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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

May 2015



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Once again our part of Yorkshire finds itself on display as we host the inaugural races that make up the Tour de Yorkshire, May 1-3. It's an event that will prove to highlight the legacy value of last year's Tour de France.

The scale won't be quite so grand but you can expect visitors on route and a flurry of excitement in the air.

See page 4/5 for more details and <http://letour.yorkshire.com>

Haworth 1940s weekend celebrates its 20th year anniversary. If you have never attended, this is an event suitable for the whole family. You can dress up in period costume and enjoy the nostalgic atmosphere.

Have a great month of May!
Liz



Liz Barker, editor

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Say you saw it in the Aire Valley Mag!

**Stage 3
May 3rd 2015**

**Tour de
Yorkshire**



After the phenomenal reception that greeted the Tour De France Grand Depart in 2014 Bradford Council is delighted the District has been chosen to host a stage of the inaugural Tour de Yorkshire. This is an event that promises to be a highlight of the sporting summer. **The race, which will be held on 1-3 May (Friday to Sunday), is expected to become a flagship cycling event** in the UK and an outstanding cycle race in the international calendar, including the

participation of top international teams. It will be broadcast live on national TV and throughout Europe. The race will visit Bradford district on Sunday 3 May and will pass through the district in mid-afternoon. In Bradford District & parts of Craven, the route which has been chosen by French race organisers ASO will incorporate visits to the following towns and villages: Oxenhope, Haworth, Oakworth, Laycock, Sutton in Craven, Cross



Hills, Silsden, Addingham, Ilkley & Menston. Help to keep the route clear **There will be no parking on the race route between 12 noon and 5pm, so if you normally park a vehicle on the race route you will need to move it.** Full details of the route can be found at <http://letour.yorkshire.com> Nearby on-street parking can be used providing existing traffic and

parking regulations are adhered to, and consideration is given to other road users and residents. Council car parks will be open as usual. **Road Closures** The majority of the race will pass through the district using a series of rolling road closures which are estimated to last no more than an hour. There will however be some small sections of the route which will be closed to vehicles at key points. These will be still open to pedestrians and cyclists and

diversions will be in place. The following roads will be closed from around 9am until 5pm, but will reopen as soon as possible after the race has passed through: Main Street, Haworth; Holme House Lane, Laycock; Goose Eye, Laycock; Goose Eye Brow, Laycock; Main Street, Addingham and The Grove, Ilkley.

COUNTRY COOKING & FORAGING FOR FOOD

For the promotion of Health & Wellbeing by Cath Bromwich



I have come across some lovely traditional dessert recipes recently, and have been

simplifying them to use on outdoor foraging escapades.

Here is one that is really just a sweet omelette, but is traditionally called after the herb that you usually put in it, even when you don't! It is called a 'Tansy' or an 'Apple Tansy', and I first found it on a website about the colony of Virginia in the seventeenth century. All the recipe variations fry chopped apple in butter, add a sweet egg custard, flavour with spice or herb, then add a range of ingredients like breadcrumbs or cream. However, I think you can get away with just using stewed apple if you want. I love bringing a very old tradition back to life and seeing what we can learn from it. Nowadays we have sweet pancakes or egg custard tarts, but I can't think of a sweet omelette that we commonly eat, as our ancestors did. So, for something a little different, try the recipe to the right.

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

APPLE TANSY



Cut an eating apple (ideally a Cox) into eight wedges, gently fry in a knob of butter in a medium frying pan (mine is 21cm across). The apple should soften and brown a bit - try to arrange the pieces in a pretty geometric design.

Meanwhile, make an egg custard with 3-4 eggs, a dash of milk or cream (maximum 100ml), sugar to taste (I used two rounded dessert spoons), a few pinches of cinnamon or nutmeg or some generous pinches of finely chopped tansy. Beat all this up.

Make sure the frying pan is on medium heat and has heated up again, pour the custard mixture on top of the apple, and cook until firm. Add a lid or put under the grill if the top is not cooking after a few minutes. You can sprinkle more chopped tansy on top as the omelette cooks, but beware - it has a strong flavour! As with a Spanish omelette, turn out onto a plate and slice. Then serve with cream or ice-cream.

