

WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

Oakworth & Oldfield Edition
February 2007



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photo by Simon Warner

FEBRUARY. It may be frosty, but love is in the air. Claire Smith, our Wined & Dined contributor, leads us on an enchanted journey scattered with rose petals and bathed in candle light. Whether you have a “significant other” or are on your own, you will find suggestions for making the most out of this month by nurturing yourself from the inside out. Kath Thornton’s no nonsense approach to Health & Wellbeing will get your heart rate up and keep your weight down. Local chiropodist, Pam Young, gives us some interesting foot facts and a few ideas for pampered feet. Of course, in life, it is not always sweetness and light...Liz Barker writes about her battle with the winter blues and The Off Comed ‘Un recounts his past Valentine dilemmas revealing the underbelly of what some guys will do for... Again, we hope you enjoy your issue of The Worth Valley Mag and do keep in touch, Karen & Liz



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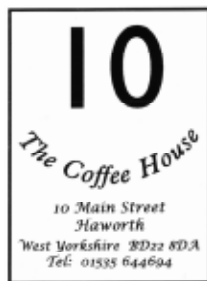
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This month we have a new offering created especially for Valentines by Claire, consisting of moist rose sponge, white chocolate and rose ganache and rose syrup, all covered in 70% cocoa dark chocolate - served as individual heart shaped cakes - absolutely gorgeous with our rose petal tea. All the old favourites will also be available. Hope to see you soon.

February opening hours: Thursday, Friday, Saturday and Sunday from 12:30pm until 6:30pm

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WINED & DINED

BY CLAIRE SMITH



"Those who seek the magic must look not to the bright lights which glow only with emptiness and are haunted by the laments of the lost; nor to logic which lives in fear of looking outside itself; those who seek it must return instead to the forgotten self."

This month I propose that we should all make some special magic of our own. Valentine sentiments need not be exclusively synonymous with romantic love, nor need they be restricted to one day; why not make the whole of February a month for love. Exquisite food, candlelight and good wine will lift any heart into the realms of the magical. Whether your desire is to excite your guest beyond reason, or simply to lift the spirits of a friend, planning and preparing heart-shaped delicacies or a decadent dinner will enable you to access the language of the senses and inspire those who partake in the result. There are many dishes with which to seduce a lover or entertain friends. Enter any bookshop and you will discover row upon row of glossy cookbooks heaving with recipes all containing pretty much the same thing; but robotic enslavement to instruction is the enemy in the alchemic kitchen. What interests me is the self-liberation which makes an alchemist out of an everyday cook. The contrast between a meal thrown together with indifference and one made lovingly with care and attention to detail is vast; pastry made by a cook in a temper often reacts badly by refusing

to cooperate and becoming rock like. My advice would be to take a basic recipe or your lovers favourite dish and add a pinch of magic; think about how to improve upon the recipe by adding extra herbs, rosemary thyme and bay all compliment each other and will produce the most wonderful aroma with which to entice your guests, or a splash of wine; taste it with your minds eye. This is how all the major chefs work but this is the part that they leave out of their recipes. Don't restrict yourself to ordinary cooking ingredients; I like to use rose petals to flavour certain dishes, or a good rose essence or rose water during the winter months. Roses have long been a symbol of love; try replacing lemon with rose water for a romantic sorbet which being the palest of pinks not only looks beautiful but has the added benefit of freshening the breath when eaten; highly beneficial if passion is on the agenda [and I hope it is!]. Freedom of culinary expression is an inner door, which needs to be thrown open if you wish to embark upon your own special journey. You can further enhance your experience by using beautifully coloured silken cloths instead of cling film to cover dishes, and pots that have a magical feel for mixing. This month dim the lights, use pink or vibrant red candles and scatter rose petals over the table. Celebrate your sensuality; let your imagination triumph and who knows what might happen.



