

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

Nov 2013



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Fallen

November remembers and tips its hat to sorrow and joy.

No words can describe the heartache of loss;

The unique connection to a beloved
Who's body no longer occupies space
Who's spirit captures a formless place
In hearts and minds and memory.
Autumn leaves burst with joy
And fall gently from the trees.

Having grown up in New England the autumn has a particular resonance for me. Scenic country roads lined with trees bursting with waxy fluorescent leaves; red, yellow, orange, lime green; the visual sensation is such a delight.

That joy in contrast with the sober thoughts of remembrance is a kind of comfort at this time of year. A bitter sweet time to reflect.

The Fallen 9000 (p12) is a thought provoking project born out of Bradford and created only a few months ago. I thought it was worth another mention.

For comfort and joy of another kind, the festive season is in sight; with plenty to do and see in the Aire Valley and beyond...

I hope you have a great November.



Liz Barker, editor @LocalGlobalGirl



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For the promotion of Health & Wellbeing by Cath Bromwich



Have you begun to make your candied peel for Christmas? I will upload relevant recipes onto facebook for

those who haven't kept your magazine copies.

I have been encouraged to see the amount of 'produce gathering' that has gone on. Walnuts, apples, blackberries and much else, people have been making the best of an abundant summers' produce.

In January I enthused about rosehips and their high levels of vitamins. So this month I am going to tell you about Rosehip cordial. Doing anything with rosehips comes with a warning: The little hairs inside the hip are the source of itching powder, as many an older generation person can tell you! When cooking you MUST take care to strain these out otherwise you can have a nasty accident when you swallow them! I strain them after stewing through 2 pillow cases at least.

For those still willing to try, you will be following a great British tradition of using bountiful free Vitamin C that grows in our hedgerows. In the Second World War children were given it to keep them well. I used it last winter as a hot drink cordial and only got colds when I had used my supply up.

You will need to be well equipped with protective clothing, gloves and scissors. This is a dangerous sport and you are likely to get scratched. However I believe the results are worth it. All roses are edible so you can pick any rosehips you see. They vary greatly in size and colour, from red to black. They need to have been 'bleated' or picked after the first frost. This makes them all gooey and sticky rather than tough and hard. You find these prolific fruits down the lanes you picked blackberries. They are found on bare, prickly rosebushes that have mainly shed their leaves. If you can recruit brave children then you can pick a good

harvest. If you only pick a little at a time then freeze them, aiding their bleating and go back another day. If you succeed at this then you are the hardest of foragers ...

TOP TIP: You can also pour this syrup on cakes, over ice-cream, make sorbets with it, and anything else you can think of.



Cath Bromwich, a Silsden resident, is a cookery teacher and forager with a background in health promotion. Her livelihood includes foraging, general and health-related cookery

for different conditions such as diabetes and coeliac disease. For more information, or to pass on your stories and recipes, contact Cath at cath_bromwich@hotmail.com. www.facebook.com/ourchoicefoodsforaging

Cath's Rosehip syrup recipe

I calculate appropriate measurements if I don't get quite enough hips.

1kg bleated rosehips to 500g sugar to 3Ltrs Water

Put hips into 2 Litres of hot water, mash to break up, or blend with stick blender a little (safely), before quickly bring to the boiling. Immediately turn off the heat and let sit for 15 minutes.

Strain through at least 2 layers of muslin or pillowcase, suspended from a chair above a large bowl. Leave overnight.

Return the pulp to a pan and reboil using another litre of water. Strain as before with a clean set of pillowcases.

Add all the juice you get to a pan. Simmer this down until you get a bit less than a litre of Juice left. Add the sugar, stir to dissolve and bring to the boil for about five minutes. Pour into sterilised bottles. Dilute to taste to serve.

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Holden Hall Users Group was formed in March 2012 after Holden Hall in Oakworth was threatened with closure.

"HHUGs provides an opportunity for a voluntary Management Committee to influence BMDC building use policy; ensuring fees are competitive and monitoring use to ensure the building maintains a local focus. Providing much needed services for the whole community and focusing on key priority groups such as the young and older people" said resident Shaun O'Hare.

