

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2012



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At Aire Valley Mag we are pleased to be working with Bradford Kickstart to raise awareness of new business start ups in the region in addition to highlighting business services available to people contemplating the path to self employment. Aire Valley resident, Andrina Bealey-Kay, is profiled on page 4 and exemplifies the possibilities for success with Kickstart support.

3,500 Silsden households will be receiving **The Silsden Survey 2012** this month from the Town Council. Please be sure to fill it in and drop it off at the collection boxes at the Co-Op, Post Office or Library. **Better still, complete it online www.bradford.gov.uk/surveys/silsden.**

How's your Broadband Internet connection? Are you feeling fantastic about it or fed up? The connectivity in the district is varied. Dave Melling, the Rural Economic Development Coordinator, can point you

in the right direction. Community groups hoping to tackle this issue together can contact him for more help. [see page 12].

Fairtrade Fortnight continues this month until the 11th of March, but there is an opportunity to join in the Fair Trade Way "Take A Step" walks right through April. We have listed the walks in the region and encourage you to join in the fun and get involved.

March 8th is International Women's Day and I am thrilled to be celebrating the achievements of women in the district by invitation of the Lord Mayor, Naveeda Ikram, at a special luncheon on the same day. All proceeds from the event will benefit Marie Curie Cancer Care, the Lord Mayor's chosen charity this year.

Have a great March!



Liz Barker

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marketing and networking.

Andrina said: "It has gone really well so far. One of the main areas Candy highlighted was the importance of selling me.

"When you are self-employed, you are the business so I've been networking a lot to get my name out there and build my confidence in promoting myself.

"That's made a huge difference and I wouldn't have done as well without the advice and support from Kickstart.

"I mainly work with smaller businesses which want help with finances but don't want the burden of hiring an accountant or an extra member of staff."

The sums are adding up for a financial expert from Silsden who set up her own business with support from Bradford Council's Kickstart enterprise programme.

Bookkeeper Andrina Bealey-Kay is continuing to grow her client list after setting up Ask Andrina in June 2011.

The mother-of-two specialises in offering a flexible 'pay-as-you-go' service to small businesses, including bank reconciliation, managing cash flow, financial forecasting and overseeing VAT and tax returns, as well as bookkeeping.

She is the latest success story from Bradford Council's Kickstart programme which in the past five years has supported more than 1,500 new businesses and helped to create more than 5,000 jobs.

Andrina, who has more than 20 years' experience as a bookkeeper, worked with Kickstart enterprise coach Candy Squire-Watt who gave advice about business planning,

"You feel more appreciated by businesses when you're working for yourself. As well as providing a service that helps them, they understand and respect what being self-employed involves."

Coun David Green, Bradford Council's Executive Member for Regeneration and Economy, said: "It is great to see Andrina is doing so well and benefiting from the advice and guidance provided by Kickstart.

"The programme has helped people start their own businesses in a huge variety of sectors - from retail to mechanics to financial professionals like Andrina. The only limit is people's ambitions."

Kickstart is part-funded by the European Regional Development Fund. Anyone who wants further information about how Kickstart can call 0800 953 9503 or email info@bradfordkickstart.com.

Contact Andrina: www.askandrina.co.uk 07876 345422

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There has been much media coverage recently about the therapeutic benefits of cooking and in particular, baking.

Mary Berry was featured in The Mail last week, the heading of her article stating that “Baking helped to heal my broken heart.” In it she revealed that after her nineteen year old son died in a car accident, cooking was the only way she knew how to regain some normality in her life.

Novelist Marian Keyes, after suffering from depression, has just launched her latest book which is entitled “Saved by Cake” in which she presents a similar argument – that baking helped her through some of the darkest hours. Baking it seems, is big news at the moment.

Whether it be baking a cake, grinding the spices for a gloriously tasty main or simply stirring a bowl of rich, deep chocolate (which to me is like gazing into the depths of another world), cooking is the same as painting a picture with colours or words, It doesn't matter how abstract or humble the end product is; the process of creation will satisfy the senses- help you to connect to something deep within.

