

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

Feb 2015

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The snowdrops in your garden may well be under a blanket of snow given the forecast as we go to press this month.

No matter. Light the fire, stay warm, and cosy up to your favourite book.

If you fancy cooking, we've included not one but two soup recipes. Both are easy to make and scrumptious!

I'd recommend you wait for the snow to melt and better weather to arrive before you venture out on our countryside walk (see pages 16/17.) It is an exposed and serious walk, so make sure you are prepared.

Donna Byrne of Elliot May in Steeton shares her useful tips on how to transform tired furniture with chalk paint. (Perhaps this is just the project you've been thinking of for February half-term?) Have a great month.

Liz Barker editor



May's Tea Room

Treat your Mum with a delicious Mother's Day
brunch or lunch

May's Tea Room is now taking bookings for Sunday

March 15th



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Say you saw it in the Aire Valley Mag!



Trek Nepal



In November, Sue Cottier flew out to Nepal as part of a team trekking to raise funds for Sue Ryder Manorlands Hospice. Here she talks about the 10 day trek.

Nepal was a fantastic experience! The trek was strenuous without being gruelling, made easier by the amazing scenery and brilliant companions. As expected the views of the Annapurna Mountains in the Himalayas were awe inspiring and nothing can beat the memories of the breath-taking sunrises we saw over the mountains. We were supported every step of the way by a wonderful team of guides, cooks and porters, who looked after us so well, keeping us motivated, well fed and ensuring the camp was ready and waiting for us at the end of each day. The trek

culminated in a couple of days sightseeing in Kathmandu, a perfect way to wind down and recuperate before returning home.

The Manorlands trek has to be one of the best things I have ever experienced. The fundraising aspect was at first quite daunting but in reality once I put ideas into practice I couldn't believe how incredibly generous everyone was in supporting this fabulous charity.

If you would like to do something different and you are up for a challenge my advice would be 'Grab it'. You will never regret it!

This year, Sue Ryder has organised an incredible trek to Mount Kilimanjaro. For more information, please contact the Manorlands Fundraising team on 01535 640430 or visit www.sueryder.org/Kilimanjaro

To advertise call Karen or Liz on 01535 642227

Keighley Big K 10K

Sue Ryder

Mothers Day
Sunday 15 March
9.00am Start
Victoria Park
Keighley

Manorlands Hospice

For Runners and Walkers
A multi-terrain 10K route linking parks and scenic paths, suitable for all abilities, run for your Mum!

For further information and to enter online go to www.bigk10k.org.uk or phone 01535 640176 or email andrew.wood@sueryder.org for an entry form.

Adult entry £12 or £15 on the day subject to availability
11 - 18 year olds £6 . Team Entry for a team of 5: £50



www.bigk10k.org.uk



NEF 00784 Sue Ryder is a charity registered in England and Wales 11052010 and in Scotland 00239578

TREK KILIMANJARO

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Celebrating 50 years in style

To celebrate a 50th anniversary is always a good thing. To celebrate FOUR such anniversaries one train has to be something of a record, but that is exactly what series of special trains on Saturday 20th January did.

The VCT owned Manning, Wardle 0-6-0ST "SIR BERKELEY" arrived on the KWVR back in January 1965. The locomotive was then owned by Roger Crombleholme, who subsequently presented the engine to the VCT. Over the next few years, the little engine was a familiar sight in the valley, but was really too small for operation on service trains and therefore spent a lot of time out of use. The 1891 built engine was transferred to the Middleton Railway in Leeds back in 1995 and was given a

major rebuild which included a new boiler and all new tyres in 2005. The engine has been made available for use at VCT for the next few months to celebrate this and other significant anniversaries before going back to work out the last few months of the boiler certificate before the next 10 year overhaul.

The loco hauled a special train comprising Manchester, Sheffield & Lincolnshire 4 wheel coach No 176, built in 1876 and South Eastern & Chatham Brake 3rd no 3554, actually built by the Southern Railway in 1924.

Both these vehicles first appeared on the Worth Valley in 1965, the MS&L coach being in ex-BR Departmental service condition – a shell!- the "Chatham" as it is known, being in reasonable running condition. Over the years, both vehicles

have been restored to a high standard, with the MS&L receiving the HRA Carriage Award following its restoration in 1980, thus both coaches are also 50 year veterans.

As if those three anniversaries were not enough, the VCT itself celebrates its 50th year in 2015 so the train celebrates that anniversary as well!

