

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

May 2018



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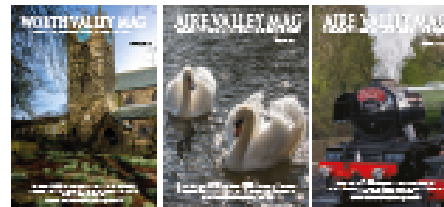
WORTH & AIRE VALLEY MAGS

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Pooch Power appears to be the theme of the magazine this month. It 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. Our cover dog is named Brockman. What a cutie. Read more about Paws on Sofas & meet a number of our local canine friends on pages 26 & 27.

Salon Professionals are celebrating their 3rd year and are offering Aire Valley Mag readers 10% off selected services in May & June. See page 7 for your voucher and phone them to



book an appointment. Cafe Choux Choux is under new management... I recently enjoyed their veggie breakfast with grilled halloumi

& spinach. Yum! You can't beat all day breakfast.

Happy Spring.
(I think we can safely say that now!)
@Localglobalgirl



Editor Liz Barker



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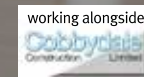
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Inside East Riddlesden Hall

by Antony Silson

East Riddlesden Hall goes in to hibernation during the winter months, and it is only with the stirring of Spring (which is more welcome than ever after the winter we've just had) that it rises from its slumber. Very much the quieter, more serene of the big Keighley attractions; it is Mole to Cliffe Castle's Badger and the KWVR's Ratty, I think. I'm not sure what Toad would be though in this analogy. The point I'm trying to make is that it knows its strengths and doesn't like to shout too much about them. A solid sort of a chap, if you get my meaning. Someone reliable, and dependable. If you look up the forthcoming activities you see everything from Butter Making to a Gin Festival to Build A Mini Raft for Father's Day. It knows how to hook you and reel you in.

Built by arch Royalist James Murgatroyd in 1642, East Riddlesden Hall is a Grade 1 listed building. Yes, a Grade One listed building tucked away, just out of sight in Keighley. Murgatroyd so loved the Royal Family that you can see the heads of his beloved Charles I and Henrietta Maria of France (me neither) carved in the stonework in the tearooms. For all those

interested in England's turbulent past, who desire to extricate themselves from the present for a short time, there are priest holes, walled gardens, medieval tithe barns and not one, but two, Yorkshire Rose Windows. There are even rumours of several ghosts wandering the house looking for something that is always just out of reach.

One of the great things about East Riddlesden Hall is the tranquility and solitude that you find wandering about the duck pond or the gardens. The prices are very reasonable with reductions for a Family Ticket with one adult (£11.55), where you can take 3 children on an adventure back into the past with all the requisite smells and sounds. If you travel there by bus then you can get a further £1 off your ticket. What's not to like?

You need to put East Riddlesden Hall on your places to visit this summer. It's just round the corner and you can take all of your family. If it's good enough for the makers of 'Gunpowder', then it's good enough for you. For details ring **01535 607075**. At the moment it's open from 10.30 to 4.30 everyday except Friday. **East Riddlesden Hall Bradford Road, Riddlesden Keighley. BD20 5EL eastiddlesden@nationaltrust.org.uk**

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Local Company Helps Local People Get Out & Enjoy Life

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 quiz 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

We're family when family can't be there

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Want to get out and about? It's so much more than help travelling from one place to another. **Driving Miss Daisy** is a comprehensive transport service that enables you to enjoy your life.

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

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

		4	8	3				5	6
						2			
	7				1		4		
	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 31 for answers.

Yorkshire Loft Ladders, Quality You Can Trust



These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept - but where

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

are assured of the best job. Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and Value in that we offer our services at a price people can afford. Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers - that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for every installation we carry out!

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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YORKSHIRE LOFT LADDERS

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 sadness and heaviness that came with the job.

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.

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 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

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.)

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Millions of homes across the UK enjoy 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. While conservatories bring in plenty of natural daylight, the UltraRoof380 provides the best of both worlds, allowing

“ It's given us back our favourite room of the house, now it's the room we've always wanted it to be. ”

Gary & Pam, Lancashire



you to design a room with a solid roof but also the ability to include glazed sections, giving you privacy yet still providing plenty of daylight. Developed using UltraTile, the lightweight tile system is as near to the real thing as you can get. Available in three realistic tile colours, the UltraRoof380 looks as good on the outside as the inside. There's also zero upheaval. Expert fitters from Ploughcroft will have your old roof removed and your UltraRoof380 installed in no time—all you need to do is sit back and watch your transformation.



