

WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

July 2007



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Summer is here - allegedly - and we write this on the mystical eve of the summer solstice. It is raining quite hard and a disconcerting amount of water is leaking in through the front door and forming a sizeable puddle. With the office placed in Stanbury there is little chance of a flash flood here, but we are reminded of the Off Comedun's column this month and his torrential experiences (page 21) so we are searching for sandbags just in case. When the sun shines again, (or even if it doesn't) do get out and enjoy the walk to Ponden Kirk (page 11). The front cover shot gives you a glimpse of what you can expect to see; breathtaking views over the Valley.

P.S. On a more personal note, we are pleased to announce that Karen is well and truly 'ripe and ready' to produce her second child in July. We wish her all the best for a happy, healthy and speedy delivery!



Liz Barker



Karen Davidson

CONTACT US

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say you saw it in the worth valley mag:



WINED & DINED

BY CLAIRE SMITH

**Claire Smith
of No. 10 The
Coffee House in
Haworth delights
us with her
unique culinary
inspirations.**

There can be no greater joy at the height of British summertime than that provided by the succulent summer strawberry. Valued in Roman times for their therapeutic properties, used for centuries in love spells, and considered a panacea by the alchemists of the middle ages, strawberries are the colour of passion, are high in potassium and iron, have diuretic and antiseptic properties and can even be used to soothe sunburnt skin. Having well established associations with the great British institutions of Wimbledon and croquet on the lawn, these luscious little fruits have almost become a metaphor for the British summer season. Perhaps the best recommendation of all came from the 18th century philosopher and permanent secretary of the French Academy of sciences, Bernard Le Bovier de Fontanelle, who was legendary for his love of good food, and who attributed his longevity to the fact that he ate strawberries on a daily basis when they were in season; he died aged 100.

I have to admit that I adore the little red rascals, their melting sweetness and juicy fruitfulness; gorgeous eaten fresh and unadorned picked straight from the garden if you are fortunate enough to have the space; if not there are many places which offer the experience of picking your own fruit when the odd berry may slip straight

into the mouth instead of the pot. Equally gorgeous hulled, sprinkled with a little sugar and served with a jug of thick cream, but the best combination of all has to be strawberries and champagne. Champagne is to strawberries what Chanel No. 5 was to Marilyn Monroe who famously wore nothing but the famous perfume to bed; likewise strawberries need no other adornment.

Strawberries make a wonderful accompaniment to cheese; experiment and find your favourite combinations. One of mine is sliced strawberry with feta or goats cheese and cheese with mango and ginger-sounds like an odd combination but try it and see what you think.

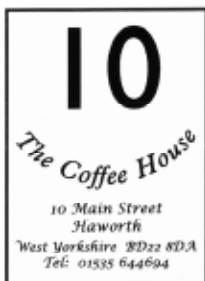
Strawberry shortcakes, homemade shortbread filled with layers of whipped cream and strawberries, and cream teas served with little pots of organic strawberries make a welcome re-appearance on the menu in the Coffee House at this time of year. Strawberry tarts, homemade strawberry syrup, iced strawberry mousse, this versatile little fruit knows no bounds and the varieties of strawberry are many; but the strawberry of all strawberries has to be the wild variety whose flavour and scent surpasses that of all cultivated strawberries. Seek them out in the woods and hedgerows and if you are lucky enough to find any have them with champagne.

Here are some farms that let you pick your own:

M.L. & R.C. Snowden, **Wharfedale Grange**, Harrogate Rd. Harewood, Leeds, LS17 9LW **0113 288 6320**.

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WEBSITE OF THE MONTH

"Scores on the Doors" is a website destined to cause controversy. It's a national public information service where you can find the official Local Authority hygiene ratings for food businesses. This invaluable tool for discerning diners lists thousands of take-aways, clubs, pubs, restaurants and even school kitchens! Premises are rated on a scale of zero to five stars so it's easy to see at a glance which places need to get their house (or kitchen) in order. Environmental Officers are expecting it to make a huge difference to the hygiene quality of food, although it shouldn't be used as a guide to the overall dining experience.



