











Make the most of summer. Lose the laundry, stop the clocks, clear your schedule and be sure to enjoy the sun when it appears.

Taking time out for rest and relaxation will help revitalize and rejuvinate you for the more productive autumn months.

My son has just finished his GCSEs and informs me it is time to 'chillax'. I suppose that is teenage speak for, "Please don't ask me to mow the lawn."

Of course, some things still have to be done. It needn't be a burden. I just had my chimney swept and made ready for winter. I'm told this is a good time to buy fuel too. Worth Valley Mag is the perfect place to find small businesses and sole traders for these kinds of jobs.

Looking for fun options?
Try the Welly Walks, Summer Talks,
Festivals, Fetes, and all manner of
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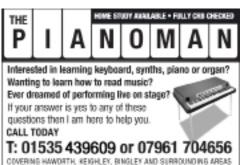
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PORTRAITS

by lo Longbottom

Suddenly they're out of date The portraits on the wall The baby and the little boy Have now grown strong and tall.

Their little chubby cheeks are gone, And dimpled fatty fists. And gone the bears and castles From the childish Christmas lists.

They now want CD players And discs with lots of swearing, And slogans on their hooded tops With words they shouldn't be wearing.

I no longer have to dress them Or brush their scruffy hair Or choose for them their outfits And matching socks to wear.

For now its them who choose for me, And they wont be seen dead, With me in girlish clothing Or an out of fashion red.

They think I'm rather old and stooped With vertebrae worn thin Little do they know It's from carrying them in a sling.

And now my back is aching And several discs have slipped, Their baby boyish faces In my memory are gripped.

I have to dress quite dowdily To please them, I am wary. Not long ago.... they little know...... I was the great tooth fairy!









steph.spence@btconnect.com



WINED AND DINED by Claire Smith



At the time of writing this my sister is in the process of creating a new and very beautiful garden using the philosophy of the Japanese garden as her inspiration. The Japanese garden is a

highly developed art form bringing together design and structure with beautiful and expert planting, which when combined create scenes so enchanting that they are thought to possess the power to entice the gods down from the heavens. One of the main themes of the Japanese gardens is that of the journey that never ends; the sense of continuous movement through the space within the garden whilst drinking in many varied and inspiring compositions.

The four different sections of

the Japanese garden should relate to the four seasons, the ornamental cherry representing spring, wisteria summer, the maple autumn and the structural elements of the garden winter. Larger gardens may feature an authentic Japanese tea house, in which the ritual of preparing and serving Japanese green tea or matcha is designed to encourage an intimate connection between architecture, landscape, the unique utensils and ceramics used during the tea ceremony, and more importantly a relaxed communication between the host and his guests. The main focus of the tea ceremony is the deep spiritual satisfaction attained whilst taking tea in silent contemplation whilst the bonds of friendship are strengthened. Aesthetics

are very important; in the Japanese tea room, guests are invited to enter a different world where one is able to re-vitalise, slow down and enjoy the company of friends. Tea in the east is considered an essential ingredient in the art of fine living and an indispensible element of every ceremony. Since tea bushes live for over a hundred years the drink is associated with both long life and fidelity.

Tea in all its variations and subtle flavours harmonises well with both sweet and savoury dishes. Rose petal tea marries very well with the summery flavours of

strawberry shortcakes or raspberry and almond tart. Earl Grey is lovely with the fresh taste of lemon, either as fresh slices in the drink or in the form of a lovely soft lemon sponge. Jasmine tea serves as a perfect finish to a refined oriental dish. When mixed in with the final rinse tea will give wonderful copper highlights to auburn hair, and when

compressed on the eye lids will revitalise tired eyes. It contains essential vitamins and mineral salts, notably vitamins A, B1, B2, B12, calcium, potassium, magnesium, and zinc, has no calories and is salt free; it dissolves fats, aids digestion an alleviates fatigue; green tea is particularly rich in antioxidants

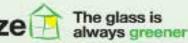
Taken in a stimulating and inspiring environment, in fine china or specially selected utensils, the flavours chosen carefully to accompany your choice of repast, tea can enhance any mealtime or be taken alone to create a special moment in any day. To quote emperor Chen-Nung: "Tea stimulates the humours and wise thoughts. It refreshes the body and soothes the mind. If you are downhearted tea will give you strength."

