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February

It's the month we celebrate love. We are reminded to be good to ourselves, indulge someone who is dear to us, or

express our heartfelt desires.

In this edition we've placed love hearts next to various experiences and opportunities for you to participate in or ideas for treating a loved one: Enjoy a steam adventure on the Keighley & Worth Valley Railway, buy a Snappy Days photo gift voucher, escape to a beautiful villa in Spain; these are a few of the ideas brimming from our pages. Some are exclusive offers for this month only so scoop them up while they are going!

Local poet Jo Longbottom has shared a few of her beautiful poems on the subject of, you guessed it, **love**. Beware, they may bring a tear...so have a box of tissues on

We are thrilled to celebrate the

announcement that Le Tour de France will wheel its way through the Aire & Worth Valleys in 2014. What a privilege and honour to host such a prestigious and world class event in our part of the world. And what a great opportunity for us to showcase the beauty and distinctiveness of Yorkshire. Plans are already underway to take full advantage of this unique event and ensure a legacy is in place for the years that follow. If you have a particular interest or want to get involved in planning for Le Tour please contact us on 01535 642227. or info@ worthvalleymag.co.uk

You will find more news on the Fairtrade front on page 20/2. Congratulations Fairtrade Yorkshire for becoming the world's first FT Region! Have a great month! Liz



Local Dealz has launched in Keighley

- Find deals on all things local.
- Try our free buy & sell.
- Find local businesses and clubs.
- Order food and book tables.

For the month of February we have partnered with Pennine Plus to offer you the chance to win a 32" Sharp TV. Also look out for other competitions throughout the month.

Everyone who registers on the Local Dealz website during the month of February will be entered into the draw.







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AIREDALE ASPIRE

MAKE 2013 THE YEAR YOU GROW YOUR BUSINESS

Local business referral group, Airedale Aspire, starts 2013 with the

news it has generated around three-quarters of a million pounds worth of business during 2012.

As one of the most successful business networking groups in the area, Airedale Aspire is made up of a broad cross section of friendly business professionals who are all dedicated to helping each grow further.

"It's a great group to belong to," said membership co-ordinator
Steve Burles. "As well as being a really good way to meet other like-minded business people in the area, there's a good social side to the group."

Potential new members are encouraged to sample the group in action by going along as visitors to the regular Thursday morning breakfast meetings at Central Hall, Alice Street, Keighley. Or they can attend a special visitor day at Central Hall on Thursday February 21.

Said group director Mick Jordan: "Either way, people will have a good opportunity to chat informally with members and find out more. It's also a chance to see for themselves how business referrals work and how belonging to the group can make a real difference to their business.

"The meeting will begin at 7.00am, but because the format is so profitable, most of us arrive for networking by 6.45am. There is a nominal meeting fee of £10, which includes breakfast and the venue has ample free parking."

Anyone interested in attending should call Steve on 07778 489332 or visit the group's website, www.AiredaleAspire.co.uk for more information.

Members themselves receive more than

just good referrals (since it first started in 2010, more than 2,400 business referrals have been passed). Everyone is provided with structured training programmes that cover a range of subjects, from presentation skills to ideas for marketing your business.

Social events are important too - the last one being at Keighley Golf Club with a talk by a representative from local

brewery Timothy Taylors. And this year, Airedale Aspire is sponsoring the first ever Keighley Business Awards. It is sponsoring the Special Recognition Award, the only one voted for by the public.

Said training and events coordinator Tony Lee: "For local business people looking to grow their business, Airedale Aspire really does offer a terrific return on investment as well as the chance to meet and socialise with some of the areas most successful business owners."

TIPS FOR A SUCCESSFUL PARENT TEACHER MEETING



Preparing for the parent teacher meeting is important if you are to get maximum value from the opportunity. Parents evenings can be a little stressful, on both sides of the desk, and realising that

the participants are both on the same side - the child's - and knowing when additional help is needed are the keys to a successful parent teacher conversation.

Here is the Tutor Doctor list of tips for parents to help them get the most out of these critical meetings.

