AIRE VALLEY MAG COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

June 2010









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Elizabeth Barker, Editor

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Working together seems to be a theme running through the magazine this month. Unlikely pairings can bring surprising results, whether two political parties forging a coalition or local entrepreneurs seeing an opportunity to work together for mutual benefit; the important thing is not to see things in black and white or right and wrong...the myriad of shade and nuance inbetween creates all sorts of interesting and alternative options. Keeping an open mind is key. So it goes for many things. Try something different this month and see what happens. (I started a course of reflexology and I'm looking forward to the follow up sessions).

This month is the Sutton Committee Funday in Sutton Park; June 20th, save

the date! Fingers crossed the sun will continue to shine...we hope to see you there! Until then,

be well and enjoy June.



Starting a business is a dream for one in ten mums, according to a survey from BT Business. Some 62 per cent said choosing the hours they work was the reason they wanted to start-up, while 50 per cent wanted a better work/life balance and 38 per cent said they liked the idea of being their own boss.

Mumpreneurs is the word coined to describe mothers who run their own business. The key factor is that they excel at creating a business that fits in with their family committments. They are in control of when they work and how they structure their work load. It is still a balancing act but often, with the help of business aids like the internet, it is just a matter of working smarter. Another attraction is fitting in business hours outside the traditional 9-5 timeframe. This gives a certain flexibility that is attractive to many women.

If you would like to hear about an opportunity to be your own boss and get involved in a network of supportive likeminded individuals, Arbonne, the dynamic and forward thinking company from the US is one option open to you.

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Rockna Jarvis and Silvia Henderson had been friends for around 10 years when they went on a jewellery making course together. They enjoyed it so much that they decided to see if anyone else would like their jewellery, and started doing parties in peoples homes and running charity fundraising stalls at Airedale hospital. The reaction to their beautiful, handmade jewellery was so positive that the friends felt confident enough to lauch the business officially and started trading in April 2009 calling themselves "Cappellucci", a combination of both their Italian maiden

names.

Dreaming of their own shop, they continued with the stalls and parties (as well as their full-time jobs!) and at one such event, Fate stepped in with a helping hand. The two friends were putting on a brave face in the pouring rain of a freezing December day manning their stall at Silsden Chritmas market, when a local trader took pity on them and let them come in and use her facilities to warm up. The trader was Julie Brooke, owner of Serenity, the Beauty Therapy business in Briggate that opened in Silsden just the

previous March. Julie had received help from the Bradford Kickstart team and wanted to be able to help someone else in the same position. The ladies chatted and before long Julie offered them the ground floor of her premises as a shop.

Rockna and Silvia were delighted! They knew that they would not be able to give up their jobs, but worked over 4 days so that they could open their shop on Fridays and Saturdays, with Julie helping customers the rest of the time. They took the plunge and opened at the end of January 2010.

A chance meeting with Candy Squire-Watt, the Bizfizz Coach for Bradford rural district followed, and this coaching is now helping the friends look at financial management and moving their business forward; Rockna and Silvia are now well on the way to realising their dream.

Cappellucci, 11 Briggate, Silsden.

If you would like some support in setting up a business Candy can be contacted on: 07507 889391 candy.squire-watt@bizfizz.org.uk.

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Say you saw it in the Aire Valley Mag!

Girlguiding UK girls in the lead

Diriguiding is celebrating its Centenary this year and events have been staged across the UK this weekend to mark the launch of anniversary activities.

And the Keighley division — which has nearly 700 members — began its celebrations in September 2009 at the town's annual agricultural show, at Marley playing fields.



Representatives from all sections of the movement, from Rainbows through to the Trefoil Guild, took part in activities showcasing what modern-day Guiding is about.

Keighley division commissioner Carol Vaughan said: "In 1909 a group of girls turned up at a Scout rally and said they were girl scouts. They were told there was no such thing but within a year 6,000 girls were enrolled."

Scouting founder Robert Baden-Powell asked his sister Agnes if she would lead a separate movement and she opened the Girl Guide Association and Girlguiding in Keighley started in 1914.

"Being a Rainbow, Brownie, Guide or a

member of Senior Section is lots of fun and a great way to make friends," Carol asserted. 'Guiding lets girls think, learn and develop without having to put up with boys trying to be the centre of attention all the time. Being a Rainbow is all about learning, developing self-confidence, building friendships and, of course, having lots of fun."

