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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

Summer 2010

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World Cup Crossword  
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My husbands definition of a perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

In a way, it seems that summer is the time when laziness finds respectability. Or perhaps we just remember that life is short, so we slow down, relax and enjoy it!

With schools breaking up this month it is the perfect time for family get togethers and a well earned break for holidays. We have included some extra puzzles and (dare I mention) a World Cup Crossword to keep the younger members of the family occupied.

As ever, enjoy the month and be well,

*Liz*



Liz Barker

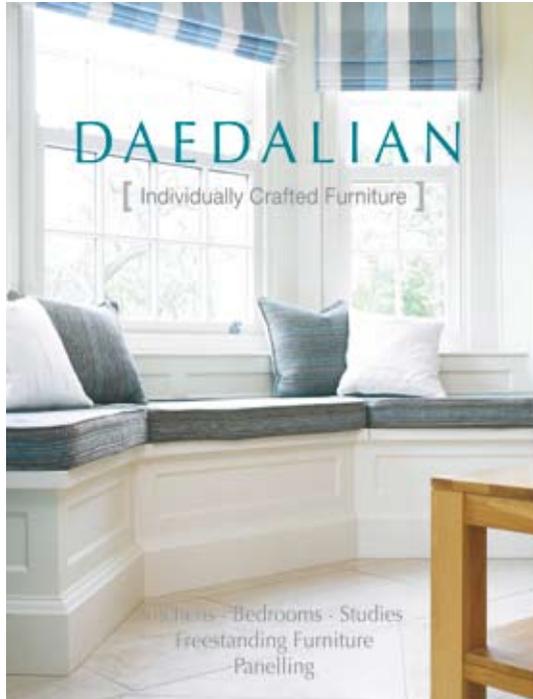
P.S. Wasn't the Sutton Funday a success! Well done to the committee for doing such a fine job with the organisation.

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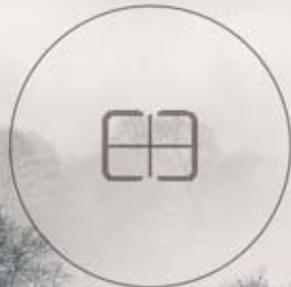
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# Bales of Fun!

The bales are bagged, the beer is brewed and the village is bedecked in bunting. Everything is ready for the 2010 Oxenhope Straw Race, taking place this year on Sunday July 4th.

Some say that a 2.5 mile run down the valley from the Waggon and Horses, then

back up the other side to the Dog and Gun carrying a 25 kg bale of straw and drinking 5 pints of beer on the way must be dangerous and bad for your health. They may be right. But that won't deter the 500 competitors who will be doing it, many of them making it even more difficult for themselves by wearing some very elaborate fancy dress outfits.

Some will be treating it as an out-and-out physical challenge, attempting to win one of 9 fastest team prizes. Others will be doing it just for the craic, enjoying one of Oxenhope's most social of annual occasions and entertaining the wonderfully supportive crowds who gather in their hundreds at the start and finish, at the stop-off points along the way (the Bay

Horse, the Social Club, the Lamb and the Shoulder of Mutton) and all along the route through the village.

But everyone will be doing it for a common cause - to raise lots of money in sponsorship. Over £10,000 was raised last year, and every penny is distributed to local charities. The race organisers are hoping for an even better year this time round.

The first teams of two set off at noon, and the fun lasts until mid-afternoon. So why not come along and enjoy this most unique event in Oxenhope's sporting and social calendar.

And if you want to take part, entries will be accepted on the day, but only if the 250 places have not already been filled.

For full details, including entry and sponsor forms, visit the website at [www.strawrace.co.uk](http://www.strawrace.co.uk).

by George Bingham



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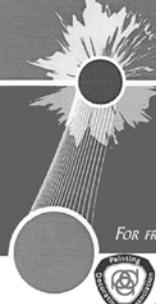

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## Paint the Perfect Dream

by Ludorum

If I should come to you tonight  
as, dear, I wish I could,  
I'd come with colours, O so bright,  
a palette true and good;  
your sleeping thoughts, the canvas,  
my whispered words, the oils,  
laying down a landscape over what this world despoils.

