



# AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

February 2014

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You will LOVE the variety of offers in this month's magazine. Of course, Valentines Day isn't complete without a scrumptious offer. See p17 for a few pulse raising delights!

Look for massive savings at the lovely childrens' store, Pippy Longstocking, Harworth, see 1/2 price sale (p7) If you want to keep teens busy at half term, try FabLab short courses in creative writing, fun computer programming, digital photography, sewing, embroidery, and more! (P6)

FabLab is also offering professional CAD & CNC training with a 70% discount. It's the perfect time to upskill and learn 21st century applications (p9)

It may only be February, but Summer Jam, the mega Silsden festival is hotting up. Read more about who's on the line up and get your tickets booked! More on pages 28/29.

Fairtrade Fortnight and ethical trading is also on our minds...Rlta Verity writes about being a conscious consumer. Enjoy!

Liz Barker, editor @LocalGlobalGirl



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Say you saw it in the Aire Valley Mag!



## COUNTRY COOKING & FORAGING FOR FOOD

For the promotion of Health & Wellbeing by Cath Bromwich

### ALL THINGS NEW

**We are all looking forward to spring and no one more than a forager!**



I was chatting with my neighbour, and she was remembering how there was a season for everything when she was a child, not

just food but how even your play, which was outside, was governed by the seasons. We both happily remembered how this gave you things to be looking forward to, enriching our lives. Hot cross buns at Easter...and this year I would like to set myself the challenge of giving you really usable, practical recipes that reflect what is growing and available. And I would love it if you took up this challenge and really embedded the seasons in your food.

It is so mild right now that the dandelions and weeds are developing, slowly, instead of resting. Otherwise there is not much out. So I want to look forward to the early spring and remind you to be ready for those tender green shoots of different tastes and textures including garlicky and peppery flavours. Wild garlic, sheep sorrell, Jack-by-the-hedge, bitter cress, fennel. And my lovely textured nettles. Don't worry if you can't identify them, I'll remind you about these and others in the coming months.

The recipe I have for you is not one I have eaten...but I would love to! I have made up what you should do having seen it done on a rather wonderful programme. It is an Italian spring herb pie where any flavoured mountain greens and herbs are chopped up and cooked with ricotta and a fried onion in a pie case. I thought it looked delicious and very simple. You can cheat and use shop bought pastry if you like, just don't tell me! It is from the Ligurian coast. The chef cooking it was Giorgio Locatelli on 'Italy

Unpacked, in the footsteps of the poets.' It is the area that Byron and Shelly loved because it's somewhere that, to them, had the traditional roots of life, as this dish does too...

**Tip:** If you don't want to wait then sweat some chopped leeks with the onion and add a pinch of nutmeg. This will make a nice alternative to the herbs in the pie.

Cath Bromwich, a Silsden resident, is a cookery teacher and forager with a background in health promotion. Her livelihood includes foraging, general and health-related cookery for



different conditions such as diabetes and coeliac disease. For more information, or to pass on your stories and recipes, contact Cath at [www.facebook.com/ourchoicefoodsforaging](http://www.facebook.com/ourchoicefoodsforaging)

### Spring Herb Pie

**1 onion,**  
**Olive oil for frying,**  
**2-3 fistfuls of flavoursome herbs (add spinach if you cannot find much),**  
**Ricotta cheese (enough to fill the pie case you make),**  
**Basic pastry**

Line a pie tin with half the pastry, blind bake this until just cooked, fry the onion slowly with seasoning until soft and translucent, wash and chop greenery and herbs being careful to pull off any stalks, combine onion, herbs and ricotta. Season and taste until you are happy with the flavour. Make enough to fill the pie until level. Cover with the second half of pastry, bake until pastry is cooked, firm and browned a little. Eat. Do again with a different combination of herbs. Do contact me if you have any difficulty.

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Airedale Hockey Club are a thriving local club with a range of teams including adult, junior and development sides.

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"Try Hockey" is a campaign aimed at getting people of all ages involved for the first time in a great team sport. However, lots of people may have also played a bit at school and be interested to give it another go. The first sessions have gone really well and we're to add even more numbers. The more the merrier!

