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June 2018

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This summer brings a number of significant Anniversaries in the Worth Valley. The Bronte Parsonage celebrates the 200th Anniversary of the birth of Emily Bronte, the Keighley & Worth Valley Railway celebrates its 50th year in operation and Scar Top Chapel is putting on a special service to celebrate its 200th Anniversary. Bunting and buns galore!

Haworth resident, Beth Cunningham is our guest writer for the next six months. Beth brings us her unique observations about life and living locally; her column is called 'Maybe it's just me.'

Read about Haworth Church heritage guides on page 8 and book yourself a guided tour.

Enjoy June,

Liz Barker - editor

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# MAYBE IT'S JUST ME by Beth Cunningham

If aliens ever land here - and, judging by some of my conversations - this has already happened - they are bound to notice how well off we are for hair salons. Heading back to Planet Splogg, they will record in the spaceship log: 'Mentality of Yorkshire people impossible to fathom, but Keighley clearly the capital of glamour.'

Faced with so much choice, we should all be going about in a state of gorgeousness not normally seen outside Hollywood. Speaking for myself, as always, this is not happening. Despite the skills of my hairdresser - take a bow, Deborah, and thanks too for the listening ear, glossy magazines and nice cup of tea - I stick to my extreme, if blonde, crop. The KISS principle - Keep It Simple, Stupid - is paramount.



Emerging from Keighley pool, I am hardly Ursula Andress in the Dr No beach scene. But she never knew the convenience of hair that dries itself before you hit the changing rooms.

It was just as easy in the Sixties and Seventies when I had long, straight hair, ignoring my mother's hints to 'do something with it'. Most of the young guys I knew looked the same. Now teenage boys spend an unnatural amount of time at the barbers getting

cuts so neat that they are going to have to find new ways in which to annoy their parents.

If I attract unwanted male attention, I am not able to fall back on the time-honoured excuse of: 'Sorry, I'm staying in tonight to do my hair'. As I never get asked out, this is hardly a problem.

But I do occasionally get approached by strange men who take it as a personal affront that I prefer to wear

my hair so short. They seem nervous that they are failing to understand a silent but aggressive feminist statement. If so, I wish I knew what I was trying to say. And anyway, I don't rush up to blokes with comb-overs or toupees shouting: 'You're fooling nobody, mate!'

I also get comments from timid women in grey anoraks, such as: 'Aren't you brave to wear your hair like that?' Is this a compliment? I don't think so. And, ladies, a low-maintenance hairstyle is hardly an act of heroism. Try setting off across the Kalahari Desert on a solitary sponsored walk.

I must go now. I have to wash my hair in case the aliens come back. Perhaps they'll be more impressed if I dye it green.

Beth Cunningham is a Haworth resident.

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# Scar Top 200th Anniversary



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June 10th at 2:30pm



Scar Top Chapel has historically held a popular social aspect within the community, when all its members, sometimes numbering up to 300 individuals, would gather at various times in the summer. Concerts, Lantern Shows, Sports Days, Sales, and Parties were all part of the local social activities in the area. As well as the Festivals and Annual prize giving concert there were numerous other concerts. Entertainment was provided by the choir, scholars and friends. Many romances between young couples from the surrounding area started at these occasions, known locally as 'copping on',\* and consequently Scar Top holds a special affection in the hearts of many far & near.

This year we are inviting the whole community to come and join us as we celebrate our 200th Anniversary. We can't guarantee you'll meet the love of your life but it will be a 'reet good time' filled with music, song, and stories reminiscing about our history and times gone-by. All welcome! (For more details contact: Kathleen Snowdon 642915)

\*Source: David Riley 'The Rise & Fall of Methodism in the Upper Worth Valley Yorkshire 1740-2013'



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Say you saw it in the Worth Valley Mag!



Folk local to Haworth may be aware that over the past few years The Parish Church of St Michael and All Angels has undergone some major renovation work. Much effort has gone into raising funds and donations and grants were sought. One grant came from the Heritage Lottery Fund. When HLF makes a grant, it also requires some return commitment from those who receive its help. In the case of St. Michaels, this was that the church would be made more accessible to the public. To this end a group of church members and other volunteers undertook research and training to lead guided tours of the church.