I'd paint the perfect dream for you  
in textures soft and warm,  
a world of sweet tranquillity,  
a respite from the storm.  
Exquisite in its detail,  
breath-taking in its scope,  
a world of peace and pleasure,  
a land of rest and hope.

I'd sketch the outline of a life  
where troubles are no more,  
where you are safe within my arms,  
both free and yet secure.  
This paradise, well-guarded,  
impossible to find,  
will wrap you in its gentle spell  
and leave all tears behind.

And maybe, darling, when you wake,  
the dream will linger on;  
an echo of my promises  
long after sleep has gone.  
The details may be hazy,  
yet still remains the theme,  
a life that we could share, my love,  
would be the perfect dream.

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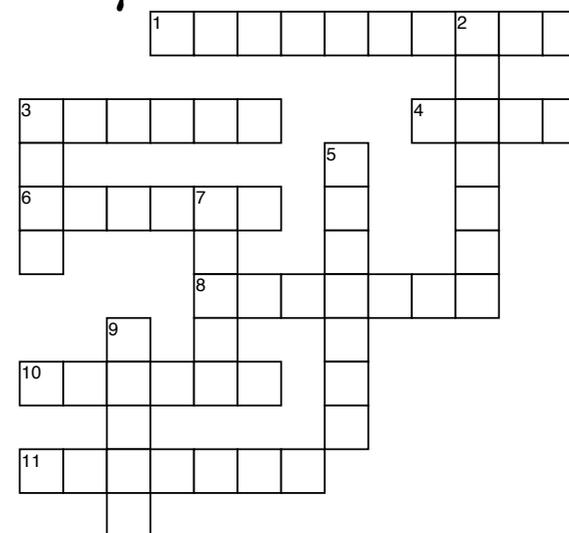
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## World Cup Football Crossword



### Across

- covers the middle of the field
- tries to keep the other team from scoring
- the governing body of world football
- a pass that results in a goal
- the team that has the ball
- uses head to pass the ball
- scores the goals

### Down

- to kick the ball along by yourself
- score
- the team that does not have the ball
- to make a goal
- to dribble the ball

(see page 22 for more help!)

Say you saw it in the Aire Valley Mag!



## IN THE GARDEN with Mike Cunningham

### JULY

Midsummer, and the flowerbeds are awash with vibrant coloured annuals.

Summer bedding is at its best. This month is a time to relax, to enjoy not only the richness of the flowers but also the delicious scents of summer. It is a time for sitting in the shade, having an outdoor meal.

#### Roses:

Continue to water and feed using a rose fertiliser feed. Spray against black spot, greenfly, rust and mildew. Tie in new shoots cutting out any spindly looking ones. Don't forget to deadhead regularly and remove suckers (suckers tend to develop at the base of the rose below the ground level).

#### Lawns:

Mow at least once a week keeping edges trimmed for a good-looking lawn. Spike compacted lawns to aerate. Do not apply chemical treatments during dry and hot weather conditions unless you water copiously after.

#### Flowering Plants:

Continue to cut back early flowering perennials. Apply a general fertiliser to invigorate a tired looking plant. Autumn flowering bulbs and sweet william etc can be planted in prepared beds. Regularly deadhead flowering plants especially annuals. Now's a good time to plan and order your spring bulbs.

#### Vegetables:

Continue to water and hoe between plants. Pinch out any side shoots from tomatoes except bush type varieties and start feeding twice a week using a liquid fertiliser when the yellow flowers have formed a pea size tomato. Complete planting of broccoli, brussel spouts, leek and winter cabbage etc. Early potatoes should be lifted.

