

# AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2011



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With spring in clear view it is time to blow away the cobwebs and get out walking. (Even our feathered friends on the front cover are striding out this month.)

Fairtrade Fortnight continues until the 13th of March; we have listed "Bunting" and "Show Off Your Label" events should you feel the urge to rally for social justice and get involved.

March 20th is the "Go Local Sunday" for residents of BD20, 21 & 22...you can enjoy Free Admission to: Star Center, East Riddlesden Hall, Bronte Parsonage Museum, Museum of Rail Travel, and Free travel on KWVR and Ingrow Loco Museum. It is a great opportunity for a family day out in the district. You will find details from the individual attractions.

Looking ahead to April...don't forget Mother's Day, April 3rd...pre order a lovely bouquet ... and "mums" the word! Have a great month



Liz Barker

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Say you saw it in the Aire Valley Mag!

**FAIRTRADE FORTNIGHT**

**SHOW OFF YOUR LABEL**



**28 February – 13 March 2011**

[fairtrade.org.uk/fortnight](http://fairtrade.org.uk/fortnight)

### Fairtrade Fortnight Bunting Mania

Get creative and decorate a piece of Fairtrade cotton bunting during this Fairtrade Fortnight national event. Express what Fairtrade means to you. Hang the bunting in prominent places. Invite your local MPs to support the campaign for trade justice of cotton farmers in West Africa. We're going to stitch all the bunting together in an attempt to break the Guinness World Record for the longest continual piece of bunting, and send to the Fairtrade Foundation for the national competition. Keep your fingers crossed.

#### Here's where you can participate:

**Tue 1 Mar to Fri 11 Mar** Fairtrade Fortnight 10 am-5:30 pm. Victorian Arcade, Ilkley each Tue & Fri

**Thur 3 Mar 7:30 pm** Cotton on to

### Fairtrade Wine & Chocolate Tasting

St. Peter's, Moorhood Lane, Shipley. Bring some FT food and "Show us any of your FT labels!" Tickets £7/£5 from Barbara Judd: [fairtrade@saltsvillage.co.uk](mailto:fairtrade@saltsvillage.co.uk). 01274584775

### Sat 5 Mar 9am-5 pm Darley St. Bradford.

Fairtrade tea and coffee Bring your bunting for a group photo!! At 12Noon Meet FT cocoa farmers from Ghana. "Divine" chocolate tasting. Entertainment.

### Sat 5 Mar 10.30am-2pm Fair Trade

stall at Bingley Market. Giving away FT hot chocolate and other goodies. All welcome.

### Sat 5 Mar 10 am - Noon Ilkley Fairtrade

Event, Christchurch, the Grove. 12 Noon there will be a presentation by local secondary school students and Ilkley Fairtrade Group.

We Support Local Trade



## WINED & DINED

by Claire Smith of No.10The Coffee House

*"I am always doing things I can't do – that's how I get to do them"* **Pablo Picasso.**

How many of us if we are honest, have allowed self-doubt and fear of failure to prevent us from pursuing dreams, desires and even life-changing ambitions. Even the most confident people will occasionally fall prey to that undermining inner voice which warns of the potential danger of taking the plunge – "you won't be good enough", "it may not suit you" or worse "you may even embarrass yourself." This is an attitude which is particularly prevalent in the kitchen.

For some the kitchen is the heart of the home; a place radiating warmth provided by slowly simmering pots, whose walls are festooned with chic and sleek shelves stacked high with jars of jewel-like jams and preserves, jars filled to the brim with exotic ingredients and every kind of cooking utensil imaginable. For others, the kitchen can be a fearsome place haunted by gremlins that cast webs of fear, doubt and panic.

Let's face it, we live in a world where we really don't have to cook if we don't want to, and though I do not wish to imply that you should start to feel guilty about not doing something for which you have a real aversion, I would suggest that you might be missing out on an awful lot of pleasure.

Rule number one, if you really

do fancy re-acquainting yourself with the joys of cooking, has to be that you throw out the rule book. Though some of the recipes and ideas presented in the multitudinous cook books out there can be endlessly fascinating and act as a kind of comfort blanket, nothing will crush your creativity more than the regimented commands and demands made by some of the sterner schools of culinary thought. That is why we all love Nigel Slater; he is so easy to get along with; so gentle and encouraging.

In the privacy of your own kitchen (shrouded in secrecy, without telling anyone what you are doing etc, if that's what it takes) allow yourself to experiment-go with the flow. Rid yourself of all unrealistic notions and expectations – you don't have to know how to gut a fish or bone a duck to be a good cook. Re-awaken your senses and let your taste buds dictate your choice of dish. Think about what you would really like to eat and start with a simple lunch or supper; use your sense of smell to combine ingredients in a way that feels right to you and taste often as you go along. Listen to your instincts; your gut feelings will always let you know if you're on the right track, and if it goes wrong don't worry. This is only the beginning and the only rules are those you choose to impose upon yourself.

