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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY



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What fabulous weather we've been enjoying in the Worth Valley this spring. Some days have even felt like (dare we say) summer! It is certainly wonderful to feel like we have 'turned the corner' in terms of the seasons and can now enjoy extending our living space to include our patio and garden. We do realise this is Yorkshire, however, and it may be blowing a gale by the time you get the Worth Valley Mag in your hands; but we live in hope of continued blue skies and bright sunny days in which to enjoy the May flowers!

Thank you for the positive feedback on our new competition 'Where in The Worth Valley'. Congratulations go to Valerie Armstrong from Haworth who is our first winner. Willow, the creative flower and gift specialists in Haworth, have kindly donated the prize for May. Why not join in the competition and guess where the red X has fallen in the Worth Valley this month? (see page 20).

Do keep in touch; you can email us on mail@worthvalleymag.co.uk

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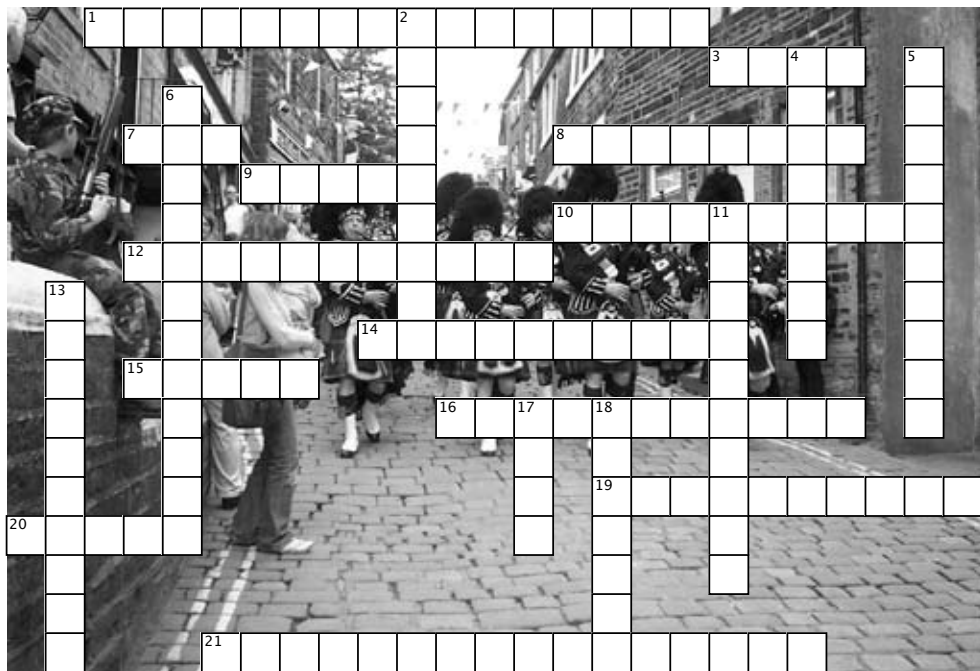


CONTACT WORTH VALLEY MAG ON 01535 642227

Say you saw it in the Worth Valley Mag!

Worth Valley Mag 40's Crossword

A local crossword for local folks



Across

1. Leonard Spencer was his middle names (7,9)
3. Popular forties dance (4)
7. The Few? (3)
8. The Supermarine...(8)
9. 1941 cartoon about a deer (5)
10. The Chattanooga Choo Choo? (4,6)
12. The pin up girl of World War Two (5,6)
14. Bomber that crashed at Tewitt Lane (10)
15. War film set in Haworth (5)
16. To the Living..Gratitude - For the Dead... (11)
19. You needed this for your snap. (6,4)
20. Girls in the Navy (5)
21. Havercake Lads Regiment (4,2,10)

Down

2. The Hawker...(9)
4. She sang about blue birds and Dover (4,4)
5. Hitler's other ball was kept here. (6,4)
6. Invented the bouncing bomb (6,6)
11. The captain of Dad's Army (10)
13. The British 7th Armoured Division (6,5)
17. Make Do and....(4)
18. Wireless Pioneer (7)

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

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.

To advertise call Karen or Liz on 01535 642227



THE BATTLE OF THE BULGE

"Life is tough enough without having someone kick you from the inside."

