

WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

April 2007



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Welcome to the sixth issue of the Worth Valley Mag, your FREE monthly Community News and Business Directory.

April sees the magazine extend its coverage to households in Cross Roads, Lees and Oxenhope, so we give a warm welcome to our new readers. We have a variety of articles and special features to entertain you, an exciting new competition called "Where in the Worth Valley?" with prizes offered by local businesses, our free community notices pages, puzzles to tax your brain, and a business directory and advertiser's index to point you in the right direction for goods and services in our region. Enjoy!

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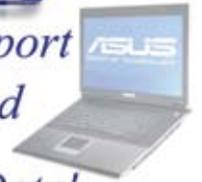
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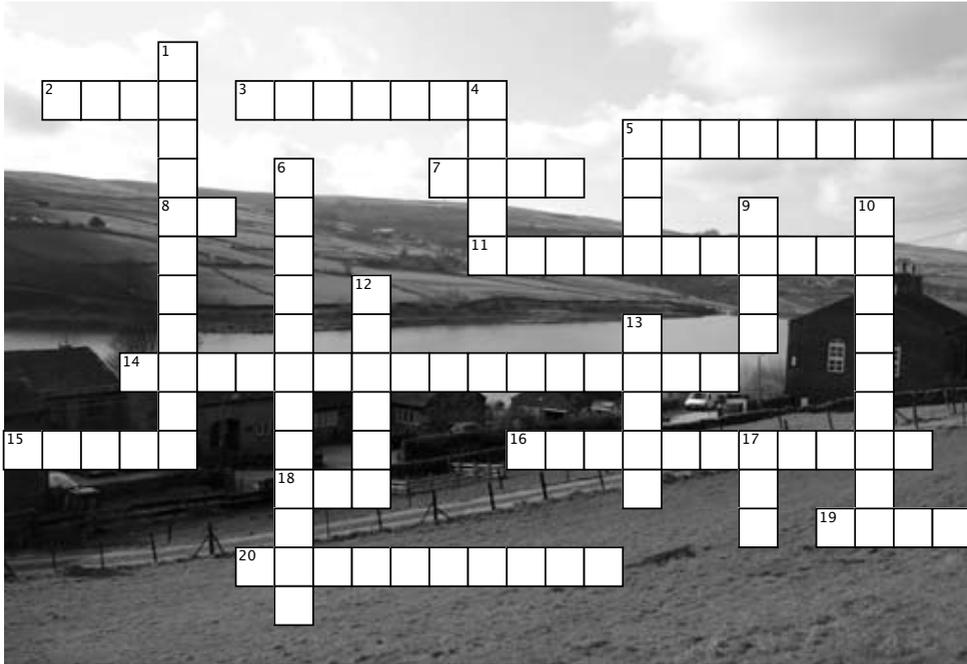
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Across

- 2. Surrealist Spanish painter (4)
- 3. Young child (7)
- 5. Home to Elvis (9)
- 7. A sudden short attack. (4)
- 8. Before Noon (2)
- 11. Anne Bronte died here (11)
- 14. Stanbury Pub with Bronte connection (9,7)
- 15. Free from dirt or impurities (5)
- 16. Railway Children Author (5,6)
- 18. Rupert's TV (3)
- 19. Small ball with a hole in the middle (4)
- 20. Don't go there Baht 'at! (6,4)

Down

- 1. Bradford's best known boxer (7, 4)
- 4. They're always digging them up! (5)
- 5. To take quickly (4)
- 6. Former home of Henry Isaac Butterfield (6,6)
- 9. The closing section of a musical composition (4)
- 10. The highest point in Yorkshire (9)
- 12. Good with wood or sells fried spuds (6)
- 13. Colour of our rose (5)
- 17. Made from chocolate and given at Easter! (3)

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

SUDOKU

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

WINED & DINED

BY CLAIRE SMITH



Every month Haworth's Claire Smith of No.10 The Coffee House delights us with her unique culinary inspirations.