At the end of a particularly stressful day last week I was making a batch of orange creams for next day's dessert (they need

to set overnight). The custard takes a long time to thicken and has to be stirred continuously until it begins to do so. The warmth of the kitchen and the heady citrus aroma and the deeply frothing, honey-coloured syrup were so soothing and comforting that as I stirred I felt the stress of the day just falling away.

Anyone who has seen the film Julie and Julia, which documents the lives of two women from very different walks of life, will already be familiar with this philosophy. Julia Childs who is wealthy, and childless discovers a passion for food, cooking, and writing about both, that provide her with the meaning and focus lacking in her privileged lifestyle. Julie, though coming from an entirely different background to Julia finds the same kind of fulfilment through her own love of food and cooking. To quote her character when she arrives home after a very bad day at work and decides to try lifting her spirits by making chocolate cream pie; “You know what I love about cooking, I love that after a day when nothing is sure, and when I say nothing I mean nothing; you can come home and absolutely know that if you add egg yolks to chocolate, sugar and milk it will get thick. It's such a comfort.”

I tend to agree. Your kitchen holds all the potential of becoming your sanctuary. A place which enfolds you and in which you can immerse yourself in the preparation of whatever it is that will soothe away the troubles of the day; - even if that happens to be nothing more than a cup of tea.

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Say you saw it in the Aire Valley Mag!



Join us and walk!

Take a Step is the theme for Fairtrade Fortnight (27 Feb -11 March) a national campaign to get everyone to take what steps they can to make a small change which will support Fairtrade producers and raise awareness of the difference you could make to the poorest farmers and workers in developing countries by swapping to Fairtrade products.

Local Fairtrade groups are joining forces with Fairtrade Bradford and inviting people to join them on The Fair Trade Way, a circular walking route linking all the the district's Fairtrade places, Bradford, Bingley, Shipley, Baildon, Burley, Ilkley, Haworth, Denholme and Thornton. The Bradford Zone walks will eventually form part of a network covering the country, originating in Garstang Lancashire the World's first Fairtrade Town.

The 9 walks are:

- Bradford to Bingley on March 10**
- Bingley to Shipley on March 17**
- Shipley to Baildon on March 24**
- Baildon to Burley on March 31**
- Burley to Ilkley on April 14**

- Ilkley to Haworth on April 21**
- Haworth to Denholme on April 28**
- Denholme to Thornton on May 5; and**
- Thornton to Bradford Centenary Square on May 12 . (World Fair Trade Day)**

From Wharfe to Worth

Ilkley to Haworth April 21st. After walking from Ilkley to Keighley, the walkers will be met in Haworth by the Rainbow Morris Dancers having travelled on the Keighley and Worth Valley Railway.

Next stop for Fairtrade refreshments at Haworth Old Hall before walking up Main Street to enjoy a play in the garden of the Bronte Parsonage. Bruce Crowther from Garstang will be joining this walk and we would encourage everyone to take this opportunity to learn more about Fairtrade and maybe try a sample or two!



Karen Palfreman from Fairtrade Bradford and Bruce Crowther, Fairtrade towns pioneer and champion of The Fair Trade Way.

Haworth to Denholme 28th April

Meeting at Haworth Old Hall walkers can enjoy a Fairtrade breakfast before setting off at 12.30 for Denholme where they will be met by the Denholme Fairtrade group at the Mechanics Institute at about 2.30.

For further information on all the walks and to register your interest visit bradford.gov.uk/fairtrade or contact Aire Valley Magazine or Rita Verity 01535 647776

The Fairtrade Foundation hopes to register 1.5 million steps during Fairtrade Fortnight – one for every farmer and worker the Foundation expects to work with.

For more information and to register your steps, visit fairtrade.org.uk/step.