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HEALTH & WELLBEING

BY KATH THORNTON

Your Winter Survival guide

Don't let the colder weather get you down...so Get in Gear, get wrapped up and

GET OUTDOORS! Your body and mind will thank you for venturing outside; even though the sunshine is scarce, regular exercise is vital. The fresh air oxygenates and invigorates your body far better than a stale gym. A limited amount of sun exposure can alleviate chronic skin conditions, trigger production of vitamin D for strong bones, lower cholesterol levels and ward off depression. Get walking; it's free, fun and for all the family. A fantastic way to get fit. So New Year - New YOU!!...Resolutions already broken?

We all have good intentions in the New Year to change something or some part of our lives, which in turn will enhance our future. But few of us stick to our New Year's resolution and only a fifth of us manage to keep them! The trouble is, we demand dramatic changes of ourselves - usually involving deprivation - at a time of year when we already feel flat and de-motivated. Simple positive changes with a clear goal in mind will be easier to stick to, and will boost your confidence. It's easier to plan your resolutions throughout the year and if you have more than one, finish that one before you start the next. Write them down and picture yourself as a non-smoker

or eating more healthily, etc. Go easy on yourself. If you fall off the wagon, don't beat yourself up. Just refocus and concentrate on how fantastic you'll feel once you've adopted your new habit. Stay positive. Watch out for that mental chatter - turn negative phrases, such as 'I'll never be fit' in to positive affirmations, such as 'I can do it, I am fit and full of energy.' Change your environment. It's hard to cut out alcohol if you spend all your time in pubs. Try to spend time in places and with people that support your new healthy habits.

My Top Tips for 2007

- 1. Vary your workout** - Make it FUN and enjoyable. Take up a new activity.
- 2. Be more giving** - Take part in a sponsored walk or help your neighbour do the shopping or gardening.
- 3. Up your B vitamins** - Such as dark green veg, wholegrains, fish, poultry.
- 4. Workout with your partner** - It will put the sizzle back in to your life.
- 5. Ditch poisonous people** - True friends make you feel energised, confident and optimistic - toxic people will make you feel drained.
- 6. Always eat breakfast** - Go for fruit with bio yoghurt, high bran (good for the brain) or simply porridge.
- 7. Watch your waist** - Abandon the scales and pay attention to your waistline...it says a lot about your health!
- 8. Learn to say 'no'** - Ask yourself, who will benefit? How will it affect my time? Value your time and talents and don't overcommit yourself.

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SPOTLIGHT ON JIM SHIPLEY OF THE KEIGHLEY & WORTH VALLEY RAILWAY

Jim Shipley is the male half of the KWVR's admin staff and also works as a volunteer on the line. He was

born in Liverpool and spent his early life in engineering. With the demise of the industry he began working on the buses, starting as a conductor and proceeding to driver. He first visited the KWVR in 1984 and soon became an active volunteer making regular 150 mile trips, usually in a battered Citroen 2CV. De-regulation of the bus industry in 1986 provided an escape route and he finally moved to Haworth around 1990.

Q: Is the K&WVR run entirely by volunteers?

The Railway has just four paid employees - two full time engineers and two part time admin staff. Apart from a few summer casuals, everyone else is a volunteer - about 300 in total.

Q: The railway has been featured a lot in film and television. You must have met a few celebrities?

Yes - during my days as the volunteer Station Master at Oakworth, I met most of the Railway Children actors. I've also met Angela Rippon, Anika Rice and Tony Blair amongst many others. I particularly remember Jeremy Brett and Edward Hardwick visiting to film 'The Adventures of Sherlock Holmes'. In one scene they had to come down a steep hill on some rather ancient bikes without brakes and turn onto Oakworth Station forecourt. They ended

up crashing into the station fence but fortunately nobody got hurt, not even the fence.

Q: Have the media ever made any unusual demands?

We once had a film director who wanted us to make the engine go 'chuff' without actually moving! Then there's the tale of William Mervyn (the Old Gentleman) who requested that the steam locomotive take him to the nearest pub during a lull in filming The Railway Children - it did!

