

# WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

April 2009



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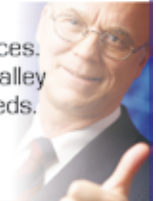
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Easter is upon us already...and I've only just managed to put the Christmas ornaments in the attic! Where does the time go? This is the best time of the year to be out in the garden digging, clearing out, cutting back, and planting for the summer ahead. If you don't fancy doing it yourself, there are a few local companies that will help you tidy your garden and prepare the beds. Or maybe you want to have a patio built or a pond created? With most of us staying put rather than moving on, improving what we have is an attractive alternative to purchasing a new home.

If you prefer to concentrate on things inside your home, a spring clean will clear the cobwebs and help you see things in a new light. It is amazing what a lick of paint can achieve; with relatively little effort, a dull room can be transformed in to a new space with the right colour choice.

Our **Spring Clean and Garden Tidy** feature this month will arm you with a number of handy tips and contacts of local businesses ready and willing to help you achieve all your tasks inside and out. And then you can truly have... a lovely Easter Holiday!

Be well, *Liz*



Liz Barker

Say you saw it in the Worth Valley Mag!

# David Welch Portrait Painter



Local artist David Welch can be seen on the move in Yorkshire this month. Watch out for his bright yellow car! He has generously donated his time and talent to support Haworth Cat Rescue. You can also find him in Ripley on the 19th at the Town Hall, or The Bankfield Hotel in Bingley on April 26th. View his work and commission your own portrait of a favourite pet, person or place.

David Welch, local Haworth artist, and specialist in pet portraiture, has recently donated his work to the Haworth Cat Rescue charity with a promise to donate a percentage of further commissions to support their ambitious plans for a new centre in the Airevalley.

An animal lover and pet owner himself, David returned to his art a few years ago and found himself naturally attracted to illustrating animals.

"I have been drawing since I was very young." David explained. "And I went to art school and became professionally trained." But David's work in the commercial field of advertising and signmaking eventually took him further away from his creative talents and in to unrelated employment.

"I'm delighted to be back doing what I do best." David now works from his home in Haworth and is enjoying a variety of portrait work; (He is equally competent with humans, and enjoys capturing

landscapes, or sketching client's homes ) and takes commissions for work in most mediums, including pastels, coloured pencils, watercolours, or oils. "I usually work from photographs, either taken by the client or myself. It is best to capture the subject in its natural environment." People are surprised to hear that it doesn't cost the earth to commission a work of art. David can capture his subject in a simple sketch for as little as £10. It varies greatly, depending on the work involved and the medium.

The pastel portrait of the cats in the photograph (left), for example, can be commissioned for under £100. If you would like to see more of David's work or discuss commissioning a portrait, you can phone him on **07812 540299**. He will also be exhibiting his work at The Arts and Craft Fair in Bingley at the Ramada Bankfield Hotel on Sunday, April 26th. If you would like a trip further afield, David will be in Ripley, near Harrogate, at the Town Hall on Sunday the 19th of April. *(Say you saw him in the Worth Valley Mag!)*



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Say you saw it in the Worth Valley Mag!



## Easter Fun at the Brontë Parsonage Museum

Join in the fun at the Brontë Parsonage this Easter.

Special **Brontë egg hunt** for children in the museum - FREE - on admission

**Friday 10 April - Storytelling** for children and families - FREE - 1.00pm to 5.00pm

**Saturday 11 April - Art and craft activities** for children - FREE - 10.00am to 4.30pm

**Sunday 12 April - Branwell's About!** - Branwell tells the Brontë story; performances in the Parsonage garden - FREE - 2.30 & 3.30pm

**Monday 13 April - Special drama performance** - scenes from *Jane Eyre* performed throughout the day in the Parsonage garden - FREE

**Also: Genius: The Brontë Story** - newly refurbished exhibition featuring Brontë treasures and fun interactives for children.



