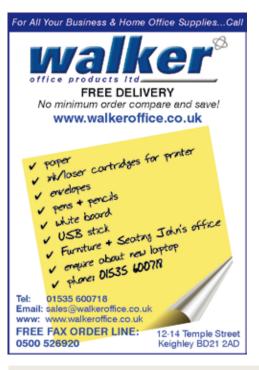
WORTH VALLEY MAG COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

May 2010

DISTRIBUTED FREE TO OAKWORTH, OLDFIELD, Stanbury, Oxenhope, Leeming, Haworth, Lees & Cross Roads with over 20,000 readers

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With the Haworth 1940's Weekend looming this month we turn our attention to things nostalgic, vintage, and ideas in keeping with the Spirit of Dunkirk.

The weekend is not about glorifying war or trivializing the sacrifices brave men and women made to secure the peace we still enjoy today in 2010. The 1940's weekend is about celebrating the great British ability to come together in community even when times are tough and muck in, pull together and have fun despite ash cloud disruptances or current political dramas and dilemmas. The frugal messages from the 1940's are somehow resonant today too. The desire to "grow your own"



or "build your own" is in resurgence and a reflection of modern concerns with sustainability and ecological threats to our way of life.

Group action, charitable motive, improvisation, mucking in, a dash of can-do and a spot of enthusiastic amateurism

make up the Spirit of Dunkirk and it feels grand to take part.

Have a great month. Liz



Liz Barkeı

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36.5	Kay Thompson				
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1940's Make Over by Kay Thompson Natural Beauties and Oodles of Glamour To achieve the perfect 1940's make up, your foundation and powder must match your skin colour; get a flawless base to begin with. Follow by dotting three areas on the cheek bones with a rosey blusher to form a triangle and blend in an upward motion towards the temple to brighten your cheeks.

For your eyes, shape and define your well groomed brows using a brow pencil or powder; prominent eyebrows are a must but try to avoid a harsh thin penciled look...blend it in to a soft but dark tone and shape. Eye makeup was kept to the minimum with very little shadow. On your eyelids, apply a soft shade that matches your skin tone, and a slightly darker colour can sit in the crease of the eye to give a dramatic look. Apply a black liquid eyeliner on the region where your lashes meet your lash line, ensuring your line is thin, fine and even. Last but never least, for more beautiful lips, true red, tomato red and orange red for lip line and lip stick. After picking your shade exaggerate your top lip by drawing slightly past your natural lip line with pigmented lip liner and apply your bottom lips natural contour.



It was December 2008 when Sarah McGinty set up Nails at Home in Haworth. The salon is a modern space on Sun Street in what looks like a home from the exterior. Inside it is a blend between contemporary business and casual comfort. Creative Nail Academy trained and former Nails Inc. consultant, Sarah, specialises in hand painted nail art and acrylic extensions.

In May, Sarah is joined by Rebecca Newman, the Haworth born hair stylist, who has been working locally for another salon and decided it was time to branch out. Rebecca has over 10 years experience cutting both ladies and gents hair and is a Wella colour specialist using Tigi brand products. She and Sarah look forward to offering a range of hair and nail treatments that will suit a wide range of local residents. They welcome new and established customers alike to the salon; and to celebrate their new venture Sarah and Rebecca would like to invite you to their

 Nails At Home Special Offer:

 Monday/Wednesday/Friday in May

 \$5 off any treatment over \$20

 Ask about our PROM SPECIAL!

 10% off Forever Living Aloe Vera Products in May

 Open 6 days a week 9am - til late.

 Appointments not always necessary.

 Phone Sarah on 07966 457 385 or 01535 643368



The Nail Bar and Hair Salon 24 Sun Street, Haworth

Open Evening on May 14th from 5pm. Come and enjoy a glass of wine and light refreshments, take a look for yourself and meet Sarah and Rebecca. There will be an opportunity for you to win a free nail or hair treatment voucher on the night with a complimentary raffle ticket given to each guest.

The salon also has a tanning service; Sarah can create the perfect tone to suit the look you want to achieve...from a sun kissed glow, to a dark, sensual bronze; and coconut scented to boot!

If that isn't already enough, the other enterprising activity that Sarah is involved in is the distribution of the health and beauty product range from Forever Living. She and her partner, Christian, are independent distributors for the aloe vera company. Together they present not only a opportunity to purchase health enhancing aloe vera products but offer a business opportunity for individuals who want to create additional income for themselves. (Phone Sarah for more details.)

Hair by Rebecca Special Introductory Offer 10% off all appointments in May & June Opening Hours: Tues 9-5, Wed 9-5 Thurs 10-Late, Fri 9-6, Sat 8-4 Other appointments by arrangement. Phone Rebecca on 07519 086 487





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For your wife (or otherwise) No 10 have managed to obtain a selection of black market chocolates from Charbonnel et Walker. A wide selection of coffees, teas and homemade cakes made to our own exclusive recipes. (We have our connections here at P.M. H.Q.)

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WINED AND DINED by Claire Smith No. 10 The Coffee House in Haworth



Some of you prefer not to, but if you are going to eat meat I would suggest that it ought to be the best that you can buy, which for me means that it

has to have been sympathetically and organically reared, and treated with respect before reaching the table. I do eat meat, but am very careful about how I source my food, only buying from suppliers whose ethics I know and trust. I am with the Native Americans on this one, "whatever happens to the beasts, happens to man for we are all one breath." (Chief Seattle) - it has to be a fair exchange.

