ARE VALLEY MAG

July/Aug 2011

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With all the sunshine we've been enioving of late I keep thinking of that silly song about the sun..."The sun has got his hat on Hip-hip-hip-hooray! The sun has got his hat on, He's coming out today..." I do realise though that you may very well be reading this when the rain is pouring down and the sky is cloudy...so it might be more appropriate to hum this old favourite instead..."I'm singing in the rain, Just singing in the rain, What a alorious feelin', I'm happy again"... Either way, a positive frame of mind is the desired outcome whatever the weather brings this summer. (And singing helps)

We continue with our eco-conscious content and encourage you to consider the various ways to save resources and conserve energy. Whether it is taking up cycling to work, installing PV panels on your home, or simply switching off the lights when you leave a room, every little bit counts. Fair Intents, the local Eco-festival

is scheduled September 10 & 11 this year...save the date and get involved in creating a more sustainable future. (More details to follow but see page 10 and check out the website). The Fall Fest on Page 5 looks really interesting too!

Relish the summer while it is with us...vou will find there is something for everyone in the list of events.

We have already tried the elderflower cordial recipe on page 12; it really is so easy to make... and it tastes like summer in a alass!

Last but not least...don't miss the special offers in this edition...you will find a voucher to claim 2 Curries for the price of 1(page5) 3 FREE Sessions for personal Coaching (page 28), and a saving of £200 if you place an order for solar panels with Electrotect by the end of Aug. (page 9).

Have a great summer and remember to keep sinaina : -)

from Liz and all at Aire Valley Mag



Sky Ride, In search of the perfect hill

Local people are being invited to choose their perfect hill to cycle down by Sky Ride and Bradford Council.

The Sky Ride event itself on Sunday. July 31, incorporates a perfect hill down into Bradford city centre from Peel Park offering families the chance to freewheel for over a mile down Bolton Road to Little Germany before enjoying some entertainment at the Urban Garden.

But as part of a national contest the organisers are also asking people to pick their own perfect hill - of which there are many around the district to choose from. One of the most famous hills is of course the one that climbs from llkley up towards the Cow and Calf rocks which has seen the spectacular sight of the Tour of Britain cyclists in a peloton several times in recent years.

People can go on to the www.goskyride. com website to nominate their perfect hill.

"It is the hills that lend such beauty and magnificence to the landscape in the Bradford district. Few people around the country realise that our district is threeguarters rural and there is much to enjoy."

The search for the perfect hill is backed by Olympic Gold medallist Sir Chris Hoy, an ambassador for the Sky Ride events nationally. Sky Ride asks that nominations take into consideration the view and the historical resonance, but most importantly what that hill means to that person

whether it is the thrill of the descent or the memories it invokes.

A public vote and a panel including Sir Chris himself and Editor of the Lonely Planet Cycling guide, Etain O'Carroll, will shortlist the entries. The ten best runnersup will receive a bike for themselves and the winner will not only receive their own brand new bike, but also one for their

immediate family up to a maximum of four.

Sky Ride local events. which are free small. weekly community bike rides led by trained leaders. can be both registered and found on www.goskyride.com website.

If you are a member of facebook vou can also click on to www.facebook. com/goskyride

Olympic Gold medallist Sir Chris Hov

Don't miss this Sky Ride Local event: The Bronte Trail

Sunday, July 3rd START TIME 2.00pm AGE RESTRICTIONS None ESTIMATED DURATION 100 mins. PACE Leisurely (7-8 mph) DISTANCE 6.1 miles BIKE SUITABILITY All bike types SUITABLE FOR CHILD TRAILERS No for more details and to register

go to: http://www.goskyride.com



Table Tennis LeaguePlayers wanted! K&DT

The Keighley and District Table Tennis League are welcoming any new teams this season to register their interest at the AGM on 14th July 2011.

The AGM will start at 7.00pm prompt and will be held at Keighley Table Tennis and Recreation Centre, 2nd Floor Keighley Business Centre, South Street, Keighley, BD21 1SY. Entry into the league is just £50 per team for the full season, which runs between September 2011 and March 2012.

Teams should consist of 3 players with as many reserves as you like and games are played once a week on an alternate home and away basis.