• First, ask your child if there is anything he or she wants you to discuss with the teacher. They are likely to know what they struggle with most and if there



are any other problems. If they are to attend you still need to have this conversation as part of your preparation.

Write your questions and concerns in

advance, and bring that list to the meeting and don't forget to refer to it.

- Arrive on time or early. There is often the opportunity to have a look at the work the class has been doing.
- Turn off your mobile phone or put it on vibrate or silent. Even it there is a babysitting crisis it can probably wait. The time in the meeting is precious and limited
- Thank the teacher for his or her time and hard work.
- · Take notes during the meeting.

• Do not rely on this meeting as the only opportunity to discuss your child's progress with the teacher. See if it is possible to set up regularly scheduled telephone or e-mail discussions with the teacher. If you have conserned ask for another in-person parent teacher meeting when you feel it is necessary to reassess goals.

After the meeting, consider ways to help reinforce what you and the teacher are trying to instill regarding academic, organisational and behavioural skills. These skills will be increasingly important as your child approches adulthood. There are

resources available on the web and through school or you could look at some extra tuition.

Alan Bentley Tutor Doctor Keighley











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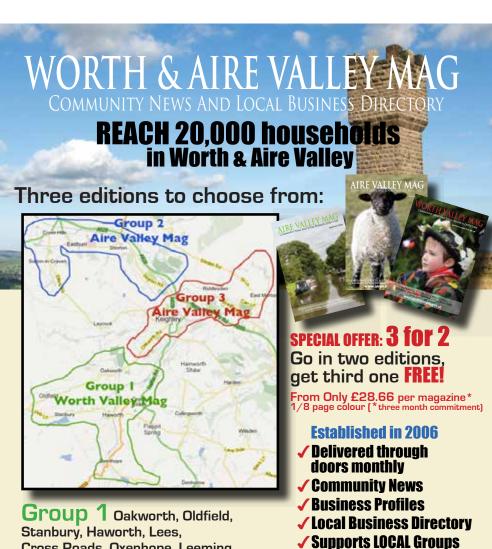
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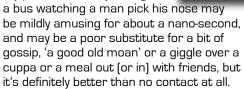
TOP TECH TIPS by Michelle Thompson of Cloud FreeIT

Skimming through the newspaper one Sunday last month, my attention was hooked by a single, somewhat ambiguous, headline – 'Is this the loneliest generation?'

The Government is worried that lonely people suffer ill-health and thus cost the state too much money, but do they mean tots, teens, twenty-somethings, or those of us that generally prefer to forget our age?

The young ones are always plugged into their gadgets – seemingly texting about nothing in particular to the very people they're sat in the same room with, using their 'super-quick' bionic thumbs. It doesn't appear very sociable to me! Or healthy...

Does the growth of 'one to many' communications (e.g. posting status updates to be read by anyone with whom you have a connection) help keep loneliness at bay? Perhaps. Reading that one of my pals is currently sitting on



When life takes us away from our roots, and we're working all the hours our chosen 'creation deity' throws our way, it's bound to have an effect on our ability to maintain close contact with our friends and relatives and this can have a negative impact on everyone.

People are living a lot longer than their predecessors. You may, like me, find you have quite a lot of elderly relatives you'd love to visit, but as no-one can change the number of hours in a day or days in a week, no matter how hard I try I can't get round to visit them all often enough. Now THAT

makes ME sick...

Apparently, one in three elderly people feels lonely at least sometimes, with more than half of retired people living alone and 17% having contact with family, friends and neighbours less than once a week! It's bound to be worse at this time of year too, with ice and snow keeping some people stranded indoors for days or even weeks at a time.

What strikes me as very sad indeed is that, given the availability of communication technologies, such as email, social networking and internet telephony there's still an awful lot of very lonely people out there.

At CloudfreelT, we've seen an increasing number of customers in recent years, wanting help with their computer problems or training in how to use Skype, Facebook and email so they can stay in contact

with people, but they're not the ones the Government is most worried about as they're already taking their own steps to avoid loneliness.

'Befriending' schemes work well in reducing illness amongst the lonely, but tend to fall down due to limited supplies of volunteers. If the Government's Digital Strategy to get more people online was implemented by befriending scheme volunteers, perhaps in the longer term more people would feel less isolated.