Meat is a good source of protein and contains many essential amino acids. Unlike many other foods it retains its mineral salts and vitamins during cooking especially when roasted or grilled, and is very easily digested and assimilated by the human body.

This week I cooked the chicken of all chickens - roasted in garlic, lemon and herbs the meat was succulent tender and plentiful giving us dinner, lunch and supper the following day and a wonderfully flavoursome chicken soup. The quality was superb and though I could have bought a cheaper bird it would have been false economy. The same principle applies to the sausage and bacon I use to feed my bed and breakfast guests. The comments I receive prove that quality counts and

that people really do notice the difference. Grilling tender slices of meat over

embers, under a grill or in a ridged griddle pan reduces the proportion of fat making it one of the healthiest cooking methods. A cast iron ridged griddle pan is my favourite tool for the job, pre – heated until hot enough to sear the food on the outside, after which the heat must be reduced to encourage the yielding of that gorgeous savoury stickiness with which the meat becomes encrusted.

When it comes to roasting, the meat needs taking out of the fridge a good couple of hours before cooking. Pre – heat the oven for around twenty minutes (the heat high) and then adjust the temperature accordingly. Basting frequently will keep the meat succulent and juicy and it is a good idea to turn it halfway through cooking, taking care not to pierce it - if you do, the juices will run out and the meat will become dry. The prospect of a roast, totally naked and withering in a hot oven is absolutely unthinkable to me. A generous covering of olive oil or butter, garlic a good squeeze of lemon and herbs - rosemary, thyme bay, the scent wafting through the house making you long

......MMmmm is the only way for me. One last thought concerning my spectacularly scrumptious chicken. As we head into the month which hosts Haworth's 1940's weekend it is worth remembering that any family fortunate enough to have obtained a chicken during the wartime years would have made it spin out over several mealtimes. Mine would have done us proud.



The Royal Oak, 2 Mill Hey, Haworth 01535 643257 www.RoyalOakHaworth.co.uk



Pintage Pashion by Raghad Bezizi

In today's style climate, when asked where a particularly fabulous item of your clothing was purchased; reeling off an exotic designer's name is a technique beginning to lose its power. It appears that the simple response; "It's vintage", will gain you the most brownie points. Enough brownie points to supply a bakery - A wonderfully quaint, vintage-inspired retro bakery, at that.

Fashion's tendency to remain cyclical by constantly fusing inspiration from the past with current trends has kept vintage clothing in a secure and safe place – to be utilised by quirky eccentrics and retro-lovers. There have, however, always been a percentage of people determined to retain their view of vintage clothing as second-hand apparel that reeks of lavender and death.

Well, it seems that vintage, in recent years has overcome these criticisms with its meteoric rise within the fashion industry and the youth of today's wardrobes. From soft leather and denim jackets to 1940s peplum skirts, 'nip-it-in' waist belts and prominent 80s shoulder pads, anybody who's somebody is investing in a classic vintage piece of clothing,

So what makes vintage so popular? Currently, high-street items alone just don't seem to cut it...literally. Modern-day cuts, stitching and tailoring are faltering, unless you're willing to fork out a month's wages on one designer piece.

Despite ageing, many vintage pieces have retained their immaculate quality and structured fit, keeping them timeless and classy. It's impossible not to revel in the intricate beading-work of the 1920s or admire the sensuous yet demure hourglass silhouette of the 1950s.

The upcoming Haworth Vintage Fairs provide an excellent opportunity to showcase the wonders of vintage fashion with the 1940s and 1960s weekends, which are set to be fantastic, nostalgiafilled events. It is truly worth getting into the spirit of things, and vintage shopping

is a great way to start! Haworth's very own vintage trail including The Souk, 'Oh La La', and the newly opened Sue Ryder Retro shop, can help you achieve your perfect vintage look and more with a broad

selection of clothing and accessories from a wide spectrum of eras.

So, calling all wannabe TeddyBoys, Flapper Girls, Rockabilly lovers and psychedelic hippies; go out into the world and express not only your individual style but also your appreciation of vintage clothing, and encourage others to do so! Your Great-Uncle Oswald's doublebreasted tweed jacket doesn't seem so hideous now, does it?

Say you saw it in the Worth Valley Mag!



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P.S. Many thanks to those who supported the fashion show at Oakworth Methodist Church, We managed to raise &741.001 (£500 to RLM and £341 to Oakworth Methodist Church,)

Save the date: Mon. Oct. 11th 2010...for our next fashion show that will benefit Marie Curie Cancer Care









98 Main Street Haworth West Yorkshire BD22 8DP 01535 643800

BUILDING A GREENER FUTURE

Take a walk in one of our neighbouring dales and it won't be long before you find the ruins of an old lime kiln. These kilns, or field kilns as they are more correctly termed, can be found wherever limestone is easily accessible. It's estimated there were once close to a thousand kilns in the area due to the



Old Lime Kilne in Yorkshire huge demand for lime.

In simple terms the kilns were little more than ovens to burn limestone or chalk. Both of these natural materials are largely composed of calcium carbonate, a stone laid down millions of years ago as calcium deposits from the remains of marine life. These beds of limestone formed under our oceans and due to later movements in the earth's crust they can now be found inland in places like Malham, Settle and Ingleton.

