

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

April 2012



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Say you saw it in the Aire Valley Mag!



meet friends and enjoy our beautiful countryside.

We can also recommend Bolton Abbey for a family day out. The Easter Egg hunt is fun and suitable for all ages!

If you want to venture further afield, the Yorkshire Sculpture Park is the perfect setting for a picnic and the Miro exhibit is definitely worth the trip.

Keep the community magazine handy by your phone or on the coffee table for reference. All of the businesses in these pages are based locally and depend on your valued support to thrive. When you call them, let them know you found them in the Aire Valley Mag; they will appreciate the feedback! Have a great month. Liz



Liz Barker

Do I dare mention the weather, or will that jinx it for our Easter holidays? (Hasn't it been glorious!)

The parks and gardens are looking super up and down the Aire Valley with the spring flowers in bloom.

You will find a number of guided walks to choose from in our community pages this month.. Walking is a great way to

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Come along and search for all the hidden eggs and complete a trail quiz sheet. Don't miss meeting the Easter Bunny for your free chocolate eggs!

FREE Event, normal admission (£6 per vehicle) applies.

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Say you saw it in the Worth Valley Mag!

Easy Easter



These lovely little nostalgic treats bring back memories of party buns – really simple and scrummy. I have tried to make them a bit more adult and a bit more healthy by adding some seeds & nuts. Serves 12

ingredients:

- 3 Mars Bars, or Snickers if you like nuts
- 1 tbsp golden syrup, or runny honey
- 1 dessert spoon butter or marg (not low fat spread as it separates)
- Cornflakes, Rice Crispies or other cereals
- 1 cup of mixed nuts, raisins, sunflower or pumpkin seeds etc

Line a bun or muffin tin with 12 cases.

Chop the Mars or Snickers into inch sized chunks and put in a large pan together with the butter & syrup and melt over a low heat stirring to blend thoroughly. I sometimes pop in any odd squares of chocolate which are lying around the house to add to the chocolateyness.

Remove from the heat and stir in the nuts, seeds & raisins. Gradually add in your chosen cereal until most of the chocolate goo is absorbed, but it still looks sticky enough to bind together.

Spoon into bun cases, decorate with a mini egg and chill to set.

These keep in an air tight tin for 3 or 4 days.

source: foodforfriendsyeah.co.uk

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WINED & DINED with Claire Smith from No.10 The Coffee House



It seems that last month's article prompted a spate of discussion concerning just what constitutes the perfect kitchen. Many of my customers, in response to the suggestion that baking has therapeutic benefits, have been enquiring after my kitchen facilities and bemoaning their own lack of space, specialist equipment etc. All this talk of kitchens and their failings has led to the posing of this question – Just what is the ideal kitchen and why do we place so much importance upon the acquisition of this dream? Are we really all so pre-occupied with attaining our dream kitchen that we are willing to spend hours rifling through back issues of *Homes and Gardens* and dreaming of this elusive phantom of perfection instead of spending time actually preparing and cooking food with which to nurture and sustain body and soul?

Curiously most serious working kitchens tend to have less space and less high tech equipment than many domestic ones. Only this week on television we were shown how Rachel Khoo produced her own gorgeous variations upon traditional Parisienne dishes in her "Little Paris Kitchen" (so small that it is only as wide as she is tall), which serves the smallest restaurant in

Paris seating only two people at a time.

My own kitchen is itself much less than ideal, and I am as guilty as the next person when it comes to lusting after grand designs. Though of a good size I could happily settle for a kitchen twice the size of the current one and having attained that would probably still wish that it was bigger and better. I do however, have open shelving housing large jars filled with baking ingredients – a successful design (one of Billy, my partner's, finest) as it facilitates ease of access during the hectic morning bake. I have little in the way of high tech machinery as I do most things by hand, and there is hardly a stainless steel surface in sight. My oven is an ancient re-conditioned gas guzzler; a six burner range that nestles in the chimney breast like some immense mechanical earth mother. Like the Miriam Margolyes of the gastronomic world my oven may not be beautiful but it oozes character and is beautifully dependable when it comes to performance.

