

# WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2011



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It is a bit early to put the thermal underwear away; like our winter ponies on the front cover, a furry coat is what is required for a little longer!

Fairtrade Fortnight continues until the 13th this month; we have listed "Bunting" and "Show Off Your Label" events should you feel the urge to rally for social justice and get involved.

March 20th is the "Go Local Sunday" for residents of BD20, 21 & 22...you can enjoy Free Admission to: Star Center, East Riddlesden Hall, Bronte Parsonage Museum, Museum of Rail Travel, and Free travel on KWVR and Ingrow Loco Museum. It is a great opportunity for a family day out in the district. You will find details from the individual attractions.

We continue with our eco-efficiency and weather proofing theme...there is no time like the present to consider the options.

Looking ahead to April...don't forget Mother's Day, April 3rd...pre order a lovely bouquet..and "mums" the word!



Liz Barker

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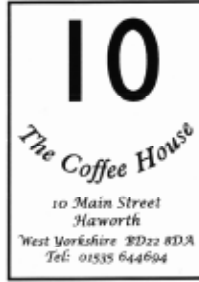
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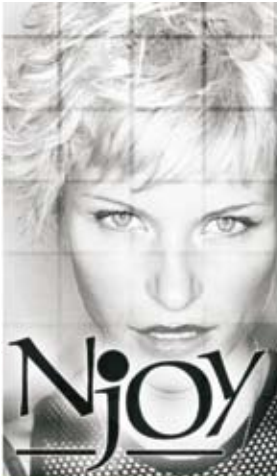


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# WINED & DINED

by Claire Smith of No.10The Coffee House

*"I am always doing things I can't do – that's how I get to do them"* **Pablo Picasso.**

How many of us if we are honest, have allowed self-doubt and fear of failure to prevent us from pursuing dreams, desires and even life-changing ambitions. Even the most confident people will occasionally fall prey to that undermining inner voice which warns of the potential danger of taking the plunge – "you won't be good enough", "it may not suit you" or worse "you may even embarrass yourself." This is an attitude which is particularly prevalent in the kitchen.

For some the kitchen is the heart of the home; a place radiating warmth provided by slowly simmering pots, whose walls are festooned with chic and sleek shelves stacked high with jars of jewel-like jams and preserves, jars filled to the brim with exotic ingredients and every kind of cooking utensil imaginable. For others, the kitchen can be a fearsome place haunted by gremlins that cast webs of fear, doubt and panic.

Let's face it, we live in a world where we really don't have to cook if we don't want to, and though I do not wish to imply that you should start to feel guilty about not doing something for which you have a real aversion, I would suggest that you might be missing out on an awful lot of pleasure.

Rule number one, if you really

do fancy re-acquainting yourself with the joys of cooking, has to be that you throw out the rule book. Though some of the recipes and ideas presented in the multitudinous cook books out there can be endlessly fascinating and act as a kind of comfort blanket, nothing will crush your creativity more than the regimented commands and demands made by some of the sterner schools of culinary thought. That is why we all love Nigel Slater; he is so easy to get along with; so gentle and encouraging.

In the privacy of your own kitchen (shrouded in secrecy, without telling anyone what you are doing etc, if that's what it takes) allow yourself to experiment-go with the flow. Rid yourself of all unrealistic notions and expectations – you don't have to know how to gut a fish or bone a duck to be a good cook. Re-awaken your senses and let your taste buds dictate your choice of dish. Think about what you would really like to eat and start with a simple lunch or supper; use your sense of smell to combine ingredients in a way that feels right to you and taste often as you go along. Listen to your instincts; your gut feelings will always let you know if you're on the right track, and if it goes wrong don't worry. This is only the beginning and the only rules are those you choose to impose upon yourself.

Have fun x.

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This month a new exhibition opens at the museum, focusing on Patrick Brontë. Often unfairly portrayed as an eccentric, controlling, violent man, we wanted to show the real Patrick. The exhibition also gives us further opportunities to link with Haworth's Fairtrade group.

