## WORTH VALLEY MAG COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

May 2018

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7:00 PM Laycock Village Hall Call/Text Carla: 07881 953 118 Tuesday

3:30. 5:30 or 7:30PM Long Lee Methodist Chapel Call/Text Carla 07881 953 118

Wednesday 7:00PM Riddlesden Reformed Church Call/Text Barbara: 07582 468 366

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# Slimming World

#### Wednesday cont.

5:00PM or 7:00PM Oakworth Holden Hall Call Andrea: 07979 505 384

#### Thursday

9:30AM Riddlesden Reformed Church Call/Text Barbara: 07582 468366

> Thursday 5:00PM or 7:00PM **Haworth Baptist Centre** Call Andrea: 07979 505 384

#### Saturday

8:30AM or 10:30AM Church of the Nazarene Oakworth Rd. Keighley Call/Text Lynn: 07800 865 331





Pooch Power appears to be the theme of the magazine this month. It kind of just evolved after we met with Tanya Hulme at Paws on Sofas to discuss how she was going to celebrate her one year anniversary in business. The old adage goes something like "Never work with children or animals." But we nevertheless agreed to hold a photo shoot for the magazine cover with the hope of capturing at least one suitable photograph for publication. What followed was an exhausing few hours where the dogs posed, pouted, and panted their way on to the sofa in Tanya's Pooch Lounge while photographers John Sargent & Edwin Thomas snapped away. Dare I say, it was actually fun!

Our cover dog is Benji and he lives in Haworth; I'm reliably told he is a mix of Cavapoo (Cavalier + Poodle) & Bichon Frise and the result is a Cavapoochon.

You can read more about Paws on Sofas and meet a number of our local canine friends on pages 8 & 9.

You will find a few Forties Weekend essentials on pages 6&7, including a gin 'ration voucher' from Fourfolk Gin and lovely vintage styled dresses & accessories at Wave of Nostalgia.

Rosa Rugosa is the gorgeous new florist located on Mill Hey...Proprietor Annie Milner has already scheduled her first workshop...but be quick as places are limited.

Embers Restaurant are offering our readers a 10% discount off their food bill in May & June as well as extending thier popular gourmet pizza & gourmet burger menu. See page 10 for more

If retail therapy is what you desire, enjoy a late night shopping experience with Daisy Days on May 10th...Bargains galore and the sale continues until the 13th.

Be sure to cut out the Late Night free admission voucher to the Bronte Parsonage Museum; another exclusive offer to local residents. Have a great month!





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## WORTH VALLEY

It's only two months until we celebrate turning 50 at the Keighley & Worth Valley Railway, and what a year it has been so far. We have welcomed a Royal visitor, and some might say it was a little ironic that the steam locomotive named after 'Oliver Cromwell' visited the line just a few weeks later. We ran demonstration freight trains,



as well as double-headed specials, during our Gala weekend in March, and saw the first of the year's 'Haworth Haddock' fish

and chip specials. We also ran seven days per week during the Easter and half-term holidays, before reverting to operating at weekends and the Diesel Railcar services on Wednesdays.

We have over a week of special 50th celebrations planned beginning on Sunday 24th, and continue, with Royal Scot hauling pre-booked trains from June 25th to June 27th. Please do visit the Railway's website to secure a seat on the Royal Scot specials and to see the details of the events, which run through to 1st July, with various visiting locomotives and themed days, and most importantly the re-creation of the original re-opening train that left Keighley at 235pm on June 29th, back in 1968. We are still very keen to hear from anyone who was on the re-opening train, or who was watching or volunteering on that special day, so please do get in touch so we can get you involved with the anniversary events.

2018 sees us running our inaugural 'Food & Drink Festival' on 9th and 10th June, which offers a weekend of Artisan foods



and drinks, with food and drink stalls, including a range of fine wines, ciders, gins and real ales and a wide range of delicacies to enjoy.

As ever, we also continue to run steam trains every weekend and during school holidays, as well as the Railcar Wednesday service continuing to prove popular. It is also good to note that we are dog friendly.