For nearly 18 months now, most Wednesday's and Saturdays (other church commitments permitting) there have been volunteers leading these tours, usually from mid-day until around 3p.m. Each volunteer has developed their own individual tour, so you can go at different times and get an alternative perspective and focus of interest. The tours usually take 35 to 40 minutes and cover the

history of the church going back about a thousand years (!) and will inevitably involve references to the Bronte presence (Patrick, the father of the literary sisters being the Priest in Haworth from 1820 till 1861).

St Michaels gets visitors from every corner of the globe and is often on the itinerary for student groups. This short article is aimed at you, dear reader, as most likely a resident or perhaps a visitor to the Worth Valley: come and enjoy a tour and learn more about our local heritage; and also, perhaps, share your knowledge and local folklore with the guides - we are keen to learn more about Haworth and its history.

The tours are free, you don't have to book and details of when there is a volunteer available can be obtained from the Haworth Visitor Information Centre (01535 642329 ) or the church website: [www.haworthchurch.co.uk](http://www.haworthchurch.co.uk)

You will hopefully be intrigued and inspired by what you learn! - Chris Tordoff



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# Brontë Parsonage Museum at 90

## A History of the Museum in 10 Objects



Wild Roses from Nature, Charlotte Brontë, 1830

The rose is my favourite flower. I think some of my earliest memories are of summer holidays spent with my grandmother, helping her tend to the rosebushes in her garden. Images of roses also decorated her house; paintings, tablecloths, tea sets and delicate china ornaments, which - since her passing - have made their way to my own home.

Maybe this is why I've been so drawn to the small watercolour Wild Roses from Nature, painted by Charlotte Brontë when aged just 14. Dated 13th July 1830 in pencil, I assumed that Charlotte had stumbled across the subject matter whilst out walking on a sunny summer day. I pictured her sat on a small rock, a sketchbook perched on her knee, mixing colours with her small watercolour set, trying to capture the beauty of the deep pink flower. The work certainly brings to mind The Country Diary of an Edwardian Lady - Charlotte, like Edith Holden,

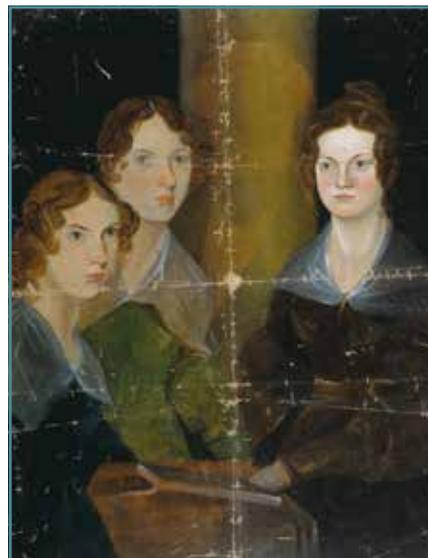
illuminating her journals with the magical flora and fauna encountered throughout the seasons of the English countryside.

It was only when I read The Art of the Brontës that my initial assumptions were somewhat disrupted; authors Christine Alexander and Jane Sellars suggest that it was perhaps more likely that Charlotte had copied the wild roses from an illustration in one of the many flower and nature painting manuals published in the early 19th century. We know from the watercolours currently on display in Charlotte's bedroom that she did indeed copy from the works of other artists, but we also know that her own paintings were never exact replicas of the originals, adding her own special details and embellishments. Whilst Wild Roses from Nature may have been inspired by another artist's work, I like to think that Charlotte's watercolour contains flourishes unique to her own style. Before becoming the writer we know and cherish, Charlotte had initially held ambitions of becoming a painter. It is clearly evident in this work, painted at such a young age, that she had a precocious artistic talent.

My grandmother taught me how to select the perfect roses for each occasion - red for romance, white for spiritual reflection, yellow to celebrate friendship and pink to extend gratitude and admiration. When I look at this watercolour I cannot help but feel the romance of Charlotte's imagination, the incredible strength of her spirit, the wistful desire to have known her as my friend, and the gratitude and admiration for the timeless body of work she left behind.