Do you know of anyone (old or young) who may be feeling lonely, and isn't yet able to access the internet? If they are 'up for it', helping them to get online could open the way to them feeling much less lonely. It could improve their sense of well-being and even their physical health may benefit too.



Local Dealz launches into Keighley

Here at Local Dealz our mission is pretty simple: To give people the tools and incentives they need to find and support independent, locally-owned businesses. With Local Dealz, users enjoy incentives for 'keeping it local' and get the satisfaction of supporting a favourite business or discovering a new favourite. Business owners get what they want most - happy, loyal customers who are likely to spread the word about their experiences. That's what we like to call a WIN-WIN!

Local Dealz was founded on the belief that we should, to the best of our abilities 'Keep It Local' and in so doing keep our local communities vibrant and self sufficient. Here at Local Dealz we have developed a website to help businesses communicate with their local customers as well as assist customers to find what they want and need within their area

quickly and simply. Most importantly its completely free for users.

Every local user can find great deals from businesses in their own area, they can search for local jobs, upload free buy and sell ads, book a table in a restaurant or order food for take away. This and much more is achieved from the comfort of their own homes and all for free, users will never be asked to enter any payment details. For local businesses the rewards are great, they can advertise their products and services directly to the customers that matter to them and do this in a new, dynamic, exciting and cost effective way.

To celebrate the launch of Local Dealz for the month of February we are running a promotion for Keighley and the surrounding area, we will have lots of prizes and giveaways so keep an eye out, or, if you would like more information go to www.localdealz.co/keighley. see page 3 for more details.











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The Octagon building located at Sandbeds has been transformed from an electronics manufacturer to a spacious function venue for hire. Owners John and Josie Pennington say, "The building is so versatile there is nothing that cannot be done; it is our areas best kept secret!"

The main room accommodates 150-400 people for dinners, weddings, birthdays, anniversaries whilst the much smaller Octagon Room is ideal for kids parties, christenings even funerals.

Low price drinks give the venue even greater attraction along with the personal attention of the owners. Suppers from £2-95, Light Buffets £3-95, Full Buffets £8-95, 3 Course Dinners from £16-50 all enhance the property's attraction which is booking up fast. John Pennington added ' we are already planning Christmas '

RURAL MATTERS Best Laid Plans by Jonathan Sharp



I wrote in December's Rural Matters that we were going to have a month's break from calving cows. Well, it turned out to be ten days; the last cow calved on Christmas Eve, a fortnight over due and the first of the new year was a week early. Mother Nature will always have the last word!

I also wrote previously about not being paid enough for our milk, and that I bought my wife a fancy cow called Honey: You may well be wondering how I can afford such a special animal. I'd like to finish the story...

Sally Babes (as Rudolf Salli is affectionately known) was not my first cow to reach the 100 ton milestone, Rudolf Trifolium (same sire) was in 2011. When you have a cow reach 100 tons you are presented with a cut glass bowl and get a write up in the Holstein Journal. After Trifolium's write up I received a call from Brian Moorhouse

who I bought my first Trifolium from and it turned out his first 100 ton cow was also a Trifolium (roughly translated from Latin means clover or three leaves) and having lost his cows during foot and mouth he wondered if I would sell him one. Brian has one of the best herds in the country so I was pleased to sell. To cut a long story short I sold him an in calf heifer, and took the money and bought Honey!

Honey is doing well she is currently the highest yielding heifer in the herd, she is always first in the parlour in the morning; like Emma she's a worker and just gets on with it; if she had sleeves they would be rolled up! Her daughter Honeymoon has now been weaned and by the time you have read this will have moved from the calf house to the young stock building.

How much is a cow worth? Well the picture (left) is of Emma and I on honeymoon in Canada (romantic as ever) and that cow was worth over a million dollars! She was latter grand champion at the two biggest shows in the world (not the most flattering photo), her name was Missy. Last year I sold cows varying from £1400 to £2250 so I have a long way to go!

I hope you're enjoying my rural musings, it does seem to be having an impact, the postman now calls me Honey!!













