

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

September 2016

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It's been a good year for summer fruit, and if ever there was a perfect month for crumble, September is it! Do try the Apple and Blackcurrant recipe on page 10, or order it the next time you visit 3 Acres in Crossroads; you won't be disappointed.

School children may be back in the classroom but many parents are considering options for next year. David Wood, Deputy at Woodhouse Grove, gives some wise council and practical advice for making informed choices in the months ahead.

Have fun and keep fit at the same time with Jive classes at The Octagon in Sandbeds...see page 9 for more details. There is also a walk on our centre pages which you can pull out and head for the great outdoors. Enjoy September.



Liz Barker



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THURSDAY
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MAKING AN INFORMED CHOICE – PAINT YOUR OWN PICTURE

It would be fair to say that making a decision about which school to select for your children's education is one of the biggest emotional "purchases" any parent will ever make.

Reputation, school car park chatter and "dinner party talk" may have coloured your picture of a particular school and that decision is further complicated by the plethora of information available to you. So how to progress?

1. Set aside any preconceptions garnered over the years and draw up a short list of possible schools that you believe may suit the particular nature of each of your children. Then determine to get under the skin of the school!

2. Visit the school's open days. Inevitably, these will show you the school in its best clothes, and they should impress, but you can gather so much more from these days by taking the opportunity to talk to the students, observe their interactions with staff and get a feel for their enthusiasm for their school.

3. Visit and tour the school on a normal school day. How does the school "feel"? Peer through classroom windows – are pupils engaged and involved.

4. Arrange for a meeting with a key member of staff. Discuss the particular strengths and

weaknesses of your child. Remember to dig below the surface of any published exam results or academic achievements. Such things must always be taken in context. Consider just how much value the school is adding. Discuss class sizes and setting arrangements.

5. Do you know any other parents of students at the school? If so, seek out their views – has it been the right choice for them, and why? How do their children feel about their school?

6. Is it convenient? How much of the day is going to be "lost" in transit? Are there convenient bus or train links? Is breakfast and or an evening meal available should they need to stay on at school or arrive early?

7. Is my son or daughter going to be known by all members of staff? Consider the schools size and fit. Are my son or daughter's horizons going to be broadened by the people and the opportunities at this school?

8. Most importantly, involve your son or daughter in as much of the process as possible. It needs to be a shared journey to a final decision.

Of course there are so many other questions and any good school should be happy to spend time in helping you make the right choice. The key to this particular journey is to set any prejudice aside and begin painting your own picture of a school that you believe fits around your individual child. Once complete, paint your child in, comfortable that you have done all you can to help secure their future in the right environment.

David Wood – Deputy Head (External Relations), Woodhouse Grove School



Open Mornings 24 September and 19 November 2016



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All meals are included in our fees and pupils are offered the option of breakfast, lunch and dinner.



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01535 677177 admin@khl.org.uk khl.org.uk

Keighley Healthy Living (KHL) is a local organisation which aims to support the wellbeing of the people of Keighley and has recently launched an important new initiative in schools and youth groups across Keighley and the Bradford district called 'Bubble Trouble'. The four week activity based course is designed to raise awareness about the alarming amounts of added sugar frequently found in soft drinks, and aims to support children and adults to make healthier drink choices.

The reason the Bubble Trouble programme is important is that prevalence of type 2 diabetes and obesity in Bradford is considerably higher than the national average. The UK population overall is consuming sugars added to foods and drinks in quantities which frequently exceed daily recommendations. Research suggests that is because of added sugars 'hidden' in many drinks and processed foods, as well as foods purchased from takeaways and restaurants. This is why it is important to give young people skills in identifying how much sugar their food contains, so they can make habit and behaviour changes that may benefit their future health.

Most people are really surprised when they are shown the amount of sugar in some popular drinks, for example, a 500ml bottle of coke contains around 14 sugar cubes which is double the amount of added sugar that a child, aged 11, should consume over an entire day.

Ideally we should be all drinking more plain water, plain milk and sugar free drinks, and only having a sugary drink occasionally.



How much do you know about sugar in drinks?

