



AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

April 2010

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WORTH & AIRE VALLEY MAGS

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORIES

“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. Take heart, those spring shoots are in the ground! Be well, and have a lovely Easter break.

Contact us: 01535 642227
Elizabeth Barker, Editor

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Enjoy April, Liz

Liz Barker

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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.



THE Royal Oak
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April Events

Sat 3rd April
 from 9pm
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Fri 30th Apr
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Fri 9th April from 7pm **Ska Night**
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 Monday to Thursday 4pm till 11pm
 Friday 2pm till 12am
 Saturday 12 noon till 12am
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Fri 16th April from 9pm **Leoni**
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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 3pm
Travelling Riverside
 Blues and Soul 4 Piece Band
 Pie n Peas and a pint £4 (Carling, Strongbow or John Smiths handpull!)

Happy Hour Carling £2.30
 Mon to Wed John Smiths £2.10
 4pm till 8pm Strongbow £2.40







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!



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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) - Cylindric 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!

Sponge (spunj) - used to gently wash away food particles from dinnerware. It won't be necessary to use your 300psi Power wash set. That was given to you in hopes of cleaning the EXTERIOR of the house (hint hint).

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



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We are all very excited at Lilies of the Valley! In September we opened our drop in centre twice a week for

mums and babies as a place where they can chill, and enjoy a fresh coffee/tea and homemade cake. Other mums are also invited to special events – all free of charge...

Like the MUM's PAMPERING DAY last weekend – we started with brunch at 9am – no kids – salmon with cream cheese on blinis, homemade muesli and sweet, creamy yoghurt, sliced fruit and croissants with jam were all on offer! To follow – a facial, an Indian head massage or a chance to beautify nails and hands. We love our mums and wanted to show how much they are valued, and what a good job they are doing.

Since half term we are also offering **Chatting Mums** and **MANaging English** – opportunities for both men and women



(separately) to come along with or without children to practice their English – Lacking in confidence, many with English as a second language, can find life very isolating – making friends and thus gaining better language ability can also be difficult. At No 72 we provide both friendship and help. Keighley College is supporting this initiative. Come in and see us or check our website: www.liliesofthevalley.org.uk.

Loving Mums is open during term time, Wednesday 12:30 - 2:30pm and Friday 10:00am - 12:00pm. Lilies of the Valley No 72, Cavendish Street, Keighley, BD21 3RL Tel: 07505 030758 Email: info@liliesofthevalley.org.uk

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Music for Manorlands

Friday 7th May
 TICKETS £6 inc food. Starts 8pm
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 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

New and Upcoming MARTIN HERLEY BAND

Thursday 22nd April
 8pm. Tickets £10
 On a huge tour around England we are lucky to present these three musicians from Surrey. On a two-string stick bass and a buskers cock-tail drunk kit and balalaika, they are impressing the likes of James Morrison who they have recently toured with and the Glastonbury Acoustic Stage.

Date for your Diary the return of Snake Davis and Burden of Paradise band Friday 11th June

1940's weekend

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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

TOP TECH TIPS

by Michelle Thompson of CloudFree IT

Does your computer always seem to be busy?
Disk activity light flashing furiously even when you're not using it actively? Network connection a bit more congested than usual? Getting 'blue screens of death' or unexpected shutdowns?
Dark forces could be at work - mwaha, ha, ha... !

But No, Really! I can assure you it's not pixies or demons living inside your computer no matter how much it seems to have a life of its own. So if it's not 'pixies' what's making your PC act up? It could be Malware (short for 'malicious software') - basically computer programs written by very sad individuals with way too much time on their hands (and possibly a grudge against Microsoft). Malware comes in many forms (viruses, trojans, worms, spyware and adware) from the mildly irritating (e.g. popping up offensive messages or pictures, or redirecting your web browser to dodgy sites), to destructive (e.g. wiping important data from your computer, replacing important system files with rogue programs or preventing your PC getting essential Windows updates). Some have a criminal purpose attempting to capture your ID and password info for secure sites such as for online banking, or to steal your credit card details. So how does Malware get onto my computer? It's mostly spread via email attachments or via the internet. Venturing away from the well-known safe and secure internet sites is abit like skiing 'off-piste' - you never know what dangers lurk away from the well-trodden path!
Peer-to-peer file sharing via networks

allow malware to spread easily between PCs. Services (such as LimeWire, Azureus and uTorrent) should be used with great caution, or preferably not at all, if you want to keep a clean, trouble-free computer. The range of products available to protect computers is mind-boggling. Don't be fooled into believing the more you spend or the more security products you have the better. They can work against each other, leaving your computer even more vulnerable. Windows has a built-in firewall and a few good antivirus/ anti-malware products are free for home use, so products requiring expensive annual subscriptions are certainly not essential. One Firewall, one antivirus and possibly one anti-spyware product (assuming your anti-virus software doesn't protect against spyware too), should be all you need for 'safer surfing'. New strains of malware appear daily, so security products are only ever as good as their last update. Ensure your computer receives updates and always ensure the 'critical' and 'important' Windows Updates are applied too. A word of caution - be on the lookout for popup windows in your notification bar at the bottom of the screen - some malware is cunningly disguised as security software warning you that your PC is infected. If in doubt, contact a reliable professional IT support service for assistance - successful malware removal can be tricky. For more information on this topic check out:
<http://en.wikipedia.org/wiki/Malware>
or http://en.wikipedia.org/wiki/Computer_virus
(see CloudFree IT on the back cover)

Let this year be YOUR Year of Growth!