Top tip: Think of tansy as a substitute for lemon juice & zest, and you will have a good understanding of how to use it.



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How does your garden grow?

Happy Growing - Steve Thorpe

I have just got back from the greenhouse where I have been pricking out cabbage, cauliflower and Brussels' sprout seedlings.

By the time of publishing these seedlings will have matured into plants ready to plant into their final growing space, once the risk of frost has gone.

If you have not grown any from seed visit the garden centre and pick up your very own grow on plants. Choose the cabbage carefully, a few of many different varieties can keep you going throughout the year.

Plant those Brussels sprouts plants now and you will be eating your very own grown tasty sprouts on Christmas day.

If you want to try a cauliflower with a difference go for the novel purple variety Graffiti, which tastes good raw or in stir-fries.

You have to try some carrots, experiencing that magical feeling when you pull them up and see how big they have grown. Instead of sticking to the common orange varieties why not try Yellowstone which is really sweet and bright yellow or Purple Haze.

If you have children try to grow an Atlantic Giant pumpkin. The children at Haworth Primary school grew a 7 stone one a few years ago. Just remember to give them plenty of room to grow

and feed and water them regularly. If you want to stick to something small why not just grow some massive Fatboy marrows which grow up to 20kg - not so small eh?

So come on get growing. If you don't have a garden make some raised beds or plant some tyres up in your yard.

On the flower front I like to bring the old type planting back into things. The bedding displays in the Town Hall Square in Keighley have had lots of the old favourite varieties of daffodils in, followed by an influx of tulips that take over after the daffodils have died back. The borders are full of forget-me-not and wallflowers, real old cottage garden favourites.

Why not try a packet of wildlife attracting or butterfly attracting annual seeds this summer which include all the cottage garden favourites like poppies, calendulas, cosmos, rudbeckia, scabious to name just a few.

Happy Growing!



Balancing Ambitions on the Railway



Looking ahead, 2018 marks the 50th Anniversary of the reopening of the Railway and we are keen to make the occasion in style.

Our plan is to have back in traffic one of the two locomotives that hauled the reopening train, LMS Ivatt Class 2 2-6-2T, number 41241. The age of the locomotive means that the costs of overhaul are ever increasing and as a result we now find ourselves having to fund an excess of £300,000. It's great that we have been able to conduct much of the overhaul of a similar sized locomotive in-house and we will continue to do this whenever possible, not least because it's such a good way to pass skills from one volunteer to the next generation. If you are able to support the project, whether financially or by giving your time and becoming a volunteer, it would be very gratefully received.

It is important that we don't get too

focused on longer-term aims, but need to balance our ambitions between the wish to see the Ivatt returned to traffic and also more immediate matters.

We commence "summer" running shortly (see KWVR.co.uk), during which period trains operate seven days per week. To operate the service, we need a reliable fleet steam locomotives and it's great that another engine's overhaul should - all being well - be completed in the near future, giving us a very varied fleet to haul the trains on their journey back in time.

We have a number of special events planned, including 2-4 May, The Railway Children celebration weekend, which gives us a chance to remember how important the iconic family film was to the development of the Railway, which was filmed 45 years ago. We are then working with the 1940s group to help transport the thousands of visitors to Haworth and to help alleviate road and parking congestion. Please check www.kwvr.co.uk for further details of these events and other operational dates.

I do hope that you will consider joining our working membership to help us continue to operate and develop the Railway. As well as looking for support in fund raising for the overhaul of 41241, we are looking for new volunteers with a range of skills to help us make progress on a number of developments across the Railway. Alternatively, you can join our working membership and can be trained to fulfil a number of operational roles.