The first of three celebration trains left Ingrow at 1200 for Keighley. Aboard was Keighley Mayor and former KWVR Chairman Graham Mitchell along with other invited guests from our partner organisations and local tourist and museum bodies.

The two subsequent trains left Ingrow at 1330 and 1500 and were well patronised by both VCT members and also members of the public, all of whom thoroughly enjoyed the sight of this vintage train running up and down the line.

The train could not have operated without the cooperation of our partner organisations, KWVR & BLS, who provided the crews and Middleton Railway, who released the loco at the end of the Summer season – although that has meant that we have had to do some maintenance which would otherwise have been done during his winter layover in Leeds.

This event proves once again what can be achieved when the various organisations on the Worth Valley pull together and we all hope that similar events will take place in this and future years as plans to develop the Ingrow site progress.

It is intended to use SR BERKELEY on the KWVR Gala in February and also at a Model Railway Exhibition at Ingrow on 15th February this year

**Ian Smith
Committee Member, VCT**



Conscious Cocoa & Consumers

In 2013 consumer research by Mintel revealed a 120% growth in the number of new chocolate products carrying ethical labels such as Fairtrade.

There is a revolution happening in the cocoa-based consumer goods category – some of the biggest corporations in the world have converted their biggest brands to Fairtrade.

An excellent example of ethical standards embedded in the cocoa industry is demonstrated in the collaborative approach taken by Kuapa Kokoo and its partners. Kuapa Kokoo is a Fairtrade-certified cocoa farmers organisation in Ghana. The organisation was established in 1993 by a group of cocoa farmers from Ghana with support from Twin Trading UK, Christian Aid and the

Body Shop. The Day Chocolate Company (a UK company, now known as Divine Chocolate) was set up by Kuapa Kokoo and Twin Trading in 1997. The company

primarily uses Kuapa's cocoa, and the cooperative also holds 45% of Divine Chocolate's stock. Kuapa uses its Fairtrade premium to pay bonuses to members, and invests in social projects, such as schools, bore-holes for drinking water, and mobile clinics.

Fairtrade chocolate sales in the UK topped £820m in 2013, a 52% increase on 2012, according to the Fairtrade Foundation. That's almost 10-fold the amount bought in 2003. Today, more than a fifth of UK chocolate

carries the Fairtrade mark.

Other Fairtrade certified commodities like coffee, tea, sugar, cotton and gold are growing in popularity and demand by an increasingly discerning and conscious consumer.

A number of retailers in the Worth & Aire Valley support ethical trading and choose to stock fairly traded products like Divine chocolate or they regularly use Fairtrade ingredients. We've listed local companies that have confirmed their commitment to Fairtrade and its principles.

(Please note there are also faith organisations, schools, the Council and community groups that regularly serve Fairtrade coffee and tea at their meetings and at functions. They are important supporters of the Fair Trade consumer movement.)



Independent retailers in Keighley & The Worth Valley that stock Fairtrade products or regularly use Fairtrade ingredients.

Four Teas, The Lemon Tree, Lavender Fields, Offshoot, Buddha Land Peace Cafe, Boltmakers Arms, Bow Street Cafe, Coffee Love, Cricketers Arms, Lord Rodney, Royal Oak, Slow Food Kitchen, Guava Gifts, Anita's Eaters.

The Bronte Parsonage, Cobbles and Clay, Sonias Smile, Ye Sleeping House, Number 10 The Coffee House, The Old Registry, Keighley & Worth Valley Railway, The Old Hall, The Black Bull, Sun Street Store, 66 Main Street Haworth, Bronte Weaving Shed, Relish

This is by no means an exhaustive list (we haven't included the larger retail chains) Ask your local independent shops, cafes and restaurants to stock or serve certified Fairtrade products.

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SATURDAY 7 FEBRUARY
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SATURDAY 14 FEBRUARY
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SATURDAY 21 FEBRUARY
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SATURDAY 28 FEBRUARY
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For the promotion of Health & Wellbeing by Cath Bromwich



I was going to introduce you to a rather tasty treat, but too many people have told me they are dieting!

So a foraged delicacy to serve with your fry up awaits you later in the spring! In the meantime I thought I would share with you a simple but essential skill: soup making.

