

# WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

February 2024

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Hello friends, and welcome to February—including our bonus day courtesy of leap year. I'm on a mission to make each of the 29 days count, and my digital calendar is throwing up delightful reasons to celebrate. Did you know that on the 4th, we can rejoice in both the International Day of Human Fraternity and Yorkshire Pudding Day? (Double the joy, who can resist?)

Mark your calendars for Saturday, February 10th—it's the Lunar New Year, and 2024 welcomes the Year of the Dragon. And on the 11th, let's cheer for International Day of Women and Girls in Science. (Yay!) Feeling generous? Book Giving Day is on the 14th, but let's be honest, every day is a good day to gift a book.

Let's savor all the days of February this year—usually a quiet month for events, and turn to pp16/17 for some community-inspired ideas. Here's to a month filled with unexpected joys.

Best wishes, Liz



Liz Barker, Editor

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### Valentine's Day: A Love-Fest for Everyone!



**Valentine's Day** – a day often associated with couples stuck in candlelit corners. But hey, let's shake things up a bit, shall we? This year, let's embrace the love-fest with a good dose of Yorkshire humor. For those who find themselves romantically entangled, a local restaurant might be the go-to. Sure, it's a bit cliché, but who can resist the charm of overpriced heart-shaped

desserts? If you're feeling rebellious, order a pizza with your significant other – just be ready for judgmental glances from the waitstaff. Now, if you're more of a homebody, consider donning the chef's hat for a night in. It's the perfect excuse to impress your partner with your culinary skills, or lack thereof. Burnt toast, anyone? It's the thought that counts. And for the singletons out there, fear not! Self-love is the true winner on Valentine's Day. Treat yourself to a cozy night in with Netflix, a tub of ice cream, and absolutely no judgment. So, whether you're coupled up, flying solo, or navigating the confusing world of "it's complicated," let's raise a toast to love in all its quirky, unpredictable forms. After all, who said Valentine's Day can't be a laugh? Cheers!

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There is extensive research and evidence to show the impact of light exposure on our health. Findings highlight the importance of sunlight in regulating our circadian rhythms and, perhaps more significantly, in the production of vitamin D. Often dubbed the "sunshine vitamin," vitamin D plays a pivotal role in bone health, immune function, and mental well-being. In the winter months, when daylight hours are limited, it's crucial to be proactive about light exposure. Exposure to natural light in the morning helps synchronize our internal body clocks, promoting alertness and better sleep patterns. In Yorkshire, where cloudy days can be common, making a conscious effort to spend time outdoors can make a substantial difference.

The link between vitamin D and overall health is significant. Adequate levels of vitamin D have been associated with a reduced risk of chronic diseases, including heart disease and certain cancers. In the midst of winter, when the sun may be a rare sight, incorporating vitamin D-rich foods like fatty fish, fortified dairy products, and supplements becomes crucial.

So, what practical steps can we take to harness the benefits of light exposure and bolster our health in February?

**Morning Strolls:** Embrace the crisp Yorkshire mornings by taking a brisk walk outdoors. Even a short stroll can significantly improve mood and alertness.

**Indoor Sunlight:** Open curtains and blinds during the day to allow as much natural light into your home as possible. Position your workspace near windows to maximize exposure.

**Nutrient-Rich Diet:** Include vitamin D-rich foods in your meals. Oily fish like salmon, eggs, and fortified dairy products can contribute to maintaining optimal vitamin D levels.

**Supplementation:** Public Health England (PHE) has recommended that during the autumn and winter, everyone should consider taking a daily supplement containing 10 micrograms (400IU) of vitamin D, especially if you spend most of your time indoors or have darker skin.

**Stay Active:** Regular exercise has numerous health benefits, and combining it with outdoor activities when possible can enhance the positive effects on both physical and mental well-being.

**Utilise Technology:** Explore virtual experiences that simulate outdoor environments. Virtual reality applications and nature-themed videos can provide a visual and immersive connection to the outdoors. Engage in seated exercises or gentle stretches to maintain mobility. Online platforms and fitness apps often offer chair-based exercise routines tailored for various mobility levels.

<https://www.gov.uk/government/organisations/public-health-england>

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**Running a 150+ year old railway always brings challenges, and this year is one of focus on infrastructure renewal.**

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As well as this year's projects, we are looking ahead to 2025 and beyond, particularly as we are the very grateful recipient of a £5m grant from the government's Levelling Up fund, which will enable us to develop a dedicated facility for our all-important fleet of diesel multiple units, as well as fully signal Keighley and Haworth which will provide us with a much greater degree of operational flexibility.

