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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

Nov 2013

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Fallen

November remembers and tips its hat
to sorrow and joy.

No words can describe the heartache
of loss;

The unique connection to a beloved
Who's body no longer occupies space
Who's spirit captures a formless place
In hearts and minds and memory.

Autumn leaves burst with joy
And fall gently from the trees.

Having grown up in New England the
autumn has a particular resonance for
me. Scenic country roads lined with
trees bursting with waxy fluorescent
leaves; red, yellow, orange, lime green;
the visual sensation is such a delight.

That joy in contrast with the sober
thoughts of remembrance is a kind of
comfort at this time of year. A bitter
sweet time to reflect.

The Fallen 9000 (p10) is a thought
provoking project born out of Bradford
and created only a few months ago. I
thought it was worth another mention.

For comfort and joy of another kind,
the festive season is in sight;
with plenty to do and see in
the Aire Valley and beyond...

I hope you have a great
November.

Liz Barker, editor @LocalGlobalGirl



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COUNTRY COOKING & FORAGING FOR FOOD

For the promotion of Health & Wellbeing by Cath Bromwich



Have you begun to make your candied peel for Christmas? I will upload relevant recipes onto facebook for

those who haven't kept your magazine copies!

I have been encouraged to see the amount of 'produce gathering' that has gone on. Walnuts, apples, blackberries and much else, people have been making the best of an abundant summer's produce.

In January I enthused about rosehips and their high levels of vitamins. So this month I am going to tell you about Rosehip cordial. Doing anything with rosehips comes with a warning: The little hairs inside the hip are the source of itching powder, as many an older generation person can tell you! When cooking you MUST take care to strain these out otherwise you can have a nasty accident when you swallow them! I strain them after stewing through 2 pillow cases at least.

For those still willing to try, you will be following a great British tradition of using bountiful free Vitamin C that grows in our hedgerows. In the Second World War children were given it to keep them well. I used it last winter as a hot drink cordial and only got colds when I had used my supply up!

You will need to be well equipped with protective clothing, gloves and scissors. This is a dangerous sport and you are likely to get scratched. However I believe the results are worth it. All roses are edible so you can pick any rosehips you see. They vary greatly in size and colour, from red to black. They need to have been 'bleated' or picked after the first frost. This makes them all gooey and sticky rather than tough and hard. You find these prolific fruits down the lanes you picked blackberries. They are found on bare, prickly rosebushes that have mainly shed their leaves. If you can recruit brave children then you can pick a good

harvest. If you only pick a little at a time then freeze them, aiding their bleating and go back another day. If you succeed at this then you are the hardest of foragers ...

TOP TIP: You can also pour this syrup on cakes, over ice-cream, make sorbets with it, and anything else you can think of.



Cath Bromwich, a Silsden resident, is 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. www.facebook.com/ourchoicefoodsforaging

Cath's Rosehip syrup recipe

I calculate appropriate measurements if I don't get quite enough hips.

1kg bleated rosehips to 500g sugar to 3Ltrs Water

Put hips into 2 Litres of hot water, mash to break up, or blend with stick blender a little (safely), before quickly bring to the boiling. Immediately turn off the heat and let sit for 15 minutes.

Strain through at least 2 layers of muslin or pillowcase, suspended from a chair above a large bowl. Leave overnight.

Return the pulp to a pan and reboil using another litre of water. Strain as before with a clean set of pillowcases.

Add all the juice you get to a pan. Simmer this down until you get a bit less than a litre of Juice left. Add the sugar, stir to dissolve and bring to the boil for about five minutes. Pour into sterilised bottles. Dilute to taste to serve.

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Yorkshire artists create poignant reminder in the sand on D-Day beach

In September two Yorkshire sand artists captured the imagination of the world when they created a vast sand art project on one of the beaches which featured in the D-Day landings in France. They lead a team of volunteers to make 9,000 sand drawings, representing the souls who lost their lives there during World War II.

Jamie Wardley and Andy Moss, from Bradford, came up with the idea of The Fallen to mark Peace Day. They created stencilled drawings in the sand of the 9,000 civilians, German forces and Allies who died at Arromanches on 6 June 1944. The silhouettes were drawn on the beach at the rate at which they fell only to be totally erased by the incoming tide, as their own



lives were.