Alice Measom - Museum Assistant

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Left: The Brontë Sisters (Anne Brontë; Emily Brontë; Charlotte Brontë) by Patrick Branwell Brontë © National Portrait Gallery, London



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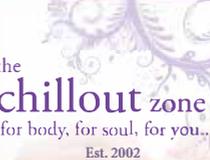
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Keighley Community Led Local Development (CLLD) has been successful in securing European Structural Investments funds of 2.4million to deliver a £4.8 Million programme in Keighley to stimulate economic growth and jobs.

Our Launch Event is on **Thursday June 7th at Central Hall, Keighley from 9.30am to 12.30pm** and is primarily for Organisations or Groups interested in potentially delivering one or more of the individual CLLD projects in Keighley – **please email us at enquiries@keighleyclld.org.uk to register your interest in attending this event.**

The event will provide details of the CLLD activities, how to access the Specifications, and the support available for the Application Process.

Local residents and business owners interested in learning more about the CLLD programme and how it might be able to support their needs are welcome to attend the Launch but are urged to consider coming to see us at the local **Drop In events** instead which are specifically designed for that purpose.

So please come along to one of our Drop In events and find out what CLLD is all about and how the funding might benefit:

- YOU
- YOUR FAMILY
- YOUR FUTURE
- YOUR COMMUNITY

The Community Led Local Development area includes Keighley East, West and Central Wards, the map above shows where we will be holding these events.

- 1 Laycock Village Hall**, Laycock Lane, Keighley on 13th June, 1pm – 3pm
  - 2 Foster Gardens Community Centre**, Broster Ave, Keighley on 14th June, 9.30am – 11.30am
  - 3 Highfield Community Centre**, 21 Drewry Road, Keighley on 19th June, 1pm – 3pm
  - 4 Sue Belcher Community Centre**, Bracken Bank Ave, Keighley on 21st June, 1pm – 3pm
  - 5 Bangladeshi Centre**, Surma Building, Kensington Street, Keighley on 27th June, 1pm-3pm
  - 6 Sangat Community Centre**, Malborough Street, Keighley on 4th July, 9.30am – 11.30am
  - 7 Hainworth Wood Community Centre**, Hainworth Wood Road, Keighley on 5th July, 1pm-3pm
- For more information or to register your interest in attending one of the Drop In events please contact Lynne Henry on **01535 607775** and check out our website **www.keighleyclld.org.uk**



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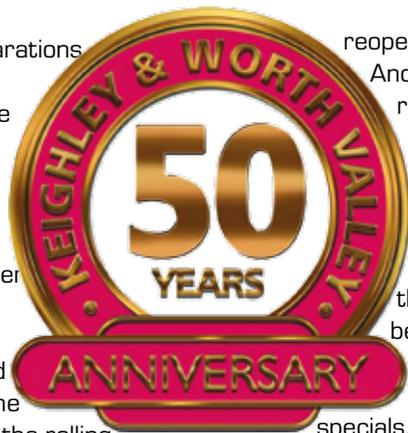
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Fifty years ago, final preparations were underway as the Railway neared a milestone that many believe would never be reached: the reopening of a complete branch line that had seen its last scheduled passenger train in national ownership over five years before. Those early volunteers had to restore the track and the buildings as well as return the rolling stock and locomotives to operational condition. They had to negotiate their way through the maze of paperwork and rules to enable the trains to run, and build a group of expert volunteers to operate the Railway.

All their effort was rewarded in June 29th, 1968, when at 23.5pm, the first train left Keighley to start the fifty year journey through preservation history. Without all those early volunteers' commitment, vision and hard graft we wouldn't get to savour the sound the of the whistle and the sight of a steam locomotive powering up Keighley bank and on to Oxenhope. We wouldn't have been able to welcome Lionel Jeffries' film crew to Oakworth to produce the iconic family classic, The Railway Children, and we wouldn't be able to carry over 100,000 passengers a year on a journey back in time on our little bit of history that is kept alive thanks to the efforts of our hundreds of volunteers.

