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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

December 2018 / January 2019



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Group 3 Delivered to Riddlesden, East Morten, Long Lee, Fell Lane, Exley Head, Keighley centre, Utley, Laycock.

December is a month to both celebrate and take stock; we often reflect on the year.

Following a recent week away in the USA to take part in the American celebration of Thanksgiving, I am still counting my blessings. What a privilege to be able to freely move between countries and visit friends and family. I must admit, while being a resident of the UK for the past 28 years, it remains an absolute pleasure to return 'home' to Yorkshire.

As we head in to full-on December celebration mode, you will find Amy Firth's show stopper of a cake recipe on page 16; it's worthy of the holiday table. Enjoy it! And then, when January rolls around, you can find a Slimming World class to get your waistline where you want it to be. It's all good. Have a lovely festive season.



Liz
Editor Liz Barker

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Ceri's Success Story

2019 celebrates Slimming World's 50th year of helping individuals lose weight without hunger, improve health and gain confidence.

Ceri Galluci joined Riddlesden Slimming World in 2016 and achieved her target weight with a loss of 3 stone that same year. Ceri says "I remember feeling really



uncomfortable; bursting out of a generous size 16 jeans and as my youngest child turned 1, I didn't have the excuse of having a "baby" any more.

I love the fact I've been able to incorporate food optimising as a lifestyle change

rather than just a fad diet. Realising there was so much I could eat and that I didn't have to feel deprived; looking for recipes and planning meals became like a hobby itself! I plan meals we can all eat as a family and we have firm favourites - Campfire stew, Beef hotpot, Carbonara, Fish and chips and Cottage Pie to name but a few! My sweet tooth has been my biggest challenge- and learning to tap into eating when you're hungry rather than just eating for eating's sake! I still have a sweet tooth but I can still indulge in my chocolate bar!"

"I have so much more energy and my fitness levels have improved dramatically. I can keep up with my 6 and 3 year old and take part in their activities, without

feeling self-conscious and embarrassed. Without Slimming World I'd have never considered exercising and it was their concept of 'Body magic' which got me going. I started walking in an evening, completed a 'Couch to 5k', progressed to weekly Saturday Park runs and now do lots of 10k events. This September I took on my biggest challenge to date- running my first half Marathon- the Great North Run. The sense of achievement, well-being and sanity (peace and quiet from the kids!) which I get from running is really important to me".

"Being overweight affected my self-esteem, confidence and self-worth so much and as a result this had a huge impact on my mood and mental well-being. That has been the biggest change and although I still have my fair share of up's and downs, I can't imagine Slimming World and my group not being part of my life now."

So if you are looking to change your life in 2019, join one of our many local groups and we will show you how.



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Tuesday 7:00PM
Denholme Mechanics Institute
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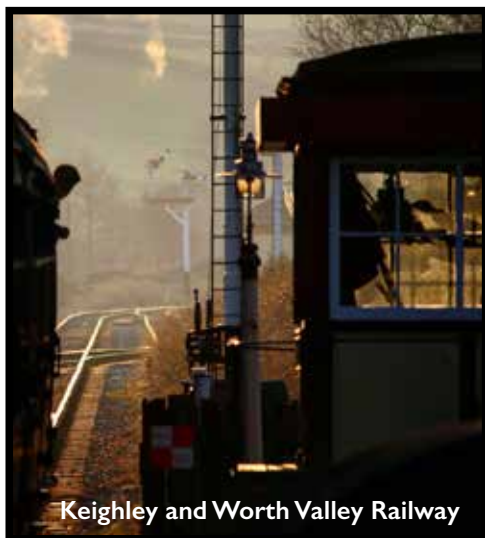
WORTH VALLEY

As we approach the end of 2018, we draw to a close a year of celebrating fifty years of operation of the Railway. We've welcomed Royalty, in both the guise of HRH the Duchess of Cornwall and the 'Royal Scot' locomotive, and recognised volunteers who have given decades of service to the Railway. Reflecting on what we have achieved is very humbling, and makes all of us involved in the Railway very proud.