*This advert entitles one free adult or child admission to the museum when paying full price for one adult. Offer valid from 6<sup>th</sup> - 19<sup>th</sup> April 2009*

*Brontë Parsonage Museum 01535 642323*

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# 10

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*Hope to see you soon x*



# WINED AND DINED *by Claire Smith*



For someone whose personal happiness depends heavily upon the regular consumption of chocolate, the onset of the month which plays host to the festival of Easter holds a special kind of anticipation. There is something extraordinarily alluring about the glossy orbs of smooth creamy chocolate, Easter bunnies, chicks and lambs and tiny chocolate eggs, foil wrapped to look like golden promises or encased in speckled candy-coating, lined upon the shelves of confectioners shops. To my eternal shame, I remember pinching fragments of Easter egg shell from the children's eggs once they had been broken into (my girls will never speak to me again!). I am sure that I am not the only one to have succumbed to this particular temptation.

Chocolate has a rich history. Its effects have been well documented over the years, and though it is often looked upon with negativity (having been cast in the role of the Byronic hero of foodstuffs – mad, bad and dangerous to know, but gloriously fascinating and seductive) chocolate is actually blessed with properties which affect our bodies in a positive way. Chocolate has a blend of over five hundred flavours and odours which not only pleasure the taste buds but also

release endorphins, causing the brain to experience a natural high and lifting the spirits. It is also rich in antioxidants with some studies actually going so far as to suggest that chocolate could clear the arteries as opposed to blocking them.

The origins of this sensuous substance can be traced back three thousand years to the Olmec who had settled in the tropical forests of the Gulf of Mexico. They were the first civilisation to cultivate the cacao tree. It was the Maya who later became the originators of the beverage we now know as hot chocolate. This exotic and intoxicating liquor was thought to have magical properties, to be the food of the Gods (I hold the same sentiments) and was enjoyed by kings and noblemen. The Aztecs believed their king to be the God of the Air, whose mission on earth was to bring seeds from the cacao tree in the Garden of Eden to man, in order to instruct mortals in the cultivation of crops. In late European 'society', chocolate was drunk by the upper classes in early coffee or 'chocolate' houses.

I find chocolate one of the most beguiling of ingredients. Melted, blended or baked it is magical and pleasurable to work with; the observation of silky rivulets of molten chocolate being both bewitching and hypnotic.

Chocolate in any form adds a hedonistic tone to any dish; use it to create sumptuous desserts or to add special depth and richness to savoury dishes – chilli responds well to the addition of one or two squares of high quality dark chocolate.

Wishing you all a happy Easter, and make sure you lock up your eggs because I'm on the loose!

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 Think of the flowers, think of the trees,  
 Think about love, think about hate,  
 Think of the small, think of the great,  
 Think of the snowflake, think of the whale,  
 Think about lightning, think about hail,  
 Think of the starving and of the well-fed,  
 Think of the past and what lies ahead,  
 Think about justice, think about peace,  
 Think of the captive, think of release,  
 Think about Jesus, think about Rome,  
 Think about running, think about home,  
 Think of the blind and those who can see,  
 Think about you, then think about me.  
 Don't let life drown you, don't let yourself  
 sink,  
 Don't let yourself ever not have time to  
 think.

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*Say you saw it in the Worth Valley Mag!*

April is the perfect month to begin spring cleaning and garden tidying. You will feel exhilarated once you begin to tackle your list of things to do inside and outside your home. If you find the whole thing daunting, call a local specialist for advice and help. Repairs, odd jobs, one-off cleans and garden clearing can be hired in and it often works out to be a cost effective solution.

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# , Garden Tidy

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n	.	.	t	c	.	r	r	.	s	.	r
y	p	p	.	h	c	.	r	.	l	.	r
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4) SPIDER	_____
5) HARE	_____
6) SWALLOW	_____
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8) OWL	_____
9) EEL	_____
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WHICH ONE HAS THE MOST LEGS?

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# Where in the Worth Valley? **COMPETITION**

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

*This month's prize is A Free Day Rover Pass on the Keighley & Worth Valley Railway.*

**Email your answer to:**

**mail@worthvalleymag.co.uk**

**The winner will be selected from all correct answers received by the 15th of April 2009.**



March's winner was Steven Pedlar from Oakworth, the location was The Old Silent Inn at Stanbury.

**Google Earth ©**

## WEBSITE OF THE MONTH

Most of us don't pay much attention to the origins of the food we pile up in our supermarket trolley, but it can be quite a shock to realise where some of our most basic sustenance is coming from.

