

WORTH VALLEY MAG

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 race of 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.

Go to <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 and well worth turning out to see the spectacle. Why not dress up in period costume and enjoy the nostalgic atmosphere? See the website: haworth1940sweekend.co.uk and page 6. Pick up a Haworth Picture Post to find the full timetable of events. (Firths and Rose&Co will have them available on Main Street in Haworth.) Have a great May!



Liz Barker

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Since moving into The Old Registry four years ago, the Quinn family



have come a long long way.

Back in May 2011, Leanne Quinn, aged 24 and 7 months pregnant with their first child

Bailey, and Peter Quinn, aged 26, took over management of the charming country house B&B on Main St in Haworth. It was the perfect place to grow both their family and a business.

The first task was to expand the food offering and build on the excellent reputation that already existed with its breakfast service. What they really desired was a restaurant. The couple invested in a commercial kitchen and established what is now reputed as one of the best restaurants in the area. It seems all the hard work is paying off as The Old Registry is known for serving consistently good food and service, and maintains the top spot with online independent reviewer, Trip Advisor.

My husband and I went to The Old Registry yesterday for Sunday lunch. It was excellent. We really can't recommend this enough. The food was outstanding, as was the staff. Definitely value for money too.

Jane Fletcher, Haworth 09.04.15

'It's all about team work,' said Mrs Quinn. 'We are so lucky to have excellent staff, without them it would just not have been possible'.

Last year the Quinn family made a further commitment to The Old Registry and made it their own by purchasing the lease.

They have been very busy making more improvements; renovating the guest rooms, extending the restaurant dining area, and even making an addition to the family- little Annie Quinn! Now with extended opening times and serving a sumptuous Sunday lunch (12-2:30pm), The Old Registry is appealing to an even wider customer base.

Local people as well as visitors from further a field are enjoying the Quinn's hospitality and flair for fine Yorkshire food.

In celebration of their success and to thank all customers, Leanne & Peter would like to present you with this

£5 voucher. (Valid with every Sunday Lunch purchased until Oct 1, 2015 and not to be used in conjunction with other offers)

toast your glass and toast to the old registry!

This is a really pleasant restaurant with a peaceful atmosphere. The food for the price is excellent. The staff are attentive and looked after us well. I shall return!

Craig, Haworth 12.04.15

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HAWKS BYS

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!

There has been quite a lot of change here in Haworth over the last year. With some established favourites moving premises and some fabulous new shops opening on the Main Street, if you've not been for a while pop on over and check out new and old!



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Christian Aid comes to Haworth!
This year a group of locals will again be taking over Sonia's Smile on Haworth's Main St. From Tuesday 12th May to Sunday 17th May, it will become a Christian Aid pop-up charity shop raising money to ensure that people all over the world can enjoy 'life before death'. If you fancy finding out how Christian Aid and its partners are working to bring an end to poverty around the world -tackling

its root causes as well as its effects, then come along and see what we are up to. If you fancy rooting around for the odd bargain... come along as well! If you fancy lending a hand during the week or if you have some saleable items that we can passon... fantastic and we would love to hear from you!
Please get in touch with Kathleen Milne 645990 or bring your bric-a-brac to any of the churches in and around Haworth.

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The Old Sun Hotel in Haworth has new tenants. Jo & Dave Wilson have been in residence now for 4 months and are intent on turning around the fortunes of the Old Sun.

the Old Sun, making it a place to relax and for customers to feel welcome, whether they are visiting, staying overnight or just joining in the bar atmosphere and partaking in the food being served, Consistency is the key and Jo & Dave are here to stay.

Dave will be 50 on Bank Holiday Monday 25th May, so why not join us for his birthday? He will be celebrating all day along with a free buffet and live music from Ska Boom Uk in the evening (from 8pm).

The pub/hotel caters for families and walkers as well as locals and tourists alike. They welcome dogs in the bar and the hotel rooms, which are all en suite.

The pub serves food daily sourced locally wherever possible and they offer Sunday Roasts at reasonable prices. Jo & Dave are looking to build a good reputation for



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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.