Have fun x.



# Fairtrade

## Not just bananas & chocolate

Indulging in a little retail therapy is one of life's little pleasures. When clothes shopping, you may ask yourself many questions before a purchase; Can I afford this? Is it flattering? Would it be inappropriate to wear this white gown to somebody else's wedding? It seems unlikely that any of those questions would be, 'Is this cotton Fairtrade?' Unfortunately, the concept of ethically traded cotton rarely crosses one's mind, despite

the level of trading injustice that exists. Currently, there are an estimated 100 million households involved in the production of cotton. Around two thirds is produced in the developing world, where many cotton farmers live in poverty, earning less than \$2 per day. Despite Fairtrade Cotton being so beneficial and increasingly popular, what's holding the majority of us back from purchasing it? Contrary to popular belief, Fairtrade clothing doesn't solely consist of Tie-Dye fabrics, 'ethnic' prints, or T-shirts that bear photographs of endangered insects. One can wear Fairtrade Cotton without diminishing style, and Fairtrade Fortnight, 28th February – 13 March, is the perfect opportunity to discover this! Online-retail giant, ASOS, has teamed up with many top designers, including

Marios Schwab and Hussein Chalayan, for Fairtrade Fortnight to create a bespoke range of scarves. Do not fear, however, if you haven't the funds for designer gear. Some of your favourite High Street and Supermarket retailers also provide Fairtrade Cotton ranges, including Topshop ('Snake Valley' collection), M&S, Monsoon, Warehouse, and even Tesco (I know we're all prone to a cheeky gander at the F&F clothing range mid-way through the grocery shopping...). Well-known ethical clothing retailer, People Tree, has a marvellous selection of apparel ranging from simple separates to modern, flattering, designs. Emma Watson has just completed her new collection with People Tree, which bears no resemblance to the wardrobe of Hermione Granger, and next season brings an exciting collaboration with Laura Ashley.

By purchasing Fairtrade cotton, you are helping ensure that labourers receive a fixed-price salary to stabilize their lives. The crop-growers' salary covers not only theirs and their family's expenses, but also contributes towards production costs and community projects. It's simple to get involved, and makes a tremendous difference. Furthermore, when you show-off your Fairtrade Label, people may be jealous of your ability to do-good and look-good, and push themselves into do-gooder territory by purchasing Fairtrade Cotton, too - Thus taking us one step further in making all trade, Fairtrade!

**by Raghad Bezizi**

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## Community Security

by Jonathan Darnbrook of Tesla Security

### Crying Wolf

Home security systems and burglar alarms do a great job of protecting your home and belongings. Like most electronics, in the past several years, technology has advanced and prices have lowered, making burglar alarm systems affordable for most home owners. No matter how easy to use, intuitive, and sophisticated a burglar alarm is, it can still trigger false alarms - which are expensive and annoying. And because they can divert police, from actual emergencies, they can also be dangerous.

Nuisance alarms occur when an unintended event creates an alarms condition; this can also occur when there is an alarm system malfunction that results in an alarm state.

In any circumstance the source of the problem should be immediately found and fixed so that responders will not lose confidence in the alarm reports.

If you do have a faulty alarm that frequently goes off, get it fixed immediately and tell your neighbours that's

it's been repaired. Many people ignore an alarm that goes off periodically, thinking its "Crying wolf"! About three quarters of all false alarms are the result of user error. So there's quite a bit you can do to prevent them. These are a few steps that will ensure that your home security system only alerts the authorities when it's the real thing.

- ✓ All users including friends and neighbours need to know how to operate your system.
- ✓ If connected to the police all users need to know how to cancel a false alarm.
- ✓ Lock up properly - Check all doors & windows.
- ✓ Update contact information with your alarm company, (we have been contacted in the past for issues such as water running out of a house!)
- ✓ Make sure there are no cobwebs or insects that could set off your system's motion detectors.
- ✓ All pets need to be in an area not seen by the alarm, or areas covered with pet detectors.
- ✓ Anything that causes drafts - fans, air conditioners, heaters, or fireplaces - can make plants, curtains, or other light objects move, and trigger an alarm. Even helium balloons and party decorations can cause false alarms.

