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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

March 2015

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Get ready for Spring! Flowers are beginning to make an appearance in our gardens and what a welcome sight. After an extended period of dull grey days the colour is such a delight. We are also pleased to see the days lengthening.

This month be sure to mark your calendar for Mother's Day, and show the special lady in your life how she is appreciated and valued. May's Tea Room in Steeton is putting on a Mothers Day menu...and you can always find pretty gifts and furniture in the shop when you visit (page 21). If you fancy a drive further in to the countryside you can visit the Worth Valley where Relish, the family friendly cafe has put together both Mother's Day and Easter activities; see page 13. Enjoy March!



Liz Barker, editor

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Meet our distributors

Last month's magazine delivery could have been a logistical nightmare with most areas affected by ice and snow but never underestimate the determination of our distribution team.

Mia has been with us for quite a while now and as you can see from her selfie, her sense of humour remained intact as she ploughed her way through the snow bringing the magazine to the residents in Oakworth.

Megan is one of our latest recruits and she was ably assisted by her friend Ami as she delivered her very first magazines. Covering the highest ground and the most remote locations, she met the challenges head on and is now happily in receipt of her first pay cheque.

Joyce is visiting from America and is used to more extreme weather. She happily donned her cold weather gear to help out, ensuring that the residents of Stanbury received their magazine in a timely fashion.

We were pleased to be contacted by one of our readers recently as they were so impressed by a member of our delivery team by his conscientious and polite manner. The same praise was given in respect of the friend he had with him. Well done Michael and in recognition of this, Michael was made 'distributor of the month' and saw an extra £10 in his pay cheque.

Also take a look at the wonderful photo of Leeming Reservoir taken by one of our distributors Roger Smales. Views like this must make his job worth while and it should make us all very proud of living in such a lovely picturesque part of the Country.

Thank you to all members of our wonderful distribution team, not forgetting our courier, Joe Young who collects the magazines in bulk from the printers before delivering them in their hundreds and thousands to the distributors.

Cheers team!





What an incredible few years we have had in sport as a 'host nation', and haven't we done a fantastic job? When I speak to people about the 2012 Olympic and Paralympic Games, we talk about it as if it were many, many years ago. This is also becoming the case for the Tour De France (or the Tour De Yorkshire)! The reality, of course, is that these two major sporting events happened on UK soil just three years and one year ago respectively.

I was a volunteer at the Olympic Games 2012 and was fortunate enough to be on the field of play for the table tennis. The single biggest thing that has stayed with me is how much the Games brought the Nation and the rest of the world together. A remarkable thing happened – people actually spoke to each other on the London Tube! I have visited London since, and can confirm that this does not normally happen.

Why a 'Golden Decade for Sport'? Well, as well as the Olympic and Paralympic Games and the Tour De France Grand Depart, the UK are playing host to a series of major sporting events between 2010 and 2020. To name just a few, past and future: The Ryder Cup

(Golf), European Champions League Final 2013 (Football), Rugby League World Cup 2013, Athletics World Championships 2017, Cricket World Cup 2019.

This year we are of course playing host to the Rugby World Cup. An incredibly exciting event which starts with 20 teams in four pools. England are taking on Fiji, Australia, Wales and Uruguay. The competition begins on Friday 18th September with the home nation playing Fiji at Twickenham – the home of England Rugby. Two of the games in the group stages are being played in West Yorkshire at Elland Road, Leeds.

In addition to all of this, we are at a time when the Government is investing considerable money into sport, particularly into Primary Schools where each school has circa £9K to spend on sport each year.

This all provides an exciting time for sport in the UK and it is something that we need to embrace as a nation. Can you make an effort to take up a new sport or exercise routine? I remember back to my time on the Tube during the Olympics and see that as being the 'power of sport'.

Andy Bray (BA Hons)

Director, Keighley Table Tennis & Recreation Centre

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Glaucoma is an eye condition that affects a person's vision and usually linked to a build-up of pressure inside the eye. It is estimated that glaucoma affects around 500,000 people in England and Wales.

