

### ILLINGWORTH MESSENGER

Where Church and Community meet together: Illingworth Moor, the former St Mary's & St Malachy's

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## JOIN US ON OUR JOURNEY OF FAITH AT ANY OF THE SERVICES

#### EVERYONE IS WELCOME ST. MALACHY'S CHURCH

Times of Mass at St. Malachy's:

Saturday (Vigil Mass) at 5 pm and Sunday Mass at 9 am

## HOLY NATIVITY CHURCH the Church of England Parish of Mixenden and Illingworth Sundays at 10.00 am

All Age Eucharist, everyone welcome

## PREACHERS AT ILLINGWORTH MOOR METHODIST CHURCH IN FEBRUARY

#### All services commence at 10.30 am unless otherwise stated

5th February Local Arrangement 12th February Mrs Susan Watson 19th February Mr Hal Clarkson

26th February Rev Kerry Tankard (Chair of District)

Church Anniversary and Communion

**Open to God** at Illingworth Moor Methodist Church at 10 am on Wednesday, 1st, 8th, 15th and 22nd February



'WALKING THE WAY' which is a monthly Reflective walk around Calderdale which takes place on the second Sunday of the month starting at 2pm.

For more information, here is the website Calderdale Walking the Way

https://www.calderdalemethodistcircuit.org.uk/about-

Or Facebook <a href="https://www.facebook.com/walkingthewaycalderdale">https://www.facebook.com/walkingthewaycalderdale</a>

#### **MESSAGE FOR FEBRUARY**

Happy New Year!

As I write this I'm looking out of my study window and despite the cold, wet weather I am always uplifted by the scene I have. I know I am blessed to be able to look out over green fields, the changing colours of the trees throughout the year and the occasional deer or fox travelling through the landscape.

If we don't have such views then we have another view we can have on our TV's and watch programmes that enable us to see nature and landscapes. Seeing such views either physically or on TV can help with our well being. Seeing or being in Green spaces has a positive impact upon us and perhaps helps us to appreciate life. It also helps us to see the vulnerability of life too and that it can be precarious and not to take it for granted. When we have an appreciation of nature we need to realise it is very complex and yet simple at the same time.

Some things we can understand easily like how the rain falls, goes into the ground, makes its way into streams and then rivers and then out into the sea where it evaporates, forms clouds and falls as rain again. Then there are more complex things like how the trees take in carbon dioxide and breathe out oxygen, the opposite of what we do. We don't know how it happens, we can't physically see it happening, we just have to accept that it does and that it benefits our life. For me that sums up faith, some things we can't explain, but it doesn't mean we have to discount it. Having faith, a trust or belief in something we cannot physically see is exactly that. Faith!

I hope that as you travel through 2023, you are blessed, you are appreciated and appreciative and that with faith anything is possible.

Every Blessing,

Rev Paul Welch

#### SUDOKU EASY

SUDOKU	MODERATE
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#### WORDSEARCH CLUES

In New Testament times 40 davs old was an important age for a **baby boy**: it was when they made their first 'public appearance'. Mary, like all good **Jewish** mothers, went to the **Temple** with **Jesus**, her first male child - to 'present him to the Lord'. At the same time, she, as a new mother, was 'purified'. Thus, we have the Festival of the Presentation of Christ in the Temple, 40 days after Christmas. Jesus is described in the Bible as the Light of the World, and so early Christians developed the tradition of lighting

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many candles in celebration of this day. The Church also fell into the custom of blessing the year's supply of candles for the church on this day - hence the name, *Candlemas*. The story can be found in Luke 2:22-40, where *Simeon* makes his great declaration of faith and recognition of Jesus. Simeon's '*Nunc Dimittis*', is embedded in the *Office* of *Evening Prayer*.



# Live well, your way



with care in the comfort of your own home.

It's the place you know the best. If you want to stay living comfortably at home, we can help you make that choice an informed one.

For an informal chat about the benefits of home care book your free consultation.

"I cannot praise this organisation highly enough! Thanks to Home Instead, my aunt was able to remain in her own home until the end of her life, despite increasing frailty and suffering from dementia."

