WORTH VALLEY MAG COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

September 2018

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Whether it is back to school or return to work after the holidays, September is a bitter sweet month. On the one hand, it can feel sad to leave behind the lazy carefree days of summer, but on the other hand, it is the time of year to start something new; enroll in a class, refresh your wardrobe & make space for change. No matter how you view it, we have you covered in this editon of the Worth Valley Mag. Get a jump start on the winter blues by losing weight; Slimming World has a number of classes in the

area from which to choose. The Fashion Pop up Shop located at the Airedale Business Centre in Keighley makes it easy to update your autumnal look with all garments £8 or under.

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As we continue our 50th Year of operation, there's plenty of ways to join in the celebrations. After the success of the special 8-day gala in June, we continue our period of seven days per week operation until the first week of September and then revert to weekends only for the Autumn. At the end of the summer running season our team of track maintenance volunteers

will be out in force during their regular "Civils' Week". During the week, the Civil Maintenance gang will be working on several carefully orchestrated and meticulously planned projects, which often involve lifting and replacing sections of track just after the last train passes

on thenSunday evening, and they will skilfully have everything back together in the nick of time for the first train to pass the following Saturday morning. It's an amazing operation and testimony to the commitment and dedication of our volunteers who will freely give up a week of their holiday for the benefit of the Railway as they take part in "Civils' Week".

There are many other examples of dozens of people volunteering both behind the scenes and front of house _____

to keep the increasingly elderly wheels turning. We have teams working on the restoration of the carriages as well as the steam locomotives, and we are looking forward to welcoming back into traffic shortly the result of the second overhaul to be completed this year, complementing our already-impressive operational fleet. The engineering skills required to maintain the fleet are in danger of being lost from one generation to the next, so we are very excited to be welcoming our first engineering apprentices, in conjunction with the Yorkshire Dales Railway, York College and the Boiler Engineering Skills and Training Trust. Passing on these skills is vital to securing the future of the Railway so this is a particularly important achievement for us as we enter our second half-century of operation.

As well as all the work going on behind the scenes, we continue to run our full programme of events, with tickets having just gone on sale for the **Beer & Music Festival** as well as for the ever-popular **Santa Special trains**. Some of Santa's trains are already selling out, so please do book soon to avoid any disappointment

and to give him and his Pixies plenty of time to wrap all the presents. As well as the special events, we continue to run every weekend and through the half-term holiday, so do please join us on board soon for a journey back in time and, as ever, you would be very welcome to apply to join our volunteering team. Full details of volunteering opportunities and of our programme of events are available on the website: www.kwvr.co.uk





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With five years under her belt as a hair stylist and colour specialist, local Worth Valley resident, Hannah Schofield, is branching out and setting

up her space at Unique Hair Salon in Oxenhope, working along side the long established owner, Tina Potts. The salon is located conveniently opposite the Oxenhope Railway Station. There is usually plenty of on street parking or within the Railway Station lot itself. Wanting a new look? Fancy a change, or just need a tidy up? **Book a session with Hannah, and receive 20% off your first appointment.** Transformation is Hannah's speciality...

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CLOUD 9

MAYBE IT'S JUST ME by Beth Cunningham

Cinema

One of my guilty pleasures - there isn't room for the full list - is going to the pictures during the day. I must learn to say cinema. And call them westerns, not cowboy films. I'm still in the time when the magic began.

Dad – a commercial traveller for a tobacco company - had his own interpretation of working hours. Before I started school, he took me with him on his calls. Depending on the legality of his parking, I'd see his customers with him, or stay in the Hillman having been told: 'If a policeman comes, say your daddy will be back in a minute.'

Then - with one of his rapid changes of plan – we'd find ourselves in the News Theatre on City Square in Leeds, watching cartoons and whatever else was on. The habit was formed.

Later, with my elder brother, there were Saturday showings for children at the Glenroval in Horsforth. There's a supermarket there now. But the ghostly shrieks of excitement still echo down the aisles.