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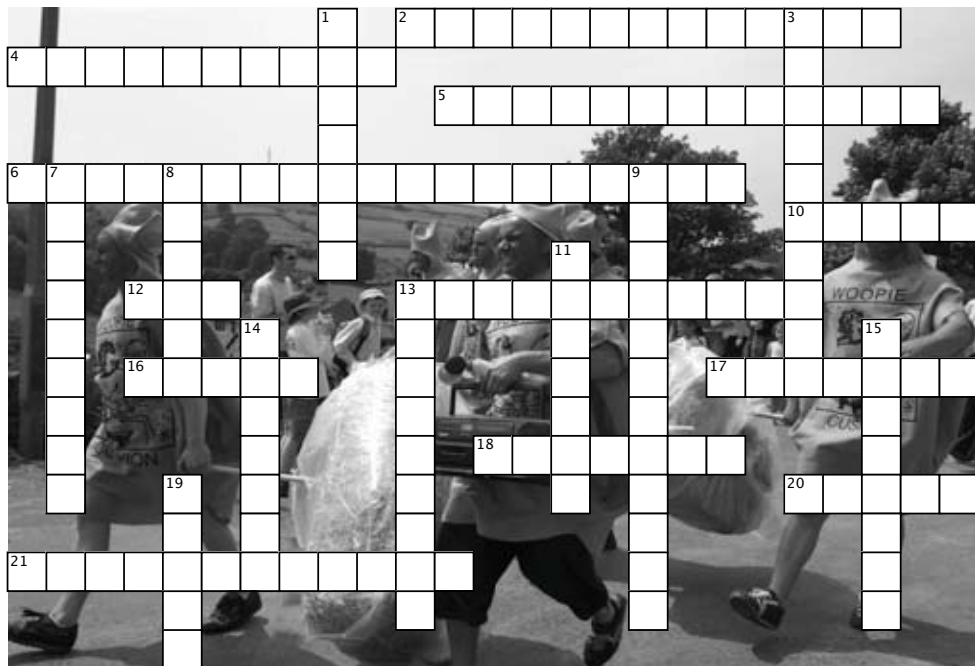
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Worth Valley Mag Crossword

A local crossword for straw racing people



Across

2. Famous swimmer once of Cullingworth (6,7)
4. Down Shep! (4,6)
5. Bingley's staircase on water (4,45)
6. The laest film in the Worth Valley (10,9)
10. Branwells' vice (5)
12. Car exam (3)
13. Yorkshire seaside town (11)
16. Incline or expensive (5)
17. Inanimate (7)
18. Leather on Willow (7)
20. Like a crown (5)

Down

1. Substitute (7)
3. Vale Mill's blind bend (4,6)
7. Got better (9)
8. Former home of Emmerdale (6)
9. Undertones anthem to youth (7,5)
11. Good for local scramble (7)
13. Indian film industry (9)
14. Bureaucracy (3,4)
15. The story teller (8)
19. Cut and..? (5)

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

SUDOKU

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

To advertise call Karen or Liz on 01535 642227



WALKING IN THE VALLEY -

PONDEN KIRK BY JANET COOK

*Writer, poet,
musician, intrepid
adventurer, Janet
Cook leads us on
a classic Worth
Valley walk.*

This is an easy but satisfying five mile walk. It begins and ends at Stanbury Hob Hill terminus and should take about 2 hours excluding stops.

The walk is well signposted. Waterproof footwear and the OS 1:25,000 South Pennines map are recommended.

At Hob Hill turn left along Back Lane to Cold Knoll. Go right at the signpost and continue for half a mile to Buckley Green. The Pennine and Bronte ways intersect our route at this point. Follow neither! Instead take the left fork past Buckley Green.