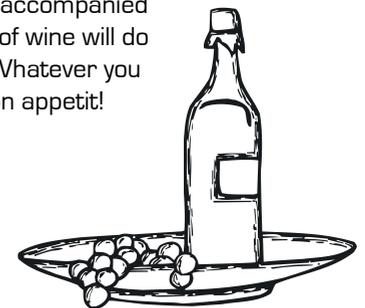
For the past few days I have found my thoughts drifting towards sun kissed shores, warm Mediterranean breezes, olive groves, palms and lemon trees. In fact such is my longing for foreign climes that on hearing me declare wistfully that "it must be wonderful to go outside and pick lemons from your own lemon tree. This stands majestically in the kitchen window, its glossy fruits glinting in the pale English sun, whispering promises of alfresco dining on aromatic salads, olives, warm goats cheese, pasta, grilled fish and dressings made from any variety of oils, vinegars and spices.

Bringing the flavours of the Mediterranean into the English kitchen will transport you to another place - to holidays past or dream locations - if only for the day, and though seasonal British ingredients can be wonderful when well prepared, nobody really wants to eat the same dishes, or variations upon, everyday. Cooking with olive oil, garlic, herbs and vegetables the colours of summertime will bring a culinary warmth sometimes lacking in the English kitchen. However you look at it, stew and dumplings, though a hearty

and warming wintertime dish, doesn't have the abundance of flavour found in a dish such as boeuf en daube a la nicoise. Now I hear a collective cry of "well I like stew and dumplings thank you very much", but the point that I'm trying to make is that the Gallic interpretation of a stew doesn't limit itself to beef with onions, carrots and celery but includes olives, tomatoes, garlic, peppercorns, a wide variety of herbs and wine; cooking this dish fills the kitchen with the most wonderful southern aroma, and the flavour [which is further enhanced by a glass of good red wine] is fantastic.

Introducing summer colours, tastes and textures into your cooking is guaranteed to heighten your enjoyment of food - and life. Exotic edible imports are now easily accessible to all; I personally am very excited about the arrival to our village of new shops, providing a greater variety of foods, and fully support these new ventures [especially my two lovely regulars!].

So if like me, you long for the halcyon days of summertime and holiday dining, try using food to create a Mediterranean moment. It doesn't have to be complicated; if time or energy is scarce, a simple 'picnic' of crusty bread, olives, good cheeses, fruits and vine tomatoes and olive or garlic butter [both are nice] accompanied by a glass of wine will do the trick. Whatever you decide - bon appetit!



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GOOD 'UN MATT!

Given Matt's keen interest in sports - he works out at the gym every night and plays cricket for Olicanian Cricket Club in Ilkley - I was astounded to discover that he only learnt to swim in the last four years. It's true; Matt's previous aquatic ability stretched only to doggy paddle! Now he is set to raise £1,800 in a sponsored 24 mile swim.

Matt saw the request for participants in the chairman of Craven District Council's Charity Swim Challenge 2007 during regular trips to Aireville Swimming baths and chose to enter the most difficult of the three different levels. He completed his 24 mile swimathon in February, ahead of schedule.

Matt has lived in Oakworth all his life. He has run the Headroom on Lidget for three years having previously worked in barber's shops in Skipton and Cross Hills. The fundraising

appealed to him because it was in aid of two local charities: Manorlands Hospice and Ingleton Scouts.

The Sue Ryder Care Manorlands Hospice at Oxenhope provides specialist palliative care for patients with cancer and other life limiting illnesses such as motor neurone disease and multiple sclerosis. As well as enabling people to spend their final days free of pain, the hospice provides services in the community through specialist teams of nurses, carers, social workers and doctors

who care for people in their own homes. Manorlands also provides a Day Therapy Unit.

Manorlands is reliant on voluntary contributions for the majority of its running costs which total over £1.9million.

Ingleton Scouts need to raise money to rebuild their old dilapidated Scout Hut which is to be demolished. They are well on their way to raising £160,000

for a new community building which will serve as a village facility for general activities and groups. The Scouts provide opportunities for the development of young people aged 6 - 25 through exciting challenges, adventure, training and awards. Scouting aims to broaden young people's experiences and help them learn about themselves, their local community and the wider world.

So far Matt has received £1,500 of the money pledged and expects to raise £1,800. He is extremely grateful to all his customers, friends and family who have supported him. All the sponsorship money must be in, so if you owe sponsorship money and haven't yet paid, please 'cough up' soon as Matt isn't able to chase everyone up.