For more info see  
www.airedalehockey.co.uk.  
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57891-01	Creative Writing	This course will identify your strengths and interests and help you get in touch with writing, covering subjects including avoiding adverbs, description and plot, authentic detail and research, narrative voice, themes and forms.	25/02/14	02/04/14	15.00 - 18.00	
57892-01	Digital Photography - Creating Better Images	Deigned to help you better understand your camera and based around a series of themes including; portraits, movement, landscapes, still life and creative prints.	26/02/14	03/04/14	13.00 - 16.00 Or 18.00 - 21.00	
57893-01	Hand Embroidery	This course will cover how to draw embroidery designs, transfer them to fabric and use a variety of stitches to create a totally bespoke piece which reflects your interests and personality.	27/02/14	17/04/14	13.00 - 16.00	
57894-01	Sewing for Beginners	This course will give examples of hand and machine sewing with common applications. You will learn how to use a sewing machine and overlocker and participate in sewing exercises to improve your technique. During the course you will design and sew your own tote bag.	27/02/14	17/04/14	17.30 - 20.30	

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# THIS IS THE AIRE VALLEY

Imagine a valley where you could amble along the canalside for miles, explore through ancient woodland, follow the meanderings of the river or simply stride across the hilltops looking down through the mist or sunlight.

This is the Aire Valley, and it is where Molly and George (the Labradors) have spent long hours walking, swimming and frolicking.

One of our favourite walks at the moment is the one that starts high above the valley, takes you through thick woodland, past a Simon Armitage poem carved in stone and out into the sunlight near a radio mast. Driving into Silsden you need to turn right immediately after the ex-Bridge Pub and make your way through Brunthwaite village and past Silsden Golf Course. With the entrance to the golf course on your right continue straight on and swiftly ascend the hillside until you can go up no more. At gate on your right marked as Black Pots, park your car out of the way and walk uphill towards the gate. From here the views are absolutely stunning and you realise how much of the valley is unspoilt and the sheer scale of it.

The way is obvious and eventually you will have passed the farmhouses and will be approaching Black Pots. From there, making sure you close all gates, you head towards the woods. Whether in deep snow, split open by shafts of sunlight or merely surprising you with how dark it suddenly becomes, the walk and the light are never quite the same.

From here the dogs can be left to sniff, chew sticks and paddle through channels of cloudy water to their hearts content. There is a place to sluice them down halfway along, so no worries about filthy cars smelling of wet dog on the journey home. The biggest surprise on the way round is the Simon Armitage Dew Stones poem that was originally part of the Stanza Stones walking trail that stretches to 47 miles in total. Eventually you make your way out of the woods and come across the Radio Mast. It is at this point that I usually turn back, although you could make your way back down into Utley from here or retrace your steps and, once again, see the valley that you live in from a completely different angle. For more walks see Stanza Stones Poetry Trail on the internet.

Antony Silson



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**Fab Lab Airedale, Unit 24 Deane Mill, Deane Lane, Keighley BD21 4JH**

**This programme is supported by The Skills Enhancement Fund which is co-financed by the Skills Funding Agency through the European Social Fund.**










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## LIBRARIES FOR FAMILY LEARNING

Alan and Rachel Bentley – Tutor Doctor Keighley

**“When you are growing up there are two institutional places that affect you most powerfully: the church, which belongs to God, and the public library, which belongs to you.”** - Keith Richards

I don't know if Keith Richards has ever been to your local library but Andrew Carnegie paid for the building of Keighley Library and many others around the world. For today's digital generation libraries may appear to have lost their importance; but libraries are still great places for parents to spend quality time with their children.

Share stories about your experiences of libraries when you were a child, books you enjoyed and what you loved or loathed about your local library! Don't forget the onsite expert... the librarian; they can answer your questions, suggest new areas to explore and help you to make the most of your visit.

At their core, libraries are keepers of information and stories. They are places where ideas can be explored, new interests born and worlds discovered, so what's not to like? With books, magazines, DVDs, story time and café facilities it's difficult to think of anyone not finding something to keep them entertained.

