ARE VALLEY MAG COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

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Some are saying it is like the summer of '76 and that glorious heat-wave. I don't know, I wasn't living in the UK at that time. All I can say is that weather-wise this has been the best summer since I moved here in 1990. Enjoy every ray of sunshine! While you're at it, be sure to get to Bolton Abbey's Pop Up Beach, by far the best 'seaside' experience next to the real thing.

Local woman, Amy Firth, begins a new recipe column for us starting with a healthier option for tray bake brownies. Don't be put off by the unusual ingredients...they are delicious, honest!

Sincere apologies for the mistake in the children's crossword puzzle published last month where I hadn't spotted the American spelling of plough; Plow! Being from the other side of the Atlantic has its disadvantages in this job, and every once in

MARK

Tel: 01535 958017 a while I am caught out. www.cafechouxchoux.co.uk Editor, Liz Barker Have a cracking summer! Always great value, always great service!







Fallfest, Crosshills and Glusburn's three day arts and community festival 'blasts off' quite literally this September with a fantastic array of events.

"Whether a music or theatre lover; beer drinker or athlete; young or old, we are sure we'll whet your appetite with our 2018 'star studded' line-up", said Sue Ingham Festival Director.



Heading this year's line up will be 'David Live' (Bowie tribute) who according to Chris Evans BBC Radio 2, is "simply fantastic". 'David Live' and his

band will take you on a mind blowing tourde-force across Bowie's musical genius. Always keen to showcase local talent, singer songwriter Callum Spencer will wow the audience on Saturday evening in the lead up to 'David Live' hitting the stage. Callum, together with Beth Armitage and Gaz Keeton will also be performing at the Fallfest Beer & Gin Fest which runs throughout the weekend offering over 16 real ales and 20 plus gins. Seven local primary schools [Glusburn, Lothersdale, Cowling, Kildwick, Cononley, Sutton Coff and Sutton Community] will launch this year's Fallfest with the 'Great Fallfest Sing Off'. A FREE event on Friday morning, 21st Sept.

Fallfest, now in its 8th year has been lucky enough to secure a main sponsor. The Just Motor Group, which operates the Citroen, Peugeot and DS franchises from its dealership in Crosshills looking after customers in Keighley, Skipton and the Yorkshire Dales area.

Falling Stars Theatre Company, with Director Rebecca Durham, brings the acclaimed play 'The Last Resort' by Chris Owen to Fallfest on Friday evening with a Sunday matinee. Fallfest has much more besides, including the 'Fallfest Five' trail race; Happy Yoga; Funky Flower Workshop; Street Food; Junior Bake-Off; Dog Show and Chloe's Rocket Trail Walk.

FULL INFORMATION INC. TICKET PRICES AND TIMINGS SEE: www.fallfest.co.uk Hotline: 08438 868949

Box Office: Glusburn Inst. & Arts Centre Colne Rd. BD20 8PJ Tel: 01535 630223



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Michael Leighton BSc (Hons)

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I have very clear memories of going up to Sutton Pinnacle, as a child, to pick bilberries with my mum and dad back in the 1970's. The sun always shone, the bushes were always laden with fruit and the pies that my mum made were, and still are, the best pies in the world.

Inside The Pinnacles by Antony Silson

Even though I've moved away from Sutton now, the pinnacles still draw me to them on a regular basis. It's usually when the weather is dramatic,or my subconscious tells me to go to sit and gaze across the land of which I have so many happy memories.

There's something exciting about climbing in the darkness to the top of Sutton Pinnacle, or the sheer spectacle of seeing Cowling Pinnacle covered in frost or snow. Just to take the dogs on the short walk from one folly to another is enough to send the blood coursing through my veins.

In terms of the Tower, George will happily come up with me, whilst Molly will dawdle around the bottom gazing up forlornly at me. I still find it strange how these two monuments, referred to by so many different names, hold such power over the villages they dominate. Both technically within Sutton's boundaries (dispute this if you like), they were built within 11 years of each other between 1887 and 1898.

