

*Joke answers:*

1. Have you ever seen a rabbit wearing glasses?
2. It might crack up!



Thanks to all those who support us and advertise in the newsletter:

The Hinchliffe  
Thornber Properties  
Higher Clough Foot Barn  
Turley Holes B&B

More support required, so if you too would like to advertise for a small fee - please get in touch with Liz - see details below.

Thanks to all our volunteers who help us to deliver the newsletter to you all. If you would like to help us with deliveries (only 4 times a year) please get in touch with Liz on the details below.

If you have any suggestions about content you would like to see in our newsletter or fancy writing a column for us then please get in touch with Liz on 881182 or via email [info@craggvalecommunity.co.uk](mailto:info@craggvalecommunity.co.uk)

Kindly supported by:



# Cragg Vale Community Newsletter No 9

Spring 2010

## Cragg Vale Community

Carbon Conscious Cragg Vale



## Hello.



We hope you are all well and survive the winter. What a winter it was. Glad to see the signs of Spring are finally here. It's lovely to see some of the bulbs we planted last year peeping through the ground.

Since Christmas we have worked hard to complete the Spa refurbishments and are now planning a launch date. We have also reacted to a great suggestion from one of our members and have started a tradesman's directory which we'll tell you a bit more about later on; hosted some memorable history group talks and continued with our carbon neutral meetings in striving to make the valley of Cragg Vale carbon neutral. Check out the latest case study later on in this edition.

We hope you enjoy this newsletter - thanks to our sponsors for their continued support and who have helped to make this possible ☺. Please let us know if you would like to see any other information or content by letting a committee member know or email us at [info@craggvalecommunity.co.uk](mailto:info@craggvalecommunity.co.uk).

Wishing you all a Happy Easter and for most of us a few days to rest and hopefully enjoy the Spring weather.



Happy Easter to you all.

CVCA team.

2. Thinly slice the onions. Add to the pan and fry for about 10 mins, until softened and tinged with brown. Add a few of the thyme sprigs and cook for a further minute or so. Season with salt and pepper.
3. Sit the lamb on top of the onions, then add the wine. Cover tightly. Bake for 3 hrs. You can make to this stage up to 2 days in advance, then reheat for 45 mins.
4. To finish off, strip the leaves from 2 thyme sprigs and chop them with the parsley. Scatter over before serving.

#### Per serving

731 kcalories, protein 63g, carbohydrate 21g, fat 39 g, saturated fat 19g, fibre 4g, salt 0.87 g.

**Enjoy.** Let us know if you have a recipe you would like to share with us by email [info@craggvalecommunity.co.uk](mailto:info@craggvalecommunity.co.uk) or 881182

## The Hinchliffe at Cragg Vale

Food served Tuesday to Saturday lunch

12-2.00pm & evening 4-8.00pm

Sunday all day 12- 8.00pm

Early birds, sandwiches, bar meals, set meals & Ala carte

Recent review

"The Hinchliffe cements its reputation as one of the great country dining pubs"

Yorkshire evening post 25/07

[www.thehinchliffe.com](http://www.thehinchliffe.com)

01422 883256

## Monthly Recipe

*Easter Sunday lunch - anyone fancy Lamb?*

This easy 5 ingredients, one pot, no effort recipe is delicious and the perfect center piece on Easter Sunday. This delicious slow cooked recipe serves 4 and takes about 3 and a half hour to cook.



**Turley Holes  
Bed & Breakfast**

EN-SUITE ROOMS WITH TV, WI-FI &  
DRINKMAKING FACILITIES

Cragg Vale, Hebden Bridge HX7 5TA  
**01422 886771**  
[info@turleyholesbedandbreakfast.co.uk](mailto:info@turleyholesbedandbreakfast.co.uk)  
[www.turleyholesbedandbreakfast.co.uk](http://www.turleyholesbedandbreakfast.co.uk)



## **Method**

1. Firstly, prepare the lamb. Heat oven to 160C/fan140C/gas 3. Wipe the meat all over and season well. Heat 3 tbsp of olive oil in a large heavy flameproof casserole, add the meat and fry all over on a fairly high heat for about 8 mins, turning until it is evenly well browned. Remove to a plate.