1. How many glasses of fluid should we drink each day?

- 2 - 4 Glasses
- 4 - 6 Glasses
- 6 - 8 Glasses
- 8 - 10 Glasses

2. Kids over 11 should have no more than? of added sugar per day

- 48g
- 36g
- 28g
- 4g

3. On a drinks label how many grams of sugar means its low in sugars

- Less than 18g per 100ml
- Less than 5g per 100ml
- Less than 10g per 100ml
- Less than 25g per 100ml

4. What type of problems might eating or drinking too much sugar cause?

- Type 2 Diabetes
- Weight gain
- Dental cavities
- All of these

5. What drinks would be a healthy swap to a sugary fizzy drink?

- water
- strawberry milkshake
- semi-skimmed milk
- Capri-Sun

Answers: 1 - 6-8, 2- 28g, 3- Less than 5g, 4- All of the above, 5- Water/Milk

If you would like to find out more about bubble trouble, healthy lifestyle and cooking courses for adults and children please ring KHL on **01535 677177** or visit our website **www.khl.org.uk** (Say you saw it in the Aire Valley Mag!)



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LEARNING TO JIVE
 (The most fun you can have with your clothes on!)



Jive came to England in the 1940's, now 70+ years later its still going strong because of classes like JIVE CLASS (based at the OctagonLive) where they run 8 week jive courses for absolute beginners. Teachers Sue & Nigel have taught hundreds of people of all ages to learn this great dance, opening up a totally new exciting social life for them and making many new friends.

JIVE CLASS has proved the most ardent "I've got two left feet" people wrong many times. Sue & Nigel say they might feel out of their comfort zone, but if you can count to 3, anyone can learn to Jive as there are only 3 basic steps to remember.

Each 8 week beginners course is designed to have people dancing a.s.a.p, and everyone is dancing by the end of the first lesson! Then each week they review what was taught the previous week before the next new move is added, so that a steady gradual build up of jive moves is achieved.

If you've ever watched with envy people jiving away and having a great time in the

process, wishing you could do that, the answer is right on your doorstep at the OctagonLive. JIVE CLASS is just waiting to help. So if you want to join the next 8 week beginners course or require any further information - see the main advert for contact details - Sue & Nigel will be only too happy to assist you.

For anyone who can already jive, JIVE CLASS also run an Intermediate level 8 week course. So if you would like to expand your repertoire of jive dance moves plus make new friendships, the OctagonLive is the place to be!



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Friday 9th September - 7pm
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Saturday 24th September - 8pm
Deep C Divas in Concert £12
Having previously played at Sydney opera House and other much larger venues, now Deep C Divas and River Wolton will be joining us for an intimate evening of poetry & song with a delightful mix of music from 8pm. Join us for a pre-concert meal. (Pre-booking & pre-ordering is essential for this popular event.)

Save the Dates: **Special Christmas evenings**
Friday 9th & 16th December - details to follow!

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Sudoku

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

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

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

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

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.

Where in the Aire Valley? COMPETITION

Where is the red x located in the photo to the right? ?
This month's prize is generously donated by
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Day Rover Pass

Email your answer to:
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The winner will be selected from all correct answers received by 18th September 2016



Last month's location was St. Thomas' Church, Sutton. The winner was Maureen Basierak from Sutton.

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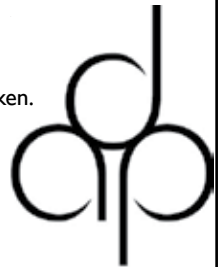
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'Acres Apple & Blackcurrant Crumble'

by Tom Hudson, Head Chef at 3 Acres

Section 1 - Crumble Topping

Ingredients

250g plain flour
125g caster sugar
125g unsalted butter
50g oats

Method -

1. Rub the butter into the flour before adding sugar and oats.
2. A light breadcrumb texture is required to ensure the crumble is light and fluffy.
3. Set to one side for later use.

Section 2 - Crumble Filling

Ingredients

4 cooking apples
30g unsalted butter

1 tsp ground cinnamon
150g Yorkshire blackcurrants
50g caster sugar
50g light brown sugar

Method -

1. Core apples and dice into 2cm cubes.
2. Place butter in a saucepan and heat on the hob until melted.
3. Then add apples and cook for three minutes.
4. Next add your blackcurrants and cinnamon and cook for a further five minutes on a low to medium heat until fruit is soft.
5. Add caster sugar and light brown sugar to mix. Reduce for a further ten minutes.
6. Then cool.