As a library member many of the services are free. Children can borrow lots of books as often as they like or they can simply sit and read at the library if they'd prefer. Having this free



access often spurs kids on to try things that they wouldn't normally consider such as more challenging novels or factual books. Whatever the reason, it's easy for you to encourage them by saying, "Just borrow the book; if you don't like it, don't finish it. But give it a try."

**“A library outranks any other one thing a community can do to benefit its people. It is a never failing spring in the desert.”** - Andrew Carnegie

See what you can discover together on a trip to the library. Try making up fact finding missions or character spotting games, kids of all ages love a challenge. Libraries aren't the quiet places of the past. As long as you're respectful of the surroundings and other people, children are welcomed and encouraged to take part in events and activities. Finally, libraries today are social spaces where you can have a coffee, natter and find out what's going on in your local area. Libraries enrich lives and encourage independent study. They fire imaginations and offer new opportunities.

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## There's nothing quite so delicious as a secret...

The delicate unfolding of a desire or plan hidden within the deep recesses of the mind renders it safe from the gaze and expectations of others and therefore in possession of a special magic. With Valentine's Day just around the corner I suspect that there will be many harbourers of secrets amongst you. It is the nurturing of a particular secret that radiates the most pleasure, the reaction upon its release being but the icing on the cake.

With the advance of this technological age we have become strangely distanced from the finer aspects of communication. There are those whose innermost feelings have become public property, the advent of platforms such as Facebook providing a forum that enables careless and open discussion on the minutia of daily life; and the pursuit of letter writing has become a seriously endangered art form. The tactile nature of turning a page, the sensation of handmade paper upon the fingertips, the style of our beloved's handwriting and the artistic sweep and curve produced by their hand upon the pen, outstrip anything sent via email or text. Sorry but nobody can convince me that the ping announcing the delivery of a text message carries the same thrill as the arrival of a hand written love letter. There appears to be a strange dichotomy between the type of material we read and enjoy in our leisure time and the reality of how we actually live out our own dreams. We read of romance and magic but seem to believe that these are themes which reside firmly in the past or within romantic fiction.

In fact the whole concept of Valentine's Day has been well and truly blown out of the water by consumerism and its greedy advocates. Gone are the simple declarations of love posted

secretly to the object of ones desire, to be replaced by ever growing expectations and outrageously expensive and stressful shopping expeditions.

I saw a wonderful catchphrase last week – *"forget flowers – say it with food."*

Whatever happened to edible love tokens; biscuits spelling out the words "I love you" or "marry me". Little cakes decorated with edible sugar hearts and stowed away in hand decorated boxes. One of my most memorable moments in the coffee house was when a customer asked me to hide a ring box in a cake; as I handed over the box he went down on bended knee and proposed – the whole room was in tears and such was the effect that

people still talk about it now.

Speaking of memorable moments the decision of two people to marry is yet another example of a deeply personal ceremony being hijacked by consumerism. For some, a big wedding may be the fulfilment of

a long held dream but an increasing number of couples are opting for smaller gatherings. Last year, after 12 years together, Billy my partner, and I began nurturing our own special secret and in November we slipped off to the Lake District where we had the tiniest and most secret wedding. Though there was no actual employment of the ladder at the window it was I suppose an elopement. A romantic intensely personal decision to make legal our commitment to one another in a place we both love. The sun shone upon snow-capped mountains and trees still clothed in their autumn colours lay reflected in the serene waters of a plate glass lake; and before a log fire in the piano lounge of our favourite lakeside hotel we gave our vows and drank champagne.



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Say you saw it in the Worth Valley Mag!



# The Brontë Festival of Women's Writing

14-16 March 2014  
Brontë Parsonage Museum

Join us for the fourth Brontë Festival of Women's Writing at the home of the Brontës. An exciting range of events will take place throughout the weekend, including talks, workshops, readings and family events. Hear authors Jackie Kay and Sarah Dunant talk about their own work and inspiration, and embrace your inner writer in our range of creative writing workshops with Jackie Kay and Louise Crosby from Laydeez do Comics. Whether you are an experienced writer or want to try creative writing for the first time, you will be inspired.