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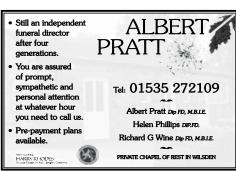


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Bolton Abbey Estate

 \mathbf{F} or children, the adventure that springs from playing in and around woods just cannot be measured. Climbing trees, exploring along paths, picking up pine cones, paddling at the water's edge and running across bridges, are all part of the fun of youth. Getting muddy is what being a "kid" is all about - and eating ice creams, of course! At Bolton Abbey, the brand new Welly Walk will allow children to do all that and more. The Welly Walk is an adventure trail for all the family, it will be taking place every day throughout the school summer holidays. Come rain or shine, children can bring their wellies and get stuck into the many activities along the way.

And after play (or during it) we have The Cavendish Pavilion, fully refurbished just last year and full of mouth-watering local fare. All our sandwiches are home made from the best possible local ingredients and the cakes are to die for.

The trail is only part of a visit to the Bolton Abbey estate and is included in normal estate admission (£7 per vehicle). If you've never visited Bolton Abbey in the heart of the Yorkshire Dales, it is set in truly stunning surroundings and is really worth a visit.



To advertise call us on 01535 642227

"PROMS ON THE FARM" IN SILSDEN



This year sees the 10th anniversary of Silsden's "Proms on the Farm, at Sycamore Farm, Brunthwaite, Silsden. Sat, July 20th 7pm once again, there is a fantastic line up of entertainment, with Silsden's 'For One Night Only' playing music from the 60's onwards. Five and Dimers Country and Folk Group, Skelmanthorpe Brass Band, featuring soloist, Sarah Halstead, who will be singing your

favourites from "The Last Night of The Proms."

Over the past nine years the "Proms" has raised thousands of pounds for Manorlands (Sue Ryder Care) at Oxenhope and Silsden Methodist Church.

In addition to the live entertainment, there is a giant raffle, a tombola stall and a fantastic auction, thanks to the donations from local businesses and individuals, who over the past nine years have kindly supported this event.

Gazeebo spaces must be booked by phoning 01535 654509. There is a prize and a certificate awarded to the 'best dressed' gazebo, and many groups and individuals enjoy donning in fancy dress.

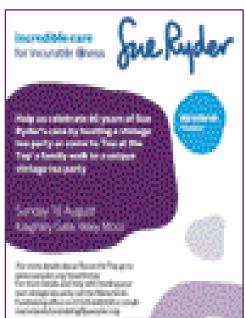
The "Proms" has a real party atmosphere for the whole family. There are no trade stalls, so bring your own food and drinks. Tickets for this event can be purchased at Twiggs Newsagents, Kirkgate, Silsden, price £10 p.p. For more details visit www.promsonthefarm.co.uk



An event for everyone at **Manorlands Hospice** this summer! See **www.sueryder.org** for more!

















Welcome to Bristles Chimney Sweep Service. My name is Chris and I have been sweeping chimneys in the Worth Valley for over three years. I would like to thank all my existing customers for their business and welcome new ones in the Aire Valleys.

It is a common misconception that chimney sweeping is messy. It is no longer a job that ushers forth black clouds of soot ready for Victorian housemaids to clean up!! I take great care and pleasure in leaving your property clean and tidy.

Not only do I sweep chimneys, I carry out stove repairs, fit cowls and I am also Hetas registered which allows me to carry out installations. For those unfortunate enough to get a bird's nest in their chimney, I will endeavor to remove these for you (although these can be messy and time consuming!). Having your chimney swept is an essential part of your home maintenance and should be done yearly, so please visit my website www.bristles-chimney-sweep.co.uk

I pride myself on offering the best customer service at the right price. I look forward to meeting you soon.

PS Check out my Summer Sweep Special online and say you saw it in this mag.



Diane, Georgina, Louise and Lola at THe Waggoners' Walk

Meet The Team

This month we introduce 14 year old distributer Georgia, who covers the Howden Road area of Steeton.

She's a shy but hard working young lady who is currently in the process of earning a Duke of Edinburgh award.

In preparation for this she recently took part in Waggoners' Walk which is an

annual 10 mile hike around the moors and countryside of Oxenhope, held to raise money in support of registered charity 'Embrace' child victims of crime.