To serve - add filling to overproof dish, cover with crumble topping and bake for 7-10 minutes at 180c degrees - enjoy with homemade custard or vanilla ice-cream.



Tom Hudson with Paul Malyon, chefs at the 3 Acres, heading up the kitchen and catering team. Tom has recently completed his degree programme in nutrition, health, and life style.

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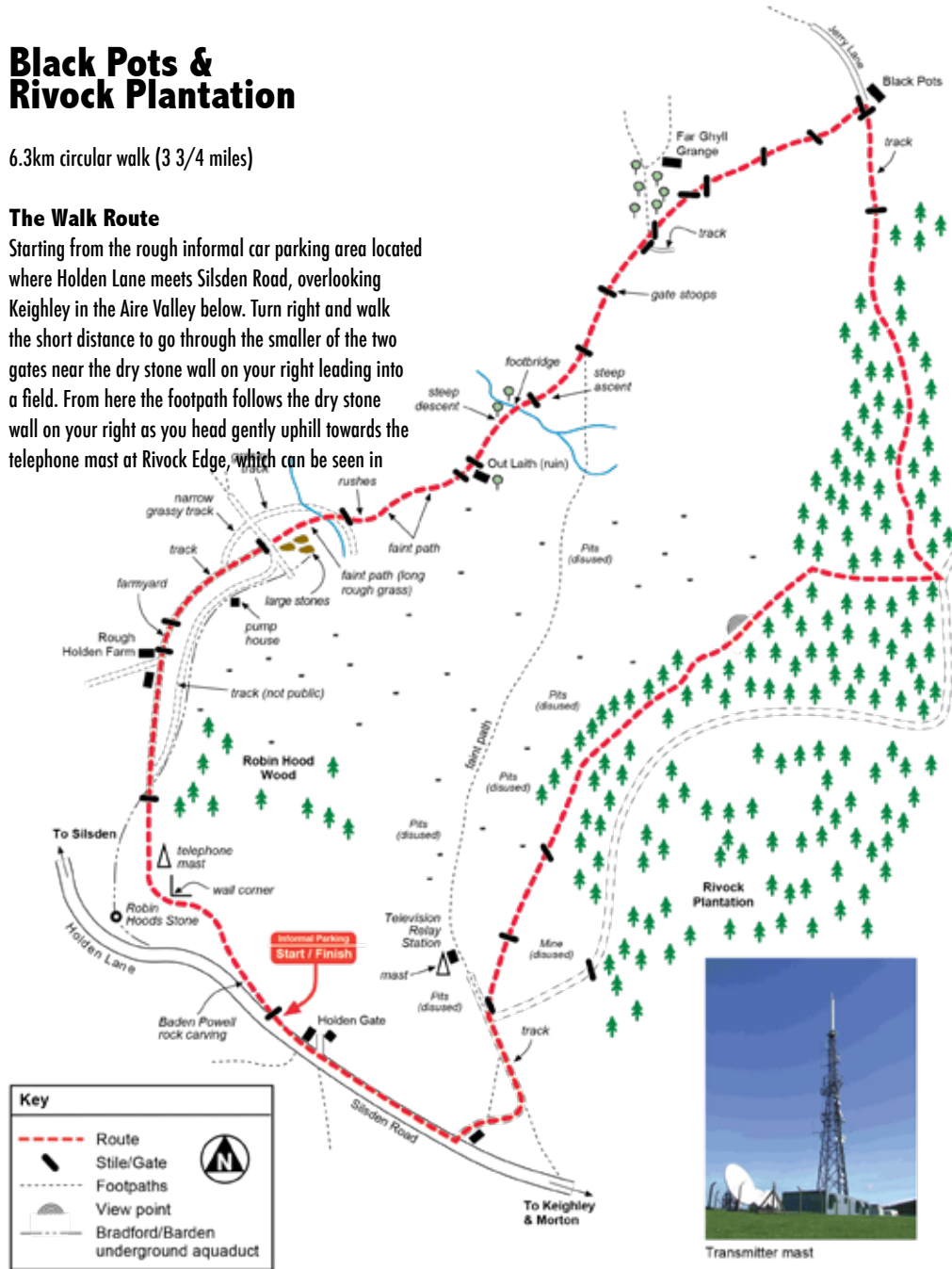
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Black Pots & Rivock Plantation