It's not often you'll hear the French and the English singing each other's praises. The age old rivalry between us 'Roast Beefs' and those 'Frogs Legs' goes back centuries, but now it would seem we have finally found something we can both agree on: Yorkshire is brilliant!

If you haven't already heard the news, then I'd like to take this opportunity to tell you (very proudly) that Yorkshire has been chosen as the starting point and host of two stages of the Tour de France 2014.

At a press conference to announce the route of 'Le Grand Depart', Christian Prudhomme (general director of the TDF) seemed genuinely blown away by our beautiful county, and cited our scenery and heritage as major reasons for the committee's decision to choose us over other strong contenders such as Edinburgh and Florence. After Team GB's recent exceptional performances in cycling, the organisers of Le Tour said they

Welcome to Yorkshire Chief, Gary Verity, and TDF Director, Christian Prudhomme; a bromance made in Yorkshire!

were keen to return to the UK 'as soon as possible'.

While the race has been through London and across the South coast before, it has never visited the North of England. It's a phenomenal coup for Welcome to Yorkshire, championed by Chief Exec Gary Verity.

Up to 3 million people are expected to line the streets along the route of the race, which is the biggest annual sporting event in the world, and over 3 billion viewers are expected to watch it on television.

Welcome to Yorkshire is calling this our 'opportunity to welcome the world', and that it will be a 'wonderful advert for our



county'. Hotels and B&Bs in the area have started getting booked up already, which is an indication of the the boost in tourism that the race will provide for our district. It's our chance to show off!

Plans to hold a cultural festival on the run-up to the festival are underway, and the excitement and coverage of Le Tour is sure to inspire people of all ages to get involved with cycling. Stage 1 starts on 5th July 2014 in Leeds, and goes through Harewood, Otley, Ilkley and Skipton before heading through the Yorkshire Dales and over to Harrogate. Stage 2 begins the next day in York, and continues on to Knaresborough, Silsden, Keighley, Haworth, Oxenhope, Hebden Bridge, Huddersfield and then to Sheffield. Go online to www.letour.yorkshire.com to find out where you can see the race when it arrives; maybe it's even going past your door! (report by @dollypop)

Welcome to Stanbury Le Tour de France

Residents in Stanbury were pleased to find out that their village will be included in the second stage of Le Tour de France Grand Depart in 2014.

Stan, the colourful sculpture sheep that depicts the local landscape and the newly appointed mascot of Stanbury has been placed at the village entrance with a sign reading "Welcome to Stanbury Le Tour de France"

Plans are already under way to gather the community and celebrate this unique event.

Stanbury Parish Councillor John Suckling and wife Lynda pose with other village residents to show their excitement and enthusiasm.

"We are delighted to have this world class sporting event include our little Pennine village. We'll be sure to get the bunting out and make the most of it!"

photo by Paul Barker

Let us know how your community plans to celebrate the Tour de France 2014 and we might publish your story! 642227 A sudoku puzzle consists of a 9×9 -square grid subdivided into nine 3×3 boxes. Some of the squares contain numbers. The object is to fill in the remaining squares so that every row, every column, and every 3×3 box contains each of the numbers from 1 to 9 exactly once.

Sudoku

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in the Aire Valley?

Can you identify the building or landmark indicated by the red cross in this photograph?
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Last month's winner was Anne Miller. The correct answer was Towler & Staines, Keighley. Anne wins a Keighley & Worth Valley Railway Day Rover Pass Google Earth ©



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"Things are changing, people are caring, world leaders are listening."

Just like Make Poverty History in 2005, the recently launched IF campaign is expected to be huge. Led by around 100 organisations it aims to put an end to global hunger and is timed to put pressure on the world leaders meeting in Northern Ireland for the G8 summit in June.

www.enoughfoodif.org

The Fairtrade Foundation is to launch 'Make food Fair' during the annual Fairtrade Fortnight when events take place across the UK

These are just a couple of examples which demonstrate the call to action to stop the immoral use of the world's resources and exploitation of billions of people.