The Railway has changed a great deal in that 50 years, but some things remain popular. Santa first arrived on the Railway in the earliest days of operation at Haworth and even before the line was fully reopened in 1968. The Santa Specials may have changed in form over the decades, but their charm and popularity hasn't and we are yet again running a sell-out service throughout December for Santa and his Pixies. We will also be running our Mince Pie Specials from Boxing Day to New Year's Day so you can continue to enjoy the festivities with us until January 1st.

The Railway's catering offering has also developed over the decades and in response to demand we now open the buffet carriage at Oxenhope every Wednesday to Friday even when trains are not operating. **We offering a discount during December, and you can enjoy a 20% discount at Oxenhope Buffet when the trains are not running. Simply ask for the Winter Discount at the till.**

As well as the buffet, the gift shop at Haworth is also open during the week, so



Keighley and Worth Valley Railway

if you're looking for some railway-themed festive gifts you can avoid the weekend crowds by visiting Monday to Friday instead.

Looking forward to 2019, we have great plans including the reintroduction of the popular Diesel Gala event, a weekend that appeals to the generations of passengers who remember widespread diesel rather than steam traction from their younger days. Building on the success of the 50th Anniversary event back in June, we will be running the event as a 'Mixed traffic' Gala, allowing us to run a prototypical blend of steam and diesel services. We will have a wide range of special events, including Prosecco and Whisky tasting trains; the 'Haworth Haddock' fish and chip supper services; and plenty more for you to enjoy. Finally, I would like to thank you all for continued support during our 50th anniversary year, and we look forward to welcoming you board as we embark on our second half-century of operation.

Matt Stroh Chairman KWVR

To advertise call Karen or Liz on 01535 642227

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To be honest with you, dear reader, I don't really take kindly to this time of year. We get up in the dark and you go home in the dark. Occasionally there's a sunny day, but mostly it's full of damp and mist. It now seems a very long time ago that we were basking in record temperatures and wondering whether football was coming home. Even taking the dogs out in this weather becomes a chore for the dogs themselves.



itself offers the Bronte Falls, Top Withins or any number of more sheltered walks. If you haven't been to Slippy Ford and walked around Keighley Moor Reservoir then quite frankly, you haven't lived. When we complain, as we Keighley folk always do, about the downside of living here we often forget about the wild, the windswept and the magnificent scenery we have. And then there's the beer, but that's a different story. Happy wandering!




Antony Silson loves walking with his two dogs, has a vast music collection, watches a lot of films, enjoys cheese and lives in Keighley. His show airs on Drystone Radio Sundays 5-7pm

Inside The Weekend Wanderer by Antony Silson

So, what do we do then? Well, I propose that we give our full attention to the weekends and make them extra special. We have a wealth of walks, pubs, cafes and restaurants in the local area and they are all deserving of our attention. We could walk around St Ives and then pop into Bingley for a well-deserved pint or a crumpet. Is there honestly anything better than a toasted teacake or a crumpet on a damp and miserable day? You may disagree, but you're wrong.

What about a walk up to Keighley Gate and then an amble over to Ilkley? Plenty to see and do there, before we catch the bus back. Or we could walk towards Baildon Moor along the paving stones instead of Ilkley. If the weather is good we can see all the way to Emley Moor TV Mast. It goes without saying that this 1,084 ft tower is the tallest freestanding structure in the UK.

There are so many award winning, quirky pubs around here that it would be a sin, yes it would, not to visit one as we pass through Haworth or Goose Eye. Haworth



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Last month's location was the Dog & Gun, Malsis, Sutton in Craven. The winner was Debbie Spurr from Keighley.

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Brontë Parsonage Museum at 90

A History of the Museum in 10 Objects

Much of the good Patrick Brontë achieved during his long ministry at Haworth has been overshadowed by the fame of his daughters. Throughout Mr. Brontë's forty-one years in Haworth, his duties as a clergyman were wide-ranging, encompassing aspects



Mr Brontë's copy of Graham's Modern Domestic Medicine

of social welfare and matters relating to public health. He was especially interested in developments in medical knowledge and had an understanding of the manner in which disease was spread. Amongst the many interesting items in the collection at the Brontë Parsonage Museum is Mr Brontë's copy of Graham's Modern Domestic Medicine, published in 1826. This was one of many medical texts which he had read, and his notes, written in the margins of the book, show just how seriously he took his interest in medical matters. The notes also shed light on the illnesses suffered by his own family circle, and the remedies which were tried.