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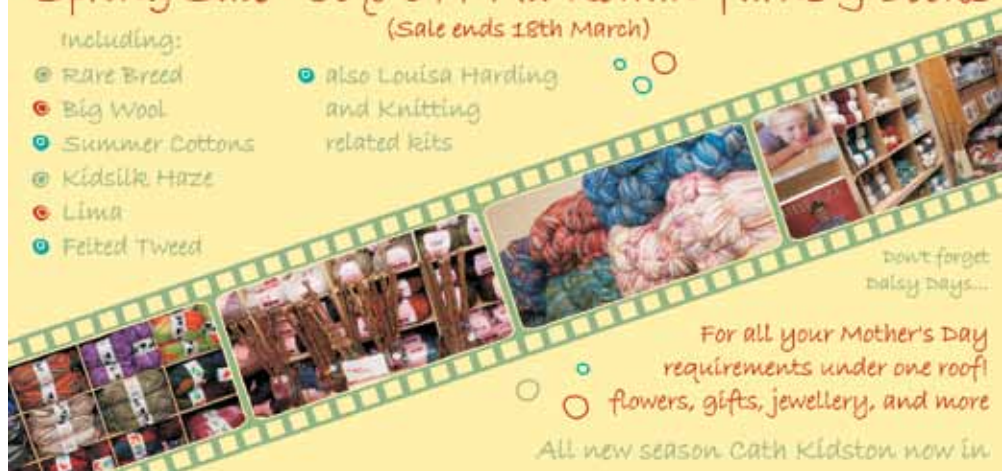
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The Speed of Broadband

Using the internet is second nature to most of us these days. However the benefits can be limited by the speed of the connection. In the early days using dial-up Internet could mean a wait of several minutes for an email to download. For many of us the development of broadband systems has taken the speeds of these connections up by about 180 times. This means that live gaming, TV and radio are now being available on your computer via the Internet.

In 2011 Bradford's average broadband speed was highest of all UK cities at just over 6 mbps.

Unfortunately these are not available to everyone.

Bradford Council wants to build on this and is currently developing projects that will make the latest Superfast Broadband of 24Mbps available to the majority of premises by 2015.

The benefits of this fast system are:

► **Flexible working for people to have an improved quality of life through having more control over where and when they choose to work, with home broadband connections as powerful as in a city office.**

► **People with disabilities or caring responsibilities who would find it hard to travel to work could work from home**

► **Older people may be able to stay in their house and enjoy 'telecare' at home or in the doctors surgery**

► **Online learning available to allow people to reach their full potential**



► **Companies can work with customers in new and exciting ways offering the potential for growth and job creation.**

However achieving this target is not going to be easy. In some communities the Broadband suppliers such as BT, Virgin, Orange, and Plusnet need to know that there is a demand for this product before they make it available. You can help us by asking them for access to 24Mbps broadband.

In some of the smaller villages there may be technical problems in making Superfast Broadband available. The residents of the Worth Valley have recognised this and have formed their own group FibreValley to look at the options (<http://fibrevalley.net>).

They are even thinking of setting up their own network with a specialist community broadband company.

If you are thinking of getting together as a community to look at increasing the broadband speed drop me an email and I will let you know what help there is.

There are a number of websites that can help you find your current broadband speed and find explanations of the technical details of fast broadband.

<http://www.thinkbroadband.com>

<http://www.broadbandspeedchecker.co.uk/>

Dave Melling

Rural Economic Development Coordinator
email: dave.melling@bradford.gov.uk

Home START

Support and friendship for families

What is Home-Start?

Home-Start is a national voluntary organisation offering informal, friendly support to parents with at least one child under the age of five.

Being a parent, wherever you live, whatever your circumstances, isn't always easy. Add in pressures such as illness or financial worries, and without the support of family and friends nearby, the stress can seem overwhelming.

Home-Start offers free support, friendship and practical help to families with at least one child under five. Families are visited regularly in their own homes by volunteers who have all had experience of parenting and know how hard it can sometimes be.