It is providing for young people that drives many of the members in the group.

Over recent years, it has been difficult for BMDC Youth Services to maintain a youth worker presence in the village due to a lack of resources, both human and financial. Youth Service recognised the fantastic opportunity to work in partnership with HHUGs in an attempt to provide something substantial and long term for the young people

After consultation with young people in the village and a commitment to the project from a number of organisations a successful application for funding was submitted to Awards for All

The £7800 from the Lottery and support from Youth Service will provide for a weekly youth club which mixes traditional youth club activities with training opportunities in areas including catering and hospitality.

"HHUGs acted on the results of the consultation and the club will offer Zumba and Street Dance, DJ workshops and Arts & Crafts as well as all the resources necessary to enable the young people to prepare and sell snacks, with revenue from the sales reinvested in the project, hopefully helping to sustain the club".

A local training provider will be offering the young people aged 11+ accredited training in food preparation, hygiene and business, skills which will improve their chances of accessing future employment and provide a diversionary activity to anti social behavior

The youth club will be running weekly from January 2014

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Yorkshire artists create poignant reminder in the sand on D-Day beach

In September two Yorkshire sand artists captured the imagination of the world when they created a vast sand art project on one of the beaches which featured in the D-Day landings in France. They lead a team of volunteers to make 9,000 sand drawings, representing the souls who lost their lives there during World War II.



Jamie Wardley and Andy Moss, from Bradford, came up with the idea of The Fallen to mark Peace Day. They created stencilled drawings in the sand of the 9,000 civilians, German forces and Allies who died at Arromanches on 6 June 1944. The silhouettes were drawn on the beach at the rate at which they fell only to be totally erased by the incoming tide, as their own

lives were. "The Fallen is a sobering reminder of what happens when peace is not present. The idea was to create a visual representation of what is otherwise unimaginable – the thousands of human lives lost during the hours of the tide during the WWII Normandy landings on 6 June 1944. There is no distinction between nationalities, they are known only as 'The Fallen'. The mass participation event did not propose to be a celebration or condemnation, simply a statement of fact and tribute to life and its premature loss," said Jamie.

The project was funded by Sand In Your Eye, with support from local building merchants, Uriah Woodhead, who supplied all the materials.

Visit www.thefallen9000.info for more details.

To advertise call Karen or Liz on 01535 642227



To the Poppies by Jo Longbottom

Hail scarlet sentinels,
After harvest hail.
Left beside the stubble and the stacks
Frailest petals,
Boldest reds and blacks.
Blow Autumn winds your petals back,
Yet still you stand, you nod, you bow.
Sunset never can out-red your face.
Not now,
At harvest.



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after a period of extensive travel and adventure. The former Bradford Art College student, a working artist for 25 years, now specialises in unique and highly collectable handcrafted contemporary ceramic works. Quirky textured decorative vessels, sumptuous figurative sculptures, and beautiful everyday objects like lamp bases, butter dishes and kettle jugs are just some of the pieces available to adorn the home. Large scale work may be commissioned for a corporate environment or more spacious settings. Sonje will be offering her unique pottery classes from January which are suitable for all abilities. Gift vouchers are available. Phone the gallery for more details. Werxzovart is also a stockist for Pip Seymour Acrylics.

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Scandal - Newspapers - Nationalism - Hero Worship



31st May

1869 - To my knowledge the first cycle race took place in Paris, in a park in the Saint Cloud

district; the winner covering a distance of 75 miles on a primitive machine, no gears, solid tyres, it makes my eyes water thinking about it! The victor was an English Doctor, James Moore. The race caused huge interest and more races quickly followed.

The French love affair with the 'Velo' had begun.

Place to place races between cities and towns were used by cycle manufacturers to demonstrate the reliability of their machines. Newspapers also benefited from advertising and increased sales as their readers clamoured for information of these 'giants of the road'. The harder and longer the race the better.