The rough track climbs gently along the moor foot to Far Slack Farm. Cross the stile beyond the drainage ditch to the left of the gateway. The boulders on the ridge to the south are the Master Stones - a worthy diversion, time permitting! At the signpost the path swings left tracking high above the boulder strewn valley of Ponden Clough. The path can be waterlogged here and at times it gets perilously close to the steep valley edge. Cross the stream near the signpost. The path then winds the short distance up to Ponden Kirk.

The Kirk is a large windswept outcropping of millstone grit that sits on a protruding tongue of moorland. This is flanked by two streams that cascade through a series of



Photo by Michael Shackleton

pools and waterfalls before converging as Ponden Clough. On a clear day there are superb views of the Worth and Aire valleys and beyond.

Local legend has it that the unwed will find a mate within 'a year and a day' if they crawl through the narrow crevice in the large boulder of the Kirk. Penistone Crag of "Wuthering Heights" is based on Ponden Kirk.

Leaving the Kirk behind, walk on and cross the next stream at the head of the falls. The path turns right descending along the curve of the valley for about half mile. Go through the gate at the foot of the moor and walk down the steep track to the Bronte Way. Turn right and continue past Ponden Hall ("Thruscroft Grange"), Ponden Reservoir and Ponden Mill. Turn right again at the Colne Road and climb the last quarter mile back to Hob Hill.

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June's winner was Ian Thornber.
The location was Lees Primary School
Google Earth ©

Say you saw it in the Worth Valley Mag!

BALTI HOUSE, RESTAURANT REVIEW



I remember visiting the **Balti House** in Keighley about eight years ago before it was relocated to Albert Street. It was one of the first Balti houses in Yorkshire and I had yet to experience this style of Asian cooking. I ended up having to leave half my curry. It tasted great but I was so stuffed that I could barely speak. Balti dishes are not for anyone on a diet! The word balti roughly translates as “bucket”!

The new Balti House is huge. It should be called the Balti Mansion. It's a 300 seater shrine to Asian food. Even the car park is big enough to park a jumbo jet. It has a plush yet simple colour scheme of ochre complemented by a neoclassical design that suggests you are dining somewhere up market; its exotic Indian furniture and subtle floral arrangements provide a relaxing ambience.

Smartly dressed waiters quickly took our orders and showed us to a snug alcove, its frosted glass dividers offering us some privacy from other diners. We had brought our own alcohol as they don't have a licence, and whilst this might seem a chore it does help to reduce the size of the bill! While waiting for the starters to arrive (and it was a bit of a wait) we enjoyed the excellent poppadoms – crisp, dry, light, and

accompanied by a very well presented spice tray which was topped up as we finished it.

For starters I had the Chicken Tikka Puree (£3.75). This was cooked in a combination of very light spices and served on a thin puree bread with a garnish of coriander. It was gorgeous, and it went very well with the wine we'd just opened. I hoped I'd left enough room for the main course! I'd ordered the Balti Patwari Lamb Tikka (£7.95) and when it arrived I began to have my doubts. A big, sizzling hot balti dish was placed in front of me and as the wonderfully rich, aromatic smells hit my nose and a naan the size of a paving stone appeared I realised my stomach capacity was about to be tested.

Once the lamb began to cool a little I poked a chunk of the naan in the sauce and started the task of devouring this mammoth dish. It was quite spicy, but very tasty. The meat was cooked just how I like it, no fat, just the finest cuts. The sort that almost melts in your mouth.

About half way through I began to feel very full. I tried my best but it had beaten me. I surrendered to a coffee and the bill – not cheap, but at the end of the day the Balti House is the kind of place you'd take someone for a special night out rather than just a post pub curry.

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The Old Silent Inn proudly serves Old Peculier, a rich dark smooth beer, malty and complex with an award winning flavour.