For further information and tickets visit [www.bronte.org.uk/whats-on](http://www.bronte.org.uk/whats-on) or contact [louisa.briggs@bronte.org.uk](mailto:louisa.briggs@bronte.org.uk) / 01535 640188





The Brontë Society    Esmée Fairbairn    LOTTERY FUNDED

# Where in the Aire Valley? COMPETITION

Where is the red x located in the photo to the right? ?  
This month's prize is generously donated by **Keighley & Worth Valley Railway: Day Rover Pass**

Email your answer to: [mail@worthvalleymag.co.uk](mailto:mail@worthvalleymag.co.uk)



The winner will be selected from all correct answers received by Feb 16 2014

Last month's winner was Jeff Cummings  
The correct answer was Silsden Cricket Club

Have your business viewed by thousands of readers; sponsor this competition. To find out more contact 01535 642227

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To c



# Damside Mill

Seeing is believing with new Photocarve images



Haworth's Damside Mill is now home to these stylish and unique Photocarve images. Whether using classic shots of the stars or your own favourite family photo, Anthony creates each stunning piece of wall art to order, in your chosen size, from a digital image. The detail and impact of each piece changes as you see it from different angles in your room. The secret is in the precision carving and cutting into the panel which creates the light and shade of your picture. Prices start at £85 and they can be ready in a day or two for collection or delivery. You can call into Damside to see the Hollywood gallery of stars (and a few more local faces) and talk to Anthony about what you want, or just upload your own photo at [www.photocarve.co.uk](http://www.photocarve.co.uk)

Damside Mill, off Jacobs Lane, Haworth BD22 8RA (near the Bronte Hotel).  
07758 779183 [www.damsidemill.com](http://www.damsidemill.com)

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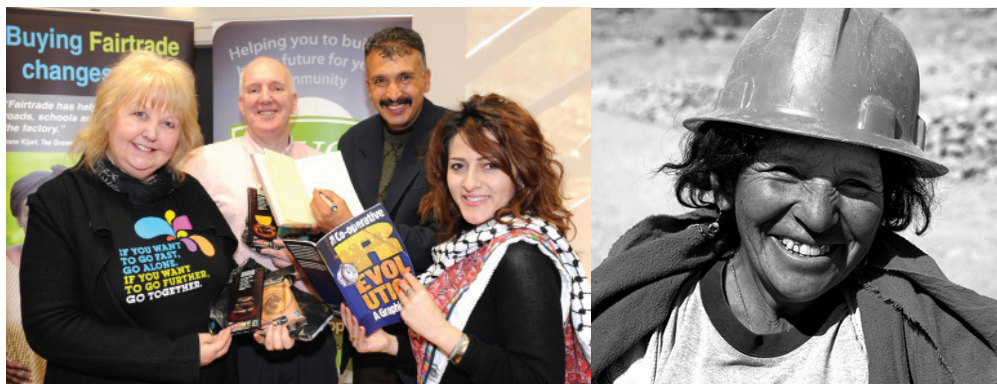
## What our advertisers have to say...

*I have advertised with the Aire Valley Mag now for a number of years to which I have had a fantastic response, I feel that the magazine is an honest publication that local people have learnt to know and trust and know from the feed back that I have received from my customers that this little book is not only an interesting read but also provides a solid base for local business to promote there services to which I now can say is one of my most important advertising mediums. I can only thank Joanne and the team for consistently providing a quality publication that is well presented, has great distribution and is favoured above other such magazines that we receive through our letter boxes. May all your great work continue!*  
by **Steve** from **Cobbydale Construction Limited**

*'At CloudfreeIT we focus on being part of the community in the Worth and Aire Valleys. Worth Valley Publishing shares that ethos. We like working with Liz & her team to demonstrate that you can find pretty much everything you need (especially great service) locally. Advertising in and contributing to the content of the magazines is a great way for us to reach and stay in touch with new customers and existing customers.'*  
by **Michelle** from **CloudFreeITs**

*I advertise with you because as a reader of the magazine I trust it. Anyone advertising in the magazine feels like a personal recommendation to me. I assume other readers of the magazine feel the same. Also Liz does so much to support and promote our community over and above what appears in the magazine that I like to be able to support her too.*  
by **Jill** from **Cobbles & Clay**





Last November, Keighley became a Fairtrade Town, joining Haworth and the 1424 towns and cities across the world.

