WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

Dec 2013/Jan 2014

Seasons Greetings & a Happy New Year...

Delivered FREE to 6,800 households in Oakworth, Oldfield Stanbury, Haworth, Lees, Cross Roads, Hainworth, Oxenhope and Leeming.

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Say, "Hi" to 2014! With the excitement of the Tour de France on the horizon and

a dazzling 100 day cultural festival, this year the Worth Valley will be a fantastic showcase for the best that Yorkshire has to offer.

Signs in the landscape, like the giant 'Hollywood' style sign in Oxenhope will be part of a moveable feast of interesting projects & happenings that will captivate both local and global participants.

www.worththetour.org.uk www.letour.yorkshire.com

I've really enjoyed putting this edition of the Worth Valley Mag together, mostly because it has been a great team effort. Joanne, Diane, Clive, and the distribution team all play a part and I am grateful for their dedication and effort. I also use the services of talented designers and photographers and a handful of regular contributors. Three cheers for great local talent and community spirited individuals!

I had the pleasure of photographing and tasting the Christmas pudding on p7. Like it says in the headline, it is easy and very tasty; another original recipe from Nel at Damside Mill for you to enjoy.

Rhodes Hardware celebrate 50 years at Mill Hey and still going strong...see the centre spread for our homage to Haworth's very own 'Arkrights' on p20/21. Finally, from the whole publication team, we wish you the very best this festive season and a happy and healthy 2014. Liz Barker, editor

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This spring we are opening our doors to adults: with a new range of partitions occurred for eduts being offered from January 2014. Pert Time courses include formel qualifications for exemple: Neil Treatments, Messenge, Berbaring Bookkeaping Planting Bestrical Installation 17th Edition, Children and Totaling Assistant, A range of charter training courses are also being offered including Brichwork and Corporary & Joinery Introductions and Circular Sea Training. There are also a number of "Just for Fun". Community courses including Caligraphy for Dards and Instations, Digital Camera First Stops, Wetercolours, Knitting, Josephan Making, Decorating Cup Calos, Guiter Playing For Bouirmans, Spanish For Bogirmans, Polich For Bouiswars, Local History (Victorian Kainhley) and Kaighby's Industrial Haritago), Grow your Chan Fruit & Vagateblas, Gardonina Pats, Dontainers and Harging Baskets and Creative Writing - How to Write a Short Story. Adult Learners will be able to onjoy state of theert fecilities, including Heindressing and Basuty Trumpy Salons, Children Training Rooms, and IT/Mass suites. There are also a range of specialist feelities installing industry standard workshops for Wolding & Februation,

Departry & Joinery, Bestrical Installation, and

The Compute is also home to the STAR

Plumbing & Sec Selety.

Contro, a fixely science hub that uses spece. as a thems to encourage young learners into undertaking seienen related subjects.

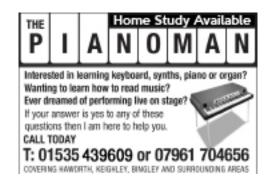
From would flow to wisit the compute, take a tour around the febulant facilities, tells to students and tutors, and receive convers information.

Make a date to visit our Keighley Compus Open Might on Tuesday 14th January 2014 letacen 5-7pm. Further information can be found on the on the callege website exerts. page more benkritgsallege as uk/index ptqs/ redio/costs/

Figure already brow what kind of subjects you're. interested in ar you work to find out more about courses starting in spring and how to apply or areal up to wavelendarity or legacinetic, or by contacting us directly. We have a friendly teem needy to help you with course empiries, chalert support, owner whice and support to help you choose the right course.



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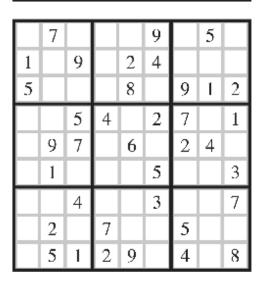


SUDOKU

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

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

Sudoku solutions on page 35



Christmas pudding can often be overlooked as part of the Christmas feast; by the time we've put away the turkey roast, sprouts done in five different ways, and enough goosefat roasted potatoes to sink a battleship of celebrity chefs, we're groaning about not having enough room for pudding. But that's a bit of a travesty of Christmas justice, and I'd like to share a recipe for a special pudding which in my humble opinion outshines the best roast turkey "main event", and sends packing any new-fangled notions of "just a little cheesecake instead".

