

# AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

September 2020



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Looking for something to be cheerful about is a daily practice worth implementing. 'Count your blessings' is another way of putting it.

Of course, you may as well enjoy yourself along the way. Whether you are in full lock down, self isolation or at liberty to be out and about, find something to be grateful for and you will feel the benefits of this kind of attitude.

Steels Coach Tours are back and ready to roll again. Take a look at their 2020 tours on page 5...Why not get your self booked on the Mystery weekend this month!

Bolton Abbey has opened their Welly Walk trail; this is something the whole family can enjoy together. Take the dog, pack a picnic and enjoy the woods as the colours begin to turn golden.

Have a lovely September.

Be well and stay safe.

Editor Liz Barker

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September 2020

**Onwards to the season of Mellow Fruitfulness** by Lee Senior

Autumn beckons and our vegetable plots could really do with a spring clean! There is a tired, end of season look now in some areas of our plots. At this time of year there is a lot of spent plant foliage and this will increase as our summer cropping vegetables come to an end as the weather turns colder. However, some summer stalwarts should last until the first frosts. Keep cropping your runner beans as often as you can. During mild spells more beans will still be produced.



In our part of the world September is the main month for harvesting sweet corn. Meanwhile courgettes should soldier on until October, given mild weather. It is a similar story with pumpkins and squash as long as there is no frost.

Happily, next month heralds the start of the tree fruit cropping season and that is something to look forward to. Some early varieties of apples are ready from mid-September, but do bear in mind we are having quite a late year.

With all this decaying plant material there is no better time to start a new compost bin. Almost all above ground non-diseased plant remains can be composted. It is better to have at least two bins operating at the same time. One bin can then be filled and left to rot down, while the other is started on with fresh material and so on.

Manure can be Green too! When we think about it we ask a lot

from our plots over the course of a year. It is therefore essential to enrich the soil when we can. Green manures will help. They are wonderfully easy and do a fine job in improving our heavily used soil. At this time of year there will be gaps on our plots

and sowing a quick maturing green manure now is well worth the effort. Red Clover is a particular favourite of mine. The resulting green carpet of young plants stops leaching of soil nutrients from heavy winter rains. Some nitrogen will also be added to the soil when the clover is chopped

up and dug in during next spring before flowering commences. The seed can be sown easily at a handful per 3grams per square metre, widely broadcast in weed free soil. There is no need for dedicated rows. Lightly rake over and the job is done.

In the flower garden our summer bedding should last until the first frosts. This too can be composted once you remove it in preparation for autumn planted bedding.

Sweet Peas and late season asters are prone to mildew at this time of year. Simply remove any unsightly foliage by hand to improve their appearance.

Lee Senior is a horticultural consultant. Lee is also an RHS Regional judge and 'Yorkshire In Bloom' specialist. Lee has written the local walking book 'Walking in the Aire' which is available to purchase via Facebook.

Email Lee at: [allotmentsguru@gmail.com](mailto:allotmentsguru@gmail.com) or for more information his website is: <https://allotmentsandgreenspaces.wordpress.com/>

# Keybury, a company you can rely on

I recently spoke to a customer who had his intruder alarm system installed in the 80's by Frank – our MD. This sort of conversation isn't unusual as so many of our customers have been part of the Keybury family for decades. Frank no longer installs the systems but he's still regularly found at our Keighley offices with his trusty side kick, Fergus the dog. (Fergus has more 'ripping out' experience than 'installing'). Frank and Tricia – husband and wife MD team – head up our 50 strong local team.

When we began back in 1982 the aim was to provide a high quality reliable local security service to give our customers "peace of mind". Fast forward to today, and even in the "new normal" we're still providing peace of mind with

everything from the way our team work to the quality equipment that protects our customers. Some of our fantastic team worked throughout the lockdown period as we continued to provide 24-hour emergency break down cover for our customers as Key Workers; Reliability is one of our core company values.

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## Sudoku

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

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

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

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

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?