Fairtrade wasn't around in the Brontës day, but it wouldn't be too much of a leap to suspect that Patrick would have championed the movement if he'd known about it.

Born in 1777, in a two-roomed cabin in County Down, Ireland, by the age of 25 Patrick was studying at Cambridge University, with supporters such as William Wilberforce, the famous campaigner for the abolition of slave trade.

After moving to Haworth as Curate, Patrick undertook impressive community work – raising money for the poor, campaigning against the death penalty (for all crimes except murder), petitioning for

the abolition of slavery, and arguing for a local magistrate to restrict the hours that children worked in the mills – at age eleven this was supposed to be less than 48 hours per week, but mill owners often flouted the law.

One of Patrick's greatest achievements, sadly too late for his own children, was improving public health in Haworth by petitioning the government to send a health inspector to the village. As a result sanitary conditions improved and the death rate fell. He was also a liberal father, encouraging his daughters to study, giving them the passion for nature that we see in their novels and advocating a simple life without waste – after all if the Brontës hadn't had to be so careful about not wasting paper, they might never have created their now world famous tiny little books.

Much of Patrick's social conscience chimes with the modern day Fairtrade movement. Haworth is the world's first Fairtrade village, and at Patrick's exhibition opening we'll be serving only Fairtrade wine!

The second Fair Intent's Eco Fair, back after its successful launch in 2010, will take place in the meadow behind the Parsonage on 10th and 11th September this year. We're also doing small things at the museum to be more aware of our footprint on the environment: we already recycle all of our paper, drink Fairtrade tea and coffee in the staff room, we're looking to stock Fairtrade products in the museum shop, and we're also carrying out work on our energy efficiency.

All these small steps can make a difference. We might be a small village, but the Brontës have proved that what happens here has the power to go global.








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I think “spring cleaning” is an anachronism. In Yorkshire, we don’t have seasons, to speak of, only weather. Once we get a good blowy

day with a bright sun coming up in the East, that’s the time to set into getting on with the cobwebs, soot and stuff that sealed windows can imprison within our homes. It seems like nature, too, is egging us on with the birds chirping away, and the vibrant young shades of colors around us teasing our senses.

Perhaps, there is more to the dusting, polishing and beating of rugs than meets the eye. Once we begin a task like this it is possible to get our heads out of what they can often be into....worry, negativity, judgments about ourselves or others, and whatnot. It allows us to have a shift in our energy and can actually give us a boost. I like to include getting rid of anything that I cannot find a place for... or finding a new home for all that clutter. (like the charity shops for example.)

Just to ensure that you are, as well, doing the job at hand, here are some tips that may help you:

Take a notebook and survey each room, but take it slow, one room at a time. Jot down the obvious problem areas in the room, putting the items on the paper that really bug you, or that your family finds impossible to keep neat. You can continue to work on just this one area first, or go through the whole house, filling up your notebook is just the first step. Devise a forecast of a time line of necessary activity so you see the light at the end of the tunnel beforehand. Sit down and have a cup of tea. Remind yourself, “This is doable.”

Spring cleaning can become a process that is more than cleaning. It is a step to create your living space to give you pleasure and solace. The cleaning will be a part of it and not such an onerous task that you make it to be but an inspiration to get going, acknowledging new perspectives in your life that perk you up after the winter blues. Do ensure that you have the right “tools” or products on hand so you won’t give yourself excuses for not moving along. Remember to breath. Go out and take a walk. It will all come together; just give it the time it deserves to get the results you want.

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**April 4th** Spring Fashion Show  
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See [facebook](#) Suzie Jeng, "Grant our mummy's wish"

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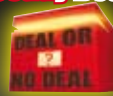
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What is "fueling" all this activity is the realization that gas, oil and electricity bills are forecast to continue to rise, as well as a genuine desire by many to be eco-conscious.