We should be proud also to be celebrating that although we are not one of the most affluent areas in the Country, in a survey commissioned by Ethex we were found to be one of the top three for ethical shopping.

If you are reading this over breakfast you are probably enjoying at least one of the following: coffee, tea, sugar, bananas (the theme for this year's Fairtrade Fortnight) oranges, chocolate. All these



products are grown and harvested in often difficult and sometimes precarious conditions. Before the product reaches your table, many people have contributed. The message here being that unless we don't use any of the products mentioned then we owe thanks to those people. The minimum request should be that they are not exploited to give us these items we take for granted.

With Valentines day in mind, and if you're feeling particularly generous, in addition to product ranging from chocolate and flowers to cotton and footballs, Fairtrade marked gold is now available.



Here are a couple of facts;

When purchasing jewellery, most of us would probably not give a thought to how the gold was mined.

- ◆ Chichester cathedral was the first to have a fair mined gold leaf covered cockerel weather vane.
- ◆ South Africa has the deepest workplace on earth where both men and women work in a gold mine 2.4 miles underground. Although this mine is well managed with safety a priority, it's very telling of the dangers that at the entrance a board proudly declares the number, often several, days running without injury.

- ◆ One quarter of the world's gold comes from artisanal miners who have no such safety measures in place they have no hard hats or boots and their families often inhale deadly toxic mercury vapours through the burning off process. For every gram of gold, two grams of mercury is released in this way contaminating the land and water and entering the food chain.

This is where Fairtrade comes in, addressing the horrendous conditions and implications. Many of these mines are in Peru and as we are twinned with Machu Picchu pueblo, it gives us another reason to be proud that as the first Fairtrade



"The inherent value in a product lies in the moral, ethical, environmental stance; in the care, the people, locally made or from the communities who survive by using their traditional skills."

village in the world we have made an impact once again. <http://www.fairtrade.org.uk/gold/> tells the story of fairmined gold.

But, if you really wanted to impress a Valentine you could place an order for one of the next batch of Fairphones, the first ones having sold out before manufacture, using conflict free tantalum which otherwise is mined often by children with the profits funding the war in the Democratic Republic of Congo. These phones don't carry the Fairtrade mark but the company is leading the way and addressing many of today's controversial and relevant issues. If Apple, Nokia and such like were to copy this example, what a difference that would make to millions.

Apologies if this sounds all too depressing, but the truth is that things are changing and even if you give a simple gift this Valentines day, you can give it with all the gratitude it deserves.

If Valentines day is about love, let it be



about the meaning of the gesture and the love contained within for everyone, it can start with a simple Fairtrade banana.

I'd like to share this message received from a customer

**"I have to tell you, that Dalit handmade soap makes me feel really good. It's noticeable! I wonder if it is the quality and provenance of the product combined with the intention of its makers? It is a great way to start the day...knowing that the soap I wash with has in some small way contributed to a community in India and the exchange is two ways... (yea!) I feel really grateful. Thanks for getting that soap in the shop."**

by Rita Verity, from Sonia's Smile, a fairtrade shop in Haworth

**FAIRTRADE**  
**FORTNIGHT 2014**  
**24 FEBRUARY – 9 MARCH**



**Airedale Hockey Club Every Wednesday 7-9 pm at Oakbank School, Keighley.** Any age any ability welcome.

**Every Thursday & Saturdays Keighley Academy of Martial Arts:** 1st Floor, The Mill, Greengate Road, Off worth way, Keighley, BD21 5LH. Class Times:

Thursday: 19:30 – 21:00

Saturday: 10:00 – 11:30. More info [www.keighleyaikido.org.uk](http://www.keighleyaikido.org.uk).

**Every Thursday Tea Dance at Sutton Village Hall** 1.45pm - 3.45pm. £2. Everyone Welcome

**February - 10th April Cliffe Castle, Keighley - Winter Animal Trail.**

Discover the winter animals at Cliffe Castle by following the new Winter Animal family trail. Explore the museum whilst helping to find the animals that spend time outside in the snow and those that hibernate. Pick up your free trail inside the museum.