Peas from Peru? Potatoes from Poland? Pumpkins from Peking?

Eat the Seasons aims to encourage us to eat more local and seasonal food. Aside from all the ecological reasons, seasonal food is fresher, tastier and generally better when it's eaten at the right time of year. Every week the site focuses on one food, which is currently in season, and includes facts, useful tips and enticing recipe ideas. 80% of the foods featured are produced in the UK and there's never been a better time to start supporting our own economy.

**[www.eattheseasons.co.uk](http://www.eattheseasons.co.uk)**



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## twitter

Twitter is a social networking and micro-blogging service that enables its users to send and read other users' updates known as tweets. Tweets are text-based posts of up to 140 bytes in length. Updates are displayed on the user's profile page and delivered to other users who have signed up to receive them. Senders can restrict delivery to those in their circle of friends (delivery to everyone being the default). Users can send and receive updates via the Twitter website, SMS, RSS, or through applications. The service is free to use over the web, but using SMS may incur phone services provider fees. **[www.twitter.com](http://www.twitter.com)**

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Friday 22<sup>nd</sup> May  
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Peter Findlay the storyteller has spun yarns, chilled spines and opened the door to the fairy realm at schools, elder's homes, yellow school buses, Japanese hot-tubs, at lots and lots of children's parties and around more camp fires than a spider's got fingers. Charismatic, enigmatic and wildly imaginative - he now brings the innovative 'storytelling bingo' to Cobbles and Clay. Will you pick a folktale, a song, a riddle, a scary story or even a challenge? An interactive storytelling event for children aged 3 - 103.

## French Friday 1<sup>st</sup> May 2009. 8pm Tickets £5, on sale NOW

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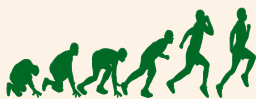
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Pauline May, established in 1991, is a local company that supplies a complete range of clothing nationwide for the more mature person, and is truly a one-stop shop for the elderly.

The company specialises in taking a mobile shop along to care homes and is a much appreciated service to the care establishment, saving them both time, money and the hassle finding and purchasing the clothing themselves. The service also relieves the residents' relatives of the time consuming responsibility of sourcing and purchasing clothing for their loved ones.

along with a mail order service using the company's 44-page colour catalogue and features a free postage service.

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- The ladies range covers sizes 8 through to 30
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Jill Johnson at a Pauline May Care Home party.

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Above: Part of the Pauline May warehouse

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# WORTH WALKING

**CROW HILL**, A hard circular walk.  
7miles (11.5km)

**Walk start point:** Stanbury Bus terminus, Hob Hill, at the western end of Stanbury Main Street.

**Walk information:** An easy first 1.75miles (3km) to Top Withins Farm (ruin), deceptively hides the hard walk ahead across what is arguably the most remote and rugged moorland in the Bradford District. Due to the nature of this terrain, the walk is only suitable for fit, regular walkers. We recommend the OS South Pennines OL21 explorer map and a compass.

Starting from Stanbury bus terminus walk up Back Lane (the narrow lane leading uphill from the bus terminus). The route to Top Withins is well sign posted. On reaching Top Withins farm, walk round to the rear of the building and take the narrow but well-defined path leading steeply uphill from the building, walking in a northwesterly direction. Follow this narrow path, which will eventually lead you to the trig point above Delph Hill (444m/1456ft above sea level). On reaching the trig point look across the moorland to your left, in a south westerly direction of 248 degrees, to see Alcomden Stones our next landmark. Continue from the trig point by following the narrow path through the heather to the stones, once there walk among the stones to the southern edge of the cluster. Here amongst the



*Crow Hill Dolphs*

heather look for the faint path, which runs from left to right at 309 degrees and forms the boundary between the Bradford and Calderdale districts. On finding the path turn right and follow the boundary walking in a northwesterly direction of 309 degrees. Continue across the moorland for 1 mile (1.6km) before reaching the Lancashire boundary, here at the bottom of the incline, bear slightly to your right (323 degrees) and walk uphill to your destination, Crow Hill (458m/1503 feet above sea level). The exact location being arbitrary as there is no indication on the ground as to where the top is.