The government's clean-energy cashback

system, "Feed-in-Tariffs," is currently being reviewed and will likely result in a slight reduction due to over subscription. Although that seems like the bad news, in fact the good news is that everyone will be grandfathered into the former rate of 41.3p per unit for 25 years if their installation is completed by the date of the government's rate conversion, perhaps as early as April 2011. Once the system is installed, immediate reduction is seen in your electricity costs in addition to the income from your "FIT". Additionally, there is a separate payment for any electricity exported to the national grid, and all the rebate payments are index-linked and tax-free. And finally, another incentive at this time is the low VAT rate of only 5%.

So, timing is everything, as they say. And March is the perfect time to be in the forefront of this movement to capture solar energy, and get paid for it!



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# Transform your Lawn

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After the long, cold winter is your lawn looking as green and healthy as it should with spring and summer approaching?

Most of us simply expect our lawns to look good throughout the spring and summer but the truth is grass needs help to be lush, green and weed-free.

GreenThumb is a thriving company that can look after your lawn – our do-it-for-you feed and weed service is specifically tailored to your lawn's needs and our highly professional treatments will cost you LESS than searching for, buying and applying the products yourself.

The West Bradford branch - part of the UK's largest and most recommended lawn treatment service is based in Oxenhope and treats hundreds of lawns in an area covering Haworth, Oxenhope, Oakworth, Queensberry, Wilsden, Cottingley, Cullingworth, Keighley, Bingley and Denholme.

Each lawn the company looks after receives four pre-scheduled treatments throughout the growing season – starting

in March and ending in the autumn – designed to make the grass look stunning.

The experts can also tackle a range of pests and conditions that damage grass, including leatherjackets which destroy roots, chafer grubs, red thread, drought, moss and the common lawn diseases seen mainly in winter; Fusarium Patch and Snow Mould.

And with the treatments starting at just £15 for a small lawn, why D-I-Y when our bespoke service costs less, saves time and removes the need for you to store lawn chemicals in your garden shed?

GreenThumb West Bradford was launched in 2010 by husband and wife team Jon and Rachel Garrick. Jon who has previously worked for several years for another branch loves to see the reaction from his own customers when they see their lawn transformed:

**“Dear Jonathon, Thank you so much for your care of our lawn. It really has made a wonderful recovery and looks better than we’ve ever seen it!”** - Mrs Jennings.



For your **FREE** no obligation lawn consultation and survey, contact Jon or Rachel on **01535 640201** or freephone **0800 0111 222**.

Here are some top tips for looking after your lawn!

### Mowing

As we move into the grass cutting season, correct mowing will make a big difference to the appearance of your lawn. I cannot stress enough the importance of not cutting the grass too short. 1-2 inches is ideal and cutting too short or 'scalping' will dry out the lawn. Always remove clippings from the lawn as these encourage thatch and moss. Also keep your lawnmower regularly serviced – a good cut requires sharp blades and do not cut the lawn 2-3 days either side of your GreenThumb treatment date.

### Watering

Last summer many lawns in our area suffered badly in these conditions from dry patch and some actually died. Remember grass is a plant and is made up of 93% water. In dry weather if you don't water then the lawn will go brown and unsightly and may not recover until the autumn or winter. The best time to water your lawn is in the evening.

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# FAIRTRADE FORTNIGHT

# SHOW OFF YOUR LABEL



28 February – 13 March 2011

[fairtrade.org.uk/fortnight](http://fairtrade.org.uk/fortnight)

## Fairtrade Fortnight Bunting Mania

*Get creative and decorate a piece of Fairtrade cotton bunting during this Fairtrade Fortnight national event. Express what Fairtrade means to you. Hang the bunting in prominent places. Invite your local MPs to support the campaign for trade justice of cotton farmers in West Africa. We're going to stitch all the bunting together in an attempt to break the Guinness World Record for the longest continual piece of bunting, and send to the Fairtrade Foundation for the national competition. Keep your fingers crossed.*