We simply cannot ignore the fact that despite there being sufficient food in the world to feed everyone, 2 million children still die each year due to malnutrition. This is utterly unacceptable and preventable

But, there is good news, from local to global.

On Friday 18th January,Yorkshire was declared the first Fairtrade Region This means that at least 67% of the



population of Yorkshire live in a Fairtrade place as defined by the Fairtrade Foundation. The all day launch event

began with a coffee morning at Riddings Hall Ilkley, which included a performance of a specially-composed Fairtrade version of the Yorkshire anthem "On Ilkley Moor Baht 'at" In Leeds, MPs Greg Mulholland and Hilary Benn attended an afternoon schools event at the Civic Hall, then the formal declaration was made in the evening at a reception at the Mansion House in York. Bruce Crowther the founding father of Fairtrade Towns and Adam Gardner from the Fairtrade Foundation joined campaigners and supporters from across the region including the Archbishop of York. The Lord Mayors of Bradford, Leeds and York also attended the events, along with representatives from The Co-operative Membership, sponsoring the day.

To quote Archbishop Dr John Sentamu, one of the speakers

"We should all be very proud today that we can stand up and say Yorkshire is a beacon, lighting the way forward for the rest of our nation, on issues of fair pay.

Dr. John Sentamu Archbishop of York

When we see unfairness and suffering we have a duty to step in and intervene with love, generosity and kindness. Not because it is the right thing to do, but because we have a moral obligation to do so. Fairtrade is not simply about generosity, it is about justice."

Yorkshire has a long association with the struggle for workers' rights and dignity, from Sir Titus Salt and the old textile mills of the West Riding, the famous anti-slavery campaigning of Yorkshireman William Wilberforce, to the Rowntree family, leading by example the issue of tackling poverty. We could also add the preachings and dedication of Patrick Bronte; they all strove to improve the lives of workers and promote equality. Fair trade is an extension of that vision and ethos for the wider world.

The Fair trade idea is not new, when the Haworth group started 10 years ago the

concept had already been around since 1946 with the first formal "Fair Trade" shop opening in the USA in 1958. It was when Fairtrade Towns came along in 2001 with a structure and direction that everyone previously involved in trade justice or who had environmental concerns, was given a voice to actually 'do' something. It's an initiative which has caught the imagination of the public and inspired hundreds of thousands in 24 Countries so far. We have become part of a Global movement which consists of Towns, Villages, Zones, Cities, Counties, Islands even. Now, from Holmfirth to Hull and Sheffield to Scarborough, Yorkshire is the worlds first Fairtrade Region.

Closer to home

During Fairtrade Fortnight, our area will be hosting a visit from Palestinian Fairtrade olive farmers on 26th and 27th February. Sales of Zaytoun olive oil, sun dried tomatoes, dates etc are providing a desperately needed economic lifeline for those farmers struggling to live in a conflict zone. Contact the chair of Fairtrade Bradford 07703 778261 if you would like to know more about the plans.

The Fairtrade Bradford zone groups will be getting creative and making a variety of objects from sculptured trees to altar cloths, all fabricated from Fairtrade packaging, the theme for this year. We'd love to know if you are doing anything yourselves or if you want to be involved locally, in your own workplace community group etc.; we have supporting materials and would be delighted to help you.

There are exciting plans for the launch of Fairtrade Keighley and work is already underway to work with schools and businesses in the district, again, we appeal to any supporters to contact us if you are interested to know more or be on the steering group.



What you can do right now

Haworth has taken up the 90kg rice challenge, this is the amount which a farmer in Malawi needs to sell at a fair price to pay for one year's education of a child, although primary education is free, only 30% can afford to go on to secondary education. The country is one of the poorest in the world but is very democratic, has a free press and a tradition of peace. For every 11 groups or schools in Yorkshire taking up the 90kg challenge we will have sold one tonne.

You can pick up a bag of brown or white rice for £2.99 kg from Sonias Smile, Oates and Wiles and Cobbles and Clay in Main Street or West Lane Baptist Church, Haworth.

So you see, it's easy to be involved, positive actions today on your doorstep feed into a massive and organised force with a clear intention. Created by ordinary people doing extraordinary things result in a powerful message, reaching and influencing those who will make the decisions in June, affecting humanity and the future of our planet.

