

WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

April 2010

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"April showers bring May flowers", the mid 16th century proverb, is said to have originated from colonial America. It makes me think of its modern equivalent, "no pain, no gain".

Pushing something on to another level, spurring growth, making changes, can be difficult, challenging, and painful.

Meeting with local business owners on a daily basis I have seen both novices and seasoned veterans grapple with tough decisions going forward and facing the future. It is inspiring when that certain quality of determination and hope transcends all circumstances. The result is often astounding, Perhaps that is what Yorkshire grit is all about.

Worth Valley Publishing is aiming to help Manorlands push forward with its fundraising efforts this year

and on page 31 you will find a fun way to participate too. The Manorlands Lottery is easy to join and the odds for winning are much better than many other lotteries! You can sign up online or phone Manorlands, 640430. The cost is only £1 per week so it will certainly not break the bank. More importantly you will be helping to keep a valued local hospice in the community where it belongs.

Take heart, those spring shoots are in the ground and the bright blossoms will soon be evident all around the Valley! Be well, and have a lovely Easter break.

Enjoy April,

Liz



Liz Barker

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Say you saw it in the Worth Valley Mag!



From left, Shorn Sheep participants Matthew Binns, David Johnson, Sophie Ogden, Sarah Woollard, Andrew Wood, Liz Barker, Abigail Pell, Thomas Ogden, Christina Cooper, Sarah Hutton.



Christina Cooper, member of the Worth Valley Young Farmers group and Sarah Hutton, artist and teacher, work together at the Arts Factory studio in Keighley.

Sheep Cred

A flock of Worth Valley Young Farmers recently gathered at the Keighley Arts Factory to participate in the Shorn Sheep project, an initiative to bring businesses together with community groups and to consider the importance of creativity in society.

The lively group is being sponsored by the publisher of the Worth & Aire Valley magazines to paint a sculptured sheep in the style of David Hockney, Bradford's own famous son of international acclaim.

Another talented artist and teacher from Yorkshire, Sarah Hutton, has been commissioned to guide the Young Farmers and channel their creative enthusiasm in the project.

On a crisp weekend in March they



A Bigger Splash by David Hockney

began their journey together with a workshop at the Arts Factory studio in Keighley. It included looking at Hockney's work inspired by the relationship between water and light and how objects appear underwater.

Hutton showed slides of A Bigger Splash

and Paper Pools, two examples of Hockney's work that exude a certain Californian quality of light and the bright blue water from Santa Monica swimming pools. Hutton also brought in books about Hockney from her private collection and a limited edition of



Paper Pools by David Hockney

a lithograph signed by the artist from a series of studies on pools.



Thomas Ogden

With the Hockney reference in mind but wanting to reflect a Yorkshire quality of light in their own approach to the project, the Young Farmers, mobile telephones (with cameras) in hand, embarked on a quest to find examples of water and light in the Worth Valley. Sladen Valley reservoir proved to be a worthy site for their inspiration...a flurry of photo opportunities ensued and suitable images were captured as references for their



Abigail Pell

sheep design.

Back in the studio, Hutton continued with a quick guide to colour theory and gave the Young Farmers, now budding art students, the opportunity to sketch out ideas, discuss a design approach, and mix a colour palette that reflected their experience of light and water in the Yorkshire landscape.

A further workshop is scheduled in April to complete the commissioned work and the finished sculpture will go on display with other painted sheep at the Sheep Fair in Keighley on April 24th followed by a diary of events to showcase the work throughout the district.

Contact the Keighley Arts Factory for more details. 01535 618 554



Sladen Valley Water

Brontë Parsonage
Museum Haworth



Brontë Parsonage Museum Special Tours

Tuesday 18th, Wednesday 19th
& Wednesday 26th May 2010, 7.00pm

Come and enjoy a very special evening at the Brontë Parsonage Museum.

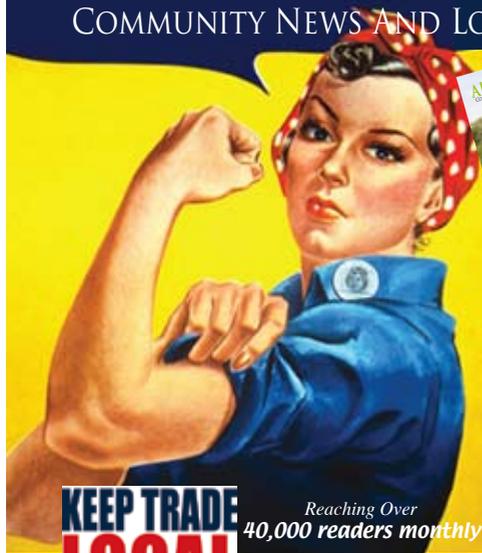
The Parsonage will be opening its doors for a series of 'behind the scenes' evening events in May. Each evening will include a guided tour of the museum, a visit to the museum's Library and a special opportunity to see some of the treasures of the museum's collection, including new acquisitions, at close quarters. Wine and canapés will also be served.



Numbers are strictly limited. To be sure of a place early booking is recommended. Bookings can be made for 18th, 19th or 26th May. Tickets are £14. To book, please contact Sonia Boocock, Brontë Parsonage Museum, 01535 640192/ sonia.boocock@bronte.org.uk

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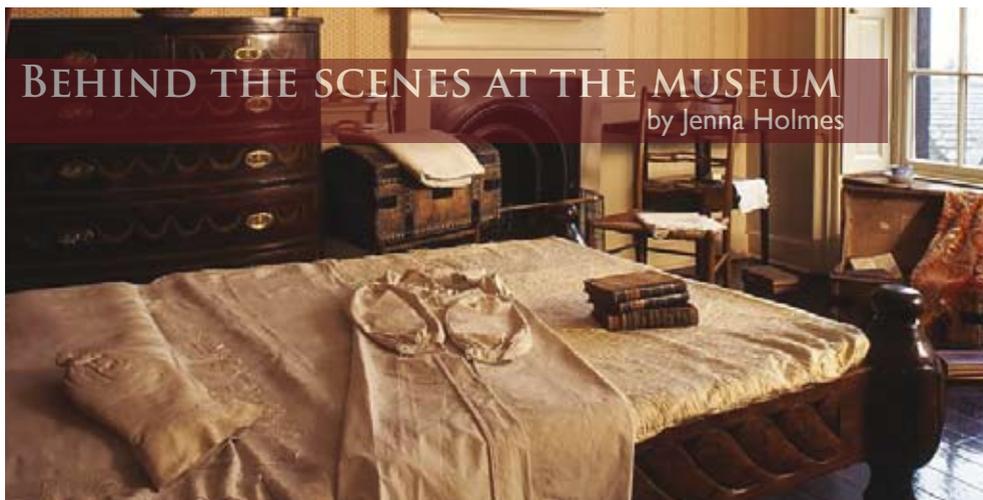
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BEHIND THE SCENES AT THE MUSEUM