Glaucoma often affects both eyes, usually to varying degrees and one eye may develop glaucoma quicker than the other. Glaucoma occurs when the optic nerve (which transmits information from the retina to the brain) gets damaged. Commonly the nerve gets damaged if the eye pressure becomes elevated. The eye contains a fluid called aqueous humour which is constantly produced by the eye, with any excess drained through tubes.

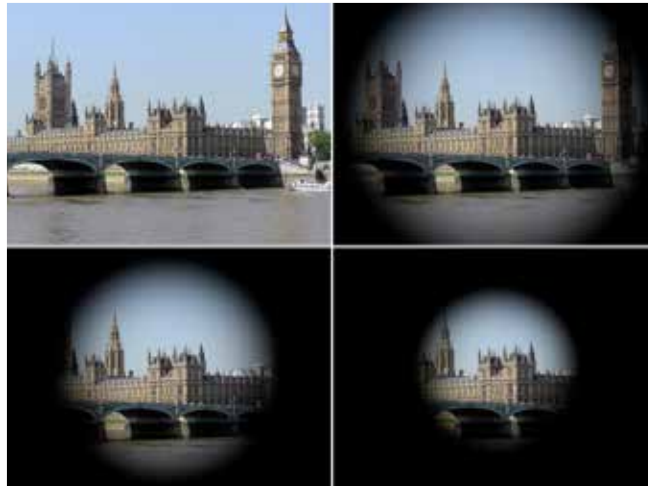
There are different types of Glaucoma. The common Primary Open Angle Glaucoma occurs when the eye pressure increases or is high. The increased pressure damages the optic nerve, which transmits images to the brain. Glaucoma can cause total permanent blindness if the pressure remains high as damage to the optic nerve gradually reduces your peripheral vision.

Because most people with glaucoma have no early symptoms or pain from this increased pressure, it is important to see

your optician regularly so that glaucoma can be diagnosed and treated before long-term visual loss occurs.

If you are over 40 and have a family history of glaucoma, you should have an eye examination every year. If you have health problems such as diabetes or a family history of glaucoma or are at risk of other eye diseases, you may need to visit your optometrist more frequently.

New methods to test for glaucoma have been introduced over the past few years. One of the latest is called an Optical



Coherence Tomographer (OCT). The OCT is able to assess the optic nerve in detail and checks the nerve for microscopic damage which traditional tests cannot see. In some instances nerve damage found with OCT testing can allow treatment to begin at a much earlier stage and even before your field of vision is affected.

Book your eye examination with Airedale Opticians in Keighley this March and get your OCT for free. Quote Worth & Aire Valley Mag when booking.

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For the promotion of Health & Wellbeing by Cath Bromwich



A little of what you fancy

As a cook there is always the temptation to eat, eat, eat!

I have a few tactics up my sleeve these days; as you saw last month, eating lots of lower fat soup is one of them. Another has been to develop self-control by allowing a very little of what I really want to eat, like butter - and sugar. There are good reasons why these cheer us up, and we do need to not be too legalistic about 'healthy eating': I prefer 'eating well'. So today's recipe is something I made up that gives me a little of that butter taste, spread throughout the dish because it is baked. It also does the pudding thing of crunchy and gooey, as well as a bit of 'Yorkshire' without the fat. It sounds a little unusual, but I like it, as a versatile lunch idea that can use up a variety of little bits of ingredients. It is cost-effective too. Using plenty of herbs (I suggest lots of thyme or rosemary) and pepper really makes the dish, and enhances the token bits of fatty flavour. It's a treat to have a baked lunch, but I make it alongside other things that I bake all at once. I served mine with some home-made chutney, but brown sauce would also be good!