**Here's where you can participate:**

**Tue 1 Mar to Fri 11 Mar** Fairtrade Fortnight 10 am-5:30 pm. Victorian Arcade, Ilkley each Tue & Fri

**Thur 3 Mar 7:30 pm** Cotton on to

## Fairtrade Wine & Chocolate Tasting

St. Peter's, Moorhood Lane, Shipley. Bring some FT food and "Show us any of your FT labels!" Tickets £7/£5 from Barbara Judd: [fairtrade@saltsvillage.co.uk](mailto:fairtrade@saltsvillage.co.uk). 01274584775

## Sat 5 Mar 9am-5 pm Darley St. Bradford.

Fairtrade tea and coffee Bring your bunting for a group photo!! At 12Noon Meet FT cocoa farmers from Ghana. "Divine" chocolate tasting. Entertainment.

## Sat 5 Mar 10.30am-2pm Fair Trade

stall at Bingley Market. Giving away FT hot chocolate and other goodies. All welcome.

## Sat 5 Mar 10 am - Noon Ilkley Fairtrade

**Event**, Christchurch, the Grove. 12 Noon there will be a presentation by local secondary school students and Ilkley Fairtrade Group.

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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?

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The winner will be selected from all correct answers received by March 20, 2011

Last month's winner was Pippa Eastham.

The location was The Lamb in Oxenhope

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# “It’s like a raincoat

**Do you have concerns about protecting your property from damp and keeping the cold weather out?**

**T**herma Home Improvements are a local company based in Bingley specialising in roofing, maintenance, and the protection of the exterior surfaces of buildings. They are delighted to introduce an amazing solution to a recurring problem for homes in the Worth Valley...that is, **unwanted penetrating damp.**

Therma is dedicated to shielding your home from the effects of the British climate, and secoTHERM™, the latest addition to their arsenal of products and services, is like enveloping your home in an invisible raincoat!

When masonry surfaces get wet they lose their insulation properties. Water and UV degradation are the two key elements in the damage of masonry surfaces. secoTHERM™ is completely unaffected by UV rays and creates a barrier against water. **You can protect your home from penetrating damp and increase the thermal resistance of your masonry with up to 29% energy savings by applying secoTHERM™.**

It is an unfortunate fact that statistically 35% of heat is lost via exterior building walls. Damp walls inevitably create cold buildings and a significant loss of energy efficiency. The problem is compounded if cavity wall insulation is wet.



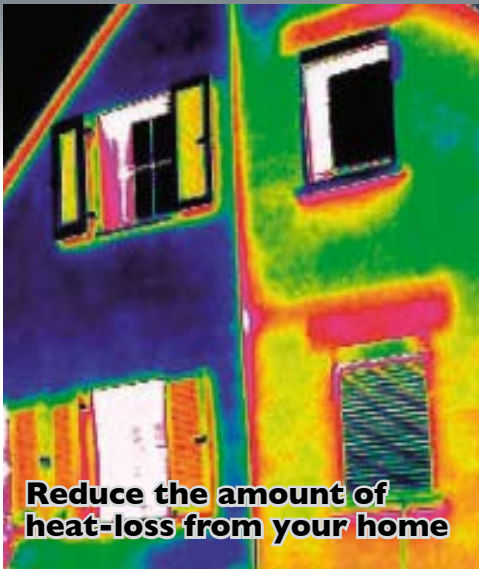
The prudent strategy is to take preventative measures to stop the moisture from taking hold in the first place. secoTHERM™ provides the effective barrier to prevent the problem from occurring.

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**Until April 2011, Therma is offering Worth Valley Mag readers an introductory 25% discount on secoTHERM™**

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# Community Security

by Jonathan Darnbrook of Tesla Security

## Crying Wolf

Home security systems and burglar alarms do a great job of protecting your home and belongings. Like most electronics, in the past several years, technology has advanced and prices have lowered, making burglar alarm systems affordable for most home owners. No matter how easy to use, intuitive, and sophisticated a burglar alarm is, it can still trigger false alarms - which are expensive and annoying. And because they can divert police, from actual emergencies, they can also be dangerous.