by Jenna Holmes



Staying overnight at the Parsonage often appeals to people. Our writer in residence, Katrina Naomi, couldn't resist imagining a night at the museum in one of her recent poems. She describes how she would infiltrate the Parsonage after closing time, boil up the copper kettle on the Brontës' stove for tea then climb the stairs to Mr Brontë's bed, put on his gown and nightcap, and dream of 'bad-boy Branwell'.

Funnily enough, not long after Katrina imagined this scenario, BBC1's The One Show had the very same idea, and sent comedian Arthur Smith to spend a night at the museum. You might have seen the programme on television in February. Arthur and the BBC film crew arrived in the afternoon and after a long evening filming at the museum, and carrying out interviews with museum director Andrew, the crew settled down for a comfortable night in their nearby B&B, leaving Arthur to sleep in the reproduction bed in Mr Brontë's bedroom. Obviously the museum isn't geared up for real habitation, so we had to remove the Brontë bedding and replace it with a duvet suitable for

a winter's night in a cold Parsonage. Hearing the church clock strike midnight, followed by every clock in the house in turn chime twelve, Arthur thought he was in for a very long night, but actually slept soundly, not waking until the church clock rang 7am. No ghosts or spooky happenings or anything to report, sadly. It wasn't such an easy experience for Andrew though, who had to stay awake for the entire night on security duty. The next morning saw further filming, with Arthur eating his porridge in the Parsonage kitchen (really cooked in the microwave in the staff room I'm afraid) before setting off on a walk to Top Withens. Poems and television programmes are the closest most of us will come to spending the night in Mr Brontë's bed, but there is the occasional opportunity to visit the house after hours. In May the museum will be hosting a series of special evening tours, with behind the scenes access, for a limited number of visitors. We can't quite stretch to the full B&B experience, but you could imagine for yourselves what it might be like to stay here, just for one night.

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A MOVEABLE FEAST by Paul Slater, Archdeacon of Craven

I think it was in my youth that we stopped having a Whitsuntide holiday and a lot of the traditions that went with it – new clothes, parades and the like. We still have a Bank Holiday, of course, but it was decided back then to standardise it so that we did not have to put up with the vagaries of the Christian calendar and have the holiday the day after the feast of Pentecost. The same issue also relates to Easter, but thus far this holiday remains to the untrained eye as gloriously unpredictable as ever. In the next thirty years Easter Sunday will happen anytime between 25th March and 25th April. Every year it is on the first Sunday after the fourteenth day of the lunar month that falls after the 21st March – the vernal equinox.



This year is “not too bad” in the 4th April is neither too early nor too late but sometimes it does create problems for school terms, holidays and the run up to public exams to name but a few. So should we standardise an early spring holiday – say the second week in April – and leave the Christian church to get on with its Easter festival in much the same way as it now does with Pentecost? Your answer to this probably depends on a number of things that come to my mind – I am sure there are lots more. For example, temperamentally are you the kind of person who likes

consistency or do you enjoy variety? Or do you think that public holidays should be planned so as to be as efficient as possible? Or do you think that the Christian faith has a central part to play in the life of our communities and the major Christian festivals should be marked by public holidays? Are you a committed Christian who would need to take Good Friday as a holiday if you wanted to observe Jesus' death on the cross? Or are you one of the 70% plus in our country who believe in God in some way – and feel that public life should reflect the particular religious traditions which have shaped us historically even if we don't wish to participate explicitly in that faith ourselves?

Do you feel that we should acknowledge that we are a multi-religious society by allowing no one religion to take precedence in the public arena? Or do you feel that we are essentially a secular society and for that reason we should not get public holidays tangled up with religious Holy Days? The date of Easter and what we do about holidays at this time of year is a complex issue which is changing all the time. Whatever our view, whatever our faith and however we express our faith, discussion of it ought to lead us to respect, transparency and a willingness to listen to each other in our communities.

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Though take-away food, to the discerning customer, can be of a high standard, tasty and satisfying (I'm thinking fish and chips eaten by the seaside, the fish freshly caught that morning; a freshly made deli sandwich or an expertly made, crisp-based pizza); the term 'fast-food' generally conjures images of food with little or no nutritional value, food designed to fill you (for at least five minutes) not feed you; food that tempts (we have all done it and lived with the guilt) but that is greasy, addictive and ultimately when eaten in any kind of quantity- harmful. The drive through fast food outlet, where you don't even have to walk the short distance to the counter to purchase your ready meal, adds even more weight to the argument that fast food equals lazy food.

Real fast food a la Nigel Slater or the incomparable Elizabeth David on the other hand is an entirely different thing. An omelette and a glass of wine after all, takes minutes to put together and will satisfy most tired and hungry souls after a hectic day at the office; the omelette itself being so versatile (and cosmopolitan- think of the Italian frittata and the Spanish tortilla) that it positively encourages the imagination to run riot.

Sandwiches, hot and cold, speedy pasta suppers, fish, which needs only the lightest touch when it comes to cooking, and many a tasty tapas dish, can be rustled up in minutes when time and energy are in short supply. A hunk of really good, soft bread, some olives and your favourite cheese

are even more instant. These are many excellent books out there brimful of recipes for meals which are quick, tasty and filling.

Conversely, some dining experiences, whilst purporting to be recreational, can be spoilt by over-zealous waiting staff. Only yesterday I had just such an experience at a well known, well respected café. As the last mouthful of food slid down by throat a waitress thrust the bill down saying 'there's no rush' in a manner expressing just the opposite, turning what should have been a leisurely lunch into a fast-food experience.

Sometimes we are our own worst enemy. I have lost count of the times that I have heard people say after eating 'I am going to walk it off in a minute'. Why is it that particularly in England, we seem unable to enjoy our food anymore? We are designed to do so; food not only nourishes our bodies but feeds our senses. The French and the Italians will spend hours over a meal, whereas the British seem to have developed an unhealthy relationship with food, which involves guiltily and speedily consuming a meal which then has to be worked off.