The first of these races was Paris - Rouen, distance 76 miles. James Moore won again, covering the route in an average of 7 mph, which, considering the state of the highway was a staggering feat.

By the 1890's 'massed start' racing was drawing huge crowds, the harder the race the greater the public interest and sales of

bicycles soared.

1891 Bordeaux - Paris 373 miles. The winner was another Englishman, George Mills, covering the distance in just 24 hours, amazing! Later that year the monster Paris-Brest-Paris, 745 miles, the winner this time was French, Charles Terront. **1892** it was Belgium's turn with Liege-Bastogne-Liege. These races were the foundation stones of the single day classics still run today. The most famous classic, Paris-Roubaix (The Hell of the North) began in **1896**. A brutal race, run over the "Pave" cobbles of Northern France;



James Moore, right

sections of these cobbles roads are preserved to this day. The race is still run in April and is the "blue riband" of the one day spring classics, a race for the real hard cases in the Peleton. The toughness of the race, because of distance and road conditions, gives us an insight of what the riders in the early days of the Tour had to endure.

These races in the main were sponsored by Newspapers and magazines making huge profit from advertising bicycles, tyres and components from a cycling mad public.

The bicycle was affordable, didn't need food and was giving the working classes the means to move away from the narrow confines of their rural communities.

1902 the scene was set for the most ambitious project yet; and the catalyst would be a political scandal involving a young Jewish Cavalry Officer, falsely accused and convicted of spying for Germany.

The scandal polarised opinion in France and as a result a newspaper "L'Auto-Velo" was born and to publicise it's birth it announced the most brutal race yet. Six stages going around France in a big loop. "**The Tour de France**" the stages were Paris - Lyon - Marseilles - Toulouse - Bordeaux - Nantes and finish back in Paris.

The distance of these stages were huge, the last stage from Nantes to Paris was 292 miles. The race was a huge success, the public clamouring for news of their "heroes".

With the dawn of the 20th Century roads and cycles were improving all the time; they had to, to facilitate motor transport. More races cropped up to add the Classics or Monuments as they were called. The Tour of Flanders - Belgium, Milan - San Remo and the Tour of Lombardy - Italy; these were one days races and it was 1909 before the Giro - Tour of Italy took place as a rival to the French "Tour".

The third biggest Tour - "Vuelta@Espana" didn't appear until 1935 after the Spanish Civil War, it was seen as a good way to unify the Country and it did help.

As these races grew longer and added mountains to make them even tougher the Gladiators who fought out these epics became legends.



The Belgians

produced riders as hard as flint, the Italians brought style and class, the Dutch were solid and strong, the Spanish were mercurial especially when the road went upwards. The British, after a fine start, were conspicuous by their absence, absorbed in place to place time trials. It would be many years before a rider from Britain would make his mark in a Continental Race.

Because of the "hype" from the media some of the riders became superstars - Giradengo, Coppi, Bartali and Magni were revered by the Italian Tiffossi (fans) in the Golden era, as were Anquetil, Bobet and Robic by the French.

The "Tour de France" straddled the period like a colossus and still dominates the racing scene today.

Frank O'Dweyer #TDFFrank

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With winter fast-approaching this is the time of year when our 'resolve' with regard to getting out for some exercise might waver a little and we might start packing on (or in my case, add to the already plentiful) blubber.

If you're 'hard as nails' and don't mind braving the wind, hail, rain, ice & snow to keep up a fitness regime this winter there's plenty of smartphone apps available to keep you focused. Many of them even allow you to report your progress via Facebook, so everyone will know you're no 'Fairweather Athlete'. Indoor workout apps are also offered. Track those extra calories during party season and work off that winter belly after Christmas.

Games consoles get the blame for creating couch potatoes out of us, but I think that's perhaps a bit unfair. Two of the three most popular games consoles on the market today have add-on gadgets and games, designed to provide a healthy (albeit still housebound) alternative to 'slobbering out on the settee' or risking life and limb in high winds for a jog round the park.