Old Silent Inn & Wish

For the past three years Paul and Kath Stapleton and their team have been quietly and earnestly enhancing the reputation and services offered at one of the most famous pubs in the area. They haven't been shouting about it, which seems fitting, given the name of the place, but they do have an establishment to be proud of and certainly worth visiting.

The Old Silent Inn at Stanbury is over 400 years old and steeped in history and intrigue. The antiquity and mystique of the place has inspired several authors to write novels based upon it, encouraging rumor and speculation that Bonnie Prince Charlie used the premises as a hiding place in 1745 when he was forced to flee England. The village folk were sworn to 'Keep Silent' during his stay,

hence the association with the Inn's name.

Fast forward to 2007 and while myth and mystery still attract some attention, the Old Silent Inn isn't 'dining out' on its intriguing history. The British public expect substance and authenticity, and when it comes to food, drink and comfortable accommodation, one thing is true; the Old Silent can deliver on all three. One example, the fact that Dan Muir has recently been appointed as head chef, demonstrates a commitment to providing traditional, quality, fresh and local cuisine. Dan is one of the original team members who helped secure the many coveted food awards - The Times Pub of the Year and Pimms Pub of the Year, to name a few. A man of few words, Dan is modest about his accomplishments and would prefer to talk about the present day and in particular

Dan Muir, head chef, is committed to offering good value with added flair in his new menu..



Wishing Well Restaurant

the new menu he has recently created. "I have focused on quality and value. For the most part I use local fresh ingredients. I make everything on the premises. It is straight forward home cooked food with a flair."

Looking at the menu one notes Old Peculier Pie, a firm favourite infused with the award winning ale. Other mouth watering delights include Pan Fried Salmon served on a Crab Risotto with Tomato Beurre Blanc. "I have broadened the offering for vegetarians too, with options displayed on the specials board in accordance with what is fresh and in season."

Diners can choose the traditional dining experience in the Wishing Well Restaurant or the more casual setting in the rest of the pub. Either way the atmosphere is

warm and hospitable.

The Ponden Room is available for larger groups and gatherings. "The local Rotary Club have their meetings here and we are pleased to serve them."

The Old Silent Inn is also famous for its fine cask ales. Theakstons Purveyors Award, and Old Peculier 'Best in Britain' Award are two of many accolades listed on its roll of honours.

It seems like there are quite a few things worth shouting about at the Old Silent Inn after all!

Old Silent Inn
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Visit the website for more details
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Azeems

Restaurant & Take-Away



Azeem's Indian restaurant has gone from strength to strength. Since opening in October 2003, it has rapidly become one of Keighley's most successful dining ventures, attracting a large clientele from the town and surrounding villages.

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sunshine brings
happiness has never
danced in the rain.'*
(Author unknown)

Summer in these sweeping pastures should make its residents feel truly blessed. When a cloudless azure sky and radiant beams of sunshine bake the still green vistas there is little that can compete with a hike up on the moors and a roll in the heather... and if you don't fancy a picnic there are some wonderful hostelryes to park yourself outside whilst you drink in the beauty of God's County. I sometimes wonder why we bother going on holiday at all. How many of us fly off to dull, featureless concrete resorts in search of sun, sea, sand and Sky TV whilst cultured folks from all over the world flock here to soak up the Worth Valley experience?

And it can quite literally soak - especially at this time of year. A few years ago we suffered the famous flash floods familiar to many in this area. It had been a particularly muggy day and I was on the train from Bradford as it slowly glided into Keighley station. Just before the doors opened a torrent of water fell from the sky. Nobody wanted to get off the train, but we had to make a choice. Get wetter than a well digger's wellies or end up in Skipton. Like lemmings we leapt to our fate. I was in a Hollywood disaster movie. People sprinted for cover, but blinded by incessant sheets of rain they stumbled and fell, clawing each other in a futile attempt to reach dry land. Women screeched and flapped their arms, grown men trampled over small children and small labrador puppies clung

halfway up lamp posts. I stopped running and waded up to the bus station. The Great British resolve kicked in and I began to think it was all a bit of a laugh... until I got home and saw the river running alongside my house. We don't live anywhere near a river. I couldn't open the door as it was a foot under the water so I rang the door bell. It made a sound like someone blowing bubbles. Mrs Offcomedun peeked through the letter box. She wasn't very happy.