"The Fallen is a sobering reminder of what happens when peace is not present. The idea was to create a visual representation of what is otherwise unimaginable – the thousands of human lives lost during the hours of the tide during the WWII Normandy landings on 6 June 1944. There is no distinction between nationalities, they are known only as 'The Fallen'. The mass participation event did not propose to be a celebration or condemnation, simply a statement of fact and tribute to life and its premature loss," said Jamie.

The project was funded by Sand In Your Eye, with support from local building merchants, Uriah Woodhead, who supplied all the materials.

Visit www.thefallen9000.info for more details.



To the Poppies by Jo Longbottom

Hail scarlet sentinels,
After harvest hail.
Left beside the stubble and the stacks
Frailest petals,
Boldest reds and blacks.
Blow Autumn winds your petals back,
Yet still you stand, you nod, you bow.
Sunset never can out-red your face.
Not now,
At harvest.

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Christine, who lives locally, is delighted to continue to offer a Foot Health Care service which offers treatments for a wide range of foot conditions. Home visits to those people who need or prefer treatments in their own home are also available. Christine can be contacted on **07504 714 072** for appointments.



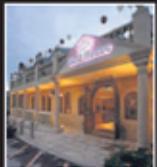
Christine in her clinic at Haworth

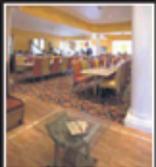
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SUDOKU

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

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

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

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

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

Sudoku solutions on page 23

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31st May 1869 -

To my knowledge the first cycle race took place in Paris, in a park in the Saint Cloud district; the

winner covering a distance of 75 miles on a primitive machine, no gears, solid tyres, it makes my eyes water thinking about it! The victor was an English Doctor, James Moore. The race caused huge interest and more races quickly followed.

The French love affair with the 'Velo' had begun.

Place to place races between cities and towns were used by cycle manufacturers to demonstrate the reliability of their machines. Newspapers also benefited from advertising and increased sales as their readers clamoured for information of these 'giants of the road'. The harder and longer the race the better.

The first of these races was Paris - Rouen, distance 76 miles. James Moore won again, covering the route in an average of 7 mph, which, considering the state of the highway was a staggering feat.

By the 1890's 'massed start' racing was drawing huge crowds, the harder the race

the greater the public interest and sales of bicycles soared.

1891 Bordeaux - Paris 373 miles. The winner was another Englishman, George Mills, covering the distance in just 24 hours; amazing! Later that year the monster Paris- Brest-Paris, 745 miles, the winner this time was French, Charles Terront. **1892** it was Belgium's turn with Liege-Bastogne-Liege. These races were

the foundation stones of the single day classics still run today. The most famous classic, Paris-Roubaix (The Hell of the North) began in **1896**. A brutal race, run over the "Pave" cobbles of Northern France; sections of these cobbles roads are preserved to this day. The race is still run in April and is the "blue riband" of the one day spring classics, a race for the real hard cases in the Peleton. The

toughness of the race, because of distance and road conditions, gives us an insight of what the riders in the early days of the Tour had to endure.

These races in the main were sponsored by Newspapers and magazines making huge profit from advertising bicycles, tyres and components from a cycling mad public.

The bicycle was affordable, didn't need food and was giving the working classes the



James Moore, right

means to move away from the narrow confines of their rural communities.

1902 the scene was set for the most ambitious project yet; and the catalyst would be a political scandal involving a young Jewish Cavalry Officer, falsely accused and convicted of spying for Germany.

The scandal polarised opinion in France and as a result a newspaper "L'Auto-Velo" was born and to publicise it's birth it announced the most brutal race yet. Six stages going around France in a big loop. "**The Tour de France**" the stages were Paris - Lyon - Marseilles - Toulouse - Bordeaux - Nantes and finish back in Paris.

The distance of these stages were huge, the last stage from Nantes to Paris was 292 miles. The race was a huge success, the public clamouring for news of their "heroes".