In 1846, at the age of sixty-nine, Mr Brontë travelled to Manchester where he underwent an operation for cataract removal. He took a keen interest in the procedure (which was performed without anaesthetic), and later added an account of the experience in his copy of Graham:

Belladonna a virulent poison – was first applied, twice, in order to expand the pupil – this occasioned very acute pain for only about five seconds - The feeling,

under the operation – which lasted fifteen minutes, was of a burning nature - but not intolerable – as I have read is generally the case, in surgical operations. My lens was extracted so that cataract can never return in that eye...

The disease usually associated with the Brontës is consumption. In an attempt to restore her health, Anne Brontë travelled to Scarborough in 1849, dying in the town just four days later. In the section on 'Pulmonary Consumption', Mr Brontë added a poignant footnote:

Mr Teale, Surgeon, Leeds, said that change of place & climate, could prove beneficial, only in the early stage of consumption – that afterwards, the excitement caused by change of scenes, and beds, and strange company, did harm.

It was his interest in matters relating to public health which led to Patrick Brontë petitioning the government to send a health inspector to Haworth. As a result, threats to public health were identified and improvements gradually introduced, although these came too late to benefit his own family. Ann Dinsdale, Principal Curator

Winter at the Brontë Parsonage Museum



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Open 10am-5pm daily, Museum and shop closed 24-27 December.
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In 2019, the Museum will be celebrating the life and work of the Rev Patrick Brontë with a new exhibition and visitors will have the chance to see this important item on display.



Chocolate cake with Cointreau & chocolate-orange ganache

When it comes to desserts, I must admit, I'm not a fan of Christmas cake, or Christmas pudding, or mince pies for that matter. I love the idea of them and try every year to get on-board but they just don't do it for me. My kids are the same. A nice big festive chocolate cake on the other hand, I could inhale in one sitting. The pull of chocolate is too powerful! I went with a really rich chocolate cake and added orange zest and dash of Cointreau to the frosting. For the decoration, I used vegan icing painted with edible gold paint and sprayed with edible gold glitter.

Ingredients

Frosting

2 x 400ml cans coconut milk
525g dairy-free chocolate chips
105g unrefined coconut oil
250g icing sugar
Zest of 2 large oranges
2 caps of Cointreau (optional)

Cake

350g whole wheat flour
270g cacao or coco powder
200g sugar
1 tbsp bicarbonate of soda
1 ½ tsp baking powder
1 pinch of salt

720ml of non-dairy milk (I used oat)
210g unrefined coconut oil
375g of applesauce, neutral yogurt or silken tofu
470g maple syrup
1 tbsp apple cider vinegar
1 tbsp vanilla extract

Method

To make the frosting, microwave the coconut milk and chocolate chips for 3 mins, stirring regularly. Once melted, add the (melted) coconut oil, icing sugar, orange zest and Cointreau (if using) and blend until smooth. Refrigerate, preferably overnight, or until firm.

For the cake, mix the wet ingredients together. In a separate bowl, mix the dry ingredients. Once combined, add the dry ingredients to the wet bowl and stir until just combined. Divide the mixture between 3 greased, lined cake tins and cook at 180°C for 35-45 minutes (remove once a cake skewer comes out clean). Allow to cool on a rack, then use the frosting to build the layers. Finish by adding frosting to the outside and decorate.

*Until next year,
Happy Christmas everyone!*

Amy



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are assured of the best job. Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and Value in that we offer our services at a price people can afford. Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers - that simply wouldn't happen if we didn't adhere to our overniding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for every installation we carry out!

So, if you want to make use of your loft space, however big or small, call Warren on 0800 612 8359 and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft.

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A message from a reader with thanks & praise

After suffering the most calamitous computer crash and at a complete loss as to what I should do to try and restore status quo, I turned to my copy of Aire Valley Mag – simply having moved to this area from Scotland in recent years, I didn't have any established contact with a suitable expert.

How grateful I am that you deliver this magazine to my home every month.

A half page advert on page 27 displaying Computer Universe attracted me to that very business, where I was advised my computer had been hacked and all the data potentially lost. I was devastated!

Precisely one week later, I received a call to advise they had succeeded in completely restoring everything and my computer was, in their own words - 'good as new'.