We had just finished carpeting the house and converting the basement. Water was coming in both sides of the house, bringing with it a thick blanket of mud and sewage. A couple of men were frantically trying to unblock our drains with a very big stick. After they had managed to dislodge a couple of thousand crisp packets the water slowly began to seep away. Like all anonymous heroes they slipped away without any thanks and I managed to get into the house and survey the damage. A waterfall of effluence slowly trickled down the stairs in to the basement, where dirty brown waves lapped over the skirting boards. When the tide went out we found that our beautiful garden - recently turfed - looked like something from the Battle of the Somme.

It was a dispiriting time, but through the wonders of dehumidifiers, industrial sized fans and a chuffing big mop we slowly returned our house to its former glory. In fact it looks better! DIY? Don't talk wet!

If it's home improvements you're after move to the Worth Valley... and get some good home contents insurance (wink).

Say you saw it in the Worth Valley Mag!



Mike Cunningham,
*Chair of Keighley
in Bloom and co-
organiser of Keighley
Horticultural Show,
shares his tips for
July.*

GARDENER'S TIPS

BY MIKE CUNNINGHAM

Midsummer, and the flowerbeds are awash with vibrant coloured annuals. Summer bedding is at its best. This month is a time to relax, to enjoy not only the richness of the flowers but also the delicious scents of summer. It is a time for sitting in the shade, having an outdoor meal.

Roses: Continue to water and feed using a rose fertiliser feed. Spray against black spot, greenfly, rust and mildew. Tie in new shoots, cutting out any spindly looking ones. Don't forget to deadhead regularly and remove suckers (suckers tend to develop at the base of the rose below the ground level).

Lawns: Mow at least once a week keeping edges trimmed for a good-looking lawn. Spike compacted lawns to aerate. Do not apply chemical treatments during dry and hot weather conditions unless you water copiously after.

Flowering Plants: Continue to cut back early flowering perennials. Apply a general fertiliser to invigorate a tired looking plant. Autumn flowering bulbs and sweet william etc can be planted in prepared beds. Regularly deadhead flowering plants especially annuals. Now is a good time to plan and order your spring bulbs.

Vegetables: Continue to water and hoe between plants. Pinch out any side shoots from tomatoes except bush type varieties

and start feeding twice a week using a liquid fertiliser when the yellow flowers have formed a pea size tomato. Complete planting of broccoli, brussel spouts, leek and winter cabbage etc. Early potatoes should be lifted. Towards the end of the month onions and shallots can also be lifted and dried ready for storing.

Container Plants: Container grown plants can dry out very quickly this month, regular watering by any means to maintain moisture at the plant roots is essential. If going on holiday make arrangements for a friend or neighbour to water or alternatively move container to a shady part of the garden.

House Plants: Discard or replace plants that are past their best. Continue watering and feeding plants. Try to provide as much humidity as possible on hot days by standing near a saucer or bowl of water. Clean leaves of foliage type plants using a damp cloth.



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Alan Preston



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COMMUNITY NOTICES

Sun 1st July

Oxenhope Straw Race

Fancy Dress Race to raise money for various charities and community projects. Teams carry a bale of straw en route, stopping off in 5 pubs along the way (and taking in refreshment). Noon start from Waggon & Horses Pub. To enter the race forms can be downloaded at www.strawrace.co.uk or call 01535-644298

Sat 7th July

Oakworth Village Gala

2pm procession leaves Lane Ends; 2:30 Entertainment in Victoria Road Playing Field (includes children's sports.)