To make all this happen requires a huge effort by our volunteers and small group of paid team members. Whilst we have well over 500 volunteers already, we are always keen to welcome more. We offer full training and assessment for a wide range of operational roles, but always need volunteers to help with the behindthe-scenes activities. These range from the front-line engineering, maintaining and overhauling locomotives and rolling stock, as well as the trackwork; right through to all the administrative functions that are required to run a charity of the scale of the Railway. We have such a variety of roles we are sure that we will find something to suit your available time and level of experience, so please do consider joining us.

You can find details of how to join as a volunteer, as well as further information on our programme of events on www.kwvr.co.uk









#### **Women at Work in Wartime**

by Diane Park

It was war that opened the realm of paid work for women in the UK; it is as simple as that and it is the ironic truth.

During the First World War jobs were left behind by the men who had gone to fight. Women stepped in with gusto and determination. However, when the servicemen came home, women had to return from the factories to domestic life. Britain craved pre-war times when women remained in the home, however not only

did women go back to work in the munitions factories in WW2 but they were actively recruited into the ranks



of the Army, RAF, & WRNS. They were trained as draughtswomen, drivers, radio operators, mechanics and other secret roles taking place behind enemy lines. Women were well and truly grafting and contributing to the economy and war effort in many ways.

Of course women were demobilised again at the end of WW2 but unlike the 1920's, the late 1940's and 50's were more prosperous. Sustained periods of economic growth meant more jobs. Nevertheless, if women got married they were sacked! They were also sacked when they got pregnant! And we know they were notoriously paid less than men, a practice that remains a travesty and challenge to this day. It's been a rocky road for women at work but the two world wars gave them the opportunity to show their abilities and aptitudes and enter the modern arena with confidence.

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In April we asked Paws on Sofas to host a doggy photo shoot in celebration of both the Haworth 1940's weekend and Paws on Sofas' one year anniversary. Furry friends far and near and their owners were all too happy to take part in our pooch party. It was very difficult selecting a cover photo...As you can see, there were too many to choose from, and many more than we are able to publish in this space. Many thanks to all who participated!

Photography by John Sargent and Edwin Thomas

### PASSIONATE ABOUT POOCHES

With a well established & successful corporate career in the energy industry, including plenty of international travel, one wonders what would tempt someone to give it all up. Tanya Hulme did just that when she decided to follow her heart to Haworth and open Paws on Sofas, a friendly boutique for dogs, including a VIP (Very Important Pooch) Lounge located behind the shop on the cobbled Main Street. (Well-behaved owners are also allowed to stop for a coffee and a chat!) "I was tired of being on the road and I missed my dogs. I've been a lover of dogs for a long time; mine are my constant companions. I thought it was time to turn my passion into a new career."



"We celebrate our one year anniversary in May and I can happily say I've never looked back."

When asked what makes Paws on Sofas different from other dog emporiums, Tanya explained the research and commitment that she has put into her new business including the choice of products.

"There are so many cheap imports on the market and the health and wellbeing of dogs is being undermined by poor quality products mass produced. Paws On Sofas stock European certified & Vet approved products where safety and comfort come first. We also stock the best quality food & grain free treats."

"Many people think that dog boutiques mainly cater to small dogs but in fact we have beautiful handmade dog harnesses, leads, coats and accessories for all shapes & sizes from XXS to XXL."

"Haworth is a unique place and I have been made to feel welcome here. It is also a dog friendly village; that was an important criteria in choosing this location."

"I hope readers will call in and say hello...
of course with their best mates on the
lead! As summer approaches I will be
serving things like Pupcakes, Puppucino,
dog ice cream, dog tea & croissants...and
good old fashioned healthy dog treats.
I look forward to meeting many more dog
lovers and dogs in our community."

For the month of May, Paws On Sofas will give a free bow tie, tie or bandana, with every purchase over £35. Paws on Sofas 75 Main Street, Haworth 01535 439 380











New Florist now open in Haworth catering for all of your flower needs. All types of flowers from a simple bunch of daffodils to a full wedding.

