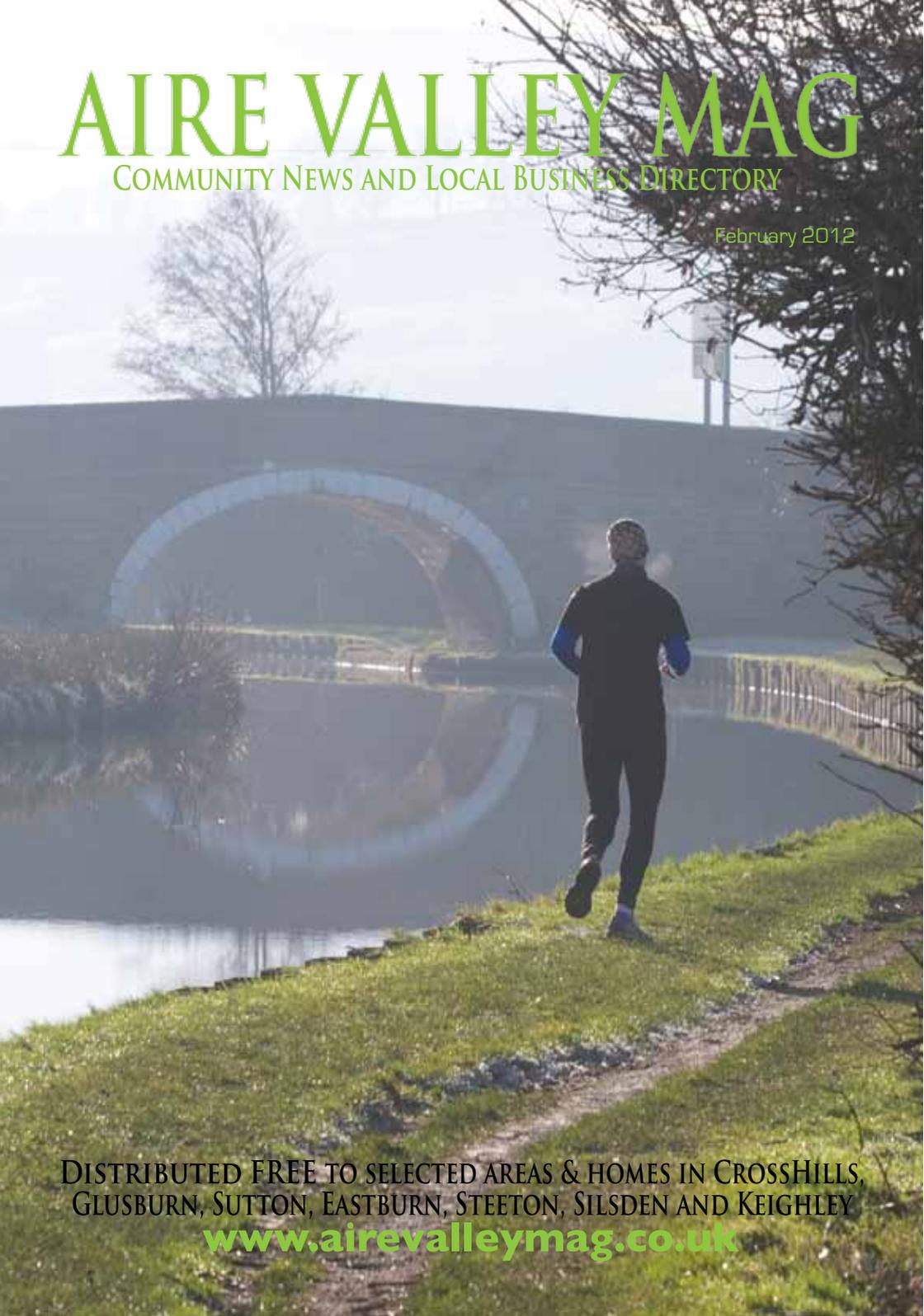


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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

February 2012



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Hasn't it been a mild winter so far? I guess we should count our blessings and enjoy it while it lasts!

Looking on the bright side of life is a helpful way of getting through the challenges that come our way. But sometimes, we need a bit of support. Following on from last month we are continuing with the subject of mental health. Tony Gill, mental health nurse and lecturer, points out the signs of depression in this month's edition (p11). It is astounding the number of people who suffer from depression and remain unaware. The good news is that help is at hand. If you recognise the symptoms, don't hesitate to contact a qualified mental health practitioner or get in touch with your GP.

Of course February is a month when we think of and show our affection to others. Valentines is traditionally for expressing romantic love but more recently, and with the help of the likes of Hallmark, it has been opened up to extend to all manner of loved ones. I have a friend who buys a card for her dog! Who am I to judge?

Whatever February brings, I hope there will be an element of joy, love and laughter in your life this month.