Sutton Pinnacle aka Ethel's Tower aka Jubilee Tower aka The 'Salt Pot' was the first to be built. The brainchild

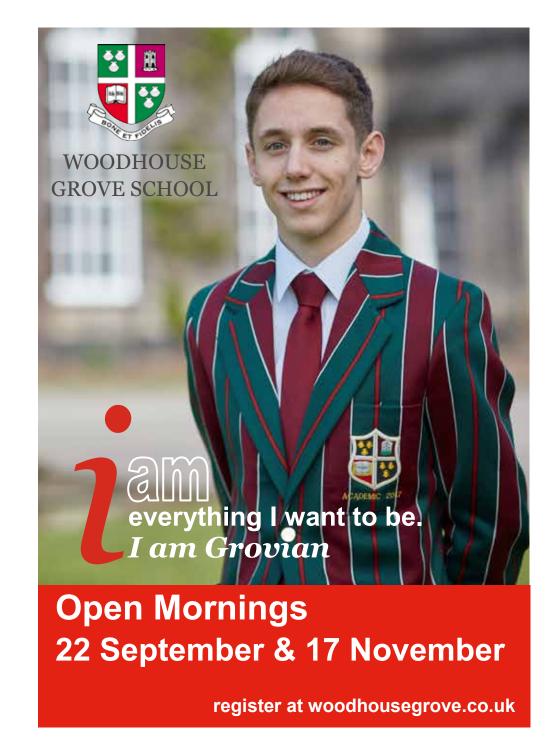


of Joseph Lund, a local textile magnet who also constructed Malsis Hall, we'll probably never know his original reasons for constructing it. I think it was just another Victorian with a big ego who wanted to show how much money he had to those down below in the valley.

Cowling Pinnacle aka Wainman's Pinnacle aka the 'Pepper' Pot was a memorial to the Napoleonic Wars that had been concluded for more than 80 years.

Perhaps a local business person will one day build a Folly commemorating the day Britain voted to leave Europe. We can expect that just before the 22nd Century begins.

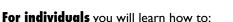
I'll leave you with the story of how my eldest son, Jake now takes the dogs to the Pinnacles and swears blind that one day he passed Jeremy Corbyn strolling between those two monuments to capitalism. You never know who you'll find up there!





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teaching a better understanding of Social Media through 1:1 sessions or groups. With her down to earth personality and passion about helping people Sonia delivers a top quality service to all of our clients.

Please call Sonia on **01535 607775** or

email **soniapatel@airedaleenterprise.org.uk** to book a session, Sonia can also help with Twitter and Instagram both for personal or business use; please let us know how we can help you.

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are assured of the best job. Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and Value in that we offer our services at a price people can afford. Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers - that simply wouldn't happen if we didn't adhere to our oveniding principles.

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Sudoku Puzzles

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

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

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

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

To solve a sudoku puzzle, each row of nine squares must contain the numbers 1 through 9. Each column must also contain the numbers 1 through 9, and each box must contain the numbers 1 through 9. See page 31 for answers.



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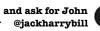
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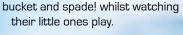




Visit Bolton Abbey this summer from 1st to 31st August and find our pop-up beach located on the bank of the River Wharfe. outside the Cavendish Pavilion.

Let your little ones imagine they have taken to the high seas by captaining our new wooden pirate ship. Shipwrecked on our sandy beach you will find the ship has a giant sail, slides, climbing nets, a pirate's pole and a ship's wheel!

There will be plenty of photo opportunities on our beach too where you will find giant deck chairs in situ and space to build sandcastles galore! Parents can enjoy refreshments at the Cavendish Pavilion - don't forget your



Our pop-up beach is a free event, the estate admission does still apply.





Brontë Parsonage Museum at 90

A History of the Museum in 10 Objects



Each of the Brontë sisters had her own portable writing desk at which they would work each evening in the Parsonage dining room. Their father would retire to bed and Emily, Charlotte and Anne would write while the candles burned low, shaping and sharing their stories.

Emily's writing desk was made of rosewood, inlaid with mother-of-pearl. It was gifted to the Brontë Society by private collector Henry Houston Bonnell in 1927. The desk's two ink bottles are missing, but the original purple velvet lining remains, stained with spills and splashes from Emily's nib.

For many people, it's the contents of the desk that hold the most fascination. It's a magpie's hoard of pen nibs, sealing wax and other treasures, including scraps of

fabric and 'puzzle wafers' – small gummed labels for sealing envelopes, printed with various acrostics. The desk also contains receipts from Emily's time in Brussels, a concert programme, five newspaper reviews of Wuthering Heights (currently on display as part of our Making Thunder Roar exhibition) and a letter which intriguingly alludes to a second novel.