6.3km circular walk (3 3/4 miles)

The Walk Route

Starting from the rough informal car parking area located where Holden Lane meets Silsden Road, overlooking Keighley in the Aire Valley below. Turn right and walk the short distance to go through the smaller of the two gates near the dry stone wall on your right leading into a field. From here the footpath follows the dry stone wall on your right as you head gently uphill towards the telephone mast at Rivock Edge, which can be seen in



the distance. On nearing the mast at the top of the incline bear right at the wall corner to follow the well trodden path down a gentle slope, passing in front of the fenced off

compound of the telephone mast on your right, as you make your way down to the field gate and stile. Through the gate or over the stile, the path becomes a wide grassy track. From here follow the stone wall on your

left as you make your way gently downhill, eventually passing the two farm houses on the left at Rough Holden Farm, before going through a field gate in what is best described as a farmyard with old buildings, discarded farm implements and junk. Follow the obvious track through the farmyard to exit via another field gate and continue along the track, passing below the stone built pump house on the hillside on your right, which is built over the Wharfe Aqueduct.

Just beyond the pump house the track divides, here continue to follow the well-defined track, as it bears right up a slight incline to a field gate at the corner where the track turns right. Go through the gateway ignoring the obvious track which turns sharply left downhill, to walk straight ahead passing the pile of large stones on your right and up the grassy bank to walk through the long grass across the field. After a short distance the path crosses a small stream and eventually reaches a gateway in the post and wire fence. Through the fence our route bears to the left, walking through the rushes across the rough intake land heading for the derelict building of Out Laith which can be clearly seen ahead beneath the mature tree. On reaching Out Laith climb the stile to the left of the building over the dry stone wall and down a small dip in the surface of the field, climbing up the other side to go over a second stile which will lead you into a field to the rear of the building.

Continue up the second field straight ahead, cutting across the right hand corner of the field to where the grass path gives way to a well used limestone farm track, adjacent to a farm gate on your right. Here walk along the limestone track for approx 25yds (23m) to a stile in the dry stone wall on your right beneath the first mature tree on your right. Climb the stile over the wall into the next field to follow the path diagonally to your left to the next stile, located half way up the dry stone wall, which can be seen directly ahead. Over this stile turn right uphill for the short distance to the next stile over the old fencing next to a field gate to continue across the field by bearing slightly to your left, heading for the narrow field gate in the top left hand corner of the field.

Through the gateway follow the dry stone wall on your left until you reach the stile through the wall on your left just beyond the gap with the rusty metal railings. Climb the

stile and head straight across the field towards the stile in front of the building at Blackpots, which can be seen ahead. Climb over the stile in front of Blackpots onto a wide farm track (Jerry Lane) and turn right through a field gate to continue following the track through a second gate before starting a short climb into the trees of the Rivock Edge plantation (for more information see 'just for interest along the way'). Follow the well-defined path between the trees of the plantation, only occasionally seeing daylight, before eventually emerging out onto a wide limestone forestry road. Turn right here along the limestone road for approx 20yds (18m) before turning sharp right off the road again to walk in the darkness under the canopy of the trees. Follow the well defined path, which eventually breaks tree cover to give a panoramic view along the Airedale valley and beyond. At the end of the clearing bear left up an incline back into the gloom and darkness of the plantation, before exiting the plantation via a metal gate into a field.

Once in the field the path is straight ahead, heading for a gateway slightly to the left of the television mast which can be seen in the distance. Through the gateway continue in the same direction in the second field and through a second gateway to join the limestone track near to the television mast. Turn left along the limestone track following it as it eventually bears right downhill past a couple of farm buildings on your left and through a gate out onto the busy Silsden to Morton road. Turn right to walk along this busy country road for approx 1/4 mile to get back to where you started your walk at Holden Gate.