Starting and finishing at the Waggon and Horses pub, Georgia joined 75 other local people including numerous serving and retired police officers and completed the walk together with her mum, Louise and their spaniel. Lola.

The walk itself is a tough one, the route being devised each year by Oxenhope residents, Mel and Rob Burtenshaw

Local band Reubik rewarded walkers on their return to the pub with a surprise outdoor performance, (find them on facebook). Georgia completed the walk with aplomb, enjoyed a slap up meal back at the pub and the charity benefits by the sponsorship money she raised. If you live in her distribution area, give her a wave.

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The Keighley site is one of six main campuses at Leeds City College, managed alongside dozens of smaller community centres. The Campus offers courses that cover almost all subject areas and include full and part-time academic and vocational qualifications, from basic skills to apprenticeships to higher education, including Foundation Degrees and Top-up Programmes.

Courses range from IT, Motor Vehicle Studies and Engineering, through to Hairdressing & Beauty Therapy, Childcare, and Sport.

Keighley Campus provides state-of-the-art facilities for students, including: Hairdressing & Beauty Therapy Salons, Childcare Training Rooms, and IT suites. There are also a range of specialist facilities including industry standard workshops for Welding & Fabrication, Carpentry & Joinery, Electrical Installation and Plumbing & Gas Safety.

The Campus is also home to the STAR Centre, a lively science hub that uses space as a theme to encourage young learners into science related subjects. If you would like to visit the campus, take a tour around the fabulous facilities, talk to students and tutors, and receive careers information – make a date to visit an Open Night. Dates and times can be found on the college website.

We have a friendly tearn ready to help you with course enquiries, student support, career advice and support to help you choose the right course, so call in and find out more.

What will you be doing #this time next year?

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Say you saw it in the Worth Valley Mag! $oldsymbol{19}$

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The recent Haworth 1940's weekend has been a resounding success, heralding probably the biggest crowds that Haworth has seen in living memory.

The three venues of Haworth Park,
The Parsonage Car Park and Main
Street eased the crowding problems of
recent years and all in all, our weekend
celebrating the 70th anniversary of the
1943 Dambusters raid went very well.
We are still bringing in the money and will
announce the total that has been raised in
due course.

You may recall that in the last issue, we announced that the current committee was standing down - possibly victims of our own success - I think we are all looking forward to getting our lives back! Organising this event has become a mammoth task and we are pleased and proud to announce that the national headquarters of SSAFA (Soldiers, Sailors & Airmen's Families Association, our charity this year) has agreed to take over running the Haworth 1940's Weekend for 2014. Naturally, they will want to involve all our local friends and helpers - without whom we could not have even started. So here's a few words by Mr Terry Grayshon FRSA, SSAFA's County Chairman.

'I'm delighted that the 2014 Haworth 1940's weekend will be a SSAFA event, I know that we have a lot to live up to, as in the past the Haworth 1940's weekend has been the most wonderful of event." Working with the local community in Haworth will be an integral part of the planning for next year's event. Whilst the Haworth 1940's Weekend will be a SSAFA event, it is really important to me that we do not lose the community involvement which has made it one of the most loved 1940's weekends in the Country.

It is a very great privilege for SSAFA to be involved and I am grateful to the organising committee for asking us to come on board. We are pleased to announce that the 1940's weekend 2014 will commemorate the 70th anniversary of the D-Day Landings. If you wish to help SSAFA on the event please contact:-stephen.k@ssafa.org.uk'

The history of SSAFA is the history of the men and women of Britain's Forces and their families.

The vision and drive of one man stands at the heart of the UK's oldest Armed Forces charity. In February 1885, as the Second Expeditionary Force set sail for Egypt, Major James Gildea wrote to The Times appealing for funds and volunteers to look after families left behind. Within three months, the Soldiers' and Sailors' Families Association was born. Since then, we've supported millions of people, and millions more are eligible for help. Through two World Wars and every subsequent conflict involving Britain, SSAFA has been here for our servicemen and women and their families.