Mum and I saw Summer Holiday there. A few years after that, plunged into early widowhood, her coping strategies - before my stepdad rode to the rescue - included sherry, a new set of clothes worthy of Elizabeth Taylor and an evening class learning how to make lampshades.

She also took herself off to the pictures on her own. Once she suffered the unwelcome attentions of a man in a grubby gabardine. She repulsed him swiftly by

asking loudly if he was having an asthma attack.

This story must have impressed me. When I continued the family tradition of early widowhood, I soon got used to seeing films on my own. Now I prefer it. Give me a plushy old picture like Keighley's any day over a characterless multiplex. Somewhere with a bit of history. Kids, the next time you go to see Spiderman, think of the real-life superheroes who watched films at Keighley Picture House then went off to the trenches.

I'm a fan of Superman myself. I've got him on my socks. There are few films I don't want so see. I never sink as low as Arnold Schwarznegger. I've succumbed to Bruce Willis once or twice - although if I want to see a man in a sleeveless vest there are local pubs where I can do that for free. Autumn and winter are all the cosier with visits to Keighley Picture House. They've got Poppets, popcorn and cups of tea. What more do you want?

As for the guys in gabardine macs, don't worry, ladies, it's all manmade fibre these days.



Beth Cunningham was brought up in Rawdon. She left Yorkshire to work for newspapers and magazines on Merseyside and in Wales, the Middle East and London, where she also wrote and performed stand-up comedy. She now lives in Haworth, is a life member of the Bronte Society and writes short stories.



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The slime craze has taken over our house. I keep finding little pots of the sticky stuff all over. While I'm generally up for any activity that gets my 3 off screens, I have diagnosed myself with 'slime fatigue'. This manifests itself as a pronounced sinking feeling whenever the 's' word is mentioned, and an overwhelming weariness as the mess stacks up. My bank account also has slime fatigue from financing the industrial amounts of glue, paint and shaving foam we get through.

So this recipe is for any parents, grandparents, aunties or uncles out there suffering similar symptoms. I've discovered that most of slime's appeal is in the making. Magic dough ticks all the boxes the kids need - measuring, mixing, kneading and moulding - but with the added bonus of having dinner sorted at the end of it!

We make it at least three times a week in our house for pizzas, naan bread, cinnamon rolls, garlic bread etc. With just 5 ingredients, it's so easy and cheap to make, always rises and is hoovered up by the kids. You might need to help them out with the measuring (and the cooking obviously), but other than that, you really can just leave them to it.

The recipe below makes 2 medium and 3 small pizzas. We're always changing our toppings. Our current favourite flavour combo (pictured) is vegan mozzarella, Toffuti cream cheese, caramelised onion, sundried tomatoes, loads of herbs and lemon zest.

INGREDIENTS

- 250g bread flour
- 250g plain flour
- I tsp fast acting yeast (1/4-ounce package yeast)
- I tsp table salt
- 325ml warm water

Mix flours, salt, yeast together. Add oil and water and mix together until it's a sticky ball, turn out onto a floured surface and knead for 10 mins. Place in a well-oiled bowl, coat the dough in oil and cover with a tea towel and leave somewhere warmish (sunny-ish window sill, airing cupboard etc). After 4 hours, it should have doubled in size (don't worry too much if it hasn't). Knock it back by kneading on a floured surface, divide and roll out. Then cook in a medium-high oven for between 3 and 8 mins, depending on the size of your pizzas.

This dough is also perfect for garlic bread (just brush with crushed garlic in oil immediately after cooking). Or cook it plain, cut into strips and dip in lemon zest infused extra virgin olive oil and balsamic vinegar.

Yorkshire born and bred, Amy Firth lives in the Worth Valley with her partner, 3 kids, Murphy the dog and several rescue hens. A life-long advocate for fairer food and farming, Amy is always in search of great veggie and vegan recipes which she shares on her Instagram page: amyfirth78



Say you saw it in the Worth Valley Mag!

