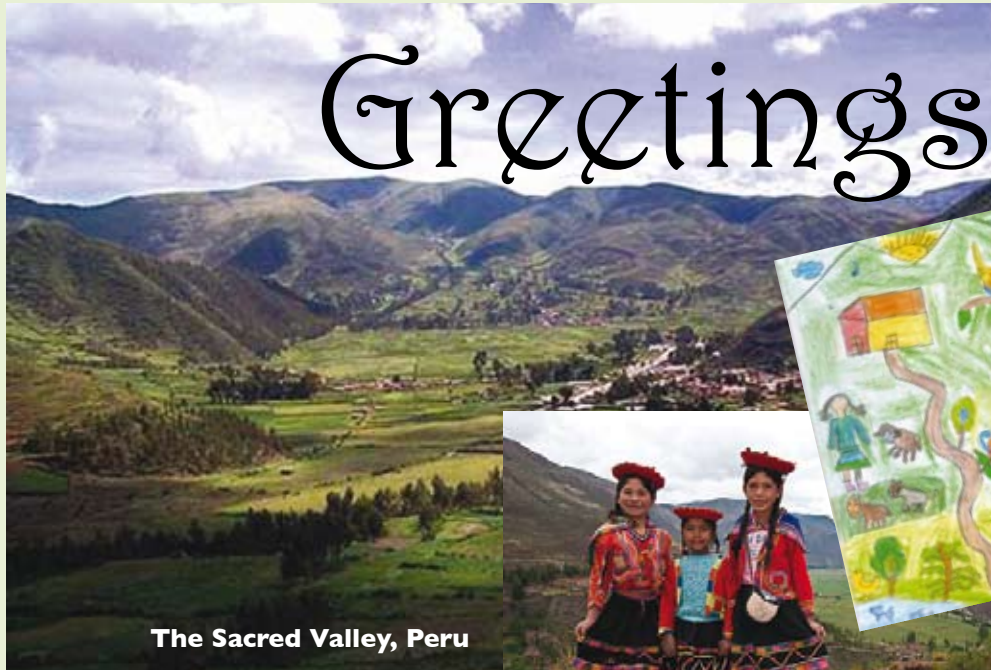
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Tickets are now on sale for Firth's Fashion Show, *SOUTH PACIFIC* April 13th. All proceeds to benefit The Oakworth Ladies Group for RNLI. £5 ticket includes a raffle. Purchase tickets from Firth's in Haworth.

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Greetings with a difference



The Sacred Valley, Peru



Local girls in traditional dress



Raging river destroys homes



Temporary shelter set up



Vital rail link swept away



Homes will need to be rebuilt

A unique set of greetings cards has been published locally to raise funds for the Peruvian Charity "Casa Ninos Hogar del Sol" (CNHS). The cards were 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 which means that 100% of the profits go back to the charity.

Based in Ollantaytambo (a train stop away from Machu Picchu), the charity was originally 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 aim was to build 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 collapsed tourist industry is thought to be costing Cusco up to \$1 million a day. 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. Even the houses of charity workers were swept downstream, leaving their own families homeless. A partnership has now been established between CNHS and MySmallHelp (www.mysmallhelp.org a UK charity) to provide emergency relief - food,

clothing and shelter, with longer term plans for the rebuilding programme under development.

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

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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 your 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.



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.

Say you saw it in the Aire Valley Mag!

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Mother's Day is March 14th

Some familiar Motherly Advice

There are a few things which are common to all the mothers around the world. Apart from showering love and affection, mothers make it a point to keep an eye on every activity of their children. Here is some of the most common advice given by mothers to their children:

Make sure to change your underwear every day; you never know when 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!

*Are you a community based group?
You can use these Free Listings to
communicate to the community.*

phone us with your event details
01535 642227



COMMUNITY PAGES

Tues 2nd March, Aire Valley Business Network Guy Foster will speak about sales and marketing at the Kings Arms, Silsden 5.30pm-6.30pm contact@avbn.org.uk

Sat 6th March, Coffee Morning at Saint James' Church Hall in Silsden in aid of Andrea's Gift brain tumour charity- great Bacon butties, homemade cakes, raffle and tombola. 9am-12pm

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.

Sat 13th March, American Wrestling USA TV allstars, Team GB, Rumble K.O Match and Ladies Challenge. £12 for adults, £10 for children, £36 family ticket. 7.30pm at Burnley Mechanics, Manchester Road, Burnley. Tel: 01422352246

Sat 13th March, Under Threat family activity to celebrate National Science Week 2010. Find out more about threats to wildlife and take a closer look at some endangered species from the museum collections. Test your survival instincts by finding food and shelter for animals in a trail round the museum, create your own species and complete the family nest egg challenge- who will build the highest and strongest nest to save the species from

destruction? Cliffe Castle 11am-3pm

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-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

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

Sun 14th March, Rombalds Moor Walk 5.5 miles (8.8km) circular walk. An open moorland walk on rough upland paths with excellent views of Wharfedale and Airedale. Meet Eddie Nash at 11am at Wells Road car park, Ilkley. Packed lunch required.