If you wish to discuss this further, please get in touch with the Coaching and Development Secretary - Andy Bray on 07766 428307, or andy.bray10@gmail.com

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Meet the Team! From L to R:- Haldi Kranich, Paul Haisman Jack Butterworth, Dave Querstret, Michelle Thompson, Gareth Harrison, Nick Hume, Matt Woollard

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Our favourite PC and laptop brand is Dell. Their wide range represents quality & great value for money, no matter what your budget. We sell at exactly the same prices as per Dell's own website, plus a small charge of £40 to test and set stuck. Our friendly and patient staff will happily everything up properly (and transfer your existing data to your new computer if you need us to) before you come in to collect it. This means fewer, or no niggles when you plug in at home.

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high voltage wires.

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parking suggestions







Insulation: not something many people get excited about, but it has a major role to play in building a greener society in the UK.

There are over 26 million homes in Britain. most of which waste huge amounts of energy and money. Our homes currently consume three times as much energy as our cars, and account for over 27% of our carbon emissions.

Should we care about

this? The government cares enough to want to reduce our carbon emissions by 80% by 2050, and this won't happen with out us all doing our bit. This doesn't mean disposing of all our worldly goods and giving up everything we enjoy – it means ensuring that the way we live today doesn't jeopardise the lives of future generations. Living

sustainably involves some work on our part. but it has big rewards.

In terms of our homes, it means doing what we can to improve the energy efficiency of every house in the UK, from draughty Victorian terraces

Ecology Building Society HQ Silsden, West Yorkshire

For ideas and advice to improve your home's energy efficiency, visit www. energysavingtrust.org.uk/ Home-improvements-andproducts

to modern high-rise flats. The good news is that the support and the knowhow are out there, from sheep's wool insulation and cork tiles through to triple glazing and heat exchangers.

The even better news is that improving the energy efficiency of your home won't just give you a warm glow. Low energy homes are cheaper to run – in the long term the savings on energy will far outstrip the cost

of improving your home and they're generally more comfortable to live in.

Ecology Building Society has been supporting properties and projects which respect the environment for 30 years, starting from our tiny office in Crosshills and now from our Eco HQ in Silsden. We're highly regarded for our

Eco-efficiencies can be made on most properties support for eco new builds

and renovations, but we also want to do our bit to help the UK improve its existing housing stock. For more information about Ecology Building Society, visit www.ecology.co.uk or call 0845 674 5566 and say you read about EBS in the Aire Valley Mag.

Say you saw it in the Worth Valley Mag!

Rubbish re-using Lanterns

The simple taste of summer.. ELDERFLOWER

You can't have failed to notice that there is a glorious abundance of elderflower in gardens, hedgerows and roadsides this year. I have a great recipe to take advantage of this amazing bounty!

Elderflower cordial is a traditional English drink, and fairly expensive to buy ready made, but incredibly cheap to make at home. It's delicious mixed with water (5 parts water to 1 part cordial), drizzled over ice-cream, or mixed with gin or champagne (or both). This recipe is extremely easy, but does require a few odd bits of equipment... a clean pillowcase or thin cotton teatowel, a funnel or jug, a very large saucepan and some rubber or latex gloves and two glass bottles with tops.

You will need:

About 30 flower heads, without bugs or leaves or big stalks (a salad spinner is good for debugging) 3 pints / 1.5 | boiling water 2 lb/1kg sugar 4 lemons 2 oz / 50g citric acid (buy it from a chemists, health food or home-brew shop

Over medium heat, pour the boiling water from the kettle in to the



large saucepan. Add the sugar; stir until dissolved. Grate the skin (zest) of two of the lemons, and chop the zested lemons and the others into chunks or slices and pop them in to the water when it is still hot but not boiling.

Take the pan off the heat. Push the elderflowers, head down into the water until they are under the water, then cover the saucepan with your pillowcase and leave to steep for 24 hours.

The next day, sterilise your bottles by rinsing them with boiling water and letting them dry off naturally (or use the dishwasher). Then don the rubber gloves, and rinse your pillowcase in boiling water too and wring out. Use this as a sieve to strain your cordial - (obvious hints take out as many of the flowers and lemons as you can before pouring it onto the cotton, and pour a little bit at a time).

Then all you have to do is use your jug or funnel to decant it into your bottles and enjoy. It will last up to a month in the fridge, or you can freeze it in plastic bottles for up to a year.