Nintendo's popular Wii Balance Board & Wii Fit 'game', around since 2007, offers a range of fitness routines and customisable workouts, to suit fitness levels from beginner upwards. It'll even keep a record of your progress, so when the going gets a bit tougher you can see how far you've come instead of losing heart.

Some health clubs and nursing homes have been known to use the Wii for physiotherapy and to improve posture, so the product may be ideal for those

housebound due to ill health.

Why not take a look on eBay in the run up to Christmas? There'll be plenty of used consoles, balance boards and game bundles available from around £50 (or just the board and a game for around £20, if you already have the Wii itself) as people make room for new gadgets. It'll be much cheaper than a gym pass for the whole winter and there'll be no sweaty bodybuilders grunting, trumping and hogging the equipment!

Microsoft's Xbox 360 add-on, the Kinect, released in 2010, seemed to started out as a just for fun gadget enabling you to get up off the sofa, jump up and down a lot and wave your arms about. Playing 'Kinect Adventures!', 'Kinectimals' or 'Joy Ride' can be almost as effective as a traditional workout (as well as a

huge amount of fun for people of all ages) if you really get into the swing of it, so it isn't very surprising that several 'fitness and dance orientated' titles have been released in the last couple of years too, especially capitalising on the popularity of street dance & 'Zumba'. If you're missing your regular dance or aerobics class as a result of severe weather, drag yourself out of your armchair and 'get jiggy wid it' in the lounge instead.

Down at the Keighley Table Tennis Centre Open Day on 19th October me and the rest of the CloudfreeIT team hooked up an Xbox 360 to a 3D TV and let some of the Haworth Hawks Juniors loose on Kinect Sports Table Tennis - watching them duck to avoid an imaginary ball and trying to get spin out of thin air is a whole new 'sport' in itself.



Where's Lee in the Aire Valley? **COMPETITION**

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Booking the Hub

The Hub provides ideal accommodation for events, meetings and children's parties. The cost is £1 per person for a morning, afternoon, or evening session, with a maximum charge of £25 per session. There is a flat rate of £15 for children's parties.

To book the Hub, please contact the clerk, see details above.



Say you saw it in the Worth Valley Mag!



Christine Harker and Pamela Young wish each other well.

A step ahead for Christine in Haworth

Retiring
Chiropracist
Pamela
Young has
handed
over the

foot care
of her clients to Christine Harker,
owner of **Heel2Toe Foot Health Care**.
Christine opened the Foot Health
Clinic on the 1st October 2013,
based within Iconic Hair Salon,
Bridgehouse Lane, Haworth.

The clinic will be available Tuesday
and Thursday 08:00 – 18:00. The
ethos of the clinic is to provide a
quality service in a friendly and
relaxed atmosphere to those

requiring foot care.
Christine, who lives locally, is delighted
to continue to offer a Foot Health Care
service which offers treatments for a
wide range of foot conditions.

Home visits to those people who need
or prefer treatments
in their own home
are also available.
Christine can be
contacted on
07504 714 072
for appointments.



Christine in her clinic at Haworth

Facebook: - Heel2ToeFootHealthCare
Web: - www.Heel2ToeFootHealthCare.co.uk

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SUDOKU

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

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

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				1	6			
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7	8							

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

Sudoku solutions on page 29

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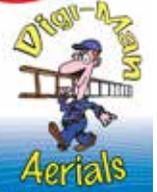
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38 Cavendish St, Town Centre, Keighley, BD21 3RG

Mon 11th Nov Womens Christian Outreach and Fellowship Meeting at Civic Centre, Keighley. Enjoy meal, fellowship with other ladies and enjoy speaker." **The Street Angels**". . **Starts 7.30.** Cost 8.50. Booking needed by 7th November. Ring 01535 643409 or 01535 644790.