Adrian B, Nephew of Client, 31st May 2022

- ◆ Home help
- Personal care
- Companionship
- Dementia care





**Home Instead Calderdale** 

14-16 Southgate, Elland, West Yorkshire HX5 0BW 01422 292424 calderdale@homeinstea

calderdale@homeinstead.co.uk www.homeinstead.co.uk/calderdale G. Garling

**Electrical Services** 

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NAPIT & Part P Registered
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FREE Quotes
No Call Out Charge

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#### BEING BORED IS GOOD FOR YOU

Being bored is a good thing – in fact, it can stimulate you to greater creativity. But keeping boredom at bay with endless scrolling on social media will ensure that your creativity is stifled.

So say researchers at Bath University. They warn that endlessly distracting yourself to avoid "superficial boredom" has the effect of preventing your mind from entering the deeper state of "profound boredom." In this state of malaise, you are in "existential discomfort" which in turn can stimulate you on to develop new passions and skills.

As one researcher explained: "This research has given us a window to understand how the 'always-on', 24/7 culture and devices that promise an abundance of information and entertainment may be fixing our 'superficial boredom,' but are actually preventing us from finding more meaningful things.

"Profound boredom may sound like an overwhelmingly negative concept but, in fact, it can be intensely positive if people are given the chance for undistracted thinking and development."

The new study was published in the journal Marketing Theory.

#### WHAT'S ON AT ILLINGWORTH MOOR

#### 'GOOD AS NEW SHOP'

## Open on FRIDAYS ONLY 10 am till 3.30 pm

Why not drop into our "Cosy Corner"?

No need to buy! Just sit and watch the world go by in warm and pleasant surroundings. Enjoy a cuppa, from the Cafe, or read a magazine, or just relax.



#### CAFE AT THE MOOR

Our Chef, Sarah, makes a range of meals on four days a week, Tuesday, Wednesday, Thursday & Friday from 9 am to 1 pm.

Why not pop in for a coffee, a piece of home made cake, a bowl of home made soup, a sandwich (either to eat in or take away).

Or have a full meal from Sarah's tempting menu?



#### **BOYS' BRIGADE - MONDAYS**

**Anchor Boys**: 5 - 7 years (arrive 6.15 pm to start at

6.30 pm until 7.30 pm)

Junior Section: 8 - 10 years (arrive 6.15 pm to start at

6.30 pm until 8.15 pm)

**Company Section**: 11 - 18 years (arrive no earlier than 7 pm for a 7.15 pm start - ending at 8.45 pm)

If anyone can help out, even if only occasionally, please get in

touch with Captain Andy on 07833910698.

#### **GIRLS' BRIGADE - WEDNESDAYS**

Explorers: 4 - 7 years (5.30 pm - 7.15 pm) waiting

list at the moment

Juniors, Seniors & Brigaders: 8-18 years

(6.45 pm - 8.30 pm)



For more information contact Janice Crowther on 07745529385

#### **SUNDAYS**

Sunday Worship & Sunday School at 10.30 am

**EVERYONE IS WELCOME TO JOIN US AT ANY OR ALL OF THE ADVERTISED EVENTS** 

#### LOCAL HISTORY

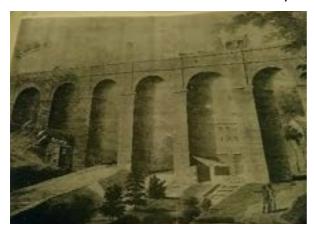
From Local Historian David Craven

#### NORTH BRIDGE

There is no doubt that there has been a crossing over the Hebble Brook in he vicinity of North Bridge for many centuries.

The first mention of a bridge was at a Tourn held at Halifax on July 7th 1277, when we find that "They say, upon oath, that a certain footpath in the Lord's fee, next le Northbryg, has been obstructed by Bateman of Halifax".

The early bridges were of wood and travellers in and out of Halifax had to drop into the valley, cross the bridge over the brook and then face the steep climb out again. It was not until the building of the bridge in 1774 that the road crossed the valley and not just the brook. The bridge was constructed of six arches, carrying a roadway 27 ft wide, at a height of about 56 ft above the level of the brook at the bottom of this valley.



South east view of old North Bridge Drawn by J. Williams Engraved by J. Jukes 1805

In 1863, a company was formed to promote a scheme to provide a rail link northwards from Halifax to Keighley up the Thornton Valley. The line was strongly favoured by local industry and both the G.N.R. and the L. & Y.R. were in favour of supporting it financially.

The Halifax and Ovenden Junction Railway Act of June 30th 1864 granted the company £90,000 capital and borrowing powers for another £30,000 on mortgage.