Towards the end of month onions and shallots can also be lifted and dried ready for storing

#### Container Plants:

Container grown plants can dry out very quickly this month, regular watering by any means to maintain moisture at the plant roots is essential. If going on holiday make arrangements

for a friend or neighbour to water or alternatively move container to a shady part of the garden.

#### House Plants:

Discard or replace plants that are past their best. Continue watering and feeding plants. Try to provide as much humidity as possible on hot days by standing near a saucer or bowl of water. Clean leaves of foliage type plants using a damp cloth.



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Why do potatoes make good detectives? Because they keep their eyes peeled.

*Are you a community based group?  
You can use these Free Listings to  
communicate to the Aire Valley.*  
phone us with your event details  
**01535 642227**



**Fri 2nd July** - 8pm Patrick Monahan - The Ladyboys of Iran. Otley Courthouse. Brilliant middlesborough-Irish-Iranian comic often seen on Paul O'Grady show. Tickets £9/£7 in advance or £10/£8 on the door

**Sat 3rd July - Keighley Gala.** 1pm - procession from Goulbourne St. Fun Fair at Victoria park. 01535 604379

**Sat 3rd July - Oakworth Gala** 1pm. Procession from Windsor Rd. Stalls & activities in school field. 01535 642625

**Sat 3rd July - Guided Walk** - Nessfield and Upper Austby 6½ miles (10.5km) circular walk Packed lunch required.

Meet Howard Lloyd at 10am at the old stone bridge, bottom of Stockfield Road, off the A65 Skipton Road, Ilkley. Come and enjoy a mid summer ramble in this picturesque area of the Wharfe Valley.

**Sun 4th July - Oxenhope Straw Race**  
A 2.5-mile charity race in fancy dress, 2 people carry a bale of straw and drink a pint of beer in each of the 5 pubs "en route". 12 noon start from Waggon & Horses pub in Oxenhope.

**Sun 4th July - Keighley Festival of Transport.** Vintage Edwardian Trains + Heritage buses & lorries at Ingrow Station + classic cars at Oxenhope Station.

**Wed 7th July - Guided Walk** Kex Gill Moor 5½ miles (9km) circular walk Packed lunch required. Meet Gillian Dale at 10.30am at the lay-by car park on the A59 Skipton to Harrogate road (GR168553), below Blubberhouses church. A lovely moorland walk.

**Sat 10th July** - Otley Courthouse 8pm. The Hut People. Accordion virtuoso Sam Pirt (also plays in 422) and percussioist extraordinaire Gary Hammond (12 years on tour with Beautiful South) perform a unique blend of home-grown tunes. Tickets £9/£7 in advance or £10/£8 on the door

**Sat 10th July - Cross Roads Gala**  
Lees Primary School playing field.

**Sat 10th July - Haworth, Wall of Art,**  
This year will have a '1950's' feel and will be launched with a 'themed day' of dress & music. Haworth Main Street. For more details: [chris.mccarthy4@virgin.net](mailto:chris.mccarthy4@virgin.net)  
[mail@haworthartanddesign.com](mailto:mail@haworthartanddesign.com)

**Sun 11th July** - 11 am-6pm **Sutton-in-Craven Open Gardens trail.** £3 per adult available from Londis Village Shop, Main St, Sutton. Accompanied children free. Refreshments and toilets available in Sutton Park. Plant stall and some refreshments available at some gardens. All proceeds in aid of Manorlands. 01535 633977

**Sun 11th July - Fresh & Organic farmers market.** Church Green, Keighley 9am-1pm. Producers sourced locally. 01535 618252

**Sun 11th July - Garden Party**  
at Manorlands Hospice, Oxenhope 1pm-4:30pm

**Tues 13th July , Dementia Support Drop in session.** Experienced staff to



offer support and help. Activity & peer support groups. **1-3pm** Temple Row Centre, 5 mins from Keighley Bus Station. [dementiagroup@dsl.pipex.com](mailto:dementiagroup@dsl.pipex.com) 07961 784888.