Nuisance alarms occur when an unintended event creates an alarms condition; this can also occur when there is an alarm system malfunction that results in an alarm state.

In any circumstance the source of the problem should be immediately found and fixed so that responders will not lose confidence in the alarm reports.

If you do have a faulty alarm that frequently goes off, get it fixed immediately and tell your neighbours that's

it's been repaired. Many people ignore an alarm that goes off periodically, thinking its "Crying wolf"! About three quarters of all false alarms are the result of user error. So there's quite a bit you can do to prevent them. These are a few steps that will ensure that your home security system only alerts the authorities when it's the real thing.

- ✓ All users including friends and neighbours need to know how to operate your system.
- ✓ If connected to the police all users need to know how to cancel a false alarm.
- ✓ Lock up properly – Check all doors & windows.
- ✓ Update contact information with your alarm company, (we have been contacted in the past for issues such as water running out of a house!)
- ✓ Make sure there are no cobwebs or insects that could set off your system's motion detectors.
- ✓ All pets need to be in an area not seen by the alarm, or areas covered with pet detectors.
- ✓ Anything that causes drafts - fans, air conditioners, heaters, or fireplaces - can make plants, curtains, or other light objects move, and trigger an alarm. Even helium balloons and party decorations can cause false alarms.





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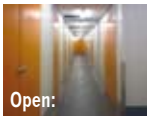
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9 exactly once. Level: Intermediate

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

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

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



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### **March: Opening of East Riddleston Hall.**

For info on upcoming events contact 01535 606075 or [www.nationaltrust.org.uk/yorkshire](http://www.nationaltrust.org.uk/yorkshire).

### **Ongoing Registration to 7 April: SplashOut Swimathon 2011, 8-10 April in 580 pools across the UK.**

Charity Swim for aid to Marie Curie Cancer Care for the terminally ill. Individual and team entries: Contact 084536700036 or online [www.swimathon.org](http://www.swimathon.org).

**Ongoing Registration for British Red Cross Abseil** fund raiser at Baitings Dam, Ripponden in September. Proceeds from the 197 ft. abseil will support the charity's work in Yorkshire and overseas. Check website for other challenges Details; 0114 2427379 [www.redcross.org.uk](http://www.redcross.org.uk)

### **Oakworth Juniors' Football Club**

members asked by Steeton AFC to help the charity, "Boots for Africa," a collection for used boots to be sent to children in Africa. Any money raised is for getting the boots to Africa. Details on website: [www.boots-forafrica.org](http://www.boots-forafrica.org)

### **Alternate Tues/Thurs Ongoing**

**Community Singing Group 7 pm** - West Lane Baptist Church. New participants welcome. Contact Andy Wood on 6471133 or call on him at Pied Piper Piano, 71 Victoria Avenue, Haworth.

**Wednesdays, now until 30 Mar Haworth West End Cricket Club 7-8 pm** Parkside School winter nets for new players, and all teams are welcome to go along and join in. Details, Janette Aldred, secretary, 07761 303071

**Thursdays, now until 22 Mar Haworth Cricket Club 6-7 pm** Parkside School, Cullingworth junior pre-season nets for new players, last year's juniors and those wanting to be in the under 15 and under 17 teams are welcome. Details, Kath Gower 01535 642965



**Tue 1 Mar to Fri 11 Mar Fairtrade Fortnight: Thur 3 Mar 7:30 pm Cotton on to Fairtrade Wine & Chocolate Tasting** St. Peter's, Moorhood Lane, Shipley Join in for the FT cotton bunting decorating for the Guinness World Record for the longest bunting! Bring some food and "Show us your FT label!" Tickets £7 or £5 from Barbara Judd: [www.fairtrade@saltsvillage.co.uk](mailto:www.fairtrade@saltsvillage.co.uk) 01274584775

**Wed 2 to Sun 6 Mar FlaX Textile Group** Cliffe Castle Museum, Keighley. Exhibition by 6 textile artists based in Yorkshire & Lancastershire. For required booking workshops/sessions & info contact 618231.