Liz Barker

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2012 marks the 10th anniversary of Memchip Ltd. Nigel Reynolds, its founder, is celebrating the occasion. It was January 2002 when Nigel took the plunge and entered the computer industry after working for Pace in Saltaire as a machine operator. Keighley Business Enterprise was instrumental in getting Nigel set up, offering useful training and practical help with the nuts and bolts of starting a business. "Back then there weren't many of us; I was one of the first in the area to provide one to one consultancy of this kind," explained Nigel. Now there is a lot of competition. But Nigel sets himself apart by continuing to offer a high level of personal service and a flexible approach to suit individual customer needs. All in all, Nigel has 25 years experience working with computers; he can recommend software packages, build bespoke hardware solutions and configure suitable networks. Clients vary from individuals with simple personal computer needs, to schools with specific requirements, businesses with multi users and more complex networks, and all sorts in between.

Mr Neale of Steeton who has been a customer for 9 years, was keen to point out the benefits of using Memchip. "I have nothing but praise for Nigel. He has provided a first class service year after year. I use his Gold Service for which I pay a flat monthly fee. (It includes unlimited call out, email

support, telephone support and even remote desktop support when possible.) "I can phone him on an evening too, which is very useful."

Business clients, John and Catherine Chapman have also benefited from Nigel's experience and advice. "Nigel showed us the importance of backing up, including two external sources, to ensure our systems were secure," said John. "This gave us the confidence to embrace

mobile technology and other IT related services that help us integrate a mobile office for our service based business." Additionally, John added, "We have benefited from Nigel's ability to listen and come up with solutions on both the software and hardware side. He

also has an excellent network of contacts with other businesses which has proved helpful."

With the praise pouring in along with "good wishes" and "congratulations" clients are pleased to recognise the achievements of Memchip. The fact that Nigel is still working with many of the same clients since the start of the business speaks volumes about his service.

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The earth sleeps beneath a blanket of white, the fields appearing to have been scattered with a million glittering diamonds - a jewelled gown

of frost that sparkles in the winter sunshine. The first tentative buds lay in a state of stasis waiting for the temperature to rise, and I can hear a robin singing outside in my little garden - an appreciation for the food we put out for the birds this morning perhaps.

There is magic in every season; each evoking its own feeling of nostalgia, its own sense of tradition and expectation. When it comes to winter food however, I find that I am rather torn. I seem to swing between the part of me that happily embraces frosty winter mornings, the crisp cold air punctured by bright winter sunlight carrying the promise the coming spring; conditions which invigorate and inspire winter walks and thoughts perhaps of a healthier lifestyle in order to enjoy the seasons that will follow; and the part of me that responds equally to cosy, candlelit evenings and anticipates with relish, hearty breakfasts and comforting suppers.

I believe that February brings the desire to follow a compromise between the two. Most of us will have overindulged throughout the festive season and may have subsequently made an attempt at

weaning ourselves away from the over rich throughout January; doing without tasty winter treats entirely however is probably asking too much. Healthy homemade soups with deep earthy flavours, big bowls of risotto, silken and soothing, homemade pies with rich deep fillings, hearty stews and of course the Sunday roast which seems to be disappearing with the fast pace of modern life. When I was a child the Sunday roast was sacred. We would all sit around the table, my father would carve the meat and there was always a wonderful dessert to follow (my favourite part of course).The fact that there are so many different elements to the Sunday roast, meat deliciously cooked and sticky at the edges, various stuffing's and sauces, vegetables that have been roasted, creamed or simply steamed, and the thrill supplied by the pudding, have established it in the memories of most through childhood into adulthood. I love having the family round for lunch or dinner when possible, knowing that as we gather around the table memories will be formed to be reminisced upon and recounted as we all go about our busy lives. Coming together around the table to share a meal is also the perfect time to catch up with the week's news and share exciting plans for the future. Wintertime lends itself perfectly to the planning and preparation of a snugly or sumptuous delectation, be it the Sunday roast or a simple supper shared with a friend. Make time to eat healthily but well and bring your own special warmth into wintertime.

Valentine's Day

The history of Valentine's Day is unclear. Some historians believe that Valentine's Day is celebrated in mid February to mark the anniversary of St. Valentine's death or burial. Others believe that Valentine's Day celebrations were started by the Catholic Church as a way to Christianize the pagan Lupercalia Festival, a fertility festival intended to mark the official start of spring with ritual cleansings.

Whatever the history, each February 14 has become a highly commercialized holiday in the West and beyond that's intended to celebrate love and relationships. An estimated 1 billion St Valentine's Day cards will be sent worldwide this year, making it the second most card-heavy celebration after Christmas.