With the dawn of the 20th Century roads and cycles were improving all the time; they had to, to facilitate motor transport. More races cropped up to add the Classics or Monuments as they were called. The Tour of Flanders - Belgium, Milan - San Remo and the Tour of Lombardy - Italy; these were one days races and it was 1909 before the Giro - Tour of Italy took place as a rival to the French "Tour".

The third biggest Tour - "Vuelta@Espana" didn't appear until 1935 after the Spanish Civil War, it was seen as a good way to unify the Country and it did help.



G. P. MILLS, winner of the first bicycle race from Bordeaux to Paris, 1869, with the party of Englishmen who accompanied him to France. From left to right (standing) P. C. Wilson, A. Brandstett, Hans de Keyser (of Paris), G. P. Mills, A. Lambert, M. G. Duvoux, Felix Gervais, P. L. Besson (seated) E. Duvoux, Major Kama-Glatton, M. D. Rouvier, Captain de Beauvalant.

As these races grew longer and added mountains to make them even tougher the Gladiators who fought out these epics became legends.

The Belgians produced riders as hard as flint, the Italians brought style and class, the Dutch were solid and strong, the Spanish were mercurial especially when the road went upwards. The British, after a fine start, were conspicuous by their absence, absorbed in place to place time trials. It would be many years before a rider from Britain would make his mark in a Continental Race.

Because of the "hype" from the media some of the riders became superstars - Giradengo, Coppi, Bartali and Magni were revered by the Italian Tiffossi (fans) in the Golden era, as were Anquetil, Bobet and Robic by the French.

The "Tour de France" straddled the period like a colossus and still dominates the racing scene today.

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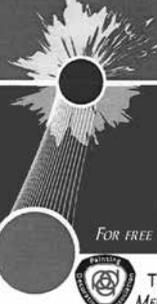
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7	6	5	1	3	4	2	8	9
8	3	1	7	2	9	6	4	5
4	2	9	6	8	5	1	7	3
6	9	4	3	7	8	5	2	1
5	1	2	4	9	6	8	3	7
3	8	7	2	5	1	4	9	6

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

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

4	8	9	3	7	1	5	6	2
2	7	3	5	9	6	4	1	8
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6	2	8	9	1	3	7	5	4
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Mon 4th - Mon 18th Nov during library opening times in Cross Hills Sutton in Craven Art Club Exhibition Some works will be for sale For further information Tel 01609 533659 or 0845 034 9533

Sat 9th Nov Craven Ramblers ROMBALD'S MOOR & THE VICAR Meet 10.00 a.m. Coach Street Car Park Skipton GR SD 987 516 8.0 miles (M) Leader: Myfanwy Tel 0779 4845048

Sun 10th Nov Sutton Remembrance Day Service in St Thomas's Church and then over to the Park Cenotaph for 11am for the laying of the wreaths and service.

Sun 10th Nov Skipton Remembrance Day 10.30 am - 11.30am Skipton Brass Band will again be providing some hymns and military music at the annual Skipton Remembrance Day Parade.

Sat 9th Nov 11am - 3pm Table Top Sale at West Lane Baptist Church Haworth. All proceeds from the sale will be donated to "Sight Airedale" (Bingley Branch), The Branch is run by volunteers and is funded purely by donations, enabling partially sighted/blind people of the area to meet up twice a month, enjoy activities and the occasional trips out. Any Bric a brac/household goods which people would like to donate would be greatly appreciated, they can be collected by contacting Nel or Robert Nicholson on 01535 602841, or Elaine Woodward on 07581 141331.

Sun 10th Nov - Remembrance Day Service - Silsden Town Brass Band at Silsden Bandstand - 10am -11pm.

Sun 10th Nov 11am - 3pm Wedding Showcase at East Riddlesdenhall.



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Tues 12th Nov (and every 2nd Tuesday of the Month) 2 - 4pm Not Over the Hill Yet at The Hub, Steeton. Join a New Group of over 55's who want to have fun and meet new friends. More info call Peter Handley 01274 482438.