To be honest, I didn't at first believe their confident assurance, I imagined having to use my own back-up facilities to restore crucial bits of information. I needn't have worried, I came home, plugged it in and in precise accordance with the received advice everything worked perfectly.

The account I settled was little over half the originally quoted price! I've even been invited back to their Silsden premises for a bit of tuition to try and prevent a further occurrence.

That kind of honesty and quality of service isn't easy to find, if you can find a corner in your publication to replicate the foregoing, I would hope it might help to bring more business to this splendid local enterprise, I shall recommend it to anybody and everybody. Kevin and Tristan – the two chaps I dealt with – I cannot praise them highly enough. Best wishes. *Jeremy Lau*

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Sudoku

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

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8	5			9				2
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	3							
1			4				3	6
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3	9							

7			9			1	4	
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	7				1		3	
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6	2			7				5

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

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.



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WI meet the first

Tuesday of each month at **7pm at Steeton Hub**. More info contact Diane Pritchard 01535 653748.

Every Tuesday

1.30 - 3pm Games

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Enjoy an informal afternoon playing your favourite games or just enjoying a hot drink & chat. £2 including refreshments. More info call 01535 630223 or 07834 713735

2nd Tuesday of every month 10am

- 12 noon Time for Me (Carers

Resource) is a monthly group for carers and over 50's. Fun activities and friendly support at **Steeton Hub, Stone Grove**. More info call Sarah Wademan 01274 449660.

Mon 31st Dec New Years Eve Party at the Sutton Village Hall. Admission ticket only. For tickets call Christine 07879 492752.

Sat 1st Dec until Sat 22nd Dec & Sun 2nd & 9th Dec 10am - 4pm

Craven Arts Christmas Exhibition at Skipton Town Hall. Free Entry.

Sat 1st Dec until Sun 24th Feb The Glasshouses at Cliffe Castle, Keighley

Sat 1st Dec until 5th Jan Saltaire

Living Advent Calendar - around



COMMUNITY PAGES

Saltaire Village. Windows in Saltaire homes are illuminated with a festive scene. One being opened daily from the **1st Dec until the 24th Dec.**

Sat 8th, 15th 22nd & Sun 9th, 16th & 23rd 11.30am - 4.30pm Santa Specials at Shipley Glen Tramway www.shipleyglentramway.co.uk.

Fri 7th until Sat 22nd Dec Ilkley Teepees at Ilkley Riverside Gardens A festive pop-up bar, restaurant and Santa's Grotto in giant teepees.

Sun 9th Dec 4pm Christmas in the Park at Sutton an Outdoor Nativity. Starting from Allan Green & Sons Factory on North Road processing

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to Sutton Park via The Kings Arms & The Black Bull.

Mon 10th until Sat 15th Dec Great Expectations by Charles Dickens at Keighley Playhouse.

Sat 15th Dec 1pm - 4pm Dementia Friendly Keighley Awareness Event at Airedale Shopping Centre

Sat 15th & Sun 15th Dec 12 - 4pm Brass Band and Festive Music Weekend in Haworth.

Sat 15th & Sun 16th Dec 11am - 3pm Visit Santa in his grotto in Haworth. Located at the top of Haworth Main Street near Changegate Fisheries.

Fri 21st Dec, 18th Jan, 15th Feb & 15th March Story to Tell at Cliffe Castle Museum 10.30am. Free Event.

Sat 22nd Dec 11 am - 12.30pm Silsden Singers at Airedale Shopping Centre..

Sat 22nd & Sun 23rd Dec Nativity Weekend in Haworth. .Come and join the re-enactment with Mary and Joseph for the magical nativity procession and experience and remember the true meaning of our Festive Season.

Sat 29th Dec. Train rides for all the family. Miniature trains running at **Marley sports field approx. 13:30** until dusk. Steam and electric trains providing trips for all ages. Great family afternoon out. Festive



refreshments available. Details at www.kdmes.org.uk/trains.htm

Sun 30th Dec 10am - 4.30pm

Keighley Model Railway Club

Christmas Open Day at Club Room, Knowle Mill, South Street, Keighley
Sun 6th Jan 2pm Cinema Sing along with **The Greatest Showman** at Glusburn Institute Community & Arts Centre. Book your ticket 01535 630223

Thurs 17th Jan Aire & Worth Valley Guided Walks Silsden Circular Meet at 1pm Silsden Coop. More info 01535 665258.