**To Return** Assume the position of overlooking Water Sheddles Reservoir in the valley below and turn to your right to walk in an easterly direction of 80 degrees, along the top edge of the moorland escarpment for just over .5mile (0.8km), to the large



marked boundary stone, here we cross back into the Bradford District. From the boundary stone continue downhill in an easterly direction of 90 degrees, to enter the top end of the now disused quarry workings at Delph Hill Quarry. Here, follow the well-defined quarry track through the workings and across the moorland grasses of Ponden Slack to a gate and a stile, which leads into a double walled farm track. Climb the stile and follow the farm track as it meanders downhill, passing a farmyard on the right, before eventually reaching the junction with City of Bradford Metropolitan District Council Countryside & Rights of Way



track straight ahead as it changes to a surfaced road. Follow the surfaced road to its junction with Back Lane, the road on which the walk began.

[www.countrysideaccess.gov.uk](http://www.countrysideaccess.gov.uk)

**Telephone: 0845 100 3298**

### Can I Take My Dog?

In general, you may take your dog with you but, if there are livestock around or it is between 1st March and 31st July, you must keep the dog on a short lead, no more than two metres long.

On some land there may be a total ban on dogs for all or part of the year, or an extension of the period when you must keep your dog on a

lead. This may be for the purposes of land management or nature conservation. These restrictions will be shown on signs at access points and must be observed; the alternative to restrictions on dogs may be to close land to the public altogether to protect ground-nesting birds and other wildlife.



of Way Crow Hill Delphs Ponden Slack Open Country another track, which crosses from left to right. Turn right here and walk downhill through the houses and farmyards which make up the

hamlet of Ponden, following the road as it turns right downhill before bearing left alongside Ponden Reservoir. At the far end of the reservoir, near to the dam wall turn right off the wide surfaced road, to walk uphill following the unmade farm track for quite a distance, until you reach a gate/stile at the top end. Climb the stile to emerge onto another track at Buckley Green Bottom, turn left uphill and follow the

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# NEL'S HOT CROSS BUNS

*Spiced buns with a cross marked on them have been around for centuries - the Romans marked buns with a cross representing the 4 phases of the moon, and Ancient Greeks decorated them with a double pair of horns, representing an Ox God. They have been traditionally eaten on Good Friday since Elizabethan times, and Queen Elizabeth I passed a law stating that they should only be eaten at Easter and Christmas – perhaps our supermarkets should take note!*

*These are simple to make, delicious warm from the oven with butter, and a good recipe for anyone wanting to learn the basics of bread making.*

## **Dry Ingredients:**

450g strong bread flour (plus some extra)  
 1 packet dried yeast (7g)  
 110g sugar  
 2 tbsp cinnamon  
 2 tsp nutmeg  
 1 tsp ground cloves  
 100g currants or sultanas or raisins  
 50g mixed peel (or chopped peel of an orange and a lemon)

**All mixed together in a bowl**

## **Wet Ingredients:**

50g melted butter  
 250g milk

**Heated together until warm**

1 egg plus one egg yolk

**Wisked into the milk and butter**

## **Paste for Crosses:**

60g plain flour  
 2tbsp sugar  
 60ml water

**Mixed together to make a paste**

## **Glaze:**

1 egg white  
 2 tbsp sugar

**Mixed together**

1. Make a well in the middle of the dry ingredients, and pour the milk mixture into it. Stir together until it starts to form a sticky ball
2. Tip onto a flour covered work surface. Get your hands really floury, and knead the dough for about 10 minutes until it is smooth - using extra flour to help
3. Wash out your bowl, grease it with a little bit of butter or oil and put your ball of dough into it. Cover with cling film or a damp tea towel, and leave it somewhere warm (like a sunny windowsill or an airing cupboard) for about 90 minutes. It should grow to about twice its original size. Use the time to wash up and tidy the kitchen!
4. Take the dough out, knock all of the air out of it, and knead again for a minute or two
5. Make into 8 balls, and put on a floured baking tray, covered with a tea towel and put somewhere warm for another 20 minutes

6. Make up the paste for the crosses by mixing the flour with just a small amount of water so there are no lumps, and slowly adding the rest of the water, followed by the sugar. [add extra water or flour if needed]

7. Cut a half centimeter off the bottom corner of a freezer bag, and put the paste into this, twist the top of the plastic bag until it comes out of the hole [or use an icing bag if you have one]. Pipe a cross onto each bun.