And if you've never made your own Christmas pudding before, you'll be surprised how easy is – particularly as this one cooks in the microwave and can be made in advance.

Important note: the tradition of putting a sixpence in the pudding has long been overtaken by health and safety nightmares, and unfortunately, coins and microwaves should never be used together. But a larger coin, cleaned overnight in coca-cola, can be surreptitiously hidden on a special plate between cutting and serving the pudding. As a topping for this rich, boozy pudding, just a traditional spoonful of cream, or even better, marscapone complements it perfectly. After all, we only indulge once a year, don't we?

Ingredients: 200g soft prunes 1 apple, peeled and chopped small 125g mixed dried fruits Zest and juice of an orange 100ml brandy A tablespoon of black treacle 2 tbs of chopped preserved ginger 100a light brown sugar 125g plain flour 50g of white breadcrumbs (about a slice of bread, whizzed in a foodprocessor) 1 teaspoon mixed spice 1/4 teaspoon cloves 1/4 teaspoon salt A handful of walnut pieces 100g butter in small pieces

Put the apple, prunes, fruit, orange juice and zest, ginger, treacle and brandy in a bowl and microwave for 3 minutes on high – stir well and leave to cool for about 15 minutes Put the flour, breadcrumbs, salt, spices and butter in a bowl and rub in (or whizz in a food mixer/processor) until it is coarse and crumbly. Stir in the walnuts. Add the eggs and then fruit mixture and stir well.

2 eggs, beaten

Pour into a well-greased microwaveable pudding bowl (I use an old pyrex one), or individual smaller ones. Cover with cling film and then pierce the top a few times to let the air out

Microwave for 10 minutes on high, (or 7 minutes for smaller puddings) and leave to stand for 5 minutes. Then run a knife around the inside and carefully turning out. It will need to cool a further 5 minutes before eating. If you want to make a day or two in advance, leave it in its bowl, covered with fresh cling film in the fridge, and simply pierce the clingfilm and microwave on medium for 3-4 minutes before serving.



Children in the upper Worth valley were able to express their frustrations relating to poor broadband and patchy mobile signals at a meeting organised by Fibre Valley, the group set up to campaign for better digital connectivity in the area.

Milly, 9, from Stanbury Village School explained that the 'Learn Anywhere' platform on her school's network wasn't very useful from home because her internet was too slow and kept cutting off. She would often have to plan to do her hamowork at school on at a

her homework at school or at a friends house.

Donna Craven and son Dale from Oakbank school explained how they have to go to Dale's auntie's house to get online. "It is just not reliable at home. I would love to be able to shop online or book a holiday from our home computer but it is not possible," explained Donna.

When asked what he wanted to do if he was able to get online, Dale answered, "I'd like to go on YouTube or contact my friends on Skype. There are games and things too, but there is no chance of doing any of that at my house."

Amber, age 10 from Oxenhope Primary School told of how her year 4 project was undermined when she was not able to access online research facilities at home to complete her report on the Tudors. "I had to get all of the information for the report from the few books available in the school library. Some of the other kids

were able to get online and find out more information. When it came to the prizes for the best reports, I was really annoyed that I missed out. The kids who won the prizes had internet access at home."

There reveals a very important point about schools often not having quite so many books. It seems that in our new 'digital environment for learning' it is assumed that children will have access to the internet outside the classroom... and that learning will be extended to a digital

home environment. Less budget is being allocated to physical books or paper based products for learning. The disadvantage is then double edged as those unable to access the internet are also underserved in the traditional learning environment.

Social inclusion is every bit as vital for the development of healthy & happy children.

Amber told of her frustration, "I can't play Movie Star Planet with my best friend, Saskia. We like to chat online too but I can't do that very often either."