Brownies follow a programme called the Brownie Adventure. The name reflects the world of exciting opportunities that is Brownies.

Guides nowadays do everything from adventure sports to playing fun games, and from taking part in community action projects to the performing arts

The Senior Section offers an exciting and flexible programme with a huge variety of challenges and opportunities for personal development

Gilrguiding Keighley Division stretches from Oxenhope to Silsden and from Laycock through to East Morton. www.girlguiding.org.uk 07968 731706



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used in a wide range

of objects including

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"RHYTHM'S GONNA GETCHA!" - GLORIA ESTEFAN

by Karen Davidson

It may surprise you to know that being introduced to music at a young age can help enormously with maths skills. Why? Because when children use beat, rhythm, tempo and melody, they can begin to recognise mathematical patterns. In a toddler's brain, certain neurons in the cortex are actively firing as she plays rhythms on the drum or matches a steady beat by tapping on her lap. Rhythmic and pattern awareness creates neural pathways that are used later for more complex mathematical tasks, so the rhythm of music (and corresponding movements) jump-starts a young child's brain in maths and many other academic areas.

Great thinkers like Einstein and Pythagoras have seen and used the connections between music and mathematics - numbers, patterns, proportions, and ratios are just some of the concepts that are mastered by both mathematicians and musicians.

The simple sing-song and tap-clap movements of "Pat-a-cake" and other rhythmic songs, say maths experts, lead to stronger spatial-temporal reasoning, geometry and mathematical skills. Early childhood musical activity sessions, such as Weeny Boppers, provide rich opportunities for children to develop a sense of beat and rhythm through instrument play-alongs, songs and moving in time to music. Counting how out many beats in a rhythmic pattern; translating the 1,2,3 pattern in a piece of music into

a 1,2,3 whole body movement; comparing higher and lower notes, faster or slower tempos, bumpy or smooth beats – all give a simple and fun introduction to measuring and comparing time intervals, ratios and distinguishing between different mathematical units. An enjoyment of music comes naturally to children so they reap tremendous developmental benefits by doing something they love.

To perhaps state the obvious, songs, chants and rhymes such as "Ten Fat Sausages" and "Five Little Speckled Frogs" are a wonderful way to introduce some basic number concepts and deepen young children's knowledge of the counting sequence. Counting songs can help build important foundations in numbers and is great preparation for success in maths. So, bang that tambourine and keep marching to the steady beat . . . your child is off to a great start with patterns!

For more information, or to attend a free trial at a local music and movement class with your baby, toddler or preschooler, contact:

Karen Davidson 01535 642848 info@weenyboppers.co.uk

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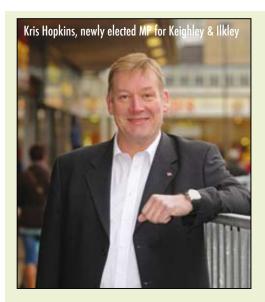
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Say you saw it in the Aire Valley Mag! 17



"We do live in interesting times," as the saying goes. And that is certainly the case in the world of politics at present.

As the newly-elected MP for Keighley and Ilkley, I was given the parliamentary equivalent of a ringside seat as negotiations and consultations on the Conservative-Liberal Democrat coalition government reached their conclusion after some of the most bizarre yet memorable few days in British political history.

With that end came more "eye rubbing" scenes with the sight of Gordon Brown leaving Downing Street for the last time as Prime Minister followed shortly afterwards by the arrival of David Cameron.

And then we had "that" press conference in the garden of Number 10, jointly hosted by the new PM and his Deputy, Nick Clegg.

However, it is now time for the real work to begin.

Given the dire financial circumstances our country finds itself in, it was never going to be easy for a new government of any political shade. But, clearly, the fact that two separate parties' agendas have been merged into one is not going to make matters any easier.

That said, I believe this task – by way of a 34-page Programme for Government document – has been achieved incredibly effectively. And, whilst there are inevitably going to be bumps and scrapes along the way, there are lots of reasons to be positive about the coalition's chances of success. Principal among them is the national interest which is why I believe this cross-party arrangement will work.