Sun 8th July

Manorlands Hospice Garden Party with 'Wild West' theme. 1pm-4:30pm. Free admission and parking Over 30 stalls and side shows. Entertainments including the Black Horse Jazz Band. All proceeds to Manorlands Hospice

Sat 14th July

Oxenhope Millennium Green Fete Annual Fell Race, Tug of War, Games, Stalls, fun for all the family. From 1:30 Contact Celia Holmes for stalls or information 643472.

Sat 14th July

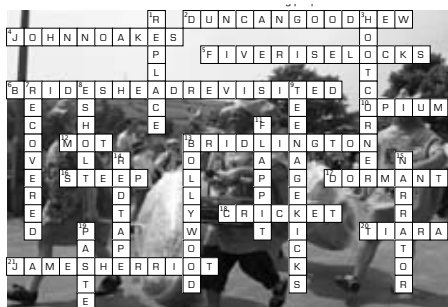
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For more details
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the murderer.

Cost £5 per car, all proceeds to Sue Ryder Care –Manorlands Hospice. A fun evening out for ages 8 to 80. Call The Wuthering Heights Inn for more information. 643332

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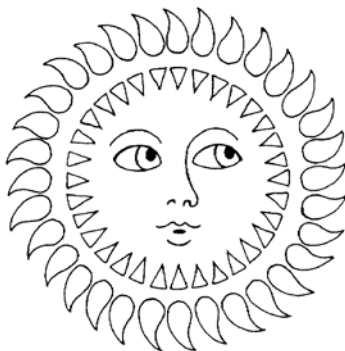
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HAWORTH GUILD OF BELLRINGERS



Calling all bell enthusiasts, and interested individuals! The bellringers at St Michael and All Angels, Haworth, are keen to recruit new ringers to prevent the unusual skill of change ringing from dying out in the region. Might this be a new interest for you?

St Michael's has a peal of six bells installed with money raised by Patrick Brontë in 1845. After a period of disuse in the sixties and seventies, the bells were overhauled and rehung in 1988 and there has been a band of ringers ever since.

Unfortunately, we are now so short of ringers that there is a danger that the Brontë bells will again fall silent.

If you would like to join us you will find that bell ringing is a fascinating and mentally stimulating hobby. Although it involves some physical exertion, you do not need to be strong or musical or a regular church goer. Change ringing is the art of ringing a set of tuned bells in a series of patterns called changes without attempting to ring a conventional tune. It is a peculiarly English activity, developed over 400 years ago. Most churches have six or eight bells; each bell is hung in a frame on ball bearings and attached to a wheel and rope. Each time the rope is pulled the bell revolves through just over 360 degrees sounding once on

the way round. The first step is to learn to control the swinging action of the bell; this requires skilled practice rather than brute force. Once this is achieved then you embark on change ringing proper which involves learning to control the speed of the bell to make it fit in to the mathematical patterns. Each different pattern is called a method and some have quaint names such as Grandsire Doubles or Craven Delight Minor.

Bell ringing is suitable for all ages; you can keep it simple or take it to very complex methods if you relish a mental challenge. You will never be able to say that you know it all! In addition to the fellowship of the other ringers at Haworth you would be made welcome anywhere in the world that change ringing takes place. Like many such activities there are local and national societies to join.

If any of this appeals to you and you would like to find out more about this fascinating tradition then come along to one of our practices.

Haworth Guild of Bellringers meet on Monday evenings from 7.30pm at the church or contact Simon Burnett on 01535 643928 for more details. Come and help keep the bells of Haworth ringing out for the future!

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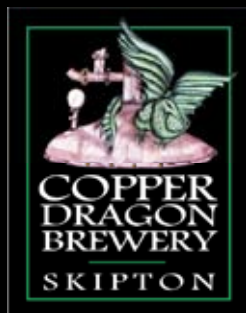
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