On December 10th Stanbury Village School will lead a delegation of school children from the Worth valley to visit City Hall in Bradford to question the full council about internet access in the rural Worth Valley ward. Local councillor Russell Brown has offered his support and arranged for the children to meet the Lord Mayor.

Fibre Valley Kids are on the move and joining the campaign for digital inclusion!





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Amber, age 10 from Oxenhope

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We like to tall you about the wide range of services we affer - but this month we thought we'd let our clients do the talking instead. Here's what the animal lovers of the Worth and Aire Valley area said about us:



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"Staff are welcoming & friendly.. Prompt to answer questions, a lovely atmosphere and very thorough"

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"Thank you for looking after me, I am enjoying going mad off
the lead now!"



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"Heartfelt thanks for everything, you were so understanding, caring and sympathetic... and kind, calm and gentle."

"You are a credit to your profession and a true hero to me"



Cats & Kittena

"Thank you for your amazing skill, dedication and care"

"We always have full confidence in the advice given to us and the treatment provided"

"It makes such a difference when we know our pets are in such good hands"

"You were my first port of call"

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We also have a busy Facebook page where you can read the latest stories, see pictures and share your views.

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Davies Lettings Ltd celebrated its first anniversary in November this year. Jason Davies decided to launch his own Letting Agency after being made redundant from Reeds Rains, Keighley, when the branch closed down in December 2011.

Jason is passionate about property and has over 10 years' experience as a Sales & Letting Agent. Since launching on 5th November 2012 then, his Agency has gone from strength to strength and he now boasts a portfolio of over 25 managed rental properties. Jason said, "If you're a landlord seeking responsible, quality tenants for your property and want to enjoy easy, hassle-free rental income each month, then Davies Lettings can help you."

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CLIVE: FIT FOR PURPOSE

Retired teacher, exam invigilator and assistant examiner, Clive Sherratt, taught at Bingley Grammar for 31 years but despite

retiring in 2005 still goes

into a number of Bradford schools to look after exams (and also Bradford University where he studied from 1969 to 1972). He has marked GCSE History since 1994 and now marks GCE General Studies and still retains his interest in education. Clive first became involved with the distribution of publications in 2006. At its peak he was regularly delivering 900 + copies of the (Keighley) Target/Advertiser over a large part of Oakworth before the withdrawl of publication in 2012. The experience gave him a good grounding for the contract work for Aire and Worth Valley Mags beginning in 2008.

"From even before the start of my contract work with Aire and Worth Valley Mags I was impressed by the quality of the magazines and have since found that this opinion is shared by the overwhelming majority of the magazine's readers who have been consulted over the years I have back checked the mags" Clive asserted.

"I have received any number of pleasing comments such as

"I always look forward to receiving my copy"

"I got an electrician/painter and decorator plumber through the magazine"

"I find the articles both interesting and informative"

Back checks have consistently revealed a good delivery rate across an expanding area and a positive feedback from respondents. "As well as my back checking work, I am also on call when needed as relief deliverer and have recently taken the role of regular deliverer of the Oakworth Goodley Round."

Never one to sit still for long, Clive started doing distance running and long distance walking in 2010 when he reached to age of 60. Since then he has run four full marathons and three half marathons (including the Great North Run). He aims to complete five full and half marathons by the age of 65. He hopes to do the London Marathon and reach his target of raising £5000 for charity. Clive's next run is the Edinburgh Half Marathon in May 2014. Anyone who wishes to support his chosen charity Macmillan Cancer Support can do so by going to Clive's Just Giving site.

As far as Clive's long distance walking exploits are concerned he has already done Wainwright's Coast to Coast, Hadrian's Wall, The Pennine Way, The Cleveland way and St Cuthbert's and St Aiden's Way while his next long distance walks are Lady Anne Clifford's Way and The South Downs Way.

Clive's activities hold him in good stead for the back checking and magazine delivery work. We're pleased he is fit for purpose! If you have any questions about magazine deliveries in your area, please contact the Worth & Aire Valley office. 01535 642227

WORTH & AIRE VALLEY MAG

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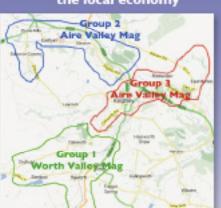


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Here's what our advertisers say...