Lime had two main uses, one to 'sweeten' the acidic moorland and also to make lime mortar. The Dales landscape we enjoy and the historic buildings we cherish, even the homes we live in today, owe a great deal to this simple product. But in 1824, Englishman, Joseph Aspdin invented Portland Cement and the steady decline of lime mortar in construction began as cement became the key ingredient in concrete. What Joseph probably did not consider at the time was the impact his invention would have on the environment and global climatic change. Today global CO2 emissions from the cement industry are now greater than the entire aviation industry. In a nutshell, manufacturing 1 tonne of cement releases 1 tonne of CO2 into our precious atmosphere.

In recent years as awareness of our carbon footprint has grown governments and environmental groups are attempting to steer the future of the construction industry towards more carbon efficient building materials.

So, if using cement is so harmful what else can we use to build or improve our homes? Perhaps we need to look to our past for alternatives. Before Joseph Aspdin invented cement far more of our homes were made out of timber, a product that is entirely carbon neutral. Another alternative is the use of strawbales, again entirely carbon neutral and a by-product of agriculture. Would you believe it's estimated there is enough straw produced in the UK to build



Straw Bale Meeting Room, The ecology building society, www.ecology.co.uk

200,000 new homes every year! You can even build homes using used car tyres filled with earth.

Let's not forget lime too for lime mortars and renders are more eco-

friendly that cement alternatives. They take only two-thirds of the energy to manufacture and when they are drying they actually absorb CO2 from the air and lock it in as the lime turns back to its inert form of limestone.

We may not see new lime kilns springing up in the Dales but there are things we can all do as individuals to reduce our carbon footprint. Next time you need a builder or plasterer to work on your home don't forget to ask them about eco-friendly materials that are less damaging to our planet.

Perhaps more importantly we have to change our entire attitude to what materials we use to construct new homes. Here in the Pennines can we realistically expect to continue building new homes out of millstone grit or reconstituted stone? Perhaps the time has arrived for our town planners to embrace these new, alternative building methods that actually stem from tried and tested methods from our past.





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Events in May Fri May 2nd- Karaoke Night 8:30pm

Sat May 8th- Shoe Party 7:30pm Fri May 21st - Live Band 'Monitor' (70's rock)8:30pm Fri May 28th- Kids Disco 6-8pm (children must be accompanied by an adult) Sun May 30th- Car Boot Sale (£5 per car. Book in advance. Set up from 7am To benefit Lees Primary School)

Save the date: June 12th One Year Anniversary Party The CrossRoads Inn, Cross Roads, Halifax Road, Keighley, West Yorkshie BD22 9BG Tel 01535 643047

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in the Worth Valley?

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

This months prize is generously donated by Keighley & Worth Valley Railway

Day Rover Pass

Email your answer to: mail@worthvalleymag.co.uk The winner will be selected from all correct answers received by May 15, 2010

WEBSITE OF THE MONTH

"I blog therefore I glam" This blog from Ireland is chockfull of vintage fashion and beauty posts. The YouTube channel of the same name

is highly entertaining and informative and presents archive footage from the 1920's - 50's with titles like, "1940s Fashion - Keeping Well Dressed" or "Women's Hairstyle During the War" or "How to Dress and MakeUp". The site is mainly a good source for inspiration but there is the opportunity to click through to a site for purchasing vintage items too. http://glamourdaze.blogspot.com



 The April winner was Tony Deacon of Cross Roads

 The location was Haworth West End Cricket Club,

 Penistone Hill, Haworth.

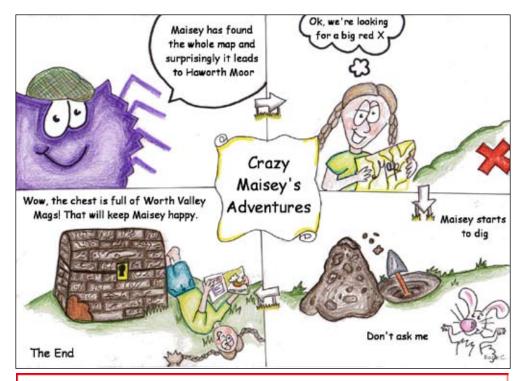
 Google Earth ©

BOOK OF THE MONTH

The Ministry of Food By Jane Fearnley-Whittingstall

When WW2 broke out the government created the Ministry of Food to help families make the most of wartime rations. Today, The Ministry of Food shows

how we can all survive the credit crunch with a bit of wartime wisdom and ingenuity. Written to accompany a major new exhibition at the Imperial War Museum, The Ministry of Food tells the fascinating story of how people coped with wartime food shortages and, in the process, became healthier than ever before. With step-by-step illustrations showing how to grow your own vegetables, tips on baking, preserving and lots of thrifty family recipes updated for the modern kitchen, this practical handbook is packed with invaluable lessons from more frugal times.





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September we will be able to offer places in our new before and after school club

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ASTEROIDS by Ludorum

Doan't go to thy doctor's, For lo and woe betide, Ah'd a nasty stingin' Pain in my backside. Ah went to my doctor's, An 'e did loudly shout, Thah's got asteroids, my friend, an' they need sortin' out!

'E sed, My name is Doctor Khan, That woan't mean much to you, Not unless that's Ghengis, I replied, 'E sed, That's true, But Ah know just what's wrong wi' thee, 'E towd me, full o' pride, Yer sufferin' from asteroids - that pain i' thy backside!

Ah'm givin' thee some pesseries, An' they should do the trick, Soa get thee to the chemists, lad, An' use 'em pretty quick. Well, t' pess'ries tasted lousy, An' me ast'roids? I still got 'em. Ah maht as well o' took them things an' shoved 'em up mi bottom!