The increased flexibility will mean, for example, that we can operate our 'works trains' that we use to transport materials and rolling stock around the Railway with far less impact on our timetabled services and having a base for our DMU fleet at the Keighley end of the line will give us more timetabling possibilities.

With so much going on, you would be forgiven for thinking that we would otherwise have a quiet year... but that's not how we do things. We plan to hold our Spring Steam gala in March after we have regained access to Keighley station, which will launch our programme of special events for 2024. Completion of refurbishment works permitting, we hope that we will be celebrating the opening of the Keighley Water Tower Visitor centre in the first half of the year thanks to funding from the Railway Heritage Trust and Keighley Town Deal. We will continue to run trains every weekend and daily during the holidays, and please check the website for details of services, particularly with the engineering activities planned for during the year. You will also find details on the Railway's website of our Local BD20/21/22 Residents' Railcard scheme that offers holders a significant discount on tickets for service trains.

I do hope that we will be able to welcome you on board one of our trains during this very special year for the Railway as we work to continue to keep the increasingly elderly wheels turning.

~ **Matt Stroh**

Keighley & Worth Valley Railway Chairman

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**Every first Monday of a month 1.30 - 3.30pm The Welcome Drop-In** at Oakworth Methodist Church Share refreshments and chat. Supported by Carers' Resource and Dementia Friendly Keighley.

**1st Tuesday of the month 1.30pm Mothers' Union at Christ Church Oakworth.** Part of the worldwide charitable organisation of 4 million members in 83 countries. Meeting together for seasonally themed short services, speakers, support and chat. Contact branch leader Sharon on 07521 318983.

**Every Tuesday 7 - 9pm Men's Peer Support Group** Free Safe & Friendly environment for men to share, chat & laugh. Airedale Enterprise Services, Sunderland Street, Keighley, BD21 5LE

**Every Tuesday 1-3pm Coffee Afternoon at Hall Green Chapel, Haworth (downstairs)** Free refreshments and friendly chat. Hall Green BookPoint .

**Last Tuesday of the month 2pm Living With Loss Social Group at Christ Church Oakworth.** Supportive chat informally over a cuppa with others who are walking the difficult path of life without a loved one.

**Every Weds 1 - 2.30pm Ladies Dance Exercise** at the Civic Centre, Keighley. Meet friends, socialise & keep fit.

**Every 3rd Wednesday 7.30pm** of the month **Oxenhope Climate Action** meet at the Bay Horse Pub Oxenhope New Members always welcome. Further info [www.oxenhopeclimateaction.org.uk](http://www.oxenhopeclimateaction.org.uk)

**Each Wednesday 10.30am - 11.30am Coffee Morning at Christ Church Oakworth.** All welcome to come along for chat and a cuppa and biscuits.

**Every Wednesday Haworth Senior Citizens Group.** 2 pm - 3.30pm at West Lane Baptist Chapel, Haworth. New Members Welcome. Call Doreen 01535 648928

**Every Wednesday 2 - 4pm Oxenhope Community Cafe & Welcoming Space,** Oxenhope Methodist Church, 1 West Dr, Oxenhope, Keighley BD22 9LJ

**Every Thursday Tech Shed** free drop in 5 pm - 7pm at Haworth Village Hall.

**Every Thursday 1pm - 3pm The Shed Oakworth Village Hall.** New members welcome. Learn, practice or share your skills. Call Carol Grice 07758 710945

**Every Thursday from 1.30pm Time For Me Bereavement Support Group** meet at The Three Horses, Fell Lane, Keighley, BD22 6BZ. A mutual support group for those who have lost someone dear, recently or a long time ago. Further info contact [helen.timeforme@gmail.com](mailto:helen.timeforme@gmail.com)

**Every Friday 2 - 4pm Haworth Ladies Badminton Group** at Haworth Village Hall. New members welcome.

**Every Saturday 1-3pm Hall Green BookPoint open.** at Hall Green Chapel Haworth (downstairs). Free

refreshments.