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## Brontë Parsonage Museum at 90 A History of the Museum in 10 Objects

# Graph term life. Granny 1634

Grasper - from life by Emily Brontë, 1834

When I look at Emily's little sketch of the family's Irish terrier Grasper, it's clear to me that she is giving us a picture of a very real dog, with a character of his own, caught in a particular moment. Bristlehaired and alert, he has an expression of hopeful expectation that any dog owner will recognise. Unless very different from most of his kind, what he was likely hoping for was a good long walk, or some kind of tasty morsel. In the Brontës' household, and particularly under Emily's care, neither would have been in short supply. Charlotte's friend Ellen Nussey writes of Emily and Anne sneaking Grasper into the parlour against their aunt Branwell's rules, and feeding him their breakfast, and as for walks, what was there that Emily would rather do than step out across her beloved moors with her beloved dogs? We have little actual information about

Grasper. We know his breed, that he is wearing at this point a leather collar, (though we have a one of brass we also think was his, complete with an intriguing tuft of hair) and that he had a liking for porridge. We do know though, that animals were always around the Brontës and part of everyday life at the Parsonage; we read accounts of pet geese being fed, a falcon's wing mended, a cat called Tyger being everyone's favourite. There are several doggy anecdotes that have come down to us, but they're usually about the more famous and seemingly charismatic Keeper.

Emily was known for her affinity with animals, probably on the whole preferring them to people. But she didn't sentimentalise them. She embraced the savage aspects of their nature as well as the gentle, and part of her love of the family pets seemed to be the sense of a latent wildness and ferocity, still to be glimpsed if you looked for it. All this fits easily with our ideas of Emily and that fierceness in her own writing, but what I like about this picture, is something more tender that comes through, something more personal and immediate. Emily Brontë is a writer of colossal stature, but this sketch reminds us she was once a fifteen year old girl with a pencil in her hand. Her little terrier, eager for a walk one day sits in front of her with a particularly loveable expression, and she grabs a piece of paper...

Sue Newby Learning Officer



Summer is here which means the return of Late Night Thursdays. Admission after 5.30pm is free to residents of BD20, BD21, BD22 and those living in Thornton\* so cut this out and pin it on your fridge!

\*Please bring proof of address with you. Usual admission applies to all other visitors. Last entry 7.30pm.



**THURSDAY 17 MAY** 

Museums at Night: Hands on History

**THURSDAY 21 JUNE** 

Haworth in the Brontës' time

THURSDAY 19 JULY
What Emily Means To Me

THURSDAY 16 AUGUST

Meet John Brown and Tabby Aykroyd

**THURSDAY 20 SEPTEMBER** 

Enjoy the Museum after the crowds have gone

THURSDAY 25 OCTOBER

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It's the little things that make a big difference to the quality of ones life. A stroll in the park with the dog, a well deserved coffee at a favourite cafe after getting the shopping done, meeting up with friends for lunch, choir practice, a trip to the hairdresser, pub guiz night with mates, a drive out to the countryside to blow away the cobwebs. Driving Miss Daisy Companion Driving Service makes it possible for all of this to happen, including keeping ones independence, and more. "We provide a very unique service," explains owner Martin Kounnas. "We aren't just taking people from A to B. Our aim is to add value and provide support where it is needed. Yes, we do get our clients to where they want to go but we are also interested in their well-being and enjoyment along the way." "A trip to the doctor's surgery can be

challenging for some; we hope to make it as stress free as possible."

"It has been a tremendous privilege

to provide this kind of service in the community. Sally and I are so grateful at how Driving Miss Daisy has been received; fifteen months in and we are humbled by the trust and rapport we have gained with our clients and their families. It is heartwarming to know we are making a difference."

Martin's partner and wife Sally Kounnas added, "We are also delighted to be working with excellent local organisations like Dementia Friendly Keighley, whose work is outstanding and exemplary." "We welcome feedback and suggestions on how we can continually improve the service and better meet the needs of the community."