Sometimes a quick fix is required but the flip side to the fast food industry has to be the Slow Food Society, 'a non-profit eco-gastronomic organisation' which 'brings together pleasure and responsibility and makes them inseparable'. The Slow Food Society supports quality food brought directly from the producers and has created a worldwide network of Earth markets- farmers markets 'respecting the slow food philosophy' whether its fast or slow, lets bring pleasure back into the experience of eating.

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the **Big Wigs Challenge**

was organized to raise funds for Manorlands Hospice. The events ran between 1 September 2009 to 1 January 2010. Seven local companies "threw down the gauntlet" and were given £50 to

raise as much money as possible within the three months.

Veritass Insurance & Mortgage Brokers in Oakworth relished the challenge and hosted a number of events, some of which included a 20 year anniversary party in Sutton, a quiz night at a local pub, and a tombola at the Christmas fayre in Holden Hall, Oakworth. They managed to raise £4,351.86 with their efforts and won the "Ambassador Award". The total amount raised was £23,406.81.

Alison Jenkins, Karen Broker, and all the team from Veritass would like to thank friends, family, colleagues and clients for their support and help in making their participation in the Big Wigs challenge a success.

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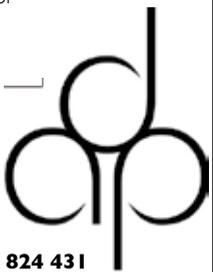
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Are we losing our **DIY** skills?

A new university study has confirmed what many of us already knew. When it comes to DIY around the home we are rapidly losing our skills. Almost half of under-30s would not know how to hang wallpaper and a quarter would not be able to change a plug. The over-50s are the exception with almost all of them confident they can do home maintenance.

Skills that were once the norm for our grandparents and parents seem not to have been passed onto the younger generation. The reasons for this are complex but lack of time and interest are often blamed. The Builders' merchant, Wickes has estimated four out of every 10 UK homes have simple DIY jobs started with enthusiasm but sadly languish unfinished. The cost this has on reduced property prices is estimated to be a staggering £35bn.

All this goes to explain why more and more struggling Do-It-Yourselfers now turn to tradesmen and handymen to do the work for them. Even this has its problems though. How do you find someone who will do quality work at a fair price and actually turn up when they say?

Word of mouth is a good starting point but there are some golden rules that can make all the difference when choosing a tradesman.

- Always select a tradesman who provides their home or business address – if they are local even better, because they have a reputation to keep.
- Be cautious about tradesmen who only

give a mobile telephone number – they can be harder to track down.

- Check to make sure they have up-to-date liability insurance in case things go wrong.
- Ask to speak to some of their previous customers for recommendations.
- Always get either a written estimate or quotation.
- And remember that cheapest is not always best.

So with Spring in the air it's a good time to decide whether you are going to dust-down your old toolset or call one of the many local tradesmen to complete all those little unfinished DIY jobs in your home.

Happy home improvements!

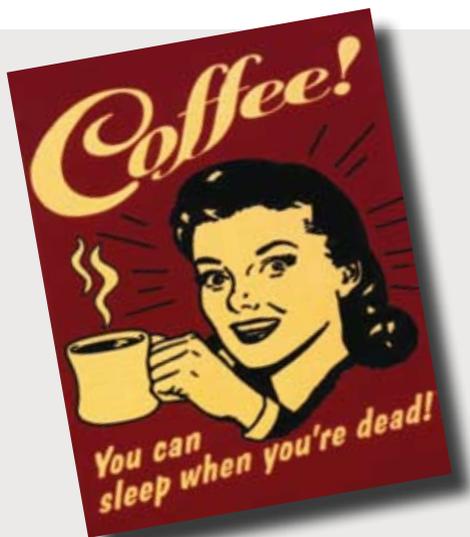
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by Ludorum

Ah'd bin fer a walk wi' mi' missus,
It wor cowd an' mi' fingers wor blue,
Soa we went in a caff up i' 'Aworth,
An' ordered 'ot coffee fer two.

Well, t' waitress wor nobbut a dragon,
As she towd us, Doan't kick up a stink,
Ah can't serve thee coffee this mornin'

-
Me 'eater 'as gone on the blink!

Soa Ah sed as we'd try t' caff i'
Crossroads,
(A daft name fer t' place to be called -
They've got that much traffic through
t' village
Yer can't cross the road theer at all!)

"We'll 'ave coffee baht cream," Ah
towd t' waitress,
An' that seemed ter be t' lass's cue:
"We an't got no cream 'ere this
mornin',
We've coffee baht milk, will that do?"

We support fair trade

What a difference a year makes...It was just over a year ago Paula Vasilev was living in the Cosa del Sol thinking about how she could make her way back to England. She'd had enough of the sun and the sea and the bright blue skies! (Was she mad?) "It sounds funny but I grew tired of the lifestyle in Spain and I missed England." Paula spent the previous 10 years living and working in Benidorm where she met her husband and started a family. "Don't get me wrong, Spain is a great place to visit but I was looking for more of a community for my family and living in a resort town was not the ideal family situation." Once Paula made up her mind it was just a matter of finding the right opportunity back in England. "When I read about The Copper Dragon and The Cross Roads pub I knew I was on to something I could really enjoy and a great chance to get back to a English village life style."

In no time Paula had signed on the dotted line and moved her family to Cross Roads... and she hasn't looked back since! "We love it here and we've been made to feel very welcome by everyone; we are grateful for that ." Not only is Paula and her husband, Baz, involved with the pub, but also Paula's mum and Dad too. "We work together and enjoy joining in the community. We have a laugh and want the pub to fit in with local life."

Actions speak louder than words and Paula has followed through with her intention to create a place for everyone in the community. From Karaoke, to Quiz Night, to Bingo, Children's Disco, a monthly community Car Boot Sale to raise money for Lees Primary School and even Full English Breakfasts served on the weekends!...it is all happening at The Cross Roads...stop in and see for yourself, you will certainly get a warm welcome.