**1st Feb** A New Exhibition at the **Bronte Parsonage Museum "The Brontes Web of Childhood"**

**Fri 9th Feb Haworth Cinema at 7.30pm** West Lane Baptist Centre Film, The Miracle Club (12A).

**Sat 10th - 18th Feb Keighley & Worth Valley Railway Half Term Happiness** Daily Steam Trains [www.kwvr.co.uk](http://www.kwvr.co.uk)

**Sat 10th - 17th February Oakworth Methodist Pantomime Cinderella** Evening shows 7pm Sat Matinees 2pm

**18th Feb "Luddenden to Warley"** 7.5 miles, moderate. Meet 10.30 Luddenden Lane Car Park. [www.ramblers.org.uk/keighley](http://www.ramblers.org.uk/keighley)

**Weds 21st Feb Haworth Book Club 7pm** at The Basement, Pavé, Main Street, Haworth all welcome.

**Fri 23rd Feb Haworth Cinema 7.30pm** at West Lane Baptist Centre Film The Old Oak (15).

**Mon 26th Feb & Mon 25th March 2 - 7 pm Business Support Drop Ins at Keighley Library** (no cost or booking required) discuss Advice, Guidance, Recruitment, Training, Funding, Premises, Marketing, Digitalisation.

**Sat 2nd & Sun 3rd March 10am - 4.30pm Keighley Model Railway Exhibition** at Woodbank Nurseries, Harden Road, Harden, Bingley, BD16 1BE

**Sat 2nd & Sun 3rd March Haworth & Yorkshire Creatives Weekend Maker's Markets Old School Rooms, Haworth** 10am - 4pm.

**Sun 10th March Keighley 5K & 10K run** Victoria Park, Keighley.

## WANTED: Distribution Officer

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Liz Barker: 07737 274221

**Haworth tennis courts** are being refurbished. Work has started and is expected to be finished in Spring / Summer 2024.  
Haworth Tennis Club is among 10 park-based tennis courts across Bradford that have received funding in partnership with Bradford Council and the Lawn Tennis Association. The court surfaces will be upgraded and as part of the investment, there will be lots of opportunities for people to get on court. Activities like group coaching and fun days will be introduced for all ages and abilities.  
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Matt was born and raised in Pudsey, where he met his wife Angela Varley at school. They have 2 sons; Ray and Austin, he hopes one day they will follow him into the dental profession and share in his passion for dentistry.

Within his 23 years of experience, Matt has changed the lives and smiles of many, some of which are during one day implant immediate loading cases, and same day smiles, which he specialises in. The regular accolades received from clients and patients alike are testament to his passion for his work. Matt has a keen eye for detail and endeavours to provide the best care possible. Matthew completed his dental technology qualification at Leeds Dental Institute, he finished first in his class achieving distinctions throughout and was awarded overall best student and the acclaimed technical achievement award.

Matthew Varley started his journey as a Registered Dental Technician (RDT), however after 23 years experience working as a RDT in highly acclaimed laboratories, Matt made the decision in 2018 to set up his own business alongside fellow business partner Joseph O'Reilly.

Matt also returned to university to further his dental knowledge and become a Clinical Dental Technician, receiving the prestigious royal college of surgeons (Dip CDT RCS).

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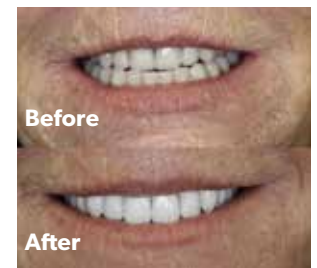


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|---|---|---|---|---|---|
|   |   | 4 | 5 | 6 | 8 |
|   | 5 |   |   |   |   |
| 9 |   | 7 | 2 |   | 5 |
| 6 | 5 |   |   | 4 | 7 |
|   |   |   |   |   |   |
| 3 | 2 |   |   | 6 | 5 |
| 4 |   | 3 | 8 |   | 2 |
|   |   |   |   | 7 |   |
| 9 | 6 | 2 | 4 |   |   |

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

|   |   |   |   |   |   |
|---|---|---|---|---|---|
|   | 4 |   | 5 | 1 |   |
|   |   | 5 |   | 4 | 2 |
| 1 |   | 3 | 2 |   |   |
|   |   |   |   | 6 | 2 |
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| 4 |   |   | 8 |   |   |
|   |   |   | 4 | 8 | 9 |
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|   |   | 1 | 6 |   | 3 |

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The location of last month's competition was Marsh Methodist Church and Chris Lee was the winner from Haworth.



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# BEHIND THE SCENES AT THE MUSEUM

In her second published novel 'Shirley', Charlotte Brontë writes about the 'icy January wind'. There's much to relate to in Brontë novels, but this feels particularly pertinent at the moment! The beginning of a new year is a time of preparation, of turning over a new leaf and starting afresh. Here at the Brontë Parsonage Museum, we spent January doing just that, carrying out important conservation and maintenance work, refreshing the displays and installing our 2024 exhibition.