We hope you enjoyed your walk. If so tell your friends, if not, or you have encountered any problems please tell us at:

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Dept of Regeneration**

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Originating from Bradford, the first **Smokie** line up was formed by school friends Chris Norman, Ron Kelly and Alan Silson. In July 1975, after several name changes and recording contracts Smokie had a top-five UK hit with "If you think you know how to love me". Further success followed with a total of 15 top 20 hits including "Living Next door to Alice" which was No. 1 in Germany for nine weeks. The band sold in excess of 30 million records worldwide.

Contact **01274 567 983** for tickets.

Sudoku Solutions

Solutions:

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

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

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

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

Fallfest 2016

Friday 9th – Sunday 11th September

For tickets more further info
www.fallfest.co.uk
08438 86 89 49 / 01535 632976

Friday – Welcome to Fallfest "Dahling" Tickets £8/£11 inc. light supper (student discount).

A Stephen Berkoff comedy, "Darling you were Marvellous" pokes fun at pretentious thespians whilst recognising their loneliness and insecurities. Bar Opens 7pm Starts 7.30pm.

Saturday Evening – Filmharmonic Tickets £18–£20. Students £10.

Airedale Symphony Orchestra take us to the movies with themes from Harry Potter. Pirates of the Caribbean, 2001, Bond, Dambusters and many more. With special guest Mezzo – Soprano Kathleen Wilkinson (Royal Opera House/Glyndebourne). Starts at 7.30pm.

Sunday – Workshop: 007 Has the World had Enough?

Catherine Owens (former BBC producer and media studies lecturer) leads an interactive session, exploring the evolution of Bond. Including clips from Bond. Starts 1.45pm.

Sunday – "METROPOLIS" Fritz Lang's 1927 film classic

Looks at the lives enjoyed by rulers above ground, compared to the dystopia that lies beneath. Metropolis is now enjoying a re-vamp through the commissioning of Affen and Smithson by the BFI – creating a newsoundscape more relevant to a modern audience.

We are delighted to have secured this with Lee and Richard performing the score live followed by a talkback session. Starts 4pm.

Glusburn Community & Arts Centre, Colne Road, Glusburn, BD20 8PJ



All go at Glusburn Institute this autumn

This autumn sees the launch of a number of new activities and groups at Glusburn Institute. The Institute has for long been an impressive landmark in the landscape of Glusburn and Cross Hills through the last hundred years. The regular weekly activities are augmented by one-off events and programmes that ensure there is something for everyone. The sixth Fallfest takes place this

September (9th – 11th), with some truly original and exciting programming. (see details above).

Then when the dust has settled there will be new groups starting at the Institute to expand the programme open to everyone week on week. Fancy 'Singing for fun' in an informal friendly group? Join us on Tuesday mornings. On Wednesdays you can try out some gentle seated exercise in the morning, have a hot meal at the luncheon club, and even stay for Funky Flower arranging in the afternoon. Also on Tuesdays there will be a Pie and Peas and games lunch, plus the chance to start your Family History research in the afternoon. More information about these groups is included in the community pages; contact the Institute direct on **01535 630223** or look at the website at www.glusburn.institute. **We look forward to seeing you!**



Get online with the help of Airedale Enterprise in Keighley and **Get Online Week!** **October 17-23** will see **FREE** events take place in communities all across the country, showing people **how**

the internet can make life easier, cheaper, healthier and more fun!

The 2016 campaign is the tenth Get Online Week, and in the last decade it's helped almost 500,000 people discover the benefits of getting online, and **you or someone you know could be next!**

Whether you're looking for help making better use of the internet to find work or save money, or if you'd like support getting a friend or family member online, Airedale Enterprise Services, your local support centre, can provide the wherewithal to make it happen!

Arthur Mills, 87, is already seeing the benefits. After being encouraged to get a computer by his daughter Sue, he said: "I think the internet has given me extra life I'm convinced of that. I don't think I'd be around by now if I didn't have that, I really don't. They taught me to shop online, I do my banking online I do everything online now. It's so much easier for people and even better it's really brought me out of myself, too."

