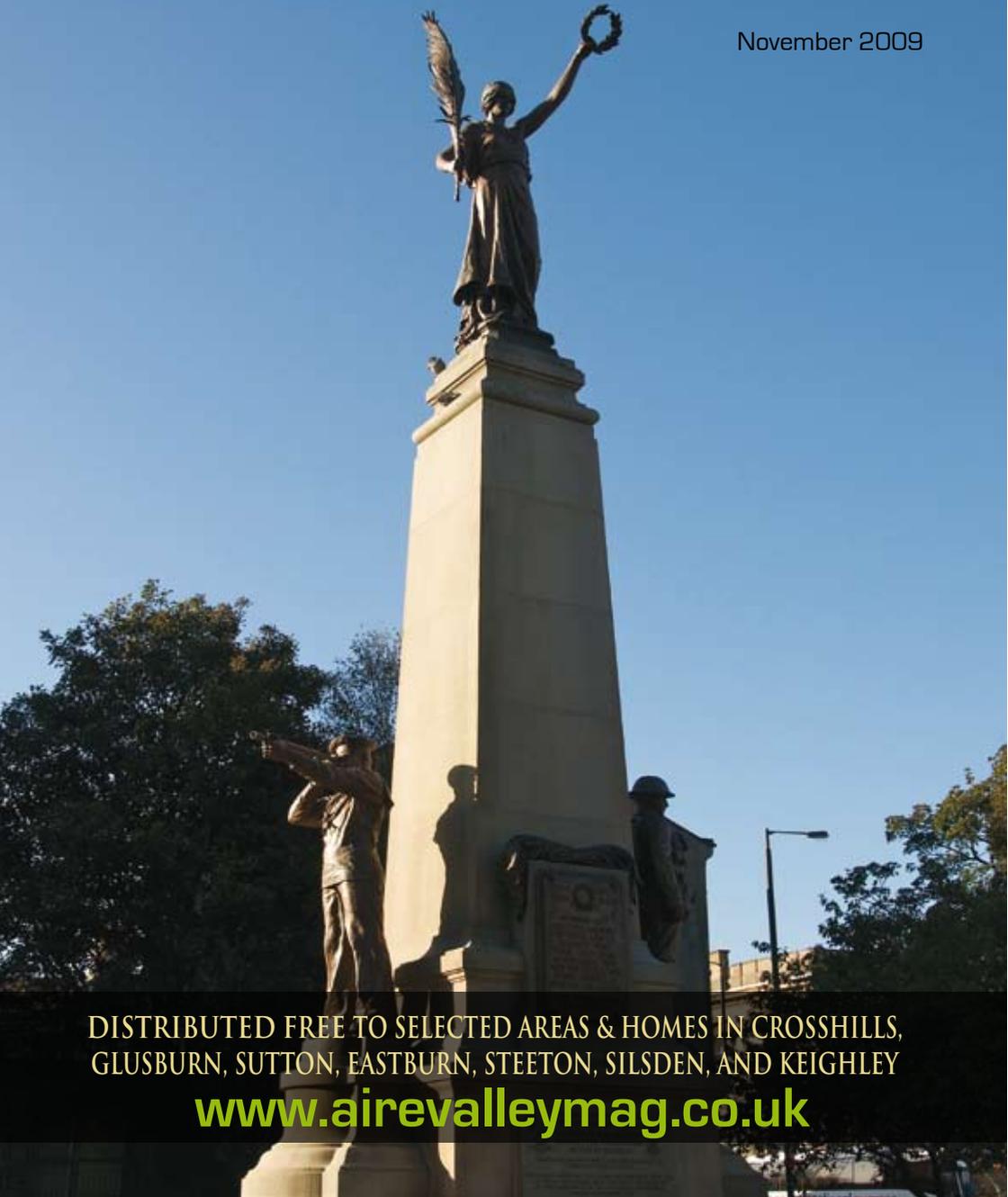


# AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

November 2009



DISTRIBUTED FREE TO SELECTED AREAS & HOMES IN CROSSHILLS,  
GLUSBURN, SUTTON, EASTBURN, STEETON, SILSDEN, AND KEIGHLEY

[www.airevalleymag.co.uk](http://www.airevalleymag.co.uk)

# Afternoon Tea at Ashmount

Join us for a Traditional Afternoon Cream Tea at Ashmount Country House.

Luxury and comfort set in a tranquil, relaxing setting and all just a 3 minute stroll from the centre of Haworth.

Afternoon Tea served daily  
2.00pm - 5.30pm. Booking is advisable.  
T: 01535 645726 E: [info@ashmounthaworth.co.uk](mailto:info@ashmounthaworth.co.uk)

“Afternoon Tea was amazing - what a wonderful find, we will be back soon.”

**Ashmount Gift Vouchers available - the ideal gift for family, friends and relatives.**

Ashmount Country House Myholmes Lane, Haworth,  
West Yorkshire, BD22 8EZ W: [www.ashmounthaworth.co.uk](http://www.ashmounthaworth.co.uk)



Photography by GJ Scott



## WORTH & AIRE VALLEY MAGS

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORIES



There is definitely a nip in the air. This is the time of year when I relish lighting the fire and curling up with a book. All the best, Liz

**Contact us: 01535 642227**  
Elizabeth Barker, Editor

We are looking for volunteers to help compile our editorial content and non commercial community pages. Journalism, media studies and graphic design students are welcome as well as mature & computer literate individuals

email: [info@worthvalleymag.co.uk](mailto:info@worthvalleymag.co.uk)  
[www.worthvalleymag.co.uk](http://www.worthvalleymag.co.uk)



Liz Barker

# Cosyfeet

We are YOUR local Cosyfeet authorised stockist

footwear, socks and hosiery for men and women specially designed for wider feet



New Winter styles & colours  
Order from us with NO postage & packing and NO obligation



33 Sun Street  
HAWORTH  
West Yorkshire  
BD22 8BS  
[ruth.moore8@btinternet.com](mailto:ruth.moore8@btinternet.com)  
[www.worth-ability.co.uk](http://www.worth-ability.co.uk)

Traditional & experienced service  
Free local home delivery  
No obligation appointments  
GOOD ACCESS  
EASY PARKING

call Ruth on  
01535  
**644496**



**worth ABILITY**

Professional Traditional Courteous



## PC Consulting

Computers and so much more...

Computer Services For Home & Business

We come to you !



*Computer Sales, Service & Repairs.*

*Software & Hardware installed*

*Networks: Wired & Wireless*

*Virus Removal*

*Laptops: Supplied & Repaired*

*PC & Mac Support*

*No Call out Charge.*

*Advice is free not 0845*

*Dead Computer?*

*We can get your data back!*



Tel: 01535 645226    Mobile: 07939 137 179

www.pcconsulting.co.uk    E: [info@pcconsulting.co.uk](mailto:info@pcconsulting.co.uk)

Call 01535 642227 to be included in the next Aire Valley Mag



## *Robins' retreat*

Any gardener will know that you only have to put a spade or trowel into the ground and a Robin will be there in an instant, singing while you work and waiting for the opportunity to grab a morsel you have uncovered. They are known for being bold and inquisitive.

Why is it that when the leaves fall and you can actually see lots more Robins around, they seem to become more secretive? It is a common belief that this is caused by the rivalry for territory in gardens, and it is certainly apparent. Robins are fiercely territorial and the richer pickings of the well stocked Bird Table are prime sites. No doubt this competition forces them to keep their visits brief.

However, there is another reason. Many of our iconic Christmas Robins spend the majority of their year on the European Continent and migrate here for the milder Winter. (Milder, I hear you say!! Well everything is relative!!) This swells the number, increases competition, and more importantly, the European Robin does not have the same relationship with people as our native Robin.