~Rita Rudner

Our first year in the Worth Valley was a mixture of relief and trepidation. Relief in that we had escaped from a place where small children ran riot in the streets and trepidation in that we were expecting one of them. May was to be our last month as carefree DINK's (Dual Income No Kids). It was a scary time, as any expectant parent will tell you. The thought that I'd never be able to sleep till noon on a Saturday again or go out without weeks of planning was terrifying. Day by day I

watched Mrs Offcomedun's slender frame ripen until she became a huge inflatable penguin, waddling around and looking like she might pop at any minute. The regular woodland walks we took with the dog through the back of Holden Park were becoming increasingly difficult and as the early rays of summer warmed the air our excursions had to be moderated to allow for the gigantic pudding my beloved had become.

So it was with some caution that we decided to catch the train over to Haworth and see what this 40's weekend was all about. In retrospect I should have gone as a G.I with my heavily pregnant English rose, shamefully carrying our offspring whilst

hubby was off fighting the Hun, but with little idea of what to expect we missed the opportunity and just went as ourselves. We followed the crowds from the station to the bottom of Main Street where we stopped to take in the carnival atmosphere. Vintage jeeps and motorbikes bounced up the cobbles carrying troops through the crowds of heavily coiffured ladies in fox furs and zoot suited spivs. Local kids became wartime evacuees, swapping ipods for gas masks. Churchill went past giving the V sign to a swaggering troop of Nazis, their

arms aloft in surrender as Pike from Dad's Army threatened to lance their buttocks with his bayonet. It was a living, breathing museum of decadence in the face of adversity. And then we were gazing in to the clouds, looking for the source of a distant humming noise. Suddenly

a Spitfire came out of nowhere, swooped down and performed a victory roll over the rooftops of Main St. I was gobsmacked. What a great place to live!

We headed up to the Bull where the cheerful tones of a Big Band had filled the car park with crowds of jiving G.I's and rocking Wrens. Mrs Offcomedun waddled off to find a seat whilst I was sent in search of a glass of stout to satisfy her pregnancy cravings. It's a shame that none of the pubs were charging at 1940's prices, but at least they weren't rationing their ale!

Haworth 40's weekend is 19th and 20th May 2007. Mrs Offcomedun will be eating for two again.

Say you saw it in the Worth Valley Mag!

Photo by James Hutton



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HEALTH & WELLBEING

BY CAROLYN RICHARDSON

GIVING YOUR CHILDREN A HEALTHY DIET

By toddler age children start to become choosier about the food that

they eat. Those children who are taught to eat nutritious food at this stage of their life are more likely to continue choosing a healthy diet for the rest of their life. It's therefore important to get your child used to healthy eating habits early on and to guide your child to healthy choices whilst still allowing him/her to have her personal preferences.

A child's rejection of carefully prepared food can be incredibly distressing. But this fussiness is very normal behaviour as little ones try to establish their independence and show you that they can take charge of themselves and their surroundings.

Allowing your child to skip dinner and fill up on crisps or cakes will only make them picky about eating real food. Empty calories in biscuits or sweets are a waste of time and appetite. Every bite counts for too-busy-to-eat toddlers so give them food in regular and small portions, adding more if they finish. Large meals can overwhelm small children and are more likely to be pushed away. Concentrate on increasing the nutritional value of every bite rather than increasing the amount your child eats.

Pieces of raw vegetables, cubed cheese, and dried fruit like raisins or apricots are all good, healthy snacks.

Don't try to force your child to eat - you'll start a battle that you can never win! The

more of an issue you make of food the more likely it is that your child will become a fussy eater or develop bad eating habits. Let your child tell you when they've had enough to eat. Your job is to make sure that healthy, appealing food is offered at regular intervals. Some fresh fruit always goes down well if you chop it into pieces and let them eat it with their fingers.

It may help to know that pre-school children need less food than they do in their first year; their growth rate has slowed down significantly and their appetite decreases appropriately.

For older children it's always beneficial to let them get involved in the preparation. This can start in the supermarket by asking them to point to which lettuce, pack of carrots etc they think looks the best. Let them help with washing the vegetables, setting the table or sprinkling on the cheese. Make your own pizzas making sure you include lots of colourful toppings which children can help to put on. Try making nutritious, tasty sandwiches from wholemeal bread and cutting them into animal shapes with a pastry cutter - your child won't be able to resist! Be as creative as you can. A reluctant eater may accept food that is presented in a new or interesting way, in a special dish or in an unexpected shape. It's not only a matter of trying to tempt those tastebuds - be a bit clever and create an enjoyable experience of food as well.