For Rob Smedley, 40, from Doncaster, digital skills meant getting back into work for the first time in three years. He says: "With advice



and guidance I dusted off and updated my old CV, brushed up on my rusty computer skills and internet etiquette, and did some mock interviews. And gradually my confidence started to grow again as I got up to speed. It was massive.

Exactly what I needed, and a real turning point in my life."

Rachel Littleford, 30 from Doncaster has used

the internet to manage a longterm condition and support the health of her daughter after getting online. She tells us: "After I got diagnosed with a serious condition I wasn't really in the best place to ask the right questions. But I could go away and look things up online. I found out lots more information, and many stories from people living with the same condition. That really helped me."

For a **Get Online Week** event near you visit www.getonlineweek.com or call Lynne at **Airedale Enterprise Services on 01535 607775** and ask for help with digital skills.

Say you saw it in the Aire Valley Mag!

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A Farewell to Summer



As we say farewell to the summer, when we enjoyed the sunshine (and some bit less clement weather too) from the top deck of the open-top vintage 'bus that was providing a much-needed link between the Parsonage, Main Street and Haworth Station, we can look forward to a great season of events to see us through the Autumn.



It would be remiss of me not to mention that it's not too long until the big man and his trusty reindeer will be doing

the rounds, joining us to enjoy the Santa Special trains in the run up to Christmas. We received requests to open booking as early as January, and with us having opened the on-line booking in July, some trains on Christmas Eve and some other days are all but full, so please do visit the website to book on-line soon to avoid disappointment.

We have lots to enjoy between now and Christmas, including the **Steam Spectacular weekend, 7-10 October**, which will be the first event in a long

while to which we can welcome visiting locomotives thanks to restrictions being lifted that had prevented road access.

Then later in **October (20-23rd) it's the annual Beer and Music Festival**, with a range of over 150 real ales and a variety of music to suit all tastes (or



cider and wine if you prefer!) with bars at Keighley and Oxenhope as well as on board the trains.

I'm very pleased that we continue to support our chosen charity, the Sue Ryder Manorlands hospice at Oxenhope, and are supporting their fund-raising **Starlight Hike on 3rd September** for which we wish them every success. Our own fund-raising effort is directed to the overhaul of one of the two steam locomotives that hauled the re-opening train in June 1968. We hope to be able to recreate that reopening train at our 50th Anniversary of the achievement of the Preservation Society's founders. It is difficult to imagine what the Valley would be like without the sight of sound of steam trains running every weekend and during school holidays throughout the year, but without the commitment, vision and enthusiasm of the founding members of the society we would not have reestablished the rail link between Keighley and Oxenhope that is so easy to take for granted.

Details of our fund raising 'Ivatt Appeal' and the special events can be found on the Railway's website, and we look forward to welcoming you on board soon. Matt Stroh

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Ian can be contacted on **07788417067** or **01422 832100**
Prefer to e-mail? ianw@brighterfs.com or visit the website www.brighterfs.com

We look forward to being of help to you

Say you saw it in the Aire Valley Mag!

Dementia Friendly Keighley classes are every Monday 11.15am -12pm at Central Hall, Keighley, BD21 3JD (£3 donation per session) More info call 07971 527525 or email info@dementiafriendlykeighley.org.uk.

Every Monday at 4pm (except bank holidays) **Spring Walks** - go walking with KHL. Short hour long walks around Devonshire Park, Cliffe Castle Park, River Worth & Parkwood. Starting from KHL, 13 Scott Street, Keighley, BD21 2JH (behind the library) More info call 01535 677177.

Games Morning At Keighley Healthy Living, 13 Scott Street Keighley. Every Thursday -10am until 12pm. Socialise over a cuppa, come and play some cards, dominoes & board games. Relax with a newspaper. Find out about local groups & clubs. Please call 01535 677177 for more details.

Coffee Stop Every Friday 10.30am - noon at Trinity Church, Fell Lane, Keighley, Serving Fairtrade coffee & tea. Call in for a friendly chat.