Why is this? Well it goes back to the days of Wild Boar in Britain – Robins followed them around and as the pigs grubbed up the ground, they provided Robins with a feast. When the Wild Boar were wiped out, fortunately for the Robins, man was there to take over, so they instead followed the spade. This association with Robins is unique to Britain. So if you want to take a photo of a Robin this Winter, it'll be easier if you

## SEWING THE SEEDS

Autumn is a very busy, but important period in the agricultural calendar. With silage having been picked up from June – September and wheat harvested in July and August, the ground looks pretty bare. A blank canvas awaits the farmer's decision as to what next year's crop should be. Planning to harvest a crop 10 months in advance seems somewhat optimistic as there are numerous challenges such as the winter weather conditions (frost bite can ruin almost any crop), what markets will be available the following summer, the price of seed and inputs versus returns and finally current ground conditions.

When preparing the land for the crop, it's not just as simple as planting a seed. Firstly, the current crop remains must be destroyed to give new seed better chances. The grass could be killed with a herbicide then ploughed or rotivated. This process turns over the sod of soil as well as breaking it up, a bit like a crumble. Following which additional nutrients are applied in the form of farm yard manure and artificial fertiliser. Then it's time for the seed itself to be planted, having calculated the thousands of seeds required per acre, the seed drill evenly distributes them across the field. This is the point where you'll probably notice a fluctuation in bird numbers – scooping as much 'free' seed as they can.

To prevent patchy uptake of the crop and ensure the seed is firmly bedded in,



the land is rolled. The more compact the soil, the better the germination chances. All the aforementioned processes require stringent thought and precision.

Within a few weeks, the first green shrubs begin to peer through the soil. If you look carefully enough, you'll see the rows in which they were planted. Providing the ground temperature is still relatively warm, moist and has light, the grass seeds will thrive. Following a further fertiliser application and some light grazing, this crop will be ready to be harvested the following summer. Similar, but more complex processes are used to plant vegetables

So, when you see a 'naked' field, remember the processes and nurturing that are needed. When you're shopping at the greengrocer's consider the length of time, the inputs and the thought that was involved to grow these products.

# FRESH N FRUITY FAIR TRADE PARTIES

In September we featured a business called Fresh n Fruity; two ladies who sell and deliver organic fruit and veg boxes to local homes. This month we feature their second business venture, the newly formed Fresh n Fruity Fairtrade.

Jane Henry and Dawn Daykin have started this despite the current economic climate, and some may think it a brave or crazy thing to do, but they feel that, on the contrary, it is a good time to start a business.

## WHY FAIR TRADE?

Quite simply the girls say, "We believe that fair is fair. We like to think that we are not responsible for damaging the earth or its population and although our two businesses seem unconnected, we feel that they have a very similar ethos, whereas we acknowledge that organic and locally grown food supports the environment, we also feel that goods traded fairly support people in some of the poorest places on earth. With Christmas around the corner we feel it would be good if some of the benefits reached people who don't often receive very much support."

"We like to buy fair and ethically sourced products and suspect that many people will feel the same."

## SO WHY IN THE HOME?

"At the present time many people do not feel it is as affordable to go out with friends as it was in the past; with this in

mind we see our parties as a good night in; invite your friends around, ask them to



bring a bottle or just meet up and browse through our collection of fair trade products."

There is a lovely range of jewellery, bags and scarves and a large and varied selection of gift items starting from as little as £1.50 that make super stocking fillers for Christmas or even a treat for yourself. Many of the products are made from recycled materials and all dyes used are azo-free which create a safer working environment. All jewellery is handmade and individual, therefore giving a wonderful organic feel and all metal used is lead and nickel free.

## HOW DOES IT WORK?

"We sell on the night and take cheques or cash and the hostess gets 10% commission in goods, or alternatively we give 10% of the takings as a donation directly to your fundraising beneficiary."

## WHY FRESH N FRUITY?

Because we only sell what we ourselves would buy, the quality is good and the prices fair; if we believe in what we sell we feel honest and fair ourselves.

## FAIRTRADE IS OUR CUP OF TEA

(or glass of wine!)

## WHY NOT MAKE IT YOURS?

Book a party today. Call Jane or Dawn and say you saw it in the Aire Valley Mag!

Jane: 657374 Dawn: 654351



The Aire Valley Business Network is a networking group for business people in the Aire Valley.

The aim is to provide quality referrals to other members to help each other build our businesses and increase our member's profits.

But we're a group with a difference - while we have a structure to our group and meetings, there is no pressure to generate a set number of referrals each month and no membership fee.

We meet on the first Tuesday of each month at the Kings Arms Public House in Silsden, to promote our businesses to each other and gain "moral" support from other members.. as well as doing a bit of socialising. The meetings start at 5.30pm and last an hour which is usually enough time to get through the structured introductions, requests for work and then it is down to each other to network.

We have a website that contains all of our members details, regular newsletters, and information about next meetings. It is undergoing a revamp presently to allow our members to control what goes on the site and what information is available to newcomers. [www.avbn.org.uk](http://www.avbn.org.uk)

We also use the meeting as a forum for exchanging ideas for helping each other out. It is often where the best ideas for fund raising, training and business mentoring come from as well as any business opportunities that may come up!

It's a sociable occasion with a serious message, and we welcome all businesses, new and old to come. **Remember the next event is on the 3rd November.** See you there!

**Blah..Blah..Blah!**  
Activewear and Logos

Blah..Blah..Blah!  
Activewear and logos

**PROMOTE YOURSELF**  
YOUR BUSINESS, SCHOOL,  
COUNCIL, GOLF TOUR,  
SPORTS CLUB, HEN AND  
STAG PARTY

**Wear for every occasion**  
All work wear tax deductible

No minimum order  
Free quotes and advice  
Free brochure on request  
Very competitive prices  
Tel: 01535 642518  
Email: [blahclothes.logo@btinternet.com](mailto:blahclothes.logo@btinternet.com)

adidas BELLY  
FRUIT HANSEN  
OF THE LOOM NIKEGOLF  
Slazenger Snickers  
GAMEGEAR HENBURY  
Regatta Dickies  
TuffCap

**STEVE DALE**  
Motorcycle Services

**MOT Testing Centre**

01535  
**655528**

Coach House Station Road  
Steeton West Yorkshire  
BD20 6RY

**CarpetNurse** co.uk  
"Nursing your carpets back to health"

**CleaningNurse**  
"Commercial and Domestic cleaning"

- Carpets & Upholstery Cleaning
- Buy to Let Cleans
- Builders Cleans
- Commercial & Domestic Cleaning
- Great Rates & Professional Service

Family run company established in 2006  
"Your Complete Local Cleaning Service"  
Call: 07921 645612  
e: [info@carpetnurse.co.uk](mailto:info@carpetnurse.co.uk)  
w: [www.carpetnurse.co.uk](http://www.carpetnurse.co.uk)

Say you saw it in the Aire Valley Mag!



# WINED & DINED

BY CLAIRE SMITH

I probably shouldn't encourage it; falling under a seductive spell of mellifluous sweetness is after all terribly

bad for you. Maybe I shouldn't mention honeycombed sweetmeats that melt on the tongue, or tantalisingly smooth chocolate, or the clouds of spun sugar that threaten to lead one astray; but we are only days away from the carnival atmosphere of bonfire night- crackling flames, roman candles and Catherine wheels; candy-floss, fudge and toffee apples; the scent of frying sausages and mounds of caramelised onions, potatoes baking slowly in the glowing embers of the fire, and pockets stuffed with sweet temptations.

When the air outside is cold and crisp, the sensation caused by the creamy embrace of a soft caramel pillow or the deep, crumbly butteryness of fudge is hard to resist. Though I find it difficult to decide just where my allegiance lies when it comes to choosing between the two, fudge definitely has the edge for me. Both are mouthwateringly creamy, but caramel can cause havoc if it gets wedged in your teeth, whereas a satisfying square of gloriously golden fudge melts slowly, possessing a crystalline fragility when in the mouth. It does need to be freshly made though; beware of fudge that is loaded with too many extras; if the sell by date says, "consume this century"; don't bother.