**The Brontës' Web of Childhood** is a new exhibition training a lens on the Brontës as children. What was it like for them growing up in Haworth? What did they experience and read? How did they play and distract themselves from the impact of losing their mother and two older sisters? The exhibition focuses on the Brontës' childhoods in Haworth, their creative curiosity and imaginary worlds and examines how their experiences shaped their future writing and made them into the iconic writers we know today. Elsewhere in the Museum, we're subverting traditional expectations of gallery spaces with 'Tactile Turmoil', a new installation by textile artist Ellie Brennan. Through a series of tactile, woven pieces, 'Tactile Turmoil' explores the Brontë sisters' first



Charlotte Brontë's portrait of Zenobia Ellrington, a character from the imaginary world, Glasstown, 1833.

impressions of their new home - Haworth and the Parsonage - when they moved here in 1820. Visitors are invited and encouraged to touch and feel the art work, a new exciting sensory experience for everyone to enjoy.

With our new exhibition comes a programme of events to celebrate childhood. We'll be working with **Sophia Hatfield**, storyteller extraordinaire who will take inspiration from the Parsonage servants who shared folk tales and local legends with the Brontë children. **Our Brontë Festival of Women's Writing** in September will have a focus on contemporary authors of Children's and Young Adult fiction, bringing some of the UK's most prolific writers to Haworth. And don't forget that during the school holidays, our **Wild Wednesday workshops** offer local

families the opportunity to get creative through Brontë-inspired arts and craft activities. **The Brontës' Web of Childhood** runs from **Thursday 1 February** until **1 January 2025**. There's lots more to look forward to at the Museum in 2024, and with a focus on growing up, you'll get both the chance to inspire the children of today and explore nostalgia and memories of your own childhood. Come and see us soon!

A new exhibition for 2024

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## Cauliflower Mac-n-Cheese

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### Ingredients

30g, plus extra for the dish butter  
 50g plain flour  
 700ml milk  
 1 clove, halved garlic  
 1 tsp Dijon mustard  
 150g, grated mature cheddar  
 100g, grated gruyère  
 ground white pepper  
 1, cut into 8 wedges cauliflower  
 125g macaroni  
 25g, grated grana padano or parmesan

### Method

Melt the butter in a pan then stir in the flour. Cook, stirring, for 3 minutes then

gradually whisk in the milk to give a smooth sauce. Add the garlic, simmer for 4 minutes, then fish out. Add the mustard, cheddar and gruyère, and stir until melted. Season with salt and white pepper.

Heat the oven to 220C/fan 200C/gas 7. Cook the cauliflower wedges in a large pan of boiling salted water until just tender. Scoop out with a slotted spoon and drain really well.

Cook the macaroni in the same water following pack instructions. Drain, then rinse under cold water and drain again really well. Carefully mix the macaroni and cauliflower with the sauce and tip into a buttered 20cm x 30cm ovenproof dish.

Scatter over the grana padano or parmesan and bake for 20-25 minutes or until golden and bubbling. Leave to sit for 5 minutes before serving.

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### The Resonant Revival: Vinyl's Triumphant Return to the Turntable

In an era dominated by digital streaming and portable playlists, the vinyl record has experienced a remarkable resurgence, capturing the hearts of music enthusiasts seeking a more tangible and authentic listening experience. The analog allure of vinyl has rekindled the appreciation for the warm, rich tones and nostalgic crackles that only a turntable can deliver.

The vinyl record, once thought of as a relic from the past, has become a symbol of resistance against the convenience of modern music consumption. Audiophiles and casual listeners alike are rediscovering the magic of analog recordings, embracing the unique characteristics that set vinyl apart from its digital counterparts. Venturing back to the original vinyl era, several timeless albums stand out as beacons of artistic brilliance.

### The Beatles' "Sgt. Pepper's Lonely Hearts Club Band" (1967)

is a vinyl gem that continues to enchant listeners. With its groundbreaking production, innovative songwriting, and eclectic mix of musical genres, the album conveys the band's creative genius. The vibrant and whimsical cover art, designed by Peter Blake, adds to the overall sensory experience.

### The Velvet Underground & Nico - "The Velvet Underground & Nico" (1967):

Andy Warhol's banana cover design is as unconventional as the music inside. The album is a groundbreaking work in experimental rock, featuring tracks like "Heroin" and "Sunday Morning."

No vinyl collection is complete without Led Zeppelin's eponymous debut

album (1969), a thunderous fusion of blues, rock, and folk that showcases the band's raw energy and virtuosity.

