

# AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

July/Aug  
2013

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Make the most of summer. Lose the laundry, stop the clocks, clear your schedule and be sure to enjoy the sun when it appears.

Taking time out for rest and relaxation will help revitalize and rejuvenate you for the more productive autumn months. My son has just finished his GCSEs and informs me it is time to 'chillax'. I suppose that is teenage speak for, "Please don't ask me to mow the lawn."

Of course, some things still have to be done. It needn't be a burden. I just had my chimney swept and made ready for winter. I'm told this is a good time to buy fuel too. Aire Valley Mag is the perfect place to find small businesses and sole traders for these kinds of jobs.

Looking for fun options? Try the Welly Walks, Summer Talks, Festivals, Fetes, and all manner of Fundraisers in the pages that follow.



Liz Barker, editor @LocalGlobalGirl

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**PORTRAITS**

by Jo Longbottom

Suddenly they're out of date  
 The portraits on the wall  
 The baby and the little boy  
 Have now grown strong and tall.

Their little chubby cheeks are gone,  
 And dimpled fatty fists.  
 And gone the bears and castles  
 From the childish Christmas lists.

They now want CD players  
 And discs with lots of swearing,  
 And slogans on their hooded tops  
 With words they shouldn't be wearing.

I no longer have to dress them  
 Or brush their scruffy hair  
 Or choose for them their outfits  
 And matching socks to wear.

For now its them who choose for me,  
 And they wont be seen dead,  
 With me in girlish clothing  
 Or an out of fashion red.

They think I'm rather old and stooped  
 With vertebrae worn thin  
 Little do they know  
 It's from carrying them in a sling.

And now my back is aching  
 And several discs have slipped,  
 Their baby boyish faces  
 In my memory are gripped.

I have to dress quite dowdily  
 To please them, I am wary.  
 Not long ago... they little know.....  
 I was the great tooth fairy!

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# KEIGHLEY & DISTRICT MODEL ENGINEERING SOCIETY



Keighley & District Model Engineering Society was formed in 1950 by a few local people who had an interest in all types of models. They came from various walks of life; civil servant, doctor, chemist. Our lifelong president is one of the founders and still meets with us even though he is in his nineties.

The first task was the construction of a miniature railway track at Greengate Road, but in 1967 we were asked to leave the site and the Council offered land at Marley where the railway is today. A problem with this site is that there are no mains services, so a very green approach was taken. Rain water for the steam locomotives is collected from the roofs; electricity is generated by a 6hp Diesel Lister built in 1948 that came from a farm in the Dales and the clubhouse is a recycled former chapel from Silsden that cost the sum of £2.50. The real steam and electric locomotives are powerful enough to haul passengers and the railway opens in the summer for the public to have rides.

The membership owns all types of model boats. In 1974 the Society hosted the World Model Power Boat Championships on Keighley Tarn. One popular type of boat is the model racing yacht and these are sailed on Weecher Reservoir at High Eldwick.

In previous years members have been award winners at London Model Engineering Exhibitions held at Alexandra Palace, Wembley and Earls Court. Each year the Society has a display at the Northern Models Exhibition at Harrogate Showground.



Here we have a good variety of exhibits made by members; boats, locomotives, traction engines, clocks, hot air engines and workshop equipment.

Information about train rides for the public can be found on our website [KDMES.org.uk](http://KDMES.org.uk)

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## COUNTRY COOKING & FORAGING FOR FOOD

For the promotion of Health & Wellbeing by Cath Bromwich



Bilberries are this month's foraging wonder. They have many regional names across the British Isles including 'fraughan' and 'blaeberry'. They are virtually the same as the blueberries in shops, though somewhat smaller and cost significantly less when provided directly from mother nature. Obviously, I believe wild bilberries taste better too.

I have fond memories of picking bilberries standing thigh deep in the beck near my Dad's childhood home. My Dad and I got about 3lbs of succulent blue-black berries that no sheep or bird had been able to gobble. We gorged on bilberry crumble that night. The problem with bilberries is that everyone loves them. Birds leave their blue poo everywhere to prove this; sheep eat the whole bush. Some people use a sort of hoover to strip a hillside. However there are few more joyful experiences than showing kids that going for a walk need no longer be a bore when you can roam from bilberry patch to patch, cramming juicy morsel's into your mouth and sticking out a blue tongue to prove what you have been up to. Bilberries truly are a joyful celebration of the beginning of the fruit season and they are very good for you as well.