And remember to stay cool and calm. Children are very sensitive and will easily pick up on your stress; they're more likely to eat if you make it fun and not an issue.

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'THE COLLECTING PLACE' – LITERARY LANDSCAPE THROUGH A 'CAMERA OBSCURA'

The Brontës' and their landscapes is the focus of a photographic exhibition at the Brontë Parsonage Museum in Haworth from 1 May to 11 June 2007, where a group of Bradford sight-impaired children, aged 10 to 15 years, are displaying images they have made using a giant portable, walk-in 'camera obscura'.

'The Collecting Place' project and exhibition, part of the Brontë Society's new contemporary arts programme 2007, is spearheaded by Stanbury based artist Simon Warner, in collaboration with the Brontë Parsonage Museum. A six day workshop, held earlier in



April, has resulted in a multi media diary account of the experience and some evocative large scale images. The camera itself is easy to use and allows the children to stand inside and have the experience of taking a photograph manually. The 'camera obscura' is a sensory experience which appeals to the needs of sight-impaired children, whilst giving them the opportunity to create a medium from which they are usually marginalised. Simon Warner said "I am delighted to be involved with sight-impaired young people on this adventurous project. Working on a physical scale with a portable camera obscura tent we rediscover the magic of photographic image-making. We create a new view of the familiar Brontë countryside."

View: www.thecollectingplace.blogspot.com for a fascinating look behind the scenes of the project.

Visit: **The Collecting Place** at the Brontë Parsonage Museum, Church St. Haworth. Open 10am-5:30pm 7 days a week.



Today we went high up onto Haworth Moor. It was a very very exciting day! First we got to ride in a council 4x4. It was a bumpy jumpy journey. Then we built our camera. Amy went inside the camera and took a photo. Then Megan went inside the camera for the next photo. Then the adults lifted our camera and moved it for a different exposure. Next it was my turn to go into the camera to take a photo. Then it was time to pack up and head for our dark room. There is one word to describe the results in the dark room WOW!!!! (Bethany, workshop participant.)

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Could Haworth be the next 'Best Foodie Destination' in the North? If Graham Williams and Kath Armitage have anything to do with it, then the answer is definitely, 'yes!'

With the arrival of The Cheese Place on Haworth's Main Street, foodies and cheese lovers far and wide will be swooning over perfectly ripened truckles and lining up to sample and stock up on the best artisan cheeses available in the UK.

Graham & Kath's shop is an acknowledgement that handmade farmhouse cheeses are the pride of Britain's gastronomic heritage. And they are committed to sharing their passion with their customers by providing a service that includes tasting and exploring the delights of cheese and its varied accompaniments in the shop.

In addition to wonderful British and Continental cheeses on offer, one will find a selection of chutneys, biscuits, fresh olives and olive oil, tea, coffee beans, and many more gourmet specialities.

The Worth Valley Mag had the opportunity to speak to Kath and Graham about The Cheese Place and their passion for artisan cheeses.

Q: What makes your cheese different to those in the supermarkets?

A: We stock around 50 artisan cheeses. This means they are handmade on farms or in small creameries. Most come to us as whole cheeses (truckles) and we cut fresh pieces from them for our customers to get the fullest flavour.

Q: Are they more expensive than supermarket cheeses?

A: They cost more per 100g than typical supermarket cheeses, but the flavours

are far more intense so you can use much less to get the same enjoyment – and that means less fat and calories as well.

Q: How should I choose between cheeses at The Cheese Place?

A: We have labels with descriptions to help you, including information about country of origin and what milk it is made from. We also clearly indicate vegetarian and organic cheeses. We are happy to let you taste samples and will help you choose cheeses to your taste. If you give us a budget we can also make up a selection of cheeses for you.

Q: What is the best way to store cheeses at home and how long will it keep?

A: Keep your cheese wrapped tightly in the wax paper we provide and in the bottom of the fridge or in the door. Ask us for advice about your cheese when you visit.

Q: What else do you sell?

A: We stock complimentary products to enhance cheese flavours. These include chutneys, jams, biscuits, olives and oils. We source ethically traded fresh teas and coffee beans and hope to sell wine very soon. We also offer a range of hampers, gifts and cheese wedding cakes and can tailor these to suit individual tastes and budgets.

Q: Do you deliver?