COUNTRY COOKING & FORAGING FOR FOOD

For the promotion of Health & Wellbeing by Cath Bromwich

I recently completed a three-month cookery course at the renowned Ballymaloe Cookery School, in County Cork, Ireland. The Allen family, including Rachel Allen the TV chef, teach cookery here on an organic farm. This was very much up my street because of my passion for seasonal eating, local produce and traditional ways of feeding ourselves. Like the Allens, I am a keen forager and like to supplement a meal with food gathered from the hedgerows and fells.

I have a strong interest in the seasonal cycle of food and the natural rhythm of food production and consumption. Each month I will be giving you ideas and recipes to help you take part in this traditional cycle. I will be discussing the best times to eat certain meats, and giving you ideas about how to make your pennies stretch further by taking a tip or two from the past. I also hope to introduce you to some of the local producers of foods we cover in this column.

As we go through the year, I hope to introduce you to the joys and pitfalls of foraging to produce such seasonal delights as Easter Pudding using highly nutritious wild Spring greens, fresh wild garlic pesto, elder flower cordial, summer puddings including bilberry pie, autumn preserves such as blackberry and apple jelly; and to finish off the year with preparations to tide us over the lean Winter months including Vitamin C-packed rosehips gathered after the first frost (see photo).

What I am particularly interested in is what our grandparents would have been eating at different times in the year; what is traditional in this part of Yorkshire? And so I would like to ask you to share any family recipes and traditions you may have relating to seasonal and local food.

This month, I am going be collecting orange and lemon skins to make into

candied peel for cakes and buscuits...and even use some later in the year for next year's Christmas pud! (Top Tip: Freeze Seville oranges whole now, whilst in season, to make marmalade later in the year.)



Citrus fruit candied peel

Collect any orange or lemon peel if you have juiced the insides for other cooking purposes. You can keep them a few days until you have approximately a dozen. I'm going to try freezing a few to help me get to this amount.

Put the peel in a non-metallic bowl. Add a teaspoon of salt and then cover with cold water. Stand for approximately 24 hours. Throw away the water and cover the peel with fresh water, this time in a pan. Boil gently for about 3 hours until soft. Take the fruit out and scrape out any flesh, leaving pith (white inside bit) and peel. Slice to shape desired.

Dissolve 3lb sugar in a generous pint of water. Gently simmer the peel in this for up

When the peel is translucent remove and place in sterilized jars. Peel keeps up to 2 months or longer in the fridge. Use in cooking e.g. cakes and biscuits.

Recipe adapted but originally from Darina Allen. Forgotten Skills of Cooking

Cath Bromwich, a Silsden resident, a cookery teacher and forager with a background in health promotion. Her livelihood includes foraging, general and health-related cookery for different conditions such as diabetes and coeliac disease. For more information, or to pass on your stories and recipes, contact Cath at cath bromwich@hotmail.com

Shells to Sand

by lo Longbottom

A thousand moons have waxed and waned. A thousand suns have shone. Ten thousand tides have ebbed and flowed And stormed since you were gone.

So many rains have rattled down On landscape parched and dry, Now rid of all the brokenness. I'm learning how to fly.

So many fragments of my heart, And tears that soaked my face Are gathered up and mended now, All neatly back in place.

Where once my thoughts were clouded There is pure clarity, And left upon the tide-line All trace of you and me.

And should you go and gather them Like shells one scarlet dawn. You'll find them broken by the waves Of time, the ocean's storm.

Look at them a moment. Broken in your hand. Drop them, and in ten thousand moons They'll all be ground to sand

Bare feet will gently tread them, No one will ever know, They were my life, my hopes, my dreams, A million moons ago.