From the smooth sophistication and dreaminess of fudge and caramel (butterscotch and treacle toffees fall into the same category) one might naturally progress to the ethereal realms of honeycomb, or cinder toffee as it is otherwise known. The alchemy involved in the process of making honeycomb lends an air of mystery to this sweet volcanic eruption. Covered in milk chocolate it is even better; exploring its secret labyrinths through a veil of melting chocolate makes it the champagne experience of the toffee world; the fact that it is so quick and easy to make only adds to the allure.

November brings an abundance of crisp apples to be coated and enjoyed by children and adults alike, and nights when the air will be filled with the sweet scent of waffles, doughnuts and clouds of pink candyfloss, but if you wish to take the sweet element of your bonfire night celebrations to a new level of sophistication try making your own sweet treats and presenting them in pretty boxes or tins to pass around the bonfire; clusters of fruit and nuts embedded in chocolate, and honey and nut chocolate tuiles to accompany steaming mugs of hot chocolate; cubes of soft buttery fudge to serve with coffee, strips of white chocolate "bark", studded with apricots, macadamia nuts and raisins and bite size cubes of ginger cake and treacle sponge. Sweet morsels that help to release the inner child whilst fireworks pepper the skies with shimmering colour and dancing light.

worthbaking

A delicious range of individually baked and hand decorated christmas and party cakes made to order



See my new website  
www.worthbaking.co.uk

info@worthbaking.co.uk

Tel 07835 115900



## DIGITAL HEARING CARE



### Take control of your hearing

*Suffering from hearing loss?*

**5 good reasons to talk to Digital Hearing Care today**

- 1 Expert local hearing aid specialists waiting to help
- 2 Digital hearing aid technology from brands you trust
- 3 Personal service before, during, and after
- 4 Competitive pricing, free hearing tests & good advice
- 5 60 day money back guarantee

**Digital Hearing Care, Keighley BD21 1SX**  
Home visits can be arranged throughout the Yorkshire area  
Call (01535) 606350 for a hearing assessment

Relieve the stress and strains of Christmas shopping & enjoy hosting a

## FAIR TRADE PARTY



- ◆ Get together for a great night in
- ◆ We bring our beautiful collection of Fair Trade products to your home, village hall, church, etc.
- ◆ Wide range of jewellery, bags, scarves and fabulous gift items to choose from
- ◆ Earn 10% commission on all sales

**FAIR TRADE FOR A FAIRER WORLD**

Ring now to book  
Dawn  
01535 654351/07932 300322  
Jane  
01535 657374/07905 321567

**FRESH N FRUITY FAIR TRADE**

## Home Willwriting

*Only a Will provides peace of mind that your wishes will be carried out.*

- Free Initial Consultation
- Guardianship For Children
- Inheritance Tax Planning
- Protecting Against Nursing Home Fees
- Lasting Power Of Attorney's
- Probate Services

For a Professional, Caring and Friendly Service  
Call 01756 701132  
info@goodwillsprofessional.co.uk

Goodwills Professional 

# POPPY TRAVEL

the experience of remembrance

As part of The Royal British Legion, Poppy Travel arranges unforgettable travel - the experience of Remembrance. No other tour operator will understand your needs as clearly or have greater sympathy with your hopes and expectations - Poppy Travel has been providing this service since 1927.

They offer a comprehensive range of Remembrance and Battlefield Tours to all corners of the globe and to suit all tastes. They can also create customised tours for groups with specific interests and connections and have a flexible and affordable programme for Schools and Young People. Poppy Travel is the official provider of Realities of War syllabus tours for Army recruits in 2009.

Visit the Poppy Travel website for details at [www.poppytravel.org.uk](http://www.poppytravel.org.uk).

## In Flanders Fields

By: Lieutenant Colonel John McCrae

In Flanders Fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.  
We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved, and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch, be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

## Firework Code

- Only buy fireworks marked BS 7114.
- Don't drink alcohol if setting off fireworks.
- Keep fireworks in a closed box.
- Follow the instructions on each firework.
- Light them at arm's length, using a taper.
- Stand well back.
- Never go near a firework that has been lit. Even if it hasn't gone off, it could still explode.
- Never put fireworks in your pocket or throw them.
- Always supervise children around fireworks.
- Light sparklers one at a time and wear gloves.
- Never give sparklers to a child under five.
- Keep pets indoors.
- Don't let off noisy fireworks after 11pm.

[www.direct.gov.uk/fireworks](http://www.direct.gov.uk/fireworks)

**FIREWORKS  
BE SAFE  
NOT SORRY**  
ALWAYS FOLLOW THE CODE

The Oakworth in Bloom Group have again been working hard at Holden Hall this year. The flower beds which were created last year have filled out and now look better than ever. Best of all, and with the support of Oakworth Forward and the Village Society, the area between the hall and the pavement was terraced and planted - what a transformation! The materials used look like traditional sleepers - in fact, they are recycled plastic; a product increasingly in use across the Dales Park.

The Group's hard work was recognised when Holden Hall was awarded a Silver Gilt award by Yorkshire in Bloom, with the judge recognising the commitment and enthusiasm of the volunteers both in carrying out the work, and in raising the funds to continue with it.

New ideas are always welcome, as is an extra pair of hands. 01535 644001



# WORTH & AIRE VALLEY MAGS

## COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORIES

**Supporting the local community**  
**Creating work & volunteer activity**  
**Encouraging all age participation**  
**Connecting people & businesses**  
**Building networks**  
**Delivering more** **01535 642227**

We aim to spotlight talent. If you are an artist, poet, photographer, designer, writer or videographer looking for a platform from which to shine...**call us!**

**KEEP TRADE LOCAL** Reaching Over 30,000 readers monthly

[www.worthvalleymag.co.uk](http://www.worthvalleymag.co.uk) [www.airevalleymag.co.uk](http://www.airevalleymag.co.uk)

Please choose local suppliers

**Craven Foot Health**  
 Mrs. Claire Minikin MCFHP MAFHP  
 Registered Member of the British Association  
 of Foot Health Professionals  
**Foot Health Check and Advice**  
 Nail Trimming and Removal of Corns, Calluses,  
 Verrucae and Other Foot Related Problems  
 Craven Foot Health, Glusburn BD20 8DS  
 Telephone (07967) 316153 for a home visit

**AM ELECTRICAL** Contact  
 Allen Menzies  
 for a  
 friendly  
 helpful  
 service

- All electrical work undertaken
- Repairs and re-wiring
- No job too small, no job too large
- Plumbing and tiling work
- Carpentry and double glazing
- Covering Keighley and surrounding areas
- Free quotes
- No call out charges (during normal working hours)

**01535 657429 / 07866 458844**  
 Email: allen@amelectricon.co.uk Web: www.amelectricon.co.uk

**WANTED**  
**50 Men & Women to  
 Lose Weight In 30 Days**

No classes to attend or calorie counting,  
 exercise optional and still able to enjoy a  
 healthy meal a day.

Text: **AIRE** and your **NAME**  
 to **07968 793968**



**Xpert  
 ELECTRICAL**

All Aspects of Electrical Work Undertaken  
 Domestic, Commercial & Industrial  
 Security Systems Full/Part Rewires  
 Inspection & Testing PAT Testing  
 NICEIC Approved contractor & Domestic installer  
 dan@xpertelectrical.co.uk

**01535 642090 • 07967 591688**

**The Snooty Fox**  
 Colne Road, Oakworth 01535 642689

**Bonfire Night**  
 Fireworks and Food

Enjoy Live Entertainment in Oakworth

Sat 7th Nov  
**THE TAKING**  
 (Fantastic local band)

Sat 14th Nov  
**THIRD SCENE**  
 (Covers band)

Sat 28th Nov  
**KEEP THE DRUMMER HAPPY**  
 (Covers band)

**ALL SKY SPORTS SHOWN ON BIG SCREEN**

**Professional  
 Drum Tuition**

- ✓ Qualified Teacher
- ✓ CRB Checked
- ✓ 20 Years Experience
- ✓ All music styles for all ages

**Stuart Kaplan 07960 167574**



**www.andrewfixit.co.uk**

Friendly Computer Service  
 for the Home & Business

Please note our new telephone number -  
 Microsoft **Tel: 01535 600456**  
**CERTIFIED** Mob: 07779 631370  
 Professional andrewfixit@hotmail.com

Real-world experience and personal expertise  
 makes my services the right choice for you!