The bushes mainly grow on damp moorland and in some woods. They are small bushes (approximately 2 ft. high) unless they manage to avoid being eaten. They have small darkish green oval leaves not much more than 1 cm long and have tiny purple berries until they ripen into the darker delights we are talking about. Do take care not to pick them in a popular dog walking area.

'If it ain't bust don't fix it' crumble is the best thing to do with bilberries, however adding them to the Scottish Cranachen is great and just eating them squished up with cream works well. This month's recipe is a little different. It is a sort of no cook tiramisu/cheesecake with bilberries. I hope you like it.

Cath Bromwich, a Silsden resident, is a cookery teacher and forager with a background in health promotion.

**BILBERRY FORAGING, COOKING & EATING!**

**Saturday 10th Aug. 10am**

Join in a fun and informative session with Cath Bromwich when we walk, discuss foraging safety, pick bilberries and cook a delicious bilberry treat. Contact Cath for more details...

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### Bilberry Smooch

Serves 4-6

- 200g Amoretti Biscuits
- 4-6 tablespoons Vin Santo or other sweet wine
- 500g bilberries
- 225ml whipping cream
- 250g mascarpone
- 250g crème fraîche
- 4 drops vanilla essence
- 200g soft dark-brown sugar



Spread biscuits in a bowl; pour on wine and leave to soak.

Wash and pick over bilberries, and place in bottom glass dish or individual glasses.

Whip the cream and fold it into the mascarpone and crème fraîche and mix in the vanilla essence.

Arrange the moist biscuits on top of the berries and spoon the creamy mixture on top.

Just before serving sprinkle the sugar in a thin layer completely covering the top.

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*Chris*

PS Check out my Summer Sweep Special online and say you saw it in this mag.

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**Transformation** is the word that comes to mind: A thorough or dramatic change in appearance; a revitalization or new look. These are some of the ways of describing the work and focus of Donna Byrne, the proprietor and creative genius behind Elliot May Furniture Boutique, the newly opened retail space and workshop on Steeton High St.

Donna initially set up her workshop in Halifax and sold her bespoke hand painted pieces in Leeds at The Retro Boutique and also online. But it became clear that what was really needed was larger premises to bring all of Donna's activities under one roof. By transforming the shop in Steeton and creating Elliot May Furniture Boutique, (the name is derived from Donna's children, Elliot & May,) Donna is now able to showcase her passion for interior design, and vintage & contemporary furniture, while adding painting techniques and furniture workshops to the mix.

"I've had people in the community say they are really pleased to see the building used in this way and it is great that the space has come to life."



Above: Interior of Elliot May Furniture Boutique

A unique selection of gifts and cards are also available at Elliot May making it a convenient place to stop for that special something.

Phone Donna for more details about the workshops: 07599 842957 (Pre booking is essential)  
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Diane , Georgina, Louise and Lola at The Waggoners' Walk

## Meet The Team

This month we introduce 14 year old distributor Georgia, who covers the Howden Road area of Steeton.

She's a shy but hard working young lady who is currently in the process of earning a Duke of Edinburgh award.

In preparation for this she recently took part in Waggoners' Walk which is an

annual 10 mile hike around the moors and countryside of Oxenhope, held to raise money in support of registered charity 'Embrace' child victims of crime.

Starting and finishing at the Waggon and Horses pub, Georgia joined 75 other local people including numerous serving and retired police officers and completed the walk together with her mum, Louise and their spaniel, Lola.

The walk itself is a tough one, the route being devised each year by Oxenhope residents, Mel and Rob Burtenshaw.

Local band Reubik rewarded walkers on their return to the pub with a surprise outdoor performance, [find them on facebook].

Georgia completed the walk with aplomb, enjoyed a slap up meal back at the pub and the charity benefits by the sponsorship money she raised. If you live in her distribution area, give her a wave.



Bolton Abbey Estate

For children, the adventure that springs from playing in and around woods just cannot be measured. Climbing trees, exploring along paths, picking up pine cones, paddling at the water's edge and running across bridges, are all part of the fun of youth. Getting muddy is what being a "kid" is all about – and eating ice creams, of course! At Bolton Abbey, the brand new Welly Walk will allow children to do all that and more. The Welly Walk is an adventure trail for all the family, it will be taking place every day throughout the school summer holidays. Come rain or shine, children can bring their wellies and get stuck into the many activities along the way.