July 2018 marks the bicentenary of the birth of Emily Bronte and it is fitting that the desk at which she wrote Wuthering Heights is included in a new exhibition, A History of the North in 100 Objects, (www.100objectsnorth.co.uk) curated as part of the inaugural Great Exhibition of the North.



Summer at the Brontë Parsonage Museum

ON DISPLAY UNTIL 31 AUGUST

The Brontë Sisters by Branwell Brontë

The 'pillar portrait' from the National Portrait Gallery back on display in its original home.

FRIDAY 27 JULY – MONDAY 30 JULY Emily Brontë's Birthday Weekend

Four days of events and workshops with an array of writers, poets, musicians and artists. Special guests include Lily Cole, The Unthanks, Patience Agbabi and Kate Mosse.

For details of these and other events, please visit www.bronte.org.uk/whats-on

Right: The Brontë Sisters (Anne Brontë; Emily Brontë; Charlotte Brontë) by Patrick Branwell Brontë © National Portrait Gallery, London



Haworth, Keighley, West Yorkshire BD22 BDR 01535 642323 www.bronte.org.uk

Open Nov-Mar 10am-5pm daily, Apr-Oct 10am-5 30pm. Last tickets sold 30 minutes before closing. Reg Charity: 529952 Reg Company: 73855

Brontë Parsonage







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SMIthy'S Tech TIPS

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ONLINE

By Liam Smith

More and more people are using computers, smartphones, and tablets to get online. It's a great way to look up information, do your shopping, stay connected with loved ones, and even make new friends. The internet has lots of positive aspects, but there are things you need to look out for. These include

viruses which can damage your computer and online scams.

There are various considerations to make when using the internet, and it doesn't matter if you're new to computing or technically savvy, everyone can fall victim to the internet if they're not careful. So, what should you be looking out for? Well, one of the most

damaging aspects of the internet is what is referred to as online scams. It's not just the damage that it can do to you, but the plethora of ways that you can be scammed with.

Computer viruses or malware as it is sometimes referred to are one of the most common forms of attacks. These viruses can take control of your computer, or the virus may scan your computer for personal information. It can also slow your computer down, send out spam email, or delete files. And you may even get a

phone call from someone claiming to be from a well-known software company like Microsoft, saying there's a problem with your computer and needing to get access to your PC, including your personal details to remedy the issue. If you ever receive a call like this, you should hang up straight away, no legitimate IT company would ever call you regarding an issue with your PC.

Online shopping is another way in which

criminals can obtain your data, if the site isn't well known, and doesn't adhere to the HTTPS standard in the URL, then your information may be held on an unsecured site. When making a purchase online, bank details are required to complete the purchase, and if this information is held insecurely, a criminal may be able to access

the data, which would be a less than ideal situation.

Email scams are another popular method. Whilst most mailboxes do a fairly reasonable job at preventing these emails from entering your inbox, criminals will always find a way around their filters. These emails can include fake attachments containing viruses, links to a fake website, or even impersonating someone in need of help that you might know of. Always check the senders' email address, if you don't recognise it, you should probably ignore it!



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Throughout July it is Keighley Shop Local Campaign. Pick up a stamp card from the Airedale Shopping Centre and obtain 3 stamps from individual businesses (no minimum spend). Fill in your details and post your card at Coffee Delight, Airedale Shopping Centre. Voucher prizes to be won of £100 and the top prize £1000.

July to 4th Nov Welly Walk at Bolton Abbey.

Aire Valley Railway Modeller's Club, Melbourne House, Dalton Lane, KEIGHLEY, BD21 4LG. Meeting every Monday, Tuesday & Thursday night from 7.00 pm until 11.00 pm and Saturday afternoon from 1.00 pm until 5.00 pm, juniors over the age of 8 years old and accompanied by an adult, are must welcome. Entry and exit by stairway only.

Every Wednesday Knit & Knatter at Sutton Cricket Club 1.30pm - 3.30pm. Everyone Welcome.

Steeton Bobbins WI meet the first Tuesday of each month at 7pm at Steeton Hub. More info contact Diane Pritchard 01535 653748.

Every Tuesday 1.30 - 3pm Games & Social Club at Glusburn Institute. Enjoy an informal afternoon playing your favourite games or just enjoying a hot drink & chat. £2 including refreshments. More info call 01535 630223 or 07834 713735

Every Tuesday 10 am to 12 Sewing/ Stitch Group at Glusburn Institute. Call Claire 07904 010430 or email cketterman@aol.com.