With the coming of the railway, North Bridge needed to be higher, 11 ft higher. Having decided to replace the stone bridge the Halifax Corporation engaged the services of John Fraser, C.E., a member of the Institute of Civil Engineers, of Leeds.

This bridge is the present day North Bridge.

The presence of mills on the banks of the brook beneath the stone bridge, including a tannery and the cumulative effects of smoke from below and traffic on the bridge, together with the ravages of time, caused the bridge to require replacement anyway. On demolishing the old bridge it was found that although externally it was faced with good coursed stone giving a substantial outward appearance, the quality internally was in a poor state, being no more than poor quality infilling. To cap all this the foundations were "scarcelly below the surface".

Work began on the new iron bridge in December 1868 but the foundation stone was not laid until 14th April 1869, owing to difficulties over the foundations which had to be taken deeper than first anticipated.

Thirty men were employed on building the foundations of the bridge, the Manager being Phineas Holdsworth. A labourer engaged on the works was found drowned a week after the stone laying in the Hebble Brook "near the foundation stone". An inquest at the Blue Ball Inn established that he was subject to fits.

Building of the bridge was sufficiently advanced for it to be partially opened on 15th August 1870, the westerly half had been built first. Following the opening of the first half of the bridge, work proceeded on the completing of the eastern half and meanwhile the old stone bridge was demolished.

The bridge was completed in 1871, at an estimated cost of £21,000 and declared open on 25th October of that year.

On the 17th August 1874 the first portion of the railway line connecting Halifax and Ovenden was opened.

#### ST. MALACHY'S NEWS

Our Parish Priest is Mgr Michael McQuinn

St. Malachy's School, Cousin Lane.

There is a place for your child so why not give your child the best start? Apply for a place now and come and see what we have to offer. Contact St. Malachy's School on 01422 244628.

#### ST. MALACHY'S WALKS



If you would like to join us you will be made most welcome. Walking boots and suitable clothing are essential. For more information please contact Philip or Pat at 01422 259761 or e-mail us at p29.moran@gmail.com

#### **FUND RAISING GROUP**

We are collecting old gold. Have you any broken chains? Odd earrings? Rings without stones? Please donate your old jewellery for Church funds. Items can be left in the box on the Paper Stall.

## Sequence & Ballroom Dancing at Forest Cottage, Cousin Lane, Illingworth, HX2 8AD



**Everyone Welcome - Singles and Couples** 

Tuesdays and Thursdays 1.45 pm to 4 pm £2.50 per person includes tea and biscuits

For more information ring 01422 248080

Tuesday, 21<sup>st</sup> February





## HOLY NATIVITY CHURCH, THE CHURCH OF ENGLAND PARISH OF MIXENDEN AND ILLINGWORTH Sunny Bank Road, Mixenden, HX2 8RX.

www.holynativity.co.uk

Family Communion every Sunday at 10 am.

**Communion Meal** every 2<sup>nd</sup> Sunday of the month at **6 pm**.

The communion meal is an opportunity to worship whilst gathered around the dinner table. Food is provided.

**Rock Mass** every 3<sup>rd</sup> Sunday of the month at **6 pm**. The Rock Mass is a service for people who like to worship **LOUD!** 

Vicar: Revd Robb Sutherland, 01422 353929 email robb@priest.com

Church Wardens: Mrs Margaret Henderson 01422 243596

**Church Pantry:** Mondays 2 - 3.30 pm. Providing food and essentials to people from the Parish in need.

Church Youth Group: Tuesdays 7 pm -8.30 pm

For baptisms, weddings & funerals contact the Vicar or Church Warden

## Illingworth Moor Methodist Church every Friday, 12 o'clock start

Where can you get (for instance) home made Lasange, Salad and Garlic Bread, a pudding and a cup of tea, together with good company for £4.50?

The Access Bus picks up some of our regulars so if you need transport just ring 0113 3481902 to register with Metro.

## Researched by Sue Taylor following her work in tidying up the graveyard at Illingworth Moor Methodist Church.

#### THE STIRK FAMILY

John Stirk (23/12/1838 to 09/04/1906) was born near Skipton. He started the family business in 1866, situated in Gaol Lane.

The 1881 census shows John was an employer of 30 men and boys. In 1919 they took over Crown Works at Boothtown.

At the time of his death the family lived at Lentilfield Street. His wife Sarah, who was gravely ill at the time, died a few weeks later.

There are five family graves:

John is buried alongside his wife Sarah born 18/01/1843 - 04/05/1906.