Don't be shy if you have never made soup before, I come across many in my classes who have not. And we all need time-saving meals, so I don't want any guilt about bought tubs of soup in the fridge! However, when people do learn how easy and cost-saving making their own soup is, they are often amazed. Also, soups are a great way of eating your vegetables and very handy when trying to lose weight, because they can be low fat, filling and tasty. Soups are versatile, and once you have learnt the basics you can vary them. This time of year, a good chunky soup becomes indistinguishable from a basic stew, and that is the type of food we want as we head out of the winter gloom into spring. So below is my basic tomato soup recipe. This can also make a great pasta sauce. The recipe is around £1 to make depending on where you shop!

Cath Bromwich, a Silsden resident, is a cookery teacher and forager. Her livelihood includes foraging and cookery courses, such as cooking on a budget and outdoor foraging and cooking experiences. She trained at Ballymaloe Cookery School, Ireland. For more information, or to pass on your stories and recipes, contact Cath at www.facebook.com/foragercathyorkshire

TOMATO SOUP



1 onion chopped, 1 400g tin of tomatoes or fresh ones (you can use old and bruised ones), 1 tablespoon oil, 350ml milk or vegetable stock. If using milk, add a pinch of baking powder to stop the milk curdling.

Pour the oil into a pan & turn heat to low. Add the onion, fry gently. Turn heat down & put the lid on so the onions 'sweat' until soft.

Top tip: To reduce the amount of oil use a non-stick pan, wipe the bottom with a little oil & 'sweat' onions on a low heat. Once they have begun to cook, add a dribble of water. If you practice this you can cook with almost no oil.

Add the tomatoes and turn up heat to medium. Simmer for a few minutes. Either add a pinch of baking powder & the milk, or add the stock. Bring to the boil. Taste and add salt, pepper, herbs or anything else you like. Optionally blend. Serves a maximum of 4, make double for a hungry family!

The Snowfall Is So Silent

by Miguel de Unamuno, 1864 - 1936

The snowfall is so silent,
so slow,
bit by bit, with delicacy
it settles down on the earth
and covers over the fields.
The silent snow comes down
white and weightless;
snowfall makes no noise,
falls as forgetting falls,
flake after flake.
It covers the fields gently
while frost attacks them
with its sudden flashes of white;
covers everything with its pure
and silent covering;
not one thing on the ground
anywhere escapes it.
And wherever it falls it stays,
content and gay,
for snow does not slip off
as rain does,
but it stays and sinks in.
The flakes are skyflowers,
pale lilies from the clouds,
that wither on earth.
They come down blossoming
but then so quickly
they are gone;
they bloom only on the peak,
above the mountains,
and make the earth feel heavier
when they die inside.
Snow, delicate snow,
that falls with such lightness
on the head,
on the feelings,
come and cover over the sadness
that lies always in my reason.

Source: From Roots and Wings
Poetry from Spain 1900-1975
translated by Robert Bly



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Keighley Worth Valley Railway

2015 is the year of the of the Railway's volunteers.

It was fifty years ago this month that the first operational steam locomotives arrived at Haworth, initially just being allowed to journey along Haworth loop (it wasn't until June 1968 that the Railway operated along the whole length of the branch line). With the arrival of the locomotives the operational volunteer role was established. The commitment, enthusiasm and vision of those early volunteers paved the way for what we see today: a pool of nearly 500 volunteers who operate the Railway throughout the year. Without those early volunteers refurbishing and replacing the track work and restoring the stations and the operational fleet, we would not have a historic gem on our doorstep.

We will be marking fifty years of volunteer efforts through the year, and it was great to begin the year's celebrations by commemorating the founding of the Vintage Carriage Trust (based at Ingrow Station) fifty years ago, by operating their 125 year old locomotive and equally vintage carriages.

The efforts of our volunteers go way beyond the operating staff you see working

on the stations, driving and guarding the trains and running the shops and buffets. There is a whole team working hard to maintain the track and infrastructure; a very talented group who restore and service the locomotive and carriage fleet; and a whole cadre of volunteers who deal with all aspects of the administration of running a Railway. Yet again, and thanks to the efforts of our operational volunteers, in very trying circumstances, we recently provided one of the only safe routes in and out of Oxenhope due to the snow and ice on the road, with all the services operated by our volunteers.