To celebrate the 50th Anniversary we have an eight day event planned, including three days between 25th and 27th June of special trains hauled by the Royal Scot. We also hope to welcome back into traffic the very locomotive that hauled the



reopening train back in 1968 And June 29th will see us recreate that opening train, as we celebrate the achievements of the Railway's founding volunteers. Full details of all the events planned for the celebration week between June 24th and July 1st, as well as pre-booking for the Royal Scot specials, is on on the website.

As well as the Anniversary event, we also have the inaugural Food & Drink festival June 9th - 10th, Vintage Train Sunday's starting in July and plenty more events throughout the year.

To make all this happen, as well as prepare the Railway for another 50 years of operation, takes a huge volunteer effort. We have over 600 active volunteers, but are always keen to welcome more people to the team. We provide full training and have a wide range of roles on offer, including in operations, administration and engineering across the Railway's activities, so whatever your level of experience and whatever time you can offer, please do consider joining us in this very special year in the Railway's history. **Matt Stroh**



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Say you saw it in the Worth Valley Mag!

## Sudoku Puzzles

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

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

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

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

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 30 for answers.

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## Where in the Worth Valley? **COMPETITION**

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Email your answer along with your name & address to:  
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The winner will be selected from all correct answers received by 20th June 2018.



Last month the correct answer was Railside Studios in Haworth. The winner was Leah Roberts of Haworth.



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# COMMUNITY PAGES

**Aire Valley Railway Modeller's Club,** Melbourne House, Dalton Lane, KEIGHLEY, BD21 4LG. Meeting every Monday, Tuesday & Thursday night from 7.00 pm until 11.00 pm and Saturday afternoon from 1.00 pm until 5.00 pm, juniors over the age of 8 years old and accompanied by an adult, are most welcome. Entry and exit by stairway only.

**Oakworth Young at Heart** meet every Thursday 1-3pm at Holden Hall.

**Haworth Senior Citizens** meet every Wednesday 2-3pm at West Lane Methodist Church. Friendship, activities, speakers, outings.

Every Wednesday 10 - 1.30pm **Food For The Soul, West Lane Methodist Church, Haworth.** Contact Shona or Geoff Grange 01535 647675.

Mondays 1 pm - 3 pm **Lees Methodist Church Craft & Chat Group** in Lees Methodist Church Hall (directly opposite Lees Primary School on Haworth Road).

Every Monday 10 - 12noon **Drop in Coffee Morning** at St James Church Hall, Cross Roads.

**Stanbury Residents Group** 2pm at St Gabriel's Church, Stanbury.

Every Tuesday 12.15pm **Oakworth Senior Citizens Luncheon Club** at Community Centre in Shaw Lane. Bronte Parsonage Museum - **Late night Thursday's throughout Summer** after 5.30pm for residents of BD20, BD21 & BD22 (please bring address proof).

**May to 4th Nov Welly Walk** at Bolton Abbey.

**Weds 6th to Sun 10th June An Exhibition of textile art** by Deborah

Mullins at **The Old School Rooms, Haworth.**

**Fri 8th June 7.30pm Haworth Cinema film The Shape of Water** (15) at West Lane Baptist Church.

**Sat 9th June 1pm Showtime 1960's at Keighley Local Studies Library.** Ian Dewhirst is the compere for the afternoon.

**Sat 9th & Sun 10th June Summer Food & Drink Festival** on the KWVR.

**Sun 10th June 11am - 4pm Crafts at the Castle Garden Party** in the Park at Cliffe Castle Museum & Park.

**Sun 10th June 2 - 4pm Music in the Park** at Central Park, Haworth. Come along and enjoy Haworth Band - free concert.

**Sat 16th June Penistone Hill Community Clean Up** Do you care about this beautiful area? Is so please come along for a couple of hours **11.00am - 1.00pm.** Meet in the top car park. All equipment provided Free refreshments available

For further details please contact marie.copley@bradford.gov.uk or tel. 01535618008

**Sat 16th June 10 am - 2pm Haworth Car Boot** at The 3 Acres Pub & Restaurant, Bingley Road, Haworth

**Sun 17th June 1pm - 3pm East Riddlesden Hall Build a mini raft for Father's Day.**

**Sun 17th June 2pm** at the Museum at Cliffe Castle - **Adare** - pianist and local singing duo

**Sun 17th June. Train rides for all the family.** Miniature trains running at **Marley sports field** late morning until approx. 17:00. Adjacent to Keighley Armed Forces Day event. Steam and

electric trains providing trips for all ages. Refreshments available. Details at [www.kdmes.org.uk/trains.htm](http://www.kdmes.org.uk/trains.htm)