Agnes their infant daughter born and died 26th July 1885.

And their daughter Mary Ann born 30th March 1875, died 29th (unable to read further)

Further children of John and Sarah:

Greenwood (died 16/11/1944) his wife Mary and daughter Margaret.

Rufus OBE JP ( died 22/02/1953) and his wife Jessie. (Mayor and Mayoress of Halifax 1931/32)

John George (died 27/92/1962) and his wife Lucy Sarah.

Also remembered on this grave are:

Franz Heymann who lived with the Stirk family and who tragically died by accident in 1944 aged 22.

And Emma (Elsie) Gillham Died Nov. 18th 1960

For 30 years increasingly like a daughter to George and Anne Stirk

Edmund (died 29/09/1941) his wife Hannah and son Harold.

Coventry Archive holds an Inventory and valuation (1943) of Messrs. John Stirk and Sons Limited. Businesses listed are Turney Street Works, Crown and Premier Works, Grantham Road, Horton and Deal Street Works, all situated in Halifax.

The business closed in 1980 when more than 270 workers were made redundant from John Stirk engineering, Boothtown.

I cannot see a connection with the above family, but there is also the grave of George Stirk of Shepley, who died in 1874 and his wife Sarah Ann.



#### KEEP THE LOVE GOING ALL YEAR ROUND

Valentine's Day is for February, but love is for all year round, and that is not always easy. Relationships have their ups and downs, and sometimes a bit of encouragement helps a lot.

So this year, you may find Care for the Family to be worth a visit. Its blog, podcasts and other resources offer a wide variety of tips, advice and encouragement, and are aimed at supporting your marriage and your family.

 $\underline{https://www.careforthefamily.org.uk/support-for-you/family-life/couple-support/}$ 

#### **HOW TO GIVE YOUR CHILDREN A HEAD-START IN LIFE**

Make sure they learn and memorise their times tables. Knowing any multiple up to 12 times 12 is a "basic building block for success in life", according to experts . That is why times table tests for Year 4 pupils in England were introduced last year.

The schools minister, Nick Gibb, calls knowing your times tables an "immensely valuable skill" that has personally helped him both as a chartered accountant, and also in just figuring out the "best multi-pack supermarket bargains."

#### THE KEY TO A HAPPY LIFE

Your mental health is the biggest single predictor of your personal happiness. So, suffering from depression or anxiety disorders can devastate your life.

Finding love is also a vital ingredient for happiness. "People need to be needed, and to be in meaningful relationships", says a recent study by the London School of Economics. It goes on: "Happiness is hugely affected by the ethos of a society, which affects everyone in it. For example, happiness is higher in societies where people trust each other. Freedom is also a crucial determinant of happiness."

The report also found that a boost in income, or more education, did not significantly affect our overall well-being. Having good mental health and someone to love were far more important.

#### **BREATH DEEP**

Now here's a trick that you probably haven't tried before: next time you forget something, try taking some deep breaths.

It seems that inhaling stimulates our brain, creating electrical activity where emotions, memory and smells are processed. In a recent American study, individuals were able to identify a face two seconds more quickly if they were breathing in through the nose, rather than breathing out.

The study was carried out at Northwestern University in Chicago, and it may also explain why we breath rapidly when afraid. "If you are in a panic state, you spend proportionally more time inhaling. .... Faster breathing could have a positive impact on brain function and result in faster response times."

#### **SMILE LINES**

#### Giving up for Lent

At the end of the pre-Lent sermon, the vicar suggested, as an example to the rest of the community, that the congregation should worship in an unheated church for the whole of Lent. As they made their way into the chill Sunday air the vicar addressed one member of the congregation, asking what she had decided to give up for Lent. "Church," she replied firmly.

**In a sack** - Seen in a church magazine: "Bring your old newspapers (and your neighbours), put them in a sack and tie them if possible."

**Ladies** - Notice in a church hall where a sale of second-hand clothes was in progress: 'Ladies may have a fit upstairs.'

**Don't die** - The vicar announced: "I am sure that you will not wish to overwork our visiting priest while I am on holiday, and will keep funerals to a minimum."

### With Valentine's Day in mind...how do you define love?

A group of 4-to-8-year-olds was once asked: 'What does love mean?' The answers they gave were surprising for their depth of insight....