With so many roles and opportunities, I do hope that you will consider joining our volunteer team. Whilst we provide full training and - as you would expect - have very stringent standards that must be met for all operational roles, there are so many aspects to running a railway that we are keen to hear from anyone with skills that will help in any area of administration or operation. Please do contact me or the admin team in the office to discuss volunteering further, or check for further details on www.kwvr.co.uk

matthew.stroh@kwvr.co.uk
admin@office.kwvr.co.uk

Where in the Aire Valley? COMPETITION

Where is the red x located in the photo to the right? ?

This month's prize is generously donated by **Keighley & Worth Valley Railway**

Day Rover Pass

Email your answer to:
mail@worthvalleymag.co.uk

The winner will be selected from all correct answers received by Feb 15 2015



Last month's location was H Brook DIY in Keighley. The winner was Fred Baker.

Google Earth ©

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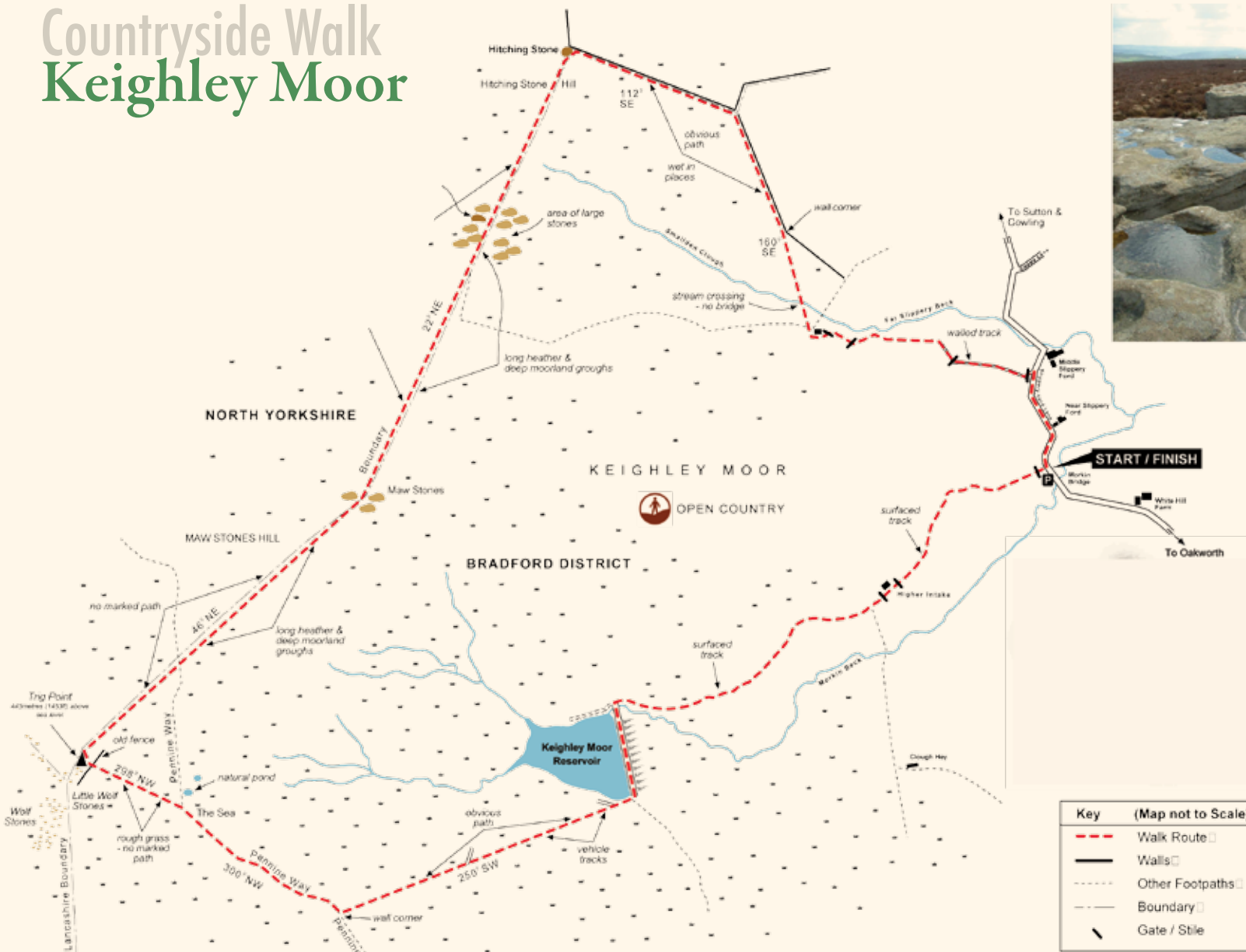
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Countryside Walk Keighley Moor



Around Keighley Moor

A hard circular walk. 6 miles (10km)

Walk start point: Morkin Bridge, Slippy Ford, Oakworth (Grid Ref: SE003404).