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Last month's location was Hayfield Robinson, Russell St. Keighley. No one guessed it! We hope this month is a little easier. good luck! Google Earth ©

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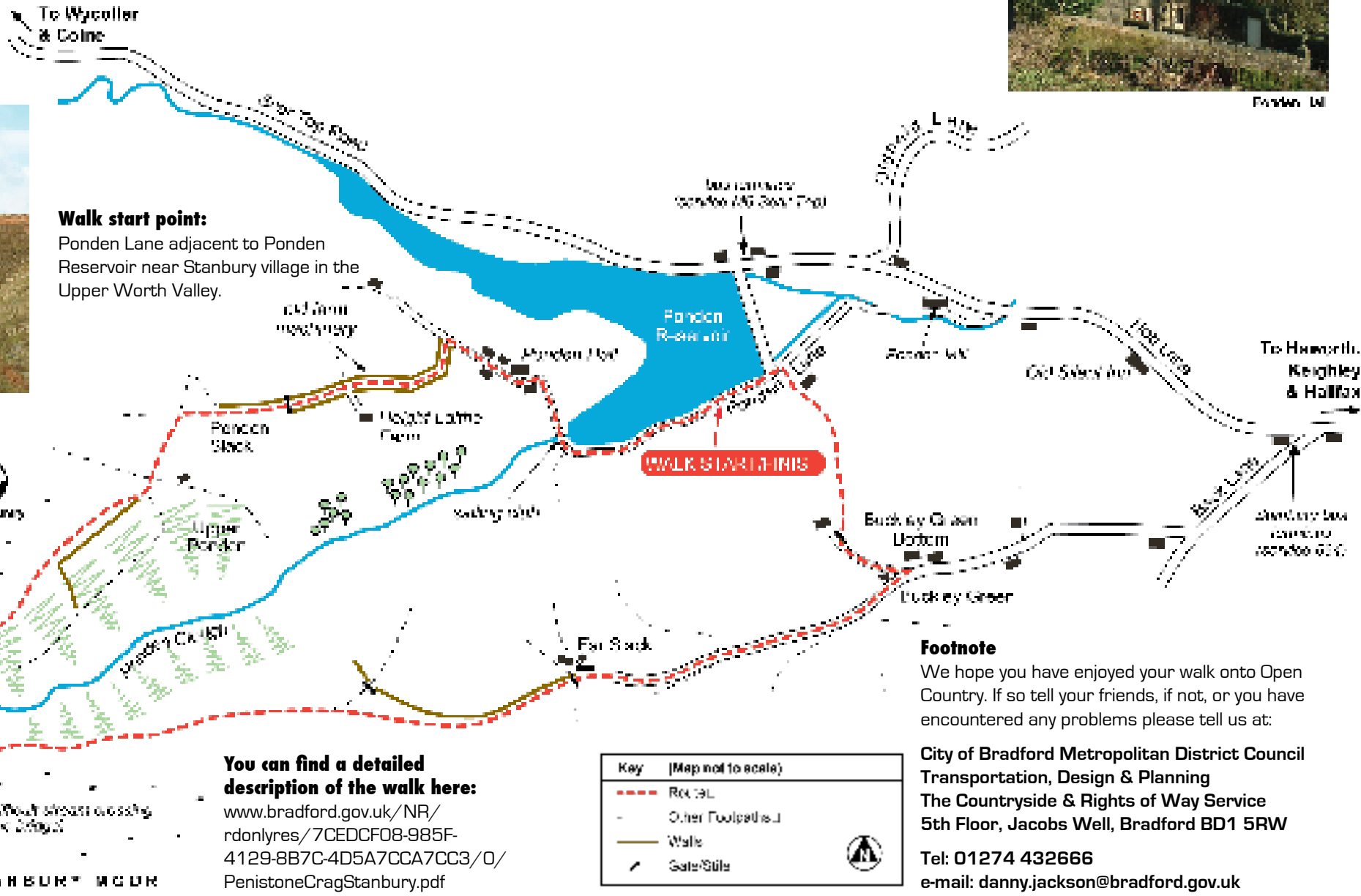


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BEHIND THE SCENES AT THE MUSEUM

The Brontë Parsonage Museum is owned by the Brontë Society, one of the oldest literary societies in the world.

Anyone can join the Society and at present we have approximately 1500 members from all over the world. With the bicentenaries of the Brontë siblings approaching (Charlotte will be 200 in 2016), the Society is planning a programme of events and activities to attract new members, especially people aged under 25. In our next instalment of People at the Parsonage, we meet Membership Officer Linda Ling to tell us more.

Tell us a little about yourself:



I'm a local girl. During my early years my family lived in Haworth, then moved to Keighley where I've been ever since, the last 20 or so years in East Morton. I'm married with

three grown up sons, and two delightful grandchildren who my husband and I love spending time with. In my spare time you can usually find me with my nose in a book or pottering in the garden.