### **PLACE YOUR ADVERT HERE!**

If you would like to advertise in the Cragg Vale Newsletter, for a small fee, please get in touch with Liz on 881182 or via email [info@craggvalecommunity.co.uk](mailto:info@craggvalecommunity.co.uk). We print and deliver 500 newsletters received by all residents and businesses in Cragg.

## Badgers in Cragg Vale

There are many badger setts in Cragg Vale. Recognisable by their characteristic black and white striped face, badgers, being mainly nocturnal, are seldom seen in daylight other than at dawn or dusk. So if you see one wandering about during the morning or afternoon there is almost certainly something wrong, and you should contact Edward Ashman (see contact details below) or the RSPCA National Cruelty Line 0300 1234 999. Try to avoid handling the animal yourself as a badger will defend itself viciously.



Badgers have no natural predators except man, in the form of increasingly busy roads, for example, or of badger diggers.

You may recognise badger diggers and baiters by the presence of small dogs or hunting dogs such as greyhounds or lurchers, equipment such as spades, some form of transport, and sometimes a crate in which to remove an unfortunate badger to be forced to fight with dogs elsewhere for "sport". Indeed an accompanying dog may have scars from previous encounters.

The Protection of Badgers Act 1992 makes such barbarous behaviour, and acts associated with it like digging up a badger sett, illegal. Catching the perpetrators is not easy. But if Cragg Vale develops a reputation for being a place where people are watchful for, and intolerant of, those who mean harm to badgers, the baiters are likely to look elsewhere. And as badger cubs are being born from February onwards, now is the time to be vigilant.

If you have sight of or suspect that badger diggers may be in your vicinity, dial 999, take any vehicle registration numbers and wait for police to attend. Do not approach the suspects, as they may be equipped with tools usable as weapons against you as well as badgers.

If you want to know any more about badgers, or want to help them more, contact Edward Ashman, Chairman of Calderdale Badger Protection Group, on 01422 393244 or 07712 867615.

Vivien Aspey (2/10)

## Carbon Neutral update

### **It's a good time to invest in renewable energy**

If you want to make clean renewable electricity by putting up a windmill or installing solar panels on your home, now is a good time to invest. From April 2010, the government will pay up to 41p per kWh for electricity that you generate from renewable resources such as solar panels, water and wind. This "feed in tariff (FIT)" is guaranteed for 20-25 years and linked to inflation. On top of the feed in tariff, you get free electricity for your home or business and/or get income by selling the electricity you generate. In many cases, the income is tax free! See

<http://www.energysavingtrust.org.uk/Generate-your-own-energy/Sell-your-own-energy/Clean-Energy-Cashback-Feed-in-Tariffs>

for more information.

CVCN will be sponsoring an exhibition of renewable energy technologies this Summer so watch this space for details.

Cragg Vale Carbon Neutral meet second Wednesday every month at 7.30pm in the Robin Hood Inn.

All welcome.

### **Higher Clough Foot Barn Self Catering Holiday Cottages**

*A period barn conversion set  
in the Heart of the Pennines*

David and Susan Midgley

**Tel: 01422882577**

Cragg Vale, Mytholmroyd, W. Yorkshire, HX7 5RU

Email [cloughfootbarn@tcali.co.uk](mailto:cloughfootbarn@tcali.co.uk)

[www.cloughfootbarn.co.uk](http://www.cloughfootbarn.co.uk)



[www.craggvalecommunity.co.uk](http://www.craggvalecommunity.co.uk)

## What's on Guide Spring.

**Weds 10<sup>th</sup> March** - Steiner Kindergarten Open Day 2-4pm. All welcome.

**Thurs 18<sup>th</sup> March** - Cragg Vale History Group - "Dating Old Photographs" with Barbara Atack.

**Fri 19<sup>th</sup> March** - Acoustic Evening—Don't miss this opportunity to see a fantastic live set from a local band in the Cragg Vale J&I school hall. Bar and curry also available!