Before my election, I made very clear that my personal priority would always be the people of Keighley and Ilkley. And I stand by that.

It is an immense privilege to be elected to serve my home constituency in our nation's Parliament and I do not intend to let anyone down.

Aside from going through what sometimes seem to be endless hours of inductions and briefings which all new MPs must attend, I am currently spending every remaining moment working to set up my office to help local people with their problems. More details on this will be released very soon.



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IN THE GARDEN with Mike Cunningham

JUNE

Midsummer heat waves can give you time to relax and enjoy

your garden, but for all its glories June is a busy month for the gardener, theirs always a job to do, growth of plants including weeds is rapid and lawn mowing frequent.

Bulbs:

Spring bulbs where the leaves have yellowed should have been lifted, dried and stored by now. In dry weather don't be afraid to drench your gladioli patch.

Roses:

De-bud (removal of small side shouts) single flowered hybrid tea roses, this helps to promote long stemmed, large bloomed quality roses for cutting and showing. Remove suckers, I prefer to tear away at their source rather than cut. Continue supplementary feeding with a rose fertilizer this will help to develop the very best results. Check for mildew and aphids and spray at first sign. Water roses especially newly planted ones when dry. Weed around the base of roses.

Lawns:

Mowing can be a twice a week job this month. Raking your lawn prior to cutting will help to reduce weeds. Summer drought can soon spoil all your hard work, so spike well to enable hose or rainwater to penetrate to the roots. Do not apply lawn fertiliser or weed killer during very dry weather conditions unless you water in well after. Continue to remove individual weeds using a knife or spotweeder.

Flowering Plants:

Early flowering perennials that have faded should be cut back to just above ground level. Fork and work in a fertiliser such as Growmore, Sea Gold, Bone Meal or Osmacote etc, into soil before re-planting. Half hardy annual such as impatiens, petunia, begonias etc, can be planted out safely as all fear of frost as pasted. Pinch out tips of dahlias, chrysanthemums, pinks etc, to encourage bushy plants. Watch out for sap sucking insects and treat with insecticide at first attack (I prefer to use a systemic type).

Vegetables:

Continue to water and hoe between plants. Earth up potatoes. Nip out broad bean tops as this helps to reduce black fly infestations. Runner beans and outdoor small or bush type tomatoes can be planted (I plant one tomato in a 30 cm [12") diameter pot). Careful planning of crops will easily provide you with the recommended 'Five Veg per Day'.

Container Plants:

Move all planted up hanging baskets, containers etc, to their final position and turn regularly to encourage an even growth on all sides. For a good healthy display you MUST water every day without fail, yes even if it rains.

House Plants:

On warm humid days open some windows, but don't allow them to stand in a draught. If possible move plants outside for a while when light, warm rain falls. Move plants away from south facing windows to prevent scorching.









KEIGHLEY & DISTRICT AGRICULTURAL SHOW

Saturday 4th September 2010 at Marley Fields, Keighley BD21 4DB "Family Day Out – Everyone Welcome" Livestock • Equestrian • Horticulture • Fur &

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

Thurs 3rd June - Responses to Art: Claudia Clare (Cliffe Castle, Keighley). The artist leads a tour of her latest exhibition. "Shattered" Followed by a practical art session. Please bring with you any broken or shattered pieces of pottery that can be used in the work shop. 10.30am - 3pm. £3 booking essential. Please bring a packed lunch. Tel: 01274 431216 Fri 4th June - Jellymould Jazz present Gloria Onitiri in "An evening with Ella & the Great American Songbook" 8pm. An intimate evening with a true star of the west end stage (Nala in the lion King). Tlckets: £9/£7 in advance, £10/£8 on the door. Otley Courthouse, Courthouse Street, Otley, West Yorkshire. 01943 467466

Sat 5th June - Sunnydale 4 miles (6.4km) circular walk. Packed lunch required Meet Jeff Brodrick at 11am at the village green near the bus terminus, East Morton. A steady climb to the edge of Morton Moor with fine views over the Aire Valley before a steady descent back passing Upwood Hall and West Morton.

