

BUILDING THE COUNTER CULTURE

AURORA WHOLEFOODS

Aurora Wholefoods was established by the newcomers in the early 1970s and soon became a **Workers Co-op**, providing unprocessed, often organically grown food. Porridge, brown rice, lentils, etc would be in large dustbin sized containers. Customers would scoop what they wanted into a bag which would then be weighed on the old scales - see photo.

More than just a shop

Aurora Wholefoods was more than just a shop. It was a social centre for alternative types in the area. A curtain separated the main shop from the back room area, an area where the fire was often blazing and the kettle boiling. Seated around the fire, would be the workers and visitors - occasionally a familiar smell would leak into the main shop. Going shopping was far more interesting than it often is today.

Some great characters frequented Aurora. Pete the Potter, poet Gordon who lived on the

very tops with Blossom, musicians, artists, followers of Divine Light or the Bagwan and more than one or two lost souls.

Suma

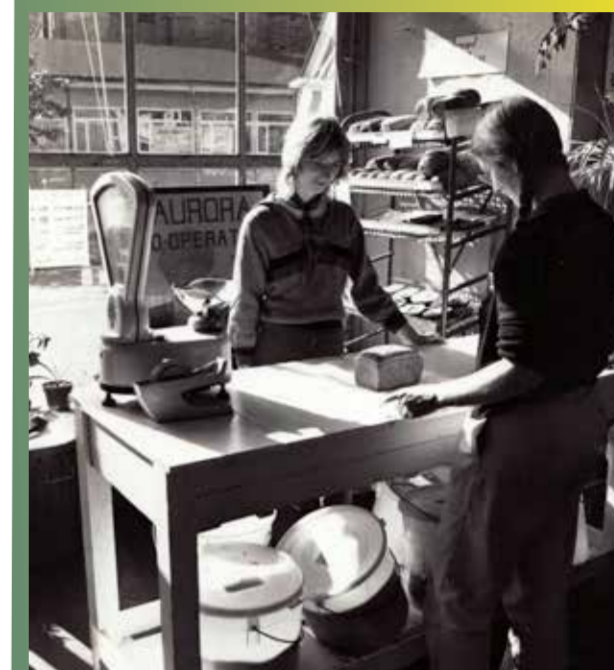
Other towns were also creating whole food co-ops and soon there was the Federation of Wholefood Co-ops, from which Suma emerged. Suma, based in Elland continues to be a successful co-op and a national wholesaler of whole foods.

Hippy Shop

Aurora was known as the Hippy Shop by locals, the older ones would come in for their herbs and bran. This was at a time when Holts didn't even sell garlic. Nor did anywhere else in Hebden Bridge. People would travel 30, 40, even 50 miles just so they could buy some brown rice and lentils. Many would be captivated by the beauty of the area, the town and the developing 'alternative scene'.



Photo above: Diane Bush



BE HERE NOW

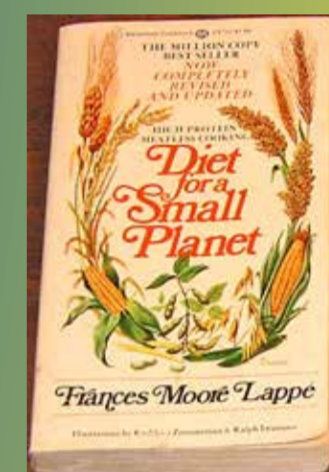
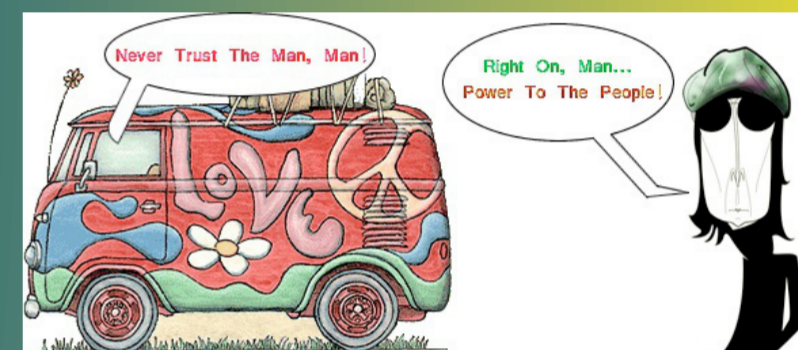
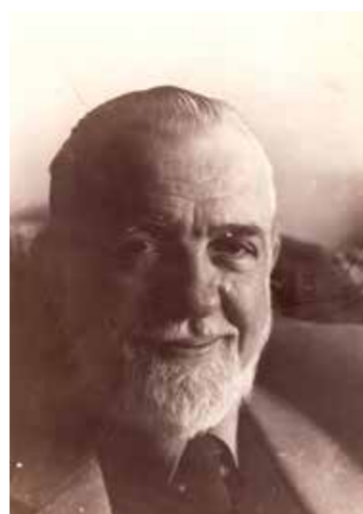
The alternative types who began to make Hebden Bridge their home brought with them a spirituality very different to chapel and church. Meditation, herbalism, massage, humanism, vegetarianism and yoga were some of the ways of being which arrived in Hebden Bridge during the 1970s.

One person in particular had a strong impact. This was Bob Lynn. Speak to any of the "hippies" who arrived in the 1970s and the chances are that they will have been to Bob Lynn's yoga classes.

Bob's way with yoga was largely verbal with a few exercises and a relaxation at the end of the session. He had a presence, a gift for talking, and an endless supply of

anecdotes, each one with a message for living life in a yogic way. He had answers for all questions, even from the most cynical and political of those present.

His reputation was such that his classes were usually full. And it was not just the newly arrived alternative types who attended. But many pensioners who had lived in the town all their lives came every week.



SELF SUFFICIENCY AND DIETS FOR A SMALL PLANET

Many of those who arrived in the 1970s were seeking to become more self sufficient.

Latham Farm, situated at 1100 feet above sea level, in the middle of the moors, was the setting of a commune whose members successfully grew organic vegetables and made goats cheese, cream and butter. As well as goats, they kept geese and chickens.

New and different diets

Many followed a vegetarian diet which involved eating produce not available in conventional grocers - hence the need for shops like Aurora Wholefoods. "Rice and beans meanz more proteinz." Others went further and became vegan.

A macrobiotic diet was also very

fashionable which attempts to balance the yin and yang, and to eat locally grown produce. Brown rice and other whole grains such as barley, oats, quinoa, spelt and rye are considered by macrobiotics to be the foods in which yin and yang are closest to being in balance.

Building and renovating

While those in town were squatting and stopping the destruction of old terraces, those on the tops were renovating old barns and buildings. Not only did the 'hippies' bring with them fresh ideas, they stopped the decay and destruction of the area's infra-structure.



We now had a bathroom so our lean-to washroom could now be dealt with. (Alan, and Kerin helping Max)



Half way there



The Kitchen