Advertising in the Worth and Aire Valley magazines has been critical to the success of my business. The magazines are highly rated by my customers and I have last count of the number of people who tell me that they found me in these magazines. I have tried numerous ways to advertise my business but none of them have been as successful as advertising in the Worth and Aire Valley magazines. Sensible adverting costs and local content make these magazines a focal point in the local community.

Chris (Bristles Chimney Sweep Service)

I have advertised with the Aire Valley Mag now for a number of years to which I have had a fastistic response, I field that the magazine is an honest publication that local people have heard to know and trust. I know from the fixed back that I have received from my austomers that this little back is not only an interesting read but also provides a solid base for heal business to promote there services. I can only thank journe and the team for consistently providing a quality publication that is well presented, has great distribution and is favoured above other such magazines that we receive through our letter bases. May all your great work continued

Steve Edwards, Managing Director, Cobbydale Construction Ltd. Silsden

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We are having a special recruiting night on Monday the 13th January 2014 at Oakworth Methodist Chapel at 8pm.

The chapel is next to the mini roundabout in Oakworth. If you would like to come along and give it a try you are more than welcome. We will buy anyone who comes along a pint after the practice!



Could you be part of the next generation of morris men? We are actively recruiting new male dancers and male or female musicians to help us keep this

important English tradition alive; no previous dancing experience is necessary - what is needed is enthusiasm and a wish to help us to maintain an ancient English tradition.















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The Groovy Team from left: Charlie Staveley, Ann Wiles, Adrian Barrett, Luke Parker, Phil Hobson, Matthew Binns, Dave Ryder... missing from the photo is Rita Verity and Kay Bottomley. This year, Groovy Happening raised £5,000 for Manorlands!

Groovy Happening Live Music events started after the success of a one off event, Music For Manorlands, held in December 2011.

A few like-minded people decided to carry this on as a monthly event, the first one being on 4th February '12 when it snowed heavily and the headline band couldn't get there. We arrived looking like snowmen, but despite the various challenges it was a fantastic night and a new addition to Haworth's monthly live music scene.

Fast forward and Groovy Happening number 26 is on 7th December, a special Groovy Christmas evening with Do Miss America, Box Jellys, Luke Hirst...and a few more surprises! Apart from the obvious objective of having a groovy time, Groovy Happening's aims are to raise funds for Sue Ryder, Manorlands Hospice., to support Parkside Social Club which is a venue offered free of charge as their donation to Manorlands, and to encourage musical talent and build good relationships with local musicians. Entry charge at the door is £3. This has been kept low to fill the venue and encourage voluntary donations to fundraising items such as raffles etc.

There are so many people to thank for their support: The musicians who all play for free,

the loyal audience who come along every month and Parkside Social Club for providing their facilities... Thanks to all who have supplied raffle prizes. Thanks to Rita Verity and John Sargent for their brilliant photos as a record of the Happenings. Thanks to Phil Hickinson, Turn the Tables disco and the good friends who have been our Masters of Ceremony over the past two years. The Groovy Happening Team would like to thank everyone in the community who passes on the good word about Groovy Happening events and 'likes' Groovy Happening on Facebook. See our Facebook page for event dates, photos and event information. We hope to see you on the 7th of Dec... and plans are afoot for the 2014 lineup.

Save the Dates: Jan 11th for a special Groovy Ladies Night, when talented female musicians rock the house! Headlining with The Hazbeenz, and also including Dragonfly Tattoo, Annie Drury, Waiting For Wednesday, & Emily Sargant. All welcome.

Feb 1st: Acoustic Groovy Happening.

www.facebook.com/groovyhappening.













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Say you saw it in the Worth Valley Mag!

- 18



It is no secret Haworth is recognised as a nostalgic destination. International visitors and day trippers alike enjoy the delights of steam trains, vintage shops, Bronte love, and moorland walks throughout the year.

But the magic and nostalgia isn't confined to the cobbled Main Street.

One step inside Rhodes Hardware on Mill Hey and you'd think you were on the set of Open All Hours, half expecting Albert Arkwright to saunter to the counter in his brown work coat and ask if he could be of assistance.