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Forthcoming Events:

April Meeting: Kings Arms, Silsden
6th April 2010, 5.30pm-6.30pm
Guest Speaker: Steve Baker (VFM Business Advisors Ltd.) Steve's is one of the top 100 growth firms in the UK over the last 3 years!

May Meeting: Kings Arms, Silsden
4th May 2010, 5.30pm-6.30pm
Guest Speaker: Che Osbourne (Squashed Pixel)
Che will be discussing using Social Media to generate new business and awareness.



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Bring plenty of business cards!

Meeting Agenda:
a) 5.30pm - Networking & food
b) 6.00pm - Speaker (15 minutes)
c) 6.15pm - Speaker's Question Time
d) 6.30pm - Forthcoming Events info
e) 6.35pm - Networking

Meeting on the first Tuesday of every month in Silsden, we invite representatives from all business categories in the local area to come along to experience our 'less intense' style of networking. This Spring we're focussing on Sales & Marketing.

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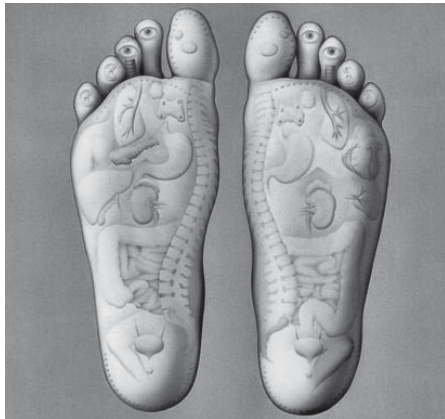
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Whilst reflexology works very well alongside conventional medicine, it should never be used in place of seeking professional medical advice.

source: International Institute of Reflexology
<http://www.reflexology-uk.net>

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

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	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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photo by Keith Newton

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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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 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.

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



KEIGHLEY TABLE TENNIS AND RECREATIONAL CENTRE

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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.

The dreams I live will never age,
 Lie penned forever on the page,
 This Book of Life to you I give -
 Come, share with me the dreams I live.

PUZZLE ANSWER

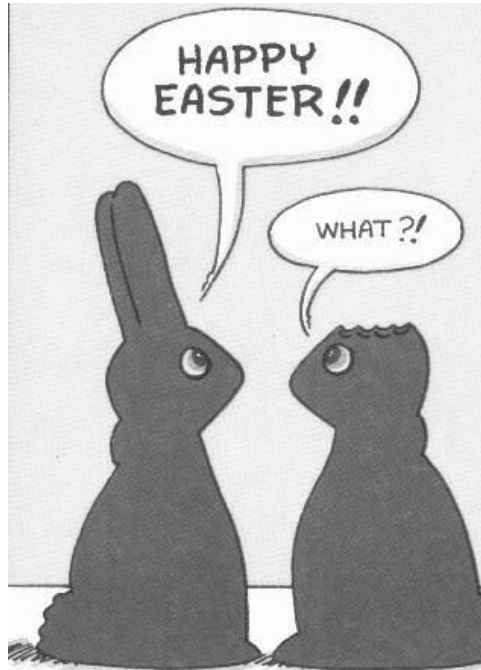
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The CrossRoads

Weekly Events:

Mondays: 9am-11:15am Mother & Toddler Coffee Morning
Tuesdays: From 8:30pm Quiz Night (with free nibbles & snacks)
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
 (new musicians always welcome)
 Last Sunday in the Month: Car Boot Sale
 (to benefit Lee's Primary)
 £5 each car (must be booked in advance)

Save the Date!

June 12th, One Year Anniversary Party
Live Music: Top U2 Tribute Band
FREE BBQ and Sangria (get there early...limited quantities...while it lasts)
Bouncy Castle from 1pm

The CrossRoads Inn, Cross Roads, Halifax Road, Keighley, West Yorkshire BD22 9BG
 Tel 01535 643049

www.copperdragon.uk.com

What a difference a year makes...It was just over a year ago Paula Vasilev was living in the Costa 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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*Are you a community based group?
You can use these Free Listings to
communicate to the community.
phone us with your event details
01535 642227*



Tues 6th - Thurs, 8th April

Easter Workshops for Kids at Projeto Gallery, Silsden. Bag it Up!, Jungle Masks, Graffiti Art, Robot City, and more. Call for details 01535 653895

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

2 April - 5 Easter Egg Trail

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

Sat 3rd April 7.30pm, Swing

Commanders. 40's and Western Swing Glusburn Institute. 01535 630223

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.

Sun 11th April, Windgate Nick 7 miles circular walk. Packed lunch required. Meet Kenneth John Allen at 10.30am at Wesley Place pay and display car park, Silsden.

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.