"Asteroids" can actually be sung to the tune of Sing A Song of Sixpence!

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A couple of days of sunshine recently left me with a bit of a conundrum. Where to take the kids for a few hours to run wild in the country? In an area with so much wide open

space - where is the best wide open space? I decided to see if I could find any answers on Twitter. After a few minutes the suggestions came flying in. Wakefield Sculpture Park? Bit of a drive. Sutton Park? Good. but we'd been there recently. Wycoller? Maybe. Ilkley Lido? Brrrrr I then decided to do what I'd thought of in the first place. Penistone Hill with a picnic. We packed a few nibbles and drove up Cemetery Road past those beautiful white cottages that overlook Stanbury reservoir. It always makes me jealous of whoever lives there. (If you're reading this please get in touch and we'll arrange a house swap) We parked up and wandered through the glorious purple heather.

It was a beautiful day to take in the stunning scenery on our doorstep. A clear, deep blue sky, the warm glow of sunlight casting a marvellous sheen over the lush green valleys...

and then I stood in it - a huge tubular brown mess. It looked like it had come from an elephant, but I suspect it was genetically related to a large hound.

After employing a clump of grass to clean my shoes we wandered furtively towards a clearing where we sat and ate lunch. The tranguility was suddenly shattered by a shriek from Luke. "Bee Bee Bee!!", he screamed - and ran - his tiny little legs carrying him in circles. The large fuzzy bumble bee quickly buzzed off, but it took a while for the lad to calm down. Then, a couple of blokes with cropped hair and no necks came ambling past, closely followed by a stocky bow legged Staffordshire bull terrier. It sprinted up to us and started sniffing around my., well - let's just say I'm glad it didn't bite. "Tyson!! - Gerrear naaarghh!!", barked the kindly gentleman. Thankfully, the dog was cool with that idea and returned to it's master. The kids didn't mind the mental looking dog half as much as the bee, which is weird when you think about it.

By this point I couldn't wait to pack up and go home to our safe little garden. Penistone is a beautiful place to take in the finest views of the Worth Valley it's just a shame about the wildlife.



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er Concert Fri 11th June 8pm Ticke

Worth Valley Publishing Limited, publisher of the Worth & Aire Valley Magazines, is looking for a

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Say you read it in the Worth Valley Mag

Haworth Village 1940's Weekend Schedule of Events 15th & 16th May 2 May 2010

Yank marries his sweetheart at West lane Baptist Church
Military & classic vehicles on display
Paul Harper and Marina Mae entertain on church steps
Winston Churchill arrives
Winston Churchill speach on church steps
Winston Churchill & Queen lunch at The Stirrup
Bradford Marching Pipe Band / army parade down Main St.
Jive dancing in the Bronte Parsonage Museum car park
Winston Churchill addresses the crowds on the church steps
Bradford Marching Pipe Band play at top of Main St.
Vehicle Parade down Main St.
Military & classic vehicles on display

Military & classic vehicles on display 12 noon Remebrance Service on Haworth Parish Church steps 12.30 - 4.30 Paul Harper and Marina Mae entertain on church steps 12.30 Winston Churchill & Oueen lunch at The Black Bull 1.30 Evacuees ride down Main St. on vintage bus 1.30 - 3.30 live dancing in the Bronte Parsonage Museum car park 2.00 Evacuees honouring Sir Nicholas Winton parade up Main St. escorted by 101st Airbourne Winston Churchill and Queen greet the children 2.15 2.30 Evacuees enjoy a tea party on West Lane 2.30 Bradford Marching Pipe Band parade down Main St. 4.00 Battle of Britain Memorial Flypast - Hurricane 4.30 Vehicle Parade down Main St.

All times are approximate, please see event map for location details

Re-enactments happening throughout the day include: raid on a brothel, grenade throwing in the park, displays by 101st Airbourne, Haworth Home Guard, Blitz n Pieces, British Legion, Keighley Cadets, Keighley Arts Factory Sheep Project and more!



Take your photography further with a 4 week course taught by a professional photographer with over 20 years experience working for the UK national media.

This condensed version of a full 8 week course consists of four 2 hour sessions which will give any aspiring photographer a real kick start towards getting better results both in the camera and on the computer

Subjects covered will include

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Course runs on Sunday evenings from June 13th to July 4th A fun mixture of classroom sessions and local 'field trips' Suitable for all levels of experience

"Before the course I had never taken my camera off automatic, now I feel to be taking real pictures, not just snap shots"







inspiration & style visit GlanourDaze?



Are you a community based group? You can use these Free Listings to communicate to the Worth Valley. phone us with your event details 01535 642227

Saturday May 1st - at 7.00pm at the Community Centre, Butt Lane, Haworth. Brass Band Concert -Music & Entertainment - to raise funds for the Haworth Bandstand project. by Taverham Brass Band who are on tour from Norfolk Tickets £5.00 adults- £3.00 children. On sale at some local shops or from Gill Hill Telephone: 646999

Sun 2nd May & Mon 3rd May Haworth Vintage Fairs For people who love vintage, retro, collectables and more 10.00am to 4.00pm Admission £1.50 (Concessions £1.00) The Old Bronte School Rooms, Haworth. Sun 2nd May- Rev Paul Welch, chaplain to Leeds United Football Club, leads Sunday Sunday School anniversary services 10.30am and 6pm at Haworth`s West Lane Methodist Church, opposite the Old Sun Hotel. Everyone welcome Sat 1st, 2nd and 3rd May - KWVR Railway children event. Stars of the film have all been invited. Ride in a Guards van, Ride up the line on the Scotch Flyer.