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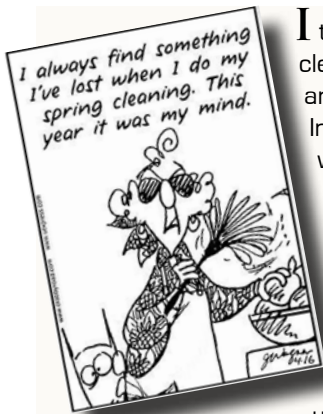
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I think "spring cleaning" is an anachronism. In Yorkshire, we don't have seasons, to speak of, only weather. Once we get a good blowy day with a bright sun coming up in the East,

that's the time to set into getting on with the cobwebs, soot and stuff that sealed windows can imprison within our homes. It seems like nature, too, is egging us on with the birds chirping away, and the vibrant young shades of colors around us teasing our senses.

Perhaps, there is more to the dusting, polishing and beating of rugs than meets the eye. Once we begin a task like this it is possible to get our heads out of what they can often be into....worry, negativity, judgments about ourselves or others, and whatnot. It allows us to have a shift in our energy and can actually give us a boost. I like to include getting rid of anything that I cannot find a place for...or finding a new home for all that clutter. (like the charity shops for example.)

Just to ensure that you are, as well, doing the job at hand, here are some tips that may help you:

Take a notebook and survey each room, but take it slow, one room at a time. Jot down the obvious problem areas in the room, putting the items on the paper that really bug you, or that your family finds impossible to keep neat. You can continue to work on just this one area first, or go through the whole house, filling up your notebook is just the first step. Devise a forecast of a time line of necessary activity so you see the light at the end of the tunnel beforehand. Sit down and have a cup of tea. Remind yourself, "This is doable."

Spring cleaning can become a process that is more than cleaning. It is a step to create your living space to give you pleasure and solace. The cleaning will be a part of it and not such an onerous task that you make it to be but an inspiration to get going, acknowledging new perspectives in your life that perk you up after the winter blues. Do ensure that you have the right "tools" or products on hand so you won't give yourself excuses for not moving along. Remember to breath. Go out and take a walk. It will all come together; just give it the time it deserves to get the results you want.

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## PM SUPPORTS HOPKINS' EFFORTS FOR THE SOLDIERS' CHARITY

MP Kris Hopkins and PM David Cameron



Keighley and Ilkley MP Kris Hopkins has received the Prime Ministerial seal of approval in his

quest to complete the arduous Haworth Hobble in aid of the ABF The Soldiers' Charity.

The event, also known as the Wuthering Hike, takes place on Saturday 12 March along a 32-mile long course of traversing gritstone moors around Haworth, Todmorden and Hebden Bridge including 4,400 feet of climbs and descents.

Mr Hopkins, an ex-member of the Duke of Wellington's Regiment, said he regarded it as a privilege to take part in the event on behalf of The Soldiers' Charity.

He said, "The Soldiers' Charity does incredible work to support serving and retired soldiers and their families who sacrifice so much in our name.

"Every donation to this cause and will make a difference to someone's life. "I hope the residents of Keighley and Ilkley and beyond will get behind me and make a contribution to the fund I have set up."

The Prime Minister said, "I am delighted to hear that Kris has agreed to take on this immense challenge in support of the Army Benevolent Fund.

"As a former soldier, I know that Kris has the determination and commitment to complete the task in front of him.



"I'm sure that everyone who contributes to Kris's fundraising efforts will do so to support the men and women who bravely put everything on the line to defend us and our country."

Major General Sir Evelyn Webb-Carter, Chief Executive of ABF The Soldiers' Charity was the last Colonel of The Duke of Wellington Regiment before its amalgamation into the Yorkshire Regiment. He said, "I am very pleased that a busy MP like Kris has found the time to support The Soldiers' Charity by taking on this strenuous hike. In recent years, the charity has seen an increase in demand for its support but with Kris and the people of Keighley and Ilkley to champion our cause, we know can continue to give a lifetime of support for soldiers in need and their families.

By supporting Kris you can help people like Corporal Andy Reid, a former 'Duke' and now an Ambassador for the charity, who has served for 13 years with 3rd Battalion The Yorkshire Regiment. He is currently in rehabilitation following the severe injuries he received by an IED while serving in Afghanistan last autumn. As a result of the explosion he lost both legs and his right arm. He is receiving ongoing treatment for his left arm which was also damaged and now fitted with a metal plate.

In order for him to recuperate at his home The Soldiers' Charity made an immediate grant to cover the cost of a wheelchair ramp and some other adaptations. You can sponsor Kris by logging on to [www.justgiving.com/Kris-Hopkins](http://www.justgiving.com/Kris-Hopkins) and following the onscreen instructions.

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# THE Puzzle Cellar

There are four letters missing from the alphabet on my box. They will spell somewhere you can play. Can you work it out?

