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It seems like the "Big Society" agenda the government is putting forward is in fact community activism and self determination. No matter what your political persuasion, whether Conservaliberal leanings, staunch Labour or Monster Raving Loony lover, good old fashioned mucking in and participating in local life is something every vibrant community requires. How fabulous that the Worth Valley has people pulling together to create something unique and comparatively cohesive. I can think of several projects off the top of my head that indicate things are going in the right direction, despite the difficult challenges being faced daily. The Wall of Art project for example that was recently held in Haworth (and is featured on our cover) was spawned by a small group of activists and engaged more people in the community than ever. Fair Intents, the fledgling eco-fair that will take place Sept 11th & 12th, is also

the result of individuals interested in contributing to community life in a particular way, as is the Arts and Music Festival that runs at the same time (see p.10). Another example is the Straw Race that has been going for "donkey's years" and benefits local charities. The list is much longer than space permits but what is clear is that people in the Worth Valley do value the community and regardless of big government cheerleading, individuals get together and make things happen on the ground... in their very own little "Big Society" way.

That said, I hope you will enjoy participating in al fresco local village life in the remaining weeks of the summer! As ever, support your local shops; every little bit helps.

If you want to get in touch, your feedback is welcome. mail@worthvalleymag.co.uk

Liz



Liz Barker

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Say you saw it in the Worth Valley Mag!

WORTH VALLEY DAD

James or Percy? Henry or Edward? This was the conundrum I faced on a recent visit to Toymaster in Keighley, but that's about as difficult as it got when it came to deciding what to get my son Luke for his 3rd birthday. He is absolutely obsessed with trains – in

particular anything to do with Thomas the Tank Engine (He's tried Chugginton, but despite it's superior animation it doesn't have the same appeal).

If you're likely to trip over anything in our house then it's likely it will be a Thomas or a piece of his track.

The place is slowly becoming a shrine to this legendary blue choo choo. We have all kinds of toys, posters, flags and books bearing the little tank engines name. Gullane who own the publishing rights to the Thomas must be rich beyond their wildest dreams. Talking of dreams – Luke is always telling me about his dreams of driving trains and I sometimes wonder if his obsession is because of where we live. He's seen the "real" Thomas down at Ingrow station and his favourite film is the Railway Children – he must have watched it nearly a hundred times. I once caught him running around the house waving his red underpants over his head and shouting "stop". I and had no idea what he was doing until I twigged that he was copying his favourite scene in the



film where the children avert a potential disaster by standing in front of the train. He also likes to copy the end of the film by running up and jumping on me shouting "Daddy My Daddy", which is really cute – the first time, but gets a little trying after ten retakes. I'm not entirely sure that

he even realises that the Oakworth station in the film is the very same place he lives just half a mile up the road from. Maybe he doesn't realise just how lucky he is. Maybe he thinks every little village has a perfectly preserved steam railway. I'm planning to take him to the York Railway

museum for his birthday. That should really make his day, but I do hope he eventually grows out of his obsession. I find train spotters are probably very nice people, but there's something a little disturbing about hanging around on station platforms for hours in all weathers collecting numbers and I'm worried that model railway enthusiasts tend to hide themselves away in attics for much of their adult lives, only venturing out to seek out rare additions to their miniature empires. My train crazy son liked the look of some Hornby diesels in the toy shop, but I didn't like the look of the price. Some of these little plastic trains sell for hundreds of pounds - so for now I'm quite happy to play at being the Fat Controller.

(ps – I decided on James – he's a really splendid engine)

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WINED & DINED

by Claire Smith of No.10 The Coffee House

The silken and burnished form of the ripe tomato - the result of months spent languishing

in the sweltering Mediterranean sun or against the parched walls of the hothouse - is very well suited to its nickname of "love-apple" or "pomodoro" (golden apple when in Italy). The powerful scent of the plant and the feverish flush of colour ranging from light ochre to searing crimson suggests an earthiness and promise which add to the allure of these glossy little fruits.