Home-Start Craven seeks volunteers to support local families in the Craven area. Could YOU help us make a difference for families?

YOU could have the skills needed to make a difference to a family living locally.

As a parent you'll know just exactly how tough it can sometimes be. Did you often long to have someone to confide in or just have a chat with?

Home-Start's families come in all shapes and sizes and from all different

backgrounds. Some may be feeling isolated, they may be new to the area without the support of family and friends, or they may be parenting alone. Others may be struggling with difficult relationships, have an illness or a disability, or have several pre-school children. All have one thing in common, the need for someone to listen and be there just for them.

Home-Start volunteers also come in all shapes and sizes and from all different backgrounds. We need people with a whole host of different experiences to provide our special kind of support to families.

Will I be the right sort of person to support a family?

Home-Start volunteers are all ages and from all walks of life. All we ask of you is that you have experience of bringing up children and can spare a few hours a week. Initially we ask you to complete a 'Volunteer preparation course' these courses are run regularly and are free. The course usually takes place one day per week for around 10 weeks. Both day time and evening courses may be available. Volunteers will all have to agree to undergo a full enhanced CRB check and provide 2 references. Home-Start values its volunteers highly and provides full support and training and all out of pocket expenses are reimbursed

If you or anyone else you know, think you can spare a few hours a week to become a friend to someone in their own home in the Craven area, we would love to hear from you.

Debbie Atkinson Co-ordinator **Home-Start Craven**

Based at: South Craven Community Action

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Solar Power Still Pays!

Solar panels on your roof are still a wise investment, despite the Government's recent unexpected decision to halve the attractive Feed-In Tariff. To combat this, leading installers Electrotect UK Ltd, who specialise in solar photovoltaic installations, are massively reducing their prices in order to still offer a 10 per cent return on investment, so the return will not be much different from before. Electrotect clients will still get the same high standard of installation, and will gain the benefits of a system that can cut electricity bills by up to £400 a year – well worth considering when power companies are projecting rises of up to 60 percent by 2016.

Clients will discover that microgeneration is a sensible means of earning money, cutting power bills and reducing their carbon footprint, whether it's on the family home or a small business.

The Government first introduced Feed-in Tariffs, a Clean Energy Cash Back scheme, to provide an incentive for small scale power generation. Under this scheme, energy suppliers make regular payments to householders who generate their own electricity from renewable sources, such as solar photovoltaic (PV) panels.

The scheme guarantees a minimum payment for all electricity generated by the system, as well as a separate payment for the electricity exported to the national grid. The payments are index linked, tax free and guaranteed for 25 years and are in addition to the savings made by using the onsite generated electricity. Daniel Lang, of Electrotect, advises people on how to apply for the FITs scheme and the expected rate of financial return. "We believe we

have a responsibility to the environment to cut down CO2 emissions", said Danny. "Despite the reduction in FIT payments, this scheme makes microgeneration accessible to a far wider range of people." Daniel added: "We use the latest, technology. Which is guaranteed for 25 years – giving you plenty of time to not only recoup your investment, but also make money and add value to your home."

The lightweight PV panels are fairly unobtrusive and can be fitted to either roofs or walls, Daniel added: "Our installation causes little disruption and, depending on the size of the job, can be up and running well within a week and all our systems are completely bespoke designed around the site and clients needs."

Fortunately for us in the North, solar panels don't require bright sunshine to generate power; they only need daylight. And for when the sun goes down, Electrotect are now looking at installing complete off-grid systems so your solar panels help charge a bank of batteries through the day. Then in the evening the batteries run your home, completely eliminating the need to pay an electricity supplier. You can also still claim the Feed In Tariff – it's a win-win situation. These systems are ideally suited to rural situations. Daniel adds: "the Feed in tariff is due to be reduced in July so its recommended to make the most of the tariff at its present 21p a Kwh, which is up to £850 a year! Once you sign up to the scheme you are guaranteed your payments for 25 years!"