**Wed 14th July - Town centre neighbourhood forum.** 6pm at Keighley disabled people's centre. 01535 618008

**Thurs 15th July - Keighley College campus open night.** Dalton Lane Campus 5pm-7pm 01535 685111

**Fri 16th July, Live music, The Elevators** - (Special guest: **3 Speed**) Tickets £10 Hall of Fame, Keighley Cougars RLFC, Royd Ings Ave. [www.keighleybluesclub.net](http://www.keighleybluesclub.net) 01535 600310 or 07522 326855

**Sat & Sun 17th & 18th July 2010 Skipton Castle Clog Festival** Saturday from 10.30 until 2pm, Sunday from 11.30 until 3pm. 01756 792442

**Sat 17th & Sun 18th July** - 2 day musical event. Cliffe Castle Grounds, Keighley.

**Sun 18th July - Guided Walk** Millennium Way Circular (11km) circular walk Packed lunch required. Meet Kenneth Allen Snr. at 11.15am at Wesley Place car park, Silsden.

**Sun 18th July - The big K Cyklosportive** - Race the train is a well established annual cycling event in Keighley which sees cyclists set off from adjacent to the Keighley and Worth Valley Railway platform in Keighley at the same time as the 9:40am steam train to Oxenhope. Participants aim to get to the top end of the line (a 4.8 mile, 600 foot climb) by road before the train travels up the

Worth Valley line and arrives at Oxenhope Station. For 2010 the event has had a major revamp and is now extended to a Cyclesportive event of up to 90 miles and 8,000ft of hill climb. Cost of entry is £25 (although less for those just doing the traditional Keighley to Oxenhope route)

The cost includes a bacon buttie for those finishing at Oxenhope Station and for those who finish at Keighley's Victoria park after doing the longer routes, a BBQ meal will be included in the price. Contact Andrew Wood. 640432

[andrew.wood@suerydercare.org](mailto:andrew.wood@suerydercare.org) for details. (In aid of Manorlands)

**Thurs 22 July Social Networking** "How to" workshop for businesses. Looking at LinkedIn, Twitter, Facebook. 5:30 at Cobbles & Clay, Main St., Haworth.

Sponsored by Biz Fizz . Must bring own laptops to be able to participate; the cafe has WiFi access. To book a place on this event, contact Candy Squire-Watt Bizfizz Coach - Bradford Rural Tel: 07507 889391

**Sat 24th July - Bingley coffe morning** - Little House community centre, Market St. Bingley. 10am - 12pm

**Sun 25th July** - Five Rise Locks and Shipley Glen 8 miles (12.8km) circular walk. Packed lunch required

Meet Raymond Wood at 10.30am at Hirst Wood car park, bottom of Hirst Lane, Saltaire. **Sun 1st Aug - Yorkshire Day.** Bands on Church Green, Keighley 1pm - 5pm 01535 618252

**Bingley Art Society**  
Meets every Thursday  
7.30 - 9.30pm  
at Cardigan House,  
Ferncliffe Road, Bingley  
All Welcome

## What is Lunar Gardening?

Lunar gardening is a technique involving the use of lunar energies to promote optimal growth. What does the energy of the moon have to do with your garden? While some people may question the power of the moon over their seedlings, no one can deny the effect of the moon on large bodies of water. This pull can also act on the water in the soil, just on a more subtle level.

Gardening by moon phase involves paying attention to this celestial body to determine when to plant seeds. It is believed that the energy of the full moon and new moon acts to draw moisture from deep within the earth, increasing the water available to sown seeds and growing

plants. An awareness of lunar cycles can therefore provide optimal hydration, and growth. Moonlight also varies with the phases. This is important because it is believed that lunar light nourishes. Lunar methods can promote faster growth, which is ideal in climates with short growing seasons.