B	C	D	E	F	G
Z					H
Y	BLOT IN THE BOX				I
X					J
W					L
V					M
U	T	S	Q	O	N

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Y F U  
R

BATS ALL LOOK THE SAME, BUT ONLY TWO OF THESE EIGHT ARE EXACTLY THE SAME. WHICH TWO?

**THE** **SMART**

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Answers: Blot's Box PARK, Bats 3 & 8 ARE IDENTICAL.  
Wordshaker FRY.

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## Wild Geese

You do not have to be good.  
You do not have to walk on your knees  
for a hundred miles through the desert  
repenting.  
You only have to let the soft animal of your  
body  
love what it loves.  
Tell me about despair, yours, and I will tell  
you mine.  
Meanwhile the world goes on.  
Meanwhile the sun and the clear pebbles of  
the rain  
are moving across the landscapes,  
over the prairies and the deep trees,  
the mountains and the rivers.  
Meanwhile the wild geese, high in the clean  
blue air,  
are heading home again.  
Whoever you are, no matter how lonely,  
the world offers itself to your imagination,  
calls to you like the wild geese, harsh and  
exciting  
over and over announcing your place  
in the family of things.

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# Sudoku

Test your skills of logic with Sudoku: Every row, column and box of 3x3 cells must contain the numbers 1 through 9 exactly once. Level: Intermediate

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

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

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

## The Train

It was night time on Stoke station,  
I was waiting for a train.  
The sky was filled with darkness,  
The air was soft with rain.  
In the smokey black cathedral,  
with the buzzing of the wires,  
from a DMU, that was bound for  
Crewe,  
came the sound of a heavenly choir.

Just a group of wayward Welshmen  
Heading home to Colwyn Bay,  
Full of beer and hymns and arias,  
I really couldn't say.  
But the sound of distant voices  
Harmonizing back to Wales,  
And the signal lights reflection  
On the wet and greasy rails.

And I dreamed of Knotty engines  
On excursions long ago.  
Pulling trains of jolly potters  
off to sunny llandudno.  
And bathed in warm nostalgia,  
On a trip down memory lane,  
I fell asleep, on a wooden seat,  
And missed my bloody train!

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**SATURDAY, MARCH 19th, 2011**  
10.00 am - 5.00 pm

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10.00 am - 4.30 pm

**ADMISSION:**  
Adults £4.00 - O.A.P.s/Children £3.00 -  
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For further details Tel. 07771565617 or 01535 212047  
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### EVENTS TIMETABLE 2011

**GUIDED TOURS  
OF THE RAILWAY**  
Visit behind the scenes of our  
Railway with one of our  
experienced guides.

**'ROCK AND RAIL'  
MUSIC FESTIVAL**  
10th, 11th and 12th June  
A new event taking place with  
over 20 bands playing a  
fantastic array of Rock, Pop  
and Indie music. Our Main stage  
will be at Oxenhope Station in  
our Exhibition Hall.

**RAILWAY CHILDREN  
WEEKEND**  
30th April -  
2nd May 2011  
An action packed  
weekend for  
young and old. Ride in coaches  
which appeared in the film  
pulled by "The Green Dragon"  
(957). At Oakworth Station, the  
heart of the Railway Children,  
you will be able to see the story

**PULLMAN  
DINING TRAINS**  
(Saturday Evenings)  
14th May (1940s)  
25th June (1960s)  
24th September  
(The Railway Children)  
Bookings are now being taken  
for our West Riding Limited  
and White Rose Pullman  
dining train services.

**FOOTPLATE  
EXPERIENCE**  
You can now drive and fire a  
steam locomotive right here on  
the Keighley and Worth Valley  
Railway. These courses are  
proving hugely popular, with  
customers praising our friendly  
and informal approach. Due to  
phenomenal demand we have  
now added extra dates for 2011  
so don't delay...

**BE MR. PERKS**  
You've seen the famous Mr.  
Perks in the film, now you can  
follow in his footsteps at  
Oakworth station .....  
operate the level crossing, help  
passengers on and off trains,  
sell tickets, use the 'block bell'  
system, ring trains on to the  
next station, look after the coal  
fires and gas lamps, and more,  
all under the guidance of our  
experienced staff.

**FISH & CHIP  
SPECIALS**  
New for 2011!  
Following the success of our  
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running a series of  
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down the branch,  
and your ticket includes  
a complimentary  
fish and chip supper.  
Each train will have a full bar,  
serving real-ale, spirits and a  
variety of hot and  
cold drinks.