Q: The line attracts a lot of enthusiasts as well as tourists. Have you any strange stories about them?

I was on duty one day at Oakworth and saw a photographer setting up his camera and tripod right in the middle of the track. Needless to say he got a lecture about safety on the railway and how he was hardly setting a good example to visiting children.

Q: What is your favourite K&WVR event of the year?

There are so many events these days and they all have something different to offer. One recent creation which I really enjoy is The Railway Rabbit, which is proving to be just the ticket for our younger visitors.

Q: Are the trains available to hire privately?

Yes - you can hire a diesel railcar for a couple of hundred pounds or pay tens of thousands for a full scale banquet in a steam-hauled Pullman Car train. Every

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Q: Has anyone ever got married on a KWVR train?

I think you actually have to be licensed to hold a marriage service. However the Railway has been used for numerous engagement parties and wedding receptions. We've seen everything from christenings to funerals.

Q: Any future plans for the railway? Maybe commuter specials?

This is something that has been talked about ever since the Railway re-opened nearly 40 years ago. Currently, our Local Residents Railcard scheme provides local people with a comfortable, convenient and affordable alternative to the bus or car -

AND the train has a real ale bar and toilets too. Extending our services should not be ruled out for the future but there would be lots of obstacles to overcome. Meanwhile we are looking at schemes which will benefit both locals and tourists including park and ride facilities. We're also striving to improve our 'front of house' facilities and update them where appropriate.

For further information about the Keighley & Worth Valley Railway ring Jim or Kath on 01535 645214



GARDENER'S TIPS

BY MIKE CUNNINGHAM

JOBS OF THE MONTH - FEBRUARY

February can be an awkward month for the gardener. It's

a betwixt and between sort of month, the end of winter in some years, but the start of spring in others.

Bulbs: Exhausted indoor flowers can now be planted outside in that odd corner, weather permitting.

Roses: Remove dead or twiggy wood. Firm in any newly planted roses. Continue ground preparation and add humus ready for spring planting.

Lawns: Aerate lawn especially if wet by piercing the surface with a fork at 6" intervals. If weather is dry; knock off worm casts and apply a dressing of lawn sand. Moss invasion may becoming a problem, check the cause; it may be poor drainage, shaded area or impoverished turf. Try to correct poor physical conditions first than apply a dressing of moss killer.

Flowering Plants and Vegetables: In the greenhouse: sow summer bedding plants, tomatoes, vegetables such as cabbage, cauliflower and lettuce. Start 'chitting' potatoes ready for planting next month (I place mine eyes uppermost in egg boxes until they sprout small shoots).

Outside: Fork over beds ready for spring planting and sowing; I rake in a top dressing of fertiliser and bone meal.

Herbs: Prepare a site (2ft by 3ft in say six segregated 1ft square sections is ideal) for new herb garden. Dig at least 1ft deep, adding well rotted garden compost and/or fertiliser; if ground is heavy add peat to

lighten soil. Parsley and mint can be sown in their own section.

Paths, Fencing and Walls: Complete repairs to damaged areas, apply wood preservative. Treat weeds on paths or driveways early before they cause any damage. Check and repair supports for climbers.

Wildlife: Put out bowls of water for birds (remember to replace when frozen).

General: Now is a good time to start eradicating weeds, there are many weed killers to chose from (I tend to use a systemic type weed killer which can be slow acting but destroys all the roots). Whatever weed killer you intend to use do read the instructions carefully to ensure it will do the job you want it to do before applying. Don't forget any flowers, grass or anything green will also die if they come into contact with the weed killer you are applying.

If you have taken over a new garden or intend to start gardening this year it's not a bad idea to have a lime and soil analysis made first. Firms can do this for you or you can do it yourself with a soil testing kit.