Wed 14th April - Sat 17th April. 7.15pm Sutton Amateur Operatic & Dramatic Society presents WHEN THE LIGHTS GO ON AGAIN. The Village Hall, Sutton. adults £7.50 Concessions £6.50. 01535 632289

Sat 17th April 10am-noon. St Peters Church, Crosshills. Coffee morning and various stalls. In aid of Manorlands Hospice.

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

Sat 17th April 7.30pm, Silsden Town Band Concert at Methodist Church, Crosshills. Tickets £5 children FREE. Includes supper. 01535 634106

Mon 19 April – 31 May

Katrina Naomi – Charlotte Bronte's Corset A selection of new Bronte-inspired poems by poet Katrina Naomi will be exhibited as a series of text installations in the Bronte Parsonage Museum.

Tues 20th - Sat 24th April 7.30pm, Blue Remembered Hills. Dennis Potter's play about a World War II Summer afternoon. Skipton Little Theatre, Clifford St. 01756 791552. £7.50 adults, children £4

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.

Sat 24th April 7.30pm, Halifax Gilbert & Sullivan Society concert. St Peters Church, Crosshills. £6 pay on door. All proceeds go to Manorlands.

Sun 25th April Open Auditions for Mid Season Summer Show at The Glusburn Institute. 12pm-3pm For more details Contact Dev on: 01274 815524

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 25th April, Christchurch, Skipton. 7.30pm Keighley Vocal Union/Skipton Camerata **FREE CONCERT** Haydn Nelson Mass/Jonathan Willcocks 'A Great & Glorious Victory' For ticket information ring 01535 653009/01535 630014

Sun 25 April - Mascot Gold Cup, Wetherby Race Course – Takes place on a race day and Sue Ryder Care - Manorlands Hospice supporters can get half price tickets. Also increase the fun by entering your own Mascot. Contact Andrew in the fundraising office for further details. 01535 640430

Mon May 3rd MAY DAY/SPRING FAYRE at St. Stephen's Church Steeton

10-30am - 3-30pm
£5 per family 2 adults and 2 or more childre, £2 per adult £1 per child 4 to 10 and children 3 and under free. There will be an animal quiz trail around the village. Stalls i.e cakes, plants, crafts, raffle, books, tombola. Games for children. Art exhibition. Towards the end of the event a duck race will be held at the beck.

Sun 9th May Carlton Charity Fun Day/Dog Show 10-4 Carlton Kennels & Hydrotherapy Centre, Carlton, Yeadon LS19 7BG [5 mins from Yeadon airport] Dog show open to all, BBQ, pony rides, kiddies corner, beer tent, stalls, gun dog display, birds of prey, bouncy castle, dog hydrotherapy pool demos, Raffle, Ice cream van. Admission free. Car Parking £1 **Saturday's 10am - 11am. Just Ride Cycle Club meets** at Marley ACC. All abilities and all ages. Bikes and Helmets available. Contact Richard Taylor 07702 071 779

Please support local trade

Say you saw it in the Aire 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 toxemia). 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.

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EASTER MAZE

Say you saw it in the Aire Valley Mag!

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 April 15th, 2010



Google Earth ©

Last month's winner was Andy Houfe from Silsden. The answer was Victoria Hall, Keighley.

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.



"This is not a large book but the wisdom it contains is truly immense. Ok I am not into 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

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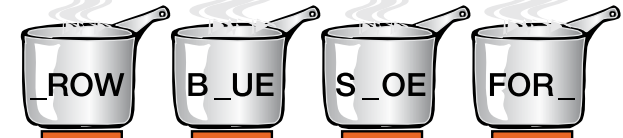
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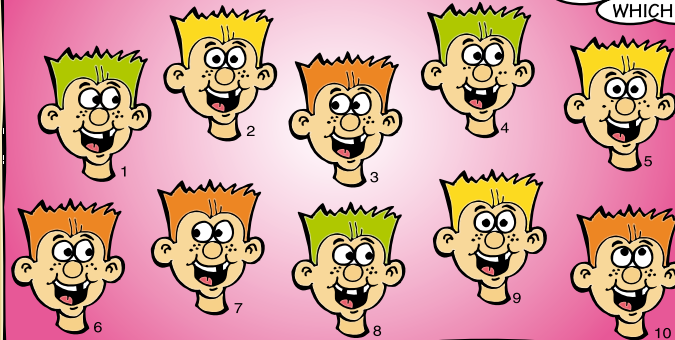
Use 4 of the letters on the stock cubes and add them to the letters on the pots to spell -

- 1) A type of bird
 - 2) A colour
 - 3) An item of clothing
 - 4) A garden tool
- The remaining 4 letters will spell the name of a part of your body.



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Answers: (1) CROW (2) BLUE (3) SHOE (4) FORK. Part of the body NOSE. Identical Faces 2 & 9.

Say you saw it in the Aire Valley Mag!



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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 scon (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

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 (about 5 - 7 cm)



Scones

Using a cutter (or a tall glass), cut out 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.

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Aire Valley Mag
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Correction: Last month we reported the age of Lionel Jeffries at his death was 92; in fact, he was 83.


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