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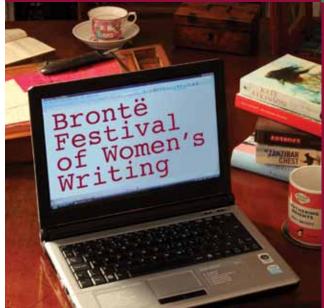
Met posts

Get busy with the Brontës!

FREE activities for visitors to the Brontë Parsonage **Museum throughout August!**

- My Favourite Object museum staff pick their favourite Brontë object – hear us talk about a different one every weekday at 2pm
- Discover Haworth at the time of the Brontës with our quided walks and talks every Tuesday
- On Wild Wednesdays! there's a different activity each week from storytelling to drop-in arts and crafts, have your silhouette portrait taken, play our giant word game and more!

And why not come along and try on items from our Brontë dressing up box?



Brontë Parsonage www.bronte.info MUSEUM

All events FREE with normal admission price to the museum



Brontë Festival of Women's Writing 16-18 September 2011

Literary weekend featuring high profile and emerging women writers, talks and readings, writing workshops and family activities at the museum. Events take place at the Brontë Parsonage Museum and other venues in Haworth. The full programme will be released in July. For details visit the Brontë Parsonage Museum website, or join the festival mailing list to receive the full programme: jenna.holmes@bronte.org.uk





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17 Aug Hidden Nature Trail 24 Aug Nature Detective IT Aug Make a Eug Hotel

29 Jul, 5, 12, 19, 26 Aug 11am-3pm Giant outdoor games and kite making activities outside the Cavendish Pavilion. Drop in anytime.

OUTDOOR THEATRE - SNOW WHITE litth July

Performed on the edge of Strid Wood opposite the Cavendish Pavilion at 5pm. Tickets: 01756 718009

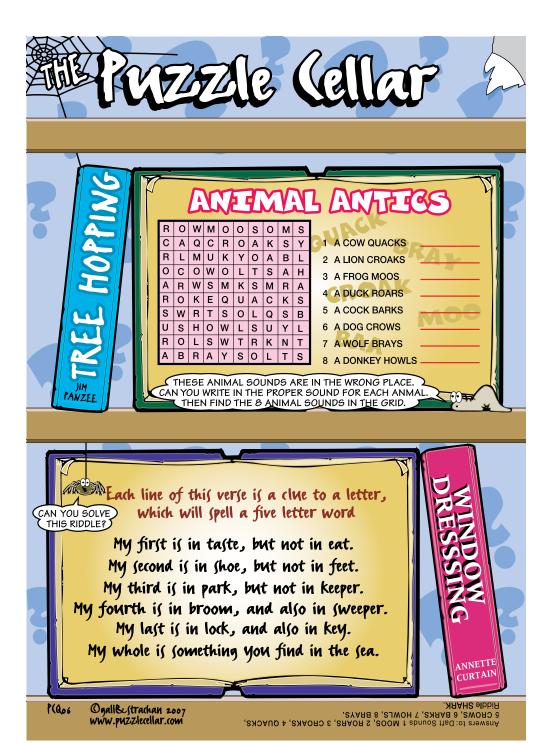
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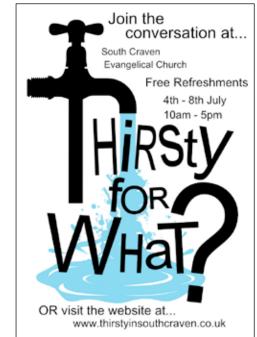


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Say you saw it in the Worth Valley Mag!

17

Storming Success for Keighley & Craven Ladies

Keighley & Craven Athleics Club ladies team romped to success taking the top women's prize in the Bradford Millennium Relay race on Sunday 12th June 2011.

The girls triumphed for the fifth year holding the first position through the majority of the gruelling 50 mile relay race which starts in Bingley and finishes in Ilklev.

The team, made up of ten runners taking 1.16.45 -3rd fastest on the day. on five legs in pairs, completing the course in 7hrs 7 mins and 31 seconds - 5 mins faster than neighbouring rivals 1.15.28 -Fastest ladies on the day and Wharfedale.

Ladies team captains. Tizz Woffenden & Janet-Alison Arkwright said: "We are so proud of our girls for doing brilliantly yet again."

"It's not an easy course and although the -2nd fastest on the day. day started off well the weather soon deteriorated creating difficult conditions to run in."

"But each and every team member put everything they had into the race and

they deserved every success." The club managed to field seven teams for the event, a total of seventy runners, more than any other club in the competition.

