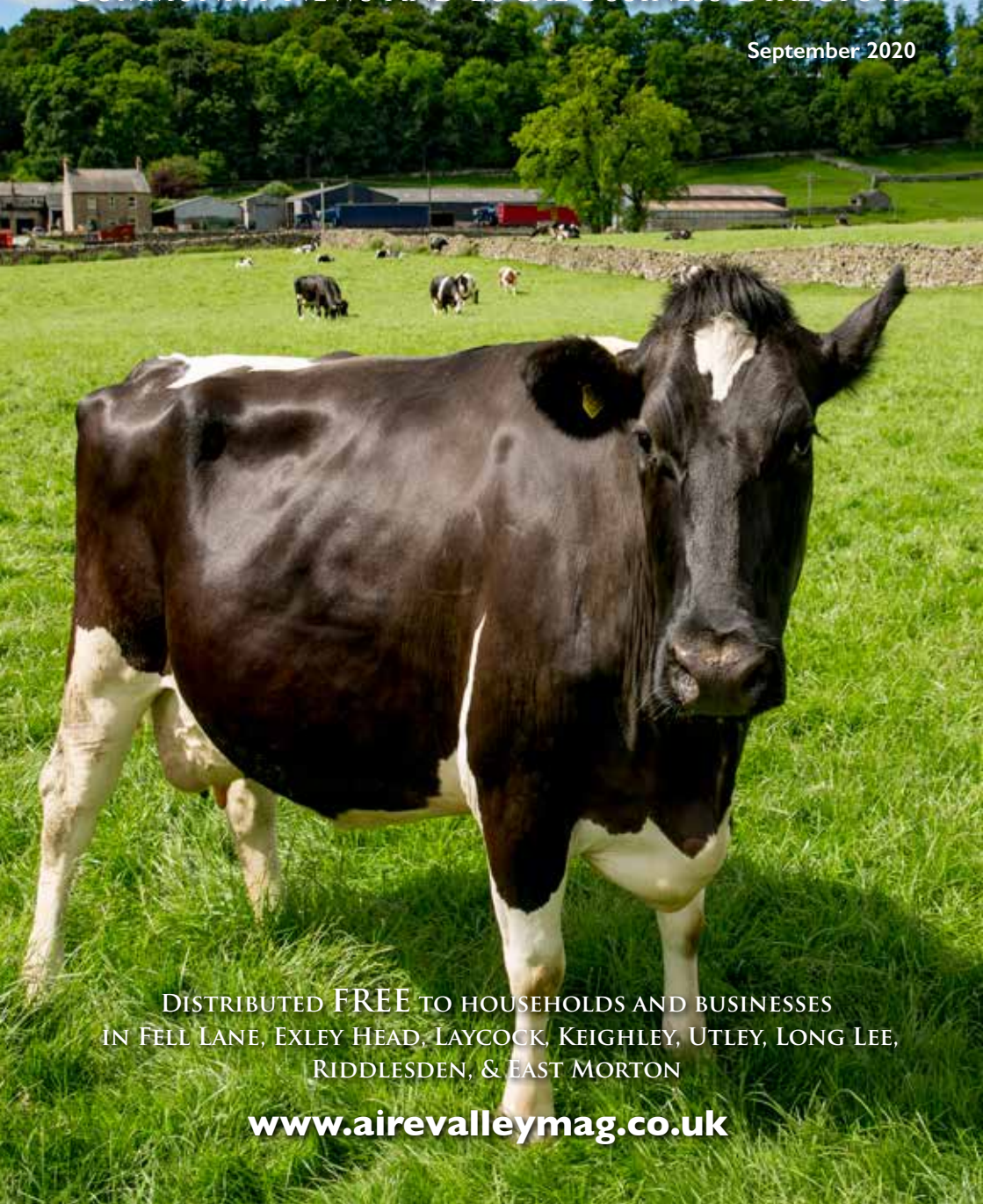


AIRE VALLEY MAG

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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Passing along we saw a duck
Then I couldn't believe my luck
Now over the wall we're lambs to see
A swan and its baby swam to me
Offering the swan some grass to eat
She chose my finger which made me squeak

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Now leaving the canal along a track
This was taking us all the way back
Then passing a lady out with her dog
I suddenly saw a sleeping hedgehog
Gently stroking it in its bed
Then seeing it lift up its head

This was a first for me to adore
I had never ever touched one before
Moving on to continue our prowl
We were greeted by a guinea fowl
It was chirping and cheeping quite loud
We stood and watched it under a cloud

Deciding it was time to leave
Heading back I couldn't believe
What an amazing walk I had
Now we have gone I feel quite sad
I thanked my friend for such a treat
And wondered where we'd go next week

Looking back at the lovely time
Spent with my friend, I wrote this rhyme
Just waiting for the next trip out
It is so great to get about
Thought of the places that are on hand
Praising God for our wonderful land



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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.