The walls of my kitchen are sprinkled with family photographs and images that inspire me, especially the little sailing boats painted by my father; it is both the engine room of my business and the hub of the house and although far from perfect the room to which everyone seems to gravitate; it is my domain, my working and personal space, the inner sanctum of our home.

Focus less on what you don't have and more on re-claiming your space in your own way. Some of the best kitchens I have seen are those that are true working kitchens in which people cook, live, love and laugh.

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Trip Advisor Review (March 2012) "You are in for a treat in this restaurant. A warm welcome along with the finest food cooked to perfection. I had the pigeon and wild mushrooms, wow.. out of this world, the fillet steak cooked by a chef who really knows how to cook a blue steak. Excellent indeed. Will book again."

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Photography by Al Scott

Fairtrade By Sam Fletcher
(age 15 Ermysteds Grammar School)

A blanket of acid falls,
Stinging.
They know that it's poison.
But they have no choice

They've hardly enough pay to survive
And it's ruining lives
And it's hurting inside
But they have no voice.

Fairtrade.
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It's simple.

But in a world of
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Pessimism
Can it ever work?

But the public won't stand by,
They cry:
"Listen up businessmen,
You corporate giants,
We've started to shout,
And broken the silence,
We won't stand for exploitation,
Disregard for third world nations,
It has to stop."

So inspiring people do inspiring
work,
Now we can see an end,
To this pain, to this hurt,
And it's building up,
Rising up,
Changing lives.

Fairtrade shows us,
That trade can be fair.
So stand up, be heard,
Show that we care.

Fairtrade Update

by Sam Fletcher
Ermysteds Grammar School

Fairtrade fortnight ran from the 27th February to the 11th March. But now that Fairtrade fortnight is over we have to be careful that we don't forget about it all. Fairtrade is not about just about two weeks a year, but a movement to change the world we live in for the better.

We live in tough times. The economic situation means that families across the country are being much more careful about how much money they spend. It's easy to be drawn towards the bargain prices as supermarkets take drastic measures to produce cheaper products. And, of course, getting a bargain is great. However, we need not to forget that there is a human cost to the produce we buy. That's where Fairtrade comes in.

Fairtrade is about transforming the lives of third-world producers. It ensures, for example, that Fairtrade bananas aren't grown using poisonous pesticides, which cause workers to become sterile. It helps producers who work in exhausting jobs for poor wages dictated by multinational companies.

Fairtrade gives workers the opportunity to become stakeholders in cooperatives; they are then able to make enough money to support their families and expand and grow the business themselves.

The future's bright for Fairtrade, and, with big brands like Cadburys on board, it seems that the corporate world is listening. The balance is tipping as Fairtrade moves out of being a niche concept and into a change in the way



we all shop. In and around the local area, Fairtrade is having a bigger and bigger impact. I was lucky enough to meet Rita Verity, the woman who owns a Fairtrade shop called Sonia's Smile in Howarth (a Fairtrade town!). She is passionate about Fairtrade and you can see it. What is particularly striking amongst people that are involved in this battle for change is the strong sense of unity and cooperation. People are clubbing together to show that we care about where our food comes from.

We can all be involved in this battle for change by picking up products that hold the now famous Fairtrade Mark, perhaps being willing to pay a little more. And there are loads of other ways you can get involved. Great events such as the Fair Trade Way walks help to raise money and awareness. Join in! (see page 11 for details.)



Bradford District Fair Trade Way Walks

Bradford Fairtrade Zone members hope you will enjoy the beautiful countryside and rich history of the district as you join local Fairtrade groups walking the new Bradford District Fair Trade Way. Each walking group will receive a warm welcome and refreshments at the destination Fairtrade village or town.

Registration: It is essential to register your interest in a walk/s in advance as it may be necessary to restrict numbers on a first come first served basis. Please contact the relevant person for each walk.

What to wear / bring: Walking boots or stout shoes are recommended on all walks, especially those crossing moorland. Please check weather forecasts for the relevant day. Bring waterproofs, extra jumper, hat and gloves etc. as required in a backpack.

Food and drink: Some of the walks are quite short, and you may not feel it necessary to carry extra food and drink. This is an individual choice. There will be a welcome for walkers at each destination where refreshments will be provided. Details from contact person.