Sat 5th June Custer's Last Band Irish, Country, 60/70's Rock and Roll. Glusburn Institute, Tickets £6, book online at: www.glusburninstitute.org.uk

Fri 11th - Sun 13th June - North Yorkshire Open Studios. An opportunity to visit studio exhibitions and workshops run by artists. Also classes and other activities. 01756 748529

Fri 11th June - Bookmaking workshops



with Joan Newall: part of Bowland Arts Festival and North Yorkshire Open Studio. Make a small book materials provided. Adults only. Bookings essentials. 01524262672

Fri 11th June -13th. Keighley & Worth Valley Railway Diesel Weekend. 01535 645214

KWVR 24hr info: 01535 647777 For more details visit the KWVR website www.kwvr.co.uk

Fri 11th June - Tim Dalling: The Unhappy King. 8pm. Tim Dalling, the renowned accordionist clown from the new rope string band, Tickets: £9/£7 in advance, £10/£8 on the door. Otley Courthouse. Courthouse Street, Otley, West Yorkshire. 01943 467466

Sun 13th June - Fresh and Organic Farmers Market, Church Green, Keighley. Locally sourced produce. 9am - 1pm. 01535 618252

Foulridge 7 miles (11km) circular walk Packed lunch required Meet Jim Thornber at 11am at the church of St. Michael and All Angels on

Sun 13th June - Reservoirs Round

the A56 Colne to Skipton road, Foulridge, Lancashire. Water, water everywhere on this exploration of the countryside around the village with many points of interest.

Mon 14th June - 19th June - Out of Focus. Keighley Play House. A comedy by Peter Gordon and directed by Allan Hollings. Eve 7.30pm £4-£6. 08451267859

Sat 19th June - Stone Carving Workshop. Introductory session with sculptor Steve Bentley. Materials and equipment supplied. 01524 262672

Sat & Sun 19th & 20th June Haworth 1960's Weekend.

See page 12.

Sat 19th June - Fiona Katie Roberts (harpist) and Andy Hill (singer/songwriter) 8pm. A fantastic evening of stunning harp music and wit. Tickets: £9/£7 in advance, £10/£8 on the door. Otley Courthouse, Courthouse Street, Otley, West Yorkshire. 01943 467466

Sun 20th June - Sutton Funday. Family day out from Noon. Stalls, entertainment, food, etc. See page 8. Followed by Sutton Pinnacles Fell race. 4pm start. 5.8miles/890' (BS). This is a revived event for over 16's and FRA registered. Entry £6 with a bottle of Naylor's Pinnacle Ale for every finisher. Entry on the day 2pm onwards in the garden of Manor Hill. Contact Camille Askins - 07980091067

Tues 21st June - Sat 26th June - Grand National Night. Crime thriller, Skipton Little Theatre, 01756 791552

Fri 25th June - Recital by Nicola Loud violin, Priory church, Bolton Abbey. 01756 710238

Fri 25th June - Sun 27th June - The Tempest. Outdoor Shakespeare production from Dean Taylor Associates, Skipton Castle, 01756 792442

Sat 26th June - Crossflatts Village Society



is holding its 7th Annual open gardens. 10am - 5pm in aid of Manorlands and Crossflatts primary school. The event will include a collection of vintage and classic cars which will be on display in Crossflatts primary school grounds (from 11am) Programmes priced £1 can be obtained from Cleggs Newsagents and Crossflatts pharmacy or from Janet 01535 561578 or Dorothy 01535 564574.

Sun 27th June - Kilnsey Craq 10 miles (16km) circular walk Packed lunch required. Meet Kenneth Allen Snr. at 11am at the National Park Visitor Centre car park, Grassington, North Yorkshire. A lovely walk visiting two of the Dales iconic sites, Kilnsey Crag and Coniston Dib before returning on easy walking paths back to Grassington.

Sun 27th June Steam Train Afternoon Teas & Cream - Keighley & Worth Valley Railway 01535 645214 KWVR 24hr info: 01535 647777 For more details visit the KWVR website www.kwvr.co.uk

Mon 28th June - Fri 2nd July - Keighley & Worth Valley Railway Summer Guided Tours of the line, Contact KWVR tel. 01535 645214 For more details visit the KWVR website www.kwvr.co.uk

Save the date: Sun 11th July Garden Partv at Manorlands Hospice. Oxenhope.