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phone us with your event details 01535 642227

Shipley Glen Tramway open Sundays Throughout 2013. From noon until 4pm. (ish) Subject to weather and staffing.No booking required. www.glentramway.co.uk Every Thursday 'Our Space' night. Talks/meditations on holistic healing and self development. Cost £1 to cover heating and refreshments. All welcome. 7.30-9.30. Crystal Space, Aire View, Silsden BD20 OAN, Tel Ally on 07546 109072 for more info. Wed 6 - Sat 9 Feb Jack and the Beanstalk at Bingley Arts Centre Drama Unlimited in aid of Bradford Deaf Association, Signed performances Friday evening and Saturday Matinee. Tickets from £7.50 Bingley Arts Centre Tel: 01274 519814 www.binglevartscentre.co.uk. Fri 8 Feb Hot Aire at St Paul's Church, Shipley 7:30 pm. Hot Aire is a symphonic concert band based in Bingley. Have a great time and support the Organ Restoration Fund. Tickets £7.00 available on the door. Tel: 01274 407988

Sat 9 & Sun 10 Feb Valentines Day Craft & Gift Fair. Bronte School Rooms 10 am until 4pm.

Sat 9th Feb East Morton Institute Coffee Morning & stalls 10am -12pm. Sun 10 Feb Manorlands are looking to establish a new support group in Riddlesden and North East Keighley.



There is a meeting for potential members at **7:30pm at the Octagon** Room, Sandbeds or call 01535 640176 for more details.

Weds Feb 13 Guided Evening Walk

- Saltaire. Those three men again - 5 mile moderate paced walk with the Ramblers.Meet: 7pm Bottom of Victoria Road, Saltaire, near Salts Mill. Non-members are welcome on all walks .Please wear suitable clothing and footwear and try to wear an item of light or reflective clothing. Torches may be useful. Contact Gillian and Linda 07981 106470

muriel.eveningwalks@yahoo.co.uk www.ramblersyorkshire.org

Sun 17 Feb Winter Works Open Day at Dowley Gap Aqueduct at Bingley' Ever wondered what it takes to keep a 240 year old aqueduct in top shape? Walk along the drained aqueduct as well as the lock bottom and ask Trust. experts about how this skilled work takes place. You'll get a close up look at the heritage skills used to repair the lock chamber walls, repair the cills and the new lock gates themselves. Parking is kindly provided by Emerald Group Publishing Ltd, Wagon Lane, Bingley, BD16 1WA - (off Bradford Road near to the Fisherman's Pub). 10-4pm (last entry strictly 3:15pm; site closes approx. 3:45pm). No pre-booking required. Please wear suitable sturdy footwear or wellies where possible.

Mon 18 - Sat 23 Feb A Night Of Dark Intent at Bingley Arts Centre 1978 - A dark house with grisly

history, an asylum. A gripping tale that has you on the edge of your seat, not knowing what's around the corner. 7:30pm Admission:£8. Concessions (Mon - Thurs): £7.Monday Special Youth Tickets (18s and under): £2 Bingley Arts Centre booking01274 567983 Open 11am to 3:30pm Mon-Fri and during shows 6:45pm to 7:30pm Wed 20 Feb Story Time with

Francesca Simon - Half Term at National Media Museum. Join children's writer, Francesca Simon, as she reads some of her favourite Horrid Henry stories. Design your own horrible monster, take part in Horrid Henry's Menacing Makeover and step into Horrid Henry's spooky house. Free entry Booking essential. 11:30 National Media Museum Bradford, BD1 1NQ www. nationalmediamuseum.org.uk

Sat 23rd Feb Vintage & Retro Fairs 10am unitl 4 pm. £2 entry (Supporting Cancer Research UK) at the Octagon Live, Sandbeds, Keighley For more info cal 01535 211486 or visit www. lavenderfieldsevents.co.uk.

Sat 23rd Feb Keighley Library at 2pm. Fiona Shaw discusses her novel A Stone's Throw with local reading groups. For more information about this event, email dionne.hood@bradford.gov.uk

Sun 24th Feb Manorlands
Zumbathon. Dance yourself into
Shape at the University Academy
Auditorium, Keighley. More
information contact Leah Mitchell
01535 640441 or visit www.sueryder.

Thurs 28th Feb - Sat 2nd March Bradford Beer Festival at Victoria Hall, Saltaire 100+ real ales, ciders and foreign beers all sessions. Entertainment: Friday evening and Saturday lunch and evening.www. bradfordcamra.org.uk.