Don't worry if you missed your chance to sponsor him at the time; you can still call into the Headroom on Lidget in Oakworth and make a donation.



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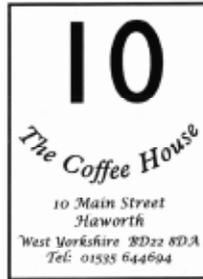
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Say you saw it in the Worth Valley Mag!

Going Digital IN THE WORTH VALLEY

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It is all a bit confusing when one hears that the digital revolution is upon us. "Be prepared" is the motto regularly bandied about. It sounds like the aliens are about to land and we had better ensure that the store cupboard is stocked with provisions. One is not quite sure what to expect. The pessimist has a sense of something looming; a dark suspicion of change or of foreign influences. The optimist is excited and hopeful that a bright future is on the horizon.

The big 'switch' to digital TV is already underfoot in the UK. Yorkshire is due to 'roll out' within the next four years.

Forever the optimists, and with the aforementioned motto echoing in our minds, we have teamed up with Aer-Fix, the aerial and satellite specialists, along with the DTI, to bring you up to speed with a few details relating to this 21st century revolution.

What is digital switchover?

Starting in 2008 and ending in 2012, television services in the UK will go

completely digital, TV region by TV region. The old analogue television signal will be switched off and the digital signal boosted to make it possible for almost every home to get digital television via an aerial.

The switchover process will require everyone's TV equipment to be capable of receiving a digital signal, either through a digital box or a TV with a box built in.

What's so good about digital TV?

In just the same way that CDs changed the way we listen to music, digital TV transforms the experience of watching television. It brings many exciting new ways to enjoy your TV, including extra channels, such as BBC Four, ITV2 and E4, interactivity and special services for those with sight or hearing problems. In some cases, where the analogue signal is weak or suffers from interference, it also improves picture quality. Digital is a more efficient way to broadcast television channels, which makes better use of the limited airwaves [spectrum].

How much does it cost?

There's a range of options to suit all budgets, from a simple one-off payment for a digital box or free-to-view satellite service, through to monthly subscriptions packages offering premium sport and movies. Ofcom, the industry regulator, carried out an independent study [published on Nov 8, 2005, <http://www.ofcom.org.uk/media/news>] into the likely costs to consumers of switchover.

1. For a typical home with two television sets and a video recorder, the cost of switching would be in the region of £100-150.

2. A small percentage of roof-top aerials will need replacing, which can cost £80 to £150. Around half of television set top aerials (typically used with smaller portable televisions) will need replacing at a cost of £10-£40.

Aer-fix is committed to helping customers in the Worth Valley make a successful switch to digital TV.

What are the different ways for people to get digital TV?

There are two main options available through Aer-fix:

1. Through an aerial (Freeview, Top Up TV), using either a digital box or a television with a built-in tuner (an IDTV).
2. By satellite (Sky, or free-sat from Sky).

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call out and advice about which services are available in your area.

If you mention that you saw this article in the Worth Valley Mag, you will receive a 10% discount on any services Aer Fix provide for you. Free SKY Standard Installation now available. (Subject to availability and some conditions may apply)

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SPOTLIGHT ON MACHU PICCHU, TWINNED WITH HAWORTH

Many of us lead our life on the edge. Some just daydream from the edge of their sofas. Fuelled by books like 'Jupiter's Travels' by Ted Simon, which has us travelling across Africa on a Triumph 500cc motorbike, we can still feel the sand in our eyes. Or 'Barbed wire and Babushkas' by Paul Grogan, covering Siberia's Amur river from source to sea for 4400km, our bones ache as we recall the icy waters of the Amur seeping in through our boots. All this reverie is shattered as a familiar cry of "Can you make me a cup of tea, luv" comes floating through the air; the subsequent tinkle of a teaspoon and the slush of a fair-trade tea bag pressed against a china mug swiftly brings us back to domestic reality.

Local couple from Cross Roads who have turned their pipe dreams into reality are Vicki Barrett, a post person, swapping her central Keighley

round to walk the paths of the Inca trail accompanied by husband Chris, a printer.