Public transport: There is no public transport available for this walk.

Car Parking: There is limited unofficial parking on rough ground at the walk start point at Morkin Bridge.

Walk Information: The first 1 3/4 miles (3km) are relatively easy walking, however the terrain changes dramatically especially between the trig point at Little Wolf Stones and the landmarks of Maw Stones and Hitching Stone to a rough, moorland landscape with peat bogs, deep gruffs and hidden obstacles amongst the long heather. The finish is slightly easier across Intake fields as you near Slippy Ford Lane and Morkin Bridge.

Due to the nature of the terrain the walk is only suitable for fit, regular walkers who should be aware of the potential dangers whilst walking on this type of terrain.

It is essential that good wind and waterproof clothing be worn along with strong waterproof walking boots.

Plenty of food and drinks are also required along with an **OS South Pennines OL21 Explorer map** and a compass. A mobile telephone could also be useful but please don't rely on this as often there is no signal in remote areas and the batteries can fail at a crucial time.

The Walk Route: If you would like a detailed description of the walk please visit www.bradford.gov.uk/NRrdonlyres/836305CD-E931-472D-9937-C3C7A4936E4E/0/AroundKeighleyMoor.pdf

Footnote

We hope you enjoy your walk. If so tell your friends, if not, or you have encountered any problems please tell us at:

City of Bradford Metropolitan District Council Transportation, Design & Planning. The Countryside & Rights of Way Service
5th Floor, Jacobs Well, Bradford BD1 5RW Tel: 01274 432666 e-mail: danny.jackson@bradford.gov.uk

Check the weather before setting out and let someone know your route and expected time of return. Compass bearings given in the walk instructions are for a guide only and should be checked by the individual walker on the day of their walk.

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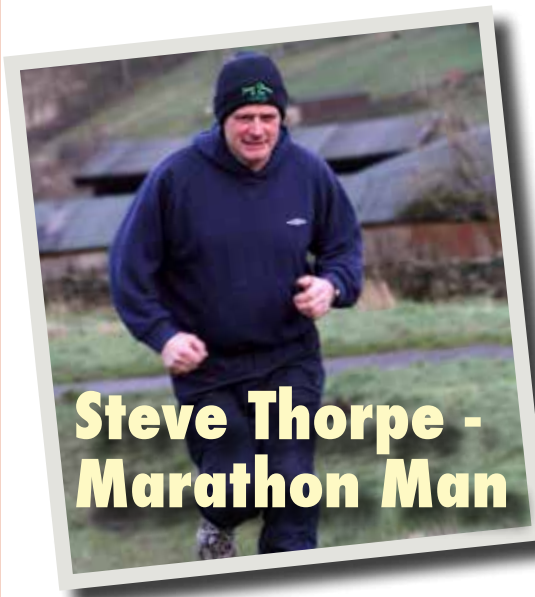
Finally The Office Furniture Outlet would like to give a BIG THANK YOU to all their customers for the continued support and business and looking forward to a good year in 2015.

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I will be running in the London Marathon on Sunday 26th April, 2015 as part of the Manorlands Team Incredible.

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Tel: 01535 68 10 48

I have not run since I was at school 35 years ago so this is one of the biggest challenges of my life. My dear Mum was cared for so brilliantly at Manorlands and passed away peacefully in their care three years ago. After her death I suffered from severe depression and Manorlands gave me counselling to help me through a very tough period. I am running the London Marathon in memory of my Mum and want to raise as much money as possible to give something back to Manorlands.

I can be sponsored by contacting me on 07969658743 or e-mail – gardening@steve-thorpe.co.uk

There will be sponsor forms in the reception at Haworth Primary School or you can sponsor me on – uk.virginmoneygiving.com/stevethegardener

Many thanks, Steve

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Recipe



Aromatic Thai Soup for 2

Ingredients

- 2 inch fresh root ginger, peeled and roughly chopped**
- 1 red chilli, seeds removed (optional), roughly chopped**
- 1-2 stalks lemon grass, tough outer layers removed, roughly chopped**
- 2-3 garlic cloves, peeled**
- 1 handful fresh coriander, a few sprigs reserved and chopped**
- 1 tbsp vegetable oil**
- 1 tbsp coriander seeds**
- 1-2 pinches ground turmeric**
- x3 mugs of vegetable stock**
- A couple of handfuls rice noodles**
- 1 x 400ml/14fl oz can coconut milk**
- 1 large handful raw, peeled tiger prawns**
- A few splashes Thai fish sauce, to taste**

Blend the ginger, chilli, lemon grass, garlic and coriander in a food processor until quite finely chopped, adding a little vegetable oil if the paste is too dry.