You'd be forgiven thinking that Granville was lurking in the shadows as you peruse

the shelves stacked with everything and anything you could possibly ever want or need to keep your household intact.

It certainly is a glorious curiosity of an establishment and one that residents hold in great affection. Rhodes is another kind of Haworth attraction in itself, the unique ambiance has been carefully honed over the years and sits happily with its 21st century business.

Good humour and honest helpfulness underpin this Aladdin's Cave.

The adage, "Try Rhodes First' is a principle that proprietor Julie Rhodes relishes. "If we don't have what you are looking for we can either get it or point you to someone else who can help. We rarely disappoint. There is little point driving in to town when we have most things here."



Sometimes people just call in for a chat and a laugh. The community aspect of Rhodes is part of its DNA, instilled 50 years ago when Julie's parents first opened its doors to 'supply the locals with everyday needs.'

Garden and pet care related products and all things DIY fill the shelves and neatly spill out on to the pavement; bedding plants, rakes, mops, brushes, it's all there.

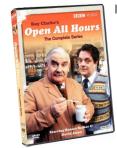
If you are thinking of painting and decorating before the in-laws arrive, Rhodes stock a huge range of Johnstone's paint and can supply everything from drop cloths, sandpaper, wire wool, ladders to paint thinner and roller brushes.

What else is there? Buckets, pipes, nails, brass screws, rawl plugs, string, tape,

wire, sandwich boxes, frying pans, whisks, jam jars, candles, pet food, kindling, logs, Calor gas, fire lighters, rock salt, coal, electric heaters, hot water bottles, kitchen matches, dishcloths, polish..., in fact, come to think if it, Rhodes stock most things that make you warm, safe, dry, clean and happy.

(Here is a reminder: get a plastic sledge and snow shovel from Rhodes before the white stuff begins to fall from the sky!)

2013 marks a Golden year for Julie and her team. They are celebrating 50 fabulous years of trading, interrupted only by a flood in 2004 that caused them to close temporarily. But the heartwarming support of local people and the commitment of loyal customers saw them back on their feet and trading three months later. It has been full steam ahead since.



If you manage to catch the Christmas edition of Open All Hours this year on telly, you can have a chuckle and think how lucky we are to have our own beloved Rhodes Hardware store.

Open 7 days a week and most bank holidays; Supplying everything you could possibly need or want. [How good is that!]

> Rhodes Hardware 15 Mill Hey, Haworth, West Yorkshire BD22 8NQ 01535 643211

TOP TECH TIPS by Michelle Thompson at CloudFree IT

When all is not as it seems...

Always up for a giggle are we at CloudfreelT, so our festive season got off to a comical start on 1st December with us yomping round Skipton, dressed as Santas. The lads had only just shaved off their November 'Moes', replacing them instead with full face white beards.

With Christmas shopping and New Year Sales bargain hunting now a major online leisure pursuit, it's essential you don't allow your excitement to be dampened through lack of awareness that some things are not as they seem...

A sharp increase in the number of Ransomware infection cases coming through our service centre door prompts this festive reminder about online vigilance, folks!

Ransomware, commonly bundled up with music, movie and software downloads, may also be picked up from clicking on links to infected websites. It's not usually designed to self-replicate between computers, so it can only get onto yours if you are careless

Once present the infection may completely block normal use, and payment by credit card is demanded in return for giving back control. Some strains such as 'UKash' or 'the Police virus', on the loose for over a year, are frighteningly common now. Some are fairly straightforward to remove, but many are not. 'CryptoLocker' is one of the 'New Kids on the Block' (remember them?). It starts encrypting the contents of your hard drive, stopping you opening your documents, photos, music files etc. If you have mapped drives to folders on other computers on your home or business network, those too will be encrypted. A message appears telling you that the private key will be destroyed unless you pay a ransom to access the key before the countdown finishes. If you

try to remove the infection with an anti-virus product the key is destroyed. Reports indicate that paying the ransom may not get you your

Anti-virus products often overlook this kind of malware because the user has unwittingly opened the door for it. Vigilance is the key to a Happy Christmas online, so keep the following in mind:-