To advertise call Karen or Liz on 01535 642227

Where in the Aire Valley? COMPETITION

Where is the red x located in the photo to the right?

This month's prize is donated by the Keighley & Worth Valley Railway: Day Rover Ticket

Email your answer including your name & address to: mail@worthvalleymag.co.uk

The winner will be selected from all correct answers received by 20th September 2020..



Last month's location was Riddlesden Coop. And the winner was Michael Procter from Silsden.

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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
or for more information his website is:
<https://allotmentsandgreenspaces.wordpress.com/>

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BAHAMAS LOCOMOTIVE SOCIETY WORKS WITH PARTNERS IN THE WORTH VALLEY TO SUPPORT THE TOURISM ECONOMY



Bahamas Locomotive Society is part of the Rail Story Museums at Ingrow and we are delighted to have been awarded Lottery support as well as grants from Keighley Town Council and Yorkshire Museums Development in order to get the museum up and running again and to help underpin our education service. We are really grateful for this generosity and for the confidence shown in what we do, and as Chairman I am thrilled that our museum is now open again, albeit with limited numbers and at suitably timed intervals. Our staff are now back at Ingrow having been on Furlough since the middle of March. The Museum will be open on days when the Keighley and Worth Valley Railway is in operation.

As part of our Lottery success we are especially keen to help the local economy and we are aware that Haworth village

values the Summer Vintage Bus service that normally operates each year. Fortunately we are able to work with Yester Year Vintage Vehicle Hire to underwrite the Vintage bus service between Changegate at the top of the village, Haworth Station at the bottom of the village and Ingrow Station as well as a scenic tour with a live commentary pointing out places of interest along the route such as Top Witherns and the bomber crash site in Oakworth. The bus will operate on bank holidays and at the weekends during September.

Our society has always prioritised working in the local community and with schools in the area which is why we introduced our Saturday Science Club some 2 years ago which we hope to be able to reintroduce soon. We are also very interested to work with elderly residents on railway reminiscences.

Since we moved from the other side of the Pennines in 1990 we have enjoyed and valued our Keighley community. Any ideas which residents might have for working with us are welcomed.

Do come and see us and get in touch with us at:
Ingrow. Info@ingrowloco.com

Tel: 01535 690739

Keith Whitmore, Chairman Bahamas Locomotive Society.

Please note the bus stop in Haworth Village will be the end of Changegate (by the Central car park) whilst Oxenhope will be the bus stop outside the station yard (Mill Lane)

Once leaving Haworth village the bus will head along Cemetery road then up and over Penistone hill - Marsh - Oxenhope station - Hebden road back to Ingrow.

It is intended to do live commentary once leaving Haworth village over to Oxenhope pointing out places of interest.

Bus to depart the following

Ingrow Station	11.00	12.30	2.00	3.30
Haworth Station	11.10	12.40	2.10	3.40
Haworth Village	11.15	12.45	2.15	3.45
Oxenhope Station	11.30	1.00	2.30	4.00
Arrive Ingrow	11.45	1.15	2.45	4.15

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The term Social Prescribing is the phrase that people working in health care use to describe all the things that play a part in how healthy you are. We know that health is not just about medicine and blood tests. It is also about whether you have friends, enough food, and good mental health. It is also about physical things like whether you are addicted to alcohol or need to get more exercise.



Your local GP surgery has a social prescriber, you can call and make an appointment to see them to discuss aspects of your health which don't need a doctor, nurse or medicine. But maybe you don't need to see someone face to face, maybe you just need to know where to go to get all the information about local services that

can help you. That's where Treacle comes in. In case you haven't seen or heard about it, www.treacle.me is now live in Haworth and Keighley. It is a web site that helps you easily find all the information you need to improve your health. Whether you need to know how to get help for your anxious teenager, where the local mental health group is, when the local walking group meet, or even where to get help to pay your gas bill, it is all there.

The site is constantly changing and is kept up to date. If you know of any services which are missing then please get in touch via the web site and it will be updated. This is just the beginning for Treacle, and any feedback about the site is always welcome. *Helen O'Connell QN*
www.treacle.me

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

To advertise call Karen or Liz on 01535 642227



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.
 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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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) 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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These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept - but where to store it all? That's where Yorkshire Loft Ladders come in. The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder, 50 sq ft of boarding and a light all fully fitted in less than a day from just £277 + VAT. But it's not just the affordability of the package the company offers that makes Yorkshire Loft Ladders stand out as manager Mark Hodson explains: 'Our watchwords are Quality, Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesman so our customers 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 overriding 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!

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