**CLOUDFREEIT**  
 ...the way IT's meant to be!



In 2006 Gareth Harrison decided to leave his technical consultant post in a large nationwide IT company to start his own business. He had a simple mission in mind: make top quality IT consultancy and support more affordable, yet never compromise on quality.

Based at Gareth's home in Haworth initially, Motion IT Consulting Limited, quickly outgrew the space available, moving to Keighley Business Centre on South Street in 2007. The core team of four, plus specialist associate consultants, is deservedly proud of the company's track-record. Their commitment to the original mission is demonstrated through achieving **Microsoft Gold Certified Partner** and **Small Business Specialist** status two years running, as this requires on-going training & development, and relies upon customers submitting quality references directly to Microsoft.

Using the wealth of experience gained in working with larger organisations, 'Motion ITC' launched **CloudfreeIT** to raise the standard of IT support for local Small Businesses. CloudfreeIT's services are tailored to meet individual business requirements, by offering **first-class on-site support on an 'ad hoc' no contract basis**. Phone & remote support, systems

*In response to market demand for affordable home user support CloudfreeIT offers fixed price servicing, repairs and upgrades, starting from only £9.99!*



If you want help from the **approachable** experts call in to Keighley Business Centre and meet the team, phone 01535 358161 (9:00 to 5:30 Monday to Friday) or check out the website <http://www.cloudfreeit.com>

**Raising the bar in IT Support for homes and businesses in the Aire and Worth Valleys**

management and maintenance services are available through cost-effective agreements. **You only pay for the services you need.**

Gareth says, "Without your own IT staff 'in-house', it is tempting to try to manage things yourself, calling for support only when you're really stuck. It's likely to work out more expensive in the long run though, because of the impact on your business efficiency and, ultimately, your profitability. IT doesn't have to be this way!"

**Now is the time to really maximise your investment in IT, however small your budget!**

CloudfreeIT considers your business as a whole, working with you to get the very best out of your existing systems, advising & supporting you to keep your business running smoothly long term. If you need new systems, but cashflow is your main obstacle, they can even offer excellent value Lease Terms, so you can have the IT system your business needs now to help you stay ahead of your competition!

So what is it that makes CloudfreeIT so refreshingly different? Sales Director, Michelle Thompson says it's because "...we're clear about our prices upfront. We don't just fix problems — we go much further, ensuring the preservation & security of the customer's data and offering advice to help prevent future problems. We don't hide in a faceless call centre, and we *all* care deeply about our customers. **We really are the human side of IT!**"

Do you run a Business?  
Are you Thinking of  
replacing your  
Business System?  
Then, Think again...

Contact now for a **FREE**  
assessment of how we  
can help **YOUR** business



Helene Heyes 07906 666305  
email helene.heyes@ark-IT-tech.com  
Paul Heyes 07986 672072  
email paul.heyes@ark-IT-tech.com www.ark-IT-tech.com

Your Local Independent  
Insurance Advisors

Finding You The Best Quotes  
For All Insurances

**veritass**  
honest and impartial advice  
0800 1954427

**LOWBRIDGE**  
*Established 30 years*  
**UPHOLSTERY**  
& Leisure Curtains

*Don't Replace - Recover!*

*Your favourite piece  
of furniture recovered or upholstered*

*Campbell Street Keighley - 01535 665010*

# Manor Blinds

Cavendish Court Lawholme Lane Keighley West Yorkshire BD21 3DY



- ◇ Extensive range of made to measure blinds
- ◇ Conservatory blinds a speciality
- ◇ Security products
- ◇ A professional service from a family business  
with over 40 years experience
- ◇ Visit our factory show room

◇ Free measuring & fast free fitting service

**Tel 01535 691919**

Tell us you saw this ad  
in the Aire Valley Mag!



## WOULD YOU LIKE TO WORK AS A Market Research interviewer?

Ipsos MORI is one of the largest Market Research companies in the UK. Our interviewers work door to door asking people their opinions on a wide range of subjects - from radio listening to newspaper readership, from council services to supermarkets. Sometimes the survey results are published in the media, sometimes they have to be kept confidential, but we know that the opinions we collect help to influence the decisions of our clients.

Go to our website at  
[www.ipsos-mori.com](http://www.ipsos-mori.com)  
to find out more about us.

We're looking for interviewers to work for us in this area. Interviewers are friendly, self motivated people who can organise themselves and who like the fact that no two days are alike. One day you might be driving to Skipton to ask people to keep a radio listening diary for you, the next day you might be in Bradford asking people what they think about council services. And you'll meet a whole range of interesting people - young and old, men and women, doing different jobs and from a mix of cultures and backgrounds.

Interviewers are booked to work for us on an assignment basis which means that when we have work we can offer it to you, you look at your diary and decide whether to accept it or not. While you're learning,



it's better to work in blocks of 6 hours a day to really get to grips with the job; and because we want to contact both working and non-working people too, you will need to do some work in the evening and at weekends. We usually ask you to be available for a minimum of 2-3 days a week.

You don't need any special qualifications, but certain criteria apply - you need a car, a landline and documents to show that you are eligible to work in the UK. You need to have a good level of spoken and written English, and be able to read aloud confidently and accurately.

**We provide full training and support**

If this sounds like the sort of work you would enjoy, please contact us.

**0845 345 7065**

or visit our website:

[www.ipsos-mori.com/interviewers](http://www.ipsos-mori.com/interviewers)

Please quote reference number 166.

# Ipsos MORI

We Support Local Trade



Keighley Cenotaph

**THE ROYAL BRITISH LEGION** is the national custodian of Remembrance, a role which ensures that those who gave their lives for peace and freedom are remembered. The act of observing a Two Minute Silence began in 1919 following the Armistice at 11am on the 11th November 1918 at the end of the First World War. In 1921, the year the Legion was formed, 'Armistice Day' was formally adopted as the national day of Remembrance and the Legion was charged in its Royal Charter with organising "Festivals of Remembrance, services and parades to perpetuate the memory of sacrifices made during service with Our Armed Forces in war and peace".

In the 87 years which have passed since then, the Legion has been responsible for organising national, regional and local ceremonies of Remembrance to reflect the nation's concern that the human cost of war should not be forgotten. At national level these include:

**The annual Poppy Appeal.**

Every year the Legion mobilises a countrywide network of Poppy Appeal collectors to meet the enormous public demand for poppies – the nation's symbol of Remembrance.

**The Two Minute Silence** at 11am on 11th November when the nation pauses to honour those who gave their lives for peace and freedom. The Legion has been instrumental in reinstating this in the nation's calendar.

This year marks the 65th Anniversary of D-Day and The Royal British Legion held special events to reflect this.

**The annual Festival of Remembrance.**

Every year the Legion organises a festival at the Royal Albert Hall to pay tribute to all those who have given their lives for our peace and freedom.

**The Parade and Service at the Cenotaph in Whitehall** on Remembrance Sunday organised by the Government and the Legion.

Remembrance is not just about those who fought in the two World Wars of the last century, but also about those involved in the many other conflicts worldwide since 1945 and those still fighting for peace and freedom now. It is also about learning from the past and resolving to make the world a better place to live in the future.



Ian Wilson, President of the Keighley chapter of the Royal British Legion and a positive agent for action and support.



Hayley Westenra and Dame Vera Lynn launch the 2009 Poppy appeal.