SMIthy'S Tech TIPS

By Liam Smith

Alexa.

is there life

on mars?

0.00

Voice assistants are everywhere these days, in our phones, our tablets, our computers, our smart speakers, our refrigerators, you name it. Gimmicky? Perhaps, but there's no denying that they've exploded in popularity. So what is a voice-assistant exactly, and what can it do for you?

A voice assistant is a digital assistant that uses voice recognition, natural language processing, and speech synthesis to provide aid to users through voice recognition applications. These

voice assistants are built on artificial intelligence (AI), machine learning and voice recognition technology. Some assistants are built with more advanced cognitive computing technologies which will allow a digital assistant to understand and carry out multi-step requests with numerous interactions and perform more complex tasks, such as booking seats at a movie theatre, or scheduling a reminder for a day's time to do the shopping.

From Amazon's Alexa to Google's Home Assistant, there's a plethora of assistants that could be listed. However, they all serve one purpose, to serve you. From asking it to play your favourite songs and artists on Spotify, to getting real-time weather updates and the latest scores in football. There's really no limitation to these assistants as they perform actions based on voice commands, much like a physical button on a keyboard does that I'm typing on now. If a device like a light switch can be designed to interpret commands, the assistant can control it. Imagine having an assistant that can control the entirety

> of the home, just from your own voice, we're not quite there yet, but we're certainly not far off!

However, a common misconception that I've encountered since their boom in popularity has been between the

hardware and the software. These virtual assistants require certain hardware to operate, and as such will come preinstalled on certified devices. The misconception arises when the assistant is confused with the device. For example, Sonos have an Amazon Alexa certified speaker that uses its own virtual assistant to perform certain commands with regards to music, the assistant isn't the speaker, it's built into it. Artificial intelligence such as voice assistants might seem gimmicky right now, but I wholeheartedly believe that they are the future of a smart home, and it's not hard to see why.



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Phone Jo Pagdin to find out more 01535 683163, or email: jo@cavendishbusinesscentre.co.uk

Sudoku Puzzles

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

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

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

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 36 for answers.

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Where is the **red x** located in the photo to the right? ? This months prize is generously donated by Keighley & Worth Valley Railway

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Email your answer along with your name & address to: mail@worthvalleymag.co.uk The winner will be selected from all correct answers received by 20th Sept 2018.



Last month the correct answer was Chaplin's of Haworth The winner was Anita Sagar.

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Sciatica

The term sciatica describes the symptoms of pain - and possibly tingling, numbress or weakness - that originate in the lower back and travel through the buttock and down the large sciatic nerve which runs down the back of your leg.

Common lower back problems that can cause sciatica include a bulging or herniated disc (often referred to as a 'slipped disc'), degenerative disc disease or spinal stenosis.

Bulging or herniated disc Spinal discs act as shock absorbers between the vertebrae, supporting the upper body, and allowing a wide range of movement in all directions. They are made up of a tough, fibrous outer ring called the

annulus fibrosus which encloses a softer gel-like centre called the nucleus pulposus. Bulging discs can occur as a result of an injury (e.g. heavy lifting), excessive strain (e.g. prolonged periods of sustained flexion such as sitting) or naturally due to the aging process. Herniated discs, most often affecting people aged between 35 to 50, are caused when the tough outer shell of the disc tears, allowing the soft inner gel to leak out. This material can then

Healthy disc \rightarrow

Degenerative disc -

compress the surrounding spinal nerves and cause nerve pain.

Degenerative **Disc Disease** Despite what the name suggest, Degenerative

Disc Disease is not a disease, but rather a condition in which natural age-related

wear-and-tear on a disc causes pain, instability and other symptoms. As we age the inner gel dries out and the result is a reduction in disc height. This explains why we lose height as we age!