8. Bake at 180 C [gas mark 4] for 10 minutes, and then turn the oven down to 150C [gas mark 2] for another 15 minutes.

9. Mix the left over egg white with 3 tbsp of sugar, and paint over each bun with a pastry brush as a glaze. The heat of the buns will set this and make them shiny  
10. Let them cool for a while, and then split and serve with plenty of butter.

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**Tue 7 April Museum Magic:**

**Darwin200 - Journey Through Time**

at Cliffe Castle Museum 11:00 to  
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Darwin's birth. 01535 618234

**Fri 10 April Bingley Fine Food Festival**

Bingley Town Square Main Street,  
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**Fri 10 - Mon 13 April Lets Play Day:**

Easter Eggstravaganza  
East Riddlesden Hall Bradford Road,  
Keighley 12:00 to 4pm. 01535 683  
800

**Sun 12 & Mon 13th. April**

**Mad Hatters Tea Party - Easter**

**Family Event** Manor House Art Gallery  
& Museum Castle Yard, Ilkley 12:00

to 4pm 01943 600066

**Tue 14 April Great Egg Roll**

Cliffe Castle Museum  
Spring Gardens Lane, Keighley  
11:00am to 3pm. 01535 618231

**Sat April 18th Slack Alice gig** at the  
Haworth Community Centre, Butt  
Lane. Doors open 7.30 pm. Tickets £8  
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pm) or tele: 01535 644581

**Sun 19 April Guided tours** of the line  
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# TY PAGES

## Sun 26 April "Go Local Sunday"

**Free entry at visitor attractions for residents** of BD20, BD21 and BD22 Cliffe Castle, East Riddlesden Hall, Keighley & Worth Valley Rly ,Ingraw Loco Museum of Rail Travel, CC - 618231, ERH - 683800, KWVR - 645214, MoRT - 680425

## Sun 26 April "Go Local Sunday"

**Town Tour Ride** free heritage bus 22 and visit your local attraction KBMT 01282 413179

**Sun 3, Mon 4 May** Vintage Trains Days Keighley&Worth Valley Railway Haworth Station, Keighley 01535 645214

**Sat 16, Sun 17 May** SAVE THE DATE: 1940's Weekend Main Street, Haworth 01535 640640

## THE HAWORTH TENNIS CLUB

leases the two tennis courts and pavilion from Bradford Met. Council at the corner of Butt Lane and Rawdon Road. The council are responsible for the upkeep. Each year there are about 70 - 80 members. Apart from a very

modest annual subscription, there is nothing else to pay for and play is only limited by the court use of other members. i.e. play can be for 24 hours 365 a days a year! It is quite rare for members having to wait for a court - usually one can play whenever one wants. But there is a court reservation system in place.

It is widely known that Bradford Council are planning to build a new Library-cum-Community Centre right on our two courts and pavilion. Councillors have promised to replace our facility before we have to stop playing on our existing courts, so hopefully playing will continue undisturbed during the transition. Jens Hislop. Tel 644444. E mail: jensandrea@blueyonder.co.uk



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# Painting & Decorating Tips

1. After painting a door and allowing it to dry, rub the door edges with a candle to prevent the door from sticking. Or put a film of talcum powder round the door edge.

2. When painting windows, protect the glass from paint by placing strips of dampened newspaper along the inside edges. It is easily removed when the job is done.

3. To stop newly painted windows from sticking to the frame, allow the paint to dry and spray both painted edges with furniture polish and rub gently with a cloth, before closing the window.

4. When painting cellar steps add a little sand to the paint to give better grip on the treads.

5. When measuring lengths of wallpaper, use Blu-Tack to hold the top of the paper to the wall while you mark the correct length.

6. After wallpapering, rinse the paste brushes in salted water before washing them. This removes the paste more easily and leaves the brushes soft and springy.