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Thursdays: From 9pm Electric Jam Night (new musicians always welcome)
Fridays: Variety Nights
1st Fri: From 8:30pm Karaoke
2nd Fri: From 8:30pm Live Music
(From June female vocalist Hayley Harrison)
3rd Fri: From 8:30pm Live Music
4th Fri: 6-8pm Kids' Disco!
Sundays: From 7pm Bingo



Monthly Events:

2nd Wed: From 8:30pm Acoustic Jam Night
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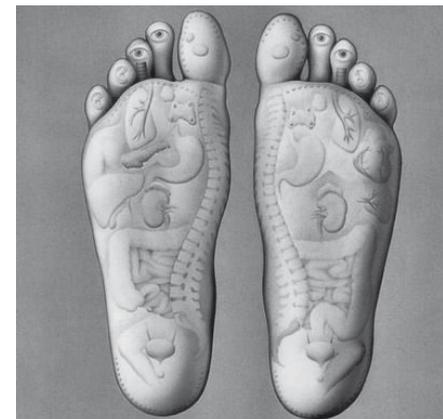
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Whilst reflexology works very well alongside conventional medicine, it should never be used in place of seeking professional medical advice.

source: International Institute of Reflexology

<http://www.reflexology-uk.net>

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Where in the Worth Valley? COMPETITION

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

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Day Rover Pass

Email your answer to:

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The winner will be selected from all correct answers received by April 15, 2010



The March winner was S. E. Cowling of Haworth
The location was Laycock Village Hall

Google Earth ©

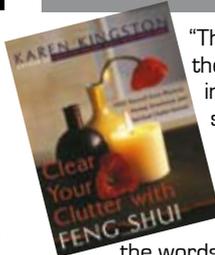
WEBSITE OF THE MONTH



Have you ever wondered how to bend spoons like Uri Geller, open a beer bottle with a bank note or unfasten a bra with one hand? If you have then wonder no more because,

through the magic of the internet, the tips and tricks to perform these feats are all explained at www.wonderhowto.com. The site is made up from hundreds of home made videos in various categories. On the opening page there is a most popular section which is a great place to start, so if you want to learn anything from how to pick a lock to twirl poker chips in your fingers then click on and the secrets to these and and countless other minor miracles will be revealed.

BOOK OF THE MONTH

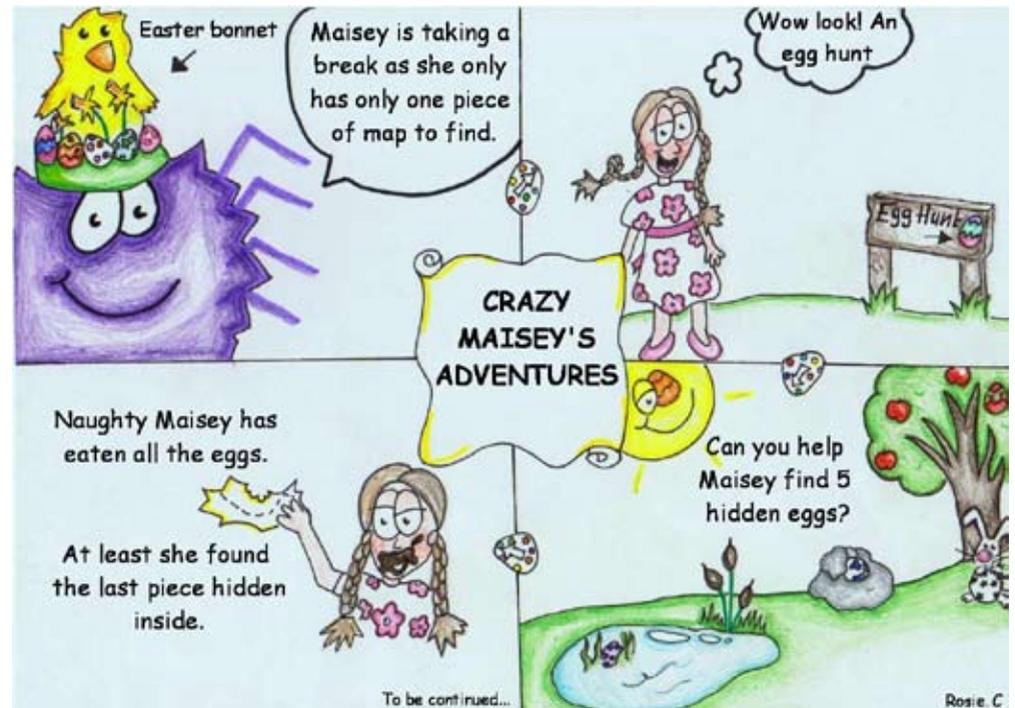


"This is not a large book but the wisdom it contains is truly immense. Ok I am not in to feng shui and picked this up at my friends house to read for a laugh. In just a few minutes I was hooked. It is easy to sit and read all in one go and the words are so true that they come back to you when needed and give you the little push to clear your clutter. It is also easy to just dip in to a section that is relevant to your current need. Now when I am unsure whether to keep anything I ask myself "is it useful?, does it lift my spirits when I see it?" if the answer is no then it goes. Read this book, you won't be sorry." Mrs. S. J. John

DO YOU HAVE A BOOK TO RECOMMEND FOR OUR BOOK OF THE MONTH CLUB?
Email us your suggestions including the Title, Author, Publisher and a very short description. mail@worthvalleymag.co.uk

Clear Your Clutter with Feng Shui by Karen Kingston

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To be continued...

Rosie C.

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Friday 23rd April
St Georges Day Celebrations
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Sat 24th April - Karaoke with Fran

May Events

May Bank Holiday w/end
Sun 2nd May starts 2pm
Travelling Riverside
Blues and Soul 4 Piece Band
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Happy Hour Carling £2.30
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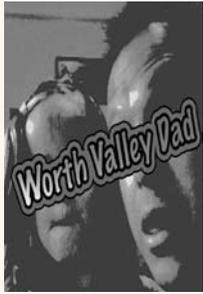
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Let's pray we've seen the last of that infernal snow, but I wouldn't bet on it. We once went to the Lakes for an Easter holiday and spent our first day basking in the

blazing sunshine on the banks of Lake Windermere – the next day we watched stunned as snow ploughs smashed through ten foot high snow drifts. The white stuff was nice when it started falling around Christmas (like it's supposed to), but I think everyone's had their fill of it. On the day of the heaviest snow fall Becky's school was closed for the day and the only traffic on the roads in to Keighley were tractors and landrovers. I called my boss to explain that we'd been cut off from the rest of the world and then got the sledge out and headed to Bronte School playing fields where I nervously pushed the kids off the top of some pretty steep hills. We definitely live in good sledging country. I then made a snowman in the garden, but no matter how hard I tried to make him look rotundly cheerful he ended up looking like Freddie Kreuger. In my haste to make him taller rather than wider he had begun to resemble some kind of snow

worm. After a few days he began to melt and droop forwards. It was difficult to disguise the fact that my snowman looked extremely rude and I was relieved when he eventually flopped over and expired.