Fri 1st March East Morton Institute Eyes Down (Bingo) 8pm £10 includes 6 games and buffet.

Fri 1st - Sun 3rd March Keighley & Worth Valley Railway Steam Gala.

Discover Steam,oil & Smoke. Action packed family weekend. For more info visit www.kwvr.co.uk or phone 01535 645214.

Sat 2nd March Craft & Gift Fair 10 am until 4 pm at the Octagon Live, Sandbeds, Keighley. For further info call 01535 211486 or visit www. lavenderfieldsevents.co.uk



Please support local trade

Oaty breakfast muffins - wheat free and very tasty

These tasty little muffins are power packs of slow release energy -2 of these and a banana will keep you going all morning as a good breakfast on the go. They use oats instead of flour which makes them easier to digest too - a great kick start to a healthy spring.

- 100g / 1 cup porridge oats
- 200ml / 1 cup milk (any sort)
- 100g/ 1 cup oat flour (which is just porridge oats whizzed up fine in a food processor)
- 60ml / 1/4 cup vegetable oil
- 50g / ½ cup sugar (brown or muscovado is best)
- 1 egg (or a mashed banana trust me on this)
- 1 tsp bicarbonate of soda
- 1 tsp baking powder
- 1 tsp cinnamon
- Good pinch of salt
- An optional handful of dried fruit, nuts, seeds, or a teaspoon of orange extract, or zest of an orange, or even chopped up chocolate if you must!



Turn on the oven to 150-60 fan/ 180 electric, 4-5 gas or bottom of the top oven of an Aga]. Put 12 muffin cases into a muffin tin. Put the milk and oats into a bowl and leave to stand for about 15 mins until they soften. Mix together all of the dried ingredients and add to the milk and oats, followed by the oil and egg [or banana] and stir well.

Pour into the muffin cases and bake for around 15-20 minutes. Delicious warm from the oven, and a great alternative to chocolate for that 3pm feeling when you need something to keep you going 'til tea time!



Solutions:

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A Big Thank You!

Well, we never thought the day would come, but here we are announcing that Weaver's in Haworth will close its doors for the last time. It is the end of an era you might say!

Midnight on Feb 16th 2013 our boss, Colin Rushworth, will be saying hello to his 68th year and at the same time saying goodbye to 35 years spent running the show here at Weaver's, often labelled an institution.

He makes out he has done it all himself...i.e. introducing chandeliers to Haworth, the world's first fake fur beams, shabby chic, cow pie, wonderful haddock soup, dancing in the streets with umbrellas, etc. But we know Colin has had a host of stalwarts with wife Jane, daughter's Sally & Lucy, and son Tim playing a big part in the success; as did scores of local staff employed over the decades: Sue every lunch time, Ross Swinton the head chef, and his current apprentice Sam Smith.



Everyone here at Weaver's want to say a special heartfelt Thank You to all our loyal customers for their support over the years; some of you have stood by us for over 30 years; how did we deserve you?

And to all the wonderful characters who have cooked, served tables and washed the dishes, we were nothing without you!

Our boss, not known for his "outbursts of generosity" has promised he will put a bottle of wine on your table as a personal thank you...if he recognizes you! (And if you book a table with us, of course!)

Finally, if you fancy buying any of that shabby chic that adorns the walls and shelves of Weaver's we will be selling everything. It's started already and will end with an Open Sale Day 10am-4pm Feb 17th 2013.

Good bye and thanks once more, from all at Weaver's

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Getting the Good Picture Buzz.

There are many reasons that we take pictures, but when it comes to the enjoyment of photography, what makes it worthwhile is what I like to call 'The Good Picture Buzz,' says Paul Barker.

It's the feeling when you push the shutter for the national media, is a great way to and think, 'That is a great shot. I can't wait improve. to show it to someone else'.

Getting that feeling is within the grasp of anyone with a camera. It only takes a little coaching to move from taking basic snapshots to well composed, technically

well executed photographs.

If you are looking to get more from your camera, be it the simplest compact or the latest DSLR, a course taught by Paul Barker, professional photographer with almost 25 years experience working

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