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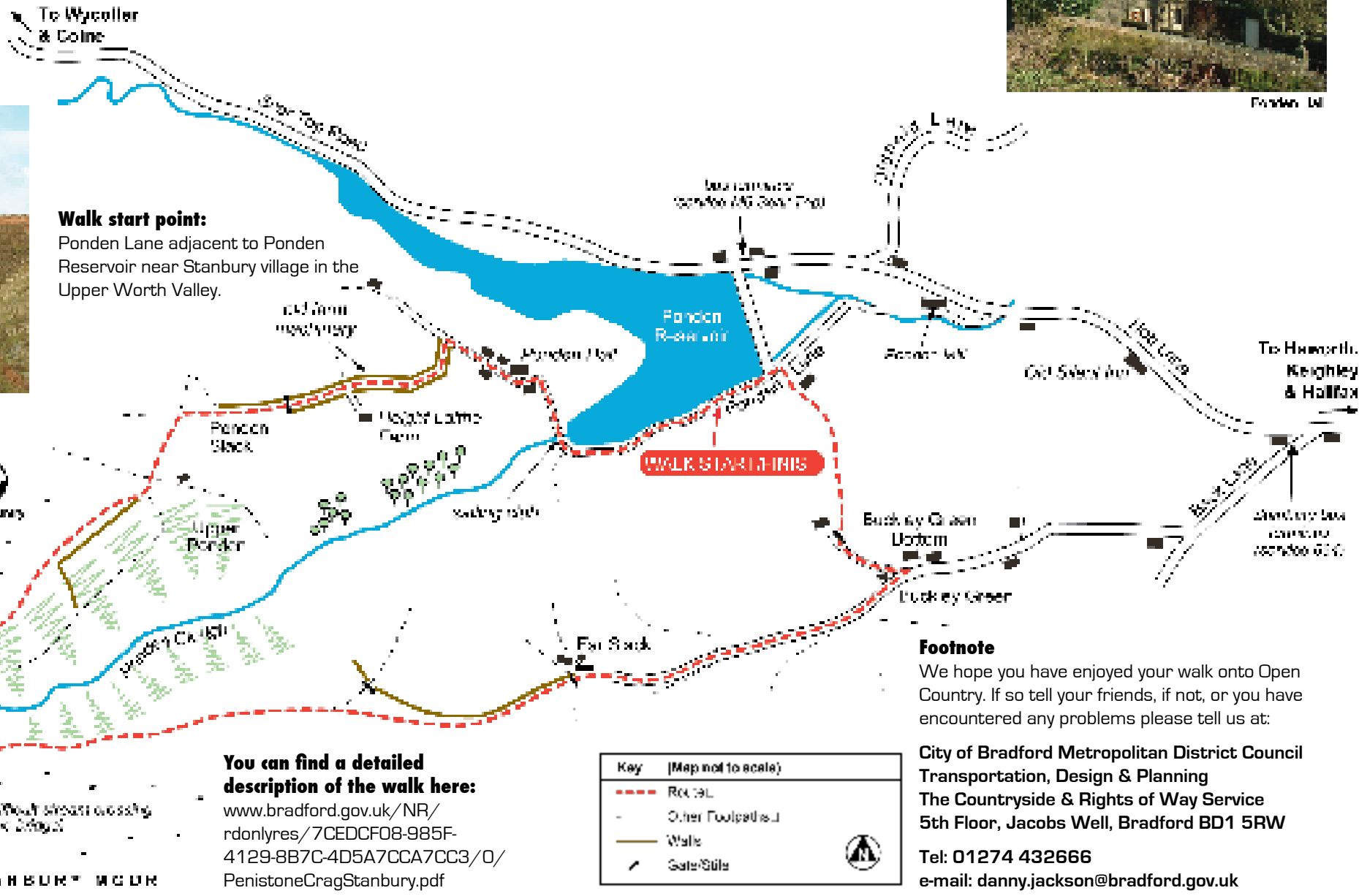
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BEHIND THE SCENES AT THE MUSEUM

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

FRIDAY 5 JUNE – MONDAY 8 JUNE

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Photo: Wickidguy/Wikimedia

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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.

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

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

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

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

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Where in the Worth Valley? COMPETITION

Can you identify the building or landmark indicated by the red cross in this photograph?

This month's prize is generously donated by Keighley & Worth Valley Railway Day Rover Pass

Email your answer to:
mail@worthvalleymag.co.uk

The winner will be selected from all correct answers received by May 21st, 2015



Last month's winner was Emily Wilkinson-Yates from Oxenhope. The correct answer was The Snooty Fox in Oakworth Google Earth ©



EVENTS FOR MAY AT THE BLACK BULL:

SATURDAY 9 MAY
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 15.16 & 17 MAY

FRIDAY NIGHT THE 309S SWING BAND
SATURDAY NIGHT 40S MUSIC
 WITH DJ MARKY MARK

SUNDAY NIGHT CAVALCADE OF HAWORTH'S DAYTIME PERFORMERS

FRIDAY 22 MAY
PETE'S ELECTRIC OPEN MIC NIGHT.
 COME PLUG AND PLAY!!