The men's' teams came 9th, 10th and 28th with three remaining ladies teams coming 42nd, 50th and 51st. Club members

LEG 1: Nigel Bedell/Shaun Wilkinson -2nd fastest time in club history. LEG 2: Amy Green/Helen Glover 5th fastest overall on the day. -Fastest ladies in club history and 5th fastest overall in club history. LEG 3: Marco Gvero/J.P.Hopkinson 57.02

-Fastest Vets in club history and 2nd fastest overall in club history. Janet-Alison Arkwright/Liz Tomes 1.09.59

-Fastest ladies on the day and in club history.



in the Aire Valley?

Can you identify the building or landmark indicated by the red cross in this photograph?

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Email your answer to: mail@worthvalleymag.co.uk

The winner will be selected from all correct answers received by Aug 20, 2011.



Congratulations to Bob Sutcliffe for correctly answering last months location: Keighley Picture House Google Earth ©

"WEST YORKSHIRE OUTDOORS" by Ben Waters, Steeton

White fluffy blots dotted on green Graze under greys blotted with white fluffy blobs. Blue shows through. Yellow sun shafts light up the rocky hill, Valley shaded till hill light's faded Rocks drop n' roll, crumble in slow motion Carving contours with destructive creation Get high for the country. Get down for the towns, Dissected by canals n' ginnels. Streets of grass crossed by washing string, As terraces hump up the slopes back to back. Old mills black chimney stack. Stone walls squaring up to the moors; Breathe in deep feeling this West Yorkshire outdoors.

To advertise call Liz on 01535 642227



Saving the world, one chocolate bar at a time!

by Kelly Cheung

Life as a teenager is good. If we're not thinking about what labels we're sporting then it's how good Orlando Bloom is

looking (very good, just in case you were wondering), but should we start to think about the future? No, I don't mean what car you'll drive and how big your house is going to be but whether or not we will need to start making sacrifices in order to be able to live on this planet.

Unless you have been living in a cave or hidden in your room playing COD (a highly popular shooting game, to those of you who are confused!), you will know how fast we are running out of fossil fuels and how many people are trying to promote the idea of sustainability and helping to save our planet so generations after us can enjoy what it has to offer. It's up to our generation to clean up the mess of our

parents and start being eco friendly to improve our Earth or we'll lose the privilege of living here. No pressure or anything.

It's not all just about using less fossil fuels but also to start buying fairly

traded products. Fairly traded products pay fair wages to the workers meaning that they don't get ripped off for all their hard work. Whether you know it or not, you most likely already help towards supporting Fairtrade as Cadbury's dairy milk chocolate is Fairtrade certified since Autumn 2009. Brilliant! No more guilty thoughts while you tuck into a few then...

We teenagers are fashion conscious. We pester mum and dad for more money to buy us that Jack Wills hoodie 'cause everyone has one and let's not even talk about stepping into Next 'cause come on mum, Next is so not cool when you're older than the age of five! Basically, we're shallow when it comes to clothes and how we look but there is a way to make us more aware of the clothes on our back.

Think back to when the whole issue of using plastic bags came about. A-list bag designer, Anya Hindmarch, designed a bag called 'I'm not a plastic bag' to raise awareness of the consequences of using plastic bags. It was £5 at Sainsbury's stores and sold out within an hour of its release. So, we won't go near the shops our parents shop at but will queue for hours to get a £5 bag from Sainsbury's? Oh the power of celebrities! Imagine what would happen if Chervl Cole decided that it was important to shop Fairtrade! We only really care about fairly traded products when it's associated with the elite and that is our only link to sustainability and helping to achieve a fairer world.

It would seem, in conclusion, that we don't really pay too much attention to the world around us but I believe that it's important: It's up to our generation to

> set an example to future generations of a cleaner, more sustainable way of living.

I know that we have a lot on our minds already, never mind having to carry the burden of saving the

planet on our shoulders! However, we can take baby steps such as choosing to walk instead of driving, saving water, you know, the simple stuff 'cause that all helps in the long run. We have so much going on with exams and university to do too much but even the smallest of changes can help towards a better earth. So, although saving the planet isn't our top priority, we should be conscious of it because it will be our responsibility in the future. WORTH VALLEY

Steam trains... through the heart of Brontë Country Keighley & Worth Valley Railway

Remember when...

summers were hoti.. mum's picnics were the best.. sweets were bigger...?