General walk information: Karen Palframan
01943 607334 karen.palframan@talktalk.net

21ST April A. Ilkley - Keighley / B. Ilkley - Haworth

Start time: 8.45am both walk options
Start location: Christchurch, The Grove.
Finish Locations: A. Café in Keighley. B. Bronte Parsonage, Haworth
Distance: A. 6.5 miles. B. c7m - catching KWVR train at 1.15pm. Arr Haworth 1.35pm,
then walk to Bronte Parsonage
Time: A. 3 ¼ hours. B. finish c 4.30pm. Bring food / drink for Ilkley - Keighley walk section as required.

Going: Footpaths and tracks over the moor may be very muddy and are over rough

ground. Climb out of Ilkley is steep in sections and walk from Haworth station to Bronte Parsonage is up steep hill. Map: OS Explorer 297. Lower Wharfedale and Washburn Valley Parking: Central car park in Ilkley. Return: Bus routes 762 and 765 link Keighley and Ilkley departing from Stand N in Keighley Bus Station. Timetable details from Transdev Keighley. Hope to arrange private bus for direct return to Ilkley from Haworth. Approx £4.50. Must be pre-booked via contact person.

Toilets: Christchurch Ilkley. No toilets on walk route. Lunch venue in Keighley. Haworth Old Hall
Contact person: Karen Palframan 01943 607334, karen.palframan@talktalk.net

28th April Haworth - Denholme

Start time: 12noon for 12.30pm departure
Start location: Haworth Old Hall, Corner of Main St. and Sun St. Finish Location: Mechanics Institute
Distance: c 4 miles Time: 2 hours Going: Varied - valley, woodland, moorland, tracks and footpaths, some muddy. Fairly flat, but some short steep climbs, stiles and steps. Map: OS Explorer OL21: South Pennines
Parking: Haworth village car parks. (eg Weavers Hill car park nr Old Hall. Please be aware that Changegate car park (opposite Edinburgh Woollen Mill) has a strict clamping policy.

Return: 696 / 697 buses towards Keighley. Alight at Cross Roads, then 500 / 665 bus or walk to Haworth.
Toilets: Haworth Old Hall. Mechanics Institute, Denholme. No toilets on walk.
Contact person: Rita Verity 01535 647776, rita@soniassmile.com



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MD Danny Normington in the Keighley show room.

Moving on up!

UK specialist, A1 Stairlifts Ltd. is putting the finishing touches to its new premises in Keighley town centre.

Managing Director, Danny Normington, is delighted to open the new show room, boasting excellent value, choice, easy access and free car parking. Customers can "Try before they buy" and get a feel for the options open to them. "We aim to be the local choice for rental, repair, and reconditioned stairlifts, while also providing comprehensive support and advice for the installation of new lifts."

A1 Stairlifts has an established national presence in the stairlift

industry with a particular interest in maintaining their green credentials by keeping their carbon footprint down. "We do quite a lot of recycling and repairing." "With nearly new stairlifts we can keep the costs down and provide a peace of mind maintenance service that is equally affordable."

Simon Harrison, joint MD asserted, "While we have a national profile, we remain committed to serving our customers here in Keighley and the Worth & Aire Valleys." "More recently we've become involved in supporting the Keighley Cougars and are really pleased to be participating more in the local community."

A1 Stairlifts Ltd.

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www.a1stairlifts.co.uk

Stuck for words?

Getting writer's block occasionally is OK; it rarely lasts long. Anyone who has ever been on the receiving end of emails from me would find it hard to believe this EVER happens to me, yet today I found myself completely stumped!

There's always plenty going on in the world of computing, so surely I could find something new to tell you? Apple's new iPad 3 coming soon? Well...Not sure it's a life changer, although the rumour they'll be launching a big-screen TV later this year might be worthy of a little mention. London Underground to get free wi-fi for the Olympics? Great, but most of us will be watching on TV (or via the internet) here in West Yorkshire!

Finding myself well and truly banjaxed (oooh, I love that word!) I went on the hunt for inspiration. No staring out of windows wistfully, or gazing into the bottom of my tea mug hoping for a 'sign'.