Cath Bromwich, a Silsden resident, is a cookery teacher and forager. Her livelihood includes foraging and cookery courses, such as cooking on a budget and outdoor foraging and cooking experiences. She trained at Ballymaloe Cookery School, Ireland. For more information, or to pass on your stories and recipes, contact Cath at www.facebook.com/foragercathyorkshire

SAVOURY BREAD AND BUTTER PUDDING WITH HERBS



Ingredients:

2-3 slices of bread, butter or margarine to spread
300ml semi-skimmed milk,
1 egg,
Freshly ground pepper,
1-2 sprigs rosemary or thyme roughly chopped (without the stalks). Optional: a Handful of grated cheese, salt.

You will need a baking dish approximately 20cm by 14cm, lightly greased.

Heat your oven to 180oC or gas mark 4.

Cut the crusts off the bread, spread with butter, layer up the bread in the baking dish, sprinkling pepper and rosemary/thyme generously over each slice, with the grated cheese also if used. Finish with bread butter-side up.

Mix the egg and milk together in a jug with a pinch of salt if used. Pour over the bread. Make sure all the bread gets soggy. If you have time, leave for a while before baking.

Bake in the oven until it is firm to touch, risen, does not wobble & has nicely browned on the top! This usually takes between 30 and 40 minutes.

Top tip: Use up old bread for this and still make a tasty treat!



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It was October 2014 when sisters Leonie and Joelle opened Relish, the family friendly cafe on Haworth Main Street.

"Joelle and I have experience working in the hotel industry. We are also used to organising special events and enjoy connecting with the community," explained Leonie.

"I also have a young family and wanted to get away from long hours and the pressure of a city job. The time seemed right when the lease became available in Haworth."

Relish is located in the former pastry shop (and Cheese Place prior to that) situated next to The Fleece pub.

"We are becoming known for our homemade cakes, soups, and panini. We are pleased to serve Fairtrade coffee too."



The ground floor of Relish holds a takeaway counter and modest seating.

Visit Relish this Easter break and enjoy decorating an egg with your children for free! (Open to all customers with children).

Save the date: Sunday, March 15th, book a special Mothers Day Afternoon Tea experience. (Call for more details)