**Wed 2 Mar Winter Walks: Loadpit and Locks** 9 k [circular walk] Pkd lunch. Meet Colin Pitts at 10:30 am at Bracken Hall Countryside Center, Glen Road, Baildon. Walking the hills above Bingley, returning along the valley with a bit of a climb to finish.

**Tue 3 Mar 7 pm Sophie Hannah** West Lane Baptist Church Best-selling crime fiction writer and poet discusses her new book, "Lasting Damage." Winner of several awards for psychological thrillers, Her Simon Waterhouse and Charlie Zailler novels are being adapted for television.

**Sat Mar 5 9am-5 pm Darley St. Bradford.** Fairtrade tea and coffee with FT cotton bunting decorating Bring your bunting for a group photo! At **12Noon** Meet Fairtrade cocoa farmers from Ghana. "Divine" chocolate tasting. Stilt walker entertainment too! Contact [karen.palframan@talktalk.net](mailto:karen.palframan@talktalk.net) or call 01943 607334.

# CITY PAGES

**Sat 12th Mar Ceilidh 7 pm** - Holy Family school in Keighley organised by the Rotary Club of Haworth & Worth Valley to raise funds for the Rotary Foundation. Tickets £10.00 including supper.

**Mon 14 Mar 7:30 pm The Women's Institute Meeting (the WI, inspiring women)** West Lane Baptist Church. Mr. D. Jagger. presenting behind the scenes of film sets

**Tue 15 Mar from 8:30 pm Stanbury Wuthering Heights Pub** : folk club celebrating Saint Patrick's Day with songs and poetry. Singers&musicians welcome.

**Wed 16 Mar Winter Walks: Great Dib 9 k (circular walk).** Pkd lunch. Meet Gillian Dale at 10:30 am at the junction of Bingley Road and Leathley Ave, behind the Hare and Hounds public house, off the A65 at Menston (G.R 177434). A stiff climb to start up to Otley Chevin walking part of the Dales Way.

**Sat 19 Mar Swing Night 7:30-1 pm**- Come Dance at Midland Hotel Bradford w/Alistair Ruane from £28 p.p.with dinner; £110 per couple including B&B. Book now 01274 735735 or online: events@midland-hotel-bradford.com

**Sat 19- Sun 20 Mar Keighley Model**

**Railway Exhibition 10.00am -5.00 pm both days,** Victoria Hall, Keighley (next to Leisure Centre),. At least 10 quality layouts in all the ppular scales, plus full trade support and members' sales. Catering & free off-street parking Adults £4.00, Children/Concessions £3.00, Family (2+2) £12.00. Call Charles Oldroyd - 07973 776108www.keighley-mrc.org.uk

**Sun 20 Mar "Go Local Sunday" for residents of BD20,21 & 22**

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www.vintagecarriagestrust.org  
www.nationaltrust.org.uk/main/w-eastriddlesdenhall

**Sun 20 Mar Winter Walks: Around Cullingworth 8 k (circular walk).** Pkd lunch. Meet Raymond Wood at 11 am at the Station Hotel, Harecroft of the B6144 between Wilsden, Ling Bob and Cullingworth.

**Tue 29 Mar Whoyano Rural Networking - Welcome to Yorkshire/Making the Most Out of the Worth Valley**

**5:30-8 pm** at Gascoignes of Haworth, Main Street. Contact Kathryn Thornton 07921 645612 email: kath.thornton@whoyano.co.uk / www.whoyano.co.uk

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### The Train

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The air was soft with rain.  
In the smokey black cathedral,  
with the buzzing of the wires,  
from a DMU, that was bound for  
Crewe,  
came the sound of a heavenly choir.