Church Green 50+ Ruggers meet in the Shared Church Hall (between Church Green & Morrisons in Keighley) on the first Wednesday in every month, 10.00-12.00hrs. . £2 per session. Refreshments available in Age UK cafe next door. Phone Amy or Michael on 01535 669605 or email amy@oaktex.co.uk

Sat 3rd Sept Keighley & District Agricultural Show Family Day Out - Everyone Welcome Fur & Feather - Pygmy Goats - Livestock - Equestrian - Handicraft/Produce - Horticulture - Flowers - Vintage Tractors - Trade Stands - Craft & Local Food and many



other attractions.

Sat 3rd Sept Train rides for all the family. Miniature trains running at **Marley sports field next to Keighley Show, approx.12:00 until approx.17:00.** Steam and electric trains providing trips for all ages. Great family afternoon out. Refreshments available. Details at www.kdmes.org.uk/trains.htm

Sun 4th Sept 12-5pm Jumble & Pearl Family Pop up Fair at the Old School Rooms Haworth.

Mon 5th Sept 2 pm - 3.30 pm Meeting Point at Trinity Church, Fell Lane, Mr Maurice Baren "Up the High Street".

Weds 7th Sept (every Wednesday) 2-4pm at Cobbles & Clay, Haworth Creative Writing Group for beginners & professionals. Run by a professional teacher. Call Hilary to book your place 07428773772.

Thurs 8th until Sun 11th Sept 10am - 4pm Rail Story at Ingrow Loco, Ingrow Bridge, South Street, Keighley (part of Heritage Open Days) Rail Story is the home of the Bahamas Locomotive Society which cares for LMS Jubilee 45596 Bahamas, LNWR Coal Tank 1054, Hudswell Clarke Nunlow, Andrew Barclay Tiny and an impressive collection of railway exhibits. Guided tours of the museum, workshop and yard will be offered. New this year will be the participation of the Vintage Carriage Trust, the Carriage Museum

also situated at Ingrow. who will also be offering tours of the museum and workshop and in addition the new learning coach on the Station will be open for visitors.

Fri 9th until Sun 18th Sept Saltaire Festival 2016 Highlights include comedy, theatre, live music, craft markets, continental market, exhibitions, open gardens and pop-up events. More info www.saltairefestival.co.uk.

Fri 9th until Sun 11th Sept Bronte Festival of Women's Writing at Bronte Parsonage Charlotte, Emily and Anne Bronte were pioneering women writers and continue to inspire contemporary literature in limitless ways. The Museum is delighted to be hosting its sixth festival dedicated to showcasing and celebrating women's writing and has partnered with Mslexia to present a weekend of talks, readings, performances and workshops. Events take place at various venues throughout the village

Sat 10th Sept 10 am - 5pm Keighley Shared Church, Church Street, Keighley (part of the Heritage Open Days) Visit Grade II listed building, built 1848, designed by R.D. Chantrell. Display including parish registers going back to 1960, and memorabilia.

Sat 10th Sept 11am Heritage Open Day Battle of the Somme film. Men of Worth Exhibition at Keighley Library -

andy.wade@blueyonder.co.uk
Sat 10th Sept 2pm - 3pm Heritage Open Day Tour of Alice's Adventures in Wonderland Exhibition at Cliffe Castle, Keighley. Booking Essential 01535 618237

Thurs 15th Sept 12.45pm -2.45pm You're Worth It Skills, Feelings & Decision making at Rainbow Childrens Centre Braithwaite. Booking 01535 618300.

Sun 18th Sept 11.30am - 3pm Wedding Fayre at the 3 Acres, Bingley Road, Lees Moor, Crossroads, Keighley, BD21 5QE. FREE event.

Sun 18th Sept 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. Great family afternoon out.

Refreshments available. Details at www.kdmes.org.uk/trains.htm
Sat 24th Sept 10 am - 4pm Keighley's Big Day Out - Keighley Art, Music, Literature & Dance
Sat 24th Sept 7.30pm Spirit of Smokie at Bingley Arts Centre. 01274 567983 or www.ticketsource.co.uk/bingleyartscentre.