With the return of better weather we revisited that great British institution – the park, namely the one in Crossroads which is great, although I'm ashamed to say the kids took great delight in running amok all over the bowling green. There are some fantastic parks around here. Haworth's is very well kept, Oakworth's is truly psychedelic with it's grottos, caves and walkways, but I think my favourite is in Stanbury. The kids love it. It's small, but has spectacular views of the valley and some great rides. It also has that peculiar English trait – the totally uneven football pitch. It's no wonder the national game is suffering. Some of our football pitches must have been designed by drunken monkeys. Stanbury's isn't the worse - if you want to see a truly daft pitch just check out the infamous one in Oxenhope park. It's quite literally a hill. It must be torture if you're playing uphill in the second half... but at least it's good for one thing.. sledging!

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Music for Manorlands Friday 7th May
Tickets £8 inc food. Starts 8pm
The evening will include sessions from local musicians in an open mic style. Pie and peas will be served throughout the evening. Pies kindly donated by Ellisons butchers in Cullingworth

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New and Upcoming MARTIN HEALEY BAND Thursday 22nd April 8pm. Tickets £10
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Date for your Diary The return of Snake Davis and Burden of Paradise band Friday 11th June

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Andy Bray 07766 428307

Peter Holbrook 07773 775379

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www.haworthhawks.co.uk

2 April 12pm - 5 April 4pm

East Riddlesden Hall, Keighley. Easter egg trail for families with a reward at the completion.

Sat 3rd April, Cross Roads Parish Boundary. 9 miles circular walk. Packed lunch required. Meet David Oates at 10.30am opposite St James Church on the A6033 Haworth Road at Cross Roads.

Sun 4th April and 5th April, The Old School Rooms, Haworth. Easter Craft Fair. 10am - 4pm

Sun 4th April Oxenhope Millennium Green Farms and Producers Market 10am-4pm All stall rent proceeds go to the upkeep of the green. Stalls are available. contact Gretta on 07535594379

Mon April 5th Mini-market 10.30am onwards Haworth West Lane Methodist Grimshaw Centre opposite the Old Sun Hotel. Hot and cold food and stalls.

Tues 6th April Cliffe Castle, Keighley The Fifth Great Egg Roll 11 am - 3pm Bring a raw hens egg with you, decorate and then take part in the Great Roll. Prizes for the best decorated egg and the furthest unbroken roll.

Fri 9th April, 2.30pm The Ugly Duckling well loved tale for 3-year-olds, their grannies and all in between Mart Theatre Skipton. 01756 791411 £7 adult, £5 Child.

Oakworth Methodist Church Golden Jubilee Weekend
Sat 10th April - Open Church + Exhibition tracking our history over the last 50 years 10.00am-4.00pm +Refreshments

Sun 11th April - 50th Church Anniversary All Age Worship at 10.30am Guest Preacher Rev Peter Whittaker (West Yorkshire District Chair) Exhibition open 2.00-4.00pm

Tues 13 April Past Extravagance 11am - 3pm A day of activities to celebrate the



refurbishment of the great drawing room at Cliffe Castle. Learn about Cliffe Castle's past from a costumed interpreter, find out more about the lavish interiors and be inspired by the beautiful surroundings to create your own Victorian style toy theatre.

Sat. April 17th Cobbydale Singers Haworth West Lane Baptist Church. An April Evening of Light Music 7.30pm with guests Angela Fuller and James Hutton. Admission £6 tickets ring Vera 01535 643425

Wed 28th April, Some flew over the cuckoo nest. 7.5 miles circular walk, packed lunch required. Meet David Anderson at 11am at St James church on the A6032 Haworth Road, Cross Roads, Keighley.

19 April - 31 May Katrina Naomi - Charlotte Bronte's Corset
A selection of new Bronte-inspired poems, by poet Katrina Naomi as part of her residency at the museum, will be exhibited as a series of text installations in the Parsonage.

Free with admission to the museum
Sat 24th April Keighley Arts Factory Sheep Market. Over 20 stalls with fun for all the family. Church Green, Keighley.9am-4pm.

Sat 24th April Bluebells Along the Aire 2.5 miles circular walk. Light snack required. Meet Eric Parkinson at 2pm near Saltaire Station, Victoria Rd. A gentle canal and riverbank walk.

Sun 25th April Oxenhope Singers invite

you to "Our kind of music"
Choral and popular favourites, featuring our guests the Hall Royd Band 7:15 pm at Oxenhope Community Centre Tickets £5 in aid of Airedale Hospital HODU (Haematology and Oncology Unit) Raffle & free refreshments
Tickets available from Oxenhope Post Office, or telephone 643684 / 646158

Sun 25th April GO LOCAL SUNDAY FREE admission for residents of BD20, BD21, BD22 at Museum of Rail Travel; Ingrow Loco; East Riddlesden Hall with free travel on K&WV Railway & Free Heritage Bus Town Tour. Details from Individual Visitor Attractions.

Sun May 2nd Chaplain to Leeds United Football Club, Rev Paul Welch, leads Sunday School Anniversary services at Haworth West Lane Methodist Church opposite the Old Sun Hotel 10.30am and 6pm. Everyone welcome.

Saturdays 10am - 11am. Just Ride Cycle club meets at Marley ACC. All



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Medieval food fayre
Punch & Judy
Wandering Minstrels
Sheep sculptures

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Haworth West Lane Baptist Amateur Operatic Society is staging their Spring Concert entitled 'Around the World in Eighty Minutes.....and a bit more besides.' on Friday 7th and Saturday 8th May at 7.30pm Tickets cost £7 for adults and £4 for children, includes tea and biscuits
Tickets from Vera on 01535 643425 or email Vera at verawadd@talktalk.net

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April is a great month to get motivated and crack on with the Spring Cleaning.