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Where in the Aire Valley? COMPETITION

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

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Last month's winner was Stewart Dewar
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Thanks Mum, you're the best!

Mum and Dad were watching TV when Mum said, 'I'm tired, and it's getting late. I think I'll go to bed.'

She went to the kitchen to make sandwiches for the next day's lunches. Rinsed out the breakfast bowls, took meat out of the freezer for dinner the following evening, checked the cereal box levels, filled the sugar container, put spoons and bowls on the table and started the coffee pot for brewing the next morning.

She then put some wet clothes in the dryer, put a load of clothes into the washer, ironed a shirt and secured a loose button.

She picked up the game pieces left on the table, put the phone back on the charger and put the telephone book into the drawer.

She watered the plants, emptied a wastebasket and hung up a towel to dry.

She yawned and stretched and headed for the bedroom. She stopped by the desk and wrote a note to the teacher, counted out some cash for the field trip, and pulled a text book out from hiding under the chair.

She signed a birthday card for a friend, addressed and stamped the envelope and wrote a quick note for the grocery store. She put both near her bag.

Mum then washed her face with a cleanser, put on her night cream and

age fighting moisturiser, brushed and flossed her teeth and filed her nails.

Dad called out, 'I thought you were going to bed.' 'I'm on my way,' she said.

She put some water into the dog's dish and put the cat outside, then made sure the doors were locked and the patio light was on.

She looked in on each of the kids and turned out their bedside lamps and TV's, hung up a shirt, threw some dirty socks into the laundry basket, and had a brief conversation with the one child up still doing homework.

In her own room, she set the alarm; laid out clothing for the next day, straightened up the shoe rack.

She added three things to her six most important things to do list.

She said her prayers, and visualised the accomplishment of her goals.

About that time, Dad turned off the TV and announced to no one in particular, 'I'm going to bed.' And he did...without another thought.

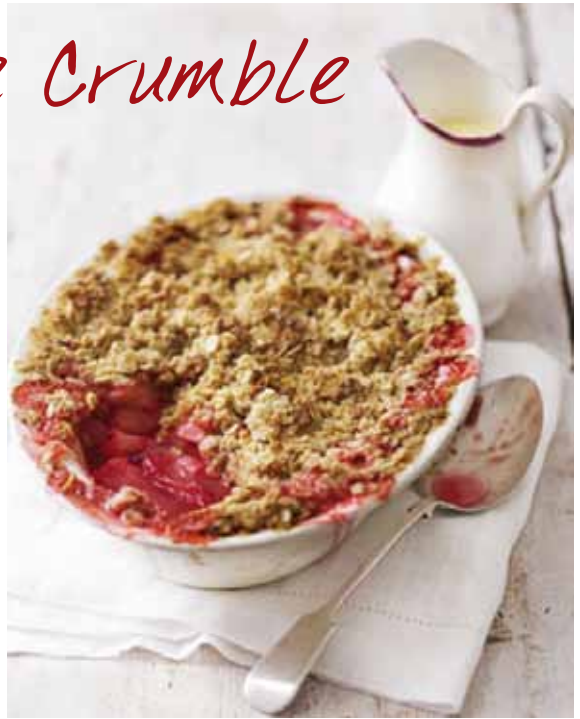


The Humble Crumble

Sometimes, less is more.
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In the case of the great British crumble both statements are true. As rhubarb is in season, and the very best tender forced variety is readily available, a humble crumble is sure to hit the spot.

With its vibrant pink exterior, and acid green flesh, the tangy taste of spring is held within rhubarb's leggy stalks.

Sugar is essential to tame the beast but don't be tempted to overdo it; tangy and tart works well. Remember, it is likely to be doused in cream, ice cream, or custard, so there is plenty of opportunity for sweetening.