Travel back in Time on the Keighley & Worth Valley Railway.

Britain's last remaining complete heritage branch Bline runs from Keighley to Oxenhope, along a rich seam of West Yorkshire's rail and cultural heritage.

Travel via Ingrow, with its award-winning Museum of Rail Travel, and Damems, the country's smallest complete station (Ormston in BBC TV's Born & Bred series) to Oakworth, the location for the classic 1970 The Railway Children film. Get off the train and stretch your legs on The Railway Children Walk linking film locations between Oxenhope, Haworth and Oakworth.

> Here at the Keighley & Worth Valley Railway there is more to do than at first meets the eye - we're your route to a great day out for all the family...

So much more than just a train ride.

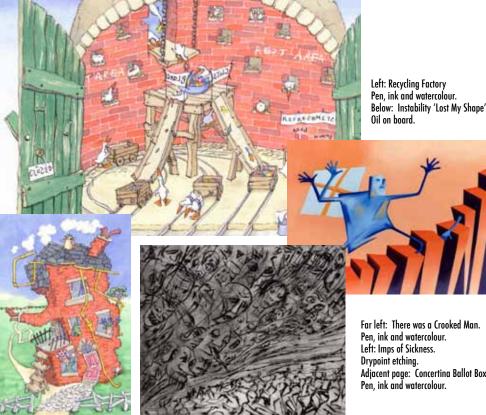
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Bradford Chamber Showcases Talent



Local resident. Jane Gerwitz, is an illustrator and artist who has been selected to exhibit her work in Bradford Chamber of Commerce. Included in her exhibition there is the highly detailed, large, panoramic pen drawing - her personal view of 'Bradford before the Hole'. Other subjects in the show include demolition, buildings, contraptions, myth, recycling, nursery rhymes, people, animals and her 'bird' characters - both in stories and greeting cards. Jane uses a range of media including print, pencil crayon, ink, oil and watercolour.

Far left: There was a Crooked Man. Adjacent page: Concertina Ballot Box.

The exhibition is part of Bradford Chamber's new arts initiative. raising the profile of local artists. It is a rolling programme of artists and photographers showing both in the Chamber in Little Germany, and at the Bradford Chamber Business Park in Laisterdyke. The venues are a very welcome addition to existing exhibition space in the Bradford area.

At present Jane's work is in Bradford Chamber, Little Germany and the last day will be the 5th July. The exhibition then moves to the Bradford Chamber Business Park and is open from the

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8th July until the end of August. Visitors are welcome on weekdays at both venues. Bradford Chamber, Vicar Lane is open 8 - 5.00 and the Bradford Chamber Business Park, Laisterdyke is open 9 - 4.30. Please be aware there are occasionally events in the Exchange space in town, so it may be best to check beforehand. Telephone 01274 772777.





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Are you a community group? You can use these Free Listings email your details to info@worthvalleymag.co.uk

phone us with your event details

See page 15 for events taking place at Bolton Abbey throughout July & Aug. Fri 1st til Mon 4h July Keighley Fun Fair at Victoria Park

Sat 2nd July Keighley Gala Parade through the town centre to Victoria Park at 1pm.

Sat 2nd July Hothfield Junior School, Silsden is holding it's annual Summer Fair.

Sat 2nd July Crossflats Village Society 8th Annual Open Gardens 10am-5pm

In aid of Manorlands Hospice and donation to Project at Crossflats Primary School. For the price of £1 (children free) the day includes: lots of beautiful gardens to admire, plant sales, children's activities, breakfast and lunch sandwiches, homemade cakes, afternoon cream teas and home produce to take away. Tickets available from Clegg's Newsagents Canal Rd in Crossflats, Crossflats Post Office, Daven's Village Bakery, or contact 01274561578 or 01274564574.

Sat 2nd July Oakworth Gala from 1pm. Procession assembles on Windsor Road, leaving at 2pm to process to the Gala field off Victoria Road, Oakworth. Stalls, games, children's races and familt fun run in the field from 2.30pm. Contact 01535642625 for more details.