Q. How come you decided to visit Machu Picchu, an Inca citadel located in the Andes Mountains of Peru?

A. For many years we've been interested in stone circles, and have travelled the U.K. tracing different civilizations. We wanted to link this up further afield and promotional imagery we saw put Peru, with Machu Picchu in particular, high on the list to visit.

Q. Did a lot of planning go into your trip?

A. We hadn't been out of Europe before and needed many inoculations, plus almost as many visits to Speaks outfitters in Keighley. All this allied to quite an intense fitness

regime - the whole organising just seemed to fly by.

Q. Machu Picchu is one of the world's most sacred places. Were you aware of this and how did it manifest itself?

A. We realized this from the first time we set foot on the Inca trail; our pilgrim journey was a religious and emotional experience - a heightening of all senses, beauty as we walked with the vista of the sun setting behind the citadel, an out pouring of hugs and kisses and happiness that we had shared this wonderful experience together.

Q. The Peruvian government limits the number of people allowed on the Inca trail to 500 per day. Was that apparent or did

it look like the path to the Bronte waterfalls on a fine weekend?

A. To allow for people's different abilities there are alternative routes of approach, therefore we only saw perhaps a dozen people on the trail.

Q. How did the altitude affect you both?

A. A lack of appetite; eating became a chore. Low energy accompanied by headaches. We both drank copious amounts of Coca tea, which is said to relieve these symptoms.

Q. What is the one piece of useful advice you'd give anyone planning a similar trip?

A. Only take enough of the correct equipment required and spend time building up your fitness level as the trail can be more arduous than you may imagine.

Q. Have you planned any future trips?

A. Yes, we are making a trip to Ecuador to have a closer look at the volcanoes.

By James Young, Haworth.



The roots of the twinning between Haworth and Machu Picchu go back to 1992 when Andy Wood visited Peru just before moving to Haworth. He felt an empathy with the people of Cusco and the Sacred Valley of the Incas, who were

very poor but had great dignity. A photo from his travels picturing the beaming face of an 8 year old street trader Sonia, inspired Rita Verity, years later, to open a Fairtrade shop, **Sonia's Smile**, on Haworth Main Street.

Rita became deeply involved in Fairtrade and hit upon the idea of twinning with Peru. The small village beneath the World Heritage site of Machu Picchu was chosen as it attracts a similar number of tourists a year as Haworth (1 million) and both villages are

world renowned places of interest and historic sites. Both are valley areas - the Sacred Valley and Worth Valley and they both have a similar population size and village layout. Also they are both famous for their railways (Machu Picchu is accessed by rail only). These are just a few of the similarities. In October 2005, after more than a year's effort, Haworth and Machu Picchu were twinned. As far as we know this was the first twinning between Peru

and the UK.

Visits have been made to establish links with schools in the region and with the Mayor of Machu Picchu. Books have been taken by Haworth residents (including Chris and Vicki Barrett) and donated to the



Local school children holding cards sent by Haworth Primary School children

town library. The people of Machu Picchu have given their hospitality to visitors and in return we have helped some projects to enable the poorest residents to become self supporting. Haworth people also sponsor the charity **Kiya Survivors**, set up by a young English woman to help disabled children.

The support is ongoing;

future aims include to help restock the village library. The children need to learn English as they are wholly dependant on tourism. Language, education and culture exchange clubs via schools and colleges in both areas are on the agenda. Other



possibilities include sending medicine to a hospital; helping with a water project in a remote village and funding a teacher to spend six

months with the Machu Picchu school.

Haworth-Machu Picchu Twin Town Group:
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MAKING A DIFFERENCE AT HOME & ABROAD

Rotary Club of Haworth and Worth Valley

Question: What do the following have in common: Teacher, coal merchant, solicitor, hospital manager, operations manager, fundraiser, baker, journalist, accountant, employment consultant, toy restorer, priest, builder, museum manager, personal assistant?

Answer: They are all members of the Rotary Club of Haworth and Worth Valley!

Rotary is not a glorified dining club for the exclusivity of senior executives and CEOs; it is about ordinary people working at the grassroots of charity work to make a difference to local, national and international communities.