**Sun 17 June - 3 Dales Mountain Bike Challenge** - Threshfield, Nr. Grassington - Year three of this classic new MTB ride in the Dales. - [www.sueryder.org/3dalesMTB](http://www.sueryder.org/3dalesMTB)

**Thurs 21 June - Solstice Saunter - Bolton Abbey Estate** - Five mile run at the beautiful Bolton Abbey - [www.sueryder.org/solsticesaunter](http://www.sueryder.org/solsticesaunter)

**Fri 22nd June 7.30pm Haworth Cinema film I Tonya** (15) at West Lane Baptist Church.

**Fri 22nd - Sun 24th June Dragon Boat Festival** at Roberts Park, Saltaire. The event promises to be a fun filled family festival with dragon boat racing on the river and landside attractions for all to enjoy including children's entertainment, charity stalls, catering stands, landside games, bar, live acts and much, much more.

**Fri Sat 23rd June Glusburn Rag Market** at Glusburn Institute **10am - 5pm.** Free entry. To book a table call Jenny 01535 637940

**Sat 23 & Sun 24th June 10am - 4pm Haworth Craft Fairs** at The Old School Rooms, Haworth.

**Sun 24th June 2pm to 4pm Bandstand Concert Hot Aire** at Central Park Haworth. **Sun 24th June 2pm & 7pm Shakespeare's "As you Like It"** at Cliffe Castle Park.

**Sun 24th June to Sun 1st July 50th Anniversary Gala** of the re-opening of the KWVR. A recreation of the 'Re-opening Special' will take place on Friday 29th June, intended to have one of the original re-opening day

locomotives at its head, Ivatt 2-6-2T 41241 resplendent in LMS Maroon livery, just as it carried in 1968. The 8 days of celebration will finish with a "mixed traffic" style event, a week long Gala to please all audiences. **Sat 30th & Sun 1st July Haworth 1960's weekend** - stalls, music, fun fair, food, bar & gin stalls, classic cars & scooters.

**Sun 1st July Oxenhope Straw Race** to register and for more information visit [www.strawrace.com](http://www.strawrace.com).

**Sun 1st July Keighley Model Railway Club Summer Open Day 1pm - 4.30pm** at Club Room, Knowle Mills, South Street, Keighley.

**Sat 7th July Oakworth Village Gala 2pm Procession from Windsor Road.** **Sat 7th & Sun 8th July A Weekend of Wool in Haworth** at Cobbles & Clay.

**Sun 8th July 2pm - 4pm Bandstand Concert - GMC Jazz** at Central Park, Haworth. Music in the Park. Come along to the Haworth Bandstand in Central Park for free concerts performed by a number of talents musicians. Bring your friends, a blanket and some nibbles and lose yourself in big beats from the bandstand.

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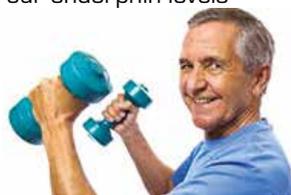
# Keeping our strength: Fighting the clock

There's no doubt about it; as you get older you naturally begin to lose your strength and your fitness. Climbing the stairs becomes a little bit more difficult; that walk in the countryside is now becoming more challenging; your legs and knees start to remind you of the previous day's exertions! This is all normal and is something that you'll accept if you want to continue to exercise and to enjoy the benefits derived from leading an active lifestyle.

**"People who claim that they are too busy to find time to exercise now, will need to prepare to find time for poor health later in life!"**

Exercise doesn't just have physical benefits; it boosts our endorphin levels and this in turn improves our mood and mental health. There are also many social benefits that are linked with getting out of the house to meet up with friends at a class or to go for a walk.