Sun May 2nd - Chaplain to Leeds United Football Club. Rev Paul Welch, leads Sunday School Anniversary services at Haworth West Lane Methodist Church opposite the Old Sun Hotel



10.30am and 6pm. Everyone welcome.

Sunday May 2nd - Oxenhope Millennium Green farmers and producers market. All stall rent proceeds go to the upkeep of the green; stalls are availble: contact Gretta on 07535594379 Fri 7th & Sat 8th May - Haworth West Lane Baptist Amateur Operatic Society. The Society is staging their Spring Concert entitled 'Around the World in Eighty Minutes.....and a bit more besides.' Tickets cost £7 for adults and £4 for children which includes tea and biscuits. Tickets from Vera on 01535 643425 or email Vera at verawadd@talktalk.net.Tickets also available at Haworth Tourist Information.

Fri 7th May - Launch of the new village society website in Oakworth. 6pm at Holden Hall. All welcome. Come and see what the website can offer.

Sat 8th & Sun 9th May - 12th Bronte Vintage Gathering. Haworth Road, Cullingworth. In aid of Manorlands. 01535 275535

Thurs 13th May The Brontes from Fact to Fiction:

Novelist Jude Morgan discusses his recent novel The Taste of Sorrow. a fictionalised account of the Brontës' lives, with Brontë biographer Juliet

Barker.2pm, West Lane Baptist Centre, Haworth. Admission £6 on the door

Fri 14th May - Sun 16th May -Museums at night. Late opening at Museum of Rail Travel at Ingrow. Open till 9pm.

Sat 15th May - Saturday evening 'White Rose Pullman' Dining Trains. KWVR: 01535 645214 Sat 15th and Sun 16th May -

1940's weekend in Haworth. . with locals and visitors alike getting dressed up in 1940s gear to enjoy a wide range of nostalgic events which include a RAF vintage plane flypast, a morale boosting visit from "Sir Winston Churchill" and even the "Queen Mother" - as well as spivs peddling their wares and authentic swing jive dancing being performed in the streets during the day. See schedule of events on page 24 of this magazine.

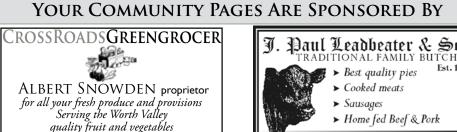


Ladies Only Midnight Walk - 10 mile sponsored walk, starting and finishing at the Bradford & Bingley Rugby Club, Wagon Lane, Bingley. Volunteers also needed to help before, during and after the walk. Contact Carly in the fundraising office for further details.

Brontë Parsonage Museum Special Tours Tues 18th, Wed 19th & Wed 26th May 2010. 7.00pm. Numbers are strictly limited. To be sure of a place early booking is recommended. Tickets are £14. To book, please contact Sonia Boocock. Brontë Parsonage Museum, 01535 640192/ sonia, boocock@bronte.org.uk

Fri 21st May - Victoria Brookland: Wearer Unknown: A series of new paintings by artist Victoria Brookland, inspired by the dresses in the Bronte Parsonage Museum collection. exhibit runs until - Sunday 18 July. Free with admission to the museum.

Sat 15th May - Bingley/Keighley



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your free community pages

TOP TECH TIPS by Michelle Thompson of CloudFree IT

PROTECTING YOUR MEMORIES – THE IMPORTANCE OF 'BACKING UP'

Hands up if you own a digital camera and transfer photos to your computer. How many hours did that impressive music library in iTunes take you to build? Once upon a time we kept our important documents in filing cabinets, books on shelves and photos in albums, music on discs and tapes stored carefully in alphabetical order or musical genre (OK, maybe not that last bit, unless you're a bit of a 'music anorak'!).

These storage methods for 'our personal history' have something in common. They're tangible and on display, unless transferred to boxes and pushed to the back of a dusty attic. We are proud of our collections. They reflect our tastes and personality. We cherish them and insure them. If our home was burning down, or flooding, we might fleetingly consider saving a few precious items as we escape. As we move deeper into the 'digital age', memories and records don't have to be on shelves or on view unless we want them that way. More often nowadays storage of our memories and collections is out of sight, stored on computers. Largely out of mind too!

How would you feel if the entire contents of your computer's hard disk disappeared in a puff of smoke? Lost forever due to total computer failure, or a really nasty virus infection.

Listen up, Folks, this sort of 'memory loss' is preventable!

There's a huge range of 'backup' options available, from low-cost basic to hi-tech, to suit everyone. Try these suggestions:-Make a second (or third or fourth!) copy of your most precious files onto a removable USB hard disk, low cost memory stick, or onto a writeable CD or DVD. Store the copies well away from your computer, preferably in a different house, in case the place goes up in smoke or you get burgled.

Encourage your kids to make backup copies of homework files too – no more excuses that the dog ate it.

Most computers have a basic backup utility built-in. Read up on yours now. Set up an automatic scheduled daily/ weekly backup of your entire computer, including application software, to an external hard disk. Store the eternal disk away from the computer.

Heck – why not go bonkers and get two disks? Keep one attached to the computer and one at a friend or relative's house. Swap them over weekly after the full backup is done.

There are backup software products available that offer functionality such as customisable backup routines and schedules or setting specific events to trigger a back up (e.g. every time new software is installed). Some products allow restoration of the entire computer to different hardware without losing your programs or your data files.