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An optimist is part of the answer  
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An optimist sees answers for every problem  
A pessimist sees problems for every answer.

An optimist says, "It may be difficult, but it's possible."  
A pessimist says, "It may be possible but it's too difficult."

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**Faith, Friendship, Freedom,** three words that sum up the strength of feeling and hope that underpins Lilies of the Valley, a trust formed in Keighley in April 2008, when a number of churches established a shared vision and desire to meet the needs of young women in Keighley. LOV has recently gained charity status and is seeking funding from a broad range of funding bodies.

Christian in its faith, and practical in its approach, Lilies of the Valley

aims to support, value, nurture and equip mothers in the community regardless of nationality, creed, or race.

No.72 Cavendish Street is a newly refurbished drop in centre, a place designed to provide a high quality venue for Mothers and their babies and toddlers. It will offer a safe place to meet, play, feed, and find general support in the centre of Keighley.

Lilies of the Valley will augment the professional services and agencies already found in Keighley, and aims to



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Are you a young Mum? Come and drop in at No.72, Cavendish Street, for coffee, cake, and toys! It's a warm cosy place to feed your baby and toddler  
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contact Lilies of the Valley on 07505 030 758

signpost women to places or agencies that will meet their specific needs.

The drop in centre will be run by trained volunteers and other women who have experience with mothers and babies. The hope is to create a place where young mothers can gather for friendship and be served by the volunteer community.

To encourage continuity and establish commitment, a reward scheme will operate whereby five visits will earn the mums a free gift or pamper session.

The development of educational courses like parenting skills, healthy eating, and cooking are all part of the long term plan for the centre; the use of the building as a vital community hub

is a desirable outcome.

Much work has already been done in preparation for the opening of the centre and a well equipped and stylish facility is taking shape. A few snags have been encountered with the building frontage, but the goal is to open at the end of April. [TBC] A Open Day for the general public will be held Sat. June 13th.

For more information about Lilies of the Valley, No.72, or to find out how you can get involved in this important work, visit the website,  
**[www.liliesofthevalley.org.uk](http://www.liliesofthevalley.org.uk)**  
**Lilies of the Valley**  
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When it comes to computers, one of the commonest things people complain about is generally poor performance. The usual symptoms experienced include...*computer takes a long time to start up, windows and documents take a long time to open, applications take a long time to launch*, and most frequently, *the computer tends to hang up*.

The usual cause of this kind of set of problems can be that your computer's hard drive is what is called *fragmented*. The hard drive is where everything on your computer is stored. It consists of a series of ceramic platters with a magnetic coating which stores all your data. The data is stored in what are known as blocks so essentially you can think of your hard drive as being made of thousands of little compartments which hold all the information. Each block is quite small so even a small file will be stored across more than a block, and large files such as pictures or video could be stored across hundreds of them.

When your hard drive is new, information is written one block after another in sequence. However if you delete a file it leaves a gap with the existing filled blocks when you save a new file it fills in the gaps first before starting on unused areas of your hard drive. This means instead of all the information for one file all being in one contiguous area of your hard drive it could be spread out all over the place

and this is what we call *fragmentation*. If you imagine that your hard drive is like a filing cabinet and you have a single document that consists of 10 pages. If those 10 pages are all in one folder in one draw of your filing cabinet it is easy to find and read it. If each page is in a separate folder in a separate draw, then it is going to take a long time to find them all and put them together, and it's exactly the same for your computer's hard drive.

Do not worry though; your computer comes with a program, which can *defragment* your hard drive for you. Click on the **Start** button then navigate to **Programs, Accessories, System Tools** and in there you will see **Disc Defragmenter**. Launch it and you will see options to *analyze and defragment*. Click **analyze** and you will see graphical representation of your hard drive. If there are a lot of red lines on it then this is where the cause of your poor performance probably lies. Click **Defragment** and your computer will physically copy data from one place to another on your hard drive until all the blocks for each file are next to each other, it could take a while though, if you have never defragmented or it's been a while since you last did it, be prepared to wait a few hours for the job to complete. Once you have got through this first big session you should defragment every week or two to keep your hard drive working properly.  
**Happy computing.**



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- Worth Valley Mag.....01535 642227