**Sat. 20<sup>th</sup> & Sun 21<sup>st</sup> March** - Cragg Vale Annual Spring Clean up. Ann Kilbey is coordinating our spring clean and needs your help. We have gloves, bin liners, grabbing sticks and now we need your help. Every group of 6 earns Cragg £60 for the Church funds so please do get in touch with Ann on [ann.kilbey@btinternet.com](mailto:ann.kilbey@btinternet.com) or 882858. You can pick litter ay any convenient time e.g Thurs or Friday.

**Friday 26<sup>th</sup> March** - Steiner Easter café fundraising for international kindergartens. Between 11m -2pm all welcome to come & find out more in particular Steiner's link with a Kindergarten in Nepal.

**Thurs 15<sup>th</sup> April** - CV History Group AGM, Photos and Reminiscences

**Sat. 17<sup>th</sup> & Sun. 18<sup>th</sup> April** - a weekend singing workshop at the St. John's Centre. "The Healing Voice" discover the power of singing as a Healing Force. This workshop gives you an opportunity to experience a unique & dynamic approach to singing therapy for yourself & for others. Led by Michael Deason-Barrow of TONALIS. For more information ring Marilyn Edwards on 885249.

**Sunday 2<sup>nd</sup> May** - Spa Sunday re-established (provisionally 2.00pm)

**Mon 3<sup>rd</sup> May** - Village May Day Fete and world famous duck race!

This popular annual event at St John's is one not to be missed so pop it in your diary.

**Thurs 20<sup>th</sup> May** - Cragg Vale History Group "Ancestry"

**Weds 16<sup>th</sup> June** -Steiner Kindergarten Open Day 2-4pm.All welcome.



## Announcements

An appeal - this year the CVCA would like to again support Mytholmroyd gala. It's not until the 12<sup>th</sup> June but we are looking for members to donate plants. We will do our best to sell these for funding for our up & coming projects. Any budding botanist or as in my case complete novice who would like to support us then please drop off your plants to Lisa at The Hinchcliffe Barn (opp. the Hinch) off Cragg road by the Church.



Call to action - does anyone know who owns the land around the RobinHood pub? It has been suggested that this land may be put to some use, cleared and provide a community garden for Cragg residents. If you own or know who owns this land. Please get in touch 881182 or email us [info@craggvalecommunity.co.uk](mailto:info@craggvalecommunity.co.uk)

Reminder - Cragg Vale J&I school host a Parent and Toddler session - every Friday at the school from 9:30 until 11:30. All welcome.

Congratulations to Theo Mack (Swan Bank) for making history by being the first teenager ever to design a coin for the Royal Mint. Watch out for it - it's an Olympic commemorative 50p.

## Games Corner

Fancy a game for the kids? How about Easter Bunny Says?

How To Play: Played similar to Simon Says. The player up is the "Easter Bunny". Player will say "Easter Bunny says hop on one foot". The children will hop on one foot. Player will say "Stop". The children are to keep hopping on one foot until player says "Easter Bunny says stop". Repeat for additional

activities such as take one baby step forward, step backwards, turn around, sit down. Sometimes Easter Bunny will say "Easter Bunny says" and sometimes he won't.



## Jokes:

1. How do you know carrots are good for your eyes?
  2. Why don't you tell the Easter Egg a joke?
- Check out the back page for the punch lines.*

## Cragg Vale Carbon Neutral Group

The CVCN group is putting together some examples of things which people have done locally to reduce their carbon emissions. We'd like collate and reflect the simple low cost efforts people make as well as the grander schemes. There's a wish list of the type of things we'd like to have case studies for on the CVCN site <http://www.craggvalecarbonneutral.org/Home> If you have one you'd like to contribute (on the list or not) please do get in touch. Here's one kindly put together by Steve Marchant from Cragg Hall.

### Old Cragg Hall Barn - Ground Source Heat-pump

To provide central heating for our new barn conversion at Old Cragg Hall we decided to use a ground-source heat-pump. A gas-fired system would doubtless have been a cheaper install but the higher running costs would soon out-weigh that initial saving. The relatively low output temperature from a heat-pump is a poor match for a heating system based on radiators but is ideally suited to an under-floor heating system - difficult to retro-fit but perfect for a new-build. It's also much easier to achieve the highest standard of insulation in a new build as this is the real key to keeping heating costs (and carbon footprint) to a minimum. Our barn should require only about 8KW of heat to keep it warm on most winter days.