I can find many reasons to admire and applaud this sun-kissed culinary superstar, capable of playing anything from rising starlet to chorus-line, but one of the main reasons for cultivating a taste for the tomato has to be that they are fantastically good for you. With a high water content, but low in calories the tomato is rich in vitamins A, B and C and has diuretic and laxative properties. According to Italian oncologist Professor Umberto Veronesi, lycopene, a substance naturally occurring in these rubicund rascals protects against cancer by reducing the formation and activity of free radicals. Lycopene is found in abundance in raw tomatoes, which differ from their fellow fruits whose antioxidant components are reduced by cooking, in that when cooked the quantity of lycopene yielded by the tomato is increased five-fold. The heat from the cooking process breaks down the flesh of the tomato liberating the lycopene which is then easily absorbed into the human body. This alone should be reason enough to step up ones tomato intake but add to this the versatility of the tomato as an ingredient and it becomes quite indispensable.

Classic French, Provencal, Languedocian and Italian cookery would be unimaginable without the tomato. I love Italian food, especially pasta which can be dressed with any number of gorgeous tomato-based sauces. There is Sugo Bombolino, a lightly cooked puree of bombolini (cherry) tomatoes, oil, salt and basil. Sugo alle melanzane, a sauce made with tomatoes, fresh aubergine, basil and garlic; Sugo ai peperoni, which consists of tomatoes, sweet peppers, onion, olive oil, parsley and basil; Rosalina, a sauce made from cherry tomatoes and ricotta and La Rosmarina, a spicy Mediterranean sauce made from ripe tomatoes, small, fresh rosemary leaves, oil, garlic, chilli pepper and salt which is wonderful with pasta, as a topping for pizza or for flavouring roast beef, pork or chicken. Pomodori Bombolini, peeled and bottled cherry tomatoes and pomodori pelati, peeled tomatoes bottled with a little basil, adorn the shelves of my pantry and have become store cupboard staples in our house, their absence causing a slight sense of panic when we run out (these come from a wonderful Tuscan farm - mentioned in a previous article - via mail order) and have to make do with tins of chopped tomatoes from the supermarket.



Closer to home, green tomatoes are used in pickles, chutneys and tomato jam, suggesting that the love affair with the love apple is truly universal.

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the Dog & Gun Malsis

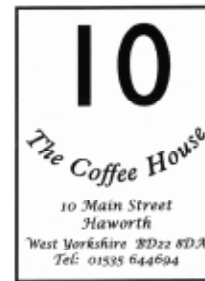
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Sept 11&12
www.fairintents.org.uk

Q: When does a dream become a reality?
A: When it happens...

Q: How does a dream become reality?
A: When a lot of hard work goes into the planning...

At the time that you read this we will be less than 6 weeks away from Haworth's first Ecofair, "Fair Intents". You may have seen the adverts already and the fact that you are reading this is good news for those of us that are planning the celebratory weekend.

The goal of the weekend is to showcase a more sustainable way of living, and to highlight the fact that it is a 'better' way of living. I realise that this is a very subjective view and that I will need to back it up. But instead of using facts and figures I urge you to come along to the Bronte Parsonage meadow and see for yourself.

I believe that deep within us is a recognition that the 'disposable society' has run its course. "Here Today-Gone Tomorrow" is all very well for a daylily whose bloom lasts less than 24 hours, but not for a throw-away-razor. The daylily will compost down and become the fertiliser for other plants, but the razor will stay a good for nothing hazard in a landfill site for decades.

It doesn't have to be this way. We have seen the move away from plastic shopping bags in the last few years. We have begun to think about choosing food that hasn't come from overseas. We are conscious that the petrol we put in our cars is linked to BP and the oil spill in the Gulf...

"Fair Intents" will not change the world, and it will not even change Britain. But it will be another small link in the chain that changes our community into one that thinks rather than just consumes and celebrates rather than takes for granted.

Q: Who makes a dream become a reality?

A: We do, when we do it together...

Chris Upton

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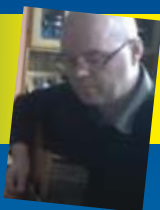
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Saturday 12th September daytime

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as playing sports. Instead, we rescue fairies, meet dragons and build homes for woodland creatures, build dens, think about survival skills, or create works of art.