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Cotton black & white patterned top and white trousers by Emreco (above)



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We're told there was once a time when good service was the norm. But in the 21st century, with the glut of cheaply made imports from China and high street stores 'stacking high and selling low', service hardly gets a mention. And in our 'throw away' society, quality has suffered at the expense of short lived fashion trends.

It is particularly refreshing to know that Firth's of Haworth, the ladies-wear specialist, is carrying on the tradition of customer service and attention to individual needs.

Nikki Carroll, the proprietor of Firth's is particularly focussed on ensuring that her

Firth's OF HAWORTH



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customers are given the attention and help required that result in a pleasant and satisfying shopping experience with every visit. Judging by the frequency of repeat visits, many customers quickly become regulars!

We took the opportunity to speak to Nikki's 'regulars' to find out just what it is she is doing right.

Judith from Oakworth said, "The secret to Nikki's success at Firth's is a combination of personal service that is second to none, and an interesting and varied product range. I especially like the Emreco brand; it makes other high street clothes feel like

rags in comparison, and the cost is very reasonable."

Firth's mainly stock British made brands. Emreco is acknowledged as a well made line, designed in a classic and timeless style. Some customers specifically drive to the Haworth shop to purchase this particular brand.

Sylvia, another regular customer, has noticed that since Nikki has taken over the shop, there are more daring and artistic labels, including some interesting fabrics and shapes. "I like a little flamboyance and flair in my wardrobe. I am not interested in following every trend that comes along but



Chianti sheer floral jacket (above) and matching ensemble in shop window (left)



Firth's stocks a selection of stylish footwear with a wider fit.

I like to look smart. Nikki has a talent for buying clothes that are fashionable but not slavishly so; that suits me perfectly. I also like the fact that I can get a whole outfit with a matching bag and shoes."

Firth's provides a full outfitting service. Special occasion wear and "Mother of the Bride" outfits are a speciality, including important finishing touches like costume jewellery, handbags, shoes, and fascinators (elegant head pieces).

"I thought Firth's was mainly for older ladies" said Cordelia of Oxenhope. "I was so surprised to find things for myself. I'm 35 and my mother is 62. It is wonderful that we can both shop at Firth's and find things that suit our individual tastes and needs. What a super shop we have on our doorstep!"

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where in the worth valley?



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COMPETITION!

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

This month's prize is a gift plant donated by *Willow, Creative Flowers, Main St, Haworth*.
Email your answer to:
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The winner will be selected from all correct answers received by the 15th of May 2007.

April's winner was Valerie Armstrong from Haworth, the location was Oakworth Social Club on Colne Road.

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SPOTLIGHT ON PHILIP MELLIN - YOUNG SHEEPDOG HANDLER

Philip Mellin has gained a vast amount of experience in shepherding, sheepdog trialing and farming, far greater than his 13 years of age would seem to indicate. This has led to television appearances on Look North, Calendar, Sky News, One man and his Dog, Dales Diary, Blue Peter, Big Breakfast and News Round!

In the pleasant spring sunshine at their lovely rural farm retreat on the edge of Oakworth, Albert and Carol Mellin and their son did their best to instruct me in the use of the dog whistle. 'Here, have a go, said Albert'. Well, placing this piece of plastic in my mouth I pursed my lips and huffed and puffed. Not a dickie-bird - or even a sound like one! 'Let me show you', said Philip. 'Go, left, go right, stay'; each command was accompanied by a slightly different note. Easy if you know how, unfortunately I didn't know how.

Q. Philip, tell me about your earliest recollections of your sheepdog handling.

A. I started very young and one of my most memorable experiences was at the Royal Lancashire show at Ribchester in 2003. We were in the countryside arena with the ducks but the organisers were so impressed that we were invited into the main ring to demonstrate with the sheep.

Q. Do you find a greater satisfaction in training the dogs at home or in displaying them at shows?

A. I like training dogs at home in our own fields. When you enter trials the field sizes can be different and that's when you can have problems.

Q. What's it like being in competition with adults and how do they accept being beaten by such a young man?

A. It's rare that adults I beat say 'well done'.

It is competitive but also friendly with no animosity.

Q. What do you find the most difficult aspect - driving, herding or penning?

A. Driving is the most difficult as you are required to bring the dog down with the sheep to go round and behind you then send the dog away again to the penning area.

A farmer's work is never done and as we left the confines of the farmhouse, Philip invited me along to check on all his mole traps. Left unchecked the moles can wreak untold damage to the fields, but they also get wise to the traps, fill them in with soil, and then burrow underneath. I was taken by the beautiful peace, the sound of silence, nothingness. You would swear you could hear the grass growing... and maybe a mole laughing.