RURAL MATTERS

Rachel Moore and the Young Farmers Club



The local area provides a number of fine examples of one of the countryside's best kept secrets. No, not a rare plant or animal but a youth organisation which I and my brother and sisters have benefited hugely from being a member of since the age of 10. I refer to 'Young Farmers'; the two local clubs are Worth Valley and Aire Valley YFC.

Young Farmers is open to anyone aged between 10 and 26. It is a National organisation of over 20,000 members which provides a safe environment for young people from the countryside to meet new people, learn new skills, and have lots of fun.

When I first joined Worth Valley YFC about half of the forty or so members were from a farming background. Now, having a count up, there's only about 10 out of our 95 members. As the numbers of farms has declined dramatically since the club was formed almost 70 years ago as a 'calf club' the content of it's meetings has had to change to suit

a wider rural audience and yes, even townies! Yes it's true - you don't have to be a farmer, to be a Young Farmer.

The weekly meetings now contain a wide range of activities including, sports, quizzes, crafts, trips out, and even putting on dramas and pantomimes. Yet despite moving with the times the backbone of the organisation remains intact. The organisation is run by the members for the members and prides itself in producing vibrant young people who can speak confidently in public and demonstrate a sound knowledge of livestock management, and the ability to handle landrovers and tractors as well as perfect a wide range of other rural activities. Keeping these traditions alive is proving to be successful within the two local clubs as the non-farming background members find it all quite intriguing.

Practice of these skills comes in the form of our massive completions programme, the highlight of which, at a Yorkshire level is at the Yorkshire County Show held at Nidderdale Show Ground on 6th June. In addition to over 80 fascinating competitions with members from the 47 clubs from all over Yorkshire fighting it out for glory, our members organise a great country show which is a window into the organisation for the public and fun day for all the family. Come and join us for the day!

Young Farmers also has an awesome social side with regular events attended by over 600 members from across the county. Our clubs also raise money for charities as well as promote causes that our members are passionate about. There are no two finer examples of this

than Worth Valley and Aire Valley YFC who between them have raised over £20,000 for good causes in the past 4 years and recently helped to promote local food networks at the Bronte Vintage Gathering.

So if you are between 10 and 26 check out www.worthvalley.org and come join us. Meet new people, learn new skills and most of all have fun. More than that if you find you've a flair for the more agricultural side of the organisation you could end up being part of the future of British farming, equipped with the skills and knowledge to be able to help us cope with an ever increasing demand for food!

Sponsored by

in the Aire Valley?

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

this month's prize is A Free Day Kover Pass of the Keighley & Worth Valley Railway.

Email your answer to:
mail@worthvalleymag.co.uk

The winner will be selected from all correct answers received by June 20th, 2010



www.hayfieldrobinson.co.ul



Google Earth ©

Last month's winner was Caroline Rhodes from Keighley. The answer was Cliffe Castle

WEBSITE OF THE MONTH

http://www.recyclenow.com

Here you will find advice on how you can increase your recycling and why it is important we Recycle Now!

The UK currently produces the equivalent of 444,000 Eiffel Towers in waste every year!

Find out how you, your school, & your work place can help to reduce waste and save energy and resources. June 21-27 is National Recycle Week!



BOOK OF THE MONTH

Teach Your Granny to
Text & Other Ways to
Change the World is
the children's sequel to
Change the World for
a Fiver, the bestseller
produced by the
global social change
movement, We Are
What We Do. It's a

movement whose aim is to inspire people - in this case children - to use their everyday actions to change the world. Their maxim is: small actions x lots of people = big change. It's not rocket science but it does work! The thirty actions in this book are fun and easy for children to do but add up to making a big difference and giving them the responsibility for changing the world, one bit at a time.

Reduce and Reuse

Reducing the amount of waste we produce in the first place is easy to do. Here are a few easy ways to reduce and reuse things and limit the amount of waste that ends up in landfill.

Bags for life

Choose a reusable 'bag for life' if you can instead of plastic carrier bags and reuse it again and again. If you do have to use plastic bags, then reuse them. Or you can take plastic bags back to your supermarket for them to recycle.