- 1. File-sharing & torrent services are NOT reliable - you don't know whose computer you're downloading from! It's safer to stick to paying for your movies, music & software.
 - 2. Treat all links received in emails, or via messaging services & social networking sites as unsafe until you check their validity - hover your mouse over the link (without clicking). The real web address (URL) will show up in the bar at the bottom of your browser or in a pop up box close to the link if vou're using an email client such as Outlook.
- 3. Be aware that URL shortening services e.g. tinyurl.com & bit.ly, used extensively on social networking services such as Twitter to get around length limits on posts, may be used by criminals to disguise a true URL, leading you to a site you would otherwise avoid.
- 4. Make regular full backups of your computer.
- 5. Ensure your computer creates system restore points when changes are made to the operating system, application software or data files. After removing the infection, you may be able to revert to a previous unencrypted version of each file one at a time (laborious if you have a lot of files, but great as a last resort!).

Stay safe online and have yourself a Very Merry Christmas & a Ransomware-free New Year!

KIDS CHRISTMAS WORD SEARCH

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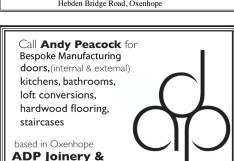








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Ode to the Tour Francis O'Dwyer 2013

Breathing getting harder Sinews straining Body wasted I must get to the top

Fingers - throbbing Knuckles - aching Wrists like lumps of wood Forearms - rigid Biceps - twitching I'd stop if I could Feet - can't feel them Legs are wooden Thighs are burning too

Down to thinner air we're breathing Climbing higher and higher Buttocks numb from the saddle Lungs and chest on fire

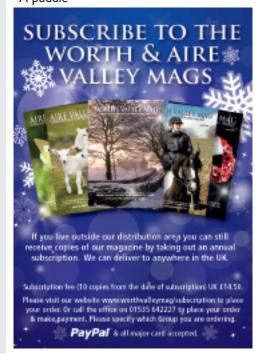
Head is throbbing Tongue is rasping As I fight for breath Eves are sunken Cheeks are hollow I must have a rest Riders spread all down the mountain I cant stop now I am leading Stronger than the rest ONE descent Another climb Then a Polka Dot Jersey

To prove that I'm the Best



- I. How much did Santa pay for his sleigh? Nothing, it was on the house.
- 2. What kind of music do elves like best? "Wrap" music!
- 3. What's a good holiday tip? Never catch snowflakes with your tongue until all the birds have gone south for the winter.
- 4. What happens if you accidentally eat a Christmas decoration?? You get "Tinsel"-itis!
- 5. Why does Scrooge love Rudolph the Red-Nosed Reindeer? Because every buck is dear to him.

6. What do you call Frosty the Snowman in May? A puddle





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COMMUNITY PAGES

Sat 23rd Nov - Sun 12th Jan Rock Legends in Yorkshire at Salts Mill & 1853 Gallery In Gallery 2 (adjacent to the Diner) "Rock Legends in Yorkshire" over 60 photographs taken by Paul Beriff in 1963/4 of The Beatles, The Rolling Stones, Pink Floyd, The Kinks..... and many more. Free entry Open 7 days 10am until 5.30pm (6pm Weekends)

Sat 14th - Sun 15th Dec Torchlight Weekend in Haworth. With Music & Entertainment all weekend. Santas Grotto 1-4pm on the Sunday.

A favourite with many visitors to the village.
Saturday - Candlemas Eve - Santa & Mrs Claus lead the torchlight procession down Main Street accompanied by the Holly Queen, Morris

dancers, choirs, bands. Carol singing around Christmas tree at bottom of Main Street. The Sunday Torchlight Procession sees hundreds of torch and lantern bearers along with choirs and bands singing carols, wind their way up from the bottom of the cobbled Main Street to the Parish Church.

Sat 14th & Sun 15th Dec Christmas Craft & Gift Fair. Admission £1 (includes Tea or

Coffee) 10am - 4pm at The Old School Rooms Haworth.