Many ISPs (Internet Service Providers) now offer online backup services for little or no extra cost to your regular broadband bill.

The nasty sinking feeling in the tummy, brow beating and cries of 'why didn't I back it all up?' is just soooo unnecessary! Windows XP Users Read This - http://www.microsoft. com/windowsxp/using/security/learnmore/backup.mspx Windows Vista Users Read This - http://windows. microsoft.com/en-us/windows-vista/Back-up-your-files Windows 7 Users Read This - http://www.microsoft.com/ windows/vindows-7/features/backup-and-restore.aspx Mac Users Read This - http://www.apple.com/macosx/what is-macosx/time-machine.html





As luck would have it the sun shone for the Sheep Fair in Keighley on St. Georges weekend.

Church Green was brightened with the arrival of the first of the painted sheep sculptures sponsored by local businesses and the local council in conjunction with The Keighley Arts Factory. Mondrian, Hockney, Cook, Monet, and Magritte added colour and spectacle to the day's arts fair, capturing the imagination of young and old alike. Community Groups and artists in the Worth & Aire Valleys participated in project and helped design and paint the sculptures.

Ten sheep will tour the district and attend local an civic events in the months ahead. www.shornkeighley.blogspot.com











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COME ALONG AND FIND

Sue Ryder Care

Vintage and retro shop now open in Haworth

35 Bridgehouse Lane. Haworth, BD22 80E Tel: 01535 642 485

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House clearance service available Please call: 01535 642 485

Be involved with your local community ask about volunteering

We provide health and social care in your local community

Nostalgic fashions and timeless classics have arrived in Haworth as Sue Ryder Care has opened the old café as a new vintage and retro room. The shop originally opened over 30 years ago at 35 Bridgehouse Lane, Haworth. The room is stocked with an exclusive range of clothing donations from across West and East Yorkshire.

Vintage elegant classics or retro chick is on sale at bargain prices for everyone looking for something unique and to stand out on that special evening with your friends or partner.

All money raised through the charity's vintage and retro' shop will help Sue Ryder Care continue to provide quality care for people living with end of life and long-term conditions including Cancer, Strokes, Brain Injury, Multiple Sclerosis, Dementia, Huntington's Disease. Parkinson's Disease and Motor Neurone Disease.

Locally Sue Ryder Care - Manorlands Hospice offers a full range of advice, support and treatments for people who are living at home and for those who require



inpatient care. The charity works very closely with the patient's family, GPs and nurses to help people live independently. Theresa Bailey, Retail Marketing Manager at Sue Ryder Care, said: "We opened our first dedicated 'Vintage and Retro' shop in Peterborough early last year, followed by others. They are all proving to be very successful. To build on this success we have opened two new ones in Haworth and Castlegate, Knaresborough.

Haworth will focus on specialist product lines. Last year the Retail arm of Sue Ryder Care raised over £2million. 'Vintage and Retro' shops support our intention to expand into specialist shops.

We also want people to help us by volunteering. Local residents are encouraged to support the work of the Haworth store, not only by looking for bargains, but donating suitable unwanted quality items rather than send them to landfill.

Joe Manning, Business Manager for the area, said: "We are very excited about bring Sue Ryder Care 'Vintage and Retro' to Haworth and hope the 1940's and 1960's weekends help support our work." For more information about Sue Ryder Care visit http://www.suerydercare.org/

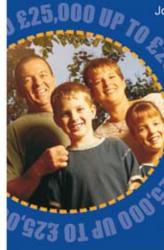
Manorlands offer Worth Valley Mag Readers a Chance to Win Big



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www.unitylottery.co.uk/suerydercare

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We care for people with end of life and long-term conditions:

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For more information about Sue Ryder Care: visit: www.suerydercare.org call: 0845 050 1953 email: info@suerydercare.org

Size Ryder Care is a charity registered in England and Wales (1052076) and in Scotland (SC039578).



ver April 7th and 8th. West Lane Baptist Church transformed itself into a little piece of France. With great help from many of the local businesses in Haworth, 40 local residents were transported to Paris, to sample the delights of French food and wine, music and culture...and all without leaving Haworth! No gueues at airports, no passports and no volcanic ash clouds were in sight.

A dedicated group of 'travel agents' initially formed from a Churches Together Lent Group in 2008, worked wonderfully to make the two days into something 'formidarrrblé'.

French language lessons, films, cookery



demonstrations (frogs legs and crêpe suzettes], wine tasting, a bus tour of Paris. an introduction to French art. an

opera singer and a fashion show all added to the event.

Thanks must be made to the Old Sun Hotel. The Old White Lion. The Fleece. HOPS and Wharenui for their contributions of wine, to Weavers and Cobbles & Clay for the soups, 10 The Coffee House for the chocolate desserts and to Firths for the fashion

stuff. Quality.

show. The Haworth Village Association loaned the red white and blue bunting, and Willow loaned some more decorations. Many of the church members and friends also supplied divine puddings, helped

decorate the church. and provided musical entertainment. All of this cooperation from so many sources made me feel really proud to be part of such a great effort...who savs that community spirit is dead... Not round here!



But...a comment was made during the event that I have been thinking about ever since.