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## Brontë Parsonage THE MUSEUM UNLOCKED

What is it about the Brontës? The worldwide fascination?

I still remember my first visit to Haworth. Dad took us one summer. It was so long ago that there was no Rawdon Road. The only approach was up the famous cobbles - or setts, to give them their proper name.

After touring the Parsonage - saucer-eyed and enthralled - I spent my pocket money on a ribboned bookmark on which was printed a Charlotte poem. Back at school, when we had to say what we did during the school holidays, I struck a dramatic pose and recited it by heart.

Since then I have learned loads more about the Brontës - and that striking a dramatic pose never has the desired effect.

I never dreamed back then that the magic was going to last. That later I would come to live in Haworth and work at the Parsonage for a few years.

And as the spell is still unbroken, when staff open the door again they will be surprised to find me outside in my sleeping bag, having camped on the steps for six months.

How I've missed being able to go inside, any day, to experience that special atmosphere and breathe in the remaining molecules of genius!

More than 30 years ago I joined the Brontë Society, having delayed too long in the mistaken belief that it would be made up of tweedy academics who would find me a bit.... well, thick.

Instead I found a tribe of like-minded, lively people of all ages and type, made great friends, attended countless events and went on trips to Belgium and Ireland.

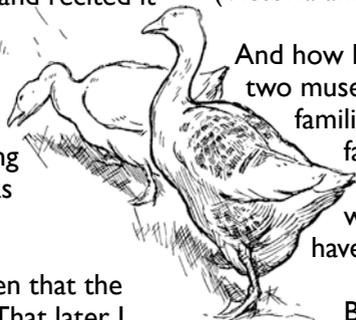
There's been a lot of fun, too. How proud I was to be part of the team that took the quiz night honours by knowing the name of the Brontës' geese (Victoria and Adelaide).

And how I giggled when I overheard two museum visitors - not yet familiar with the role of the family's faithful Tabitha Ackroyd - questioning who Tabby was. "It must have been the cat" said one.

But one of the best moments came during a panel event in which a leading contemporary author dared to express the view that *Wuthering Heights* was not such a great novel.

The tense silence that followed was broken by one of our staunchest enthusiasts, a forthright young Yorkshireman. "Yeah," he said. "But who'll be coming round to your house in 200 years".

- Beth Cunningham



## Welcome back to the Brontë Parsonage Museum!

Open 10am to 5pm Wednesday to Sunday from Friday 4 September.  
Entry by pre-booked ticket only. Please visit [www.bronte.org.uk/visit-us](http://www.bronte.org.uk/visit-us).  
We look forward to seeing you soon.

Brontë Parsonage  
MUSEUM

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## WORTH VALLEY

Steam is back in the valley! It has been a very difficult few months as we faced the dual challenge of closing the line in mid-March and a part-complete project to replace a 115+ year old bridge between Damems and Ingrow. We had to pause the work to replace the bridge when the country entered lockdown, and it's thanks to the expertise, skill and determination of the Railway's volunteers that we have now completed the replacement of the bridge so can run trains along the full length of the line for the first time since March. We have run two very successful weekends of trains to test the operation, including the flow of passengers, ticketing arrangements and timings as we implement a service that complies with the latest guidance on social distancing to protect our passengers, volunteers and staff. We have reorganised the museum at Oxenhope, and moved the café and shop into the shed, so it looks and feels very different to a usual visit, but we have received great feedback from the pilot workings.

Passenger services resumed on 19 August, and we are running trains using 'compartment' carriages, including some very vintage vehicles that are not often available for passenger travel, with return journeys beginning at either Keighley or Oxenhope. Full details of the services, dates and times are on the website, along with the FAQ to explain the operation and ticket availability and how to book in advance. Now that we have established the core operation, we are looking to extend the service. We are requiring pre-booking so that we can manage numbers and ensure



that all groups of passengers are allocated safely in their own compartment, and we already have a number of running days that have sold out, so please do check the website for the latest availability. I do appreciate that it feels early to be talking about Christmas, but I am aware that we receive regular requests for information on the Santa Specials. We are speaking with Father Christmas about we can best run the Santa Specials this year, so please keep an eye on the Railway's social media channels and the website for the latest information and the date when tickets will go on sale. I want to end with a vote of thanks. We are only able to restart operations thanks to the fantastic financial support from both our members, but also the significant levels of donations from other supporters. Thank you and we look forward to welcoming you back to the Keighley and Worth Valley Railway.