Weekly Happenings:
 Coffee & Knitting morning Every Wed 10-11:30am
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Last month's location was Four Teas in
 Keighley. The winner was Trevor Leach from
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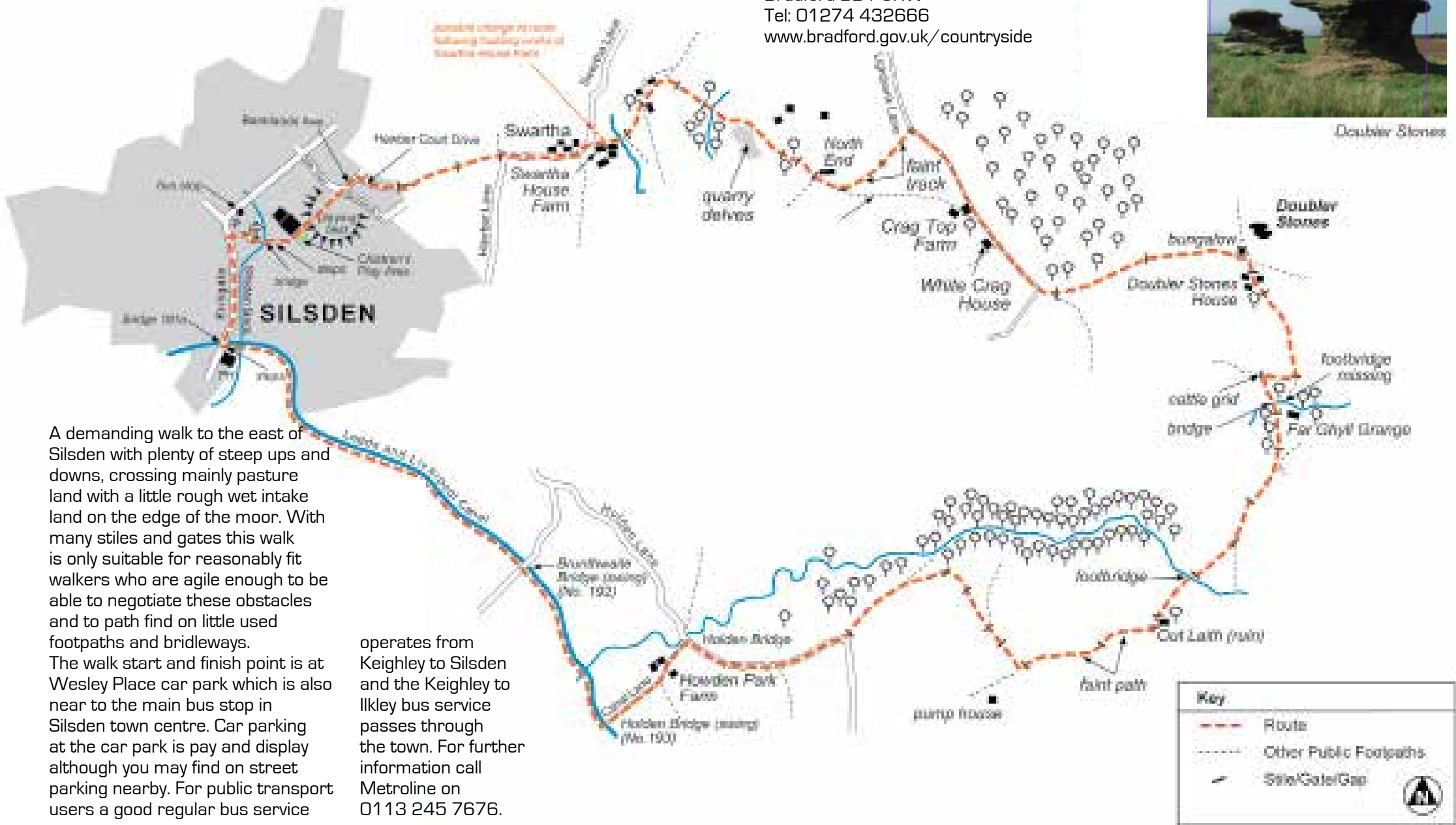
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A demanding walk to the east of Silsden with plenty of steep ups and downs, crossing mainly pasture land with a little rough wet intake land on the edge of the moor. With many stiles and gates this walk is only suitable for reasonably fit walkers who are agile enough to be able to negotiate these obstacles and to path find on little used footpaths and brideways. The walk start and finish point is at Wesley Place car park which is also near to the main bus stop in Silsden town centre. Car parking at the car park is pay and display although you may find on street parking nearby. For public transport users a good regular bus service

operates from Keighley to Silsden and the Keighley to Ilkley bus service passes through the town. For further information call Metroline on 0113 245 7676.

How does your garden grow?

by Steve Thorpe, Gardener & Education specialist

2015 is upon us and it will soon be the start of another growing season. No doubt there will be lots of successes and failures in store but that's what makes gardening so much fun and such a challenge.

Wonderful things are now happening in Primary schools throughout the Bradford district with lots of vegetables being grown and used as part of school meals.

Why not get growing? Projects can be run cheaply and don't need to be rocket science. It is about teaching children so many different life skills; planning and designing their own little garden which I think is so important to give them ownership of the work. Children learn how to use a tape measure, bringing in addition and subtraction; how to use a saw and hammer safely if you are building wooden raised beds to grow your vegetables in. These can be built to any size and height required and are brilliant for houses that only have hard standing areas. They are also easier to follow as the weeds don't take over as quickly and are a good height for people of all ages to work from.