And after play (or during it) we have The Cavendish Pavilion, fully refurbished just last year and full of mouth-watering local fare. All our sandwiches are home made from the best possible local ingredients and the cakes are to die for.

The trail is only part of a visit to the Bolton Abbey estate and is included in normal estate admission (£7 per vehicle). If you've never visited Bolton Abbey in the heart of the Yorkshire Dales, it is set in truly stunning surroundings and is really worth a visit.

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

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

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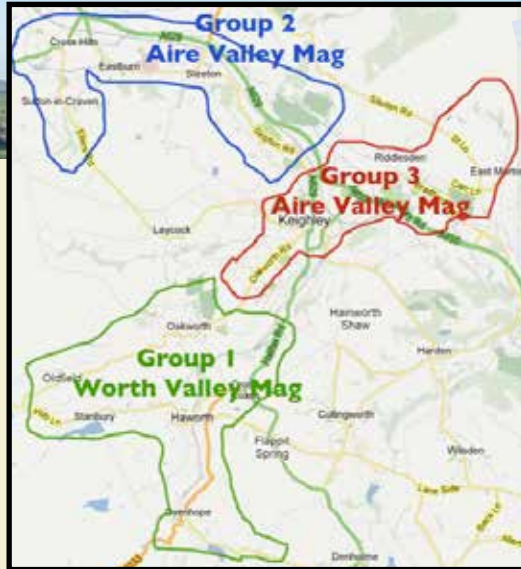


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## BRADLEY WOMAN ORGANISES MINI FESTIVAL TO BENEFIT MANORLANDS HOSPICE

Frances Powell from Bradley is running "Fran Fest" at Fell Edge Farm at Addingham Moorside from **Friday 26th to Sunday 28th July**. The three days will be a simple mix of music in the barn, camping and relaxing in a beautiful location, surrounded by lovely walking areas. The festival is to celebrate local and adopted-local musicians and it is a wonderful opportunity to support Manorlands Hospice.

"This started out as a one-man performance, organised for a friend of mine, Ash Mandrake," says Frances. "We've run two November gigs at Fell Edge with Ash before, and thought we would have a go at a July one. So I booked the barn, invited another performer to join Ash on the Saturday evening, then another and another .. then more for Friday evening.. Before I knew it, there it was, a mini-festival! Many local musicians play at 'Groovy Happening', a monthly music concert which fund-raises for Manorlands every month around Haworth and Keighley, so it felt natural to give funding from proceeds of the fest to this special cause."

Frances has booked local well-established acts and also newcomers to perform. The professional acts include Janet

Russell from Silsden, Liz Narey from Bingley, "Duncan MacFarlane Band" (folk-rock) from Otley/Leeds, "Pepperjam" (ska-reggae) from Hebden Bridge, Tim Moon from Oxenhope, and of course, Ash Mandrake, travelling musician, adopted-locally! Newcomers include the popular "HUG" (Howarth Ukulele Group) and Mick Whitehead from Glusburn; these booked musicians will perform on the Friday and Saturday evenings. The Sunday evening offers an 'open-mic' party so anyone at the fest has the opportunity to perform on stage: music, songs, poetry, comedy even. Absolute beginners, younger and older, will be well supported and very welcome, as well as seasoned performers!

Finally, Peacecake Café will provide delicious home-made vegetarian food and Ilkley-based vintage ice-cream van, "Sunshine Scoops" will visit the site on the Saturday. Fell Edge is a beautiful location up at Addingham Moorside offering spectacular views across Wharfe Valley and natural, magical spaces to meet friends, chatter and play music together including in a tepee, around the camp-fire and in the barn. Tickets are £55 for the three days. Single day tickets are available.

For more information about "Fran Fest" contact Frances Powell on 01535 634 023, email using [info@franfest.co.uk](mailto:info@franfest.co.uk) and/or check out the website at [www.franfest.co.uk](http://www.franfest.co.uk)



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### Fri 5th July - Fri 12th July 98 (Giant)

**Post Cards Exhibition Central Hall , Keighley** opens 5th July at 7pm then every day, until 4m until the 12th. Keighley Post Card Project - 2 years of work by groups, schools, churches and the general public - all 98 pieces will be displayed.