I have worked with schools (during school time, with after school clubs, and with nurture groups), children's centres, community groups (including community centres, family groups, uniformed groups), playschemes, and children with behavioural difficulties. Each programme has been different and had different outcomes. A particular success story was work done with a selective mute. At school, the child would not talk and was reluctant to interact with others. When she started her Forest School journey, we used activities where children could work individually, and built on these experiences by asking children to share what they had been doing. At the beginning, she would just point to something she had done. By the end, she was working with other children and would feedback to the whole group. For me, the best part about Forest Schools is that the participants lead their own adventures, and I feel privileged to be a part of this.

Liz Melling Forest School Practitioner
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Many people are now getting ready to travel abroad for their annual holidays. A few simple tasks beforehand can assist with any problems that may arise whilst away.

Before you go on holiday Paperwork

Remember to bring with you:

- Travel insurance documents. It is very important to obtain suitable travel insurance before you travel, since in many countries of the world, medical treatment has to be paid for and can add up to thousands of pounds depending on the treatment required.
- Record of the serial number of travel tickets.
- Record of passport number and date issued.
- Record of credit card numbers.
- Record of driving license number.
- Serial number of travel insurance policy and a note of the emergency contact number.
- A list of medical problems, allergies and treatments.

Independent travellers insurance is now available from some tour operators. Why should I buy independent travellers insurance?

Independent travellers insurance offers some of the financial protection customers would normally receive from their tour operator when purchasing a package holiday. When booking travel and accommodation independently customers do not enjoy the same amount of financial protection when certain problems arise. Independent travellers insurance will cover such things as flight cancellations, denied boarding, delayed or missed connections and loss of unused accommodation due to the insolvency of your accommodation

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So if you are planning on booking parts of your travel arrangements yourself, rather than as part of a package from a travel agents, you may wish take out independent travellers

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This may be difficult and not at all straightforward. There may be charges, and there may not be reciprocal arrangements for healthcare with the UK. Fewer than 60 countries have them. Make absolutely sure that you fully understand the position in all your destinations. Find out from your travel agent or the Tourist Office, Embassy or High Commission of your destination country well before you set off. Make a list of any treatments received abroad and keep all receipts for treatments or drugs if you wish to make a claim on your travel insurance.

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Tues. Oct. 5th Keighley Rugby Union Club, Utley
(To benefit Soroptimist International of Keighley, in aid of MS & Tickled Pink, Breast Cancer Charity)
Mon. Oct. 11th Haworth Community Centre
Both start at 7:30pm. Purchase tickets in advance from Firth's in Haworth.
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Where in the Worth Valley? COMPETITION

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

This months prize is generously donated by
Keighley Agricultural Society

2 FREE Tickets to the
Keighley Agricultural Show

Email your answer to:

mail@worthvalleymag.co.uk

The winner will be selected from all correct



answers received by Aug. 20, 2010

The July winner was Simon Rushworth from
Haworth. The location was Stanbury Church.

Google Earth ©

WEBSITE OF THE MONTH

green thing

<http://www.dothegreenthing.com>

Green Thing is a public service that inspires people to lead a greener life. With the help of brilliant videos and inspiring stories from creative people and community members around the world, Green Thing focuses on seven things you can do - and enjoy doing. Join people from 205 countries doing their green things and making a difference. We especially enjoyed buying nothing on Amazero!



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depend upon your circumstances but an estimate is £250.

Fresh and fruity ices for hot summer days

Like many good recipes, this was born from a creative accident - in this case involving a glut of summer fruit in the freezer, a temperamental smoothie maker and some empty yoghurt pots about to be put out for the recycling.