Sat 9th Nov St Luke's Church "Soup n stalls" 10.30am-2pm at East Morton Institute - free entry, tombola, games and stalls

Sat 9th Nov 11am -3pm Table Top Sale at West Lane Baptist Church Haworth. All proceeds from the sale will be donated to "Sight Airedale" (Bingley Branch), The Branch is run by volunteers and is funded purely by donations, enabling partially sighted/blind people of the area to meet up twice a month, enjoy activities and the occasional trips out . Any Bric a brac/household goods which people would like to donate would be greatly appreciated, they can be collected by contacting Nel or Robert Nicholson on 01535 602841, or Elaine Woodward on 07581 141331.

Sun 10th Nov East Morton Joint church Remembrance Sunday service begins 10am at the chapel.

Sun 10th Nov 11am -3pm Wedding Showcase at East Riddlesdenhall. Meet the wedding professionals who can help make your dream wedding come true.We will be showcasing our suppliers in this wonderful Grade II rustic barn. Meet the suppliers to help you acheive your dreams. Free Entry for everyone! More Info: Emma Cunliffe, 07786 127043, emma.cunliffe@nationaltrust.org.uk.

Tues 12th Nov (and every 2nd



Tuesday of the Month) 2 - 4pm Not Over the Hill Yet at The Hub, Steeton.

Join a New Group of over 55's who want to have fun and meet new friends. More info call Peter Handley 01274 482438.

Sat 16th - Sun 17th 9 am - 5.30 pm Christmas Market - Central Park Haworth.

Stalls selling handcrafted Jewellery, gifts, etc. Hot Mulled wine, Handmade Chocolates. Good family day out. www.bradfordmarkets.com
The Ramblers group walk. Distance 10 miles.

Sun 17th Nov The Ramblers group walk. Distance 10 miles. Enjoy British wildlife on a Ramblers group walk. Levada Walking in Bronteland. Meet on **Belle Isle Road Haworth, BD 22 8QJ,** for this unusual walk on the Bronte Moors with an intriguing title. Bring a packed lunch for the lunch break. Time: **10:30. Contact: Allan on 01535 664691.** Most walks are intended primarily for Ramblers' Association members. Non-members are welcome to join us as guests on two or three walks, though if you walk with a group regularly you will be expected to join the Ramblers.

Sat 23rd - Sun 24th Nov Steampunk Weekend in Haworth Music & Entertainment with Bradford Marching Pipe Band.

Sat 23rd & Sun 24th Nov Christmas Craft & Gift Fair 10am - 4 pm at The Old School Rooms Haworth.

Sun 24th Nov Christmas Cracker at Keighley Town Centre Location:

Church Green. Come along to watch the Christmas light switch on. Lights will be switched on at **4.30 pm.** There will be plenty of entertainment for different age groups. **Free entry.**

Sun 24th Nov Silsden Christmas Market & Light Switch on in Silsden 10 am till 4ish followed by the switch on of the Christmas lights.

Sat 30th Nov 10am-4pm at Keighley Civic Centre - Christmas Extravaganza - visit Santa in the cells, children's entertainment, craft stalls, face painting & food. Tickets from the Civic Centre to visit Santa (including present) £5 per child. Accompanying adults free. Call the Civic Centre on 01535-690800. All Welcome

Sat 30th Nov First Christmas Vintage & Retro Fair at The Octagon, Crossflats, Keighley. Discover Vintage Treasures for you and your home. Throughout the day there will be Music from the 30's 40's and 50's with Swing Jive Session with Sue from Jive 45. Vintage Workshops will be available to attend throughout the day. An excellent Cafe Bar on site. Free Car Park and off roadd parking available. Come dressed for the occasion, step back in time and have great day. **10.00 - 4.00 pm** Entry £2.00 under 16's free Contact 01535 211486

Sat 30th Nov - Tues 24th Dec Santa

Specials at Keighley and Worth Valley Railway. Weekends ONLY including Christmas Eve. Santa Specials welcome Santa and his helpers on board our specially decorated carriages, delivering presents to our younger passengers and sherry to the grown ups! visit www.kwvr.co.uk for more info.