How long have you worked at the Museum?

I started in November 2014, so I'm still relatively new and learning my job, but I'm really enjoying the challenge of working here. It's completely different to any other organisation I've worked for; I love being surrounded by the history.

Tell us about a typical day:

There's no such thing, as anyone who works at the Museum will tell you. I try

to get emails and membership admin sorted early in the day, but from then on anything can happen. I could be sorting out the printing and distribution of our member's magazine (the Brontë Gazette), liaising with colleagues to organise the Summer Festival, or chatting to current or prospective new members. I'm also in the final stages of testing a new online system so that new members can join the Society and existing members can renew their membership via our website which we hope to put live by the end of April.

What's your favourite piece in the collection? (or favourite thing about working here)

I've not had much time to explore the collection yet, but I'm amazed at the little books. They are tiny, it's difficult to imagine how the Brontës managed to write them so small, in the conditions they lived in ie no electric light, it's possible to read them with the help of a magnifying glass.

And your favourite Brontë novel?

I have to confess to being a late convert to the Brontë novels, but I'm working my way through them. My favourite so far is 'Jane Eyre.'

Anything else you'd like to tell us?

We're all busy putting plans together for the **AGM Summer Festival weekend in June** which looks like being spectacular this year. All the events are open to anyone, except the AGM itself which is for members only. **We open for bookings from non-members on 5 May and details of all the events can be found on our website www.bronte.org.uk.** If anyone would like to join the Society, you can find all the information on our website. Why not be one of the first to use the new online system by clicking on the 'Join the Society' link on the Brontë Society page of the website? We'd love to welcome you!

Brontë Society Summer Festival

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Photo: Wickagey Webster

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Say you saw it in the Aire Valley Mag!



HAWKSBY'S

Some of you may have been wondering who's moving into the old Venables and Bainbridge Bookshop premises in Haworth... well wonder no more, it's finally opened its door's again as Hawksby's Gallery.

Hawksby's, established in Haworth in 2012, originally as The Imaginarium Gallery and after undergoing some exciting re-branding last year became Hawksby's - A Gallery of Delights. Bringing more beautiful, hand selected, handmade products to Haworth's Main Street.

Hawksby's has been working with some fantastic local talent to bring the building sympathetically up to date. A big thank you to all involved, especially Anthony Hartley, Seth Snowden, Andrew 'Spud' Feather and Barry Foster. Yorkshire Tea has been flowing at a rapid rate, especially when one of them takes 3 teabags!



WWW.HAWKSBY'S.CO.UK

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Say you saw it in the Aire Valley Mag!

Over 50s Rug making group - 1st Wednesday morning every month in Keighley Shared Church Hall. £2 per session. For more info phone Amy Baldwin & Michael Trott on 01535 669605.

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.

Sun 3rd May Tour de Yorkshire Mon 4th until Sat 9th May Keighley Playhouse Death in High Heels - Murder Mystery. www.keighleyplayhouse.co.uk 01535 604764

Sat 9th May A Night to Remember at Sunnybank Social Club 7pm onwards. The Look - fab entertainment plus raffle, tombola, fun & games. £5 per person (kids go free). Email 56adaytoremember@gmail.com for tickets. A charity event to commemorate the 30th Anniversary of the Bradford City Fire Disaster. All proceeds will be donated to the Plastic Surgery & Burns nit.

Sat 9th & Sun 10th May Bronte Vintage Gathering A Fun Day for all the Family. 10am at B6144 Haworth Road, Cullingworth, BD13 5EE. 01535 275535. Attractions include **Fairground, RAF Flypast, Bouncy Castle/Slides, Donkey Rides, Beer Tent, Food and lots more.**

Sat 9th May Table top new and old sale at the Steeton Community Hub



10.30 am to 3pm admission free.

Many stalls cakes, crafts, knitted items, glass and pottery, clothing, jigsaws, books etc...proceeds to Airedale hospital and other charities. All welcome. Enquiries to Diane 01535 658285.

Sat 9th May Yorkshire Craft Fair at Clarke Foley Centre Ilkley.