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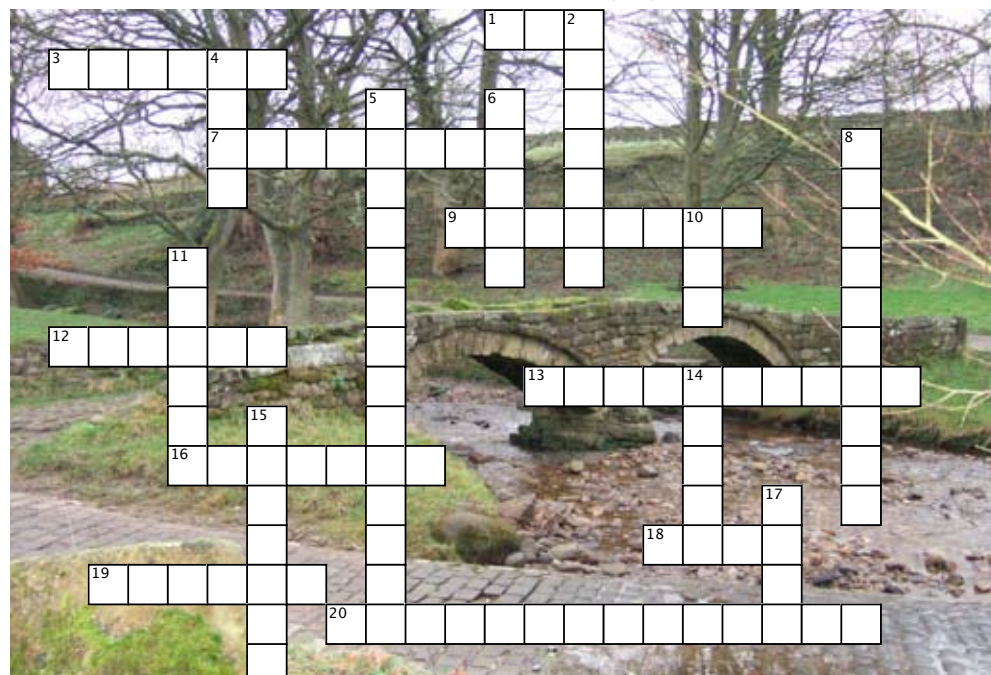
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3. Muslim girl in Keighley film
7. Local village or ancient meadow
9. Sweet at stopping traffic
12. Branson's brand
13. Portrait with features exaggerated for comic effect
16. Haworth's old industry
18. Lazy village in Bradford
19. Magical Disney car
20. Ilkley's green fingered star(4,10)

Down

2. Scary hound
4. Music in your pocket
5. Manor House near Keighley
6. Bradford's iconic cinema
8. RIP Godfather of Soul
10. Possess
11. Local spot sound like toenail dilemma
14. Roman god of love
15. Daddy Bronte
17. Burnt at Cross Roads in 1854

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

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

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

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RESTAURANT REVIEW



"The Wharenuui...? Come again?", as we say in Yorkshire. The name is of Maori origin and means "The Meeting House" and judging by it's popularity you can't argue with that! Despite it's prime location at the bottom end of Haworth's Main Street you could be forgiven for missing it's discreet entrance, but once you discover the delights inside you'll definitely find your way back again.

The subtle lighting and rustic decor in Wharenuui contributes to the cosy feeling you get when you first walk in. Exposed stones walls, beams and flag stone floors contrast elegantly with the comfortable modern furnishings and the tasteful arrangements of orchids give the place an exotic feel – and exotic is the first word that springs to mind when you see the menu! For starters I chose spicy chorizo with a salad of mixed leaves, red onion, carrot and tomatoes. My partner Karen opted for what had been my alternative choice, the lamb kofta, and after trading a few morsels we agreed on the quality of our selections. The timing and presentation of the meal was excellent and the service couldn't have been friendlier. Our waitress Fiona - who is a trainee chef in the restaurant – proudly told us that Karen's choice of main course, [Thai Fish Curry] was her own creation and was making it's debut that night. Needless to say it went down very well! I opted for the Polynesian Chicken and was blown away by it's mouth watering flavours. Chicken breast stuffed with banana and baked in a sauce