2nd Tuesday of every month 10am - 12 noon Time for Me (Carers Resource) is a monthly group for carers and over 50's. Fun activities



and friendly support at Steeton Hub, Stone Grove. More info call Sarah Wademan 01274 449660. Dementia Friendly Keighley seated exercise classes are every Monday 11.15am - 12pm at Central Hall, Keighley, BD21 3JD More info call Maggie 07971 527525 or email info@dementiafriendlykeighley.org.uk. Bronte Parsonage Museum - Late night Thursday's throughout Summer after 5.30pm for residents of BD20, BD21 & BD22 (please bring address proof). June to Sun 18th Nov Keighley War at Cliffe Castle, Keighley. Photos and medals to paintings and toys, this new exhibition takes visitors on a journey. Weds 11th July Skipton Cycles Races - Town Centre. This event will see cyclists riding a 1 km route around the town centre over several laps. There will be family activities to run alongside the main event. Website: skiptoncvcleraces.co.uk Sat 14th July 2pm Small Town Saturday Night at Keighley Local Studies Library. A talk by Trevor Simpson the author of two book telling the story of a love affair with the local music scene. Free Event All Welcome. Sun15th July, Train rides for all the

family. Miniature trains running at

Marley sports field approx. 13:30

electric trains providing trips for all

ages. Refreshments available. Details

until approx.17:00. Steam and

at www.kdmes.org.uk/trains.htm.
Sun 15th July 2pm Cliffe Castle
Museum Bandstand Concert Steeton Male Voice Choir. Free
Admission.

Sat 21st July - Silsden local history walk 2pm (repeated at 7pm) £1 per person, meet at the bandstand in Silsden Memorial Garden

Sat 21st July Bingley Show
Entertainment for all the family.
Sun 22nd July 12 pm Manorlands
Paint Rush at Marley Stadium,

Keighley. A 5K walk or run with some obstacles and all whilst being covered in bright paint. A fun day out for all the family.

Sun 22nd July 2pm to 4pm Music in the Park at Cliffe Castle Band Stand. Sun 22nd July 3 pm Silsden Town Band concert at the bandstand in Silsden Memorial Garden.

Sat 28th July until Sat 1st Sept Keighley by the Sea - Free beach at the Airedale Shopping Centre. Sun 29th July 1pm Silsden Gala Day & Procession.

Weds 1st until Fri 31st Aug Ilkley Summer Festival.

Weds 1st Aug until Sat 1st
September Summer Holiday
Activities at Bronte Parsonage
Museum. Please check the Bronte
Parsonage Museum website to see
the new activities update for the
weeks ahead. www.bronte.org.uk.
Weds 1st Aug until Fri 31st Aug

Pop Up Beach at Bolton Abbey. Fun Day out for all the family.

Sat 4th Aug WW1 Day out in the Park 11am - 4pm am Cliffe Castle Park Museum with Bandstand Weds 8th Aug 7pm Cherry Tree Accessorys at Steeton Methodist

Chapel Entrance £3 to include refreshments Coffee/Tea and Cake proceeds for Chapel Funds.Everyone Welcome.

Sat 18th Aug 6pm Concert Hall Royd Band. Free Entry at Steeton Methodist Chapel Henry's Quiz Night Tickets £7 to include Pie and Peas Proceeds for Chapel Funds. Everyone Welcome.

Sun 19th Aug Train rides for all the family. Miniature trains running at Marley sports field approx. 13:30 until approx.17:00. Steam and electric trains providing trips for all ages. Refreshments available. Details at www.kdmes.org.uk/trains.htm
Sat 1st Sept Keighley & District
Agricultural Show at Marley Stadium.

A family show with classes including Horses, Show Jumping, Fur & Feather, Dogs, Horticulture/Flowers, Small and Large Livestock, Handicraft & Produce, Tractors, Many Trade Stands and various attractions. Free car parking is available near the Showground. Alternatively, Keighley & District Bus Museum Trust operate a free Show Day bus service running regularly between the Showfield and the town centre, and connecting with the bus and railway stations.

Fri 7th Until Sun 16th Sept Saltaire
Festival A celebration of the arts,
community and the village's unique
history.

25

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Flexitarian, vegetarian, vegan, plant

based, plant powered, ethical eater. There are a whole host of words used to describe the swelling number of people in the UK who are selective about the animal products they eat.