Philip will be appearing on the agricultural show circuit throughout this summer, including the North Yorkshire Agricultural Show, The Great Yorkshire Show, Skipton Sheep Fair and Cullingworth Vintage Fair, to name but a few.



Say you saw it in the Worth Valley Mag!



GARDENER'S TIPS

BY MIKE CUNNINGHAM

**Mike Cunningham,
Chair of Keighley
in Bloom and
co-organiser
of Keighley
Horticultural**

Show, shares his gardening insights.

JOBS OF THE MONTH - MAY

May is one of the loveliest months; the first cuckoo can be heard, warm sunny days abound and the garden is gradually filling with colour. Nature is busy preparing for summer and I love to just sit and watch the birds busily collecting food for their fledglings.

Bulbs:

Bulbs such as daffodils and tulips etc are over. To make room for summer bedding carefully lift and heel-in the bulbs to die back gradually, to do this make a small trench in an unseen part of your garden, then lay the bulbs on wire netting and cover the lower part of stems with clean soil ready for lifting and storing when the foliage has withered, usually by late June.

Roses:

Check new growth for aphids and spray at first sign. If black spot and rust have caused you problems in the past spray now with a systemic fungicide to help eradicate. Ensure that mulches completely cover the ground and lift any weeds.

Lawns:

Pay careful attention to newly sown lawns. Continue to mow and edge established lawn regularly. Check mower blades for sharpness and correct setting. I set the height of my cut to approx 12mm [1/2"] Feed poorly growing turf with a high-

nitrogen fertiliser. A light top-dressing of Sulphate of Ammonia can also be applied. Remove individual weeds with a knife or use a spot-weeder.

Flowering Plants:

Continue to hoe between plants to suppress weeds, and stake tall growing plants. Take speedy action to eliminate aphids, snails and slugs. Finish sowing annuals and perennials directly in garden where required. At the end of the month when frosts have all but passed you can start to plant out your seed raised half-hardy annuals, dahlias and chrysanthemum cuttings etc., but only if you have hardened them off in a cold frame for several weeks beforehand, otherwise wait until first week in June.

Vegetables:

Prepare and dig in farmyard manure or pre-bought special organic fertiliser in outside sites for courgettes, cucumbers and marrows etc. Erect 6/8ft supports for runner beans. Continue to bed out brassicas. Sow salad crops.

Container Plants:

Start planting up hanging baskets and wall baskets with trailing petunias, busy lizies, begonias etc. in your greenhouse or conservatory, ready for putting outside in three to four week's time. Plant up pots and tubs with lobelia, fuchsias, geraniums and pelargoniums etc. that can be placed outside only if you have hardened them off.

House Plants:

Move plants away from south facing windows to prevent scorching.

Wildlife:

Encourage bees and butterflies into your garden with your choice of plants.

Has your Window Cleaner vanished recently?

Many window cleaners will only appear when better weather arrives. If you want someone regular, reliable, and local, give **HRP** a ring.

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COMMUNITY PAGES

FREE Listing for any non-profit making community based activities

COMMUNITY NOTICES

Sun 6th May

Mark Reid, InnWay writer, to head Railway Children walk and fun day to raise funds for the Cystic Fibrosis Trust. Registration will start in Haworth Park at 10am; stalls, bouncy castle, hook-a-duck, games, followed by a 6 mile walk taking in many of the locations made famous by the film. Bring a picnic to enjoy in the park.

Mon 7th May

Festival in the Park

Holden Park, Oakworth

Bank holiday family event to celebrate the 200th anniversary of Sir Isaac Holden's birth. Scale model railway; Victorian fancy dress, Victorian dancers, Haworth Brass Band; Clown, Handspinner and other children's entertainment; Exotic Animals; Police, Ambulance & Fire Brigade exhibitions; refreshments. Bring your own pic-nic.

Sat 12th & Sun 13th May

Bronte Vintage Gathering

Haworth Road, Cullingworth. 10am til 5pm.

Vast array of vintage machinery including the famous 'Iron Maiden,' Flypast by WW2 Spitfire; Extreme trials and BMX display team; Military attractions;



The 'Land rover of destruction'; Blackpool donkeys; Trade & Craft Stands; Fair; Food & Bar; Children's entertainment, and lots more.