BRING IN THE LIGHT
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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 AI 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 AI 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 AI, and this is an exciting time for the smart home and AI 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.

Brontë Parsonage Museum at 90

A History of the Museum in 10 Objects



Grasper - from life by Emily Brontë, 1834

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

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. Bristle-haired 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

Late Night Thursdays at the Parsonage

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.



Brontë Parsonage
MUSEUM

Haworth, Keighley, West Yorkshire BD22 8DR
01535 642323 www.bronte.org.uk

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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
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THURSDAY 20 SEPTEMBER
Enjoy the Museum after the crowds have gone

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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 behind-the-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



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Keighley LGBT support group meet every 3rd Saturday of each month. 12 -2pm at Keighley Healthy Living Centre, Scott Street, Keighley (behind the Library).

Keighley Library Knit & Knatter group meets every Wednesday 1pm-3pm. Beginners and experts alike, refreshments 50p.

Wednesdays 10am - 12pm Woodland Play & Learning with Out in the Aire at Woodville Activity Centre, Woodville Road, Keighley, BD20 6JA. Play and Learning sessions for 2-5 years. Our programmes take place all year round at this private woodland in Keighley. Sessions include a mix of woodland games, hands on experiences, adventures and storytelling. www.outintheaire.co.uk or email info@outintheaire.co.uk.

Wednesdays 10am - 12 KHL Free Gardening Club Kickstart your gardening with KHL's FREE gardening club. Would you like to learn and share gardening skills? Get outside more? Get fitter and meet new people? More information and to sign up call 01535 677177.

Morton WI meet every second Tuesday evening each month. Join us for a social evening with refreshments at the Institute in East Morton from 7.20 pm, £4 for non members. Programme at www.mortonwi.org.uk.

Keighley Can Sing 2pm- 4pm every second & fourth Sunday in a month at **Jam on Top, Chesham Street, Dalton Lane, Keighley, BD21 4LG.** A friendly singing group open for everyone - from those who believe they can't sing to those who think they can! We

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sing songs from around the world, all taught by call and response, so there is no need to be able to read music or have any previous singing experience. **Every Tuesday & Thursday 10 am - 2pm Welcome Place Cafe at Shared Church Hall, Market Street, Keighley.** Good food available to all. Eat Free or pay what you can. Friendship, support & information. Locally grown and donated produce cooked fresh. www.welcomeproject.org.uk.

Little Rascals Baby & Toddler Group meet every Thursday 10am - 11.30am at Trinity Church , Fell Lane Keighley.

Morton Meet 2-4pm every Thursday Come and join us for a coffee & homemade cakes in Morton Institute on the side of the park. A great area for children & a playground.

Every Wednesday 1pm to 2.30pm is Pick n Mix at Merlin Top Academy, Braithwaite Avenue, Keighley. A local club for the over 50's. Activities include trips out, relaxing over a cuppa, playing traditional games, crafts, dancing, bingo. £1.50 per person (inc refreshments). For further info call 07587 210101 **Every Thursday 1pm Time out Coffee Stop at Foster Gardens, Broster Avenue, Braithwaite.** Friendship Group - Bingo, quiz, food & drinks.

Every Wednesday 10.30am Rest a while drop in Coffee Morning at Exley Head Methodist Church, Keighley. First & third Wednesday of a month **10.30am Coffee Morning &**

Book Swap at Laycock Village Hall. Entry.

Mon 7th May 2pm Meeting Point at Trinity Church , Fell Lane, Keighley The Lost Garden of Helligan - speaker Don Metcalfe

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

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.

Sat 19th & Sun 20th May Haworth 1940's Weekend. Live World War 2 Battle re-enactment 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 BD22 9LN) . Join us on 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@gmail.com.

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

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

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.

Mon 4th June 2pm Meeting Point at Trinity Church , Fell Lane, Keighley Upper Wharfedale (slides) by David Aldridge.

Sat 9th & Sun 10th June Summer Food & Drink Festival on the KWVR. **Sat 10th June 11am - 4pm Crafts at the Castle Garden Party in the Park** at Cliffe Castle Museum & Park.

Tues 12th June Morton WI 7.20pm at East Morton Institute - Geoff Druett Insight into the work of the Samaritans

Sat 23rd June Church Green Fun Day in Keighley. FREE family fun day featuring Giant Inflatables, face painting, balloon modelling and much more.

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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."