No, no, no. I did what most time-challenged people in a tight spot seem to do these days. I got Googling...(yes, I know, there are other search engines available, but 'Binging' or 'Yahooing' just doesn't sound right!).

Searching for 'interesting IT facts' threw up pages with interesting facts, yes, but mostly NOT related to IT. Weird! I'm now aware a company in Taiwan makes dinnerware out of wheat, so you can eat your plate, Reindeer like to eat bananas and Mosquitoes like to bite people who've recently eaten bananas! Not quite what I was after... Searching for 'amazing information

technology facts' was a tad better. I found out Google is currently the most popular search engine (obviously), receiving hundreds of millions of search queries every day, that SPAM now accounts for over 60% of all email, and one third of Google's email servers are now full of it! Allegedly.

Other 'IT facts' catching my eye today include:-

- This year it is estimated that there will be 17 billion devices connected to the internet.
 - Revenue generated by YouTube is insufficient to cover the cost of the internet bandwidth consumed by all those video uploads and downloads (about \$1 million a day).
 - Peer-to-peer file sharing accounts for up to 55% of internet bandwidth.
 - Of the 13 million music files available on the web for download 75% have never been downloaded at all and around 50000 tunes account for almost 80% of all music downloads!
 - The computing power in a 'Gameboy' from 2000 was greater than that which put Man on the Moon in 1969!
 - The "Encyclopaedia Britannica" - once spanned 32 printed volumes and cost the equivalent of £3,000 today. It was made available on two CD-ROMs for £99, but today you can access it on-line for free!
 - Microsoft founder Bill Gates' house was designed using an Apple Mac!
- Now, remember folks, you should take a lot of what you find out on the internet with a pinch of salt, but 'Oh the irony!' if that last one's true!



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Anyone looking to improve their health and flexibility need look no further than Shelley Robinson's new Yoga classes which have started in the area.

Shelley has been practicing Yoga for the past 30 years, and teaching for 24, and for those of you trying to do the maths, she started at just 16 years old! Yoga hooked Shelley from the outset, providing a tool to cope with life, as well as creating a healthy body, and she went on to train as a Yoga teacher with the 'British Wheel', whilst also working in the NHS where she specialised in health promotion. She managed a district-wide health promotion programme, providing classes in physical health as well as yoga related relaxation and general well-being. Shelley has also worked with Bradford Cancer Support, setting up their cancer information centre as well as

running classes for cancer sufferers and their carers. She included this work in her Health Studies degree dissertation, which



looked at yoga as a support following breast cancer (Further details can be found on Shelley's website, www.shellyyoga.com.)

For the past 2 years, Shelley has been focussing on her own development, by living at a yoga retreat in south Wales. This has allowed her to learn more about traditional yoga in great depth. When she left the



retreat, she decided that she wanted to integrate her passion for yoga into her everyday life, and resolved to teach yoga full time. Shelley approached Kickstart for some support, and met with the rural Enterprise coach, Candy Squire-Watt. Together they looked at her business planning, and how she might develop her contacts to start running classes. They also spent time going over the finances to ensure that the numbers added up, and would allow Shelley to make a living. Shelley said; 'Kickstart were really helpful, they gave me confidence to know there was someone there I could go to with questions, and I was always sure of a quick response.'

Shelley is currently running classes in Oxenhope and Denholme, and is looking at setting up more classes in Skipton and Hebden Bridge. She also works one to one with clients who prefer a more in depth approach. Please contact Shelley direct for class details.

Contact: www.shellyyoga.com tel: 07957488639.
Kickstart is part-funded by the European Regional Development Fund. For further information please see www.bradfordkickstart.com tel: 08009539503 or info@bradfordkickstart.com.



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

Sudoku No.: 40205

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

Sudoku No.: 40209

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

Sudoku No.: 47731

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

Sudoku No.: 46308

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Sudoku No.: 40291

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

Sudoku No.: 40139

Every row of 9 numbers must include all digits 1 through 9 in any order
 Every column of 9 numbers must include all digits 1 through 9 in any order
 Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

Where in the Aire Valley? COMPETITION

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

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BEHIND THE SCENES AT THE MUSEUM BRONTË RELICS

Writers' lives tend to be as fascinating to us as their fictions, even when there is relatively little biographical information available. In fact, the less we know the more fascinated we become. Certainly, the Brontës have exerted an extraordinarily powerful hold over our collective imagination for more than 150 years now. Generations of readers, writers, and artists have been absorbed and inspired by them and they have permeated our cultural landscape, at every level.