Mon 16th Dec Haworth Open Story Telling Circle at 8pm back room at Haworth Old Hall. Meet every 3rd Monday of the month Attendance and performance is diverse, ranging from self-penned tales to poetry, traditional folktales to personal vignettes. It doesn't matter if you are a complete beginner wanting to start or an experienced teller of tall tales, if you are a storyteller, come and share your stories with others. If you are a writer or poet, come and share your work. If you would rather someone else read it, that's fine too. And if you just want to come and listen, you are welcome."

Sat 21st & Sun 22nd Dec Christmas
Craft & Gift Fair Admission £1

(includes Tea or Coffee) 10am - 4pm at The Old School Rooms Haworth.

Sat 21st & Sun 22nd Dec Nativity

Weekend. Musice & Entertainment all weekend. Haworth's reflects the true spirit of Christmas with the

Haworth and Cross Roads Nativity

Walk. The traditional Christmas story reenacted on the Main Street with story narrated and carols sung. Starts at **1.45pm** on **Sunday** at the Christmas Tree at the bottom of Main Street and finishes at the Church of St. Michael and All Angels. **Santas Grotto 1-4pm**.

Thurs 26th Dec - Sun 5th Jan 12
Days of Christmas Trail at Bolton
Abbey 10am-4pm. Enjoy a magical
walk with family and friends at Bolton
Abbey over the festive period and
discover the 12 scenes from the
traditional carol come to life. Free
event, normal estate admission applies.
Sat 4th Jan A Dam Good View of
Leeshaw at Oxenhope Village

Meet Anthony Green at 10:30am at Oxenhope railway station for a circular walk around Leeshaw Reservoir.
Circular walk 6½ miles (10km)
Packed Lunch

Sun 5th Jan Oakworth Village Society Service of Remembrance, Tewitt Lane Memorial at 2pm 70th Anniversary of the crash, where

70th Anniversary of the crash, where 6 Canadian Airmen were killed. For more Details 01535 642625

Tues 7th Jan Cross Roads & Lees

Church & Chapel Ladies Group AGM and Social Evening. 7.30 pm at St James Church Hall, Cross Roads. Weds 8th Jan & Thurs 9th Jan Every month four weekly blocks of pottery classes. At Werxzovart Studio Gallery, 73, Main Street Haworth. Sessions on Wednesdays 10-1pm,

Sessions on Wednesdays 10-1pm, 2pm-5pm or 6-9pm and Thursdays 10-1pm or 6-9pm. Cost £100. All ages and abilities welcome. Booking essential. Sonje 07881530132 or email werxzovart@yahoo.com

Mon 13th Jan Oakworth Village
Morris Men are Recruiting We are
having a special recruiting night at
Oakworth Methodist Chapel at 8pm
Mon 20th - Sat 25th Jan - Bus Stop
by Keighley Playhouse. A light comedy.
Four bus passengers have to stay
overnight in a road-side diner during
a snow-storm. More info visit www.
keighleyplayhouse.co.uk. Box Office
07599 890769.

Mon 13th Jan Stanbury & District Women's Institute Meeting at 7:30pm West Lane Baptist Church. New members welcome.

Sun 19th Jan The Ramblers group walk. Distance 11 miles. Haworth to Sutton-in-Craven. Centre of

Haworth we walk through Penistone Hill Country Park and along the edge of the moors to cross Bronte Bridge. Then to Ponden Reservoir, Blue Stone Delph onto Clough Hey Allotment and Keighley Moor Reservoir. We follow the valley down to Monkin Bridge and as we climb out of the valley we head to America! On reaching America the route follows Lumb Clough Beck down into Sutton-in-Craven. Time: 8am Contact: Doreen - telephone: 01204 651671. Non-members are welcome to join us as guests on two or three walks.