Rotary is about fellowship, it is about working for a common cause, it is about having the satisfaction that you know you have helped somebody in some way. You may never meet them, you may never know their name but at least you can say that you have made their life different by giving them your support and on the way you have had FUN while working with your friends.

On Boxing Day 2004 the Asian tsunami was broadcasted across the televisions of the World; everyone sat in horror as the tragedy unfolded. Rotarians were quick to answer the calls for help – within three days the Haworth Club had raised £7,500 sending 25 emergency shelter boxes to the region as part of the Rotary campaign to give aid to those in need; every penny of that money went to the cause, Rotary does not take a cut of the money, not one penny was spent on overheads – we bought shelter boxes and they were delivered directly to the people that needed them.

We don't just work on major projects in third world countries, yes, Rotary Clubs throughout the World have provided a major contribution to the eradication of Polio; yes, we have provided wheelchairs to the needy in Africa; yes, we have built a school in Sri Lanka following the tsunami – one of the classrooms is named the Haworth & Worth Valley room - but it is our role in our local community where we also make a difference.

We successfully nominated the Haworth Gardening Club for the National Environmental Award. We give 'hands on' support to local charities such as Manorlands, The Keighley Stroke Club and the Salvation Army; we help organise the Technology Tournament for Schools in the Bradford and Keighley area; we support the Haworth Carnival and 40's Weekends; we provided information packs to every school in the area giving bereavement counselling support for children.

The success of Rotary in the community depends on continued community support. The Rotary needs an active membership and it needs like minded people to help – are you interested in finding out more? If so, pick up the phone and get involved, find out more; have a look at our website

www.haworthrotary.org

Don't miss an opportunity to be a part of something meaningful and significant.

**Rotary Club of Haworth & Worth Valley
01535 606320. We look forward to hearing from you!**



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GARDENER'S TIPS

BY MIKE CUNNINGHAM

Every month Mike Cunningham, Chair of Keighley in Bloom and co-organiser of Keighley

Horticultural Show, shares his expertise with readers of the Worth Valley Mag.

JOBS OF THE MONTH - APRIL

April is usually wet and windy but it does have its fair share of warm sunshine announcing the start of summer. This year dormant plants and wildlife have started to feel that summer glow somewhat early and many blooms and insects are being seen much earlier.

Bulbs: Towards the end of month remove dead flower heads from daffodils but leave the leaves to die back naturally, I personally don't tie the leaves in a knot. Hand weed tulip beds. Lightly hoe gladioli beds etc and apply a top dressing of fish, blood and bone.

Roses: Mulch established roses this month (apply a top lair of compost/horse manure about 1" or 2" deep to enrich feed your soil) On newly planted roses I mulch with a peat-based substitute to avoid burning tender roots. Apply a specific rose feed especially if you have not mulched with manure.

Lawns: Continue to feed, aerate and scarify lawns. Level-out humps and fill-in hollows. Start lowering your blades at each successive cut. Roll lightly to firm-up soil where necessary. April is a good month to sow new lawns or lay new turf.

Never mulch with lawn mowings that you have recently applied a selective weed killer to or add to your compost heap, I don't use lawn mowing as mulch as it can contain weed seeds, which will easily germinate in your boarder.

Flowering Plants and Vegetables: Hoe between plants to suppress weeds. Plant out late flowering perennials; March sown sweet peas seedlings when growing strongly, gladioli corms and pinks etc. Start to stake delphiniums and other tall or weak stemmed plants. Apply a good general fertiliser. Watch for aphids, snails and slugs, and take speedy action to eliminate. Sow outside broad/runner beans and peas. Bed out brassicas. Sow salad crops under cover ready for planting out later.

Container Plants: Start bringing out winter protected containers. I scrape away top 5 cm (2") of soil/compost and replace with John Innes No. 3. Keep plants protected against snails and slugs, look out for early attacks of aphids and spray if necessary. Plant up containers with low growing, compact, trailing plants. Miniature conifers etc. can look good if used sparingly.

House Plants: Increase watering and liquid feed fortnightly.

Wildlife: Birds are busy feeding their fledglings so they will appreciate body building fatty foods.