The Brontës' cultural pervasiveness is largely the result of their literary achievements; *Jane Eyre*, *Wuthering Heights*, *The Tenant of Wildfell Hall* are all works of great power, stories that have continued to speak to us across three centuries. However, the 'Brontë story' has been, and continues to be, equally compelling.

It was Charlotte Brontë's friend, the novelist Mrs Gaskell who wrote the first Brontë biography in 1857, within two years of Charlotte's death. Her *Life of Charlotte Brontë*, was written, in part, to satisfy an already burgeoning public interest in the Brontë family. The Brontë story has been told and re-told many times since, with all manner of different emphases and interpretive slants. Right up to the present day it has been the ground for much dispute, not only within biography but also literary criticism, fiction, poetry, theatre and film. The Parsonage museum's

new exhibition, *Brontë Relics: A Collection History*, tells the fascinating story of how the museum's collection came to be.

With such great interest in the Brontës



Opening day at the Parsonage, 1928

from such an early date, it was perhaps inevitable that Haworth would become a destination for literary pilgrimage and that the physical remains of the Brontës' lives would become revered and sought after as relics. The Brontës' father, Patrick, having outlived his wife and all six of his children, lived long enough to witness this, being generous enough to receive curious visitors when the mood took him, and cutting some of Charlotte's letters into snippets to satisfy requests for samples of Charlotte's handwriting.

The Brontë Society was also established early, in 1893, committed to the '... preservation of artefacts of whatever nature of the Brontë family'; and so began the development of what is now the world's largest collection of Brontë related manuscripts, letters,

artworks, furniture, domestic artefacts and personal treasures. The first Museum of Brontë Relics had been opened in 1889 by Francis and Robinson Brown, cousins of Martha Brown, the Brontës' servant, above their Refreshment Rooms at 123 Main Street, Haworth. The Brontë Society opened its first museum above the Yorkshire Penny Bank, now the Tourist Information Centre, at the top of Main Street in 1895. Haworth Parsonage, the Brontës' home, was purchased and donated to the Society by Sir James Roberts, and opened as a museum in 1928. Since then, there have been more than seven million visitors to the museum; including writers, artists, scholars, readers, and those simply moved by the story of the Brontës' lives

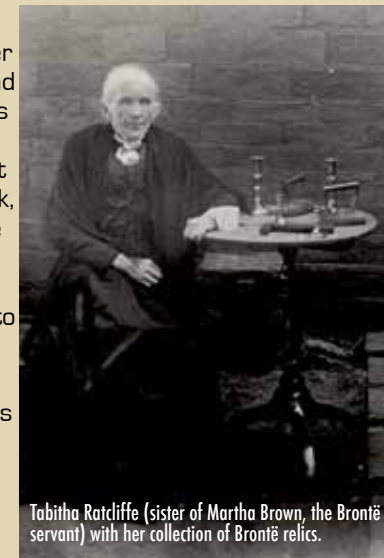
Amongst some of the better known early visitors to Haworth was the novelist Virginia Woolf. Woolf came to Haworth in 1904 and wrote an account of her visit in the *Guardian* newspaper, which became her first piece of published writing. She describes Haworth rather unflatteringly as 'dingy and commonplace' and refers to the Brontë Society's collection, then housed at the Yorkshire Penny Bank, as 'a pallid and inanimate collection of objects', commenting that 'An effort ought to be made to keep things out of these mausoleums'.