Just a group of wayward Welshmen  
Heading home to Colwyn Bay,  
Full of beer and hymns and arias,  
I really couldn't say.  
But the sound of distant voices  
Harmonizing back to Wales,  
And the signal lights reflection  
On the wet and greasy rails.

And I dreamed of Knotty engines  
On excursions long ago.  
Pulling trains of jolly potters  
off to sunny llandudno.  
And bathed in warm nostalgia,  
On a trip down memory lane,  
I fell asleep, on a wooden seat,  
And missed my bloody train!



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Say you saw it in the Worth Valley Mag!



## PM SUPPORTS HOPKINS' EFFORTS FOR THE SOLDIERS' CHARITY

MP Kris Hopkins and PM David Cameron



Keighley and Ilkley MP Kris Hopkins has received the Prime Ministerial seal of approval in his

quest to complete the arduous Haworth Hobble in aid of the ABF The Soldiers' Charity.

The event, also known as the Wuthering Hike, takes place on Saturday 12 March along a 32-mile long course of traversing gritstone moors around Haworth, Todmorden and Hebden Bridge including 4,400 feet of climbs and descents.

Mr Hopkins, an ex-member of the Duke of Wellington's Regiment, said he regarded it as a privilege to take part in the event on behalf of The Soldiers' Charity.

He said, "The Soldiers' Charity does incredible work to support serving and retired soldiers and their families who sacrifice so much in our name.

"Every donation to this cause and will make a difference to someone's life. "I hope the residents of Keighley and Ilkley and beyond will get behind me and make a contribution to the fund I have set up."

The Prime Minister said, "I am delighted to hear that Kris has agreed to take on this immense challenge in support of the Army Benevolent Fund.

"As a former soldier, I know that Kris has the determination and commitment to complete the task in front of him.

"I'm sure that everyone who contributes to Kris's fundraising efforts will do so to support the men and women who bravely put everything on the line to defend us and our country."

Major General Sir Evelyn Webb-Carter, Chief Executive of ABF The Soldiers' Charity was the last Colonel of The Duke of Wellington Regiment before its amalgamation into the Yorkshire Regiment. He said, "I am very pleased that a busy MP like Kris has found the time to support The Soldiers' Charity by taking on this strenuous hike. In recent years, the charity has seen an increase in demand for its support but with Kris and the people of Keighley and Ilkley to champion our cause, we know can continue to give a lifetime of support for soldiers in need and their families.


By supporting Kris you can help people like Corporal Andy Reid, a former 'Duke' and now an Ambassador for the charity, who has served for 13 years with 3rd Battalion The Yorkshire Regiment. He is currently in rehabilitation following the severe injuries he received by an IED while serving in Afghanistan last autumn. As a result of the explosion he lost both legs and his right arm. He is receiving ongoing treatment for his left arm which was also damaged and now fitted with a metal plate.



In order for him to recuperate at his home The Soldiers' Charity made an immediate grant to cover the cost of a wheelchair ramp and some other adaptations. **You can sponsor Kris by logging on to [www.justgiving.com/Kris-Hopkins](http://www.justgiving.com/Kris-Hopkins) and following the onscreen instructions.**

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Say you saw it in the Worth Valley Mag!

In my 'day job' I hear mixed views about computers from customers and colleagues, friends and family. But I have a confession to make... Even though I'm a 'techie', I feel 'anti-technology' sometimes too! I'm a 'hippy chick' at heart, and when faced with a particularly thorny technical problem I find myself fantasising about living without gadgets; escaping to a remote Scottish island with no electricity or mobile signal. I sit in my isolated crofter's cottage carving pretty Celtic designs on my handmade wooden jewellery boxes. Just me, my chisels, gouges and a lot of wide open space.

**OK. One, two, three.**

**I'm back in the room.**

Working with computers all day, you'd think the last thing I'd do is use one at home, but I do - for all sorts of things. I made a list of all the home tasks I've used my computer for and what a shock!