These fruit filled ice lollies are quick and simple to make, as healthy as you want them to be - and guaranteed to charm a smile from any hot sticky child (or grown up) before they leap back into the paddling pool. They make a great dessert for a summer barbeque too,

You will need:

- 200g of frozen summer berries (my favourite being raspberries, blueberries, plus an optional nectarine or two)
- 100ml greek yoghurt (or double cream if you prefer)
- 3 tablespoons of caster sugar
- some water
- 100g white chocolate
- a tablespoon of cream
- sugar sprinkles to decorate

• 6-8 little containers such as child-sized yoghurt pots (such as petit filous), or acimel bottles with the top inch cut away, or shot glasses

- Wooden barbeque skewers cut to about 8-10 cm, or small lollipop sticks or small plastic teaspoons to act as sticks
- An egg box (empty)

Whizz the fruit, sugar, greek yoghurt and about 100ml water together to make a delicious mush in a blender or foodprocessor - it should still be fairly thick



Spoon into the yoghurt pots and freeze for about half an hour, but no longer

Push a stick /spoon/skewer about three quarters of the way into each one, and freeze again for around 2 hours,

When the lollies are well frozen, put the chocolate and the cream in a high sided narrow mug, and heat gently in the microwave until starting to melt (a few bursts of 30 seconds at half power, stirring each time usually does it) Stir well and allow to cool, but not set. Put the sprinkles into another mug

Take the lollies out of the freezer and quickly take them out of the containers - yoghurt pots can be just cut away, shot glasses need to be set in some warm water for a few minutes and then eased out.

Dip quickly into the melted chocolate, (don't worry about coating the whole lolly), and then into the sprinkles. Poke holes into the top of the egg box and push the lolly stick into them and pop back in the freezer for at least 15 minutes, or until needed. These should keep in the freezer for 6-8 weeks, but I can't prove it as they always get eaten within about 6-8 minutes!

by Nel, worthbaking.co.uk

To advertise call Liz on 01535 642227

Say you saw it in the Worth Valley Mag!

Are you looking for a clean, safe, well maintained site for your event or club meetings?

Do you have a dance class or sport that requires a large space?

"We required a venue to host a practical sports training week for 19 staff. The Table Tennis Centre is a clean, spacious venue, ideal for practical sessions with lounge facilities for breaks. The Management were extremely useful when booking and the costs were very competitive."

Will Smith
Director of Sports (UK) Limited.

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Schools can hire out the facilities for competitions;

We also have table tennis coaches available for hire should they be required.

The Over 50's art group meet at the centre on Wednesday afternoons between 2pm and 4pm, all materials are free of charge and entry is free of charge. Sponsored by Unltd.

New! Archery Club to start in the autumn...
phone for more details.

Andy Bray on 07766 428307
or Peter Holbrook on 01535 646594



Keighley Business Centre 2nd Floor, South Street, Keighley BD21 1SY

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Andy Bray on 07766 428307 or John Sharples on 01535 661752
email: info@haworthhawks.co.uk www.haworthhawks.co.uk



LOTTERY FUNDED



Race Night FUNDRAISING EVENING



ALL AGES WELCOME

Saturday 16th October 2010

at Keighley Table Tennis and Recreation Centre

Doors open at 7pm
and the Races
begin at 7:30pm.
The bar will be open
and tickets cost just
£4 to include a free
drink and a buffet.

The Race night will be a 'Jungle' theme with different animals

i.e. there will be an elephant, giraffe, lion etc on the starting line up.

Come and check out our great facilities whilst having an enjoyable evening with the family.

All money made goes towards Keighley Table Tennis and Recreation Centre and Haworth Hawks Table Tennis Club to help with further development.

Anyone welcome - please contact Andy Bray 07766 428307 or Peter Holbrook for details.

16th October is an open day for the table tennis centre.

Open doors to the public to come along and see the facilities and see table tennis in action.

11am and 4pm then re-open again at 7pm for the Race Night.



Testimonial from people who have used the centre:

"Keighley Table Tennis Centre is one of the best dedicated Table Tennis facilities in the Region and is proving a valuable asset to the Region in providing a top quality venue for Coaching activities and Coach Education courses."

Sally Shutt
Regional Coach Yorkshire
English Table Tennis Association



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August Entertainment:

Fri 6th **Karaoke with Phil**
Fri 13th **MADONNA Tribute**
Fri 20th **live Blues Brothers Band & other cover!**
Fri 27th **Kids Disco**
Sun 29th **JAM ON TOP sponsors live local Bands at The CrossRoads**

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September Entertainment:

Fri 3rd **Karaoke with Phil**
Fri 10th **Haley Harrison**
Fri 17th **LIVE BAND**
Fri 24th **Kids Disco**

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All musicians welcome; if you can sing or play an instrument or just enjoy listening, come along for a good night.