## LadiesOnly Alternative Techie Tips

**Subject: INSTALLING A HUSBAND**

Dear Tech Support,  
Last year I upgraded from Boyfriend 5.0 to Husband 1.0 and noticed a distinct slow down in overall system performance, particularly in the flower and jewellery applications, which operated flawlessly under Boyfriend 5.0. In addition, Husband 1.0 uninstalled many other valuable programs, such as Romance 9.5 and Personal Attention 6.5, and then installed undesirable programs such as: FISHING 5.0, FOOTBALL 3.0 and Golf Clubs 4.1  
Conversation 8.0 no longer runs, and Housecleaning 2.6 simply crashes the system.  
Please note that I have tried running Nagging 5.3 to fix these problems, but to no avail.  
What can I do?  
Signed,

Desperate

### DEAR DESPERATE,

First, keep in mind, Boyfriend 5.0 is an Entertainment Package, while Husband 1.0 is an operating system. Please enter command: `ithoughtyoulovedme.html` and try to download Tears 6.2 and do not forget to install the Guilt 3.0 update.  
If that application works as designed, Husband 1.0 should then automatically run the applications Jewellery 2.0 and Flowers 3.5.



However, remember that overuse of the above application can cause Husband 1.0 to default to Grumpy Silence 2.5, Happy Hour 7.0 or Beer 6.1 Please note that Beer 6.1 is a very bad program that will download the Farting and Snoring Loudly Beta.

Whatever you do, DO NOT under any circumstances install Mother-In-Law 1.0 (it runs a virus in the background that will eventually seize control of all your system resources.)

In addition, please do not attempt to reinstall the Boyfriend 5.0 program. These are unsupported applications and will crash Husband 1.0.

In summary, Husband 1.0 is a great program, but it does have limited memory and cannot learn new applications quickly. You might consider buying additional software to improve memory and performance. We recommend: Good Cooking 3.0 and Hot Lingerie 7.7

Good Luck

Tech Support

## Where in the Aire Valley? COMPETITION

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

This month's prize is donated by The Keighley & Worth Valley Railway: Day Rover Ticket

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

The winner will be selected from all correct answers received by March 20, 2011.



Congratulations to Miss Roberts of Eastburn for correctly answering last months location: The Punch Bowl in Silsden.  
Google Earth ©



# FIRTHS

BOUTIQUE

**March 12th** Spring Preview  
introducing... **MADO** *of the Aulnes*

**April 4th** Spring Fashion Show  
to benefit Marie Curie cancer care  
Haworth Community Centre 7:30pm  
Tickets £10 (call in to Firths)

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## What are you waiting for? **The Time is Now**

### **Your rooftop (or garden) is an opportunity for investment.**

With solar photo-voltaic panels installed, you have the chance to capture free energy from the sun. The pv industry is becoming more mainstreamed, the acceptance of micro generation is increasing, and enormous growth in the market has created an economy of scale that benefits the consumer. Competition means that the production costs of p-v panels are decreasing and choices are increasing. The opportunities and savings can be passed on to you, the consumer. Consequently, there is a positive impact on the rate of return for your investment in pv panels, which is accelerated with the government's FIT cash-back system.

What is "fueling" all this activity is the realization that gas, oil and electricity bills are forecast to continue to rise, as well as a genuine desire by many to be eco-conscious.

The government's clean-energy cashback

system, "Feed-in-Tariffs," is currently being reviewed and will likely result in a slight reduction due to over subscription. Although that seems like the bad news, in fact the good news is that everyone will be grandfathered into the former rate of 41.3p per unit for 25 years if their installation is completed by the date of the government's rate conversion, perhaps as early as April 2011. Once the system is installed, immediate reduction is seen in your electricity costs in addition to the income from your "FIT". Additionally, there is a separate payment for any electricity exported to the national grid, and all the rebate payments are index-linked and tax-free. And finally, another incentive at this time is the low VAT rate of only 5%.

So, timing is everything, as they say. And March is the perfect time to be in the forefront of this movement to capture solar energy, and get paid for it!



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## EARLY SPRING WALKS

**Sun 6 Mar Bent Crag** 9.6k (circular walk) Pkd lunch. Meet Kenneth Allen at 10:45 am at Eastburn Post Office on the B6265 old Skipton Road near Airedale Hospital. A steep hard walk to start with, eventually good long distant views across Airedale.



**Sat 12 Mar River Deep Mountain High** 10k (circular walk) Pkd lunch. Meet Howard Lloyd at 10:30 am at Ilkley Lido swimming pool, Denton Road, Ilkley. Some uphill walking but no stiles as we visit some interesting viewpoints on the early spring ramble. Public transport users should allow 15 minutes to the start point

**Wed 16 Mar Great Dib** 9 k (circular walk) Pkd lunch. Meet Gillian Dale at 10:30 am at the junction of Bingley Road and Leathley Avenue, behind the Hare and Hounds public house, off the A65 at Menston (G.R 1774:34). A stiff climb to start up to Otley Chevin walking part of the Dales Way.