**Sun 7th July.** As part of Keighley Festival. Train rides for all the family. Miniature trains running at **Marley sports field 13:30 until 17:00.** Trains providing trips for all ages. Details at [www.kdmes.org.uk](http://www.kdmes.org.uk)

### Fri 12th July - Sun 14th July: Skipton

**Clogfest** Clog dancers from all over England gather in Skipton to celebrate this glorious tradition. Clogfest brings the many traditions on to the streets for all to see and enjoy. There will be a variety of venues across Skipton Town Centre including Skipton Castle, Craven Court, The Town Hall and Victoria Square.

### Sun 14th July: Earl Crag Guided

**Walk** Circular 8 mile (13km) walk to Cowling's salt and pepper pots. Good views on a clear day. Meet Jeff Bodrick at **10.30am at Sutton in Craven park gates** opposite the Black Bull. A packed lunch will be needed.

### Sun 14th July: Silsden Car Boot

**Sale,** Riverside Field, Silsden. 7.00am - 1.00pm, gates open at 7.00am. Cars £10 and Vans/Cars with trailers £15 with catering and toilet facilities available. For more information call 01535 654747.

**Tue 16th July:** As You Like It The Lord



Chamberlain's Men are back at **East Riddlesden Hall** with their inspiring all male outdoor production of Shakespeare's 'As You Like It'. Taking place in the lower field, the production is accessible to all and suitable for groups. Bring a rug/low back seating and a picnic. Booking is advisable on 01535 607075

### Sat 20th July: Silsden Methodist Church Arts, Crafts and Gifts Fair 9:30am

- **1:00pm. Made in Yorkshire Art, Craft and Gift Fair** with coffee shop for refreshments. Contact Ange Slater for more information on 07902 902772.

### Fri 19- Sun 21 July Woodfest Live Music

**Festival** on the Farm in aid of Sue Ryder Manorlands Hospice Lees Moor, 21 great bands, free camping. For more go to [www.woodfest.org.uk](http://www.woodfest.org.uk)

### Sat 20th July The 10th Annual Proms

**on the Farm** takes place at Sycamore Farm, Brunthwaite, Silsden. Proceeds are for Manorlands (Sue Ryder Care) Hospice and Silsden Methodist Church. Field open from 2.00p.m. Event begins 7.00p.m.

Music for all ages including favourites from "The Last Night of the Proms" with Skelmanthorpe Brass Band Tickets £10 from Twiggs Newsagent, Kirkgate, Silsden.

### Sun 21st July. Train rides for all the

**family.** Miniature trains running at Marley sports field 13:30 until 17:00. Steam and electric trains providing trips for all ages. Great family afternoon out. Refreshments available. Details at [www.kdmes.org.uk](http://www.kdmes.org.uk)

**Every Day in the School Holidays - Welly Walk at Bolton Abbey.** More information visit [www.boltonabbey.com](http://www.boltonabbey.com).

### Sun 28th July Silsden Gala -

Procession assembles at 12 o'clock on Howden Road. Leaves at 1pm.

**Sun 28th July The Bronte Sportive,** incorporating race the train. For road cyclists of all abilities in aid of Sue Ryder Manorlands Hospice. For More info see [www.brontesportive.org.uk](http://www.brontesportive.org.uk)

### Tues 30th July TEDDY BEAR'S

**PICNIC** Families are invited to take a picnic and a Teddy Bear to **Cliffe Castle 11 a.m to 3 p.m.** when a Teddy Bears' picnic will be held on the terraces in front of the museum.

The free family fun day includes story and rhymes, face painting and balloon modelling. There will be a name the bear competition and tombola. Inside the Museum there will be a Teddy Bear's tea party family trail and a find a Teddy Bear tableau. This **Free** event is being organised by Keighley Library, Cliffe Castle Park Conservation Group and Cliffe Castle Museum.

**Wed 31st July:** Children can drop into the craft room at **East Riddlesden Hall** to work with flax, the artists is residence, in making art inspired by the local surroundings. The events is free but normal admission charges still apply. For more information Tel 01535 683806

### Sat 3rd Aug Dip in the Dales for Sue

**Ryder** A one mile, open water swim in Lake Semerwater nr. Hawes for more info go to [www.sueryder.org/dipinthedales](http://www.sueryder.org/dipinthedales)

**Sat 10th - Sun 11th Aug at Skipton**

### Castle 10am - 5pm (Sunday 12

**noon - 5pm)** John Nevison was a famous late 17th century Yorkshire highwayman who robbed the length of the Great North Road. Swift Nicks' Nevison has had to escape from the Black Horse Inn with the law of the land after him. Luckily he is good friends with the castle steward and as the Countess is away he has been allowed into the castle to hide where he intends to wait until dark and then to attempt to sneak back to retrieve his favourite horse 'Nutmeg'. Join in on the fun at Skipton Cattle.