*Matt Stroh, Chairman KWVR*

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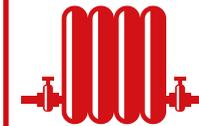
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KEIGHLEY & SURROUNDING AREAS

It is back to school and let's face it, we need to keep things as simple as possible. Our favourite GO TO website for simple and nutritious recipes is The Minimalist Baker ([www.minimalistbaker.com](http://www.minimalistbaker.com)) Their recipes fall into at least one of these categories: 10 ingredients or Less, 1 Bowl, 30 minutes or Less to prepare. Easy Peasy does it. Let's go!

## Healthy 5-Ingredient Granola Bars

Healthy, no-bake granola bars with just 5 ingredients and a sweet, crunchy texture. Peanut butter and maple syrup complement each other perfectly in this ideal portable breakfast or snack.

The base for these bars is dates – the natural sweetener supah powah. Then we add almonds, oats, peanut butter, and maple syrup (or honey or agave) and mix it all together!

That's it. Just 5 ingredients, no baking involved (unless you want to toast the oats and almonds) and they'll keep in the freezer for-ever.

### Ingredients

- 1 heaping cup packed dates (pitted // deglet noor or medjool)
- 1/4 cup maple syrup or agave nectar (or honey if not vegan)
- 1/4 cup creamy salted natural peanut butter or almond butter
- 1 cup roasted unsalted almonds (loosely chopped // see instructions for roasting nuts)
- 1 1/2 cups rolled oats (gluten-free for GF eaters)

### Method

- Process dates in a food processor until small bits remain (about 1 minute). It should form a "dough" like consistency.
- Optional step: Toast your oats (and almonds if raw) in a 350-degree F (176 C) oven for 10-15 minutes or until slightly



golden brown. Otherwise, leave them raw – I prefer the toasted flavor.

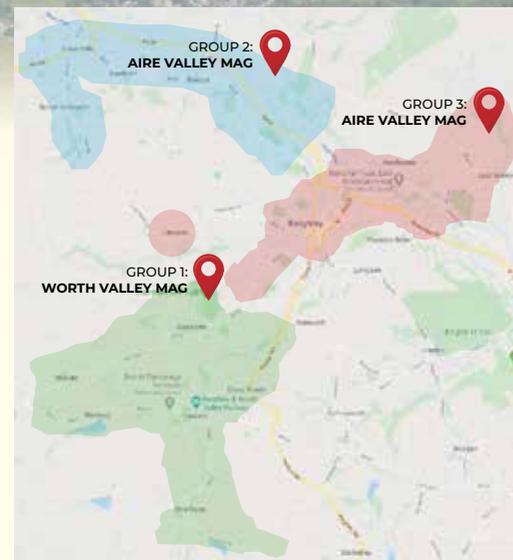
- Place oats, almonds and dates in a large mixing bowl – set aside.
- Warm maple syrup (or agave or honey) and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.
- Once thoroughly mixed, transfer to an 8x8-inch baking dish or other small pan lined with plastic wrap or parchment paper so they lift out easily. (A loaf pan might work, but will yield thicker bars // adjust size of pan if altering batch size).
- Press down firmly until uniformly flattened – I use something flat, like a drinking glass, to press down and really pack the bars, which helps them hold together better.
- Cover with parchment or plastic wrap, and let firm up in fridge or freezer for 15-20 minutes.
- Remove bars from pan and chop into 10 even bars. Store in an airtight container for up to a few days.

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