Spinal Stenosis

Degenerative Disc Disease leads to changes in the joints in the vertebrae of the lower back. The unnatural position of the joint structures may lead to arthritic changes in the bones which in turn may cause the narrowing of the joints spaces

which allow spinal nerves to exit as they branch off from the spinal cord. In lumbar spinal stenosis, the spinal nerve roots in the lower back become compressed and this can produce symptoms of sciatica.

Treatment of sciatica

Readily available non-surgical remedies and regular exercise can go a long way towards relieving the pain of sciatica. Drugs such as ibuprofen and naproxen can help reduce inflammation which can be the major cause of sciatic pain.

Manual therapy and the prescription of exercise therapy from appropriately trained health professionals such as a physiotherapist may offer a long-term

> solution to sciatica. The treatment given and the exercises prescribed are designed to reduce pain, limit and/or reduce disc bulges, and to strengthen the core and lumbar spine in order to make the spine less susceptible to the problems

David Hanson - Haworth Physio



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Say you saw it in the Worth Valley Mag!

Impinged

nerve

that lead to sciatica.

Brontë Parsonage Museum at 90 A History of the Museum in 10 Objects

00000555550

The Museum's

Jewellery Collection

This is cheating a bit, because it's not just one object: the Brontë Parsonage Museum holds almost a hundred jewellery items associated with the Brontë family. At first glance, it is a collection typical of women of their circumstances: as the daughters of a Victorian clergyman, it would not have been expected that the three young women would have worn expensive jewellery. There are many items of mourning jewellery made from the hair of lost loved ones, including Emily, a trend

which was very popular during the 1840s and 1850s when Charlotte, with her new-found wealth, could have afforded to commission pieces made fro the hair of her sisters. However, there are

However, there are also some very unusual pieces for a family of their circumstances

There is the beautiful necklace of carnelian beads which it is suggested is worn by Anne Brontë in Charlotte's 1834 portrait of her sister. There are a number of rings of different styles: set with pearls, rubies, diamonds and turquoise, stamped with emblems, a looped band giving the suggestion of infinity. There are brooches but also agate stones of a similar size, suggesting that these were intended to be fixed into a brooch setting as soon as an appropriate jeweller could be found. Alongside these beautiful items, there are also more eccentric pieces: a length of seashells and transparent glass beads, giving the appearance of a necklace but with no clasp or visible way of attaching the item around the neck.

The questions that this collection prompt are: how did this family come to have these items? Who would have worn them and how? Where were they created? Although the Museum can be sure of the provenance of the majority of these collection items, some are

tion very early acquisitions. The early curators do not appear to have dug deeply into provenance details (in one case, all we know about where the items came from is that they were given by 'an old lady from Hull' who was said to have nursed Charlotte Brontë prior to her death). However, the items themselves give clues as

to lifestyles of the Brontë family and their relationships with jewellery and fashion, and as such, they are a highly important part of the collection.



Amy Rowbottom Curatorial Assistant, Brontë Parsonage Museum

THURSDAY 20 SEPTEMBER

Late Night Thursday: open until 8pm

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SATURDAY 22 – SUNDAY 23 SEPTEMBER

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> Brontë Parsonage MUSEUM

September at the Brontë Parsonage Museum



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COMMUNITY PAGE

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 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.**

Every Tuesday 12.15pm Oakworth Senior Citizens Luncheon Club at Oakworth Methodist Church. Bronte Parsonage Museum - Late night Thursday's after 5.30pm for residents of BD20, BD21 & BD22 (please bring address proof). Keighley Model Railway Club, Knowle

Mills, South Street, Keighley, BD21 1SY Meeting every Tuesday and Thursday Evenings from 7.00pm until 10.30 Thursday afternoons, 12.45pm until 4.30pm & Saturday afternoons 1.00pm until 5.00pm Everyone is

welcome, children over the age of 10 must be accompanied by an adult. There is a direct lift access to the clubroom.