However, as Woolf goes on '... the choice often lies between them and destruction, so that we must be grateful for the

care which has preserved much that is, under any circumstances, of deep interest'. She is profoundly moved by the 'personal relics'; dresses and shoes particularly: 'The natural fate of such things is to die before the body that wore them, and because these, trifling and transient though they are, have survived, Charlotte Brontë the woman comes to life, and one forgets the chiefly memorable fact that she was a great writer'

Many more relics have been returned to Haworth and to the Parsonage museum since Woolf made her pilgrimage, and the story of how the Brontë Society's collection has grown and developed is a fascinating one in its own right; complete with a colourful cast of characters (both heroes and villains), twists and turns that would seem melodramatic in fiction, and even an unresolved mystery or two. That collection is of course a great scholarly resource which has given us important new insights into the Brontës' lives and

works. But as well as allowing us to access the Brontës as great writers, towering literary icons, the collection also bears witness, in a powerfully moving way, to the Brontës as ordinary human beings. It is for this reason, just as much as the Brontës' literary achievements, that people continue to make the pilgrimage to Haworth; why these relics have such a powerful effect upon us, and why their history is so compelling.



Tabitha Ratcliffe (sister of Martha Brown, the Brontë servant) with her collection of Brontë relics.

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- Led by Joanne Purdie. Call Ally on 07546 109072.

Wednesday 4th April

Springtime in Lambing Country

5 miles (8km) Circular Walk. Packed lunch Meet Anne Hodgson at 10.30am in the main car park near the village hall in Gargrave for a walk through a varied landscape with one steep hill. Hopefully spring will be well under way with lambs and water birds. Maybe even a kingfisher.

Thursday 5th April. Shamanic Healing - Women's Medicine 7-9pm Crystal Space, Aire View, Silsden BD20 OAN - Aligning Moon and Womb. Led by Joanne Purdie. Call Ally on 07546 109072.

Fri 6th-Mon 9th April Easter Egg Trail at East Riddlesden Hall , Keighley 10:30 to 16:00 Last admission time: 4pm Trails are self led Free event (normal admission charges apply) www.nationaltrust.org.uk You can choose to do the full trail or the Little Chicks Trail specially designed for the under 5s. £1 suggested donation. Carla Weatherall Tel: 01535 607075

Friday 6th Calvary on Good Friday 5 miles (8km) Circular Walk

Packed lunch Meet Peter Beaumont at 11am outside Ilkley Railway Station for a walk up the hill to Calvary. Then along to Nesfield to return through fields and woodland.

Saturday 7th April Titanic Centenary Exhibition 10.30am-4.30pm Sutton

in Craven Village Hall. Wide range of Memorabilia telling the story of the world's

most famous liner. Bric a Brac and Raffle in aid of Manorlands Hospice.

Easter Sunday 8th Silsden Moor 7.5miles (12km) Circular Walk

Packed lunch Meet Kenneth Allen at 11am at the pay and display car park (usually free on Sundays), Wesley Place, Silsden for a steady climb over Silsden Moor. Expect Easter lambs and a stile or two on this delightful walk.

Tuesday 10th April. The Ancient Tantric Techniques of Yoga and Kriya. 7.30-9.30 Crystal Space, Aire View, Silsden BD20 OAN led by Shelley Robinson. Call Ally on 07546 109072

Wednesday 11th April Keighley Art Club Exhibition Central Hall, Alice Street, Keighley The free exhibition is open from 9am-4pm Monday to Friday and 9.30am-2pm on Saturdays until Saturday 2 June.

Thursday 12th April. Shamanic Healing Power Retrieval 7-9pm. Crystal Space, Aire View, Silsden BD20 OAN. Call Ally on 07546 109072.- Calling for a gift of energy to empower the human energy field- Led by Joanne Purdie

Tuesday 17th April.. Introduction to Journal Writing - led by Joy Waddington. 7.30-9.30pm Crystal Space, Aire View, Silsden BD20 OAN. Call Ally on 07546 109072.

Friday 20th April-Saturday 21st April Food Fair 10am-4pm Church Green Keighley. A food fair being held as part of Keighley's St Georges Day Celebrations.

Monday 23rd April Murder on the Nile, 7.30pm Keighley Playhouse, Devonshire Street, Keighley. Murder On The Nile is not all plain and smooth sailing. During the course of the voyage, murder and mayhem ensue. By the time the steamer reaches its destination, an audacious conspiracy ascertains that the murderer shall not go free.