*Writing correspondence and magazine articles, banking, researching what to buy then buying it (food, clothes, books, music, movies, gifts, gadgets, antiques, tools, holidays, car tax, insurance...), managing schedules, planning journeys, paying bills, transferring money, ordering repeat prescriptions, applying for mortgages/jobs/ car leasing, storing, editing and viewing photos, designing leaflets, watching TV shows I missed, making contact with and chatting to long lost friends, building a family tree, selling unwanted clutter, playing Scrabble, reading the news, doing the household budget, offering and seeking support &*

*please spend your money locally & support local trade*

*advice, checking facts & figures/opening times/bus & train times, learning new skills, booking exams, entering running races, walking events and prize draws, finding DIY/gardening tips & recipes, deciding on places to visit with the kids, reserving tickets for theatre or cinema. And so the list goes on...*

Could I fit all these things into my hectic life if I had to revert to traditional means

for all of the above? I have tons of recipe books and encyclopaedias, dictionaries and travel guides. I could go into town more often to shop, bank & use the library. I might even drop in on old friends (or they on me) for a coffee and a catch up and pop into the Tourist Information Office for

ideas on where to take the kids this Easter.

Frankly, the pace of life these days just won't allow me to do all these things. Heaven knows I'd love to have time to browse shelves and make use of helpful services offered by human beings, rather than hear sad news of the decline of the high street and the demise of local libraries. I'm sad about this state of affairs, but it seems unlikely that I could live at my current pace without a PC and a smartphone; unless I did live on that remote Scottish island with only my inner thoughts, the wildness of the countryside and a few midges for company of course...

So hooray for my computer – You are my diary, address book, reference library, shopping catalogue and personal shopper, my holiday brochure, photo album, gardening/DIY manual and recipe book. My oracle!



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

Say you saw it in the Worth Valley Mag!



# WORTH VALLEY DAD



When you get to my age and you have kids you start to feel sentimental about your own childhood. Nothing reminded me more of that time than this Christmas when I was presented with a brand new bike. I felt like a ten year old again. I wanted to go out on it and show it to all my mates. I've been cycling once in the last ten years and even then it was just a couple of miles on a long, flat road in Majorca, but before I ventured out on my shiny new twenty one geared monster I decided to kit myself out in "proper" cycling attire. The lycra pants, dayglo orange jacket and helmet were more than just practical and safety conscious choices – they were a statement. The statement was meant to say "I'm a serious cyclist", but the laughter from the kids when I presented myself to them before my maiden voyage suggested it actually said "I look like a complete pillock".

I felt even dafter ten minutes later when I was utterly defeated by the ridiculous gradient of Mytholmes Lane and had to get off and push. The Worth Valley is not a good place for a leisurely spin on your push iron. Thankfully I've got better at it and even managed to get to that strange and uninviting place called Lancashire, although I just tipped

my wheel over the border before turning back to civilisation.

I have to say my favourite route so far is along the canal from Riddlesden to Shipley. Apart from the white knuckle ride down Five Rise locks it's mercifully flat and it's a joy not to worry about huge wagons bearing down on you although it can be trickier than a box of monkeys. You have use your bell quite a lot as cloth eared rambles, joggers with headphones and witless dogs all throw themselves in front of you as you hurtle perilously close to the cold and murky depths.

I'm hoping when the kids are older and cast off the stabilisers we can all go out on family cycling trips – we'll pedal along together with silly grins, pointing at trees and birds like something out of a Center Parcs brochure.

My daughter has a very silly grin at the moment. She's making a fortune out of the tooth fairy, although we did have a major incident recently when the naughty fairy neglected to visit her. To stem the tidal flood of tears (and to stop her calling Social Services) we told her the fairy would be subject to a surcharge for late delivery so effectively she'd get double payment for the tooth. That seemed to cheer her up.

We expected more tears from our son Luke when we had to tell him his goldfish died in the night. My wife showed him the lifeless and slightly pungent corpse, but before she could even begin to explain the concept of life, death and fishy heaven he blurted out "Can you buy me another one?".

Sentimentality definitely comes with age.

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