With core values like Integrity, Empathy, Professionalism, Safety & Fun stated in their mission statement, Driving Miss Daisy is in a driving class of its own!

Contact Martin & Sally to discuss your requirements, they are delighted to help. 07977 065316

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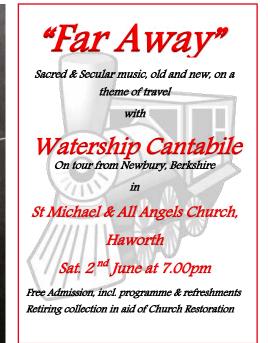
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After launching two years ago, Suzanne's Beauty Den in Haworth has expanded and is now offering new treatments across two beauty rooms at the Studio.

The Beauty Den is very proud to introduce The Tranquil Woodland Room, a brand new and exciting visual and physical experience for the mind, body and soul.

This is the second addition to the Haworth location and treatments include a selection of massages, hot stones, reflexology, Indian head & neck, Reiki & Chakra balancing, Crystals plus Hydrotherm back massage suitable for pregnancy.

A free consultation and viewing of the Tranquil Woodland Room is offered in person, where you can discuss and choose a personalised treatment suitable to your needs, bespoke to each individual, guaranteeing total relaxation to fit in with any busy schedule.

The warmth of the room, gentle music, dim lights and hints of exotic scents, encourage you to close your eyes, relax,

unwind, meditate, sleep or dream. This is when the natural healing takes place, aches and pains seem to subside, at the end of the treatment you are left in a zen like state of mind, wanting to book the Woodland themed room again.

Whilst, many salons rush you out for their next customer, Suzanne encourages you to reflect and go at your own pace, allowing time after the treatment to enjoy the benefits and mind space, surrounded by candles, fairy lights and a complimentary drink of Neal's Yard Herbal Tea or water. The Beauty Den offer an extensive range of treatments and pamper packages including; facials, manicures and pedicures, Nouveau eyelash extensions, waxing and threading, HD Browns and make up, Electrolysis, IPL Hair removal, Resultime by Collin Paris, Monu Skincare, Nuskin at competitive prices.

The Tranquil Woodland Room / Suzanne's Beauty Den is located at Railside Studios, Belle isle Road, Haworth, BD22 800. For more info call 07977 055660.

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illions of homes across the UK eniov the added luxury of a conservatory, whether it's for entertaining, extra living space or simply enjoying the views of the garden. But older conservatories can come with drawbacks - more often than not they are

too cold in the winter and too warm in the summer, meaning they are underused. But now that's all changing. UltraRoof380 is helping transform conservatories into beautiful, elegant spaces, complete with vaulted ceilings and full-length glass panels to let the light flood in. The roof has been developed specifically for owners wanting to reinvent a conservatory and turn it into a room that feels more like an extension

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you to design a room with a solid roof but also the ability to include glazed sections, giving you privacy yet still Developed using UltraTile, the lightweight tile system is as near to the real thing as you can get. Available in

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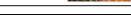




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#### SMIthy'S Tech TIPS

By Liam Smith

#### What is Artificial Intelligence in the home?

Artificial intelligence (AI) is the simulation of human intelligence processes by machines, simply put, it's a computer's ability to replicate natural intelligence demonstrated by humans and other animals. This all seems a little complex, and some of you might also be wondering about how it can benefit your life, but keep on reading as we explore the endless possibilities for AI in your home.

Smart home and Al devices aren't just convenient, they can also make your home a safer place. Technology such as

a biometric fingerprint scanner, much like that of the Touch ID on an iPhone, ensures convenience with unlocking the device without compromising the overall security, in fact, it enhances it as opposed to a passcode. This security measure can also be implemented into the home, for example: a fingerprint scanner to unlock the door without the need for keys!

Smart cameras are also becoming more popular, and they're one of the most powerful security measures that can be installed at home. With the ability to automatically upload footage to the cloud – an online storage facility to keep the data safe if the hardware is damaged, remote access for a live feed of the cameras even

when you're not at home, and motion detection that's smart enough to detect a human figure that appears in the frame and can even send an alert directly to your phone/or device to notify you.