Forces sweethearts from yesterday and today joined hands to launch the 2009 Poppy Appeal in support of the Afghan generation of Armed Forces wounded and bereaved.

Dame Vera Lynn, the original Second World War Forces sweetheart who is once again at the top of the British charts, was joined by Kiwi songbird Hayley Westenra in launching the Poppy Appeal with a fundraising goal of £31 million.

Launching the campaign in a colourful ceremony from London's Horse Guards Parade, well known venue for the annual Trooping the Colour, Dame Vera was joined by the Regimental Band of the Irish Guards and members of the Queen's Life Guards in full state ceremonial regalia.

My songs were very popular when the boys were away, and now the boys are away again and my songs are popular again," said Dame Vera, 92. "I hope the British public support the Poppy Appeal and for their sake, please wear a poppy."

"The Royal British Legion is the leading UK charity providing direct, practical support for our wounded heroes and bereaved Armed Forces families," said the Legion's Director of National Events and

Fundraising, Russell Thompson OBE. "The past 12 months of bloody conflict have increased the need for our help both today and for years to come."

Since 2003, the Legion provided financial help to 10,000 Service personnel and recent veterans of Iraq and Afghanistan. "We represented one-third of all the appeals for higher compensation payments for injuries suffered in Afghanistan," Mr Thompson said. "And, our campaigns have led to increased compensation awards which have placed an extra £7.5 million in the pockets of the most seriously injured."

The Legion currently spends more than a £1 million a week in its work helping over 130,000 other members of the Armed Forces Family – dependents, veterans and the bereaved. This year it hopes to extend its reach more than 160,000 beneficiaries. "In order to fund this work we would like this year's Poppy Appeal to equal last year's record total of £31 million," Mr Thompson said.

The Royal British Legion's 2009 Poppy Appeal targets support for the wounded and bereaved of Afghanistan with a sobering poster campaign featuring a young war widow and a Royal Marine double amputee, both of them attending the Appeal launch.

Using the motto, 'For their sake, wear a poppy', the Poppy Appeal poster campaign also for the first time features a coffin being repatriated from Afghanistan.

<http://www.britishlegion.org.uk>



COLOUR WHERE YOUR HOME NEEDS IT...



**J. DAVIES**

**PAINTER & DECORATOR**  
PRIVATE & COMMERCIAL  
QUALITY WORKMANSHIP  
RELIABLE SERVICE - REF'S AVAILABLE

**01535 603402**  
**07955 115014**

**Steve Daykin**  
**Interior Painter and Decorator**  
Quality work, good rates,  
reliable clean fast service  
*For a free quote please ring*  
**01535 654351 / 07765 890532**

**JSC Plumbing & Heating**  
Serving the Aire & Worth Valleys

- ✓ Central Heating
- ✓ Installation
- ✓ Servicing
- ✓ Landlord Certs
- ✓ Boiler Changes
- ✓ Call Outs
- ✓ LPG
- ✓ Power Flushing
- ✓ Boiler Repairs

**07832 374208**  
**01535 211787** James St. Claire 

**AIRE VALLEY FORGE**  
**CREATIVE WROUGHT IRONWORK**

Automated Gates Balconies & Stair railings  
Wrought Iron Gates Security Grilles and Doors  
Railings and Fencing Repair service

*"Could you make...."?*  
*....the answer is always 'yes'*

**CALL PAUL 0777 58 36435**



**R.P. DECORATING**

All Aspects of Decorating  
Interior & Exterior  
Domestic & Commercial

*City & Guilds Qualified  
With over 20 years experience  
For FREE Professional advice  
FREE estimate call:*

**T: 01535 642 864 M: 07989 560 206**



**Simon Thompson Plumber**

- Bathroom installations
- Tiling
- Leaks
- Outside Taps
- Leadwork
- ALL PLUMBING WORK UNDERTAKEN
- **FREE QUOTES**
- **NO JOB TOO SMALL**



Tel: 01535 649370 Mob: 07870 383785

**G B Plumbing & Heating**  
*(Based in Sutton in Craven)*

- ✓ No obligations quotations
- ✓ Local Friendly service
- ✓ All aspects of plumbing & heating undertaken

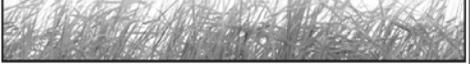
**24/7 Emergency Call Out**  
**Gareth Brown - 07894133549**



**Mike Smith**  
**Landscapes**  
EST. OVER 20 YEARS

Fence Work - Decking  
Pathways & Patios  
Walls & General Landscaping

**free quotes and advice**  
**01535 600129 - 07710 215 061**



**Jacques F. Balson**  
Painting & Decorating

Apprentice Trained  
Free Estimates  
All Work Guaranteed  
No Job Too Small  
Over 30 Years Experience!

**01535 661823**



*Church notice BLOOPERS*  
These funny notices actually appeared in church bulletins or were announced in services:

1. The Fasting & Prayer Conference includes meals.
2. The sermon this morning: "Jesus Walks on the Water." The sermon tonight: "Searching for Jesus."
3. Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
4. The peacemaking meeting scheduled for today has been cancelled due to a conflict.
5. Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say "Hell" to someone who doesn't care much about you.
6. Don't let worry kill you off, let the Church help.
7. Miss Charlene Mason sang "I will not pass this way again," giving obvious pleasure to the congregation.
8. For those of you who have children and don't know it, we have a nursery downstairs.
9. Next Thursday there will be tryouts for the choir. They need all the help they can get.
10. The Rector will preach his farewell message after which the choir will sing: "Break Forth Into Joy."
11. Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

**Too hot in summer?**  
**Too cold in winter?**

**Are you getting 100% out of your conservatory or porch?**

Changing to a tiled roof won't cost the earth... we have insulation solutions for all styles and shapes.



Do you have steamed windows?  
Need to make repairs to existing units?

Call us today to get more use from your conservatory and to add value to your home.

**For expert advice (over 18 years experience) and a FREE quote ring John Farrar**

**07971 082198** EVENINGS: **01535 665086**

**MICK'S**  
GUTTERING REPAIRS & CLEANING  
*plus*  
Boundry Wall Maintenance & minor Roof Repairs undertaken.  
Based in the Worth Valley

Phone:  
**01535 648895 or 07837452604**



Call 01535 642227 to be included in the next Aire Valley Mag

Say you saw it in the Aire Valley Mag!

**Adele's**  
IRONING SERVICE



**£20 for 35 items**

Telephone:  
01535 648895  
Mobile: 07837 452604

**Free Collection & Delivery**

**Oakworth Cleaning Services**  
Reliable, experienced cleaners available now for daily, weekly, one-off cleans.



**Introducing a new Garden Tidy Service!**

01535 642549  
07812 577320

email: oakworthcleaningservices@msn.com  
Fully insured.

extremely ironed



**Professional Ironing Service**

For the Worth Valley, Aire Valley, & surrounding areas

**FREE collection & delivery**  
Also offering **DRY CLEANING Service**

**01535 640230**

Email: info@extremelyironed.co.uk  
Website: www.extremelyironed.co.uk

We are pleased to use **ECOVER**  
Effective Cleaning - Ecologically

**Aerial & Digital Installations**

Family run business with over 10 years experience.