Sun 25th Sept Museum Open Day at Keighley Bus Museum, River Technology Park, Riverside, Dalton Lane, Keighley
Fri 30th Sept - Sun 2nd Oct 6pm at Haworth Community Centre Isabella & Charlie's Cocktails & Comedy Festival. Event in aid of Sue Ryder Manorlands. www.facebook.com/cocktailandcomedyfest. or 01535 643608

Mon 3rd Oct 2 pm - 3.30 pm Meeting Point at Trinity Church, Fell Lane, Mrs Dorothy Burrows "Scotland & Wales".

Gardening

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It doesn't seem two minutes since we were getting the ground ready for sowing the summer seeds and here we are now nearing the end of another growing season.

Hopefully you will have lots of produce to harvest in the vegetable garden which will keep your kitchen stocked up for a while.

It has been such a strange summer with some days feeling more like an autumn day. This has obviously affected some crops but I suppose we are all now used to the great British summer. There generally seems to have been heavy crops of fruit so carry on picking and freezing to get stocked up for the winter.

Lift those main crop potatoes and store in a cool, dark place. Two weeks before you lift your potatoes cut the top growth to ground level as this will help to harden the skins. Once the leaves of your onions begin to flop shows that they are ready to harvest. Hang up in bundles or lay on a greenhouse bench to dry off.

Place something like a piece of wood, slate or some straw under your pumpkins, marrows and squashes to lift them off the ground and stop them from rotting. Remove any leaves covering the crops that

might stop their development.

Now is the time to plant spring cabbage and winter onion sets. Once you have harvested all your peas and beans simply cut off the top growth to ground level and leave the roots in to rot down as they will release nitrogen into the soil.

In the flower garden carry on feeding and dead heading to help prolong the flowering season.

Divide any herbaceous perennials and plant in their new positions while the soil is still warm but usually wetter. For the same reason plant any new shrubs to give them a good start for next year.

Prune your climbing and rambling roses as they finish flowering.

Now is the time to start picking out your preferred spring bulbs. The selection of varieties and colours is now unbelievable and are such good value for money. Most can be planted and left to come up year after year, getting better with age.

Retailers and garden centres will now be starting to get stocked up with spring bedding plants such as pansies, polyanthus, bellis daisies and myosotis. Once again the varieties and colours are unbelievable and they can be used to fill up the gaps as your summer bedding dies off.



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Baba Ganoush dip

I am always looking for tasty and flavoursome food that I can eat and share with people. This is my simple version of a Middle-Eastern dish that you may find familiar if you have been to Greece or any Mediterranean country or island.



It is aubergine with a burnt skin that gives the smokey aroma to the dish. It is really good with crunchy vegetable sticks to dip in it like carrot sticks. Something has to be really tasty to get me

away from the crisps and this carrot and aubergine combination is the thing that has achieved that!

The two tricks are to firstly get the smokey flavour, this only comes with practice, and the second is to slowly add the lemon juice, cumin and seasoning bit by bit at the end, so that you get the taste just right. You don't have to roast the garlic before adding, but it does enhance the flavour to special levels if you take the time to do this, otherwise just add some raw chopped garlic for a quicker and still tasty dip.

Ingredients:

1 Aubergine (small to medium sized)

1 Whole Garlic bulb if roasting (unpeeled) or 1-2 crushed cloves
Desert spoon of Tahini paste

1/2- 1 Teaspoon Cumin powder

Freshly squeezed lemon juice from 1 lemon , Salt and pepper to taste

Instructions:

If you know you would like this tasty dip in the near future, then when you are baking something like tomatoes or potatoes in the oven, then just pop the whole bulb of garlic into the oven next to them. It will bake in about half an hour on 180oC. When you are ready to use it, or when it has cooled down, just snip the top off and squeeze as if a toothpaste tube. Delicious goo will come out.

Secondly, you need to char your whole aubergine. I do this by putting it under the grill, very hot. Keep turning until the whole outside skin is largely burnt! Once it is cooled you can carefully peel and scoop out the cooked flesh. It takes a few times to master this. Don't get burnt, but it is worth persevering with. In a bowl blend together the aubergine and garlic goos using a stick blender, add the tahini paste. Then add the cumin, lemon juice, salt and pepper until you have just the taste you want. Serve with very crunchy vegetable sticks.

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