"do we deserve all this?" and my reflection was "no...of course not...that is the whole point...and that is why such an event is fun



to be part of". The sheer aratuity of the event, which if costed out at commercial rates. would have been 10

times the ticket

price, allowed the holiday makers to be genuinely delighted. Their excitement was not with the thrill of finding a bargain at a charity shop or car boot sale, either. (That excitement is generated as you realise that someone else has lost out in donating what they thought of as worthless. You win at the givers expense.) Instead 'Paris

> in the Spring' was great because it benefited from all the donations and goodwill of the local shops and the 'travel agents' who gave up their time. Over-the-top. unwarranted goodness, extra mile kind of

The final song that we heard was 'Panis



Angelicus'... Bread of the Angles, and I do believe that for those two days we all enjoyed a truly divine holiday.

Just the sort of thing that makes me feel proud to be a member of the Church and this community.





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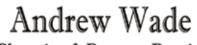
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> 01535 644599, 07814 728408 Alan Preston

Our long winter was a worrying time for Yorkshire Beekeepers. - What would we find when we could finally look inside our hives? Death and decay or the fresh scent of newly made honey? Despair or happiness? For three years the combination of varroa (a blood sucking mite), viral diseases and cold wet weather



have devastated our bees but with true northern grit and optimism we always look for better days to come.

I approached that first hive inspection with my heart in my mouth. I had made sure they were well stocked with food in the autumn and I had added extra sugar paste to help them through the long cold spell. I was worried about how well they had survived. Good news – bees are flying well in the April sunshine. They are



THE SUN SHINES FOR YORKSHIRE'S BEES

purposeful and lively without being aggressive. In the warmth I can take my time to examine each comb in the first hive, finding eggs, larvae and pupae in abundance. If anything the bees are stronger than I've seen them for many years. Fresh honeycomb smells of spring. I don't need to see the queen; all the signs are that she is alive and well. Will the same be true of the other colonies?

One-by-one the hives reveal good news until we reach the colony from hell. Bees fly aggressively straight at my face and I can tell that I'll find no queen. My veil protects my face but hands and ankles suffer. I take action to solve the problem; bees without a queen are trouble.

I'm pleased with what I find. Two colonies are queenless but the rest are the healthiest I've seen in several years. This good news is shared by most of the 1500 Yorkshire Beekeepers and

is especially good because so many of them are new to beekeeping. We have seen a huge boost in numbers over the last 3 years. As the number of bees have declined the number of Beekeepers has soared, the result of our publicity campaign to get the government to put money into

bee disease research.

Yorkshire people have realised the importance of bees and have responded in style. Becoming a beekeeper is easier than you might think. You can help halt the decline and get a personal honey crop too.



Contact Yorkshire Beekeepers Association **www.yorkshirebeekeepers.org.uk.** Bill Cadmore, Vice Chairman Yorkshire BKA





Local self-taught artist, David Lamb, is exhibiting his work at the Rochester House Gallery in Main Street, Haworth from 5 June to 2 July.

David's one-man exhibition showcases his paintings of local scenes and animals in a wide range of media.

Born and brought up in Haworth, David attended Haworth school until 1959 when he served a sixyear apprenticeship to become a woolsorter.



But 11 years ago he had an accident that seriously affected his life.

David was fixing a hoist when he slipped and fell 93 feet to the ground. Fortunately some bales of wool waiting below broke his fall, but he was critically injured and complications after the accident led to his right leg being amputated.



Nowadays David spends much of his time painting and has become well known in the village as an amateur artist.

Keen on art when he was at school, David's talent has led to exhibitions at Haworth Tourist Information Centre and the Rochester House Gallery, and he is currently the President of the Bingley Arts Society.

David is an inspiration to everyone who meets him, and proves that life goes on after suffering such trauma.

He is available to take commissioned work. **Contact Rochester House Gallery 01535 648832**

RURAL MATTERS by Rachael Moore

The sheep and lambs are in the fields, the daffodils in flower and we've got our first clutch of chickens – Spring is finally in full swing.

I mentioned last month that I was supposed to be revising... well I have been: I've done lots of Agriculture!! Particularly sheep production! By the time you read this I will have sat my exam and awaiting the results – lets hope they're as fruitful as lambing 2010 has been!

Outdoor lambing at my parents seems to have been more favourable than indoors

last year. The sheep are fitter and the lams have more spring in their step. We're just thankful for the ideal weather conditions. Although its been cold, its been relatively dry. Sheep manage in this weather, they huddle under walls in the driving rain. Recently, we've had some lovely hot and sunny spells, this has

given the grass the warmth it needs to start growing.

My parents lamb Texel sheep, mainly bred for meat production. The breed lambing percentage is expected at 200%, which means they will have two lambs each. This has proved to be the case this year. Texels are known for being a 'fatter' breed. Not fatty, just more bulky. Feeding them sheep cake has proved fatal in previous years as the foetus lambs grow too big and the ewe has trouble giving birth. So now, they get what grass there is, and supplementary silage. Once lambed, they are given sheep cake to boost their milk supply, body condition, energy levels etc.

Lambs have been welcomed into the world by my mum, given a thorough health check, marked up, castrated and taken to fresh pasture. Here they've blossomed and some of the month old lambs weigh about 8-14kg – they take a bit of catching too!!

Lambing indoors is a different story. This is more beneficial for a larger flock as you can keep a watchful eye on them better rather than walking round the fields four times a day and night. However,

> these sheep need additional supplementary feed such as haylage, sheep cake and treacle. Its quite labour intensive, but necessary to prevent any mishaps that could occur.