**Wed 23 Mar Along the Wharfe to a Spa Town** 9 k (circular walk) Pkd lunch. Meet Stewart Elliott at 10:30 am at the River Wharfe suspension bridge, Addingham. A walk via Nesfield to Ilkley, returning along part of the Dale Way path following the River Wharfe.

**Sun 27 Mar Great Slack and Silsden Moor** 12.8k (circular walk). Pkd lunch. Meet Kenneth John Allen at 10:30 am at Wesley Place pay and display car park, Silsden. Strenuous.

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Fri 4th **Karaoke with Phil**  
Fri 18th **Suzie Jeng Charity Race Night:**  
Fancy Dress "Lords & Ladies" (optional)  
**FREE** glass of champagne for those in fancy dress!

**Every Wednesday Deal or No Deal**  
Live with Banker Baz! (from 7pm)  
Top prize currently **£200!**

See **facebook** Suzie Jeng, "Grant our mummy's wish"

Fri 25th **Kids Disco**  
**Every Thursday is always... Electric Jam Night**

Thursday March 17th is a **Special Irish Jam Night!**  
Enjoy a pint of **GUINNESS** on Special Offer!

The CrossRoads Inn, Cross Road, Halifax Road, Keighley, West Yorkshire BD22 9BG

**Tel 01535 643047**

*Are you a community based group?*

*You can use these Free Listings to*

email your details to  
info@worthvalleymag.co.uk  
01535 642227



**March: Opening of East Riddleston Hall.**  
For info on upcoming events contact  
01535 606075 or [www.nationaltrust.org.uk/yorkshire](http://www.nationaltrust.org.uk/yorkshire).

**Ongoing Registration to 7 April:  
SplashOut Swimathon 2011, 8-10 April**  
in 580 pools across the UK. Charity Swim  
for aid to Marie Curie Cancer Care for the  
terminally ill. Individual and team entries:  
Contact 084536700036 or online [www.swimathon.org](http://www.swimathon.org).

**Ongoing Registration for British Red  
Cross Abseil** fund raiser at Baitings Dam,  
Ripponden in September. Proceeds from  
the 197 ft. abseil will support the charity's  
work in Yorksire and overseas. Check  
[www.britishredcross.org.uk](http://www.britishredcross.org.uk) for other  
challengesDetails; -114 2427379

**Oakworth Juniors' Football Club  
members asked by Steeton AFC** to help  
the charity, "Boots for Africa", a collection  
for used boots to be sent to children in  
Africa. Any money raised is for getting the  
boots to Africa. Details on website: [www.boots-forafrica.org](http://www.boots-forafrica.org)

**Tue 1 Mar Keighley Civic Luncheon Club  
Meetings, 2011: 12:30 pm. Janet  
Armstrong Guides Space Olympics.**  
Steeton Hall. New members welcome.  
Annual subscription £5. Contact Clifford  
Sanderson 01535 658 044.

**Tue 1 Mar to Fri 11 Mar Fairtrade  
Fortnight 10 am-5:30 pm.** Victorian  
Arcade, Ilkley each Tue & Fri to decorate  
FT certified cotton bunting for a Guinness  
World Record attempt for the longest

bunting. Free event.

**Wed 2 to Sun 6 Mar FlaX Textile Group  
Cliffe Castle Museum, Keighley.**  
Exhibition by 6 textile artists based in  
Yorkshire & Lancastershire. For info, time  
and required bookings for Workshops and  
Sessions contact 618231

**Thur 3 Mar 7:30 pm Cotton on to  
Fairtrade Wine & Chocolate Tasting**  
St. Peter's, Moorhood Lane, Shipley.  
Bring some FT food and "Show us any  
of your FT labels!" Tickets £7/£5 from  
Barbara Judd: [fairtrade@saltsvillage.co.uk](mailto:fairtrade@saltsvillage.co.uk).  
01274584775

**Fri 4 Mar 8:15 pm Keighley Blues Club:  
the River Devils** postponed from Feb.  
Keighley Cougars' Hall of Fame. Contact  
1535 600310 or [bbj21@btinternet.com](mailto:bbj21@btinternet.com).  
Tickets £10

**Sat 5 March 10.30am-2pm Fair Trade  
stall at Bingley Market.** Giving away FT hot  
chocolate and other goodies. All welcome  
to promote FT by decorating the FT  
certified cotton bunting for the Guinness  
World Record attempt for the longest  
bunting..

**Sat 5 Mar 10am - Noon Ilkley Fairtrade  
Event** at Christchurch, the Grove, to  
promote FT by decorating the FT certified  
cotton bunting for the Guinness World  
Record attempt for the longest bunting.  
At 12 Noon there will be a presentation by  
local secondary school students and Ilkley  
Fairtrade Group.