A Great Family Weekend

Tickets £5 Concessions £3

Proceeds in aid of Manorlands

Sun 13th May

Sunday School Anniversary All Age

Praise Service led by the young people.

Oakworth Methodist Church. 10:30am

Sat 19th & Sun 20th May

Haworth Village 1940's week-end.

Enjoy a nostalgic trip down memory lane...

The Home Guard;

GI's & civilians in authentic dress; 40's music & swing dancing; civilian

& military vintage vehicles; children's

games; marching

pipe bands; RAF

memorial flight flypast (Sat only)

Contact Haworth Tourist Information

Office 01535 642329

Fri 25th May, 7:30pm

St. Michael & All Angels host a public reception and launch of a short film

highlighting the fascinating history of the church in Haworth. Refreshments served and a preview of the work will be shown. Don't miss this opportunity to be amongst the first to purchase this newly released



short film on DVD. All proceeds from DVD sales to benefit Haworth Parish Church.

Sat 26th May

Oakworth Manor Coffee Morning

10 -11.30am. Coffee & biscuits; cakes on sale; tombola. In aid of the resident's social fund. For further details contact Jennifer Blenkarn 01535 643814

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

To advertise call Karen or Liz on 01535 642227

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Haworth Medical Practice.....	01535 642255
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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
Police 24 hr local helpdesk.....	01535 617059
RSPCA 24 hr advice line.....	08705 555 999
Worth Valley Mag.....	01535 642227

www.worthvalleymag.co.uk

WEBSITE OF THE MONTH

Struggling to sell your old stuff on ebay? Getting nagged for being a horder? Feel guilty for throwing something away that wasn't ready to be left on the scrap heap? Proving that one person's trash can truly be another's treasure The Keighley Freecycle™ is part of The Freecycle Network, a nonprofit organization committed to reducing landfills. If you want something for nowt or have something to give away – log on to <http://uk.groups.yahoo.com/group/keighleyfreecycle> (for Keighley) or check out freecycle.org for other cities and info on the organisation.



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WINED & DINED

BY CLAIRE SMITH

Haworth's Claire Smith of No.10 The Coffee House delights us with her unique culinary inspirations.

I have often hinted at the relationship between food and the awakening of the senses, and the "lusty month of May" is one of the most propitious times to explore this connection. Celtic folklore heralds the beginning of May as a time to celebrate the rising fertility of the earth and the onset of summer; this is a time for enchantment, self-empowerment and personal fulfilment. As verdant young shoots begin to unfurl into canopies of green suspended above carpets of bluebells and wood anemones, they bring with them a sense of excitement as the promise of summer and all that it encompasses moves ever closer. The tradition of the May queen, symbolic of the goddess Flora, becomes an embodiment of fertility and love. Since seasonal festivals are often marked by the preparation and enjoyment of special food, the perfect way to celebrate the onset of summertime would be to choose, prepare and serve gastronomic delights which correspond with the sentiments of the season. May sees the arrival of tender young vegetables such as new potatoes, broad beans, new carrots and asparagus. Asparagus tips, gently steamed, and served with melted butter, provide a sensual start to a dinner celebrating the onset of summertime. I like to treat them as a finger food,

the melted butter dripping through the fingers; asparagus tips create a simple but satisfying starter. Prawns cooked in garlic and chilli will raise the temperature and stimulate the tastebuds. Sea bass and lemon sole are both seasonal to May. Be exotic and try adding a pinch of saffron to fish dishes to add a note of seduction (take care to ensure that it is only a pinch as too much may be a narcotic!). Parsley butter made by combining unsalted butter, lemon juice, chopped, fresh parsley and salt and pepper is another seasonal and versatile accompaniment to fish and chicken dishes (and parsley is said to have aphrodisiacal qualities.) Salads that are colourful, vibrant and bursting with flavour will add a summery feel to any dining experience; rocket is at its best in May; its peppery taste sharpens the senses. May also sees the arrival of the first juicy home-grown raspberries and cherries appearing from different parts of the world. Cherries can be very expensive at this time of year, but what could be nicer or simpler than a bowl of fresh cherries? A more decadent end to a sensual celebratory dinner would be to combine both (and other soft fruits if you like) and pile them high in the centre of a huge pavlova.

In the words of Robert Carrier: **"Each of us eats about one thousand meals each year. It is my belief that we should try and make as many of these meals as we can truly memorable."**

This month set out to intoxicate the senses.

To advertise call Karen or Liz on 01535 642227

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