Mule sheep are a cross between Swaledale ewes and Blue Faced Leicester tups. They are a lengthy sheep, deep bodied, milky and have

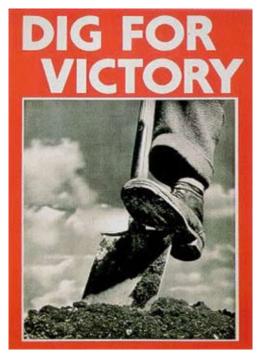
excellent maternal qualities. Although most farmers aim for a 200% lambing percentage, it is not uncommon for this breed to have triplets, or even quads. However, having only two teats causes problems and realistically they don't thrive with three lambs to keep an eye on. So, one is taken from its mother and adopted by a ewe who has only had one lamb. This makes it all a little more even.

Lambing inside or out, it's an exciting time for farmers – the start of the cycle. The lambs will either become part of the flock, or be fattened for the auction mart or abattoir. Either way, they've been given the best start in life.



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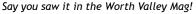


photo: Paul Barker www.paulbarker.com

photo: David Driver www.hobcotestudios.co.uk

OAKWORTH Village Society

Velegame to

Dakworth

ighley Town Council

Established in 1976/7 - the aim of Oakworth Village Society is to stimulate local interest in village life and enhance the spirit of community life. To work for the preservation, conservation and improvement of features of public amenity and interest. Every resident is a member of the society and is therefore free to attend. Everyone is made welcome at our meetings which are held upstairs in Holden Hall on Tuesdays from 7.45pm. The next meetings will be held on 15th June, 7th September, 2nd November and 11th January 2011.

A working core committe arranges the following events - Annual general meeting, Summer Gala, Rememberance Ceremony, Christmas Fair, Tewitt memorial service and various other events.

We have published 4 handbooks, 1 every 10 years which is then delivered to every household in Oakworth. The latest one being printed 2007/8. If you have not got a copy please contact Janet on 01535



The Oakworth Village Society is launching their new web site. ALL welcome to come along and see what the website has to offer everyone. Refreshments available.

642625. The summer gala and christmas fair are organised by the society so that all local voluntary organisation who attend can use the facility to raise funds for their own purpose. They only pay a nominal ground rent to the society. The ground rent and admission by donation covers the cost by the society to stage the event. We liaisions with ward councillors from Bradford district council, Keighley area panel and neighbourhood forum and the police. All of these are invited to our meetings and we have good contacts and support within these channels. we are grateful for the support given to us from them all.

Everyone is welcome to attend our meetings whether or not you wish to bring a concern to our attention. Why not come along we will be happy to see you.

How many carrots does it take to win a war?

When I asked a very well matured lady of my acquaintance of her memories of wartime food, we got to talking about treats and sugar rationing. "Carrot Fudge!" she exclaimed. I couldn't quite believe what I had heard, so set out to do some research and found the most wonderful site called World Carrot Museum (.www.currotmuseum.co.uk) From this I unashamedly and with great delight bring you not only the recipe for carrot fudge, but also some mindblowing facts about the pivotal role played by the carrot in WWV2... Carrots were one vegetable in plentiful supply and as a result widely used



as a substitute for the more scarce commodities Culinary delights in the form of curried carrot, carrot jam and a homemade drink called Carrolade (made up from the juices of carrots and Swede!) were suggested by the Ministry of Agriculture. They also invented Doctor Carrot and Potato Pete, two cartoon characters who encouraged people to eat home-grown vegetables. Walt Disney even designed his own versions of

> I'm an Energy Food!

the characters to help the UK war effort, but unfortunately these were never used. DOCTOR CARROT guards your Health Carrot Fudge 5 carrots 1 sheet or leaf of gelatine 1 orange (or some orange juice or squash or orange

essence)

Grate the carrots and just cover with water in a pan. Cook for about 10 minutes and then add the zested orange, or 2 tablespoons of the juice or squash. Add the gelatine and stir well over the heat until melted. Pour into a flattish dish and leave to cool, cut into squares and share with friends.

Oh yes, the answer to the question about the carrots: Supposedly, WW2 pilots were fed excessive amounts of high carotene carrots to help them see in the dark and therefore spot Nazi airplanes quicker. In fact, at one point in the early 40's there was a glut of carrots, [thanks to the success of Dr Carrot] and the Government let it be known that carotene [which is believed to help night vision] was largely responsible for the RAF's increasing success in shooting down enemy bombers. People eagerly tucked in to carrots, believing this would help them to see more clearly in the blackout. The ruse

not only reduced the surplus vegetables but also helped to mask the chief reason for the RAF's success - the secret introduction of an airborne version of radar!

by Nel Hargrave of Worthbaking

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With effect from the 30 April 2010 The Ministry of Justice is introducing a new insurance claims procedure to which solicitors and insurers legally have to comply to.

These regulations have been introduced to streamline the compensation system for low cost Road Traffic Act personal injury claims for amounts between £1,000 and £10,000 by:

- Speeding up the claims process
- Reducing legal costs and administrative expenses
- Introducing fixed time periods and fixed recoverable costs.

When a claimant lawyer submits a claim notification to the insurer, the insurers now have to respond within 15 working days and if liability is admitted the insurer now pays the lawyer a fixed amount of £400.

The new procedures are expected to reduce this type of claim by approximately 26%.

The Ministry of Justice has decided that low value motor personal injury claims generally take too long to settle and claimant lawyers costs are too high and disproportionate in the level of compensation (damages).

The costs involved with claims, affects us all as the cost is passed on to us, through insurance premiums.

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