On another tack, we have had the idea of starting something new – making Haworth the first Forces Friendly Community in the UK; an idea that seems to have taken off with other areas interested in joining in. The plan is for our community to openly support our armed services and encourage military, cadet and volunteer bands to give concerts – as a first we have the Military Wives Choir coming to St Michaels Church Haworth on the 21st September. Tickets are £10.00 available from Firths Boutique in aid of SSAFA Tel:- 01535 643800



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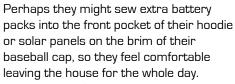
TOP TECH TIPS by Michelle Thompson at CloudFree IT

Techno-Summer

Summer's here, and the long school break is coming anyway even if the warm weather comes to an end prematurely...

My teens keep themselves occupied most of the holidays nowadays, so I try in vain to encourage (nag) them to not waste their time playing on their laptop/games console/smartphone. I'd rather they played footie on the field, got out and about

on their bikes, or took that opportunity to earn some extra cash mowing the lawn or weeding, while I'm out at work. Seemingly they'd much rather be operating three gadgets simultaneously whilst rooted to the sofa. Grrr!



Who are we, 'the grown-ups', to lecture our offspring, though? Don't we, too, subconsciously fear being 'technically detached'? Many adults now rely on a daily dose of news, tweets, facebook posts and email.

For me and my partner, running a small business together means that the line between work & leisure is VERY blurred at times. It would be 'interesting' to see if we could survive without any internet access whatsoever, for a full fortnight, but for the last 3 summers it has been 'necessary' for me and 'the boss' to carefully research potential holiday destinations, filtering out campsites that don't offer top notch wi-fi or haven't got good 3G coverage.

Which gadget(s) go with us? A smartphone is a must, but the bigger screen of a 7" or 10" tablet is easier on the eyes for email, web browsing, reading and even watching movies or TV shows. Where there's a possibility of needing to type more than a few sentences an 'addon' keyboard is essential, but I still prefer my trusty laptop to typing on a tablet. Last year I think we took a total of 12

> gadgets between 5 of us. Mad. eh? Maybe we see the size of the suitcases and get an irresistible urge to fill them? The gadgets are coming with us; leave the food supplies behind! Once upon a time a single 3 pin UK to 2pin European

adapter was all anvone needed, principally to power a travel hairdryer or iron. Even static tents now come fully equipped with lights, a fridge and a power socket, yet we always get that nightly 'debate' about whose gadget is next in the queue for an overnight recharge. We even take a power inverter and various USB chargers in the car to keep everyone 'fully charged'. This year we've invested in a PowerGorilla battery pack just in case we need to keep someone's phone or iPod alive while we're out sightseeing. Maybe solar panels on sunhats isn't such a daft idea...

Me, 'the boss' and the kids haven't flown abroad together for 5 years now. The meagre baggage allowances on budget airlines just wouldn't be enough anymore. Thank God, Michael Ryan has no plans to take over the cross-Channel ferries. or we might need to search for 'naturist campsites with wi-fi'!



Keighley & Worth Valley Railway Day Rover Pass

Email your answer to: mail@worthvalleymag.co.uk

The winner will be selected from all correct answers received by Aug 20, 2013



Last month's winner was Jens Hislop from Haworth. The correct answer was Manorlands Hospice, Oxenhope. Google Earth ©

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.

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

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COMMUNITY PAGES

Please note there is a Book Bank in the car par of the Friendly Inn, Stanbury which is situated at the back of the pub. Please bring your unwanted good quality books to the Book Bank. These will then be sold in your local British Heart Foundation Shop in Keighley. All Proceeds to the British Heart Foundation, Further information call Carolyn Hollings 01535 690341.

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Fri 5th July -Fri 12th July 98 (Giant)
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Keighley Post Card Project - 2 years of
work by groups, schools, churches and
the general public - all 98 pieces will be
displayed.

Sun 7th July. Marley sports field 13:30 until 17:00 As part of Keighley Festival. Train rides for all the family. Trains providing trips for all ages. Details at www.kdmes.org.uk

Tues 9th July: Guided walk around Wycoller Country Park Circular 7 mile walk around the picturesque and historic village in Lancashire. Meet Howard Lloyd at 11am at Haworth Road car park, Wycoller (BB8 8SY). A packed lunch will be needed. Weds10th July. KDMES will have

a display of model boats sailing on

Redcar Tarn, Black Hill Lane. 6pm

onwards.