of peppercorn and coconut, gracefully crowned with pineapple and served with a timbale of rice. Very fruity and very spicy – the clean plate at the end said it all! For drinks we had a bottle of Pinot Grigio which was very good value and must have impressed as we ordered another of the same! For dessert we found a couple of choices weren't available, so we both went for the chocolate pudding which was absolutely gorgeous. The quantity of each serving was just right so we left Wharenuui, suitably full, but not over stuffed. There was only one regret from our visit. Wharenuui used to have a small deli in the corner selling all kinds of food from all over the world. Last time we came I managed to buy some cheese made in the far flung town of Halifax. Unfortunately the deli seems to have closed which is a shame, but despite this we had a wonderful night out at Warenuui. The food, service and atmosphere were excellent and the bill of sixty three pounds was very reasonable. We'll be back, or "matau wia hoki" as the Maori's might say!
If you would like us to review your restaurant please call the number below.

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- Paul Cannon, PC Consulting.

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Azeems

Restaurant & Take-Away



Azeem's Indian restaurant has gone from strength to strength. Since opening in October 2003, it has rapidly become one of Keighley's most successful dining ventures, attracting a large clientele from the town and surrounding villages.

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Put Your Best

If the eyes are the windows of the soul, then the soles of the feet are the blue prints of the body. Do you remember the last time you walked on the beach, leaving your footprints behind? Walking on natural, soft surfaces like sand and soil is what our bodies were originally "designed" for. Unfortunately, we now spend our days walking and standing on unnatural hard, flat surfaces with footwear that is not always suitable, causing a range of aches and pains. Nature has done a magnificent job designing the human foot, a well-engineered shockabsorbing system consisting of 26 bones, 37 joints and over 100 ligaments and muscles.


However, nature could not foresee the daily pounding we give our feet by walking on unnatural modern surfaces such as pavements and a variety of synthetic floors. These surfaces force our feet to roll over to gain ground contact and our arches flatten. This causes a condition known as excess pronation leading to common foot problems such as, corns, bunions and calloused foot areas. The foot does not function alone, but in conjunction with the ankle, knee, hip and lower back. Much like bad wheel alignment on a motor car, poor alignment of the feet can cause wear and tear in our parts of the body causing knee, hip, and lower back pains.

But even after months of neglect you can still put a spring in your step; and it doesn't necessarily mean you need to get rid of those designer shoes! In celebration of Valentines Day this month, why not pair

Forward

up with your partner and give each other some TLC with a nourishing and soothing foot care treatment? Light a few candles, put on a relaxing CD and fill a wash basin with warm soapy water. Add a drop or two of lavender oil. Take it in turns to soak your feet. [You might like to read poetry to one another while your skin softens in the water!] Dry each others feet thoroughly with a soft towel. For a deep down cleansing treat, pamper yourselves with a stimulating and invigorating foot mask – a facial for your feet! Perfect for cocooning tired feet and legs, this will help relieve fatigue and draw out impurities from the skin.

Follow with a message to improve skin tone, boost sluggish circulation and leave the feet feeling revitalized and velvety smooth. Most foot care products are enriched with natural ingredients renowned for their therapeutic and restorative properties, such as rosemary or tea tree oil, and are available in local shops like The Apothecary in Haworth or Bodycare in Keighley.. Alternatively you can book an appointment in a spa, local salon or with a foot specialist.



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Say you saw it in the Worth Valley Mag!

Don't Be SAD

by Liz Barker

It has been a particularly bad year for me. The available light from the sun has been minimal and the combination of winter gales and shortened days has made it difficult to get outside to exercise. Every year I go through a kind of seasonal depression. It pretty much starts in November and lasts until mid March. Some years it is just a mild feeling of sadness and wanting to lay low for a few months. I read a lot, sleep erratically, avoid socializing and crave comfort foods heavy in carbohydrates. I quite like curling up with a good book anyway, so I consider that a positive thing; but the disturbed sleep patterns have a negative affect on my energy levels and my metabolic rate plummets. A slow metabolism coupled with an increased appetite, in turn, has a disastrous affect on my waistline. I have developed coping strategies over the years to enable me to get through these winter blues, but I never realised until recently just how many others experience similar symptoms and worse. An estimated half a million people in Britain suffer from winter blues or "SAD", Seasonal Affective Disorder.