The flowers are blooming, the birds are tweeting, and the house feels like it's getting over the winter blues long at last as the sun beams through the windows. With the light shining in on all the surfaces we notice dust on shelves, streaks on windows, stains on carpets, sticky finger marks - the list is endless. Fear not, carrying on from last month, we have a few more ideas for tackling the spring cleaning this year.

First of all, invest in a good pair of rubber or vinyl gloves to protect your skin and nails! Secondly, buy a micro fibre cloth; it works a treat for picking up dust and wiping surfaces.

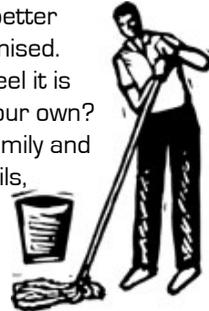
Why not start by putting on your favourite music; it will make you feel happy and get you energized for the tasks ahead.

Tackle one room at a time and start at the top. One of the most common mistakes people make when spring-cleaning is moving randomly around the house. One minute they're clearing out the cupboard under the sink - and the next, they're in the bedroom trying to stuff the winter jumpers into a bin liner. The result? A great big, unsatisfying, exhausting mess. Instead, try to clean methodically from room to

room; this will conserve energy and ensure nothing gets missed out.

Begin with big projects first. The bigger the room or cleaning job, the more work you have. If you target that first you will feel much better once you reach the smaller cleaning jobs, like wiping down cupboards or storing excess belongings. Organising also makes things seem a lot less intimidating and more approachable. Some people report sleeping better when everything is organised. Overfaced with it all or feel it is too much to tackle on your own? Call in the troops...get family and friends to help...if that fails, get the professionals in!

by Kath Thornton of Carpet Nurse & Cleaning Nurse



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Q. Do men just play dumb when it comes to cleaning?

Kellie Head, mother of six and editor of ParentingHumor.com is convinced her husband has a brain block (or maybe selective hearing) when it comes to cleaning. Kellie put this cheat sheet together to help him remember what various household items are used for. Feel free to share them with your significant other should you feel he suffers from the same problem.

Broom (brum) - a long handled brush used for sweeping (also doubles as a mode of transportation for your mother)

Vacuum (vak' u em) - much like the leaf blower except it sucks in, instead of blowing out. Don't let this alarm you. It isn't broken and doesn't need more torque, speed, RAM or whatever it is you did to the dishwasher.

Dust pan (DUH) - Contrary to popular belief, this is where you sweep the dirt, not under the hallway area rug.

Dust Cloth (dust kloth) - A cloth designated for removing tiny particles of dirt from every flat surface of the house. Hint: look for your old "lucky shirt".

Bucket (buk' it) - Cylindrical container used for holding soapy water when mopping the floor. Also known as your mid-evil knight helmet when you're playing with our seven-year-old

Mop (mop) - a bundle of coarse yarn, rags or cloth fastened at the end of a stick. You'll remember this as your dance partner at the New Year's Eve party last year.

Toilet Brush (toi' lit brush) - Used for scrubbing the inside of the toilet bowl. I don't care what this looks like, you may NOT use my shower luffa again!

Squeegee (skwe' je) - Same principle as washing the car windshield, and yes, real men DO squeegee!

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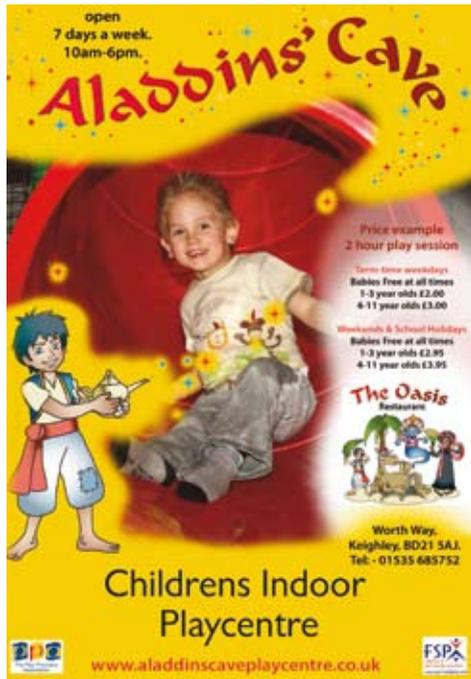
Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

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

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

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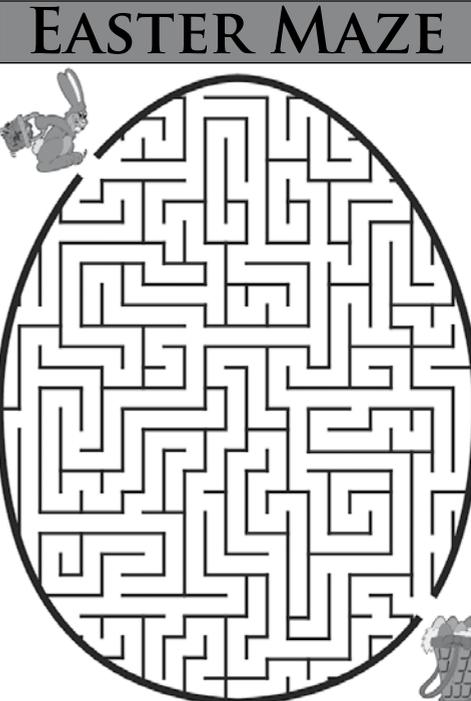
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The World Needs Your Passion

We hear a lot of wake-up calls about our planet and its future. Climate change, peak oil. We know there is an urgency about the situation and that we are being called upon to act now.

And yet when we look at HOW we're being called upon to act, we can see that the messages so often relate to us as consumers. Individuals who have a duty to make a difference in the privacy of our own individual lives. Turn our lights off, stop flying, don't use plastic bags. These activities are, of course, useful. And yet, all the while that 'consumer' is our primary identity, we are trying to solve our world's crisis with the same level of thinking that created the problems in the first place.

Maybe there is somewhere else to look, and another way to look, and maybe it has something to do with what our true 'duty' is.

We have long associated doing our duty with sacrifice. We have contorted ourselves into jobs which don't suit us and which don't suit humanity or our planet. Meanwhile, our passions have become hobbies – something we do in our spare time, just for us. Following our hearts, responding to our passion's call, have been sneered at as luxuries that only some of us can afford.