Add the paste to a large shallow pan and cook for a few minutes to release the aromas, stirring frequently. Roughly crush some coriander seeds with a pestle and mortar and add to the paste with a pinch

or two of turmeric and the vegetable stock and simmer for a few minutes.

To soften the heat of the sauce, add the coconut milk to the pan and bring back to the boil. Reduce the heat and simmer for a few minutes while you de vein the prawns by cutting along the back of the prawn with a small sharp knife and removing the black 'thread' using the point of the knife.

Meanwhile, pour some boiling water over the rice noodles in a bowl and let them sit until they have softened, about 4-5 minutes, then drain and set aside.

Add the prawns to the soup and cook for 2-3 minutes, or until pink and tender, finishing off with splashes of Thai fish sauce, to taste, and more chopped fresh coriander, to your taste.

To serve, divide the drained noodles between two bowls and ladle over the aromatic soup with the prawns and serve straightaway. Chicken, scallops or mushrooms are a great alternative to the prawns.

This gorgeous fresh soup takes less than a 1/2 hour to make and delivers the right amount of warmth and spice for a cosy supper. Enjoy!

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get crafty with the kids



When the weather is bad and you can't get outdoors why not revisit the craft box and indulge in some messy fun. Many of us never think about the valuable learning experiences that kids get from being up to their elbows in paint or glitter, but this is just one of the ways they can learn and develop whilst they're playing.

Art allows unstructured activities where you can explore your imagination and express your feelings. Craft is often a little more structured with a finished product already in mind.

When children participate in both arts and crafts, creativity and imagination receive strong stimulation, a child with a paintbrush in his hand suddenly has the ability to create vivid paintings and express themselves boldly with colour and brush strokes communicating feeling and thoughts.

With exposure to various types of arts and crafts, a youngster can develop their own styles or preferences. As they play, they will be setting a series of small goals, which they can achieve and feel pride. Of course, this always made better by someone

else's approval, so come on remember to show an interest and praise their work. A little encouragement goes a long way and kids will be critical enough of their own creations, although that's not altogether a bad thing as they can use their past creations to monitor and celebrate their own progress!

Some literacy and mathematical concepts can become easier to understand and more interesting with the addition of art. Inspired to create characters from a book or computer game can give a youngster a boost in their comprehension or reading skills and a child who explores shape, patterns and perspectives can find certain aspects of their numeracy easy to understand.

Craft also improves life skills. Your child learns how to communicate visually, build problem-solving skills and fine motor skills when making their creations. It can even help develop social skills as they work with other people. They also learn to appreciate the artistic strengths of others, which leads to an understanding and acceptance of their own skills and abilities. They also learn the ability to follow instructions and feel the satisfaction of seeing the results. If you can't stand the thought of vacuuming glitter out of the carpet or scraping glue off your favourite table why not look out for art and craft events in your area. Local libraries and museums often provide activity days that are free or at a very small cost. The benefits will be the same; it's just a bit less messy for you!

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Weekly Mondays Fun FREE Cookery Classes at Airedale Church Centre, North St, Keighley, BD21 3AF. Coffee at 9.30am and the class will start at **10am until Midday** when you can eat and enjoy what you have cooked.

Everyone welcome. **Free Creche.** More info contact Forager Cath Bromwich 01535 652278.

Weds 4th - Sat 7th Feb 7.15pm Aladdin at Bingley Arts Centre, Main Street, Bingley. Tickets from Bingley Arts Centre or call 01274 567983.

Fri 6th Feb Blood Donor Session at Victoria Hall, Victoria Park, Keighley. 12.45pm- 2.45pm & 3.45pm - 6.30pm.