### Sun 18th Aug 'Tea at the Top'

**Ultimate tea Party** held at Keighley Gate, Ilkley Moor. People must walk to it from as far away as they like and arrive at 1pm. For more details see [www.sueryder.org/teaatthetop](http://www.sueryder.org/teaatthetop).

### Sat 24th & Sun 25th August:

**Silsdenbury Fest Held in Silsden Park,** 'Silsdenbury Fest' or Silsden Music Festival offers a long line-up of both local and tribute bands. There will be a licensed bar and refreshments as well as a fun fair (also open on the Friday evening). A fun-filled family event with free admission. Take a picnic.

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Proms.”

Over the past nine years the “Proms” has raised thousands of pounds for Manorlands (Sue Ryder Care) at Oxenhope and Silsden Methodist Church.

In addition to the live entertainment, there is a giant raffle, a tombola stall and a fantastic auction, thanks to the donations from local businesses and individuals, who over the past nine years have kindly supported this event.

Gazebo spaces must be booked by phoning 01535 654509. There is a prize and a certificate awarded to the ‘best dressed’ gazebo, and many groups and individuals enjoy donning in fancy dress.

The “Proms” has a real party atmosphere for the whole family. There are no trade stalls, so bring your own food and drinks .

Tickets for this event can be purchased at Twiggs Newsagents, Kirkgate, Silsden, price £10 p.p.

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# TOP TECH TIPS by Michelle Thompson at CloudFree IT

## Techno-Summer

Summer's here, and the long school break is coming anyway even if the warm weather comes to an end prematurely...

My teens keep themselves occupied most of the holidays nowadays, so I try in vain to encourage (nag) them to not waste their time playing on their laptop/games console/smartphone. I'd rather they played footie on the field, got out and about

on their bikes, or took that opportunity to earn some extra cash mowing the lawn or weeding, while I'm out at work. Seemingly they'd much rather be operating three gadgets simultaneously whilst rooted to the sofa. Grrr!



Perhaps they might sew extra battery packs into the front pocket of their hoodie or solar panels on the brim of their baseball cap, so they feel comfortable leaving the house for the whole day.

Who are we, 'the grown-ups', to lecture our offspring, though? Don't we, too, subconsciously fear being 'technically detached'? Many adults now rely on a daily dose of news, tweets, facebook posts and email.

For me and my partner, running a small business together means that the line between work & leisure is VERY blurred at times. It would be 'interesting' to see if we could survive without any internet access whatsoever, for a full fortnight, but for the last 3 summers it has been 'necessary' for me and 'the boss' to carefully research potential holiday destinations, filtering out campsites that don't offer top notch wi-fi or haven't got good 3G coverage.

Which gadget(s) go with us? A smartphone is a must, but the bigger screen of a 7" or 10" tablet is easier on the eyes for email, web browsing, reading and even watching movies or TV shows. Where there's a possibility of needing to type more than a few sentences an 'add-on' keyboard is essential, but I still prefer my trusty laptop to typing on a tablet.

Last year I think we took a total of 12 gadgets between 5 of us. Mad, eh? Maybe we see the size of the suitcases and get an irresistible urge to fill them? The gadgets are coming with us; leave the food supplies behind! Once upon a time a single

3 pin UK to 2pin European adapter was all anyone needed, principally to power a travel hairdryer or iron. Even static tents now come fully equipped with lights, a fridge and a power socket, yet we always get that nightly 'debate' about whose gadget is next in the queue for an overnight recharge. We even take a power inverter and various USB chargers in the car to keep everyone 'fully charged'. This year we've invested in a PowerGorilla battery pack just in case we need to keep someone's phone or iPod alive while we're out sightseeing. Maybe solar panels on sunhats isn't such a daft idea...

Me, 'the boss' and the kids haven't flown abroad together for 5 years now. The meagre baggage allowances on budget airlines just wouldn't be enough anymore. Thank God, Michael Ryan has no plans to take over the cross-Channel ferries, or we might need to search for 'naturist campsites with wi-fi'!

**I**  **getting mucky**

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