Digital Al assistants such as Amazon Alexa allow for the integration of voice control with smart compatible devices. A typical usage scenario could be controlling music, lighting in the home, and even ordering of products directly through Amazon. However, the smart part really comes into play with full integration of other devices as mentioned previously, acting as a central hub to all of the homes smart facilities. Being able to remotely lock the door, or to set the house alarm

to active with a voice command, it offers a comprehensive solution for home automation and security devices. The entertainment factor is compelling. You can play games, ask questions, listen to curated music play lists & favourite podcasts.

There's a plethora of applications for smart technology through the integration of Al, and this is an exciting time for the smart home and Al space. We're sure to see some big advances as the technology matures and more integrations between the various products become available. It's not just a security measure, it's an added convenience to maintaining your home.

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#### **Sudoku Puzzles**

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

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

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

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. See page 34 for answers.







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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 oveniding 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 Mark 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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- Fully guaranteed
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## COMMUNITY PAGES

Every 3rd Monday at 8pm is Story Telling Night at The Old Hall in Haworth.

Oakworth Young at Heart meet every Thursday 1-3pm at Holden Hall. Haworth Senior Citizens meet every Wednesday 2-3pm at West Lane Methodist Church. Friendship, activities, speakers, outings. Every Wednesday 10 - 1.30pm Food For The Soul. West Lane Methodist Church, Haworth. Contact Shona or Geoff Grange 01535 647675. Mondays 1 pm - 3 pm Lees Methodist Church Craft & Chat Group in Lees Methodist Church Hall (directly opposite Lees Primary School on Haworth Road). Every Monday 10 - 12noon Drop in Coffee Morning at St James Church Hall. Cross Roads.

Stanbury Residents Group 2pm at St Gabriel's Church, Stanbury. Every Tuesday 12.15pm Oakworth Senior Citizens Luncheon Club at Community Centre in Shaw Lane. Bronte Parsonage Museum - Late night Thursday's throughout Summer after 5.30pm for residents of BD20, BD21 & BD22 (please bring address proof).

Haworth Tennis Cub is gearing up for the 2018 season. Subs remain the same since 2003. Family £50, Seniors £20, Concs £10 and key deposit £5. Purple keys are needed this year to access the courts. Contact Jens or Andrea Hislop to renew membership. Tel. 01535 644444.

Fri 11th May 7.30pm Haworth Cinema film Hostiles (15) at West Lane Baptist Church.

#### Sat 12th & Sun 13th May 10am Bronte Vintage Gathering at

Cullingworth Fields, Haworth Road, Cullingworth. Fun family day out including Joseph's Amazing Racing Camels, Sheep Show, Terrier Racing, SMJ Falconry, Fairground, RAF flypast, Bouncy Castles, Donkeys, Beer Tent & lots more.

Sat 12th May Haworth Haddock on the KWVR. Book on line www.kwvr. co.uk

Sat 12th May 10am - 12 Oxenhope Pre-School Open Morning. 07851 702 283 info@oxenhopepreschool.org Sat 12th May Ebor Lane & Railway Children's Walk Community Clean Up 10.30am - 12.30 pm Followed by refreshments in the Masonic Hall and an opportunity to find out more about the work of the Aire Rivers Trust and discuss the way forward for looking after the site. All equipment provided. For more information contact Marie Copley Worth Valley Ward Officer. marie.copley@bradford.gov.uk Tel. 01535618008 Sun 13th May 6.30pm St Michaels' Church, Church Street, Haworth. Garth Hewitt's 'Against the Grain' tour reaches Haworth £9 or £5 concessions from demullins23@msn. com or 01535 648464

Mon 14th May until Sun 18th Nov Keighley War at Cliffe Castle. From photos and medals to paintings and toys, this new exhibition takes visitors on a journey through our ancestor's lives.