Charity

There are many worthy charities with shops in most high streets. If you have unwanted clothes and bric a brac, then pass on your items to your local charity shop.

www.freecycle.org

Join the Freecycle Network which has over 7million members worldwide! It's a network of local groups who are giving (and getting) stuff for free in their own towns. It's all about reusing things and keeping things out of landfill. Join your local group today – your rubbish is another persons' treasure!

Food waste

Write a shopping list before you go to the supermarket and avoid food waste. Plan your meals in advance and freeze any extra food you have made.

Furniture projects

Furniture projects rely on donations of good quality furniture, sofas and white goods for the home. These are provided to families on low budgets for example. To arrange a free collection please contact any of the following furniture projects:

CHAS Furniture project 01274 731909

Keighley Furniture project 01535 601999

Newlands Furniture project 01274 774977

Windhill Furniture project 01274 593196

Unwanted mail

Reduce the amount of unsolicited junk mail you receive. Register online with the Mailing Preference Service who can remove your name and address from up to 95% of direct mailing lists.

www.mpsonline.org.uk

In the office

Make sure that you print using both sides of paper. Don't forget to recycle any printer cartridges too.

TOP TECH TIPS

by Michelle Thompson of CloudFree IT

Who's that using MY network? And what are they up to?

When you first got broadband did you, like most people, rush to un-pack the router, plug it in, insert the setup CD and launch yourself onto the 'information superhighway' like you couldn't wait to start on the road trip of a lifetime across the USA?

Broadband is great, but if you've got a wireless network did you stop to check that it's good and secure first? If you didn't, be prepared for a shock...

The popular ISP TalkTalk has warned that around 2 in 5 demostic wifi network.

that around 2 in 5 domestic wi-fi network users in the UK are now at risk of having their connection hijacked!

Most popular broadband routers arrive with basic security pre-configured. The temptation is to 'plug in and go'! Unfortunately the default or pre-configured settings can leave the router vulnerable to intruders eager for some free wi-fi access! Some routers, particularly those that can be bought in retail stores, arrive with NO SECURITY configured at all!!!

As users upgrade to Wireless-N routers with a much wider signal coverage area, the problem can only get worse. Chances are if you can get a good signal in your shed at the bottom of the garden, so can anyone in the street! If a hijacker is using your wi-fi, you may notice your connection is slower than usual, but if you're only a light or occasional broadband user you might be unaware that you're sharing yours with an intruder. This is one area where 'share and share alike' is definitely a 'no-no'!

On the external side of a broadband connection a unique IP address is used to connect to the web which can be used to track down wrong-doers. On the inside of your network there may be several computers, games consoles and wi-fi connected mobile phones (and yes, maybe even a wi-fi thief in the street). Each device gets an individual private IP address (e.g. 192.168.x.x or 10.50.x.x), but they're all sharing that single external connection though. What happens on your network, whether it happens within your own four walls or outside in the street, it is your responsibility.

Aside from the obviously illegal internet activities that regularly make the headlines, other less shocking activities are now coming under the careful scrutiny of the government too.

Illegal file-sharing is now being addressed by the new Digital Economy Act 2010, which becomes law on 12th June. This includes a 'three strikes' rule which can result in action against the broadband bill payer such as warning letters. disconnection and even a £500 fine. So if you're not 100% certain your network is secured aet some advice from one of vour local IT support providers now, before someone takes advantage and leaves YOU disconnected or with a hefty fine! Better check what those pesky kids are downloading these days as well! For more info check out:www.selfseo.com/story-13573.php

www.selfseo.com/story-13573.php www.microsoft.com/uk/protect/yourself/home/ homewireless.mspx

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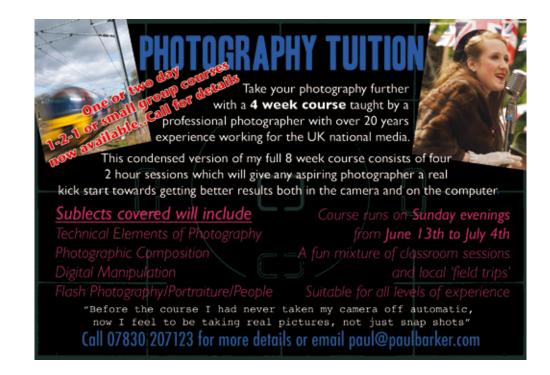
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