The iconic album cover, featuring the Hindenburg disaster, is etched into the annals of rock history.

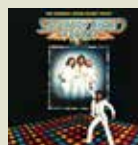
### David Bowie's "The Rise and Fall of Ziggy Stardust and the Spiders from Mars" (1972)

is a glam rock masterpiece that not only challenged musical norms but also blurred the lines between fiction and reality. The cover, featuring Bowie as the androgynous Ziggy Stardust, is a visual manifesto of the album's avant-garde spirit.

### "Saturday Night Fever" - Bee Gees / Various Artists (1977):

The soundtrack to the film "Saturday Night Fever" is arguably the most iconic disco album of all time. Featuring songs by the Bee Gees, such as "Stayin' Alive" and "How Deep Is Your Love," the album became a cultural phenomenon and symbolized the disco era.

The resurgence of vinyl isn't merely a nostalgic journey; it's a celebration of the enduring craftsmanship of both musicians and visual artists. Vinyl records are more than just a medium for music; they are artifacts that encapsulate the spirit and resonance of our shared lives.



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**EVERY DOG'S STORY**


I have a bed, my very own.  
It's just my size.  
And sometimes I like to  
sleep alone with dreams  
inside my eyes.

But sometimes dreams are  
dark and wild and creepy  
and I wake and am afraid,  
though I don't know why.

But I'm no longer sleepy  
and too slowly the hours go by.

So I climb on the bed where the light of the  
moon is shining on your face  
and I know it will be morning soon.

Everybody needs a safe place.  
~ Mary Oliver



If you know someone who is inconsolable over the loss of their dog, or someone who just plain loves their dog, this is the present to buy them - even if they are the least poetic, dour Scotsman or unromantic Yorkshireman. I'm a Philistine - I'd never heard of Mary Oliver until I read a review of this book. I rarely read poetry. However, I do have a dog, my first ever, and I'm amazed at how he has opened my eyes to nature, to happiness, and to the friendliness of other people and dogs (not to mention sheep, cows, horses, alpacas and geese). I wish I knew what he was scenting when he's out on the moors and why he insists on lying in the coldest, frostiest patch of grass when the wind is blowing me over. The poems in this book go a little way to explaining what goes on in a dog's mind, and a good way into explaining why dogs mean so much to dog lovers. ~ Reviewed by *Scorpio Rising*

Say you saw it in the Worth Valley Mag!

# WORTH & AIRE VALLEY MAGS

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORIES

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## Valentine's Day Nostalgia Quiz: Love Through the Ages



As we celebrate the season of love, grab a cuppa, find a comfy chair, and let's dive into the world of love through the ages!

### 1. Sweetheart Slang:

In the 1950s, calling someone your "squeeze" was all the rage. What term of endearment did you use to refer to your significant other in your heyday?

- a) Snookums
- b) Lovey-dovey
- c) Buttercup
- d) Sugarplum

### 2. Love Letters:

Back in the day, expressing love involved putting pen to paper. Which of these classic phrases would you find in a heartfelt letter from the 1960s?

- a) "You're the bee's knees!"
- b) "You're the cat's whiskers!"
- c) "You're the dog's bollocks!"
- d) "You're the monkey's uncle!"



### 3. Romantic Tunes:

Your favourite love songs played on the wireless in the 1970s. What ballad would make your heart skip a beat?

- a) "Something" by The Beatles
- b) "Wonderful Tonight" by Eric Clapton

- c) "Unchained Melody" -  
by The Righteous Brothers
- d) "I Will Always Love You" -  
by Whitney Houston

### 4. Candlelit Dinner Classics:

In the 1980s, a romantic dinner meant fine dining at a local establishment. What dish would likely be the star of your Valentine's Day meal?

- a) Beef Wellington
- b) Chicken à la King
- c) Lobster Thermidor
- d) Quiche Lorraine

### 5. Iconic Movie Quotes:

Which of these classic British film lines best captures the essence of love according to you?

- a) "Here's looking at you, kid."  
- Casablanca
- b) "To me, you are perfect."  
- Love Actually
- c) "You had me at hello."  
- Jerry Maguire
- d) "I'm just a girl, standing in front of a boy, asking him to love her."  
- Notting Hill

### Scoring:

Count up your correct answers to discover your Love Through the Ages score:

- 0-1: Cupid's Apprentice
- 2-3: Romantic Rookie
- 4-5: Love Connoisseur

May your Valentine's Day be filled with laughter, joy, and a sprinkle of nostalgia!

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