"Valentine's Day is when a lot of married women are reminded what a poor shot Cupid really is." ~Unknown

"I wanted to make it really special on Valentine's Day, so I tied my boyfriend up. And for three solid hours I watched whatever I wanted on TV." ~Tracy Smith

"If love is blind, why is lingerie so popular?" ~Unknown

"One should always be in love. That is the reason one should never marry." ~Oscar Wilde

"Gravitation can not be held responsible for people falling in love." ~Albert Einstein

"Today is Valentine's Day. Or, as men like to call it, Extortion day." ~Jay Leno

"Never go to bed mad -- stay up and fight." ~Phyllis Diller

"The Eskimos have 52 words for snow because it is so special to them; there ought to be as many for love." ~Margaret Atwood

"Love is like playing the piano. First you must learn to play by the rules, then you must forget the rules and play from your heart." ~Unknown

"If love is the answer, could you rephrase the question?" ~Lily Tomlin

Jim asked his friend, Tony, whether he had bought his wife anything for Valentine's Day. 'Yes,' came the answer from Tony who was a bit of a chauvinist, 'I've bought her a belt and a bag.' 'That was very kind of you,' Jim added, 'I hope she appreciated the thought.' Tony smiled as he replied, 'So do I, and hopefully the vacuum cleaner will work better now.'



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FEELING DOWN, FEELING BLUE? Exploring Mental Health issues with Tony Gill RMN

What is depression?

Depression varies from person to person and it is fair to say that we all go through ups and downs in our mood. Sadness is a normal reaction to life's struggles, setbacks, and disappointments. Many people use the word "depression" to explain these kinds of feelings, but depression is much more than just sadness. Some people describe depression as "living in a black hole" or having a feeling of impending doom however it is more than this as some depressed people don't feel sad at all—they may feel lifeless, empty, and apathetic, or some may even feel angry, aggressive, and restless.

There are many signs and symptoms that you can look out, these include

- **Feelings of helplessness and hopelessness.** A bleak outlook—nothing will ever get better and there's nothing you can do to improve your situation.
- **Loss of interest in daily activities.** No interest in former hobbies, pastimes, social activities, or sex. You've lost your ability to feel joy and pleasure.
- **Appetite or weight changes.** Significant weight loss or weight gain—a change of more than 5% of body weight in a month.
- **Sleep changes.** Either insomnia, especially waking in the early hours of the morning, or oversleeping (also known as hypersomnia).
- **Anger or irritability.** Feeling agitated, restless, or even violent. Your tolerance level is low, your temper short, and everything and everyone gets on your nerves.

- **Loss of energy.** Feeling fatigued, sluggish, and physically drained. Your whole body may feel heavy, and even small tasks may be exhausting or take longer to complete.

- **Concentration problems.** Trouble focusing, making decisions, or remembering things.

- **Unexplained aches and pains.** An increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain.

Depression can also come in many shapes and forms such as major or mild depression and some people may even suffer from seasonal affective disorder (SAD), it also affects anyone such as men, women, children and older people. Some of the major causes of depression include loneliness, lack of social support, recent stressful life experiences, family history of depression, marital or relationship problems, financial strain, early childhood trauma or abuse, alcohol or drug abuse, unemployment, health problems or chronic pain.

Just as the symptoms and causes of depression are different in different people, so are the ways to feel better, having a good support network is vital as is recognising the need to ask for help, maybe professional help which may or may not include the use of antidepressants.

Developing new strategies to help cope can be vital in helping you deal with your depression and these may help you develop a better quality of life.

(See page 28 for a qualified mental health practitioner or contact your GP for more advice.)



Fiona Best
Goodwills Professional

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6 out of 10 people in the UK do not have a will. 1,300 people die every day in Britain without having sorted out their affairs.

It is just one of those things that people tend to put off. "I'm still young." "I don't have much to put in a will." "My spouse will sort everything." "I'll wait until I buy a house." "I'm in good health, I have plenty of time to do it." "I can't face it now." "It is an expense I can do without."

The excuses come thick and fast. But having a Will in place is the only way you can guarantee that your wishes are carried out after your death. Making a Will lets your loved ones know that you care enough to "sort things out" in advance. Without a Will, it's possible for any relatives, in-laws and even ex-spouses to make a claim on your estate.

You'll be pleased to know, making a Will doesn't have to be a daunting experience, nor does it have to cost the earth. With the right kind of help and advice, you can put things in order in a matter of a phone call and a few meetings in the comfort of your own home.

A vital first step is to get advice from a qualified professional. It is essential to seek a will writer or solicitor who is a member of a professional body, carries indemnity insurance and embraces continuing professional development.

Fiona Best of Goodwills Professional not only meets this criteria, but exceeds it. With a legal practice commendation from College of Law in York, and over ten years experience working in Yorkshire, Fiona has

literally written thousands of Wills and is an expert on all the nuances and relevant details that come with the territory.

Mother of two young children, wife, daughter and business founder, Fiona started Goodwills Professionals in 2000 whilst juggling family commitments and completing a Law degree LLB(Hons) through Bradford University; she has established the business with integrity and a firm commitment to provide thorough service and expert advice.