Sat 13th July: Exley Head Ladies Circle are holding a Table Top Sale at Exley Head Chapel from 10am until noon. Anyone interested in booking a table at £6 should ring Janet on 01535 603065 or Glenis on 01535 640346.

Sun 14th July: Sue Ryder Care
Manorlands Hospice Garden Party
1pm - 1940s themed Garden Party
Over 30 stalls, entertainment, bar,
refreshments. Free entry and parking
For more details call 01535 640430.

Fri 19- Sun 21 July Woodfest Live Music Festival on the Farm in aid of Sue Ryder Manorlands Hospice Lees Moor, 21 great bands, free camping. For more information go to www. woodfest.org.uk

Sat 20th July Oxenhope Antique & Collectors Fair. Join the whole village on the Millennium Green with thier White Elephant Stall. For more info cotact Anne Brown 01535 642261 Sun 21st July. Train rides for all the family. Miniature trains running at Marley sports field 13:30 until 17:00. Steam and electric trains providing trips for all ages. Great family afternoon out. Refreshments available. Details at www.kdmes.org.uk

Sat 27th July Worth Valley Young Farmers Club 70th Anniversary Dinner. For tickets ring Julia Wood on 01535 607117.

Sun 28th July The Bronte Sportive, incorporating race the train. For road cyclists of all abilities in aid of Sue Ryder Manorlands Hospice. For more info see www.brontesportive.org.uk

Tues 30th July Teddy Bear's Picnic **2013** Families are invited to take a picnic and a Teddy Bear to Cliffe Castle 11 a.m to 3 p.m. when a Teddy Bears' picnic will be held on the terraces in front of the museum. This free family fun day includes story and rhymes, face painting and balloon modelling. There will be a name the bear competition and tombola. Inside the Museum there will be a Teddy Bear's tea party family trail and a find a Teddy Bear tableau. The event is being organised by Keighley Library, Cliffe Castle Park Conservation Group and Cliffe Castle Museum.

Sun 4th Aug 'No Slippers on Slippery Ford' Guided Walk Circular 5 mile walk through fields and woodland in Newsholme Valley. Meet David Anderson at 11am outside Oakworth Cemetery in Slack Lane. A packed lunch will be needed

Mon 12th Aug Stanbury & Womens District - WI. Travels with mingles and marmite by Gillian Gill Meetings are held at West Lane Baptist Church, Haworth at 7:30p.m

Sat 10th Aug: Fairy Fest Fairies, 12 noon - 6pm Sprites and goblins will once again descend at Holden Park, Oakworth, this Summer. Inspired by the Park's maze of grottoes and caves, the day will include live music, workshops, fairy grottos, fancy dress, fire dancing, childrens activities and treasure hunts.

Sun 11th Aug Keighley Gala The Procession begins at Spring Gardens Lane at 1pm, via North Street, Cavendish Street, Lawkholme Lane and Bradford Street to Victoria Park.

Sun 18th August: Haworth Flower and Vegetable Show The Haworth,

Oxenhope, Lees & Cross Roads
Gardeners and Allotment Holders
will hold their 95th annual flower,
vegetable and produce show at
Haworth Community Centre, Butt Lane.
Show opens at 2pm with tombola,
raffles and refreshments.

Produce auction in aid of Manorlands will be after the show at approx.
4p.m.For a schedule ring Geoff on 01535 642633.

Tues 20th Aug Cath Neal's Famous Coffee day, Sowdens Farm, Dimples Lane, Haworth. All welcome, in aid of Sue Ryder Manorlands Hospice.

Looking ahead:

The Worth Valley Horticultural
Society set up in 2012 to organise a
late flower and vegetable show was a
great success, attracting exhibitors
from a wide area. The show this year
focusing on Chrysanthemums. Dahlias,
Pot Plants, Fruit and vegetables, will be
held at Haworth Community Centre,
Butt Lane on Sunday, September

Entries will be taken until 11am on the show day. There will be raffle tickets on sale and an auction after the show. Schedules are available from Mike Cunningham tel 01535215141.

29th from 2pm - 4.15pm.







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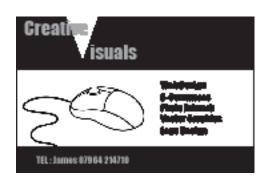
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