**Sat 5 March 9am-5 pm Darley St.  
Bradford.** Fairtrade tea and coffee with FT

certified cotton bunting decorating for the  
Guinness World Record attempt for the  
longest bunting. Bring your bunting for a  
group photo!! At 12Noon Meet FT cocoa  
farmers from Ghana. "Divine" chocolate  
tasting. Stilt walker entertainment.

**Fri 11 Mar 7:45pm Police Charity Quiz &  
Auction Night Rendezvous** Hotel Skipton  
benefiting Children's Cancer Research  
and Craven YMCA. £2each. Teams of  
1-6 players. Contact: [steve.menzies@northyorkshire.pnn.police.uk](mailto:steve.menzies@northyorkshire.pnn.police.uk)

**Sat 12th Mar Ceilidh - 7pm** Holy Family  
school in Keighley organised by the Rotary  
Club of Haworth & Worth Valley to raise  
funds for the Rotary Foundation. Tickets  
£10.00 including supper.

**Tue 15 Mar St. Patrick's Celebration  
8:30pm** at the the Wuthering Heights  
Pub in Stanbury. Contact Jim for details:  
[wutheringheightsfolk@yahoo.com](mailto:wutheringheightsfolk@yahoo.com)

**Sat/Sun 19/20 Mar 10am-5pm both  
days Keighley Model Railway Exhibition**  
Victoria Hall, Keighley (next to Leisure  
Centre). At least 10 quality layouts in all  
the popular scales, plus full trade support  
and members' sales. Full catering and free  
off-street parking available. Entry: Adults  
£4.00, Children/Concessions £3.00,  
Family (2+2) £12.00. Further details from  
[www.keighley-mrc.org.uk](http://www.keighley-mrc.org.uk) or call Charles  
Oldroyd - 07973 776108

**Sat 19 Mar Swing Night - 7:30am -1 pm**  
Come Dance at Midland Hotel Bradford  
w/ Alistair Ruane from £28 p.p.with dinner;  
£110 per couple including B&B. Book

now 01274 735735 or online: [events@midland-hotel-bradford.com](mailto:events@midland-hotel-bradford.com)

**Sun 20 Mar "Go Local Sunday" for  
residents of BD20,21 & 22**

Free Admission to: Star Center, East  
Riddlesden Hall, Bronte Parsonage  
Museum, Museum of Rail Travel, Free  
travel on KWVR, and Ingrow Loco  
Museum. Details and opening times from  
Individual Visitor Attractions.

**Tue 29 Mar Fiona Katie Roberts & Eddie  
Lawler 8:30pm** at the Wuthering Heights  
Pub in Stanbury. Contact Jim for details:  
[wutheringheightsfolk@yhoo.co.uk](mailto:wutheringheightsfolk@yhoo.co.uk)

**Weds 30th Mar- Sat 2nd April 7.30pm.**  
Silsden Community Productions presents  
an evening of drama and comedy with two  
plays

'Give and Take' (by Michael Scanlan) is  
performed by the Youth group 'Take 1'  
and involves stories from around the world  
'Little Donkey Rumba' (by Roger Poole) is a  
comedy set in Silsden! Silsden AFC Cricket  
Pavilion, Keighley Rd, Silsden. Tickets £6  
adults/ £4 (16 yrs & under) from Twiggs  
Newsagents, Silsden.

**Sun 3 April KWVR Mother's Day  
Lunch on Steam Train,** Keighley  
Station. Booking number for times and  
reservations.45214.

**Sun 3 April BIG K: 10k Walk 9 am  
Victoria Park, Keighley** Walk or run for  
your mum on Mother's Day in aid for Sue  
Ryer Manorlands Hospice. A multi-terrain  
suitable for all abilities. Enter on line:  
[andrew.wood@suerydercare.org](mailto:andrew.wood@suerydercare.org) or phone  
01535 640176 4 Entry fee: Adults 9£,  
11-16 year olds £5, and £15 on the day  
subject to capacity.

**Tue 5 April 7:30 pm Fashion Show, "Buy  
on the Night",** High Street ladies clothes  
at bargain prices at Exley Head Methodist  
Chapel. £1 entrance tickets available from  
Glenis Hey 01535 640346.

*Please support local trade*

*Say you saw it in the Aire Valley Mag!*

# Home Start

Support and friendship for families

## What is Home-Start?

Home-Start is a national voluntary organisation offering informal, friendly support to parents with at least one child under the age of five.

Being a parent, wherever you live, whatever your circumstances, isn't always easy. Add in pressures such as illness or financial worries, and without the support of family and friends nearby, the stress can seem overwhelming.