Sat 16th - Sun 17th 9 am - 5.30 pm Christmas Market - Central Park Haworth. Stalls selling handcrafted Jewellery, gifts, etc. Hot Mulled wine, Handmade Chocolates. Good family day out. www.bradfordmarkets.com

Sun 24th Nov Silsden Christmas Market & Light Switch on in Silsden 10 am till 4pm followed by the switch on of the Christmas lights.

Sat 23rd - Sun 24th Nov Steampunk Weekend in Haworth Music & Entertainment with Bradford Marching Pipe Band.

Sun 24th Nov 10am - 4pm Skipton Vintage & Antiques Fair. Skipton Town Hall, High, Skipton. Website: www.roseandbrownvintage.co.uk. £2 entry price. 30+ stalls of genuine vintage fashion, homewares and jewellery, plus antiques, collectables, vinyl, toys and more.

Sun 24th Nov Christmas Cracker

at Keighley Town Centre Location: Church Green. Come along to watch the Christmas light switch on. Lights will be switched on at **4.30 pm**. There will be plenty of entertainment for different age groups. **Free entry.**

Sat 30th Nov 10am-4pm at Keighley Civic Centre - Christmas Extravaganza - visit Santa in the cells, children's entertainment, craft stalls, face painting & food. Tickets from the Civic Centre to visit Santa (including present) £5 per child. Accompanying adults free. Call the Civic Centre on 01535-690800. All Welcome

Sun 1st Dec Christmas Fair at East Riddlesden Hall 11am - 4pm Visit our Christmas Fair and choose from a wide range of wonderful hand crafted gifts and foods. Held in our Airedale Barn the fair is a chance to stock-up on all those special gifts you need for Christmas.

Sun 1st Dec - 6 pm Silsden Brass Band - Carol playing & Lights switch on - **Rowan Garth, Sutton.**

Sun 1st Dec Skipton Santa Run 10am at Aireville Park, Skipton. (visit skiptonsantafunrun.co.uk) Last year more than 900 Santas of all ages completed the Great Skipton Santa Fun Run in front of a crowded Skipton. Organised by The Rotary Club of Skipton Craven. The main beneficiaries are Sue Ryder Manorlands, Martin House Children's Hospice and The Yorkshire Dales Society. Come and

join in for good fun and a good cause by entering today! See the website for more details.

Mon 2nd Dec - Sat 7th Dec Christmas Belle at Keighley Playhouse. A comedy by Nicholas Hope. More info visit www.keighleyplayhouse.co.uk.

Weds 4th Dec - Sat 7th Dec Sutton Green Hut Theatre Company (formerly known as Sutton Amateurs) Present Aladdin at Sutton Village Hall. Box Office 01535 632289.

Sat 7th Dec 6pm in Sutton Park - Sutton's Annual Christmas Carol Service. Local Schools, Bands & Residents gather to sing carols. The Christmas Tree lights are switched on. Mince Pies & hot drinks available from the Pavilion Tea Room.

Sun 8th & Sun 15th of Dec starts at 10am Skipton Christmas Market. A full range of entertainment ensuring a Christmas atmosphere will take place in the arena on the High Street and at locations around the town. At 4pm the day closes with a procession up the High Street to the Holy Trinity Church grounds, where a traditional Christmas carol service takes place to round off a wonderful day.

Sun 15th Dec at 1pm Jack and the Beanstalk at Steeton's Community Hub. Family Tickets for 4 people £15 or £5 per person inc drink & biscuit. Tickets from Rosie Sanderson 01729 825944.

Sun 15th Dec Sutton's Outdoor Nativity held in Sutton Park. The event starts at **4pm** at the Kings Arms and ends in the park at approx 5.15pm. All Welcome.



'Meet me at the Cemetery gates, ...