Mon 3rd Sept - Sat 8th Sept A Bunch of Amateurs at Keighley Playhouse. Tues 4th Sept 7.30pm Cross Roads & Lees Church & Chapel Ladies Group "HERBS & THEIR USES"

speaker Jill Saunders - Head of Gardening at East Riddlesden Hall. Meetings held in St James' Church Hall, Cross Roads, BD22 9EF. **Thurs 6th Sept Worth Valley branch of the Yorkshire Countrywomen's Association** at 7-30pm in Oxenhope Community Centre – Carol Davies talks on Life in the Land Army.

Thurs 6th Sept 7.30pm Oxenhope Methodist Women's Fellowship at The Chapel, West Drive, Oxenhope Steve Wood - More old Slides around Oxenhope.

Sat 8th Sept 1 - 4pm Tea in the Afternoon at Old School Room, Haworth. Manorlands fundraising event.

Sat 8th Sept 7:30-11:30pm Oakworth Gin Festival Oakworth Village Hall. Over 40 gins, also a cocktail/mocktail bar and some Vodkas to try. Entertainment from local vocalists and burgers from Marsh Top Farm. £5 a ticket. oakworthcommunitytrust.org.uk Sun 9th Sept 10.30am West Lane Methodist Church Harvest Festival. Sun 9th Sept 2pm Bandstand Concert at Cliffe Castle Museum. Free music performance - just turn up and enjoy.

Fri 14th Sept 7.30pm Haworth

Cinema "The Guernsey Literacy & Potato Peel Pie Society" (12A) at West Lane Baptist Centre, Haworth. Sat 15th Sept 10am - 2pm Haworth Car Boot at The 3 Acres Pub & Restaurant, Bingley Road, Cross Roads, BD21 5QE. Sat 15th Sept 7pm Ceilidh at Bronte

School Rooms, Haworth. Tickets £12 adults £4 children inc pie & peas.Tickets available from Modo, Hawksbys, Weavers Guesthouse or contact hello@weaversguesthouse. co.uk

Thurs 20th Sept 7.30pm Oxenhope Methodist Women's Fellowship at The Chapel, West Drive, Oxenhope Duncan Verity - DVD Presentation with a difference.

Thurs 20th Sept Oxenhope Gardening Club at 7.30 pm in the Oxenhope Community Centre, Shaw Lane, Oxenhope, BD22 9LS The speaker for the evening is Samantha Hopes. She will be talking about her journey to become a plantswoman. After initially training as Field Geologist, Samantha re- trained at Birmingham Botanical Gardens and Glasshouses and later worked and studied at the RHS garden at Wisley.

Sat 22nd - Sun 23rd Sept Bronte Festival of Women's Writing at the

Parsonage Museum. Showcasing and celebrating womens's writing with a weekend of workshops. Full details www.bronte.org.uk/whats-on or call 01535 640192.

Sun 23rd Sept Worth Valley Horticultural Show at the West Lane Methodist Church Haworth. Open to the public at 1.00pm. Auction of Flowers Veg and Baking at 3.30pm For information contact Mike Cunningham on 07977051236. Fri 28th Sept 7.30pm Haworth Cinema "The Breadwinner" (12A) at West Lane Baptist Centre, Haworth. Thurs 27th Sept 7.30pm Oxenhope Antiques & Collectors Society talk Archibold Knox by John Wyles at Oxenhope Community Centre. Fri 28th Sept 11 am Annual Coffee Morning for Macmillan Cancer Care at Contact Point, 28 Changegate, Haworth. Lots of cake to eat, tombola and good company. Sat 29th Sept Diesel & Ale Saturday on the Keighley & Worth Valley Railway. Sat 29th & Sun 30th Sept Haworth Craft Fairs 10am - 4pm at Haworth Old School Rooms. Tues 2nd Oct 7.30pm Cross Roads & Lees Church & Chapel Ladies Group "John Hopkinson's Travels" speaker John Hopkinson Meetings held in St James' Church Hall. Cross Roads Thurs 4th Oct Worth Valley branch of the Yorkshire Countrywomen's Association at 7-30pm in Oxenhope Community Centre – Judith

Robertshaw talks - Women in Freemasonry.





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