Once viewed as a niche hippy lifestyle, veganism is now more popular than ever across the UK. It is big business, and its upward trend is set to continue, partly driven by social media, which allows anyone with a computer to research how their food is produced, but also thanks to the glorious rise of millennials, responding to growing fears over health, climate change and animal welfare.

Changing your eating habits can be tough though, especially if you have a family, are on a budget, or both. When I first gave up dairy, I really missed milk, cheese and chocolate, especially the chocolate. Oh, the chocolate... There were vegan chocolate brands - they looked and smelt like chocolate but they just didn't deliver the 'hit' I was used to. And sova milk was terrible in the early days, added to coffee it curdled and totally ruined a perfectly good cuppa. And the less said about vegan cheese the better!

Happily, things have moved on, Anyone experimenting with eating less meat. milk or eggs, or those making the full switch to veganism, now have a whole host of brands and products to explore. In upcoming editions, we will be sharing recipes, tips and where to go locally for veggie and vegan fare.

Serves 10-12 | Refined sugar free | Dairy free | Egg free | Vegan | Kid Approved

Ingredients

2 cans cannellini beans OR chickpeas (500g once drained)

I cup quick oats, OR 3/4 cup flour 1/4 cup dairy-free yogurt

3 tbsp oil OR 1/4 cup nut butter of choice

2 tsp pure vanilla extract

1/2 tsp bicarbonate soda

2 tsp baking powder 1/2 tsp salt

I cup of unrefined sugar, maple syrup OR sugar for non-refined sugar version

1/4 cup of cocoa powder

1/4 cup chocolate chips, or more if desired

Method

Blend everything except the choc chips in a processor until nice and smooth. Add nondairy milk if your processor is struggling. Stir in the chocolate chips. Add the mixture to a greased and lined deep tin and bake in medium heat oven for 35-40 mins. Keeps well for 5 days.

Nutrition Facts (per slice, serves 12) Calories: 180, Fat: 8.5g, Fiber: 5g, Carbs: 24g, Protein: 5g



Yorkshire born and bred, Amy Firth lives locally with her partner, 3 kids. Murphy the doa and several rescue hens. A life-lona advocate for fairer food and farming. Amy is

always in search of great veggie and vegan recipes which she shares on her Instagram page: amyfirth78



This is a very special year for our volunteers, as we reflect on and recognise the achievements and vision of the founding members of the Preservation Society.

With over 40 volunteers receiving the honour of a long-service award for fifty years of active volunteering, you get some idea of the commitment and dedication of our people. We have over 500 volunteers on the books, and it's staggering to think that nearly 10% of that total were here when the line reopened in 1968 and are still helping to maintain and operate the Railway today. We have many more who have retired from active duty, but still help behind the scenes, and sadly several long-standing volunteers no longer with us, who we also remember through the year's programme of anniversary celebrations.

Our President, Ann Cryer, spoke during the celebration events about the early days of assembling the Railway's fleet of steam locomotives as she reminisced of visits with her young family to Skipton locomotive shed to prepare what is now a member of our fleet of steam locomotives. That very locomotive. number 41241, has been welcomed back into traffic during the 50th Anniversary week-long event, resplendent in its original 'KWVR' livery in gleaming 'Crimson Lake'. We had to invent our own liveries for locomotives and carriage in those early days, because British Railways were still operating in their traditional colour scheme, which you now see on many of our locomotives. That livery was carried when 41241 hauled the reopening train on June 29th 1968 and we are very proud to say that we have raised the funds necessary for a £300k overhaul and a small team has put the hours in to get the locomotive ready to haul the reopening re-enactment train five decades later.

We have had a week of celebrating all that the Railway has achieved in its fifty years of operation, with passengers enjoying being hauled by the 'Royal Scot', as well as seeing several other visiting steam and diesel locomotives. We were the first Railway to recognise the importance of the diesel traction enthusiasts, and held the first 'diesel gala', which we recognised with an event that saw a Class 50 and iconic 'Deltic' haul trains.

It is a year of thanks, largely directed to the generations of volunteers who - quite literally keep the increasingly elderly wheels turning, but I would also like to thank all of the neighbours who do so much to support the Railway. Thank you.

Matt Stroh



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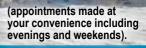
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9	2	3	7	8	1	5	4	6



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