'...sang Morrissey on the album The Queen Is Dead and sometimes, when you want to find a quiet place to reflect on life and your own mortality, there can be no better place to wander. Utlely Cemetery is enormous, and a lot more than you can see from Skipton Road. There is a bridge to get you across the railway and it stretches as far down as the bypass. Sometimes it can be quite heart breaking walking in the fading light or crunching through the leaves only to come across the grave of someone who died far too young or whose family members died many years before they did. In this world of convenience, and in which images of violence and death are commonplace, it gives you a chance to explore the silence and to reflect on those who experienced this wonderful thing called life long before we were even born. Amongst the graves are 58 memorials to those who gave their lives during times of war. William Overend died on the 5th June, 1942, a member of the Royal Air Force Volunteer Reserves, he was only 19. Then there is the grave of T Wilcock, who died on the 24th April, 1919. I can only imagine how his family took the news of his wasted life and how he felt as he lingered on the brink of death

long after hostilities had ceased. There are the vast monuments and crypts to the great and the wealthy, but it is the chance happening upon those with a story left untold that never ceases to pull at my emotions. We once went to the cemeteries of Normandy and walked dumbstruck amongst the rows and rows of 'boys' who had never made it back home, but walking through Utlely Cemetery gives me the same feeling. It's similar to when you are out walking and you chance across a bench with a small plaque on it.

These are people you never knew, but who loved and were loved in return, who remain in the collective memory of their families, but who remain just a name and a date to the rest of us. I would recommend you take a trip out to Utlely to just stop and wander amongst the past, where the huge monuments really don't matter in the end and where love, loss and remembrance are commemorated with a few words on a piece of stone. The Commonwealth Graves War Commission (CGWC,Org. UK) website will point you in the right direction as to where in the cemetery the brave soldiers of wars past are buried.

by Antony Silson

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TOP TECH TIPS by Michelle Thompson at CloudFree IT

Technology - helping you to fitness both outdoors and in.

With winter fast-approaching this is the time of year when our 'resolve' with regard to getting out for some exercise might waver a little and we might start packing on (or in my case, add to the already plentiful) blubber.

If you're 'hard as nails' and don't mind braving the wind, hail, rain, ice & snow to keep up a fitness regime this winter there's plenty of smartphone apps available to keep you focused. Many of them even allow you to report your progress via Facebook, so everyone will know you're no 'Fairweather Athlete'. Indoor workout apps are also offered. Track those extra calories during party season and work off that winter belly after Christmas.

Games consoles get the blame for creating couch potatoes out of us, but I think that's perhaps a bit unfair. Two of the three most popular games consoles on the market today have add-on gadgets and games, designed to provide a healthy (albeit still housebound) alternative to 'slobbering out on the settee' or risking life and limb in high winds for a jog round the park.

Nintendo's popular Wii Balance Board & Wii Fit 'game', around since 2007, offers a range of fitness routines and customisable workouts, to suit fitness levels from beginner upwards. It'll even keep a record of your progress, so when the going gets a bit tougher you can see how far you've come instead of losing heart.

Some health clubs and nursing homes have been known to use the Wii for physiotherapy and to improve posture, so the product may be ideal for those

housebound due to ill health.

Why not take a look on eBay in the run up to Christmas? There'll be plenty of used consoles, balance boards and game bundles available from around £50 (or just the board and a game for around £20, if you already have the Wii itself) as people make room for new gadgets. It'll be much cheaper than a gym pass for the whole winter and there'll be no sweaty bodybuilders grunting, trumping and hogging the equipment!

Microsoft's Xbox 360 add-on, the Kinect, released in 2010, seemed to started out as a just for fun gadget enabling you to get up off the sofa, jump up and down a lot and wave your arms about. Playing 'Kinect Adventures!', 'Kinectimals' or 'Joy Ride' can be almost as effective as a traditional workout (as well as a

huge amount of fun for people of all ages) if you really get into the swing of it, so it isn't very surprising that several 'fitness and dance orientated' titles have been released in the last couple of years too, especially capitalising on the popularity of street dance & 'Zumba'. If you're missing your regular dance or aerobics class as a result of severe weather, drag yourself out of your armchair and 'get jiggy wid it' in the lounge instead.

Down at the Keighley Table Tennis Centre Open Day on 19th October me and the rest of the CloudfreeIT team hooked up an Xbox 360 to a 3D TV and let some of the Haworth Hawks Juniors loose on Kinect Sports Table Tennis - watching them duck to avoid an imaginary ball and trying to get spin out of thin air is a whole new 'sport' in itself.



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