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*Are you a community based group?
You can use these Free Listings to
communicate to the Worth Valley.*

email us with your details
info@worthvalleymag.co.uk



Sat 7th Aug - Tales of the Islanders - Art day with Orly Orbach. Join the artist to create your own little Bronte book from illustrated wood cuts - family event - Bronte Parsonage Museum. Free with admission to the museum.

Sun 8th Aug & Sun 12th Sept - Fresh & Organic Farmers' Market. Church Green, Keighley 9.00am to 1.00pm.

Sun 8th Aug, 12th Sept & 10th Oct Farmers & Producers Market - Oxenhope millennium green (opp train station) Stalls still available contact Gretta 07535 594379.

Mon 9th Aug - Stanbury & District WI Reminiscences of 30 years in the police force - Mr C Helme at 7.30pm West Lane Baptist Church, Haworth.

Sat 21st Aug until 28 Nov - Exhibition of specially commissioned paper - cut installations in the period rooms of the Bronte Parsonage Museum.

Sunday 22nd Aug - Haworth, Oxenhope, Lees and Crossroads Gardeners & Allotment Holders Association 92nd Annual Flower, Vegetable and Produce Show. Haworth Community Centre. Show opens at 2:00pm with cups presented at 4:00pm.

Auction of exhibits in aid of Manorlands. Raffle and Tombola. Refreshments available. All welcome and plenty of time left to enter if you fancy having a go! Plus new classes for 2010. Closing date 19th

August. Why not ring for a Schedule to Brenda Wilkins 01535 642633.

Sat 14th Aug - Harbour Hill - 7 1/2 mile circular Walk. Meet David Oates at 11 am on the church steps at the top of the main street at Haworth. Walk through landscape associated with the Bronte sisters, crossing the rough moorland paths on Haworth Moor, return via Old Stanbury Village.

Aug 15th & 29th, Sept 4th & 19th, Oct 17th KDMES - miniature train rides for all the family. Trains running from 13.30 to 17.00. weather permitting at Marley playing fields. Refreshments for sale in the club house. More details and directions on kdmes.org.uk

Sat 28th Aug - Bingley Coffee Morning. Little House, Bingley. 10am until 12 pm. Sue Ryder Care.

Sun 29th Aug - Sutton & Glusburn Allotment Society 64th Annual Open Show. Village Hall, Sutton. Doors open to the public 2.30pm Admission 50p. Schedules from Mrs Jean Sonley 01535 635476

Fri 3rd Sept - East Morton Village Insitute "Call my Bluff" cheese and wine tasting night. Tickets £10. Full details on www.mortonvillage.org.uk..

Sat 4 Sept - Keighley Agricultural & Horticultural Shows. Marley Showground King George V Playing Fields.

Tues 7th Sept - Oakworth Village Society Meeting. 7.45pm upstairs in Holden Hall.

All welcome.


Sat & Sun 11th, 12th Sept Fair Intents Haworth's first eco fair; held in the Bronte Parsonage meadow behind the museum. www.fairintents.org.uk, entry by donation. Music, Fairtrade cafe, Recycling crafts, workshops. Ministry of Chocolate Workshop for children, Natural Skincare workshop for children, Zine workshop...and much more! 07870 743372.

Sat & Sun Sept 11th, 12th National Heritage Open Day. Haworth West Lane Methodist Church (opp Old Sun) 2pm until 5pm. Part of English Heritage's national open weekend. See the church being decorated for harvest festival, hear talks on the 18th century rector of Haworth Rev William Grimshaw. Free admission. Refreshments.

Sun 12 Sept - Haworth Harvest Festival West Lane Methodist Church 2.30pm followed by heritage opening with refreshments and history leaflets.

Sun 12th Sept - Heritage Town Tour Ride free on Open Top Heritage Bus and

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enjoy the experience. Tel. 01282 413179
Sun 19th Sept - Bronte Big K Mountain Bike Challenge. Loop from Oxenhope over stunning Bronte County moors. Participants can choose from the Charlotte, a 31 mile challenge route, the Emily an intermediate 21 mile route or the Anne, an 11 mile family route.