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Don't be fooled by low-cost or do-it-yourself Wills that you can pick up in a stationery. It is unlikely to provide the real peace of mind you deserve. An ill-conceived or badly drafted Will can prove more harmful than having no Will at all.

Many home made wills are ineffective due to mistakes made or lack of understanding of law. The decisions you do or don't make will directly affect your family and loved ones in the future. Phone Fiona Best at Goodwills for a confidential conversation about how she and her team can help you prepare for the future and gain real peace of mind.

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A VOICE FOR INDEPENDENCE
Kris Hopkins MP (Keighley & Ilkley)



It was in May 1998, when I was first elected as a Worth Valley ward councillor, that I first said I believed the interests of Keighley council tax payers would be much better served outside the grip of Bradford City Hall. And my opinion did not change during my four years as Leader of Bradford Council.

The Government has since legislated to allow for a referendum to be held on whether Bradford district should have its own directly-elected mayor. This was an idea I argued strongly against when it was first suggested by the Conservative Party in opposition, most notably when David Cameron came to Bradford to make the case in favour. As a manifesto commitment, I did not seek to block the proposal in Parliament. But I regard the referendum itself as a somewhat different matter. I therefore intend to lead the campaign in Keighley and Ilkley for a 'No' vote on Thursday 3 May 2012.

This poll must be used to our greatest advantage because an overwhelming vote against a Bradford-based directly-elected mayor can only strengthen our case to Government that Keighley and Ilkley has no affinity with Bradford and no longer wishes to be part of Bradford district.

I understand that Bradford Council and the Local Government Boundary Commission for England must be persuaded of the power of our case before any referendum can take place, although Bradford Council would be unlikely to stand in our way. And the result of any referendum would not be binding, meaning if we were to achieve a resounding 'Yes' vote – as I believe we would – we would then need to convince ministers that independence should be granted.

The arguments in favour of independence are strong.

Firstly, I know of few people in Keighley and Ilkley who look towards Bradford in terms of their own identity. Although I have great affection for that city and its people, I would certainly never describe myself as a Bradfordian and never will. I also believe the vast majority of Keighley and Ilkley residents share this outlook.

Secondly, people want accountable, locally-based representation and I do not believe they receive this when our councillors have to travel to another city to make their case.

And thirdly, I believe the council tax payers of Keighley and Ilkley are being short-changed through their relationship with City Hall. Keighley and Ilkley residents pay more council tax than the residents of the three Bradford parliamentary seats combined. And, as a result, they do not receive anything like the value for money to which I believe they are entitled. If we were independent, we would have more money to spend dealing with our own priorities and problems rather than relying on what have traditionally been crumbs from the City Hall table.

Regardless of their party political affiliation, I very much hope that Keighley and Ilkley residents will listen to the arguments I am putting forward and agree to join my campaign for change. It is an opportunity we cannot afford to waste.



This year's Fairtrade theme is 'Take a Step'. It can be interpreted in a wide variety of ways – eg taking the step

of swapping non-Fairtrade products for Fairtrade ones and encouraging others to do the same. Every 'Fairtrade' step, no matter how small, will make a difference. Fairtrade helps farmers in developing countries trade their way out of poverty and guarantees fair prices for their products. Fairtrade farming co-operatives also receive a social premium which they often decide to spend on basic necessities such as schools, health care and clean water, thereby benefiting their communities.

The Fairtrade Foundation hopes to register 1.5 million steps; one for every farmer and worker the Foundation expects to work with. Steps can be registered online at www.fairtrade.org.uk/step



The Fairtrade groups across the Bradford Metropolitan District have decided to interpret the 2012 'Take a Step' theme very literally and are creating a "Fair Trade Way" linking all the District's Fairtrade villages and towns. The scenic, circular walking route will link Bradford, Bingley, Shipley, Baildon, Burley, Ilkley, Haworth, Denholme, and

Thornton. The Fair Trade Way will highlight the places where Fairtrade products can be obtained and promote the district's attractions and stunning countryside.

The Bradford District Fair Trade Way will be launched at 12 noon on Saturday 10th March in Bradford City Centre on Darley Street. There will be Fairtrade refreshments and the chance to learn more about Fairtrade, before setting off along the Fair Trade Way for Bingley.

All welcome on this and eight other

Fair Trade Way walks:

1st March Bradford City Centre, 12 noon launch event on Darley St. (Fairtrade Fortnight) Bradford to Bingley

17 March Bingley to Shipley

24th March Shipley to Baildon

31 March Baildon to Burley

14th April Burley to Ilkley

21st April Ilkley to Haworth

28th April Haworth to Denholme

5th May Denholme to Thornton

12th May Thornton to Bradford Centenary Square (World Fair Trade day)

Details of the walks, eg start time, location, how to register your interest etc. will be posted on www.bradford.gov.uk/fairtrade

It is hoped that one day a national network of Fair Trade Way routes will be created to link all the UK Fairtrade towns (there are over 500) to Garstang in Lancashire. Garstang was the first Fairtrade town and created the first Fair Trade Way which runs from Garstang to Keswick.