Building instructions can be found on my website ... www.steve-thorpe.co.uk

Just remember don't take it too seriously, have fun, garden with a smile. At the end of the day it doesn't matter if you grow the biggest vegetables, usually the smaller ones are more tasty. We want to

encourage taking healthy options both in growing and eating the produce. Let the children have the experience of carrying out every step of the process, from preparing the ground, sowing the seed to growing the plants. Don't stop at them harvesting the produce, let them take it into the kitchen and help to prepare it – washing the cabbage, peeling potatoes, shelling the peas and cutting up the carrots. It's all about teaching them these important life skills.

Why not get started by growing some potatoes? These can be grown either in beds or different types of containers, tyres or potato grow bags.

We are having class competitions at some of the schools I work in. Each class is picking a variety of early seed potatoes that they will grow in a potato grow bag,

They will be planted at the end of March and will be ready to harvest before the summer holidays.

Happy growing!



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Recipe



Baker Mike Armstrong

Hot Cross Buns, One a Penny, Two a penny, Hot Cross Buns!

Main Batter

- 500g strong bread flour
- 10g salt
- 10g mixed spices
- 70g caster sugar
- 50g unsalted butter
- 1 egg, beaten
- 300ml warm milk
- 30g fresh yeast or 10g dried
- 200g mixed fruits to include peel
- 1 orange, zest and juice

Crossing Batter

- 50g flour
- 50ml water
- Use a fork to make a smooth pipable batter
- Old plastic food bags with the corner cut off make ideal piping bags

Glaze

- 2 tablespoons sugar
- 3 tablespoons water
- Flash in the microwave till dissolved

Directions

1. Place into a large mixing bowl the flour, salt, mixed spices, orange zest, juice and sugar
2. Rub in the butter to fine breadcrumbs
3. Dissolve the warm milk with the yeast and add to the mixing bowl with the beaten egg to form a rough dough

4. Knead well on a floured work surface for 10 minutes until smooth and elastic
5. Place back your dough into the mixing bowl and cover with clean tea towel to double in size somewhere warm
6. Once doubled in size, gently deflate adding the fruits to evenly distribute throughout the dough
7. Scale each bun off at 100g x 12 then mould round placing onto a prepared baking tray ensuring the seam is at the bottom and room to prove
8. Allow to double in size before piping on the crosses
9. Bake in a preheated oven 220c /GM 7 for around 20 minutes until well risen and golden brown
10. Once baked, glaze at once before transferring onto a cooling wire

Best toasted with lashings of best butter!
For a Chocolate kids version simply add 2 tablespoons of cocoa powder removing the fruits and spices adding 200g dark chocolate chips

This recipe was kindly supplied by Baker Mike facebook.com/bakermike001

See Mike in action at Firth's Boutique Spring Fashion Show Bake Off demonstration! (see page 15 for more details)



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Delivering more job opportunities so families have the security of a regular pay packet Everyone should have the reward of a meaningful job. I'm working to deliver jobs and apprenticeship schemes; helping people get the skills they need to succeed.



Giving hardworking people more of the money they've worked hard to earn by cutting taxes Labour-run Bradford Council made the decision to raise council tax despite Government money to freeze it. I'll do all I can to fight for a reduction.



Protecting our NHS so everyone can rely on the best treatment when they need it most I'm championing Airedale Hospital and its staff to make sure they have the support they need to deliver quality healthcare that hardworking taxpayers deserve.



Working with the police to tackle violent crime so our streets are safe for everyone I've successfully campaigned for a change in the law to combat violent crime. I will continue to work with the police to make our towns and villages safer.



Backing a pedestrian bridge over the busy A629 Many residents have told me that crossing the A629 to access Steeton and Silsden railway station can be hazardous. So I'm calling for a new pedestrian bridge over the bypass to help families and commuters safely use the station.



Protecting our greenbelt land and ensuring new developments have the schools, surgeries and transport links to cope I'm calling on Bradford Council to look again at brown field sites and ensure that any new developments have the schools, surgeries and transport links to cope.