Mon 20th Jan Haworth Open Story
Telling Circle at 8pm back room of the
Haworth Old Hall - all welcome
Thurs 23rd Jan Oxenhope Methodist
Women's Fellowship - 7.30 pm
Methodist Chapel, Oxenhope.
Members Night - Anything Goes
Sat 25th Jan - Sat 1st Feb
Mother Goose Pantomime by
Keighley Amateurs at Victoria Hall,
Keighley... Book tickets on line or call

Sun 26th Jan Join Craven Ramblers EMILY'S RAMBLINGS Meet 10.00 a.m. West Lane, Haworth, on roadside GR SE 026 373 8.5 miles (M/S) Leaders: Richard & Eileen Tel 01274 822370

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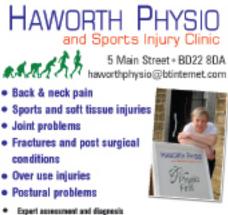
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4	9	3	5	1	8	6	2	7
5	2	1	4	6	7	8	9	3
7	5	2	3	8	6	4	1	9
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6	4	8	2	9	1	3	7	5
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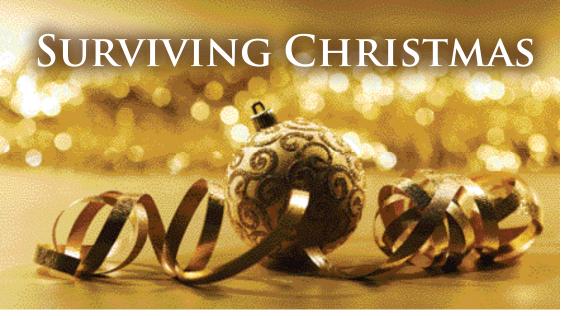
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6	4	8	3	2	1	5	9	7
1	7	9	4	5	8	6	2	3

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Christmas can be both a rewarding and challenging time. It's common to get attached to our expectations for Christmas and in trying to achieve them get frustrated, stressed and even angry. Simple techniques can carry us over the hurdles allowing us to finish the festive season feeling relaxed and refreshed.

- 1) Externals are only so important. What we really want is to be happy and free from problems and for those we care for to achieve the same. Happiness is impossible if we feel un-peaceful and disturbed inside. Problems, worry, stress and unhappiness are types of mind; they are feelings and do not exist outside of the mind. Take a step back from your expectations and think about what is really important and meaningful.
- 2) Acceptance is a peaceful mind. We have so many expectations that there is little chance of them all working out. Rather than fighting this it's more realistic to accept the things that we cannot change with a happy mind. Try thinking of the bad feelings as being like a few moments of bad weather in the mind. Even the most

ferocious storm has no power to destroy the sky and will pass.

3) Other people see things differently than you! We get caught up in the fulfilment of our own wishes but one of the simplest tips for a better Christmas is to remember that other peoples' wishes matter. Christmas is about giving and the most important thing to help others achieve is a happy mind; for everyone you meet think, "this persons' happiness and freedom matter".

5 Minutes for Inner Peace

Experience inner peace with this simple meditation:

- Find a quiet place and take 5 min to calm the mind
- Sit comfortable and take a few moments to relax physically
- Bring your thoughts inward and turn them to the natural flow of your breath
- Breath away busyness, disturbance or distraction as dark smoke
- \bullet Breath in peaceful and uplifting golden light
- Relax into any peaceful feeling that comes

NEW YEAR NEW DIRECTION

No sooner is the New Year upon us and we are making plans for the year ahead. Mostly these will be plans for external developments, feeling greater happiness lies in these goals. Yet if we check every year we have been searching for lasting happiness from externals and have never succeeded and neither has anyone else. This shows that we have been looking in the wrong place. Happiness and suffering are states of mind and their causes must also lie within the mind. For 2014 to be better than 2013 we must make an effort to improve the state of our mind and develop peaceful and happy states of mind such as patience, contentment, compassion and wisdom. Only then can we make progress towards lasting peace of mind.



New Years Day Walk for World Peace

Haworth to Bronte Waterfalls/Top Withens Wed January 1st, 11am

Enjoy a walk and meditation dedicated to world peace starting at 11am at Haworth Bronte Parsonage Museum, stopping at the Bronte Waterfalls for a guided meditation with the option of continuing on to Top Withins. For further information contact the Buddha Land Centre. 01535 958189



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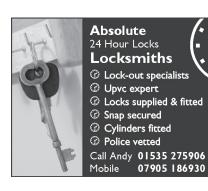
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