See www.fairtradeway.org.uk

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

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Email your answer to:

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The winner will be selected from all correct answers received by Feb 20th 2012

Last month's winner was Miss Jean Roberts
The location was Mulloy's Garage, Sutton-in-Craven
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Slow and easy Lamb Tagine

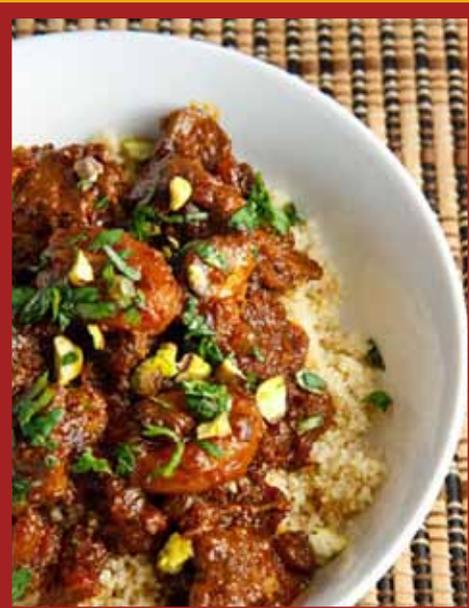
Ready in: 6-8 hours
Serves: 4
Complexity: easy
Origin: Moroccan

Ingredients

Olive oil
500g lamb, diced
1 onion, roughly chopped
2 carrots, roughly chopped
2 garlic cloves, crushed/chopped
400g can of chickpeas (optional)
200g dried apricots
2tsp ground cumin
1tsp paprika
1tsp dried coriander
1 cinnamon stick
1tbsp finely chopped fresh root ginger
250g sweet potatoes, peeled
1 can chopped tomatoes
200ml chicken stock
Fresh chopped coriander (optional)
Handful of chopped pistachio nuts (optional)

Directions

In a large pan, heat a few tablespoons of oil over a medium heat and brown the lamb on all sides, then transfer onto a plate. Add the onions, ginger and carrots, then fry for a few minutes until the carrots are starting to brown. Add the garlic and cook for another minute.



Tip the lamb back in, then stir in all the spices and cinnamon stick, and add the chopped tomatoes, apricots and chickpeas (if using). Season well. Bring the pan to the boil whilst stirring, then reduce to a simmer for 10 minutes or so to thicken the sauce. (You don't have to do this bit, but it will be better if you do). Transfer to the slow cooker set on medium heat, or a moderate oven 170 c/or the simmering oven of an AGA and cook for 6-8 hours. Approximately two hours before you want to eat, chuck in the sweet potatoes. If you're like me and leave it on whilst at work you can leave this bit out, or you can cheat by boiling them up in a pan and throwing them in last minute. Don't be tempted to leave them in all day or you'll have orange sludge in place of your potatoes! Scatter with chopped pistachios and coriander. **Source: slowcookerclub.com**

THE 3 ACRES



Emma, Jayne and Mark Hudson



Friends, family, and invited guests enjoy Taster Evening



Whether you're looking for an honest pub meal, a quiet drink with friends, or an attractive venue to host a special occasion, The 3 Acres pub, located on Bingley Road, Lees Moor, is building a reputation as a local destination with appeal.

With new management in place since the end of December, the stops are being pulled out to provide services in keeping with the community needs. Oakworth residents Mark & Jayne Hudson have come to the pub with a mixture of practical skills, project management and administrative experience. Having an established network of family and friends, this husband and wife team bring a wealth of local knowledge as well as an understanding of what local people are looking for in a place like 3 Acres. **"We intend to make the most of this place. And we will continue to listen to our customers and respond to what they want."** explained Mark.

That is precisely what they did last month when the Hudsons hosted a Taster Evening, giving regular customers and

invited guests samples of the dishes from their new menu. The idea was to gain feedback and gauge customer response. The evening was a success and Jayne and Mark's daughter, Emma, helped organise it. Emma is studying hospitality and business management at Sheffield Hallam University and will be joining them when she completes her qualification later this year. To nicely round off this family venture, son, Tom, is gaining experience as a chef and hopes to get involved in the business sometime in the future.

All in all, 3Acres is a family affair. The welcoming atmosphere and home style menu, including a weekly carvery, delivers satisfaction. What's more, the generous proportions of the converted barn make 3Acres an ideal location for weddings, birthday celebrations, anniversaries, or funeral teas.

Contact Mark or Jayne to book a table or discuss your event requirements. The 3Acres Pub. Quarry House, Bingley Road, Lees Moor, KEIGHLEY, BD21 5QE Telephone: **01535 644895**



Ausencia ~ Pablo Neruda

I have scarcely left you
when you go in me, crystalline,
or trembling,
or uneasy, wounded by me
or overwhelmed with love, as when
your eyes
close upon the gift of life
that without cease I give you.