**Keighley Breastfeeding Buddies** are holding a free breastfeeding cafe every Wednesday at the **Daisy Chain Children's Centre, on Elliott Street, Silsden at 9.30 - 11 am.** Drop in or out as you fancy, for help, support or just a cup of tea and to meet other mums. Pregnant ladies are very welcome too. Keighley breastfeeding buddies also hold FREE breastfeeding drop in sessions on: **Tuesdays 10am - 12 noon at Keighley Healthy Living, Scott Street, Keighley and Thurs 1 - 2.30pm at South Craven Childrens Centre, Glusburn.**

**Fri 7th Feb 9.30am – 10.30am at NYCC Crosshills Library & Customer Services Centre.** Snowy



Story Time and activities for under 5s – **free event With South Craven Children's Centre.** Tel 0845 034 9533 for more details [www.facebook.com/northyorkshirelibraries](http://www.facebook.com/northyorkshirelibraries). email: [crosshills.library@northyorks.gov.uk](mailto:crosshills.library@northyorks.gov.uk)  
**Sat Feb 8th Official Opening of Silsden Town Hall** - Local groups, including majorettes, dancers and young actors, will perform during the afternoon including Silsden Town Brass Band (performing at 3pm). During the day there will also be a Valentine's Fair hosted by members of Silsden Gala committee.

**Sun 9th Feb at 7pm Film Night: Sightseers** at Glusburn Community Arts Centre, Glusburn. All welcome. More info call box office 01535 630223.

**Tues 11th Feb 10.00 am – 11.30am at NYCC Crosshills Library & Customer Services Centre.** Shopping on the Internet – **free event.** Tips on how to shop safely and use the internet to best effect Tel 0845 034 9533 to book a place [www.facebook.com/northyorkshirelibraries](http://www.facebook.com/northyorkshirelibraries) e-mail: [crosshills.library@northyorks.gov.uk](mailto:crosshills.library@northyorks.gov.uk).

**Sun 16th - Sat 22nd Feb Glusburn Youth Theatre presents Peter Pan Pantomime at Glusburn Community Arts Centre.** Featuring Yorkshires only Flying Ballet. Tickets can be purchased from Paws for Pet Supplies, Cross Hills.

**Sat 15th Feb - Weds 19th and**

**Sat 22nd Feb - Sun 23rd Feb East Riddlesden Hall Half Term Nature Detectives** Join in with our garden trail and arts and craft activities - ideal for keeping the little ones entertained during half term. Come along and make your own squirrel mask then head out into the garden to take part in our self led acorn hunt. We've also got a mural for you to help decorate, a playground for letting off steam in and a mud pie kitchen for extra messiness. . Activities are free, but normal admission prices apply. Free admission for under 5's and National Trust Members.

**Sun 16th Feb The Ramblers group 9 mile walk.** Enjoy British wildlife on a Ramblers group walk. St Ives and Back. Meet at **10.30 am on Low Mill Lane Keighley, BD21 4HQ, beside the Railway Station.** Hills, Woods, Moors, & Views! Bring a packed lunch for the lunch break. Contact: Alex 01535 655524. Most walks are intended primarily for Ramblers' Association members. Non-members are welcome to join us as guests on two or three walks, though if you walk with a group regularly you will be expected to join the Ramblers. The Ramblers group walk starting point.. Grid Ref: SE066412 West Yorkshire BD21 4HP.

**Thurs 20th Feb - Sat 22nd Feb Bradford Beer Festival at Victoria Hall, Saltaire.** Over 100 Real Ales, Cider & Perry, Fruit Wines & International Beers. For further details

see [www.bradfordcamra.org.uk](http://www.bradfordcamra.org.uk)  
**Sun 23rd Feb Victoria Hall, Antiques & Collectables Fair, Keighley.**

Warley Fairs are bringing their Antiques and Collectables to a NEW FAIR VENUE for 2014. Discover collectables, jewellery, furnishing, toys, books, ephemera and more. . New stallholders welcome! Open to the public from **10:00am to 4:00pm** Adults: £1.50 0<16: FREE, Trade access free from 9 - 10am

**Weds 26th Feb 11 am at Ravenroyc, St Ives, Bingley** Meet Gillian Dale at the bottom car park, St Ives Estate, Bingley for a walk along the river towards Marley, climbing up to St. Ives Estate and returning via Lady Blantyre's Rock. Circular Walk, 5 miles (8km) Packed lunch. For further details see [www.bradford.gov.uk/countryside](http://www.bradford.gov.uk/countryside).