It is a relatively new disorder, only officially recognised since the 1980s. Interestingly, it's extremely rare to find people with symptoms of SAD living within 30 degrees of the equator, where daylight hours are long and extremely bright. But it can



affect people anywhere else in the northern and southern hemispheres. It's thought that twice as many women as men have SAD, but it's difficult to get an accurate picture. Characteristically, men find it harder to admit to depressive symptoms and are more likely to try to find relief in alcohol and drugs rather than to go to the doctor. But more men are now recognising their symptoms and seeking treatment.

Basically, SAD is caused by a biochemical imbalance in the hypothalamus due to the shortening of daylight hours and the lack of sunlight in winter. Light triggers messages to the brain. Neurotransmitters carry the messages to the hypothalamus. There are several neurotransmitters involved in SAD, but the main one is serotonin. Levels of serotonin have been found to be lower in depressed people, in winter. It's thought that this neurotransmitter might not work

properly in people with SAD. After reaching the hypothalamus, nerve impulses travel to a tiny organ behind it called the pineal gland. While it's dark, the gland produces the hormone melatonin, which makes us sleep. Light stops melatonin production, so we wake up. But on dull winter days, especially indoors, not enough light is received to trigger this waking up process. (I have sometimes experienced a feeling like "sleep walking" through out the winter months...this is probably due to the over production of melatonin.) Indeed, people with SAD have been found to produce much higher melatonin levels in winter than those who don't have SAD symptoms, but their summer levels are normal. When treated with bright light, melatonin levels drop to normal. I can see why a winter holiday in the sun has such therapeutic effects. One feels energized by the sun. Serotonin production is increased and melatonin is regulated appropriately. But not everyone can jet off to the Caribbean when the winter blues set in.

Many people diagnose and treat SAD themselves, but, of course, it is best to speak with your GP, especially if the following symptoms recur over two or three consecutive winters:

Depression- low mood, mood swings, feelings of poor self esteem.

Sleep Problems- disturbed sleep pattern, desire to sleep throughout the day.

Lethargy- unable to perform routine

tasks, feeling tired, lacking energy
Overeating- craving for carbohydrates, sugary foods, comfort foods, resulting in weight gain.

Social Problems- irritability and the desire to avoid social contact. Mood swings, inability to cope with stress effectively.

Loss of Libido- decreased interest in physical contact. Treatment for SAD can be found in light therapy, antidepressants, and counselling.

I have experienced relief from SAD by bright light therapy. It entails sitting in front of a very bright light box for up to 40 minutes a day. I can carry on with my work while receiving the treatment and it is easy to fit in to my daily routine at home.

A specially designed light box might seem expensive at around £100, but it is far cheaper than taking the family to the Bahamas every year. I don't have any experience with antidepressants or counseling treatments but some people find these helpful too.


The important thing is to get help, Don't suffer in silence.

If you think you might be experiencing symptoms of SAD make an appointment with your GP and get some advice.

You can also go to the Seasonal Affective Disorder Association website to find out more information.

www.sada.org.uk or write to:

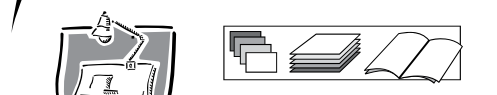
The SAD Association P.O. Box 989, Steyning, BN44 3HG.