My love,
we have found each other
thirsty and we have
drunk up all the water and the blood,
we found each other
hungry
and we bit each other
as fire bites,
leaving wounds in us.

But wait for me,
keep for me your sweetness.
I will give you too
a rose.

Apenas te he dejado,
vas en mi, cristalina
o temblorosa,
o inquieta, herida por mi mismo
o colmada de amor, como cuando tus
ojos
se cierran sobre el don de la vida
que sin cesar te entrego.

Amor mio,
nos hemos encontrado
sedientos y nos hemos
bebido toda el agua y la sangre,
nos encontramos
con hambre
y nos mordimos
como el fuego muerde,
dejandonos heridos.

Pero esperame
guardame tu dulzura.
Yo te dare tambien
una rosa.

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28th January- 4th February The Adventures of Robinson Crusoe- Victoria Hall, Keighley.

Keighley Amateurs Pantomime. Every evening , plus 4 matinees. Booking office 08456-252550

28th Jan-25th March Good Start 12 Exhibition, Cliffe Castle Keighley.

This annual process provides a wonderful opportunity for Sixth Form students from local schools to be both inspired by and exhibit at Cliffe Castle Museum.

The final exhibition showcases these emerging artists through a range of art forms including painting, drawing, sculpture and photography.

Until 22nd February- Art at Central Hall- Admission free. The exhibition is open 8.30am-4pm Monday to Friday and 9am-2pm on Saturdays.

Five artists from the Keighley area have come together for the first time to create the Pastel, Paint and Print exhibition.

The exhibitors are Catherine Bailey, Anne Barrett, Linda Harrison, Vivian O'Connell and Kath Topping. For more information, visit www.central-hall.org.uk or call (01535) 612500.

2nd February - Imbolc (Candlemas) talk and ceremony. 7-9pm at Crystal Space 12a Aire View, Silsden, BD20 0AN. Contact Ally on 07546 109072 to book your place. Led by Jo Purdie. (Free with Jacobs Join)

5th February-HM Queen's Diamond Jubilee Choral Evensong and Accession Service.4pm Keighley Shared Church.

7th February-Sportshall Athletics 3.30pm-5pm University Academy, Keighley

A weekly series of events aimed at coaching and participating in the many events available through Sportshall Athletics. Open to all school aged children. Only £1 per session Contact Richard Taylor 07702 071779 or activesprts@gmail.com

9th February-Introduction to Reiki - . 7-9pm at Crystal Space - 12a Aire View, Silsden. BD20 0AN. Led by Joanne Purdie £5 including refreshments. Contact Ally on 07546 109072 to book your place

10th-12th February Keighley and Worth Valley Railway Winter Steam Gala Steam Trains Departures from all KWVR stations Featuring; visiting Engines, Express trains, an award winning real ale bar and guided tours of the Haworth loco motive sheds (booking advised) More information available on www.kwvr.co.uk

16th February Working with Guides and Angels - 7-9pm at Crystal Space - 12a Aire View, Silsden. BD20 0AN Led by Kam Tunningley £5 including refreshments. Contact Ally on 07546 109072

21st February Emergency First Aid at Work, Central Hall, Alice Street Keighley This one-day course is offered half price at just £40. Only twelve places are available so organisations should call First Aid Professionals Ltd of Halifax on (01422) 3240134

23rd February Introduction to Crystal Healing - . 7-9pm at Crystal Space - 12a Aire View, Silsden BD20 0AN. Led by Joanne Purdie £5 including refreshments. Contact Ally on 07546 109072

Events Further Afield

3rd-25th February-Waiting for Godot- West Yorkshire Playhouse Courtyard Theatre. wyp.org.uk

WY Playhouse and Talawa Theatre Company. Ian Brown directs an all Black cast in this new production of Beckett's funny and poetic masterpiece.

5th February-Around St Ives Walk-Starting at Bingley Market Square-10.30am 6 miles (9.6km) Circular Bring a Packed lunch. Lead by Kenneth John Allen.

A steep pull up to St. Ives. Then it's downhill all the way.

9th February Bingley Local History Society, Church House, Old Main Street, Bingley 7pm-9pm

John Billingsley will tell us about "The Mixenden Treasure - a magical treasure hunt that began in Bingley 500 years ago".

10th February-3rd March Angus Thongs and Even More Snogging. Quarry Theatre. wyp.org.uk..West Yorkshire Playhouse and Micklrlou Productions.This is a new stage adaptation of the Louise Rennison's Fab Confessions of Georgia Nicholson. Suitable for ages 10+

12th February-Den Miller and Roger Davis-Saltaire Winter Bandstand-Every second Sunday of the month Caroline

Street Club, 2 - 4pm

The series kicks off with talented young jazz musicians from Leeds College of Music. Admission is free, there is a bar, tea and coffee, a collection or the musicians.