Rhubarb Crumble 101

Serves: 6

Ingredients:

- 1 large eating apple, peeled cored and sliced
- 4 stalks rhubarb, thickly sliced
- 2 - 3 tablespoons caster sugar

Crumble topping:

- 100g flour
- 125g caster sugar
- 60g rolled oats
- 60g butter
- 30g chopped nuts



Preparation method:

Prep: 10 mins | Cook: 45 mins

1. Preheat oven to 200 degrees C / gas mark 6.
2. Combine apple and rhubarb in an oven-proof dish; sprinkle over sugar.
3. In food processor, combine flour, sugar, butter, oats and nuts. Blend until you have a nice, crumbly mixture.
4. Spread over the top of apple/ rhubarb mix.
5. Bake in preheated oven for 45 mins or until top is golden and fruit mix is bubbly.
6. Serve with custard, cream or vanilla ice-cream.



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Every Monday 7-8pm Meditation at Crystal Space, 12a Aire View Silsden, BD20 0AN (free with voluntary donation to refreshments). Tel Ally 07546 109072.



From February 27th-April 6th 'Art@Central Hall' 9am-4pm Monday-Friday and 9am-2pm Saturday Felted Cloth: An Exhibition of Textile Art showcases the work of local artists Naomi Southon, Lucy Bowring and Clare Ashton.

1st March Meet one of your Spiritual Guides - Practical Session with Guided Visualisation - 7-9pm Crystal Space. 12a Aire View, Silsden, BD20 0AN. Tel Ally on 07546 109072 to book. Led by Kam Tunningley. £5 inc refreshments.

5th-10th March 'Role Play' by Alan Ayckbourn, The Keighley Playhouse, 5 Devonshire Street, Keighley. A comedy directed by Michael Kennedy. All evening performances start at 7.30pm Tickets £4-£6 available from the box office on 08451267859.

12-17th March Town Hall - Skipton Music Festival. see skiptonmusicfestival.co.uk Amateur performers appear in public and are encouraged to develop through receiving advice, guidance and encouragement from a team of professional adjudicators.

13th March Introduction to Graphology - Overview of the analysis of handwriting..



7.30-9.30pm Crystal Space. 12a Aire View, Silsden, BD20 0AN. Led by Laura Pavlou-Mudie. £5 inc refreshments Tel Ally on 07546 109072 to book.

14th March Upper Worth Valley History Walks Group-Meet on Worth Way where the road crosses the North Beck (near the far end of Morrison's car park) at 10 a.m. Good footwear will be needed - preferably walking boots. You should have warm and waterproof clothing. Carry a packed lunch and a hot drink. Keighley to Laycock via Holme House Wood and Goose Eye.

16th-17th March The Old School Room Haworth Open Days, The Old School Room, Church Street, Haworth. Bronte Spirit would like to meet with you informally over refreshments to discuss and shape the development of this old and historic building. We are happy to meet with estate agents during the morning of 16th March 10am to 12.00 and caterers in the afternoon 2pm to 4pm. On Saturday we wish to welcome community groups between 10am and 2pm. For more information contact Averil Kenyon on (01535) 642264.

17th March '60s/70s/80s Revival Party' Victoria Hall, Victoria Park, Keighley 7pm until 1.30am Tickets are just £6.00 from Fletchers on Cavendish street or from The Sewing Rooms in Keighley Market. A charity event to raise funds for Manorlands and Holmewood. A full evening of entertainment from 7.00pm featuring local group "NIGHT PATROL" along with

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TY PAGES

Amy-Louise Harper doing her cabaret act and her tribute to Rhianna, there will also be two top DJs free supper, raffles and tombola.



18th March-Keighley Big K 10 K run/walk in aid of

Manorlands. Start/Finish at Victoria Park, Hard Ings Road, Keighley, BD21 3JN. Registration from 7.30am. Event starts at 9:00am

Run/walk A multi-terrain 10km route linking the parks and paths of the town. Over 750 people took part in 2011 and raised £28,000. Why not join them in 2012 on Mothers day and run for your Mum! Go to www.bigk10k.org.uk for more details. Suitable for all abilities.