Digital Aerials I-R-S Systems  
Freesat & HD Sky Extras

Call: 07850636902 & 08000132341

**TV, Aerial & Satellite installations**  
Digital signals available throughout the Aire & Worth Valleys  
Let us help you make the switch

**digital** ✓

Fully insured member of the CAI  
20 years experience  
All work guaranteed  
Locally based

Freeview sky freesat

CCTV Services  
Plasma & LCD TV Mounting

CAI S Hardaker Aerials  
**644430**

**FREE**

**SAME DAY COLLECTION**  
**OF ALL YOUR UNWANTED SCRAP METAL**  
(NO FRIDGE FREEZERS ACCEPTED)

WASHERS COOKERS DRYERS RADIATORS  
DISHWASHERS ETC

CALL KEITH - TEL :- 07550013503  
E-MAIL :- scrapmanlocal@hotmail.com

**Sticky Caramel Pecan Cakes**

Ingredients:

- 175 g butter (do not substitute margarine)
- 55 g toasted pecans,
- 175 g plain flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 175 g light soft brown sugar
- 2 eggs
- 1 teaspoon vanilla extract
- Sifted icing sugar, for sprinkling (optional)
- Sliced bananas, to serve (optional)
- 1 bag soft chewy toffees
- small tub of single cream

Directions:

- Preheat oven to 180°C/fan 160°C/Gas 4.
- lay out paper cases on baking tray
- Microwave butter, loosely covered, on HIGH 1-1 1/2 minutes or until melted, stirring after every 30-second interval; set aside to cool.
- Toast pecans on a tray in the top of the oven for a few minutes until crisp. Allow to cool and



finely chop pecans

- Add brown sugar, eggs and vanilla extract to melted butter; whisk until combined.
- Add the rest of the ingredients and fold together until combined (do not over-mix). Place one scoop of mixture into each well of prepared pan, dividing mixture evenly. Bake 18-22 minutes or until edges of cakes are golden brown. Remove from oven; cool 5 minutes in pan. Carefully invert cakes onto Stackable Cooling Rack; dust with sifted icing sugar. For toffee sauce, simply melt the toffees and half of the cream together in the microwave on a medium high heat, stirring every 30 seconds until creamy and melted.

Arrange five banana slices in a circle in centre of each serving plate, place 2 cakes on each and top with toffee sauce!  
These look fantastic made in the Pampered Chef floral silicone baking pan. You dont need paper cases, nothing will stick, and the cakes come out in beautiful flower shapes - perfect for parties!  
Contact Nel on 07835 115900 or see www.pamperedchef.biz/nel

**TESLA SECURITY**

20yrs Experience  
Keeping Yorkshire Secure

Does your security box display any of these logos?

TESLA SECURITY HES CROFT SECURITY DETRONIC SSsecurity

Then you may already be serviced by Tesla Security

- Alarms & CCTV
- Excellent Service
- New Installations
- Maintenance & Monitoring, Redcare, DualCom or just Audible

You can switch over your alarm to Tesla for **FREE!** \*  
(\* few conditions apply, mention this ad when you call)

**01274 833955**  
teslacorporation@btconnect.com

**CLEANING SERVICE FOR**  
Conservatory Roofs \* Gutters \* Frames \* Windows

All maintenance and repair work undertaken (including openers, leaking gutters, doors, and steamed units changed)

**NO JOB TOO SMALL**

Call John Farrar on  
**07971 082198** evenings: **01535 665086**

**I.L.R Aerials**

Digital Aerials & Freesat Systems Supplied and Fitted

freesat Freeview

For Prompt Reliable Service Guaranteed

**01535 645403 • 07966 467032**  
www.ilraerials.co.uk

**Sun 1st Nov. Sutton Village Bonfire and Fireworks.** From 5pm Family event. Food stalls, glo sticks, spectacular display. Crag Lane field. Contact 01535 636639 for more details. Donations at gate.

**Thur 5th Nov Royal British Legion Remembrance Service.** Garden of Remembrance Town Hall Square, Keighley 11.00 am.

**Thurs 5th Nov. Bolton Abbey Fireworks & Bonfire.** In support of Manorlands. Gates open 6pm Bonfire: 7.00/7.30pm Fireworks: 8.00/8.15pm Food & Drink Hot fast food - burgers, hot dogs etc. Entertainment, DJ " children's entertainers Face painters, balloons, magicians, clowns, circus acts, etc. Book Now to avoid queues on the night bo Tickets: £6.00 pp (0)1756 718155.

**Sat 7th Nov. Bonfire in Bradley.** Bradley Green 6pm. £1. pie & peas, including rides & music from Drystone Radio DJ.

**Sat 7th Nov.** 10am - 12 noon Coffee Morning St James Church Hall, Silsden. Various stalls, cakes, men's and ladies' clothing, books, bric-a-brac etc.

**Sat 7th Nov Steeton Male Voice Choir.** St Anne's Church, Keighley £5 adult: £3 child Contact: Canon Gilligan 603356

**Sun 8th Nov Remembrance Sunday.** 9.30 am Parade to Shared Church followed by National Remembrance in Town Hall Square, Keighley at 11.00 am. 618252

**Sun 15th Nov Exhibition of paintings by Sutton Art Club.** 10am - 4pm. Senior Citizens' Centre, North Street, Sutton.

**Sun 15th Nov. Glusburn Institute Art & Craft Fair.** 10am-4pm.see more details.

**Sun 15th Nov. Keighley Farmers Market** at Church Green, Keighley 9:00 - 1:00pm.

**Wed 18 Nov. Christmas Cheer at East Riddlesden Hall** 5-8pm Christmas late night opening in the shop, discounts and promotions. Tearoom open; Join the



Christmas supper club and shopping evening for a night of festive cheer! 01535 607075 contact: samantha.lawson@nationaltrust.org.uk

**Thur 19 Nov Christmas Lights Switch-on.** 6.00 pm on Church Green, Keighley. Town Centre Manager 618085

**Sat & Sun 21st, 22nd Nov Shakespeare With Punch.** A fast moving celebration of the bard. Set in Skipton Castle Granary. A professional presentation by Dean Taylor Associates.

Sat. 7pm Sun. 2pm & 7pm Gates open from 6.30pm For enquiries and bookings contact Box office on 01772 466256

**Sat 21st Nov.** Veritass Insurance Brokers celebrating 20 years in business with an **Anniversary Party at Sutton Village Hall.** This is a fund raising event for Manorlands Big Wigs Challenge. Tickets £15 incl. pie & pea supper, live band Total Wrex. Ticket only. Contact Veritass on 01535 649150.

**Sat 28th Nov. From Laptop to Bookshop, The Mslexia Roadshow:** Mslexia is a magazine for women who write. The Mslexia Roadshow offers a day of creative writing opportunities. Book on to events individually or for the whole day. Sponsored by the Bronte Parsonage Museum, Haworth. contact jenna.holmes@bronte.org.uk / 01535 640188 for details.

**Keighley and Craven Athletics Club** for 6 year olds to any age. Lady Beginners on Thursday nights. Run out of Greenhead School, Keighley, Phone Wendy for further

details 0777 96 96 511

**Over 50's Table Tennis Practice** for all abilities Keighley Table Tennis Centre, 2nd Floor, Keighley Business Centre, South Street, Keighley, BD21 1SY 12pm - 2pm £3 including cup of tea or coffee. Contact

Are you a community group or not-for-profit organisation? List your events and news in these pages FOR FREE and keep the community up to date with what is happening each month! Contact us with your details: 01535 642227 mail@worthvalleymag.co.uk

Andy Bray 07766 428307 or email andy@haworthhawks.co.uk



## Glusburn Institute Crafts Fair

Christmas is not too far off and once again Glusburn Institute Craft Fair is ready to meet some of your Christmas needs. This event has now become an annual, traditional, pre-Christmas event in the village. The Fair is on Sunday November 15th. The doors open at 10am until 4pm. Admission is free, there will be a raffle, and refreshments will be served all day.



There are 24 stalls booked to date but we could accommodate a few more. Pre booking is necessary. If you are interested in hiring a stall, please ring Jenny on 01535 637940. The majority of stall holders produce unique hand crafted items. We have a wide variety of craftspeople selling pottery, paintings,

illustrations and photography. Hand turned wood items, greeting cards, bags, beaded items, books and toiletries. Hand sewn goods, Christmas puddings, novelties,

flower arrangements and flower arranging accessories.

This event is always an ideal opportunity to purchase affordable Christmas presents with a difference.