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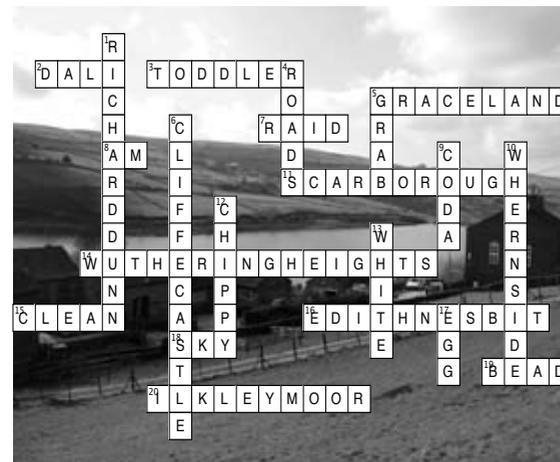
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2	9	4	6	3	5	8	7	1
6	5	1	8	7	2	4	3	9
4	8	9	2	6	3	7	1	5
7	1	2	5	4	8	3	9	6
3	6	5	7	1	9	2	8	4

Say you saw it in the Worth Valley Mag!



FREE Listing for any non-profit making community based activities
COMMUNITY NOTICES

Wed 4th April Under 18s Non alcohol Youngster's Funky disco
Bronte School Hall 8pm until 11:30pm
Entry £2 and free soft drinks until 10pm.
Disco and Gladiator Jousting
Thu 5 April Hat-tricks: Hat-making art and craft workshops for children (5 - 11 year olds) - Brontë Parsonage Museum - £4.25 - For further information/ bookings contact susan.newby@bronte.org.uk/ 01535 640185
Fri 6th and Sat 7th April Skools Out For-Ever discos at Bronte.
Last ever event before it's knocked down. For ex Bronte and non ex Bronte pupils. Fri 6th April (suggested age group 34 and over) and Sat 7th April (suggested age group 18 to 33)
Tickets £6 and available on door. All proceeds to Manorlands.
Sat 7 - Fri 13 April Brontës About: Easter trail for children - Brontë Parsonage Museum- Free on admission to the museum
Sun April 15th Manorlands - Bronte Bike Challenge
Ring Matthew Halliday on 01535 640430 for more details.

Wed 18 April Andrew Motion: An Evening With the Poet Laureate: Reading and in-conversation with Poet Laureate, Andrew Motion - Haworth Parish Church - 7.30pm - £10.00 (£6.00 16 years and under) - For further information/ bookings contact andrew.mccarthy@bronte.org.uk/ 01535 64019

Sat 21st April Rotary Stroke Awareness day. Members of the public will be able to have their blood pressure taken. Club members along with qualified medics will be available from 11am until 4pm in the vestry at Haworth Parish Church.

Sat 21st April An evening of live entertainment with local band Blue Manhattan at Parkside Social club, Butt Lane. All funds raised will go to support Rotary's own charity, the Rotary Foundation. Tickets cost £10.00 including supper.

For Information about above two events contact Rotary President Les Bown.

Sun 22nd April Global Journey Banner 2pm procession beginning at The Bronte Parsonage. Including pause at Haworth Parish Church steps for proclamation with local celebrities, Morris Dancers, Brass Band, and then walk to Haworth Railway Station, where the banner will continue on its journey to promote International Fair Trade.

Wed 25 April 'Your very devoted pupil': A talk focusing on Charlotte Brontë and the 'mentor-lover', by Pamela Norris, author of Words of Love: Passionate Women from Heloise to Sylvia Plath - West Lane Baptist Centre - 2.00pm - £2.50 - For further information contact andrew.mccarthy@bronte.org.uk/ 01535 640194

Sat 28th April Grand Auction 10.30am at Oakworth Methodist Church. Viewing from 9.45. Refreshments. Items for sale

Oakworth Contact Point opening times:
Monday 1.00pm - 3.00pm
Tuesday 9.30am - 11.00am
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Tel 01535 647574

email: contactoakworth@yahoo.co.uk

Haworth Contact Point opening times:
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Tel 01535 644001

email: wvcontactpoint@yahoo.co.uk

Your **Neighbourhood Police Team** covering the Worth Valley are:
PC 3647 Graham Jessop
CS 489 Molyneux
CS 723 Bell
Contact Haworth Police Station 01535 644001 or Keighley Neighbourhood Police Team 01535 617119