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FREE Listing for any non-profit making community based activities

COMMUNITY NOTICES

Sat. 10th February

The Four Parishes Walk This is a walk from Denholme Gate through Oxenhope, Haworth, Oakworth and on to Fell Lane. Walkers may wish to have refreshments in the Three Horses Public House on Fell Lane. Please contact Debbie Spink on 01535 618252

Wed. 10-Wed. 17 February

Oakworth Methodist Sunday School presents another hilarious pantomime adventure; **Sinbad the Sailor** 7pm evening shows: 10, 13, 14, 16, 17 Feb and 2pm Saturday matinees: 10 & 17 Feb. Few tickets still available from Oakworth Post Office; Janet Armstrong 01535 642625 or book online at www.oakworthmethodistchurch.org. Adults £5, Senior Citizens £4, Children £3 inc refreshments.



Wed. 14 February Bronte Parsonage Museum

Wild Workshop Art and craft workshop for children (5 - 11 year olds) @ £3.95 per child. For further info and bookings

contact susan.newby@bronte.org.uk

Sat. & Sun. February 17, 18

Steam Gala Weekend

Keighley & Worth Valley Railway tel.

01535 645214 or 01535 647777

For more details visit the KWVR

website www.kwvr.co.uk

Fri. February 23rd 7:30p.m.

St. Michael & All Angels, Haworth end their 125th Anniversary celebrations with **"An Evening of Melodies And Mirth"** with Derrick G. Fuller. Tickets include wine & canapes, £5.00 tel 640293



Sat. 24th Feb 7.30p.m.

Charity Ball in aid of Breakthrough Breastcancer, Craiglands Hotel, Ilkley. For details tel. Rebecca Lobley 07841 669399 or email becca.lobley@talk21.com

Mon. 26th Feb.

Alfe's Restaurant sponsored Charity Dinner (postponed from Jan.22) to be held at the restaurant on Church Street in Keighley. In aid of Sue Ryder Hospice, Oxenhope. Excellent buffet meal, raffle, auction, and more surprises on the night! Don't miss it. Booking is essential; phone Alfe's on 01535 613888. £7.50

Mon. 26 February - Sun. 11th March Fairtrade Fortnight

visit www.haworthfairtrade.org.uk to find out more about what is happening locally or call in to Sonia's Smile on Haworth Main Street and speak to Rita.

NEW MEMBERS WANTED!

Oakworth Village Morris Men.

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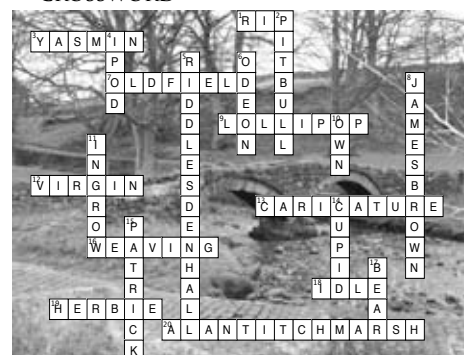
Wed. 28th February

Matt from Matt's Headroom in Oakworth will complete the last lengths of his 24 mile swim in aid of Manorlands and Ingleton Scouts. To sponsor him pop in to the shop on Lidget, next to the tanning salon.



PUZZLE ANSWERS

CROSSWORD



THREE SISTERS TAKE THE PRIZE



Local farmers Ron Pepper and son Steven proudly display thier ribbons with prize pigs (three sisters) at the Otley Christmas Show. Paul Leadbeater (centre) of Leadbeater & Son butchers judged the event.

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

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Haworth Medical Practice.....	01535 642255
NHS Direct.....	0845 4647
Oakworth Contact Point.....	01535 647574
Haworth Contact Point.....	01535 644001
Electricity Emergency.....	0800 375675
Gas Emergency.....	0800 111999
Water Emergency.....	08451 242424
National Rail Enquiries.....	08457 484950
National Express.....	08705 808080
Keighley & Dist. Bus Enquiries.....	01535 603284
Bradford Council.....	01274 432111
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WEBSITE OF THE MONTH

www.snopes.com

The internet is a valuable tool of knowledge, but it can also be the misinformation highway. Do any of the following sound familiar?

A virus that "burns" the whole hard disk of your computer..... Carjackers placing flyers on your back windscreen, then taking your car when you step out of the vehicle.....Entering your pin number in reverse will summon the police.....