An opportunity to Christmas shop locally, without the stress and

support local craftspeople and Glusburn Institute at the same time. The Craft Fair stall hire goes towards the upkeep of the Glusburn Institute, as does raffle income. So do come and join us, Guess the weight of, and win yourself a Christmas cake!



Please support local trade

Say you saw it in the Aire Valley Mag!



**brilliant TV for everyone.**  
**freesat**  
**Digital boxes from**  
**Pennine Plus £189\***  
**fully fitted & installed.**

Go digital with satellite TV and receive over 140 TV and radio channels or go freesat Plus and take advantage of its in-built recorder. Why not go HD freesat and receive HD channels for free, there's no subscription and no monthly bills to pay.  
**Pennine Plus, Cavendish Street, Keighley, 01535 600 700**

\* based on a standard install using standard equipment. Extra charges may occur for certain installs when specialist equipment is required.



**CUSTOM HOUSE AV**  
 AUDIO VISUAL INSTALLATIONS

**Book your personal cinema demonstration today.**  
 Our new designer showroom is located in the newly refurbished samsung zone. Cavendish Street, Keighley.  
 01535 600 700 - [www.customhouseav.com](http://www.customhouseav.com)

**SAMSUNG ZONE**

**NOW OPEN**  
**CAVENDISH STREET**  
**KEIGHLEY**

Say you saw it in the Aire Valley Mag!

**BUSINESS OWNERS:**  
**SEARCHING FOR SOMETHING?**  
**... WELL, YOU'VE PROBABLY ALREADY**  
**GOT IT!!**

I'll say the scary word first...**SOFTWARE** ... and now that's out of the way, it can only get better, so please read on!

You may (like most of us in Business) be struggling to do the real work, usually earning money and working with your products, and then keep up with the admin side, usually in your spare time. The fact is, none of us have free, or spare, time – if we choose to spend our leisure time on our work, it is still a cost to the Business. After all, you could use that time to develop your marketing or products etc. instead of the Admin. However, without good, basic and up to date info about your business progress, then you have nothing to build or develop from - the 'Chicken or the Egg' scenario.

The fact is, you will probably have already invested your IT budget on the best system you could afford, so you are literally at the limit. You will have so many ways of doing things and options, that you will have found a way of doing the basics i.e. Invoicing the Customer, and stopped exploring after making this major and most important breakthrough.

Even where you had initial training on the system by the supplier, it was probably generic and not really related to your business, and more importantly ... if you don't know what to expect or what is possible, then how do you know to look for it?

Even if you had software written for you, you will not be surprised to hear that 70% of software (including bespoke) written is never used!

That's where we at ark-IT-tech come in... we are Business Consultants, and will work with you and your team to improve and automate more of your business processes. Improvements can always be made, even if it's just changing habits, by looking at things from a different perspective. The partners who are ark-IT-tech have no income from Software or Hardware providers, and we therefore have no interest in selling gadgets, so you can be sure we will not encourage you to add to the Desktop clutter.

*"70% of software written is never used."*

We have spent a combined 60+ years implementing software and IT solutions for Businesses, so we have heard all the excuses and pro's & con's in the IT world. Money has never been more key to a business, and we offer a way for you to make improvements without having to purchase anything... OK, you will need to pay for our time, but at least that doesn't attract a licence, subscription or support contract!



Contact Helene or Paul Heyes of ark-IT-tech, for a **FREE** initial discussion regarding how we can work together on

Tel: **0790 6666 305**  
 Web: [www.ark-IT-tech.com](http://www.ark-IT-tech.com)

# 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 A Free Day Rover Pass on the Keighley & Worth Valley Railway.

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

The winner will be selected from all correct answers received by Nov 15, 2009

Google Earth ©



Last month's winner was Duncan Wade of Silsden. The answer was Cougar Park.

## WEBSITE OF THE MONTH



By now you're probably racking your brains what to buy your kids or younger relatives for Christmas. Our Website of the Month may be the answer! Gogoblin enables children and teenagers to make free and secure online wish lists for Christmas, birthdays etc. .

When the list is ready they can send parents and friends an email telling them where to find their wishlist. Parents can help younger children browse the carefully selected shops on the site for gift ideas. Gogoblin gives 10% of all purchases spent in their store to children's charity World Vision. There's also a handy guide to this years must have presents. [www.gogoblin.co.uk](http://www.gogoblin.co.uk)

## SUDOKU

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

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

To advertise call Liz on 01535 642227

# THE Puzzle Cellar

TRANSFER TWO LETTERS FROM THE TOP OF THE WORD SHAKER TO THE BOTTOM TO SPELL A 3-LETTER WORD.



Can you complete the six words below using the six letters above the door?

### QUIZ SEARCH

YOU HAVE TO ANSWER THE FOUR QUESTIONS, THEN CROSS OUT THE LETTERS OF THE ANSWERS IN THE GRID. THE FOUR LETTERS REMAINING IN THE GRID WILL SPELL THE NAME OF A PART OF A FISH. WHAT IS IT?

\_\_\_\_\_

1) What would you normally spread on bread?	L	V
A) GLUE	A	C
B) TAR		
C) JAM		

2) Which of these would you wear on your head?	N	A	J	L	E	O
A) TAP	I	L	R	M	I	P
B) HAT						
C) CAP						

3) Which animal would you find at a circus?	T	I
A) COW	A	S
B) LION		
C) WHALE		

4) Which is a type of metal?		
A) OAK		
B) SILVER		
C) GRASS		



©gall&strachan 2007  
www.puzzlecellar.com

Answer: PARK, TWIN, MIN, DRUM, SNOW, FLIP  
Quiz Search 1) JAM 2) CAP 3) LION 4) SILVER.  
Part of a Fish TAIL Wordshaker PEG

Say you saw it in the Aire Valley Mag!



*“This is Christmas shopping with the added benefit of giving to a worthwhile local charity.”*

Thinking ahead to the party season, a mini muffin pan is one of the most versatile and cost effective tools you can have in your kitchen; pair it up with a tart shaper and even the youngest members of the family can join in with making delicious and simple bite-size tarts and appetisers.

This month Aire Valley Mag is working with your local Pampered Chef consultant to support Lilies of the Valley,

the local charity that supports and encourages young mothers and operates from 72 Cavendish St. in Keighley. [\[www.liliesofthevalley.org.uk\]](http://www.liliesofthevalley.org.uk) For every mini muffin pan and tart shaper ordered this month, £4 will be donated to LofV. The mini muffin pan is so easy to use; just roll a small ball of ready made pastry (about the size of a large marble), pop it in each cup and press firmly with the tart shaper. You can also use it for



Mini muffin pan & tart shaper

filo shells, tortilla cups or even puff pastry with your favourite fillings. A few delicious ideas to get you started – check out the news page on my website for another 30 ideas!

[www.pamperedchef.biz/nel](http://www.pamperedchef.biz/nel)

**1.Goats cheese and caramelised red onion tartlets:**

- take a block of ready made shortcrust pastry and cut into 24 pieces. Roll each one into a ball and pop one into each cup of the mini muffin pan. Dip the end of the tart shaper into a little flour and press firmly on each ball to form

the tart shell. Fill with half a teaspoon of red onion chutney and top with a small slice of goats cheese. Bake 15 mins at 200C, gas 6.

**2. Crispy filo chicken baskets:** take 2 sheets of filo together and cut into squares of approx 2 ½ “ /6 cm . Lightly spray the mini muffin pan with vegetable oil and put one set of squares in each one. Spray with

a little oil and then take another set of squares and put at a 90 degree angle to the first ones, and press the centre down and bake for around 10 minutes until brown and crisp.

Allow to cool and fill with a mix of chopped chicken, celery, garlic, zested lemon and a little mayo or crème fraiche  
**3.Easiest of all - Chocolate caramel tartlets:** shortcrust pastry shells with a rolo in the middle!