Until 19th February-Daniel Meadows: Early Photographic Works at National Media Museum Bradford. Free Entry, Tuesday to Sunday 10am to 6pm

Daniel Meadows: Early Photographic Works encompasses Meadows' major projects, as well as recently discovered work from his archives.

Until 26th February-'other trees: painted,woven, stitched and carved', Cartwright Hall, Bradford.

An exhibition from our reserve collections celebrating trees. En plein air paintings 'The Lemon Tree' by Henry Scott Tuke and 'In the Orchard' Henry La Thangue shown alongside the life size wicker/basketary Kadam Tree.

Until 3rd March 'prints' Bradford 1 Gallery, Centenary Square, Bradford.

This exhibition showcases some of these works focusing on two main areas - prints from the nineteenth century by master engravers Goya, Sickert and William Blake, and Pop Art from the 1970s by American artists Andy Warhol and Roy Lichtenstein and by British artists Joe Tilson, Richard Hamilton and Patrick Caulfield.

Until March 4th 'bigger trees near warter, david hockney' Cartwright Hall, Bradford .The largest painting David Hockney has ever created will go on show in Cartwright Hall Art Gallery, concluding a year long tour in the artist's home town. To create this remarkable, fifty panel painting, Hockney used a combination of traditional techniques and new technology.

Please support local trade

KEIGHLEY PENSIONERS ASSOCIATION



Run by Pensioners for Pensioners

Last September a group of pensioners formed an organisation in Keighley. This group, which we have called the Keighley Pensioners Association, has been created in response to the serious downturn in the economy, and the profound effect it is having on a large section of the elderly.

Up to the present moment the various KPA meetings that we have held have been preparatory. We have managed to acquire an office; along with a computer and printer. We also have a meeting room at our disposal. More importantly, though, we have been putting together a package of policies and related activities, which we will begin to implement in the New Year. In effect, our activities will take on a twofold character. These are:

- 1) We will be campaigning against any cuts to pensioners' living standards.
- 2) We will be assisting people who are in difficulty, but don't necessarily know who to turn to for help.

As far as the campaigning is concerned, we will be doing this in conjunction with the National Pensioners Convention, the Pensioners

Parliament, the Yorkshire And Humber Pensioners Convention - along with any other local groups who are concerned about the condition of the elderly. We have already been assured of a series of meetings with other groups on the estates. There, we will be speaking to them about our policies and plans.

As far as those who are in difficulty are concerned, we will be arranging one-to-one discussions with them and advising them what to do.

If you want to know more about us, do not hesitate to contact me. In reverse, if you could let me have any information about yourself, or any comments you wish to make, please do. If you want to attend one of our meetings then you will be welcome. You can come as an individual or as a representative of another group. We are more than happy for you to address our meetings or, if you wish, we can come along to any group that you are associated with and explain what we are about.

We are very confident in the future of the KPA. We have a wealth of experience behind us and, as the organisation is run by pensioners, who understand the difficulties pensioners are facing, we have every reason to expect a positive response.

Our meetings are held on the second Monday of every month at 35 Devonshire Street, Keighley starting at 1pm. Alternately you can contact our secretary on 01535 690950 arrangements can then be made to contact you.


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TOP TECH TIPS

by Michelle Thompson of CloudFree IT

Slave to Email, Spam-Spotter or Deeply Disciplined?

Don't we get a lot of email these days? Much of it we could live without! 'Spam1' means an abuse of electronic messaging systems (e.g. email and SMS text messaging). Some 'unwanted' mail doesn't fit that description:-

1. Spam – email accounts or mail systems get 'hijacked' to do dirty work for criminals and help them avoid detection. Badly worded references to cheap watches, medication and online dating abound, with links to dodgy websites and videos triggering automatic download of programs hidden on websites e.g. designed with fraud in mind, or for recruiting your PC into a 'botnet2' with malicious intent.

2. Phishing – designed to mislead you into revealing user IDs, passwords and other personal info used for online banking, PayPal, HMRC. Often very well-crafted, at first glance emails appear authentic, perhaps advising you of a problem with your account. Remember - banks never ask for your complete password or other security info via email (or over the phone). You might be asked to complete an online form or follow a link to a website appearing (almost) identical to the genuine website. Once there attempts to log on inadvertently hand over security credentials, into the hands of highly organised criminals!

3. E-marketing - newsletters or offers, from legitimate companies (like junkmail3 landing on your doormat). You'd probably read these if only you had time. You gave permission for your email address to be added to an e-mailing list, when you bought something online or registered on a website. Opt out of receiving these, via an 'unsubscribe' option in the message. Distracted by 'new mail' alerts, we waste hours

wading through inboxes, even at weekends when we're supposed to be relaxing. No wonder productivity's down; we don't give ourselves a break, especially since 'social' networking arrived. How very unsociable it is to be checking for throwaway comments from friends you last saw in 1992, when your family hasn't seen you all week.