Every Thursday - East Morton Village Institute holds the "morton meet" 1-3pm - Tea/coffee & homemade cake £1, conversation and company is free! it is on everyweek even through the holidays and is a growing village social space for young and old.

Fri 24th Sept - Keighley Blues Club. Diana Braithwaite, Chris Whiteley & Bluesmove. Multi award winning Canadian duo. Special guest Trevor Rowley. Members £10 and non members £12. 01535 600310

Sat 25th September - Bingley Coffee Morning - Little House Bingley, 10am - 12pm. Sue Ryder Care.

Sat 25th Sept - Walk for Manorlands starting at Harden Cricket Club. Choice of three routes; 5, 10 and 16 miles. For further details contact Peter Bashforth on 01535 273271 or email peter@bashforth.wanadoo.co.uk. Everyone welcome.

Save the date: Oct 19-23 - Keighley Amateurs "Music Man" (Musical) Victoria Hall, Keighley Tickets from £8.08456252550 keighleyamateurs.com

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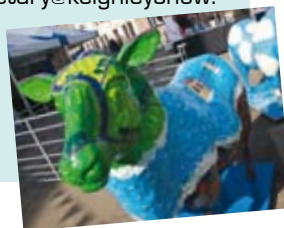
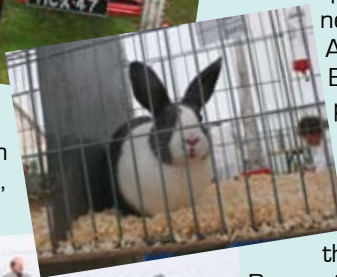
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The 53rd KEIGHLEY & DISTRICT AGRICULTURAL SHOW

will take place on Saturday 4th September 2010 at the King George V Playing Fields (part of the Marley Sports Centre complex) situated off Aireworth Road Keighley, BD21 4DB. This year will see a completely re-vamped Show, with a much more user-friendly field layout to enable all visitors to see every part of the Show with ease.

It will be a varied and exciting day, with something for everyone. There are animals of all sorts - from Guinea Pigs to Shire Horses and all shapes and sizes in between! Vegetables and flowers, arts and crafts, home produce and many other varied classes and attractions contribute to make the day a memorable occasion. This year's special attractions, adding further colour and excitement, include Haworth Band, Terrier Racing and a very talented Chainsaw Wood Carver.

The Worth Valley Mag sponsored sculpture sheep, "Hockney", will be on display at the Young Farmers stand...come along and say hello to the club members and see what's happening...there is never



a dull moment when it comes to YFC! Children's entertainments, catering outlets, and a wide variety of trade stands provide other interesting diversions, and for the first time, a children's Quiz will be running, with special prizes available in two age classes.

Admission on the day is £6 for adults, £4 for concessions (5 - 15 and over 60s). Under 5s are free. However, you can save £1 per ticket by purchasing them in advance from the Keighley Information Centre, Town Hall, Keighley (available from mid-August).

For a chance to win two free tickets to the Keighley Show, enter the Where In The Worth Valley competition on page 18 in this magazine.

Free car parking is available near the Showground. Alternatively, Keighley Bus Museum Trust are providing a free Show Day bus service running regularly between Hanover Street and the showground, via the railway station and Parson Street.

If you are interested in being an exhibitor, there are over 500 classes you can enter. If you wish to book a Trade Stand space, the committee would be pleased to hear from you as soon as possible.

For further details of any aspect of the Show, please see - www.keighleyshow.co.uk or email: secretary@keighleyshow.co.uk or telephone 01535 633852.



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Recently, Matt moved premises... though only two doors away to the former butchers shop! (Don't mention Sweeny Todd, the joke is getting old now.) After some minor alterations, a lick of paint, and help from family and friends, the new location provides more space with a modern updated feel. Matt looks forward to welcoming customers old and new, and would like to say thank you to the community for its ongoing support. Call in and say hello.