- "When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love." Rebecca - age 8
- "When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth." Billy age 4
- "Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other." Karl age 5
- "Love is when you go out to eat and give somebody most of your chips, without making them give you any of theirs." Chrissy age 6
- "Love is what makes you smile when you're tired." Terri age 4
- "Love is when mum makes coffee for my dad and she takes a sip before giving it to him, to make sure the taste is OK." Danny age 7
- "Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My Mum and Dad are like that. They look gross when they kiss." Emily age 8
- "If you want to learn to love better, you should start with a friend who you hate." Nikka age 6 (We need a few million more Nikka's on this planet)
- "My mummy loves me more than anybody. You don't see anyone else kissing me to sleep at night." Clare, aged 6
- "Love is when mummy gives daddy the best piece of chicken." Elaine age 5 "Love is when your puppy licks your face even after you left him alone all day" Mary Ann age 4





#### **ANSWERS**

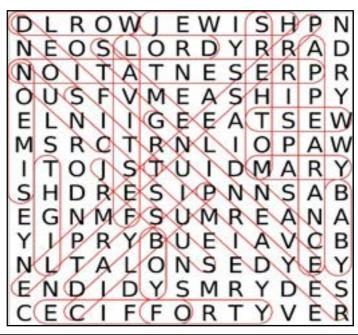
#### SUDOKU EASY

#### SUDOKU MODERATE

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#### WORDSEARCH





#### WALKING FOOTBALL

at Forest Cottage, Cousin Lane, HX2 8AD

Tuesdays at 12 noon

All welcome

For further information contact revpwelch@gmail.com

#### ALL IN THE MONTH OF FEBRUARY

#### It was:

175 years ago, on 21st Feb 1848 that the Communist Manifesto was published in London. It was written by Karl Marx, with the assistance of Friedrich Engels.

150 years ago, on 7<sup>th</sup> Feb 1873 that Thomas Andrews, Irish/British shipbuilder and businessman was born. The naval architect in charge of the plans for the RMS Titanic, he perished along with 1,500 others during her maiden voyage.

100 years ago, on 16<sup>th</sup> Feb 1923 that British archaeologist Howard Carter opened the sealed doorway to Tutankhamen's tomb in Thebes, Egypt. The following day he entered the burial chamber and discovered a wealth of treasures.

70 years ago, on 28<sup>th</sup> Feb 1953 that British scientists Francis Crick and James D Watson announced that they had discovered the double-helix structure of DNA.

65 years ago, on 6<sup>th</sup> Feb 1958 that the Munich air disaster took place. A plane carrying the Manchester United football team ('the Busby Babes'), plus support staff and journalists, crashed while attempting to take off from a slush-covered runway at Munich-Riem Airport. 23 people were killed, including 8 players.

65 years ago, on 17<sup>th</sup> Feb 1958 that St Claire of Assisi (1194-1253) was declared the patron saint of television by Pope Pius XII – on the basis that she had been too ill to attend Mass, but had reportedly been able to see and hear it on the wall of her room.

50 years ago, on 8<sup>th</sup> Feb 1973 that the US Senate established a select committee to investigate the Watergate scandal. This led to US President Richard Nixon's resignation in August 1974.

40 years ago, on 8<sup>th</sup> Feb 1983 that champion racehorse, Shergar, was kidnapped in Ireland and a £2million ransom demanded. The horse was never seen again.

30 years ago, on 24<sup>th</sup> Feb 1993 that Bobby Moore, British footballer and captain of the England team that won the 1966 World Cup, died.

25 years ago, on 23<sup>rd</sup> Feb 1998 that Osama bin Laden issued a fatwa against all Jews and Crusaders.

20 years ago, on 1<sup>st</sup> Feb 2003 that the US space shuttle Columbia disintegrated over Texas during re-entry, killing all seven astronauts.

15 years ago, on 29<sup>th</sup> Feb 2008 that Prince Harry was immediately withdrawn from active service in Afghanistan, after the media revealed he was serving a tour of duty with British troops there.

10 years ago, on 1<sup>st</sup> Feb 2013 that the Shard, a 72-storey skyscraper in London, was officially opened. It is the tallest building in the UK and the sixth tallest in Europe.



#### ILLINGWORTH ARLFC

#### PLAYERS WANTED

All abilities welcome.

Be part of the best sport in the world and join the rugby league family.