So here's another perspective... Our duty is to leave the job we don't enjoy, the lifestyle that doesn't fulfil us, and follow our passion. When we look at how interdependent we humans truly are, we can suddenly see that staying in that unfulfilling job is a selfish act. We can see how not following our passion, not doing what we feel called to do, is selfish. Our duty, in actual fact, is to sacrifice the drudgery, the complaining, the settling and the plodding, and devote ourselves to discovering and acting upon our deepest desire to contribute.

Yes, there have been compelling wake-up calls. Yet as far as I know, no-one has come knocking on your door as you watch TV, thankful for having survived another monotonous day, and looked at you in amazement, shouting: "Excuse me!? What are you doing?? We need you!" They haven't engaged the most magnificent version of you, they haven't called you to step up and be all that you can be and offer that to the world.

Consider these words that knock. That wake-up call you have secretly yearned for – that one which says – you are needed. You are so, so needed. Yes, you are being asked to reduce your carbon footprint. This is vitally important. But you are also being asked to increase your contribution footprint. The kind of footprint your heart is calling for you to leave.

The big lie has been that you don't really matter. We have created a society which has made it so easy to forget that we are needed. Cheap oil has created the foundation for an industrialised nation which has positioned us as consumers instead of contributors. Cheap oil as our primary resource has distracted us from the realisation that we are all precious resources. We have deemed it acceptable to waste our potential, just as we have decided it was okay to squander the planet's natural resources. The truth is: you are one of our planet's natural resources. You are a vital source of energy. You are also a finite resource. One day, you too will run out. We only have a brief moment in history in which to fully experience your unique gifts. Let us use you efficiently while you're still here.

As our society transitions from high-carbon to low-carbon, as humans transition from seeing ourselves as separate to recognising that we are interdependent, I invite you to find your



place within that transition. Hear this as a call of gentle urgency. Not a panic that will blind you and trip you up. Not gentle that lets you disappear quietly back to 'business as usual'. Gently urgent in an "I'm holding you, let's do this, there is no time to lose" way.

"Let's do this" means asking yourself these questions: What are you truly passionate about? When do you feel most alive? What is your unique contribution to our society – that thing that only you can do in exactly the way you do it?

Among us, there are people who can turn old plastics into jewellery, teach children to cook, inspire an MP, design sustainable homes, chair community meetings, give healing massages, forage for wild food, create powerful film documentaries, write songs and make clothes. When we hold back our contribution, our community suffers. We deprive our community, just as we deprive ourselves of the pleasure of offering our gift.

Let's not make up that one gift is more needed than another, someone's talent more 'eco' than someone else's. If we do that, we fall into the same trap of creating hierarchies between species and between people that, again, has caused our problems in the first place. It is not just the obvious environmentally useful skills, such as permaculture, that are

needed in the transition years. We need people who can tell jokes, organise offices, care for children, counsel relationships. People who know how to clean buildings, paint, spread the word, design websites, campaign for justice. There is such truth in that beautiful quote by Howard Thurman: "Do not ask what the world needs. Ask what makes you come alive. The world needs more people who have come alive."

Start right now. Do not wait to find your life's purpose or 'get it right'. Start right now to see yourself as a contributor, not a consumer. If you love writing, put fingers to keyboard or pen to paper. If you love gardening, ask your neighbour if they'd like to learn some new skills. If you work with kids, read them a story about how interconnected all of nature is.

Whether your passion is x or y, j or g, just do it. Do it, do it, and commit to doing it forever. Know that your passion is not just about you, it's about all of us. There really is no more time to waste you.

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To receive further inspiration plus practical strategies for finding and following your passion, subscribe to *The World Needs Your Passion* (a free twice-monthly blog) at: www.youinspireme.co.uk

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DREAMS I LIVE

by Ludorum

The dreams I live are dreams of you,
The dreams you give will see me through
The lonely days, the endless hours,
Conquered by your soothing powers.

The dreams I live are in your eyes,
With all the love my dream supplies,
Upon my cot, beneath the stars,
Where all we wish for can be ours.

The dreams I live are in your smile,
So let me rest in sleep awhile,
For though your smile was long ago,
Yet warm remains its afterglow.

The dreams I live are in your arms,
No nightmares here, no wild alarms,
But safe, secure, I find release,
To live my dreams in perfect peace.

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Come, share with me the dreams I live.

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

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Spring Clean Your Car by Chris Jackson, CJ Motors

As winter (hopefully) draws to a close a thorough clean of your car can help reduce the risk of long-term damage and maintain the car's value.

EXTERIOR All the grime that has built up over the winter especially the salt needs to be removed with warm water and a suitable car shampoo. Make sure attention is paid to door undersides and sills making sure all shampoo is washed off before drying your car. After drying give your car that much needed polish. This can offer your car some paintwork protection and on older vehicles will help restore any loss of gloss. If you notice any areas of corrosion or chips etc NOW is the time to attend to them, as they will get worse if left. Touch-up kits are available from most accessory shops. If you have extensive corrosion get expert help.

INTERIOR With all the wet shoes going in and out of your car there is a good chance your car has not had chance to dry out properly. Rotted carpets and general shabbiness can seriously reduce a car's resale value. Ideally choose a warm sunny day to remove all mats and shampoo them. Try avoiding using too much water and make sure they are fully dried before replacing.

UNDERSIDE Your car takes the most impact from the weather and salt on our roads. Its this weather that can cause the most corrosion if left over time. Best way is to hose down the whole of your underside and pay very close attention to your cars wheel arch areas. When dry inspect for any signs of damage and get expert advice to correct them.

Don't forget to check your tyres. The legal minimum tread depth is 1.6mm but always replace your tyres for safety reasons before the tread gets below 2mm.

A group of friends from the Oakworth area have spent the last year making a patchwork quilt to raffle for The Children's Society. The friends have met on a monthly basis for the last three years and decided to embark on the fundraising project. Squares have been hand stitched and then joined together (including some machine work) with a detailed border to produce a quilt approximately single bed size 176 x 120cm.



The Children's Society is a leading national charity that aims to make childhood better for children in the UK. The charity is involved in a range of work both locally and nationally as well as undertaking research and campaigning for the needs of children and young people.

The fundraising efforts have kindly benefitted from the support of Bam Nuttall, in covering the cost of printing the raffle tickets.

Tickets cost £1 each and can be purchased from Claire on 01535 643744 or alternatively they are available from the Children's Society shop, Cavendish Street, Keighley. A coffee afternoon is being held on the 22nd April between 1 and 3pm, at Goodley House, 24 Goodley, BD22 7PD (opposite the Snooty Fox), when the raffle will be drawn. All welcome.