Tues 15th until Sun 20th May Christian Aid pop up shop a Sonia's Smile, Main Street, Haworth.

## Thurs 17th May Oxenhope Gardening Club at 7.30 pm in the Oxenhope Community Centre, Shaw Lane.

To all you plant lovers! A reminder that Oxenhope Gardening Club will be holding its annual plant sale on Thursday May 17th. Here's your opportunity to buy interesting plants at very cheap prices and to enjoy home made cakes, tea and coffee with likeminded plant lovers!

Sat 19th & Sun 20th May Haworth

1940's Weekend. Live World War 2 Battle re-anactment at 2am Sat & Sun in the School Playing Fiels, off Butt Lane. Including The Dakota Fly past on Saturday at 10.50am. Tradional Punch & Judys Show, Sooty & Sweep & Magic Show. Sat 19th May Historical Coin Collection at East Riddlesden Hall. Sun 20th May 11 am The Bay Way Walk in aid of Embrace Child Victims of Crime (starting from Bay Horse Inn, Oxenhope.BD22 9LN). Join us on this the 9th of our traditional walks on a well marked route on the moors and countryside of Oxenhope. For more information - to register for the walk or to sponsor call Diane 07970 720068 or email dianewatts23@

Sunday 20th May. Train rides for all the family. Miniature trains running at Marley sports field approx.13:30 until approx.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

amail.com.

Sun 20th May 2pm Music at the Museum at Cliffe Castle. Free event

Noteability Concert Band.

Fri 25th May 7.30pm Haworth Cinema film Three Billboards Outside Ebbing Missouri (15) at West Lane Baptist Church.

Sat 26th May 10am - 2pm Haworth
Car Boot at The 3 Acres Pub, Bingley
Road, Haworth.

Tues 29th May Mini Beasts in Conservatory at Cliffe Castle Museum & Park.

Sat 2nd June 10am to 4pm Kids
Theatre Fun Day Free event at
Airedale Shopping Centre.
Weds 6th to Sun 10th June An

Exhibition of textile art by Deborah Mullins at The Old School Rooms, Haworth.

Fri 8th June 7.30pm Haworth
Cinema film The Shape of Water (15)
at West Lane Baptist Church.
Sat 9th & Sun 10th June Summer

Food & Drink Festival on the KWVR.
Sun 10th June 11am - 4pm Crafts
at the Castle Garden Party in the
Park at Cliffe Castle Museum & Park.
Sun 10th June 2 - 4pm Music in the
Park at Central Park, Haworth. Come
along and enjoy Haworth Band - free
concert.



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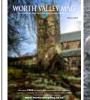
mail@worthvallevmaa.co.uk















Group I Group 2 Group 3 Riddlesden Long Lee. Crosshills, Glusburn. Fell Lane, Exlev Head Keighley centre,

Utley Laycock.

#### Suduko Answers

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## Lamb Tagine with apricots

#### **Ingredients**

Ikg diced lamb shoulder

2 tsp ground cinnamon

2 tsp ground cumin

2 tsp ground turmeric

I tbsp sweet paprika

I tsp hot paprika

2 tbsp olive oil

3 onions

4 cloves of garlic

60g sultanas

2 tbsp honey

I tsp saffron stamens

750ml stock

2 x 400g cans chopped tomatoes

350g apricots

a preserved lemon

a handful of coriander leaves

a small handful of mint leaves

#### Method

Toss the cubed lamb in half the ground spices and leave for at least four hours. Overnight would be ideal.

Set the oven at 160C/gas mark 3.Warm the olive oil in a deep, heavy-based



casserole and add the seasoned meat in small batches. Remove when it is browned nicely on all sides. Peel and roughly chop the onions, then peel and finely slice the garlic. Add to the pan with the remaining spices and allow to soften and colour lightly. Stir regularly over a moderate heat so that the spices flavour the onions but do not burn.

Add the sultanas, honey, saffron stamens, stock, tomatoes and apricots, then return the meat to the pan. Bring to the boil, season with salt and black pepper, then cover with a lid and place in the oven. Cook for two and a half hours.