**Fri 28th Feb 9:30am - 12 Midday: online energy comparison workshop at Glusburn Community Arts Centre.** Call 630223 to book a place, **free event.**

**Sun 2nd March Ilkley Collectable & Antique Fair 9.30 am until 3.30pm.** Monthly antiques and collectables fair held at the Clarke Foley Centre, Ilkley.

**Glusburn Community and Arts Centre**  
**Sunday 9th February, Film Night: Nightseers**  
**Friday 7th March, Film Night: La Week-End**  
For more information contact us on 01535 630223 or visit our website [www.gcac.org.uk](http://www.gcac.org.uk)

*Please support local trade*



# TOP TECH TIPS by Michelle Thompson at CloudFree IT

## Fighting the urge (to sleep)

Birds Bears do it. Bees do it. Even educated fleas do it. [Apologies to Cole Porter!]. Hmm, bears and bumble bees definitely do, but honey bees don't and I'm not that sure about fleas either, but anyway... Even though February's the month when we all seem to focus on it, you can forget love! I'm thinking hibernation!

Even though we might not yet be under a foot of snow (or maybe we are – I wrote this in the middle of January, when it was just wet, wet, wet), I'm a big fan of languishing under the duvet on the still dark mornings, hitting the snooze button and putting off the inevitable. Definitely raw instinct at work there! What evolutionary advantage is there to not bedding down for the winter and staying cosy til spring? Is Seasonal Affective Disorder (SAD) the result of fighting our deep-seated urge to slumber through the darkest, coldest part of the year?

That extra layer we cultivated over Christmas might be sufficient to see us through a month or two's dozing, so perhaps we just went through 'pre-hibernation' prep without even realising it?!

Is it possible to tell if reluctance to get up in the mornings is down to a subconscious desire to hibernate, or a sign of something more serious? Awareness of SAD has improved in recent years, but lot of people could be suffering all year, not just through winter.

The amount of press coverage on sleep-related disorders, such as Sleep Apnoea, suggests that such conditions are more common than we think.

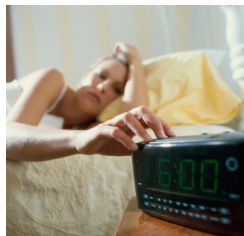
If you find yourself exhausted most of the time or find it impossible to get up, even when you think you've had a good night's sleep, discussing this with your GP is the obvious first step, but if they have given you a clean bill of health what then?

Many experts recommend leaving technology, such as phones, laptops and tablets OUT of the

bedroom in order to ensure your body and mind are in the right state to drop off nicely, but did you know the market is now awash with gadgets designed to improve sleep quality. Perhaps relaxing the 'no tech' rule a little might be worth a shot?

I've tried a few sleep quality 'solutions' myself over the last few years.

A 'Dawn simulator' alarm clock proved quite effective at waking me up in a more natural way than loud beeping, or the inane drivel pumped out by unacceptably perky radio DJs would, but if you and your partner can't agree on what time 'dawn' should be, then forget this one!



Smartphone apps can track your movements throughout the night (and thus indicate when you have been disturbed) and record/monitor noise levels in your room (so you can pinpoint what it is that's interrupting your dreams), but they can't easily differentiate yours and your partner's snoring and movements, so they're most

effective if you sleep alone.

The recent Consumer Electronics Show in Las Vegas saw the unveiling of a whole host of new sleep-related gadgetry for 2014. The \$8000 'snore-stopping' superbed has to be the crème-de-la-crème!

I don't have the budget for a 'superbed', but my £200 lightbox, bought back in 2004, was worth every penny. Designed primarily to help sufferers of Seasonal Affective Disorder (SAD), it's worked a treat on 'Sleepy Shell'. A few minutes a day is enough to keep my bodyclock roughly on the straight and narrow and lift my spirits.