As 'time ticks on', we start to lose muscle strength and with it our functional strength i.e. the ability to carry out our activities of daily living. The condition sarcopenia, which is associated with muscle loss, is a common condition that can affect around 10% of adults over the age of 50. After middle age, adults with sarcopenia lose on average 3% of their muscle strength every year and as a result sarcopenia can decrease both life expectancy and quality of life. However, the good news is that there are actions that



you can take to prevent and even to reverse the condition.

Having a **healthy diet** and taking **regular exercise** can reverse sarcopenia. Furthermore, combining aerobic exercise and resistance training gives the fight a real boost. Below are 3 things that you can do that are simple to achieve and relatively cost-free.

## Resistance Training

You don't have to buy expensive equipment or pay expensive gym membership fees to perform resistance training. Using your body weight against gravity (e.g. doing squats or press ups) or using a resistance band to pull or push against will strengthen muscles and improve function.

## Fitness Training

Sustained exercise that raises your heart rate can also control sarcopenia. Combining fitness training with resistance and flexibility training is really effective and will further boost the fight against age-related muscle loss.

## Walking

Walking can also prevent and even reverse sarcopenia and is an activity that most people can do for free wherever they live.

## Summary

Sarcopenia, the loss of muscle mass and strength, becomes more common with age and can decrease lifespan and quality of life. Exercise is the most effective way to prevent and reverse sarcopenia.

David Hanson - Haworth Physio





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 Bronte Parsonage p14/15  
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 John Grogan MP p31  
 KVVVR p20

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Angelic Healing p16  
 Chillout Zone p16  
 Haworth Hypnotherapy p5

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 D&R Construction p23  
 Golden Acorn Roofing p24  
 Handyman p19  
 Haworth Handyman p19  
 MB Roofing p24  
 Ploughcroft p10  
 Yorkshire Loft Ladders p25

## Business Related

Accountax p19  
 Airedale Enterprise p11 & p18  
 Ask Andrina p19  
 Worth Accounting p19

## Butcher

Leadbeaters p27

## Care/Cleaning / Domestic

Adele's Ironing p16  
 Clean Image p16  
 Craven Carpet Clean p16

## Chimney Sweep

Bristles p24

## Chiropody

Heel2Toe p16

## Computer

Computer Repairs p31  
 DVD Conversion p13  
 Main Road Computers p31

## Counselling/Therapy

Vivien Wallwork p16

## Electrician

AA Electrical p19  
 JS Electrical p19  
**Fencing/Decking**  
 Manningham Fencing & Decking p2  
 Worth Valley Fencing p29

## Florists

Rosa Rugosa p5  
**Fuel/Heating**  
 Anchor Logs p24  
 Green & Tidy p12  
 Worth Valley Logs p24

## Funeral and related

Lyndon Leeson p31  
 Richard Wine p31

## Gardening/Trees

Blooming Can p12  
 Green & Tidy p12  
 SAS Landscape & Gardening Services p12  
 Worth Valley Trees p12

## Hearing Aid

Digital Hearing Care p7

## Holidays/Travel

Steel's of Addingham p17

## Knitting & Sewing

Material Worth p12  
 Wildfell Alterations p12

## Mobility/Driving

Driving Miss Daisy p7  
 Fenetic Wellbeing p12

## Painting & Decorating

Andy Beattie p13  
 Art Decor p13  
 Jacques Balson p13  
 R.P. Decorating p13

## Pest Control

Red Dog p15

## Physio

Haworth Physio p29

## Plumbing /Tiling

A Butterfield p17  
 A R Carling p17  
 DSM p17

JSC Plumbing p17

Steve Spence p17

S. Thompson p17

## Property

Oates & Wiles p31  
**Restaurants/Cafe's/Pubs**  
 Chaplins p16  
 Newsholme Manor p21

## Removals/Van Hire

Apex p13  
 Will-Sotre p29

## Retail

Afghan Rug Shop p21  
 Office Furniture Outlet p13  
 Queensbury Kitchens p32  
 United Carpets & Beds p2

## Storage

Will-Store p29

## Taxis

Bronte Taxis p12

## Tuition/Children/Education

Keighley College p23

## Wills

In Home Wills p32

## Windows

Bob Beattie p24  
 Bingley Windows p3  
 Cloudy2Clear p5

## Sudoku Answers

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

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

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

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

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