Wednesday 25th April, Bluebells and Naughtly Nuns 5.5miles (8.8km) Circular Walk. Packed lunch. Meet Colin Pitts at 11am at the pay and display car park off Station Road, Esholt. Public transport users alight at Hollins Hill and walk down Station Road. A woodland walk and a few tales.

Wednesday 25th April 2012, Keighley Astronomical Society's April Meeting. 6.30pm. Held at 'The Star centre', Keighley campus, Leeds City College, Bradford Road, Keighley. For Full details contact E-mail currdomain@sky.com.

Thursday 26th April 7-9pm. Shamanic Healing - Soul Retrieval - Retrieving personal vital soul essence that may have been lost due to trauma, stress or grief, at any time of life. Led by Joanne Purdie. Crystal Space, Aire View, Silsden BD20 OAN. Call Ally on 07546 109072.

Sunday 29th Ilkley Outer Limits Walk 9 miles Packed lunch Meet Jeff Brodrick at 10.30am at Ben Rhydding Station. A varied walk with fine views from the Cow and Calf Rocks. Finishing along the River Wharfe. Bruce Rimel-Dna Visions-Cartwright Hall, Bradford.

Wednesday 11th April 'The Brazilian Pantanal' St Andrews Church Hall Newmarket Street Skipton BD23 2JE. A Craven and Pendle RSPB Local Group Talk by John Flood. For more information email ian@cravenandpendlerspb.org

Every Monday, Wednesday and Friday Over 50s Fitness, 9am-12pm Leisure Centre, Victoria Park, Hard Ings Road, Keighley. Over-50s sessions that includes. badminton, keep fit, bums 'n' tums, stretch and relaxation. Every Mon, Wed, Fri 9:00 AM - 12:00 PM £5 For more info please contact 01535 681763

Every Wednesday-Aerobic Dance 6pm-7pm Leisure Centre, Victoria Park, Hard Ings Road, Keighley. Aerobic Dance Every Wed 6:00 PM - 7:00 PM £5.00 For more info please contact 01535 681763 <http://www.bradford.gov.uk>

Every Thursday-Paint along in Watercolours 10am-12pm Glusburn Institute, Colne Road, Glusburn Paint along in Watercolours Every Thu 10:00 AM - 12:00 PM For more info please contact 01535 630223 info@glusburninstitute.org.uk <http://www.glusburninstitute.org.uk>

Fitness Classes Starting in April - at Glusburn Institute and South Craven School Craven Gym. Circuits For All £5 per class, Fitness For 50+ £4 (£3.50 over 60's) per class and Ante and Post Natal Fitness £4.50 per class. For more details call Emma on 07970 785376 or www.emma-personal-trainer.co.uk.

Tuesday 3rd April An Introduction to Magickal Working 7.30-9.30pm. Crystal Space, Aire View, Silsden BD20 OAN.- Basic Rituals and Ceremonies, and the Power of Intention, Focus and Symbolism.

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TIDDLES LOST &



Discovering your pet has gone missing is an awful feeling. So what can you do to increase the chances of their safe return? Much of the advice Haworth Cat Rescue has to offer applies to dogs, too.

Firstly, make sure your cat is micro-chipped. This is best form of pet identification and it's vital you keep your contact details up to date. Secondly get your cat a safety collar with your contacts details on it. Both these steps will help the finder reunite him with you.

The moment you realise Tiddles is missing, ask neighbours to look in their garages and sheds. A frightened cat will tend to keep quiet and hide and may not even respond to a familiar voice so ask your neighbours to leave the door or window of their outbuilding open for a couple of hours around dusk. Also check he can't have got shut in an empty 'for sale' property during a viewing.

If you have recently moved, Tiddles may have been 'spooked' by something - the

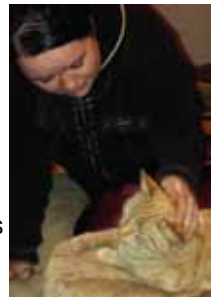
reassurance of a familiar scent coming from a used bedsheet or his own bedding will help him get his bearings, so hang one out on the line.