23rd March Graft your own Apple tree - Steeton All day courses are £50, run from 10am-4pm and include a vegetarian lunch and refreshments www.thoseplantpeople.com. Selection, cultivation, maintenance and pruning of apples and pears is covered in the morning. We will demonstrate how to graft your own fruit trees after lunch and you will graft your own tree to take home.

23rd March 'Keighley Community Star Awards' 6pm-11pm Central Hall, Alice Street, Keighley. The Community Stars Awards recognise the outstanding contribution of individuals and groups throughout Keighley constituency by giving their time freely for the benefit of others. The ceremony will include dinner and entertainment as well as the prize giving.

For more information visit www.akct.org.uk contact Ash Alom on (01535) 665258 or email ash@kivca.org.uk

25th March AireVille Park, Skipton - Sport Relief Mile. 9 am -12.30 pm more info on www.sportrelief.com/the-mile.

27th March Sportshall Athletics 3.30pm-5pm University Academy, Bradford Road, Keighley. A series of events aimed at coaching and participating in the many events available through Sportshall Athletics. Open to all school aged children Part of the ongoing work of making events more local being arranged by the Bradford Athletic Network. Only £1 per session Contact Richard Taylor 07702 071779 or activesprts@gmail.com

28th March, Meeting of Keighley Astronomical Society at 6.30pm, held at 'The Star centre', Keighley campus, Leeds City College, Bradford Road, Keighley. For full details e-mail currdomain@sky.com.

29th March Shamanic Healing - The Medicine Wheel - The Directions, The Elements, and the Realms of the Minerals, Plants, Animals and Humans. 7-9pm Crystal Space. 12a Aire View, Silsden, BD20 0AN. Led by Joanne Purdie. £5 inc refreshments. Tel Ally on 07546 109072 to book.

1st April Car Boot Sale, Airedale Hospital, Steeton - every first Sunday in the month.

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or occasionally filling in)



CONTACT The Aire Valley Mag **ON 01535 642227**



2012 CONNECTING People INSPIRING FUTURES

In Bradford, the Lord Mayor, Naveeda Ikram, has launched an awards scheme to recognise the achievements of women in the district. A luncheon is being held at Great Victoria Hotel, Bradford to coincide with International Women's Day, March 8th. see <http://www.internationalwomensday.com> for more about International Women's Day.

I was completely surprised when my friend phoned me to say that she had nominated me and I was amongst the women in Bradford selected to receive an award on International Women's Day 2012.

You could have knocked me over with a feather! What a tremendous honor and privilege to be considered worthy of such recognition.

Having already decided I would gather a number of inspirational women from the rural district and take a table at the Bradford Women of the Year luncheon to support the Lord Mayor's Appeal, it was slightly embarrassing to send a follow up email to say, "...by the way, I am up for an award."

But the truth is, I am so pleased to be going to the event with 17 women from Worth & Aire Valleys by my side. It is they who have inspired me and supported me in a number of activities over the past years. I also recognise that it is impossible to get truly great things done without a network of people sharing their talents and working together for a common purpose.

It is worth saying, I have not been the sole leader in most of the projects I have been recognised for achieving success in. Most have been group efforts.

The Bronte Writing Club was a project I supported a few years ago. Education Bradford asked me to publish the amazing and inspiring work of the Worth Valley Cluster of Gifted & Talented primary school children. It was a sheer delight and privilege to work with the children; they and their teachers were the star attractions.

Haworth Fairtrade Group has achieved much in the 10 years since Haworth became the first Fairtrade Village in the world. Much of the drive and direction, indeed wonderful vision, has come from Rita Verity and a small team of dedicated campaigners from the community.

Fair Intent's, Haworth's first EcoFair, was formed and directed by the Haworth Fairtrade Group in partnership with the Bronte Parsonage Museum. Fair Intent's was a success because of its focus on showcasing local vibrant community life.

As for this publication, **Aire Valley Mag**, I can say that the buck stops with me! More importantly though, I recognise that it has been the support and dedication of two fantastic women, Janet Alison Arkwright and Joanne Ingham, who have kept things going in the Aire Valley Mag office and enabled me to spend time out of the office and in the community working on various projects and campaigns for local and global issues.