Boys & Girls

#### HAVE FUN – GET FIT – CHALLENGE YOURSELF

Facebook Page: Illingworth ARLFC

Instagram: illygirlsrugby

Illingworth Sports and Social, Mason Green, Halifax, HX2 8HG

## YORKSHIRE SMOKEFREE CALDERDALE

## THINKING ABOUT STOPPING SMOKING?

Our team are still working remotely to support **YOU** through your quit smoking journey.

To get started you can give our team a call on the below numbers or request a callback and someone will

01422 262373 (local number) 0800 612 0011 (free from landlines)

give you a call

0330 660 1166 (free from mobiles)

https://yorkshiresmokefree.nhs.uk/ pages/callback-request

#### BEECHWOOD ROAD LIBRARY

Following the recent
refurbishment at Beechwood Road
Library the staff are looking
forward to welcoming old and new
members to visit them during any
of the following opening hours:

Monday 10 am - 5 pm

Thursday 10 am - 5 pm

Friday 10 am - 5 pm

Saturday 10 am - 1 pm



The Spenser Wilson Halifax Cricket League has not yet published the fixture list for the 2023 season but we are looking forward to the 1st team again playing in the Premier League, and the 2nd XI also featuring in their Premier League for the first time after being promoted from the 1st Division. We will be playing local rivals Bradshaw at both 1st and 2nd team levels for the first time since we joined the Halifax League. It should be an interesting and challenging year for all our players again in 2023.

Our Senior winter nets for cricket training start at Halifax Trinity School on Thursday evenings from Thursday, 23rd February between 8.00 - 9.30 pm for six weeks and we invite all interested players to come along and give it a go. We can accommodate players of all abilities so whether you are a regular player or haven't played for a while but fancy taking up some very worthwhile exercise do come along. We are hoping to arrange Junior cricket coaching and training sessions at a later date so watch our website for details.

As always, we want to get more youngsters, girls and boys, playing cricket and we shall be running our usual Friday night Junior activities from mid April right through the summer.

We are looking to run a full quota of junior teams in 2023 as well as three senior teams so there is plenty of opportunity for everyone.

Meanwhile there has been a lot happening round the club getting everything ready for the forthcoming season. The works to upgrade the clubhouse have now been completed and the clubhouse has been completely rewired with an up to date fire alarm and emergency lighting system thanks to the Community Foundation for Calderdale, Calderdale MBC Small Grants and a lot of club fund raising. We have also recently received £500 to enable the club to complete the final phase of the project from Localgiving and Postcode Neighbourhood Trust, a grant-giving charity funded by players of People's Postcode Lottery and for all this help the club is very grateful.

Club volunteer work parties are planned to do all the usual pre-season maintenance jobs so as always volunteers are warmly welcomed.

If you want any more details our web site address is www. illingworthcc.co.uk or ring Andrew Smith on 07979-645379 or email pasmith19@hotmail.com

#### Andrew Smith

Club President



#### **CREW** is a local registered charity

#### "Aiming to keep Calderdale fit and healthy"

We have an exercise class at Forest Cottage every Thursday at 9.45 am

We have walk-it health walks of 60 - 150 minutes

Monday 1 pm Beechwood Medical Centre 6<sup>th</sup> February

Monday 1 pm Keighley Road Medical Centre, Illingworth 13th February

Every Friday 10 am Illingworth Moor Methodist Church Approx. 4 miles

> All of our information is on our website www.crewheartsupport.co.uk crewpartners.hsg@gmail.com

#### CHRISTINE COX MEMORIAL WALK

Many of you will have known Christine Cox, who was a Walk Leader for many years, initially with the NHS and more latterly with CREW.



Christine sadly died on 24<sup>th</sup> February last year and a Memorial Walk is being held by friends of Christine.

The Walk is to be held on Monday, 20th February at 10 am.

#### Meet at Wainstalls Bus Terminus.

After the walk we will be having lunch at the Crossroads.

Hope to see many of Christine's friends for the walk and / or the lunch.

To book a place at the meal, please contact: Mike Barnett on 07472 085523

#### AND THEN IT IS WINTER

Time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young and starting out on my journey of life. Yet in a way, it seems like a lifetime ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and all of my hopes and dreams.

But here it is, the winter of my life and it catches me by surprise. How did I get here so fast? Where did the years go and where did my youth go? I remember well, seeing older people through the years, and thinking that those older people were years away from me, and that winter was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is. My friends retired and getting grey. They move slower and I see an older person now. Some are in better and some worse shape than me, but I see the great change. Not like the ones that I remember who were young and vibrant, but, like me their age is beginning to show and we are now those older folks that we used to see, and never thought we'd be. Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat any more - it's mandatory! If I don't of my own free will, I just fall asleep where I sit.