Prepared for Kris Hopkins on behalf of his Constituency Office of Cleave Hill House, North Street, Wakefield WF3 3PH



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Silsden Strolls launch on Saturday 7 March. Paper copies of Strolls 1 and 2 will be available **free** of charge from various outlets in the town including the **Coop, Post Office and Health Centre**. They will be downloadable from the website **SilStrolls.org.uk**. Each Stroll is between 3 and 4 miles, fully described and mapped, with bespoke waymarking along the route on the ground. They are designed to allow the townspeople to discover and walk their footpaths with visual and written support.

Weekly Mondays Fun FREE Cookery Classes at Airedale Church Centre, North St, Keighley, BD21 3AF. Coffee at 9.30am and the class will start at **10am until Midday** when you can eat and enjoy what you have cooked. Everyone welcome. **Free Creche**. More info contact Forager Cath Bromwich 01535 652278.

Fri 13th - Sat 14th March Mother's Day Market at Shipley Town Centre Shipley Mother's day market will have lot's of gift ideas for Mother's day. On offer will be unique gifts that you can specially select and choose with love for mum. For further details see www.bradfordmarkets.com

Sat 14th March 10.30am - 4pm Mother's Day Crafts at East Riddlesden Hall. Why not treat Mum to a really special day out. We'd love to make your Mother's Day special! Create a unique gift in our Discovery Room before exploring the spring flowers together in the garden. Then treat mum to a delicious slice of cake in our cosy tearoom.

Sat 14th - Sun 15th March 10am - 4pm at The Old School

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Rooms, Haworth. Stalls selling unique handmade crafts and gifts lots of lovely stalls. Selling unique handmade crafts and gifts for a shopping experience with a difference.

Sat 14th March Rock and Roll Night at Glusburn Institute at 8pm.

Rocko and the Riverbs play mostly 50's Rock and Roll including well known tunes by the likes of Buddy Holly, Chuck Berry, Elvis Presley, Johny Cash and more. Tickets £6 available from 01535 630223 or from the door.

Sat 14th March until Sun 1st Nov Fabric of Society at Cliffe Castle Museum An exhibition of extravagant fashion collections which aims to dazzle you with some of the spectacular wedding and party dresses that were a result of Bradford and district's enormous textile wealth. From lavish Victorian wedding and evening gowns to suits worn at Queen Victoria's court, there's something to delight and inspire everyone. Also included is a selection of historical wedding gowns worn from the 1860s to the 1980s.

Sun 15th March Mothers Day The Keighley BigK is a 10K which follows a circular route through the paths parks and roads of Keighley. email andrew.wood@sueryder.org or call 01535 640176

Mon 16th - Sat 21st March Keighley Playhouse A foot in the Door a Comedy by Richard Harris. Box Office 07599 890769

Weds 25th March 10.00am-1.00pm NYCC Crosshills Library Health Information Drop-in by Airedale NHS Foundation Trust For more info Tel 01609 534502 e-mail: Crosshills.library@northyorks.gov.uk.

Mon 16th - Sat 21st March Skipton Music Festival Skipton Music Festival is a charity which exists to promote interest and participation in music and drama. Amateur performers appear in public and are encouraged to develop through receiving advice, guidance and encouragement from a team of professional adjudicators. For more info www.skiptonmusicfestival.co.uk, **Weds 18th March Something for Everyone 7 1/2 mile circular walk (packed Lunch) at 10.30am.** Meet Malcolm Gardner at Wesley Place Car Park, Silsden. Fields, tracks, canal towpath, woods and a couple of steep climbs for good measure.

Fri 27th March Film Night at Glusburn Institute at 7pm. 'Believe' is a story about a young, gifted football player who gets into trouble for a petty crime and is brought to the attention of former Manchester United coach Matt Busby, who comes out of retirement to help the boy and his teammates. Tickets £5, concession £3.50 available on the door.