Fri 6th Feb East Morton Institute Wine Tasting Call my Bluff 7.30pm prompt. 8 wines to taste, cheese & biscuits. Raffle. Tickets £12 in aid of Church Funds. Call 01274 566291 or 01535 601187 for tickets

Sat 7th Feb Juliet Barker at Keighley Library at 2pm. Dr Juliet Barker is a Yorkshire Historian specialising in the Middle Ages and literary biography. She is the author of works on the Brontes, William Wordsworth, and Medieval Tournaments. **Tues 10th Feb Keighley Healthy Living, Scott Street, Keighley, BD21 2JH 10.30am-12pm** Maternity Partnership is conducting a series of focus groups throughout the district to understand people's experience of using maternity service which will help them to make improvements and identify what is important to people using maternity services. more info email mohammed.shaff4.net.

Sat 14th until Weds 18th & Sat 21st & Sun 22nd Feb Half Term



Outdoor Fun at East Riddlesden Hall 10.30am - 4pm. Show off your den and mud pie making skills in the Discovery Garden. Look for the Riddlesden Hob in his Hobbit House and spot birds from the Bird Hide. Still want more? Try our family nature trails and seasonal craft activities.

Sun 15th Feb INGROW MODEL RAILWAY SHOW 11am - 4pm For the first time, the railway will be holding a Model Railway Show which will be held at Ingrow in the Exhibition Hall of the Vintage Carriages Trust's Museum of Rail Travel. See the wonderful model railways of Yorkshire in The Museum of Rail Travel. Model Railway Societies from around the district will be coming together to show their best creations and demonstrate their model railway layouts in action

Mon 16th until Fri 20th 10am-4pm Feb Pop Up Play Shop at Keighley Town Centre School Holiday Event. Pop Up Play Shop and low cost crafts and play resources for sale. Scrap Magic shop selling arts, craft and scrap supplies for creative play activities at low cost. The scrap materials are recycled from local companies; they are all clean and safe suitable for children's use. Open access play area including large scale junk modelling, dressing up and craft activities. Supervised by qualified staff, leave your children while you shop or join in the fun. For further details

see www.bcep.org.uk

Mon 16th Feb Half Term Fun 'Make a Bird Feeder' at East Riddlesden Hall 1pm- 3pm. Try your hand at making a bird feeder to hang in your garden with our friendly volunteers. Drop into one of our bird feeder making sessions. Then become a nature detective by exploring the gardens and Riverwalk with our family nature trails. General admission plus £1 to cover materials

Sat 21st Feb A Stride Out of Saltaire at Roberts Park Guided Walk, Circular 7 miles (11.2km) Bring a Packed lunch Meet David Anderson at 10:30am at the entrance to Roberts Park, Saltaire near the river footbridge for an undulating walk covering the old Shipley Stride walk. For further details see www.bradford.gov.uk/countryside

Weds 25th Feb Keighley Astronomical Society 6.30pm Paul Neaves The Spring Night Sky. Keighley Civic Centre (The former police station). 81 North Street, Keighley, BD21 3RZ

Thurs 26th until Sat 28th Feb Bradford Beer Festival at Victoria Hall -Saltaire Over 100 Real Ales, Cider & Perry, Fruit Wines & International Beers. Victoria Hall is 2 minutes walk from Saltaire Railway Station & major bus routes. Food will be available at all sessions. There will be entertainment on Thursday & Friday evening & Saturday lunch & evening.

Fri 27th Feb - Sun 1 Mar Winter Steam Gala at Keighley and Worth Valley Railway Our Winter Steam Spectacular is perfect for everyone, whether old or young, big or small. Up to nine different steam locomotives in action, vintage carriages, goods trains, Express trains ... plus your chance to get up close and have a look on the footplate.

Sat 28th Shipley Alternative Kids Takeover at The Kirkgate Centre Market, A popular indy market aimed at bringing something a bit different to Shipley. The market offers an eclectic mix of arts and crafts, clothing, jewellery, music, books, homemade cakes, locally produced food and fair trade goods, all set around a bustling pop-up café. For further details see www.kirkgatecentre.org.uk

Sun 15th March Mothers Day The Keighley BigK is a challenging 10K which follows a circular route through the paths parks and roads of Keighley. The event is run in aid of Sue Ryder Manorlands Hospice As the event is held on Mothers Day, many people take part in memory of their mum and others do it with their mum or to make her proud. The event starts at 9:00am and we ask people to arrive by 8:20am to register and collect their timing chip. In addition to water at the water stations, participants will receive a goody bag, a 2015 BigK 10K technical t-shirt and all mothers who cross the line will receive a red carnation as a gift on Mothers Day. email andrew.wood@sueryder.org or call 01535 640176

Sudoku Puzzles

The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

1

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

2

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

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4

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

Sudoku solutions : see page 29

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BEHIND THE SCENES AT THE BRONTË PARSONAGE MUSEUM



Lauren Livesey

Hall in Suffolk and Harewood House.'