Thurs 17th Jan An In house Workshop at **Steeton Methodist Church Hall** Doors open 6-45 pm for refreshments and the Meeting starts at 7-30 pm, Visitors and New Members always welcome- Visitors £5.. Contact Anne Lindsay 01535523529 for further information.

Mon 28th Jan - Sat 2nd Feb Nobody's Fool at Keighley Picture House. This is the sequel to Nobody's Perfect in which statistician Lenny won an all

womens writing competition as Myrtle Banbury. He now has the problem of conducting a TV interview without having to appear in drag. Just when the situation seems to be brilliantly under control his ex wife, Fran turns up to throw a spanner in the works.

Fri 1st Feb Cinema 7pm Phantom Thread at Glusburn Institute Community & Arts Centre

HAPPY NEW YEAR



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SMITHY'S TECH TIPS

By Liam Smith

It's fast approaching that time of the year we've all been waiting for, from gift giving to family festive traditions, and surrounding yourself with friends and family you cherish and love. But no matter how well we plan for this joyous occasion, there's always going to be something that doesn't go according to plan. Whether that's the Christmas Turkey, the dog destroying the presents, or perhaps something that isn't considered as often, not being able to view your favourite movies or TV shows around your busy schedule.

Gone are the days of setting the timer of the VCR recorder to record live TV which undoubtedly aired too early or too late to enjoy the full content. Nowadays, there are no tapes, no discs, and no USB sticks to export to, it's all done internally! What does this mean exactly? Well, Freeview (aerial) and Freesat (satellite) recorders have an HDD – Hard Disk Drive built-in, meaning that you no longer have to frantically scour the cupboards or TV stand for DVD's or VHS tapes to record to before the content starts, it's all stored on this one device.

If you've ever had Sky or anything of the

like, you'll know just how easy it is to record your favourite shows, but there was always a catch, the recording facility was only available through subscription, well, not anymore. Freesat and Freeview recorders are subscription free products, meaning you can watch all of the channels available and record them too without any additional cost.

But, these recorders don't just give you the ability to record individual programmes, you can also schedule a series link to record every episode within a series, so

you don't have to worry about setting a recording every time a programme is aired. These are internet based products as well, which enables catch-up and on-demand services, meaning that if you have forgotten to record something on BBC 1 for example, you can just use BBC iPlayer to stream it given that you have an adequate internet connection.

All of that functionality and more exists within the smart platform, and it's an ever-growing progression towards a more cohesive, integrated network within the conventional smart home. Smart is the future, and it's sooner than you might expect.



To advertise call Karen or Liz on 01535 642227

Sudoku Solutions from page 22

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

Before Christmas by John Corben

The year tips, the sun slips towards the sky's edge, and dark bites at the day.

Shopping after dark: hands clutching carrier-bags stuffed with surprises.

The pillar-box's smiling mouth swallows our cards, cheered by the greetings.

Christmas cards snow through the letter-box. Open them and brightness thaws out.

Lying awake I hear clattering hooves: reindeer landing on the roof.



We need your help

to sprinkle festive fairy dust over child victims of crime across the North of the UK this Christmas.

Embrace CVOC (Child Victims of Crime) charity is running 'Dear Santa 2018' – a seasonal fund-raising campaign to bring joy and happiness to children and young people who have suffered trauma as a result of crime. Local individuals and businesses in Worth & Aire valleys are grouping together to purchase gifts for children. Some are replacing their Secret Santa with Embrace's Dear Santa initiative.

Airedale Enterprise Services has been taking on the role of Santa's Elves and recently hosted a gift wrapping session with the AWWesome Business Club. Small's of Keighley and other shops in the town kindly donated wrapping paper and other supplies to support the campaign.



You can still purchase a gift for a child victim of crime directly from Amazon Smile online. Simply select the wish-list for your area. Here you'll find a list of Dear Santa gifts together with details of the recipients. **Search online: Dear Santa 2018 Embrace CVOC.** Follow the simple steps below.

embrace
Child Victims Of Crime

Dear Santa
2018

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- Santa will deliver it in time for Christmas Day!

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