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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

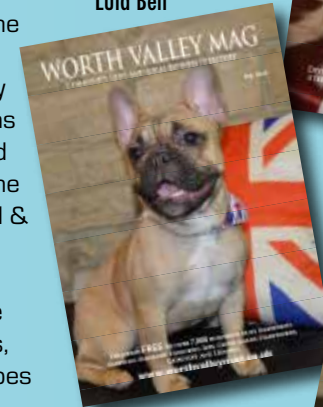
In April we asked Paws on Sofas to host a doggy photo shoot in celebration of both the Haworth 1940's weekend and Paws on Sofas' one year anniversary. Furry friends far and near and their owners were all too happy to take part in our pooch party. It was very difficult selecting a cover photo...As you 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

Pippin



Lula Bell



Chico



Brockman



Luna



Luna

Benji





French green beans & Mangetout with Hazelnut & Orange

Ingredients:

- 400 grams French beans
- 400 grams Mangetout
- 2 spring onions, finely chopped
- 70 grams unskinned hazelnuts
- 1 orange
- 1 or 2 garlic clove, crushed
- 3 tbs olive oil
- 2 tbs hazelnut oil

Method:

Pre-heat oven to 180 °C (or you can grill if it seems excessive to put the oven on for a tray of nuts, but keep a close eye on them!) Scatter hazelnuts on baking tray; roast in oven for 10 mins. Allow to cool and then rub in tea towel to remove skins.

Trim stalk ends off French beans and mangetout, keeping the two separate. Bring unsalted water to the boil in a large saucepan. Blanch French beans in the water; after 3 mins add mangetout & cook for 1 more min. Drain and tip into bowl of cold water, drain & dry.

Chop nuts.
Remove orange zest with vegetable peeler, and cut into strips.

Juice half an orange; add to the garlic, spring onions and both oils, (use a different oil if you don't have hazelnut). Mix all ingredients in a bowl and add dressing – serve at room temperature.

Other vegetables can be use, broad beans, peas, courgette ribbons.



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Accountax p14

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Aireworth Dogs in Need p20

Marsh Farm Cattery & Dog

Walking p20

Paws on Sofa p26/27

Attractions/Events/

Community

Bronte Parsonage p16/17

KWVR p18

KWVR Summer Food &

Drink Festival p19

Beauty & Hair

Salon Professionals p7

Building Services/Repairs

Adrian Butterfield p23

Broomhill Roofing p19

MB Roofing p19

PAR Masonry p19

PJM One Stop Maintenance Services p23

Ploughcroft p12 & p22

Yorkshire Loft Ladders p9

Cafes/Pubs/Restaurants

Cafe Choux Choux p17

Catering Services

DVine p11

Chimney Sweep

Bristles p23

Chiropody

Devonshire Street Practice p20

Heel2Toe p20

Cleaning / Domestic

Adele's Ironing p11

Clean Image p29

Craven Carpet Cleaning p29

Computer/Web Related

Computer Repairs p29

DVD Conversion p15

Conservatories

Ploughcroft p12 & p22

Electrician

AA Electrical p21

JS Electrical p21

Fencing

Manningham Fencing & Decking p2

Worth Valley Fencing p13

Fuel/Heating

Anchor Logs p23

Green & Tidy p5

Gardening/Trees

Green & Tidy p5

SAS Landscape &

Gardening p5

Worth Valley Trees p5

Health & Mobility

Driving Miss Daisy p6

Fenetic Wellbeing p20

Hearing Aids

Digital Healing Care p5

Holidays/Travel

Steel's Addingham p17

Home Electrical

Pennine Plus p14/15

Kitchens

Queensbury Kitchens p32

Locksmiths

In House Securities p21

Loft Conversions

Yorkshire Loft Ladders p9

Painting & Decorating

Andy Beattie p21

RP Decorating p21

Photography

Image Studio p11

Plumbing

AR Carling p23

Adrian Butterfield p23

DSM p23

Removals/Van Hire

Apex p21

Retail

Daisy Days p26

DSM Bathroom &

Fireplace Centre p23

Office Furniture Outlet p15

Queensbury Kitchens

p32

United Carpets & Beds

p31

Wave of Nostalgia p

Roofing

Broomhill Roofing p19

MB Roofing p19

Therapy

Kay Austerberry p11

Schools/Tuition

Keighley College p29

Slimming

Slimming World p2

Wills

In Home Wills p32

Windows

Bingley Windows p3

Bob Beattie p21

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