Sun 1st Dec Christmas Fair at East Riddlesden Hall 11am - 4pm

Visit our Christmas Fair and choose from a wide range of wonderful hand crafted gifts and foods. Held in our Airedale Barn the fair is a chance to stock-up on all those special gifts you need for Christmas. Take your time to browse from over 25 local stall holders and really get into the Christmas spirit.

Sun 1st Dec Christmas Local Produce Market 10.30am at East Morton Institute

Mon 2nd Dec - Sat 7th Dec Christmas Belle at Keighley Playhouse. A comedy by Nicholas Hope. More info visit www.keighleyplayhouse.co.uk.

Sat 7th Dec Bingley Little Theatre's Antiques, Arts and Crafts Fair Bingley Arts Centre 10:00am - 4:00pm Refreshments,,Car Parking,,No Entrance Charge.Table Bookings (£15.00)Phone: Arts Centre 01274 519814 or email: office@bingleyartscentre.co.uk

Sun 15th Dec at 1pm Jack and the Beanstalk at Steeton's Community Hub. Family Tickets for 4 people £15 or £5 per person inc drink & biscuit. Tickets from Rosie Sanderson 01729 825944.

Sat 14th - Sun 15th Dec Torchlight Weekend in Haworth. With Music & Entertainment all weekend. Santas Grotto 1- 4pm on the Sunday.

'Meet me at the Cemetery gates, ...'

'...sang Morrissey on the album *The Queen Is Dead* and sometimes, when you want to find a quiet place to reflect on life and your own mortality, there can be no better place to wander.

Utleby Cemetery is enormous, and a lot more than you can see from Skipton Road. There is a bridge to get you across the railway and it stretches as far down as the bypass. Sometimes

it can be quite heart breaking walking in the fading light or crunching through the leaves only to come across the grave of someone who died far too young or whose family members died many years before they did. In this world of convenience, and in which



images of violence and death are commonplace, it gives you a chance to explore the silence and to reflect on those who experienced this wonderful thing called life long before we were even born. Amongst the graves are 58 memorials to those who gave their lives during times of war. William Overend died on the 5th June, 1942, a member of the Royal Air Force

Volunteer Reserves, he was only 19. Then there is the grave of T Wilcock, who died on the 24th April, 1919. I can only imagine how his family took the news of his wasted life and how he felt as he lingered on the brink of death long after hostilities had ceased. There

are the vast monuments and crypts to the great and the wealthy, but it is the chance happening upon those with a story left untold that never ceases to pull at my emotions. We once went to the cemeteries of Normandy and walked dumbstruck amongst the rows and rows of 'boys' who had never made it back home, but walking through Utleby Cemetery gives me the same feeling. It's similar to when you are out walking and you chance across a bench with a small plaque on it.

These are people you never knew, but who loved and were loved in return, who remain in the collective memory of their families, but who remain just a name and a date to the rest of us. I would recommend you take a trip out to Utleby to just stop and wander amongst the past, where the huge monuments really don't matter in the end and where

love, loss and remembrance are commemorated with a few words on a piece of stone. The Commonwealth Graves War Commission (CGWC,Org. Uk) website will point you in the right direction as to where in the cemetery the brave soldiers of wars past are buried.

by Antony Silson



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Save the Date **Thursday Nov 28th**

Festive Open House when we extend our opening time until 9pm. This is our Christmas shopping event where we serve mulled wine, mince pies, and you can enjoy the dulcet tones of HUG, the Haworth Ukelele Group.

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Save the Date: Sat. Dec. 21 8pm £20 per ticket. **Snake Davis and the Burden of Paradise.** Returning for a very special pre-Christmas concert, we are fortunate to host this magnificent band with its cool jazzy overtones and solid hip credentials. What a treat for you, friends & loved ones to share in the intimate café setting. Pre book supper and make an evening of it.

Drop in Pottery Painting sessions for all: Sat Nov 23rd and Sat Dec 7th 9:30am-12:30 There will be extra support on hand to help your projects take shape. Under 8yrs must be accompanied by an adult. Book in advance if you'd like your child (over 8) to attend unaccompanied by an adult.




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