Sat 2nd July til Sun 4th Sept Ancient Wisdom Cliffe Castle, Keighley, Find out what the ancients did for us through this interactive exhibition. Sun 3rd July Skipton Sheep Day, Skipton High St, 10am til 4.30pm. Join the fun with a day of sheep-themed events and traditional entertainment. Sun 3rd July Skipton Farmers Market, Canal Basin. Locally grown Yorkshire food and produce. Sun 3rd July Keighley Festival of Transport Vintage Buses & Trains in Abundance! - heritage diesel trains and buses from the 1960s. ranging right back to steam trains and carriages from the 1890s! Visit www.kwvr.co.uk Sun 3rd July & 7th Aug Arts, Crafts & Book Fair Skipton Town Hall 10am til 4pm. Free Entrance. Sat 9th July One Amazing Day Children's Event Central Hall. Alice St. Keighley 11am Crazy Daisy Disco, 1pm Keighleys got Talent, 3pm wedding of Prof. Happy Cat More info: contact 612500 Sat 9th July Skipton Reclamation Sale, Craven Auction Mart, Gargrave Road. 10 am onwards. Salvage & furniture auctions: Tractors, machinery, 4x4's, stone, garden gear, kitch gear, antiques etc. Sat & Sun 9&!O July Keighley Model

Railway Club Open Weekend

held at the club rooms Knowle Mills

Sat 9th July Browny Cup at Silsden Sports Club. Family Funday and Fancy Dress 5-A-Side Tournament. Volunteer referees needed for the Browny Cup. Anyone willing to help please contact Kevin Kerry - kkerry@ chrisbrowntrust.org - 07891 679712. Sun 10th July Sutton Table Top and Crafts Sale 9am til 12 noon @ Sutton Village Hall Refreshments available to Book a table @ £6. Please contact Christine on (01535) 636639 Tues 12th til 14th July Great Yorkshire Show. Harrogate, www. areatvorkshireshow.co.uk Weds 13th July Fish & Chip Special on the KWVR to run in aid of Sue Ryder Care, Manorlands. fishandchips@kwvr.co.uk. 01535 645214 Fri 15th to Sun 17th July - Black Beauty at Broughton Hall. Broughton open air festival. 01756 796176 Sat 23rd & 24th July 2011 at Skipton Castle Printlink & Friends Art Exhibition by a group of contemporary Craven Printmakers. In the Castle Granary 10am - 6pm (Sunday 12 noon - 5pm). Visit www.skiptoncastle.co.uk for other events in July/Aug. Sun 24th July Family Cycle Day, East Riddlesden Hall Cycling activites for all the family - Free of charge! Booking essential. 10 am & 2 pm contact Cassandra Cowie, 01535 683806,

South Street www.keiahev-mrc.ora.uk

cassandra.cowie@nationaltrust.org.uk Sat 30th July Yorkshire Day Event in aid of Manorlands - 5.30pm. St Peters Church Hall, Cross Hills, Yorkshire Tea & talk by lan Dewhirst MBE. £10 per ticket - ticket only. Tel 01756 790084 or tickets from Forget Me Not, Cross Hills. Sat 30th July Cross Hills Table Top Sale 10am til1pm St Peter's Church, Crosshills Tables £6 Refreshments available. Contact 01535 633139 to reserve a table Sun 7th Aug Skipton Farmers Market, Canal Basin. Locally grown Yorkshire food and produce. Weds 10th ,17th, 24th & 31st Aug Make it Wednesday 2-4pm Craven Museum, Skipton Town

2-4pm Craven Museum, Skipton Town Hall. A craft corner for under 10.s. Entrance Free.

Sun 14th Aug Family Fun Day at East Ridlesden Hall 11am til 4pm A day of fun, with plenty on offer for the whole family More Information: Rachel Rhodes, 07786 127043, Sun 14th Aug Trawden Show Trawden Recreation Ground, Nr Colne. Adults £6 Children £3. visit www.trawdenshow.co.uk. Fri 26th - Mon 29th Aug Colne Blues Festival 22nd Anniversary visit www.bluesfestival.co.uk.

Sat 27th Aug Malham Show Admission is £6, Parking & Children under 16 FREE, Show Catalogue £1 Malhamdale Agricultural & Horticultural Show Committee Judith Bradley Tel: 01729-830702 Tues 30th Aug Kilnsey Show Tel: 01756 753259 or email info@ kilnseyshow.co.uk

Sudoku

Fun for all the family

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Test your skills of logic with Sudoku: Every row, column and box of 3x3 cells must contain the numbers 1 through 9 exactly once. Levels: Medium, Hard, Easy, Hard see page 31 for solutions



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Sudoku Solutions

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