So now, I enter into this new season of my life, unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done, but never did. At least I know that though the winter has come, and I'm not sure how long it will last, this I know, that when it's all over on this earth, a new adventure will begin!

Yes I have regrets. There are things I wish I hadn't done, things I should have done, but indeed there are many things I'm happy to have done. It's all in a lifetime.

So if you're not in your winter yet, let me remind you that it will be here faster than you think. So whatever you like to accomplish in your life, please do it quickly. Don't put things off too long for life goes quickly. So, do what you can today, as you can never be sure whether this is your winter or not. You have no promise that you will see all the seasons of your life. Live for today

and say all the things that you want your loved ones to remember, and hope that they appreciate and love you for all the things that you have done for them in all the years past.

"Life" is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one.

## LIVE IT WELL. ENJOY TODAY. DO SOMETHING FUN. BE HAPPY. HAVE A GREAT DAY.

Remember, it is health that is real wealth and not pieces of gold or silver. Lastly consider the following. Today is the oldest you've ever been, yet the youngest you'll ever be, so enjoy this day while it lasts.

Going out is good. Coming home is better. You forget names, but it's OK because other people forget they ever knew you!!

You realise you're never going to be really good at anything, but hopefully good at smiling and being kind.

You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep".

You miss the days when everything worked with just an "on" and "off" switch.

You tend to use more four letter words - "what" and "when".

If you own expensive jewellery, it's not safe to wear it.

You notice everything they sell in stores is "sleeveless".

What used to be freckles are now liver spots.

Everybody whispers.

You have three sizes of clothes in your wardrobe, two of which you will never wear.

Old is good in some things: Old songs, old movies and best of all 'OLD FRIENDS'.

Stay well 'OLD FRIEND'. Pass this on to other 'Old Friends' and let them laugh in agreement.

## IT'S NOT WHAT YOU GATHER, BUT WHAT YOU SCATTER THAT TELLS WHAT KIND OF LIFE YOU HAVE LIVED.



## OSCA FOUNDATION (based at Forest Cottage, Cousin Lane, Halifax, HX2 8DA)

In association with OSCA Foundation

#### **Activities to be held in FEBRUARY**

Monday: 6.30 pm to 8 pm Taekwondo

Monday: 6.30 pm to 9 pm (except Bank Holidays) ANDY'S MAN

**CLUB** 

Tuesday: 12 noon Walking Football (outside)

Tuesday: 2 pm to 4 pm Old Tyme / Modern Sequence Dancing

Tuesday: 6.30 pm to 8 pm Taekwondo Wednesday: 6.30 pm to 8 pm Taekwondo Thursday: 9.45 am to 10.45 am Keep Fit

Thursday: 2 pm to 4 pm Old Tyme / Modern Sequence Dancing

Thursday: 6 pm to 9 pm Youth Club 13 years -19 years

Thursday: Halifax Gateway Club 6.30 pm - 8.30 pm Enderby Hall

Whitehill/Ovenden WR U/14 Girls Football Team are recruiting players for this season, girls must be under 14 by August 31st.

Matches are on Sunday mornings mornings on the OSCA

Foundation site, more info phone David Clifford

07359205276.

Floodlit All Weather 5 a-side football 3G pitch available for hire seven days a week at competitive prices.

Halifax Panthers Rugby League Open Age Ladies Team are now based at OSCA Foundation @ Forest Cottage. Fixtures will be held on Sunday afternoons at Four Fields on the OSCA Site.

#### **PUBLIC BAR OPENING HOURS**

Friday 7 pm - 10 pm / Saturday 2 pm - 8 pm / Sunday 1 pm - 9 pm

LIVE MUSIC @ OSCA FOUNDATION LIVE MUSIC is continuing at OSCA FOUNDATION @ Forest Cottage on SATURDAY MARCH 4TH when the Halifax based ACOUSTIC DOGZ will be performing from 8 pm, admission is free, no tickets required. Bar. All welcome.