Mon 30th March - Sun 12th April Eggstastic Easter Egg Hunt at Keighley & Worth Valley Railway. Fri 3rd - Mon 6th April 10.30am - 4pm Mrs Flutterby's Easter Trail and Crafts at East Riddlesden Hall. Join in with our Easter Egg Trail! Follow the clues, answer the questions and complete the challenges to find your way to a prize just for you! Come and join Mrs Flutterby on our butterfly trail around the garden and help her to find all our hidden flowers. **Sat 4th - Mon 6th April 10am - 4pm Haworth Craft Fairs** at the Old School Rooms next to the Bronte Parsonage Museum, Haworth. **Sat 4th April 12 - 6pm Pop Up Fayre (Jumble & Pearl)** Art, curios, tarot reader, treats, glam up, gifts and crafts, vintage, designers, music and entertainment... at The Black Bull Haworth, 119 Main Street. Haworth 12 - 6 Free Entry Car Park **Weds 8th April 2pm - 3.30pm Calling Ilkley Carers** - you are invited to attend Outside the Box Cafe (corner of Bridge Lane & Church Street). We want to get the Ilkley Carers Group going again. For further info call 01756 700888 jlambert@carersresource.org.



Rock & Roll Night with Rocko and the Reverbs

Saturday 14th March starting at 8pm

Come along and dance to Buddy Holly, Chuck Berry, Johnny Cash, Elvis Presley and more! Tickets £6 on the door or from 01535 630223



Keighley Worth Valley Railway

It is amazing to think that behind the imposing stone walls of Haworth Shed, formerly a vital part of the valley's industrial infrastructure and now an equally vital part of the valley's tourism economy, we breathe life back into engineering masterpieces, quite literally relighting the fires that once powered industry.

Many of these locomotives are over 100 years old and many are now well past the period of operation originally expected of them.

In Haworth shed is our locomotive engineering facility, which services and overhauls our collection of steam and heritage diesel locomotives in order to keep our historic trains running. As a result of the efforts of our volunteers working tirelessly and painstakingly over several years, recently returned to traffic after a sixteen year break is a steam engine, 75078, a British Railways locomotive built in 1956 near the end of the steam era, and we've just completed the steam test of the boiler from a much older example, No 85, built in 1899 and originally used on the Taff Vale Railway in South Wales and then in County Durham before arriving in the railway in 1970.

What is especially satisfying is that an increasing amount of work can now be done in-house, which

helps to reduce costs, but also helps to transfer skills that might otherwise be lost to the next generation of volunteers. Whilst this helps to manage costs, a steam locomotive overhaul (which has to be undertaken at least every ten years for our operational fleet) still costs a minimum of £100k and usually at least twice that. We have one engine, which pulled the original reopening train in June 1968, that is going to cost over £300k, but we are keen to do all we can to mark our 50th Anniversary in 2018 in style, so are working to have our iconic engine back in traffic for the celebration.

Keeping the next generation of volunteers enthused and engaged is a key part of our work, so our Young Person's Group is kept busy introducing their 13 to 15 year old members to many aspects of the railway volunteers' efforts, supervising their work in Haworth shed as well as on many other aspects of the railway's operation.

Keeping all of the different parts of the railway operating smoothly takes a huge effort, so if you would like to join us a volunteer, whether to get involved with operating the railway or working behind the scenes, please do get in touch. Our Young Person's Group welcomes 13-15 year olds, and finds appropriate roles around the railway, carried out under strict supervision.

If you would like any further information on how you can get involved, please do get in touch. For details of times and dates of operation, including details of forthcoming special events, please visit www.kwvr.co.uk

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*A million blades of grass dancing in the sun,
Each stem its own sun on the turn of the leaf,
Each leaf its own storm on a distant horizon.
A million storms and a million suns,
Only the sound of the thunder has its
own loneliness,
For a short moment the charge,
To make the grass tremble with joy.*

Michael Kelly, Haworth

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Sudoku Challenge

The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

1

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

2

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

3

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

4

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

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

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

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

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

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