SATURDAY 23 MAY
DISCO/KARAOKE WITH DJ SIMON

SATURDAY 30 MAY
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COMMUNITY PAGES

Ox'nops Tiny Tots - group for under 5s and their parents/carers, meets every **Tuesday, 1.15pm to 2.45pm** at **St Marys Church, Oxenhope.**

Over 50s Rug making group - 1st Wednesday morning every month in Keighley Shared Church Hall. £2 per session. Men & women equally welcome. 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.

Haworth & Oxenhope District Bridleways Group – Equilates exercise class for the horse rider. Aerobics and pilates, suitable for all levels of fitness and designed to develop strength and balance on and off the horse. Every Tuesday evening at Oxenhope Social Club (The Idiot Hut) at 7.30pm. Costs £5 per session.

Tues 5th May Cross Roads & Lees Ladies Group. St James Church Hall, Cross Roads at 7.30pm. Reading in School by Patrica Atkinson.

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 - 'Stanbury Church 'Spring Has Sprung' - Flower arranging competition. Adult and children's categories. £1 for 1st entry, 20p thereafter. Church will be open from 11.30pm to receive displays. Judging from 12:30. For more details contact Lynda Suckling 01535 643998. Refreshments available. Also from 2pm Fun Dog Show.

Mon May 11th Stanbury & District WI. Meetings held on the second Monday of the month at West Lane Baptist Church, Haworth at 7.30pm. Alhambra and Francis Laidler by Mrs Kenny.

Tues 12th May 7.30pm at St. James Church, Cross Roads. Fashion Show by The Complete Clothing Company. £2:50p to include tea and biscuits. Reasonably priced goods available to buy on the night.

Weds 13th, Fri 15th & Sat 16th May Haworth West Lane Baptist Amateur Operatic Society present Mrs Hyacinth Pluckett's Edwardian Soirée! Haworth West Lane Baptist Church at 7.30pm. Join Hyacinth and her select friends in an evening of solos, songs for you to join in, recitations, comedy sketches and much more. **Weds £5 adults and £3 for children. Fri & Sat £8 for adults and £5 for children.** For tickets ring Vera on 01535 643425

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

Fri 15th, Sat 16th & Sun 17th 1940's Vintage Fairs at the Old

School Rooms Haworth (£2 entry) **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 styletravelling 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 & Sun 17th May Station X Exhibition at West Lane Methodist Church, Haworth Want To See An Enigma Machine? This pop-up museum will feature a full-sized replica of the Turing Bomb Machine (which helped de-code the German secret messages) and this is the only opportunity to see these magnificent machines outside Bletchley Park.

Sun 17th May. Train rides for all the family. Miniature trains running at Marley sports field approx. 13:30 until 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.

Fri 22nd May Haworth Cinema 7.30pm at West Lane Baptist The Theory of Everything (12A)

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

Sat 23rd, Sun 24th & Mon 25th Haworth Craft Fairs at the Old School Rooms, Haworth (next to Bronte Parsonage Museum)

Sat 23rd May Jimmy Ludlam onesie

walk. From Long Lee Community Centre to Manorlands Hospice. www.manorlandsonesie.org.uk

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

Tues 26th until Thurs 28th May - Adventures with Paddington Bear on the KWVR Steam Trains.

Weds 27th May Day Tripping at Oxenhope Village Walk. Linear 7½ miles Bring a Packed Lunch Meet David Anderson at 10am at the Millennium Green, Oxenhope, near to the railway station for a climb over 'Stairs' before the steady descent to a riverside path into Hebden Bridge. Back by bus at own expense.

Tues 2nd June 11am Haworth & Stanbury Moors Walk Circular 4½ miles Bring a Packed lunch Meet Eddie Nash at Back Lane, Stanbury (approx. 300m up from Stanbury bus terminus). A walk over open moorland passing sites associated with Emily Bronte's novel Wuthering Heights.

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

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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.

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

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

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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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Say you saw it in the Worth Valley Mag!

How does your garden grow?

Happy Growing

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!



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