Function rooms along with various rooms are available for hire at very competitive prices. Receptions, Funerals, Parties, any form of event can be catered for at very competitive prices. For further information on all activities give Steve a call on 07727860731

#### HAIRY POPPINS

#### DOG WALKING & GARDENING

Regular, occasional and one off walks Puppy visits to feed, play and toilet Cats, rabbits, fish etc. cared for





Find us on Facebook
\*Fully Insured\*



Lawns mowed—regularly or occasional
General Gardening
Phone Andrea on 07886527537
Email: hairypoppins15@gmail.com





## IN THE ENDERBY HALL OSCA FOUNDATION,

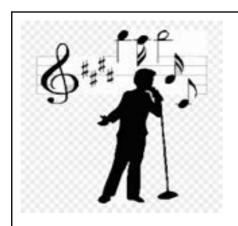
Forest Cottage, Cousin Lane, HX2 8AD

On Sundays 5th and 19th February

Sellers from 8.30 am Buyers start 9 am

Book your £5 table with Neil 07530874386

Light refreshments will be on sale





## Are you a Singer, a Band Member or new to the Music Scene?

Do you live in the North Halifax area (Ovenden, Illingworth, Bradshaw, Holmfield, Mixenden) or surrounding areas?

#### Are you looking for a venue to play?

**OSCA'S BAR,** at Forest Cottage are looking to support new local talent and would like to offer you the chance to perform to a live audience.



If you are interested in having a go, then please get in touch to arrange a booking.

Contact Steve Smith on 07727860731 or email <u>steve.smith@oscafoundation.org</u> for more details.

Find us on Facebook at OSCA Foundation Forest Cottage





The Local Activities (LA) Group in Illingworth and Bradshaw was formed specifically to improve the health and wellbeing of people over 50 in this area of Halifax. If you are interested in meeting new friends and doing new activities please get in touch:

Join us on Facebook: Illingworth & Bradshaw Local Activities Group / Ring the Secretary on 01422 249070 / attend one of the activities

The Bowling Section of the LA Group meet every Monday at 10 am at Holmfield Bowling Club, Holmfield 1st April to 30th Sept.

THE FOLLOWING ACTIVITIES RUN EACH WEEK AND TAKE PLACE AT ILLINGWORTH MOOR METHODIST CHURCH, HX2 9LL

#### **TUESDAYS**

KEEP FIT from 10 am to 11 am £4.00

Not too hard, but not too easy!

This is a fun aerobic exercise class to get you fit and keep you healthy

**NEW AGE KURLING** from 11.15 am – 12.15 pm £2.00 Both the above activities are suitable for a range of abilities

SITTING DOWN PILATES from 11.15 am - 12 noon £3.50

#### **WEDNESDAYS**

CRAFTY CLUB from 10 am - 12. noon £2.00

Join the friendly group for knitting, sewing & card making .

Refreshments available from the Church Cafe

#### **THURSDAYS**

INTERMEDIATE PILATES CLASS from 9.45 am - 10.45 am £4.00

BEGINNERS PILATES CLASS from 11 am - 12 noon £4.00

To improve core stability and strength

THE FIRST SESSION AT EVERY CLASS IS FREE
\*\*\*NEW MEMBERS ALWAYS WELCOME AT ANY OF THE ACTIVITIES\*\*\*

#### **CHURCH CONTACTS**

## Holy Nativity Church, the Church of England Parish of Mixenden and Illingworth

Minister: Rev Robb Sutherland

Tel: 01422 353929

Address: Holy Nativity Church, Sunnybank Road,

Mixenden, HX2 8RX

Web: www.holynativity.co.uk

Facebook: holynativitymix
Twitter: @holynativitymix

St Malachy's

Parish Priest: Mgr Michael McQuinn

Tel: 01422 361682

Email: office.stmalachy@dioceseofleeds.org.uk

Pastoral Assistant: Sister Anne C.P.

Address: St Columba's Presbytery, Highroad Well

Lane, Halifax, HX2 OQF

Illingworth Moor Methodist Church, Keighley Road,

Illingworth, Halifax, HX2 9LL

Minister: Rev Paul Welch Tel: 01422 244418

Address: The Manse, "St Ives", 160 Whitehill Road,

Illingworth, Halifax, HX2 9UH

Web: <u>www.illingworthmoor.org.uk</u>

Facebook: Illingworth Moor Methodist Church

Facebook: Illingworth Moor Church Good As New Shop

Centre Manager: immccentremanager@gmail.com

Children & Schools Worker: immctracy@gmail.com

The last day for contributions to be included in the MARCH edition is Friday, 24th February 2023

Items can handed in to your Church representative or sent direct to the Editor: Irene Mulhall at greenwoodtree7@gmail.com

Tel: 01422 249070