A regular and popular event showcasing a vast variety of crafts and gifts not available in standard high street shops.

Sat 9th May Craven Ramblers Meet at 10am Long Preston Railway Station 8.5 miles walk.

More info contact Joane & Linda 01729 841144.

Mon 11th May 6.00pm - 7.00pm New Reading Group NYCC

Crosshills Library Friendly discussions, extra long loans, Audio books available. Tel 01535 534502

Fri 15th, Sat 16th & Sun 17th 1940's Weekend in Haworth

Nostalgia through the streets of Haworth. Entertainment, Parades, Beer Tent, Vintage Stalls and so much more.

Fri 15th & Sat 16th 6pm - 9pm Museum at Night at Ingrow

Museum of Rail Travel. The doors will be open after hours once again. Enjoy live entertainment in the unique setting. Admission prices apply.

Fri 15th until Sun 17th May KWVR Why not let the train take

the strain as you travel to Haworth 1940s event in style ...travelling as you would have in the war years, use Keighley, Ingrow West or Oxenhope as a park and ride and let the train do the work

Sat 16th May 10.00am-12.00noon

Sale of Babies'and children's toys, clothes and equipment Nearly New condition. **St Stephen's Church Hall, Church Road, Steeton.** All proceeds to Christian Aid.

Sat 23rd May 12-4pm Haworth Car Boot Sale All weather football pitch, Acre Lane, Haworth. Further info www.haworthcarboot.co.uk.

Sun 24th May 2pm - 4pm Bandstand Concert at Cliffe Castle.

Thurs 28th until Sat 30th May Skipton Beer Festival at Ermysted's Grammer School, Gargrave Road, Skipton. skiptonbeerfestival.camra.org.uk.

Weds 3rd June until 22nd July Greener Garden Tours at East Riddlesden Hall at 11am - 12pm.

Every Wednesday. Join the Head Gardener, Jill for her free greener gardens tour. Learn about the methods she uses and discover how you can use some of our eco friendly techniques at home. tour is free with general admission prices.

Sat 6th June Saltaire Vintage Home & Fashion Fair at Victoria Hall Saltaire. 9.30am - 4pm.

Sat 6th June 12pm - 6pm Jumble & Pearl pop up Fayre Dalton Mills,

Dalton Lane, Keighley, BD21 4JH. Outdoors & indoors market. www.daltonmills.co.uk. Free entry. Free car park

Sun 7th June Skipton Car Show on the High Street. Retro, Classic, Hot Rod, Vintage, & American Cars in a free Car Show for all the family. During the day there will be a Charity Auction in addition to a display of over 180 spectacular cars + 40 bikes.

Sun 7th June Keighley Gala Full day of entertainment down at Victoria Park, Keighley.

Sun 7th June Mount up for Manorlands Hosted by the Coniston Hotel, Coniston Cold, this event gives participants the opportunity to tackle some of the fences used for their annual Hunter Trials in the Coniston Estate. The routes then head out on tracks, quiet lanes and bridleways up the dales towards Malham, before looping back to the start. www.sueryder.org/Get-involved/Events/All-events/2015/June/Mount-up-for-Manorlands or call Andrew Wood 07786273718.

Sun 7th June 11.30am -12pm East Riddlesden Hall Story Telling Sundays Free with general admission prices.

Sat 13th June Skipton Gala The parade travels through Skipton and ends up in Aireville Park where a variety of activities and games take place through the afternoon. Musicians provide a lively accompaniment to the events with entertainment continuing into the evening and finishing with a fireworks display. In addition to our normal celebrations, there will be events commemorating the signing of Magna Carta in 1215.

Please support local trade



Gluten Free Coconut Cake with Apple & Cinnamon Nut Topping

Given the rise in gluten intolerance and the increased demand for worthy options, the availability of ingredients like coconut flour has helped to revolutionise the world of baking. Most health food stores stock coconut flour and some of the major supermarkets do too.

This cake recipe is a good example of what is possible in terms of maximising flavour without compromising texture. You don't even have to make a song and dance about the fact that it is gluten free; the cake stands on its own merits.

For a distinctive New England flavour, you can substitute maple syrup for the honey in this recipe. I also had a few plums that were ripe when I baked this so I added them to the apples.