All these warnings have three things in common **1:** They all claim to have been "officially confirmed". **2:** They all ask you to send them on to everyone you know. **3:** They're all absolute rubbish. Hoaxes. Myths, Urban legends. Next time you get an email warning you of anything, don't send it on to the rest of the world, check it out at our website of the month - Snopes.com - the best urban legend reference page out there. All legends/hoaxes are verified with a full history. You'll be amazed at how many years some of these scare stories have been going around. You'll also feel very smug when you correct your friends and family who have sent you them. I know I do!

Snopes.com
Rumor Has It

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WITHERING HEARTS

“Whatever our souls are made of, his and mine are the same.”

Emily Bronte – Wuthering Heights

Despite being the inspiration for the world's most romantic novel, a freezing cold wet February evening in the Worth Valley is a bleak and unforgiving experience when you're trying to bump start a Vauxhall Corsa. Until then our first Valentine's Day meal out in the area had been something of a success. After reading some excellent reviews we had booked the Quarry House Inn perched atop a desolate stretch of Lees Moor. The pub was a warm and inviting haven as we fought our way in from the grasp of the valley's chilling gale. We had even taken along our eight month old daughter to share our first Valentine's Day as parents. We must have been mental, but thankfully she gurgled quietly away to the pleasure of adjacent diners who must have collectively groaned when they first saw our arrival. After an hour of fine food and conversation the little 'un was just starting to get a little restless (the sedatives were wearing off) so we decided to quit while we were ahead and get her straight home in the car. Or we would have if some simpleton hadn't left the headlights on and drained the battery. It wasn't the first time February the 14th had ended in disaster. Many years ago I took a girlfriend to Paris on Valentine's Day. I've always liked the "City of Love". It's wide, sweeping boulevards and grand buildings. The vibrant and bohemian Latin Quarter. The spectacle of sunset from the steps

of the Sacre Couer. Getting flashed at by the transvestites of the Bois de Bologne. Almost the perfect venue for a romantic break... and they were doing a cheap deal on a coach from Bradford. Twenty hours later we were in a restaurant near the Champs-Élysées where I put my language skills to the test and ended up with a plateful of raw vegetables. Not quite the beef bourguignon I'd been expecting. My girlfriend somehow got "food poisoning" (from the wine!) and threw up in the taxi back to the hotel. It got worse. I woke up in the middle of the night to the sound of trickling water. I jumped out of bed fearing the worst. The room was ankle deep in water. She'd been sick in the bidet and had left the taps on.

I'd always advise booking a restaurant well ahead for Valentine's Day. I once dragged a lass half way round Leeds and ended up at MacDonalds. A carton of cold fries and cardboard cup of coke wasn't quite what she'd been hoping for.

Whilst I doubt Emily Bronte got much chance to practise the passion that she preached, the Worth Valley of her day is still blessed with wonderful settings for romantic liaisons. Never mind Paris, love's embers can be stoked right here in BD22. A summer picnic on Ponden Kirk, a stroll down Haworth's Main Street at dusk (after all the tourists have left) and if you're just starting out... Holden Park in Oakworth. It's just a shame that someone decided the middle of February was a good day to celebrate love. It's certainly not the best time of year for getting to grips with a knackered old hatchback.

This year the Off Comed 'Un will be looking for a baby sitter for February 14th.

To advertise call Karen or Liz on 01535 642227

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What is the scheme?

Wheels 2 Work (W2W) is the loan scheme of a 50cc Piaggio moped for young people aged 16 – 25, enabling them to get to and from their place of work, sixth form local education, College and University.

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- Have difficulty using public

transport due to time, availability (e.g. having to catch 2 buses) Geography (e.g. not near a bus route).

- Be in possession of a provisional driving licence.

For more information or to obtain an application for W2W, contact: Lionel Bingley Voluntary Action 01274 787933

Say you saw it in the Worth Valley Mag!

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