

## Shells to Sand

by Jo Longbottom

A thousand moons have waxed and waned,  
A thousand suns have shone,  
Ten thousand tides have ebbed and flowed  
And stormed since you were gone.

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So many rains have rattled down  
On landscape parched and dry,  
Now rid of all the brokenness,  
I'm learning how to fly.

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So many fragments of my heart,  
And tears that soaked my face  
Are gathered up and mended now,  
All neatly back in place.

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Where once my thoughts were clouded  
There is pure clarity,  
And left upon the tide-line  
All trace of you and me.

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And should you go and gather them  
Like shells one scarlet dawn,  
You'll find them broken by the waves  
Of time, the ocean's storm.

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Look at them a moment.  
Broken in your hand.

Drop them, and in ten thousand moons  
They'll all be ground to sand

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Bare feet will gently tread them,  
No one will ever know,  
They were my life, my hopes, my dreams,  
A million moons ago.

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## AIREDALE ASPIRE

### MAKE 2013 THE YEAR YOU GROW YOUR BUSINESS

Local business referral group, Airedale Aspire, starts 2013 with the news it has generated around three-quarters of a million pounds worth of business during 2012.

As one of the most successful business networking groups in the area, Airedale Aspire is made up of a broad cross section of friendly business professionals who are all dedicated to helping each grow further.

"It's a great group to belong to," said membership co-ordinator Steve Burles. "As well as being a really good way to meet other like-minded business people in the area, there's a good social side to the group."

Potential new members are encouraged to sample the group in action by going along as visitors to the regular Thursday morning breakfast meetings at Central Hall, Alice Street, Keighley. Or they can attend a special visitor day at Central Hall on Thursday February 21.

Said group director Mick Jordan: "Either way, people will have a good opportunity to chat informally with members and find out more. It's also a chance to see for themselves how business referrals work and how belonging to the group can make a real difference to their business.

"The meeting will begin at 7.00am, but because the format is so profitable, most of us arrive for networking by 6.45am. There is a nominal meeting fee of £10, which includes breakfast and the venue has ample free parking."

Anyone interested in attending should call Steve on 07778 489332 or visit the group's website, [www.AiredaleAspire.co.uk](http://www.AiredaleAspire.co.uk) for more information.

Members themselves receive more than just good referrals (since it first started in 2010, more than 2,400 business referrals have been passed). Everyone is provided with structured training programmes that cover a range of subjects, from presentation skills to ideas for marketing your business.

Social events are important too - the last one being at Keighley Golf Club with a talk by a representative from local

brewery Timothy Taylors. And this year, Airedale Aspire is sponsoring the first ever Keighley Business Awards. It is sponsoring the Special Recognition Award, the only one voted for by the public.

Said training and events coordinator Tony Lee: "For local business people looking to grow their business, Airedale Aspire really does offer a terrific return on investment as well as the chance to meet and socialise with some of the areas most successful business owners."