While this method may appear to be an old superstition or New Age trend, it is actually based on science. The ancients integrated the movements of the celestial bodies into almost everything that they did. They recognized the rhythms and patterns of the moon, planets, and stars, and realized that there was a relevant connection between the energies of the skies and those of the earth.

source: <http://www.brighthouse.com>

## WEBSITE OF THE MONTH



If you're struggling to think how you're going to keep the kids entertained this summer [dayoutwiththekids.co.uk](http://dayoutwiththekids.co.uk) should be the answer to your prayers. Invented by a parent who faced the same dilemma, this is a simple website that makes it easy to find somewhere to take the kids for a great family day out. Places to visit are sorted into categories such as sports, transport, museums and play centres. The information on attractions is clear and concise and there are also maps and user reviews. This great site also includes some basic tips on how to plan your day without any disasters. e.g.. Don't forget your broolly!  
[www.dayoutwiththekids.co.uk](http://www.dayoutwiththekids.co.uk)

Say you saw it in the Aire Valley Mag!

## SUDOKU

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.  
If you use logic you can solve the puzzle without guesswork.

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

extra!

## WEBSITE OF THE MONTH

Have you ever wished you could impress your friends around the dinner table by casually folding a napkin into a beautiful model of a crane or a frog or a camel or any one of countless origami creations? If so then wish no longer, just check out



[www.en.origami-club.com](http://www.en.origami-club.com)

for instructions on how to fold a piece of paper into just about anything you can think of. The site has numerous categories of models you can create and really clear diagrams and animated instructions how to make them. A good one to do with the kids or a possible way to keep them occupied in the forthcoming holidays for nothing more than the cost of a sheet of paper, always a bonus.



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

## 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](mailto:mail@worthvalleymag.co.uk)

The winner will be selected from all correct answers received by July 20th, 2010



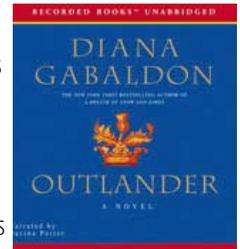
Google Earth ©

Last month's winner was Andrew Hodgson.  
The answer was St. Peters Church, Cross Hills

## BOOK OF THE MONTH

Outlander by Diana Gabaldon

This brilliant blend of historical romance and time traveling adventure is the first book in the series that follows the fortunes of its characters as they travel the world and take part in the historical events which shape it.



In 1945, former combat nurse Claire Randall returns from World War II and joins her husband for a second honeymoon. Their blissful reunion is shattered when she touches a boulder in an ancient stone ruin and is instantly transported to 1743 Scotland, a place torn by war and raiding border clans. Will Claire find her way back to her own time, or is her destiny forever linked with Clan MacKenzie and the gallant James Fraser?

To advertise call Liz on 01535 642227

More of us than ever before are making use of the internet for daily tasks (banking, shopping, communicating) as well as our leisure needs (TV, radio & movies on demand, music downloads, chatting with friends & family, researching, gambling). Good things a plenty – there for the asking!. Unfortunately there's bad things there for the taking too!

Kids learn about safe web-surfing in school, but for those of us for whom the pocket calculator was 'a wonder to behold' the internet may feel like stepping into an alien world...

Common-sense, vigilance and following these Golden Rules can minimise the risk to you, your data and your computer.

**1.** Create a standard user account with limited privileges for web surfing. Save the administrator level account for doing only those tasks which require Admin privileges (e.g. installing software).

**2.** Always use strong passwords. Change them often. A strong password includes a mix of letters (both upper & lowercase) & numbers and should be hard to guess. Avoid using dates or names of family or pets. Where possible include special characters (symbols) too making your password even harder to crack.

**3.** Always use Security Software and remember the 'Rule of One' - one anti-virus, one anti-spyware, one firewall product (or one combined internet security product). More than one of each type does not provide better protection - they can interfere with each other.