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

The festival will take place at the National Media Museum and will span 11 days packed full of your favourite events including Widescreen Weekend, plus 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

Sun 21st March, Fresh & Organic Farmers' Market Locally sourced produce, at Church Green in Keighley. 9am-1pm
Weds 23rd March, Skipton Music Concert Fujita Piano Trio play music by Beethoven, Arthur Butterworth, Shostakovich at Skipton Town Hall. Full details on www.skiptonmusic.org.uk Tel: 01756 799912

Sat 27th March, Bingley Coffee Morning Little House Bingley 10am-12pm
Sat 27th March, Another View celebrate the opening of new landscape exhibition 'Another View' by contributing to moorland

inspired Mandala pattern using natural materials. Cliffe Castle 11am-3pm
Weds 31st March, Glen Roundabout Walk 5 miles (8km) circular walk. Explore Shipley Glen. Meet Gillian Dale at 11am at Bracken Hall Countryside Centre, Glen Road, Baildon. Some climbing involved and packed lunch required

Sat 3rd April, Swing Commanders 1940's, 50's and 60's swing, jazz and latin band, performing at the Glusburn Institute, Nr Keighley. Tickets: £10, doors open at 7.30pm. Tel: 01535 630223

Tues 6 April, The Great Egg Roll Now in its fifth year! Bring a raw egg with you, decorate it and then take part in the Great Roll. Prizes for the best decorated egg and the furthest unbroken roll. Cliffe Castle 11am-3pm

Wed 14th-Sat 17th April, Sutton Amature Operatic & Dramatic Society present 'When the Lights Go On'- A musical set before, during and at the end of World War II. 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. Adults £7.50 Concessions £6.50 including supper. Bar licence applied for.

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 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)

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??

True – they have 1 day a week off!!

Aireworth Vets

01535 602988

Springtime at Aireworth Vets

Now the warmer weather is on the way, our pets can enjoy being outdoors more. Here are a few ideas about keeping your pets healthy and happy with the changing seasons:

- **Fleas** and other **parasites** become more active at this time of year, it's time to start regular treatment to control the pests. Remember the products that **Aireworth Vets** recommend are highly effective and can't be bought in shops.
- 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.

Many routine preventative items like vaccinations and flea and worm treatments are covered by our **money saving Pet Health Plans**. You pay a fixed monthly direct debit to spread the cost of the regular things your cat or dog needs. **Pet Health Plan** members also benefit from a special 5% **discount** on our high quality range of Science Plan cat and dog food.

At Aireworth Vets, it's not just about cats and dogs....

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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Horses, Ponies and Donkeys will be enjoying the milder conditions too, so why not take advantage of our **Free Zone Visits** for routine equine health-care like vaccinations and dental checks.

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Where in the Aire Valley? COMPETITION

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

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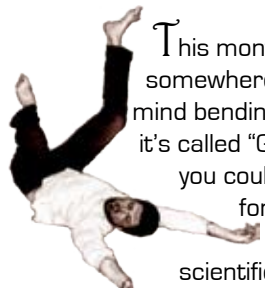
The winner will be selected from all correct answers received by March 15, 2010



Google Earth ©

Last month's winner was Gary Creighton of Silsden. The answer was Keighley Rugby Union Club.

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!
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- 2) PART OF THE MOUTH
- 3) USED TO ROW A BOAT
- 4) TURN THIS TO RELEASE WATER

B _ _ _
L _ _ _
O _ _ _
T _ _ _

How To VARNISH A FLOOR
NEIL DOWN

THE WORDS ARE EITHER DOWN OR ACROSS

STORMY WEATHER
GAYLE CUMMING

FORECAST THE WEATHER

Which word is there more of in this grid?
RAIN or SNOW

P	Q	N	V	T	B	R	L	Y
R	A	I	N	M	O	A	C	D
N	S	V	K	R	Z	I	S	U
T	N	R	A	I	N	N	D	
Y	O	X	S	M	T	L	O	R
P	W	T	N	J	S	K	W	Y
Q	R	B	O	V	N	F	R	P
V	D	N	W	K	O	Q	G	S
C	L	Y	O	X	W	L	N	H

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Answers: 1) BUS 2) LIP 3) OAR 4) TAP. 3 x RAIN, 4 x SNOW.

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