Enjoy! Mary George. Colorado Cookery.

Ingredients

For the Apples:

- 4 apples, peeled, cored and sliced thin
- 2 tablespoons of coconut oil
- ½ teaspoon ground cinnamon

For the Cake Batter:

- 1 cup (110g) coconut flour
- ½ teaspoon sea salt

- 1 teaspoon ground cinnamon
- 8 large eggs
- 1 teaspoon baking soda
- ½ cup (135g) plain whole yogurt
- 6 tablespoons unsalted butter or coconut oil, melted
- ½ cup (9 tablespoons) honey
- 1 tablespoon vanilla extract

For the Topping:

- 1½ cups (225g) nuts (almonds, walnuts, pecans, cashews, etc.)
- 2 teaspoons cinnamon
- 4 tablespoons honey

- 4 tablespoons unsalted butter or coconut oil cold, cut into tablespoons
- #### Instructions

Directions Melt butter in a large saute pan and add apples. Cook for 15 minutes, stirring every-so-often until apples are beginning to turn soft. Sprinkle with cinnamon. Cool completely. Preheat oven to 350°F and adjust rack to middle position. Place all the batter ingredients in a food processor or blender and blend until smooth. Pour batter into a buttered 9-inch springform pan. Wipe out food processor bowl with a paper towel or cloth. Place nuts, cinnamon, honey and butter in the bowl of a food processor. Pulse until nuts are coarsely chopped and ingredients bind together.

Place apples on top of cake batter in an even layer (some will overlap a bit). Drop spoonfuls of topping over batter. Cover loosely with foil. Bake for 25 minutes and then remove the foil. Bake an additional 20 minutes until golden brown and a cake tested inserted in the middle of the cake comes out clean. Cool for 1 1/2 hours. Cut and serve with a dollop of clotted cream for maximum enjoyment.

Say you saw it in the Worth Valley Mag!



PUTTING FEET FIRST

Now that the warm weather is 'hopefully' fast approaching it may be useful to discuss how to manage and reduce complications from having sweaty feet.

Many people may feel this is reduced in the summer months especially if wearing sandals, but areas of the feet still can become sore and painful mainly due to the increase of moisture on the surface of the skin particularly between the toes.

Many of the factors highlighted below are not only due to the warm weather so many of the 'what can be done' tips will help all year round.

Sweaty Feet

Most people from time to time will suffer foot perspiration and odour; however, for some people this becomes a persistent problem, this condition is known medically as 'hyperhidrosis' meaning excessively sweating feet.

Sweaty feet can be caused by factors such as:

- Occupational – standing on your feet all day
- Feet under strain due to structural problems within the foot
- Pain
- Hot weather
- Eating spicy hot and spicy foods
- Inherited condition
- Over-active sweat glands within the feet which can be triggered by hormonal changes e.g. stress/anxiety
- Medical disorder such as an over active thyroid (hyperthyroidism)
- Wearing occlusive footwear (as worn in

industry e.g. Steel toe caps and/or trainers

As well as experiencing sweaty feet, odour can also become an embarrassment. The odour (bromidrosis) is caused by bacteria on the skin breaking down the sweat. A common problem that is associated with sweaty feet is minor skin infections (bacterial or fungal) such as athletes' foot. As a result of this sweat rashes can occur on the feet.

Mechanical strain within the foot can change the integrity of the skin and perhaps cause both moisture between the toes and dryness around the heel which can then lead to



cracked skin (fissures)

What can be done?

There are a few basic strategies which may alleviate or help reduce the problem:

- Footwear - leather shoes are preferred if possible

because they help the feet to 'breathe'. Do not wear the same pair every day, let them dry out before wearing again

- Insoles - that can be removed and/or aired/washed.
- Socks - that are made from natural fibres such as cotton, wool or a mixture of cotton and wool
- Soaking your feet twice a week in an anti-bacterial foot bath perhaps containing tea tree or use anti-bacterial soap such as Hibiscrub (dry thoroughly particularly between the toes) will also help in reducing problems associated with sweaty feet.

Christine Harker,

Heel2Toe 07504 714072

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Contact Liz or Jo.
01535 642227



Sudoku solutions

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

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

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