Home-Start offers free support, friendship and practical help to families with at least one child under five. Families are visited regularly in their own homes by volunteers who have all had experience of parenting and know how hard it can sometimes be. Home-Start Craven seeks volunteers to support local families in South Craven

## Could YOU help us make a difference for families?

YOU could have the skills needed to make a difference to a family living locally.

As a parent you'll know just exactly how tough it can sometimes be. Did you often long to have someone to confide in or just have a chat with?

Home-Start's families come in all shapes and sizes and from all different backgrounds. Some may be feeling

isolated, they may be new to the area without the support of family and friends, or they may be parenting alone. Others may be struggling with difficult relationships, have an illness or a disability, or have several pre-school children. All have one thing in common, the need for someone to listen and be there just for them.

Home-Start volunteers also come in all shapes and sizes and from all different backgrounds. We need people with a whole host of different experiences to provide our special kind of support to families.

## Will I be the right sort of person to support a family?

Home-Start volunteers are all ages and from all walks of life. All we ask of you is that you have experience of bringing up children and can spare a few hours a week. Initially we ask you to complete a 'Volunteer preparation course' these courses are run regularly and are free.

The course usually takes place one day per week for around 10 weeks. Both day time and evening courses may be available.

Volunteers will all have to agree to undergo a full enhanced CRB check and provide 2 references. Home-Start values its volunteers highly and provides full support and training and all out of pocket expenses are reimbursed

If you or anyone else you know, think you can spare a few hours a week to become a friend to someone in their own home in the South Craven area, we would love to hear from you.

**Debbie Atkinson** Co-ordinator **Home-Start Craven**

Based at: South Craven Community Action

The Bungalow, Holme Lane,

Cross Hills, Nr Keighley,

West Yorkshire BD20 7RL

T 01535 630003/634588 M 07585232014

E home-start@sccaco.com W www.home-start.org.uk

## Puzzle Answers

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

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

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

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## TOP TECH TIPS by Michelle Thompson at Cloud Free IT

In my 'day job' I hear mixed views about computers from customers and colleagues, friends and family. But I have a confession to make... Even though I'm a 'techie', I feel 'anti-technology' sometimes too! I'm a 'hippy chick' at heart, and when faced with a particularly thorny technical problem I find myself fantasising about living without gadgets; escaping to a remote Scottish island with no electricity or mobile signal. I sit in my isolated crofter's cottage carving pretty Celtic designs on my handmade wooden jewellery boxes. Just me, my chisels, gouges and a lot of wide open space.

**OK. One, two, three. I'm back in the room.**

Working with computers all day, you'd think the last thing I'd do is use one at home, but I do - for all sorts of things. I made a list of all the home tasks I've used my computer for and what a shock!

*Writing correspondence and magazine articles, banking, researching what to buy then buying it (food, clothes, books, music, movies, gifts, gadgets, antiques, tools, holidays, car tax, insurance...), managing schedules, planning journeys, paying bills, transferring money, ordering repeat prescriptions, applying for mortgages/jobs/ car leasing, storing, editing and viewing photos, designing leaflets, watching TV shows I missed, making contact with and chatting to long lost friends, building a family tree, selling unwanted clutter, playing Scrabble, reading the news, doing the household budget, offering and seeking support &*



*advice, checking facts & figures/opening times/bus & train times, learning new skills, booking exams, entering running races, walking events and prize draws, finding DIY/gardening tips & recipes, deciding on places to visit with the kids, reserving tickets for theatre or cinema. And so the list goes on...*

Could I fit all these things into my hectic life if I had to revert to traditional means for all of the above? I have tons of recipe books and encyclopaedias, dictionaries and travel guides. I could go into town more often to shop, bank & use the library. I might even drop in on old friends (or they on me) for a coffee and a catch up and pop into the Tourist Information Office for

ideas on where to take the kids this Easter.

Frankly, the pace of life these days just won't allow me to do all these things. Heaven knows I'd love to have time to browse shelves and make use of helpful services offered by human beings, rather than hear sad news of the decline of the high street and the demise of local libraries. I'm sad about this state of affairs, but it seems unlikely that I could live at my current pace without a PC and a smartphone; unless I did live on that remote Scottish island with only my inner thoughts, the wildness of the countryside and a few midges for company of course...

So hooray for my computer - You are my diary, address book, reference library, shopping catalogue and personal shopper, my holiday brochure, photo album, gardening/DIY manual and recipe book. My oracle!

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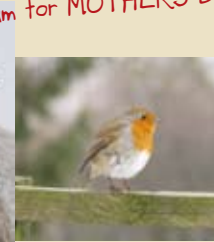


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