**4.** Watch out for malware posing as anti-virus/anti-spyware products. Pop up infection warnings from a product you don't recognise, asking for credit card

details should set alarm bells ringing!

**5.** Occasionally run an online virus scan to check for infections your resident protection may have missed (sadly it happens – no AV software is perfect!)

**6.** If your broadband router has firewall functionality use it as well as using one computer firewall (either Windows Firewall or one included in an internet security suite – not both – see 'Rule of One' above).

**7.** Keep ALL your PC software up to date –INSTALL UPDATES NOW! Don't delay.

**8.** Be smart about where you visit and what you click on. Stick to well-known sites. Avoid free downloads except those recommended by sites or people you trust. In particular, avoid those 'sites of special interest' (yes, you know the ones I mean!) Many contain ILLEGAL material as well as viruses.

**9.** Pay for music and movie downloads! Avoid Peer to Peer file sharing services – it's ILLEGAL to share copyrighted music & videos –see last month's Top Tips.

**10.** Do not open email attachments from users that you do not know - DELETE THEM IMMEDIATELY!

**11.** Use an alternative browser (Firefox, Opera, Safari etc.) Hackers target Internet Explorer more than any other browser. If you would rather stick to IE make sure it is well-secured.

**12.** Be on your guard in chat rooms – don't divulge personal information, even if the person you are chatting to sounds genuine. Fraudsters are patient – taking time to extract information by asking seemingly innocent questions. You wouldn't tell a stranger in the street your bank details, date of birth, phone number or address, would you? **Happy WebSafe Surfing!**

*Please support local trade*

## Lashings and lashings of ginger beer...

Along with swallows, cream teas, cucumber sandwiches and the thwack of Wimbledon ball on racquet, ginger beer is a taste which defines a truly English summer.

Ginger Beer is traditionally served in a peculiarly 1950s measure called a "lashing", although in fact the Famous Five enjoyed lashings of treacle and lashings of boiled eggs at various points, but never actual lashings of your actual ginger beer.

But we won't let the prosaic truth get in the way of a spiffing piece of nostalgic folklore; here's a dashed fine recipe for a delicious summer drink (which also goes extremely well with that other English summer staple – Pimms)

**A 2-inch chunk of root ginger, finely chopped to fill around 3 tablespoons (no need to peel it)**

**1 unwaxed lemons, chopped or thinly sliced**

**1 teaspoon of cream of tartar**

**250g caster sugar**

**¾ teaspoon dried yeast**

**An empty 2 litre plastic bottle and its lid, (such as a large fizzy drink bottle) – please don't use glass!**

(NB: make this the day before you plan to drink it)

Put the ginger, sugar, lemon and cream of tartar in a large pan and add 750ml cold water. Bring slowly to the boil, stirring occasionally to make sure the sugar is dissolved.

Once boiling, turn down and simmer for 10 minutes. Add another 1 and a half litres of cold water and stir well. Sprinkle the yeast on top, and cover the pan with a lid, or some tin foil and leave to cool for several hours or



overnight. Wash the bottle in hot soapy water, and rinse well. Pour the ginger beer through a sieve and then into the bottle (a funnel is useful for this, or you can make a temporary one from a smaller plastic bottle with the bottom cut off) Make sure there is at least a 5cm gap between the top of the liquid and the bottle cap. Tighten it well, and then every few hours release and retighten the cap. You will see the bubbles start to form from the top down after a few hours.

Keep in a cool place and drink the next day over crushed ice, with a slice of lime, while waiting for Dick, Julian, George, Anne and Timmy the Dog to drag you off on your next adventure!

*BTW, be careful when opening the bottle; slowly let out the fizz, and what ever you do, don't shake it!*

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

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## Useful Contacts

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

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**PUZZLE ANSWER**

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

World Cup football Crossword Word Bank

goal	header	goalie	midfielder	forward
assist	carry	dribble	defense	offense
score	FIFA			

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