Our Waterkotte Ail heat-pump can produce 8.9KW of heat at typical output temperatures of 25-30C - ideal for an under-floor heating system. A wood-burning stove can be lit on days when the heat-pump can't quite cope. The heat-pump is also capable of producing the higher temperatures needed for a domestic hot water supply albeit at a lower rate and efficiency. Since we have access to a large field directly in front of the barn we elected to use the ground loop option, as opposed to a bore-hole, for the ground heat source as this is by far the cheaper option. It still required three 50m trenches each 1.2m deep and 1.2m wide. But the excavations were no challenge for a JCB and the trenches were dug in a just couple of days. We used a company called



GeoWarmth (based in Newcastle) to supply, fit and commission the ground loops, heat-pump and under-floor heating system. They may not be the cheapest supplier but they did do a good job. Their quote did not include any electrical work or the actual digging of the trenches. A £1200 grant from the DTI low carbon buildings program is available for ground-source heating installations which also attracts VAT at the reduced rate of 5%. One further consideration for well-insulated low-energy houses is that they must also be draught-free and essentially sealed. This has a negative impact on air quality, the air in such a house would soon get stale, unpleasant and unhealthy. The answer is more technology - a heat-recovery ventilation system in which the warm stale out-going air is used to warm up cool fresh air as it is pumped into the house. Such a system can recover significant amounts of thermal energy while providing plenty of nice fresh air.



How does a heat-pump work? Well think of how a refrigerator works - it sucks heat out of the things placed inside it and thus cools them down. It does this by using a compressor to pump a refrigerant fluid around a closed circuit at the back of the fridge, the fluid is forced under pressure through a constriction in the circuit at which point its pressure reduces considerably, causing it to cool. The cool part of the circuit passes through the well-insulated inside of the fridge taking heat away from the contents as it warms before being compressed once again to complete the circuit. Compressing the fluid causes it to heat up and this heat is dissipated through the large black radiator structure at the back of every fridge. The waste heat released at the back is from both the electrical power used in the pump and the heat removed from the inside of the fridge. Now imagining the fridge turned inside-out the 'waste' heat is now what's heating the well-insulated house and the cold part of the circuit is routed under the ground outside which gets cooled down. This is how low temperature heat is "pumped" from the ground to make high-temperature heat for the central heating system and how 2KW of electrical power manages to produce more than 8KW of heat. Find out more about Steve's barn and self catering accommodation at [www.oldcragghallbarn.co.uk](http://www.oldcragghallbarn.co.uk)

## Tradesman's directory



Wouldn't it be useful if we knew a man or woman you could trust and rely on for ever little job that needed doing? One of our members suggested it would be great to have a local tradesman's directory on our Cragg Vale website.

We have had a go but we **need your help** to make it a comprehensive list and useful to us all. Here's a snippet of what we have collated so far and the information available:

Trade	Recommended Tradesman	Recommender's Comments	Contact	Phone number
Aga servicing and maintenance	Whites Aga Service	Highly recommended. Dale offers a great service, competitively priced and totally reliable. He even has expanded to offer a cleaning service too as well as general servicing and repair and maintenance.	Dale O'Connor	01422 256227
Kitchen installation	Valley Kitchens	Excellent, well-explained planning process, and a wide variety of differently priced units and surfaces. The installation was immaculate - the fitter was totally reliable and the quality of his work was exceptional. Based in Mytholmroyd.	Mike Cooper	01422 886099

We are trying to pull together the more unusual services we may need from time to time like a chimney sweep or dry stone walling. If you have any more tradesmen to recommend please send the details to us on 881182 or email us [info@craggvalecommunity.co.uk](mailto:info@craggvalecommunity.co.uk) Thank You.



**Office space and business units to let.  
4Js Country Workspace - contact: 07932 454016  
Thornber Properties - contact: 07831 148723  
[www.thornber.com](http://www.thornber.com)**