The deluxe mini muffin pan and the tart shaper together are only £20.70 (Local UK delivery included) of which £4 will go to Lilies of the Valley.To order and support this worthwhile cause, go to [www.pamperedchef.biz/nel](http://www.pamperedchef.biz/nel) and “our products” click “how to purchase” and enter “lilies of the valley” into the organisation name. Or you can email [nel.hargrave@googlemail.com](mailto:nel.hargrave@googlemail.com) or text/or call Nel call on 07835 115900 evenings and weekends.

**PS – 20% of anything else you order at the same time will also be donated to Lilies of the Valley – so why not start some Christmas shopping early!**

# Orlando Holiday Home for Rent



**5 bedroom/3 bathroom luxury villa**

Private screened pool, jacuzzi & games room.

Fully air-conditioned, PS2 consoles & cable TV.

Situated off US27, 15 minutes drive from Disney, close to supermarkets, shops, restaurants, bars & golf courses.

For more information please contact  
Steve or Sharon  
**Daytime: 01535 643348**  
**Evening: 01535 644227**  
[email.villa-enquiries@btconnect.com](mailto:email.villa-enquiries@btconnect.com)  
[www.orlandovillaforrent.co.uk](http://www.orlandovillaforrent.co.uk)



*Fun & Funky Designs*

Hospital prescriptions taken  
NHS patients welcome...

**NO NEED TO REGISTER**

Great selection of low cost frames from NHS to designer names

## Eye Care Opticians

24-26 BELGRAVE ROAD KEIGHLEY BD21 2DF **01535 602200**

*Friendly atmosphere supplying the needs of the whole family from 2 to 92!*

Outside prescriptions accepted with unique onsite manufacturing facility

*Designer frames at best prices possible (OSCAR & FITCH, HUGO BOSS, F.C.U.K., D&G. AND MORE)*

- Convenient out of town location with parking right outside the door
- Access on one level with ramp for wheel chairs or buggies
- Independently owned business...

*"LITTLE GEM OF AN OPTICIANS; BEST KEPT SECRET IN KEIGHLEY"*

*At Eye Care we care about your eyes!*

Say you saw it in the Aire Valley Mag!

# BUSINESS DIRECTORY

## Aerials/Audio/TV

ADI p.20  
ILR Aerials p.21  
Pennine Plus p.24  
Custon House AV p.24  
S Hardaker p.20

## Building Services

Aire Valley Forge p.19  
Conservatory Upgrades p.19

## Business Services

Aire Valley Business N.work p.7  
Ark It tech p.14/25  
Ipsos MORI p.15  
Blah..Blah..Blah p.7

## Cleaning / Domestic

Adele's Cleaning & Ironing p.20  
Carpet/Cleaning Nurse p.7  
Extremely Ironed p.20  
Oakworth Cleaning p.20

## Cafe/Afternoon Tea

Ashmount Country House p.2

## Computer related

Andrew Fix-it p.12  
CloudFreeIT p.13/32  
PC Consulting p.3

## Curtains/Blinds

Manor Blinds p.14

## Electrical

A.M. Electrical p.12  
Xpert Electrical p.12

## Entertainment

The Snooty Fox p.12

## Food Services

Worth Baking p.9  
The Cheese Place p.32

## Garden Related

M. Smith Landscapes p.19

## Healthcare/ Beauty/ Fitness

Craven Foot Health p.12  
Digital Hearing Care p.9

Hebalife p.12

## Holidays

Orlando Holiday Home p.29

## Insurance

Verritass p.14

## Joinery /Windows/Doors

## Maintenance/Repairs

J.Farrar clean/repair p.21  
Mick's Gutter Repairs p.18

## Mobility

Worth Ability p.2

## Motor

Steve Dale Motorcyle p.7

## Opticians

Eye Care Opticians p.29

## Painting & Decorating

Steve Daykin p.18  
Jacques Balson p.18  
J. Davies p.18

R.P. Decorating p.18

## Plumbing /Tiling

GB Plumbing & Heating p.19  
JSC Plumbing & Heating p.19

S. Thompson p.18

## Recruitment

Ipsos MORI p.15

## Retail/Shops

Firths Ladiesware p.32  
Fair Trade p.6/9

## Security

Tesla p.21

## Scrap Metal

Scrapmanlocal p.20

## Soft Furnishings

Lowbridge Upholstery p.14

## Tuition

Stuart Kaplan Drums p.12

## Wills & Legal Services

Goodwills Professional p.9

## Wedding Services

Wedding Photography p.31

## Aire Valley Mag

01535 642227

info@worthvalleymag.co.uk



*Wedding Photography*

by one of the UK's leading press photographers.

*Bring back memories of your wedding day with a beautiful series of candid and informally posed reportage style images.*

*Prices start from just £375, unbeatable value for the highest standards.*

T...01535 643686  
M...07850 207123

WWW.WEDDINGREPORTAGEPHOTOGRAPHY.CO.UK

# AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

local, affordable, community spirited

From only £26.33 per month.

for more details contact us on  
**01535 642227**

[www.airevalleymag.co.uk](http://www.airevalleymag.co.uk)



## Useful Contacts

Airedale General Hospital.....01535 652511  
NHS Direct.....0845 4647  
Electricity Emergency.....0800 375675  
Gas Emergency.....0800 111999  
Water Emergency.....08451 242424  
National Rail Enquiries.....08457 484950  
National Express.....08705 808080  
Keighley & Dist. Bus Enquire... 01535 603284  
Bradford Council.....01274 432111  
North Yorkshire Council .....08458 727374  
Keighley Town Council.....01535 618252  
Police 24 hr local helpdesk.....0845 6060606  
North Yorkshire Police.....0845 60 60 24 7  
Keighley Central Library..... 01535 618212  
Silsden Library..... 01535 652480  
Aire Valley Mag.....01535 642227

## PUZZLE ANSWER

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

To advertise call Liz on 01535 642227

# Firth's

OF HAWORTH

Fine Ladieswear Specialist



*We have stunning party & eveningwear in stock*

**Stills, Tivoli,  
Pomodoro, Oscar B,  
Lisa Campione,  
Sandwich and more!**

*Gift Vouchers Available*

*Many thanks to all who supported  
our Fashion Show last month.*

*We raised £1,264.20 for  
Manorlands & Marie Curie*

*Open 7 days a week*

98 Main Street, Haworth, West Yorkshire

**01535 643800**

## Looking for help with your computer?



### CLOUDFREEIT

...the way IT's meant to be!

Professional computer installation,  
servicing, upgrades & repairs  
for home & business in  
Keighley and the  
Aire Valley!

Show us  
your copy of  
the AVM to claim

**10% Discount!**

On workshop services  
throughout November

**Call the  
approachable  
experts now**

**01535  
358161**

**Microsoft**  
GOLD CERTIFIED  
Partner



Unit S3, Keighley Business Centre  
Knowle Mill, South Street,  
Keighley BD21 1SY

**Pickup/return  
FREE**  
within 2 mile radius of our office

**Open  
Mon-Fri  
9:00 to 5:30**

[www.cloudfreeit.com](http://www.cloudfreeit.com) [info@cloudfreeit.com](mailto:info@cloudfreeit.com)



### Recommended Classic Cheese Selection

**Hamper Heaven**  
12th and 13th  
November,  
11am to 7.30pm

Create your own gift  
hamper packed with  
wine, chutneys, jams,  
oils, olives and  
of course, cheese

**Colston Bassett Stilton:**  
creamy and tangy, the  
real thing, not the crumbly  
factory imposter!



family produced, this has a deep, rounded flavour

**Quicke's Cheddar:**

**Hawes Wensleydale:**  
traditional recipe and  
clothbound - Yorkshire  
cheese at its best

**Brie de Meaux:**  
the best of French  
cheese, perfectly  
ripened for Christmas

The Cheese Place, 69 Main Street, Haworth. 01535 647959  
[www.thecheeseplace.co.uk](http://www.thecheeseplace.co.uk)

Cover photo: Paul Barker [www.paulbarker.com](http://www.paulbarker.com)