How long have you worked at the Museum?

'I started as an Collections Intern in January 2014. I joined Vicky Shaw as a part-time Museum Manager in June and recently added part-time Collections Assistant to my role.'

Tell us about a typical day: 'There is no typical day – that's the best bit of the job! When I'm working as Museum Manager, the day starts with us ensuring the brass and glass is gleaming and spotless and getting ready to welcome the public. It's an exciting and busy time in my Collections Assistant role, as we are starting to prepare for the bicentenary celebrations which will run 2016 – 2020.'

What's your favourite piece in the collection? 'That's difficult as there are so many, but Emily's writing desk is definitely one of them.'



And your favourite Brontë novel?

'Wuthering Heights.'

Anything else you'd like to tell us? 'The Museum is a brilliant place to work. I keep pinching myself!'

The Museum is open daily from 1st February. Adult admission is £7.50, with concessions available.

The Brontë Parsonage Museum opens its doors to the public again on February 1st following its annual closure for maintenance and tending to the collection.

As well as the first glimpse of new acquisitions and refreshed displays, visitors will see Heathcliff Adrift, a new exhibition by award-winning writer Ben Myers.

In the first of a new series of 'behind the scenes' pieces about the People at the Parsonage, we meet Lauren Livesey, one of the two Managers at the Museum.

Tell us a little about yourself: 'I grew up in Southowram, very near to Law Hill House where Emily once taught. We had a picture of it on our wall at home, and even from a very young age, I wanted to work at the Parsonage. I did a first degree in English and followed it with an MA in Country Houses and Heritage, before working at Kentwell

Heathcliff Adrift

FROM SUNDAY 1 FEBRUARY 2015

Part of our Contemporary Arts Programme, *Heathcliff Adrift* is a poetry collection by award-winning writer Benjamin Myers that follows the 'missing' three years of Emily Brontë's enduring hero from *Wuthering Heights*.

Accompanied by stunning landscape photography by Nick Small, this exhibition is not to be missed.

ALSO AT THE MUSEUM THIS MONTH: your last chance to see *The Brontës and Animals* exhibition, which will close on 12 March.



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

Open November–March 10am–5pm daily, April–October 10am–5.30pm.
Last tickets sold 30 minutes before closing.

Brontë Parsonage
MUSEUM

SUDUKO SOLUTIONS

1

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

3

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



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Include your business in this directory or share an interesting local story. Poets, writers, & creatives are encouraged to submit their work for publication. Contact Liz or Jo. 01535 642227

Paint Your Furniture, it's fun!

What could be better for your pocket and the environment than turning that dark depressing unloved chest of drawers or that old pine dresser into a customised, stylish hand painted unique piece.

Nowadays with the development of natural chalk paints, the hard work is taken away from you. There is no need for extensive stripping, sanding or priming as the chalk paint sticks to any surface: varnished or

unvarnished, metal, plastic and even the dreaded MDF. The only difficult part is deciding on the colour and the finish.

Using chalk paint and wax makes it easy to create different finishes. Furniture can be simply distressed using sand paper on the edges to form a 'shabby chic,' look. Or two colours can be blended together to create a two-colour distress. These are just a few of the many techniques that can be used with chalk paints.

10 Tips for hand painting your furniture using chalk paint

- 1 Clean the furniture well using sugar soap dissolved in water
- 2 Remove ironware, e.g. knobs, etc.
- 3 Sand any loose varnish
- 4 Turn paint tin upside down and back to mix paint thoroughly
- 5 Use rounded brushes to paint into the corners easily
- 6 Remove drawers and paint them horizontally to avoid drip
- 7 Number any drawers as you remove them
- 8 Turn the piece of furniture upside down and paint the underside first
- 9 When the paint is thoroughly dry apply two to three coats of wax using small sponge
- 10 Leave the wax to dry overnight and buff up the next day

Follow these simple tips and you will have an individual chic piece of furniture to be proud of.



Donna Byrne,
Decorative paint techniques specialist
from Elliot May Furniture, Steeton.

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