Instant replies to all emails the moment they arrive are rarely necessary, even though many of us carry (or even appear surgically attached to) quite sophisticated computing devices 24 hours a day to enable us to stay in touch. What slavery.

Use Junk Mail and Anti-Spam filtering to block emails with malicious or criminal intent. E-marketing will be left alone, as technically it's not 'spam'. Most products can be 'taught' to spot 'spam', so you spend less time sorting and more time relaxing! Perhaps.

Triage your email; twice a day is usually enough. If you're certain it's junk, delete it. Forward phishing emails to mailboxes set up by banks for reporting spam/phishing, then hit 'delete'. Swamped by e-marketing? Guard that email address – it's valuable! Opt out from receiving e-marketing whenever you sign up for access to websites or buy goods/services online, unless you want it that is.

Turn off the 'new mail' alert! If you don't hear email arrive, you won't go peeking!1 Not the pink, tinned 'delicacy'! Actually that's one of my favourite 'secret comfort foods' but, honestly, I am trying to be better behaved since Christmas.

2Botnet means a collection of computers linked via the internet to carry out the instructions of others (probably without the owner's awareness) often with criminal or malicious intent these days.

3 Mail Preference Service – reduce 'waste paper' landing on your doormat - register at http://www.mpsonline.org.uk/mpsr/mps_choosetype.html

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JOIN IN THE DIAMOND JUBILEE CELEBRATIONS!



Preparations are under way for a series of events in the district to mark the Queen's Diamond Jubilee.

This year the Queen will celebrate the 60th anniversary of her accession to the throne and community groups, schools, local businesses, faith groups and public sector organisations will be holding events to mark this very special occasion.

Bradford Council is in the process of putting together a rolling calendar of events for the Diamond Jubilee which can be accessed at www.bradford.gov.uk/queensdiamondjubilee. If your event is not listed, and you would like it to be, please get in touch with us by calling 01274 432276 or emailing diamond.jubilee@bradford.gov.uk. You can also find us on Facebook by searching for 'Bradford Jubilee'.

Bradford Council is working in partnership with the West Yorkshire Lieutenancy Office (the Queen's representative in the county) to encourage communities to take part in the celebrations by organising their own projects and events.

The Lord Mayor of Bradford, Coun Naveeda Ikram, said: "It's only January and we already have a big programme of events happening across the district to mark the Queen's Diamond Jubilee celebrations.

"Please let us know how you are planning

to mark this very special occasion in your community, or join in with some of the many events happening across the district this year."

The main events in the district to be confirmed so far include:

- **16 March** - VIP opening of new Kala Sangam premises at St Peter's House in Forster Square.
 - **20 March** - civic reception for recipients of Birthday and New Year's honours at City Hall, Bradford, hosted by the Lord Mayor.
 - **21 April** - Lord Mayor's Jubilee 'Diamonds and Daffodils' ball at the Hilton Hotel, Bradford to raise money for Marie Curie Cancer Care in Bradford.
 - **23 April** - St George's Day event with live music and outdoor theatre.
 - **13 May** - Jubilee Celebration Service at Bradford Cathedral, led by the Archbishop of York.
 - **19 May** - Lord Mayor's Carnival Parade and Civic Service of Thanksgiving in the city centre, with a jubilee theme.
 - **May/June** - multi-cultural Jubilee tea dance, organised by Bradford College.
 - **1 June** - Bradford Choral Society Diamond Jubilee Concert at Bradford Grammar School.
 - **4 June** - Official beacon lighting at Haworth & Thornton.
 - **30 June** - Jubilee Armed Forces Day, drumhead service and Freedom of the City parade in Centenary Square and City Park.
 - **August/September** - 50th anniversary of the Keighley & Worth Valley Railway celebrations.
 - **8 September** - National Heritage Day in City Hall with a special Diamond Jubilee exhibition.
- There are more than 60 events and initiatives planned so far across the district and we expect communities will want to hold their own celebrations during the specially extended Bank Holiday weekend of 2-5 June.
- For more information, contact Sarah Linley, Senior Publications Editor, on 01274 434290.

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- **HASSLE FREE repeat prescription service** why not let us keep your repeat slip and (when you request) we will order and collect your repeat prescription for you. Simply call in, telephone or email us.
- **We can order & collect** your repeat prescriptions from Crosshills Health Centre as well as from any other health centre in Keighley area.



47 Main Street.
Sutton In Craven

Telephone:
01535 633126

New opening hours
Mon-Fri 8.30am- 6.30pm
Sat 9am-12.30pm

we are open all day
weekdays and don't
close at lunchtimes.



www.suttonpharmacy.co.uk

email: repeat@suttonpharmacy.co.uk