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Say you saw it in the Worth Valley Mag!

RURAL MATTERS by Rachael Moore



The time we've been preparing for since last October – lambing time!! I'm really excited, it's my favourite time of the year! So many new lives brought into the world.

This year, I've got to take it steady as I have my Chartered exams in a couple of weeks and am supposed to be revising. Not even that will drag me away from lambing time, it's so tiring but as any sheep farmer will tell you, it's rewarding.

It doesn't come without its challenges though. There's the preparation to prevent the ewes (pregnant mums) from getting Twin Lamb Disease (pregnancy toxæmia). Caused by lack of food intake and energy, the ewes go off their food. Getting calcium, energy and food of any means into them is important. Then there's the ewes that prolapse. This is not pleasant as the ewe pushes the 'lamb bed' out, to put it mildly. This needs to be put gently back inside, or the ewe will get infected and die. Sheep seem to be animals that live to die. They give up too easily!

Anyway, back to the more pleasantries. When a ewe is ready to give birth, she'll paw around in the straw to make a comfy bed. This is followed by laying down and straining, standing

up, laying down, all making room for the lambs to pass through. Then eventually, a 'water bag' will pop out. This is what the lambs are encased in within the ewe. The lamb should arrive in the normal position of front legs first, with head on top, a bit like diving into a swimming pool!! It's when there's a leg back, or no legs, but just the head presented, that we have to intervene. Witnessing such an event is quite emotional – the lamb and sheep's life is in your hands. Those of you that have seen Lambing Live on BBC2 will know what I mean.

Once born, the ewe will lick the lamb to take all the nutrients out of the cleansing, warm the lamb up by breathing on it, with the added bonus of getting the lamb's circulation going by licking with its rough tongue.

The lamb's first drink will be Colostrum, from its' mum. This is a high energy, high nutrient drink containing antibodies it needs to survive. Milk follows through the udder after.

When mother and baby have bonded after a good 24-48 hours, they are returned to the fields, where they flourish. It is so satisfying to see this sight, after all the challenges, a healthy happy lamb is raised.

Mother – that was the bank where we deposited all our hurts and worries.



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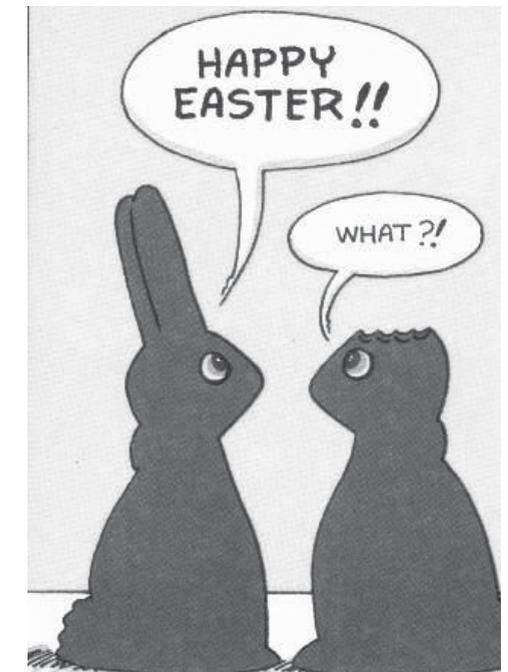
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This most English of teatime treats, served with jam, clotted cream and butter, gives rise to frequent debate over everything from its name, how to serve it, whether it should be with or without sultanas, its nature, texture and recipe.

Lets start with its name – it is most definitely a scone (to rhyme with stone) rather than a scone (to rhyme with gone).

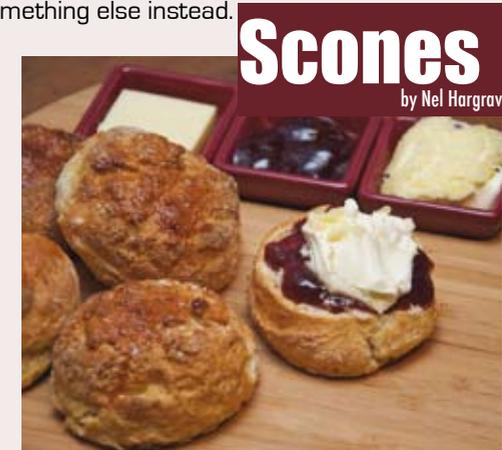
As to serving it, to be honest, once it is there on your plate, split open to reveal its light fluffy centre within a firm crust, still warm from the oven, I'm not really sure it matters what order you pile on the butter, jam or cream - and anyone who spends time at this point debating it, really should be eating something else instead.

The recipe however is critical.

Before you start, here are the 3 things which will make them work every time:

1. Handle as little as possible, and don't use a rolling pin.
2. Chill the dough for at least 15 minutes.
3. Pre-heat your oven

- 600g plain flour
- 150g butter
- 150g caster sugar (unless you want cheese scones, in which case replace with 150g good hard cheese, grated)
- 40g baking powder
- pinch of salt
- 200ml skimmed milk
- 200ml soured cream (that's double cream with a squeeze of lemon, left for 5 minutes)
- 1 egg white



Scones

by Nel Hargraves

the scones, twisting the cutter as you do so, and place an inch or so apart on a baking tray lined with baking parchment or greaseproof paper (or just floured – but don't grease it or you will get soggy bottomed scones).

Put the scones in a cool place (I use the fridge) for at least 15 minutes, and turn on your oven to 200 / 400/ gas mark 6 to pre-heat.

Take the scones out and brush with egg white. Leave 5 minutes and then brush again. Put them into the oven and turn it down to 180 / 350 / gas mark 4

Allow to cook for 15 – 20 minutes – every oven is different, so you may need to take one out and break it open to see if it is ready after around 10 minutes. It should be light and crumbly with a firm crust, and no hint of sogginess.

Rub in the butter to the flour, either using the tips of your fingers, a pastry blender, or a food processor, until you have a light mixture with no lumps.

Add the sugar, baking powder and a pinch of salt and stir through. Make a well in the centre of the mixture

Mix the milk and cream together, and pour into the well in the flour and using a flat knife or your hands, quickly mix until the mixture comes together.

Turn onto a lightly floured surface and flatten with your hand until the mix is around 1.5 -2 inches deep
Using a cutter (or a tall glass), cut out

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