Cut the preserved lemon in half and discard the interior pulp. Finely chop the skin and stir into the tagine. Lift out the meat with a draining spoon and boil the sauce over a high heat until it is reduced and thick, then stir in the roughly torn coriander and mint leaves. Return the meat to the sauce and serve.

Serves 4







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## In the spirit of Bill Bryson but with a voice that is All YORKSHIRE.

Keighley man Chris Binns writes the tale of his walk from the Scilly Isles to the Shetland Isles punctuated with humor, wit, sheer determination and an indomitable spirit that is known as Yorkshire grit.

When in 2007 I retired from West Yorkshire Police, I found myself needing to clear my head from thirty-three years immersion in the gutter of life. Some could take umbrage at such a grim description of a successful career in the Police, but however enjoyable, rewarding, often exciting, a long career in the Police is, an absorption into others family tragedies; and the investigation of such heartbreaks, often led into the under belly of life. I served, in the Bradford and Keighley district; latterly as a Senior Detective investigating murders, suicides, rapes, shootings, robberies and riots, and I wanted and needed to clear my head from the relentless saddness and heaviness that came with the

I chose to go on a journey from Bishop Rock in the Scilly Isles to Muckle Flugga in the Shetland Isles; connecting the two furthest points of the British Isles, by including a comfortable stroll from Land's End to John O'Groats.

job.

My book follows the Spring North, on an adventure that proves to be both relaxing and exciting; finding a Britain so very different to the one experienced throughout my working career. I have walked all my life; having previously completed The Pennine Way and the Coast to Coast Walk as well as climbing Enter our reader competition with a chance to win a copy of 'A Journey from Bishop Rock To Muckle Flugga.'

#### **Competition Quiz**

Q. In what year did Billy Butlin organise his Big Walk from John O'Groats to Land's End marshalled along the way by his famous Red Coats? (Hint: It was won by Yorkshire man J. Musgrave.)

email your answer to:
mail@worthvalleymag.co.uk
along with your name and address & we will
inform you if you are the lucky winner.

all 214 Wainwright's Lakeland Peaks.

Presently, I lead a local group of walkers on strolls and climbs, with an ambition to walk all the Rivers of Yorkshire from Mouth to Source (ten completed so far). Thankfully the book – A Journey from Bishop Rock to Muckle Flugga - has been well received.

James Shallcross recently wrote: 'This is different. It's uplifting, whimsical, entertaining and informative. Giving thumbnail sketches and humorous insights into little known aspects of our quirky nation. It reminded me of a radio programme I used to enjoy called "Down Your Way". A really delightful and enjoyable read'.

My book is available on Amazon or direct from me via email Bishoprocktomuckleflugga07@gmail.com

Chris Binns, East Morton

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#### **Christian Aid Pop-up shop**

Churches Together in Haworth and Cross Roads



We are re-cycling (almost!) all of your unwanted goods to raise money for the relief and development agency Christian Aid...we've raised almost £8.000 over the last four years!

Clothes (not underwear), gadgets, curtains, toys, bric-a-brac, small furniture, tools, etc.

Sonia's Smile, Main Street, Haworth 15th to 20th May

A number of volunteers are also needed to help run the shop. Goods can be taken to an agreed drop-off point or picked up if you are unable to transport them yourself.

\*Please note that we cannot accept donations beyond the 14th May.

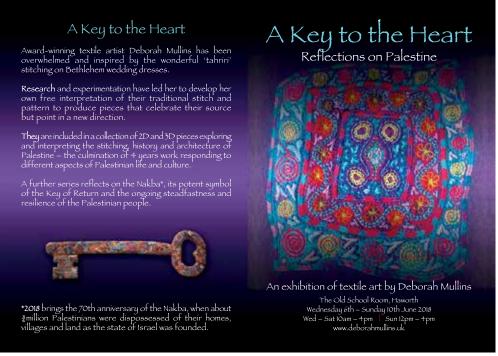
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