For more info about the Consumer Electronics Show and some of the products mentioned above visit:-

- [www.cesweb.org](http://www.cesweb.org)
- [www.bbc.co.uk/news/technology-25648496](http://www.bbc.co.uk/news/technology-25648496)
- [www.bbc.co.uk/news/technology-25617765](http://www.bbc.co.uk/news/technology-25617765)



Simple Soy glazed salmon

Not everyone can cook well. Not everyone has a desire to cook well. But cooking for a loved one from time to time is a guaranteed way to impress them, and it is useful to be able to competently cook a few simple meals.

The following recipe involves minimal ingredients and very few, uncomplicated steps to follow, but the rewards they bring are priceless. Pay specific attention to way you present the dish. They will love a plate of food that looks as good as it tastes.

### Ingredients:

- 2 salmon filets
- 2oz. soy sauce
- 2oz. vegetable oil
- 2oz. brown sugar
- 2oz. water

**1.** Put all the ingredients minus the fish in a frying pan on low heat.

**2.** Stir it until the sugar dissolves and it looks like a sauce.

**3.** Put the salmon and the sauce in a sealable plastic bag.

**4.** Place the bag in the fridge and let it marinate for 2 hours.

**5.** Take the fish and sauce out of the bag and wrap it in foil.

**6.** Pre-heat the oven to broil. Put the salmon in the oven to broil for about 8 minutes or until the fish no longer looks raw in the middle and flakes easily. You can un wrap the foil for a further 3 minutes and brown the top of the fish if you desire.

**Serve with:** seasoned steamed broccoli, rice and a chilled chardonnay. **enjoy!**

## Sudoku puzzles

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

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

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

To advertise call Karen or Liz on 01535 642227



## Summer Jammin' in Silsden

**A new music festival coming to Silsden this summer will offer a weekend of great entertainment for the local community and the whole Aire Valley.**

The festival will be staged on Riverside Fields off Keighley Road, Silsden, over the August Bank Holiday weekend from Friday, August 22 to Sunday, August 24. It is hoped that the event will be one of the biggest, if not the biggest, ever held in Silsden.

Top of the bill is Bruce Foxtan, former bassist with punk legends The Jam – with his band 'From the Jam'. Summer Jam will feature a real mix of music including rock, punk, folk, funk, ska and soul so that there is something to appeal to all tastes. Then alongside all the big names there will also be appearances by some popular local bands like Escapades (pictured at Riverside Fields) and the Big Bang.

A marquee sponsored by Keighley's Jam on Top music studio will set the stage for performances from up-and-coming young musicians while a dance tent will feature big name DJs like Rob



Tissera and Danny Bond, Keighley favourites Danny Pollard and Tim Charlton and Skipton's Dan Bottomley.

Organiser Andrew Conway said: "Our aim is to bring top quality live music to our area and give local people and music lovers an unforgettable weekend. But we also want to offer young musicians a leg-up - so we're including a great mix of big names, established acts and up-and-coming local talent.

"There's weekend camping included for those who want to enjoy the whole event. We do hope a lot of people which plump for that option as they can then relax for

the weekend - and it will help create that lovely vibrant summer festival atmosphere."

It will be a family-friendly event with something for everyone, whatever their age or musical taste and a range of stalls and activities to entertain people throughout the Bank Holiday.

The festival grew out of last year's community event - the Silsdenbury Fest - which attracted 1,500 people, and the previous year's Diamond Do. The popularity of these free events inspired Andrew and his co-organiser John Beaumont to put on something even bigger and better. They have set up a new professional promotions company under the name of Dirtyboy Inc with the aim of bringing more live music to the Aire Valley.

John said; "We got such a buzz from organising the community festivals and people have been asking us to put on something similar this year. We felt we could

build on that and create a really professional event that will put Silsden on the music scene map as well as giving the community an experience they can really enjoy." Ska Face, the headliners from Silsdenbury will be back by popular demand, and will be joined by other well-known artists like Nick Harper and The Shade.

The full line-up and running order are yet to be announced and information will be updated regularly in this magazine and on the festival website [www.dirtyboyinc.com](http://www.dirtyboyinc.com)

**You can book on line or phone 07581 498817.**



Nick Harper





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