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Worth Valley Mag.....	01535 642227

www.worthvalleymag.co.uk

WEBSITE OF THE MONTH

It's the start of the new financial year so this month's website is quite topical. Money Saving Expert is a website which aims to help you save money on anything and everything by finding the best deals and helping you get smart about your money. In the three years since journalist Martin Lewis founded the UK's most popular independent two million visits per month. There's a on all kinds of schemes to make sure advice on how to get bank charges this site, it has become money site, with over huge range of articles you pay less, including refunded. There's also a varied range of on-line tools to help you manage your budget and a forum where you can exchange information on keeping out of the red. You can also register for a weekly money saving email tip. The only criticism I have of this is there's too much information! Thankfully, they have a very good search facility on their home page.



www.moneysavingexpert.com

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APRIL FOOLS

“Money is better than poverty, if only for financial reasons.”

(Woody Allen)

It's the start of a new financial year! I never knew why it started in April until I looked it up just now. Well, can you imagine doing all your accounts on New Year's Eve while everyone else is out on the razzle?

This is usually the month where I get a little extra in my wage. Incrementally, I'm walking around with a spring in my step, a big fat pocketful of change, and then... those tame April showers become the raging flash floods that once again end up converting my cellar into a paddling pool, my trusty old motor suddenly transforms into one of those clown cars where all the wheels and panels fall off, or that fantastic mortgage rate we got three years ago suddenly changes in to the kind of deal you'd get from Tony Soprano.

I don't know who Sod was, but I've broken his law plenty of times. Like when I found a twenty pound note on my way back to the car and then discovered a twenty five pound parking ticket stuck to the windscreen.

The Lord giveth and the Lord taketh away... talking of which it's nearly Easter - a time when most people these days seem to relate more to chocolate eggs and bunny rabbits than resurrections. I've banned Easter Eggs in our house. Chocolate does something to my two year old daughter. Like all kids she loves it, but

give her one teeny weeny chocolate button and she turns into Princess ASBO, running amok through the house waving her nappy around her head, kicking potty's over and decapitating her Teletubbies. We can't take her out for weeks. She'd be down the park pushing all the other kids off the swings.

Which reminds me - I must ring the Council and ask where our new wheelie bin is. I expect a lot of people in Oakworth had their bins melted in the park recently. Initially, I thought a strong wind had blown it across the valley to Haworth, but someone told me kids were burning them in the caves to keep warm! This behaviour might prompt you to think that society is going to hell in a hand cart, but don't despair. In the old days, they burned witches. Well at least, they did over the border in Pendle.

What I don't understand is the appeal of inhaling burning plastic in a small confined space. Does it get you high? Would anyone with babies (or dogs) want to barbecue the contents of their bin? (Sorry if you're having your tea). Anyway, fear not ye binless of the Worth Valley! It's pay day at the bank of retribution for all of us who have endured months of hauling flimsy bin bags in to the street. Researchers have established that inhaling burnt plastic materials actually alters the sexual characters of birds (from male to female). They have discovered the same defects can easily occur in human beings! So if this doesn't deter people torching your bin, at least you'll be able to catch the fiends in a few years. They're the young ladies with the big hairy hands!

The Off Comedun doesn't even get paid to write this stuff!

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This month's prize is a FREE dry trim or blow-dry or shampoo & set from Sharon at Eclipse Unisex Hairdressers in Oakworth.



Email your answer to: mail@worthvalleymag.co.uk
The winner will be selected from all correct answers received by the 15th of April 2007.
Winner's name to be published in May magazine.

Say you saw it in the Worth Valley Mag!

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Matt's Headroom p.11

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Leisure / Tourism

Keighley & Worth Valley Railway p.15
British In India Museum p.12
No Mans Land Paintballing p.12

Motor

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Printing & Graphic Arts

Canning Design p.20
Haworth Art and Design p.5
Portraits & Illustrations p.20

Property Development

Bronte Square p.31

Public Houses

Cross Roads Inn p.32

Restaurants

Zeera's Indian Restaurant p.12

Retail

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