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# BUSINESS DIRECTORY

## **Accountants**

PM Accountancy p.37  
Worth Accounting p.37

## **Aerials / Audio**

A.D.I Communications p.23  
ILR Aerials p.23  
S Hardaker Aerials p.23

**Apartment for sale** p.11

## **Books**

Hall Green Book Point p.10

## **Business Services**

Who Ya Know p.27

## **Builders & Related**

A.Wade p.11  
D&R Construction p.16  
Holmes Builders p.11  
PD Wasley Constructions p.13  
Stephen Whiteley p.11

## **Butcher**

P. Leadbeater & Son p.28

## **Cleaning / Domestic**

Adele's Cleaning & Ironing p.12  
Bone Dry p.33  
Bronte Cleaning p.12  
Carpet Nurse p.12  
Extremely Ironed p.31  
Jane's Cleaning & Ironing p.12  
Oakworth Cleaning p.12  
Worth Pressure Washing p.13

## **Cafe**

Cobbles & Clay p.17  
No 10 the Coffee House p.8

## **Children Related**

Kindermusik p.8

## **Community Group**

Hall Green Book Point p.12

## **Computers**

Andrew Fix-it p.31  
CloudFreeIT p.39  
PC Consulting p.2

## **Counsellor**

Judith Gay p.18  
Krysia Dodson p.18

## **Electrical**

Xpert Electrical p.22

## **Engineering**

Fall Wood Engineering p.10

SMS Workshop Ltd. p.10

## **Funeral Directors & Wills**

Lyndon M. Leeson p.37  
Goodwills Professional p.37

## **Garden Related**

Mike Smith p.13

## **Graphics/Printing**

Canning Design p.11

## **Greengrocers**

Snowden's p.28  
Quarry Bank Farm Shop p.7

## **Hair**

Eclipse p.18

## **Healthcare/ Beauty/ Fitness**

Haworth Physio p.19  
Holistic Room p.18  
Nicola's Work Out p.12  
The Green Room p.19

W8 p.7

Wellness/Slimming p.12

## **Joinery /Windows/Doors**

BB PVCU p.3  
Oakleaf Reproductions p.32  
Sagars p.3  
Select Joinery p.33  
S.T Fish p.10

## **Locksmith**

A. Love p.31  
Yorkshire Lock & Safe Co p.31

## **Maintenance/Repairs**

Andrew Wade. p.11  
J.R Sunter p.11  
Mick's Guttering Repairs p.11

## **Mobility**

Worth Ability p.19

## **Motor**

CJ Motors p.22  
Highfield Motors p.22

## **Museum**

Bronte Parsonage p.8

## **Optician**

Crossroads Optician p.2

## **Painting & Decorating**

Andy Beattie p.30  
Jacques Balson p.30  
R.E.M. Decorator p.30  
RP Decorating p.30

## **Pet / Animal Related**

Haworth Pet Supplies p.5  
Paws 4 a Walk p.5  
Whitaker Animal Feed p.5

## **Picture Framing**

Frameworks p. 11

## **Plastering**

JR Sunter p.13

## **Plumbing /Tiling**

Adrian Butterfield p.32  
Gareth Brown p.32  
JSC Plumbing & Heating p.33  
S. Thompson p. 32  
The Plumbing Surgery p.32

## **Portraits**

David Welch p.4

## **Public Houses/Hotels**

The Golden Fleece p.23  
Turkey Inn p.8

## **Removals**

D Binns p.37

## **Restaurants**

The Stirrup Restaurant p.27

## **Retail**

Pauline May p.20/21  
SMS Workshop Ltd. p.10

## **Sanitation**

Convenience Hire p.6

## **Scrap Metal p.31**

## **Security/CCTV**

Telsa Corporation p.25

## **Skip Hire**

Barrett Skip Hire p.22

## **Soft Furnishings**

Material Worth p.13

## **Slimming**

W8 p.6

## **Travel**

Travel Counsellors p.29

## **Tyres**

Tyre Factory p.22

## **Wedding Services**

Convenience Hire p.6  
JC Marquees p.6  
Wedding Reportage p.6

## **Wills**

Goodwills p.37

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