Don't be embarrassed to walk the streets calling for your cat, but don't start calling his name until you are on the way home - calling him on the way out may lead him further from home. Register Tiddles under Lost & Found via our website and put posters in shop windows and an ad in the local paper. There is no centralised website for missing pets, so put this information in as many places as you can. There's a Facebook group called Pets Lost & Found in Keighley & Surrounding Area.

If on the other hand, an unknown cat comes calling ask around and put a paper collar on him with your phone number and ask 'Is this your cat?' This helps establish if he's just cheeky or really a stray. People still shut their cats out with no way back in and no shelter from the cold and rain. He might be a visitor needing comfort and warmth.

Vets will do a free microchip scan. Scanning is standard practice when cats come to our centre as 'strays'.

We have reunited cats with owners who have been missing for long periods - six to nine months - so don't give up hope.



Maxi reunited with Alice after missing for 9 months

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the age of information.

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-- David Whyte
from The House of Belonging
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The Opening of Eyes

That day I saw beneath dark clouds
the passing light over the water
and I heard the voice of the world speak out,
I knew then, as I had before
life is no passing memory of what has been
nor the remaining pages in a great book
waiting to be read.

It is the opening of eyes long closed.
It is the vision of far off things
seen for the silence they hold.
It is the heart after years
of secret conversing
speaking out loud in the clear air.

It is Moses in the desert
fallen to his knees before the lit bush.
It is the man throwing away his shoes
as if to enter heaven
and finding himself astonished,
opened at last,
fallen in love with solid ground.

-- David Whyte
from Songs for Coming Home
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Exploring Mental Health issues with Tony Gill, RMN

Anxiety management techniques

In March we explored how and why anxiety or panic attacks occur; we can now break this down into 3 distinct components and provide some simple techniques to deal with the symptoms.

The three signs to look for are

1. The physical response that constitutes the terror of panic
2. The 'wired' feelings of tension that correlated with being 'stressed out'
3. The mental anguish of rumination - a brain that won't stop thinking distressing thoughts

Listen to your Body

The first objective is to be aware of your body and manage it in a positive way. For example, eat right, avoid alcohol, nicotine, sugar and caffeine; exercise and sleep well. Get your body moving for stress relief.

A good jog or a game of tennis can up the production of endorphins, which are your brain's feel-good neurotransmitters. Regular exercise can also improve your sleep, which is often disrupted by stress. Shedding daily tensions through a game of racquetball or doing laps in the pool can result in energy, optimism and a feeling of being calm.

Breathe

One of the most successful techniques to relieve tension involves breathing; this will slow down or stop the stress response: A simple deep breathing exercise that lasts for about 1 minute at a time, 10-15 times per day every time you are waiting for something eg, the phone to ring, an appointment, the kettle to boil, waiting in a bus stop or the shop, is both simple and effective.

The act of taking deep breaths and focusing on a positive or happy memory will

serve to reduce the anxiety and interrupt the cycle of anxiety. As you take in a deep breath think of a positive thought or the word "relax" and then hold it before exhaling slowly and repeating this process.

More detailed deep breathing can be done whilst referring to different parts of the body, starting at the fingers as you take a deep breath tense the hand in a fist, think of the word "relax" and then exhale releasing the fist, this can be done with the whole of the body and can take 10-20 mins as you sit and is a more advanced aspect of the simple in and out breathing.

Visualize

Other ways of dealing with anxiety include writing the situations down and returning to them and using the above breathing techniques to deal with the stressful situation. If you have persistent rumination thoughts then you need to switch them off. A good way of doing this is to sit quietly with eyes closed and focus on an image of an open container and in this you will put the negative thoughts. See and name each issue or worry and imagine putting it into the container. When no more issues come to mind, 'put a lid' on the container and place it out of the way, then invite a more positive thought into the space where the container used to be.

At night, right before sleep, invite a peaceful thought to focus on. Visualization is a powerful technique to enable you to create positive and peaceful images that will help you relax. You can purchase guided relaxation CDs or download soothing music from the internet to help relieve stress and anxiety too.

For more support contact your GP or a professional therapist.

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

Sudoku No. 46289

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

Sudoku No. 46388

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

Sudoku No. 47731

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

Sudoku No. 46139

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

Sudoku No. 46295

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

Sudoku No. 42629



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