Last of all (but deserving to be first) I'd like to thank my family...the abiding source that keeps me both grounded and inspired.


Liz Barker

**Editor and Publisher at Aire Valley Mag,
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Local designer Anthony Hartley has recently moved closer to home, with new workshops in Haworth from where he will be launching his new collection "Cable". Anthony gained international acclaim at London Design Week last year with Mr Smith and Edna.



Check them out at www.anthonyhartley.com

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Top Ten Thought-Provoking Quotes By Women

1. One cannot be always laughing at a man without now and then stumbling on something witty. **Jane Austen**

2. The trouble with some women is they get all excited about nothing - and then they marry him. **Cher**

3. I earn and pay my own way as a great many women do today. Why should unmarried women be discriminated against - unmarried men are not. **Dinah Shore**

4. Women are the real architects of society. **Harriet Beecher Stowe**

5. If you want something said, ask a man; if you want something done, ask a woman. **Margaret Thatcher**

6. Remember, Ginger Rogers did everything Fred Astaire did, but backwards and in high heels.

Faith Whittlesey

7. Women have served all these centuries as looking glasses possessing the magic and delicious power of reflecting the figure of a man at twice its natural size. **Virginia Woolf**

8. God gave women intuition and femininity. Used properly, the combination easily jumbles the brain of any man I've ever met. **Farah Fawcett**

9. Somewhere out in this audience may even be someone who will one day follow in my footsteps, and preside over the White House as the President's spouse. I wish him well.

Barbara Bush

10. Follow your instincts. That's where true wisdom manifests itself.

Oprah Winfrey

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Exploring Mental Health Issues with Tony Gill, RMN

Anxiety affects every individual in a different way due to the fact they are a group of related conditions rather than a single disorder, and can look very different from person to person. Despite their different forms, all anxiety disorders share one major symptom: persistent or severe fear or worry in situations where most people wouldn't feel threatened.

There are a number of emotional symptoms of anxiety to consider including: feelings of apprehension or dread, trouble concentrating, feeling tense and jumpy, anticipating the worst and feeling like your mind's gone blank.

One individual may suffer from intense anxiety attacks that strike without warning, while another gets panicky at the thought of mingling at a party. Someone else may struggle with a disabling fear of driving, or uncontrollable, intrusive thoughts. Yet another may live in a constant state of tension, worrying about anything and everything.

Anxiety is not just about emotional feeling but it is also about the physical symptoms as well, these include things such as a pounding heart, sweating, stomach upset or dizziness, shortness of breath, tremors and twitches, muscle tension, headaches fatigue and insomnia.

The worst thing about this type of illness is the anxiety attacks that people suffer from which can often

have a huge impact on their daily living and how they function.

Anxiety attacks, also known as panic attacks, are episodes of intense panic or fear. Anxiety attacks usually occur suddenly and without warning. Sometimes there's an obvious trigger— getting stuck in an elevator, for example, but in other cases, the attacks come out of the blue.

Anxiety attacks usually peak within ten minutes, and they rarely last more than thirty minutes. But during that short time, the terror can be so severe that you feel as if you're about to die or totally lose control. The physical symptoms of anxiety attacks are themselves so frightening that many people believe they're having a heart attack. After an anxiety attack is over, you may be worried about having another one, particularly in a public place where help isn't available or you can't easily escape.

Again some of the more common symptoms of anxiety attacks include: a surge of overwhelming panic, feeling of losing control or going crazy, heart palpitations or chest pain, feeling like you're going to pass out, hyperventilation, hot flushes or chills and feeling detached or unreal.

Finally there are six major types of anxiety disorders, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder (anxiety attacks), phobia, post-traumatic stress disorder, and social anxiety disorder. In the next edition we will look at how to tackle anxiety with the use of some advice on relaxation techniques.



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