Opening Times (no appointment necessary)

Monday:	Closed
Tuesday:	9 to 5:30pm
Wednesday:	9 to 7pm
Thursday:	9 to 7pm
Friday:	9 to 5:50pm
Saturday:	8 to 2pm

(Saturday times may vary in the summer)
Matt will be on holiday from Aug 8 for a week

GHDs only £99 (limited offer)
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Giddyup! don't forget your back to school haircut!



FIT FOR ALL AGES by Lauren Barker

I am a self-confessed gym addict. Whenever I've had a bad day, or I'm feeling stressed out, my initial reaction is to go straight down to the gym and get my pulse racing and my muscles aching. A strange way of dealing with my crazy teenage moods? Not at all, in fact exercise is a perfect stress buster according to science, as it stimulates the body's production of endorphins, which promote a feeling of wellbeing and just generally chill you out.

Many health benefits of regular exercise are fairly well known (reduced risk of heart disease and stroke, improved blood pressure, lower cholesterol levels), and it is definitely the best solution if you want to lose weight or tone up. Despite this many still find it difficult to motivate themselves to get into a routine of regular exercise and factors stopping them could include money, time and fear of not knowing exercise techniques or how to use equipment.

If membership fees are the problem, gyms usually have summer deals and often offer discounted memberships for students and senior citizens.

If you have lots of other commitments during the week and feel as though you don't have enough time to work out, even just doing an hour of exercise a couple of times a week can make a difference, and working it into your weekly routine can be easier than first thought due to long opening hours at gyms and reasonably priced home gym equipment.

Almost all gyms give you a full introduction of how to operate their machines and equipment so that you know what you are doing, and staff are always there to help and encourage you.

Workouts Health Club in Keighley (where I go for my fitness fix), put together a free individual training programme when you sign up, which they update during your time at the club.

Many people have it set in their minds that

going to the gym is excruciatingly painful and boring, however you can go at your own pace and exercise as strenuously or gently as you want and build up gradually. If you bring your own headphones you can watch any of the channels shown on the TVs in the gym, and can listen to music or audio books if you have your own iPod or mp3 player. Workouts also run various classes, which can be a great way of exercising in a social environment where you can meet new people.

I believe it is important to get into the habit of regular exercise as soon as possible, ideally from a fairly young age, as you grow up seeing it as a fundamental and enjoyable part of life rather than a chore. Having said that, it's never too late to make exercise a part of your life, as demonstrated by my grandmother who started going to the gym last year, and now looks and feels fantastic for it!

I personally find going to the gym the most effective way of keeping my fitness levels up, and other benefits I experience include major de-stressing, clearer and more healthy skin, more energy, better muscle tone and much higher confidence. There are also tons of other ways to get your heart rate going, from running in your local area to joining a salsa dance class or going for a swim, and the sooner you make exercise a part of your life, the sooner you'll see and feel the rewards. What are you waiting for? There is no time like the present to get fit!

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LOSSIN' MI SOCKS
 by Ludorum

Ah've bin lossin' mi socks - Ah doan't noah weer thi goa,
 Ah buy pair after pair, an' still nowt ter show,
 Ah'd a drawer-full i' April, Ah'd bowt a thick wad,
 By May Ah'd got twenty - an' all on 'em odd.

Sometimes theer lambs wool, an sometimes theer cotton,
 It still mecks noa diff'rence - they vanish lahk rotten,
 Mi brains Ah keep rackin', mi 'ead Ah keep scratchin' -
 'Ow come Ah've got socks, but none on 'em matchin'?

Ah guess it's our wesher, theer's nowt else ter say,
 Theer chucked in i' pairs but doan't come aht that way.
 It's one o' life's myst'ries, it mecks mi skin tingle,
 'Ow socks goa in married, but all come aht single.

Nah, Ah've got a theory, my good lady mocks:
 Theer's a parallel universe full o' mi socks!

Our 'Otpoint's developed a wormhole inside or
 'Appen it's caused by that 'Adron Collider.

Whatever the answer, theer's one thing Ah noah,
 Mi socks are all gathered weer all good socks goa.
 Next time yer in 'Awarth, just look dahn an see,
 The bloke wearin' odd socks is most lahkly me!

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Haworth Band

A HISTORY OF BRASS-BAND TRADITION

....the early years and humble beginnings

The Fleece Inn (2nd Floor), Main Street, Haworth BD22 8DA



Records tell us that there was a brass band at Ponden, as long ago as 1854, founded by John Heaton (of Ponden) and consisting of a fine body of excellent musicians. They were later engaged to play at the celebrations in Haworth at the conclusion of the Crimean war.

At that time there were some younger Haworth men who did not belong to a band but were keen instrumentalists of sorts and, on occasions, some of them assisted the Ponden performers. One Christmas morning in the early 1860's, the much-respected Mr Hartley Merrall, who was well known as an industrialist (based at Springhead Mill) and himself a keen musician, was on his way to Haworth Parish church when he came upon a party of local musicians busking. Mr Merrall listened intently to their music and invited them to his house that evening. He was determined to have a brass band of his own and shortly afterwards the 'Spring Head Band' was formed which was to be the forerunner of The Haworth Brass Band.

Jim Bancroft, better known as Jim O'Abes who had played with the Ponden Band, was appointed leader and William Turner of Oakworth was the first conductor. The band enjoyed immediate success and went on to win the first of many awards in Keighley, Skipton and Trawden and at Crystal Palace in 1863.

On the retirement of Mr Merrall from his business at Spring Head Mill, the future of the band became uncertain. Through the efforts of Mr J. T. Robinson [a well-known local businessman] a meeting was held at The Black Bull Inn (Haworth) and was attended by many influential gentlemen (of Haworth) to consider the ways and means by which the future of the band could be secured.

Negotiations commenced for the purchase of instruments and other essential properties and this, in addition to the provision of new uniforms, was accomplished by means of public subscription which raised the considerable sum of £200. Thus the Spring Head Band became the Haworth Band and Mr Jim Bancroft continued as their leader; a position he retained with distinction, for 40 years. Trustees were appointed and a Deed signed which stated that the band was formed with the objective of promoting the knowledge and practice of instrumental music and affording musical entertainment for the inhabitants of Haworth. An objective which remains at the heart of 'Haworth Bandsmen' to this day - 155 years later!

Since its formation the band has been conducted by some eminent musicians among them William Turner, Edward Newton, John Paley, Percy Redman, Joseph Binns, John Crossley, Percy Shaw, Handel Parker and Arthur Rodgers.



Haworth Band with the 'celebrated' Handel Parker On Handel Parker's retirement, after 50 years of devoted service to the band, he was presented with a silver baton. Handel Parker of course achieved fame as the composer of one the greatest hymn tunes of the time, "Deep Harmony".

Our Claim to Fame in 1970

In 1970 the film 'The Railway Children' was produced, featuring a brass band made up of members of the Haworth Brass Band and the photograph below was taken during filming and features three of our current members. The film remains one of the classics of our time and a firm family favourite and, nearly forty years later, some of our 'film star' members remain with the band and speak with affection of their role in the film.

Peter still loves Jenny to this day!



Filming The Railway Children in 1970

- * The Haworth Band of 2010 wants to hear from readers of the 'The Worth Valley Mag' who may be:-
- * Interested in joining the band as an existing musician
- * Wanting to learn to play at a instrument
- * Requiring the services of a brass band for a local event
- * Wishing to participate as a manager of the band and its activities

Join us at the Keighley Agricultural Show this year!

The Haworth Band has a mission to serve the local community and to provide a forum for musicians (of any age) who enjoy playing music in an ensemble. The Band encourages the development of new and potential talent and provides instruments and tuition in its endeavours.

The Band has a charity status (Registration No.511250) and is dedicated to entertaining the public, developing the musical skills of our players and promoting the enrichment of our cultural heritage by keeping the tradition of Brass band music alive. Haworth Band is particularly interested to hear from that special conductor who may be interested to take up the appointment of 'Musical Director' if you are 'he or she' then we want to hear from you. If you rise to the challenge then you will promote our famous 'contest-minded' and award-winning band back to the top where it once proudly stood. The right person could be you and we want you!

From its humble beginnings in 1854 the band lives on into the 21st century still thriving on the legacy of its forefathers and enjoying the good fellowship of like-minded musicians. The Worth Valley is rich in history and cultural heritage, long may it live!

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