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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

April 2018

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It is officially spring, but I have learned not to make any promises about the weather!

If you are thinking about creating an outdoor space this year, Manningham Fencing & Decking are giving Aire Valley Mag readers a 5% discount with free local deliveries included; see the adjoining page for more details.

Be sure to take advantage of the Bronte Parsonage Museum FREE late night opening, Thursday, April 19th 5:30- 7:30pm. See page 13.

Book your tickets for the Broadway Spectacular Show at the Glusburn Institute See page 7 for more details.

There are two recipes in this month's magazine. The chocolate-chip soda bread is especially suitable for baking with the kids. Enjoy!



Editor, Liz Barker



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Say you saw it in the Aire Valley Mag!

Inside Cliffe Castle

by Antony Silson

As I write this article the snow has yet again put paid to the weekend, and the roads are deserted. Spring is supposed to be here, but it's very hard to get the motivation to leave the house. It seems such a shame, as right on my doorstep is the wonder that is Cliffe Castle. It would have seemed the perfect sort of day to go to the café too.

Last month I wrote about the marvellous grounds and this month it's the turn of the house itself. As you know there has been a lot of money invested in both the house and grounds. £4.5 million of combined lottery and local money has been well spent in bringing the house and gardens back to life, and a recent visit confirms that Cliffe Castle is well worth your time. I was particularly looking forward to visiting the café, as I had fond memories of visiting there when the children were younger. It is an absolute revelation and all credit should be given to the team who have worked so hard to make it so special. Go there and enjoy wonderful, reasonably priced drinks, sandwiches and much, much more. One of the greatest selling points is the fact that you can enjoy a coffee whilst your dog is spoilt and fussed over at your feet. No sitting around outside in the cold and damp.

Let's not forget that Cliffe Castle offers free entry, is council owned and that the house itself is a treasure trove. As a rough estimate you could happily spend 2 or 3 hours in the grounds and house exploring, eating, chatting and pondering on the opulence in which some people lived their lives. You can discover the history of



the local area, wonder exactly why it was considered 'the done thing' to stuff animals for display and chat with the knowledgeable staff about the renovations.

I do recommend that you keep an eye on the What's On Guide at bradfordmuseums.org as a glance at it today reveals that in the future there are Slow Art Days, Keighley At War exhibitions, the triumphant return of the Rabbits and Guinea pigs and Circus Skills days. There is ample parking round the back and as the weather goes from strength to strength I hope that a visit to the Café will become a weekly treat for a lot of people across the district and beyond.

Cliffe Castle is open from 10 to 4 Tuesday to Friday, 11 to 4 Sat, Sun and Bank Holiday Mondays. The Pavilion Café is open 10 to 4 Tuesday to Sunday. Go along, have a wonderful time and then recommend it to others.



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As Spring starts, we should be enjoying longer and warmer days, saying farewell to the wintery weather... but this year has been a bit more like days of yore, with the snow falling heavily well into March. The cold weather has brought with it all the challenges that snow and ice present to running a railway, especially a heritage operation with 100+ year old steam locomotives and 60+ year old carriages. Our volunteers have battled through the snow to get to the railway and then had to deal with frozen point-work and signalling, but I am very proud to say that we have not had to cancel any operating days, although did have to run to some special timetables to help us work around the frozen conditions.

As has been the case for many a year with a cold snap, we provided the only safe route to and from Oxenhope and - at times - Haworth, helping to realise the ambitions of our founders to provide a regular transport service. Clearly over the five decades of operation, our focus has changed, not least thanks to the enduring charm of The Railway Children film, and our celebrations of our 50th Anniversary will reflect this shift.

June 29th is our 50th "birthday", because it was at 2.35pm on that date in 1968 that the first passenger train left Keighley bound for Oxenhope. To celebrate, we have a **week-long Gala planned from 24th June until 1st July** that will showcase what we have achieved with our team of over 500 volunteers supported

by a relative handful of paid staff. The event will see a mix of steam- and diesel-hauled services, as well as a special **visit from the Royal Scot locomotive, which will haul pre-booked trains on the 25th, 26th and 27th June.** Our Spring Steam Gala in early March gave a flavour of what we can expect during the summer, and I hope you enjoyed the sights and sounds of the visiting locomotives hauling trains up the valley. Full details of the 50th Anniversary event can be found on the railway's website, as well as access to the booking system for the Royal Scot trains. Between then and now, we continue to run trains every weekend and daily in school holidays, with a range of events and special trains, including the fish and chip supper 'Haworth Haddocks'. Our volunteers continue to work hard to maintain the railway's locomotives, rolling stock and infrastructure, including both the track and our buildings, which has all been made even more challenging by the terrible weather in recent weeks. With this being such a special year for the railway, I do hope that you will consider joining the volunteer team that keeps the wheels turning. We provide full training, so whatever your level of experience and whatever time you have available, please do get in touch so that we can welcome you on board.



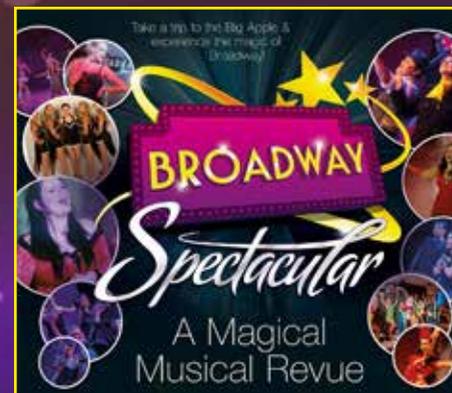
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SMITHY'S TECH TIPS

TV TECHNOLOGY

By Liam Smith

derivatives of LED – Light Emitting Diode, which many will be familiar with.

QLED vs OLED

There used to be the days of cathode ray tubes, liquid crystal displays, plasma and so forth. These technologies are no longer in production for mainstream consumer use. But when one door closes, another one opens, and in the eyes of the consumer this can only be a good thing. There are currently two notable television technologies that you might have already heard of, QLED and OLED which are



Quantum-dot Light Emitting Diode, is Samsung's answer to where the living room TV is headed. It uses 'quantum dots' which are tiny particles only a few nanometres in size, these particles are capable of giving off incredibly bright, vibrant,

and diverse colours with the help of a backlight. Using a backlight increases the overall brightness of the panel, but doesn't give the same levels of deeper and darker blacks. This technology can be viewed as more of a refinement to LED displays than a revolutionary advancement in picture

quality, but the improvement alone speaks for itself.

Organic Light Emitting Diode, is the direct competitor to Samsung's QLED technology. OLED involves light-emitting pixels as opposed to a backlight, which means that each individual pixel has its own light. On a 4K UHD display there's a whopping 8,294,400 pixels to illuminate! Because of this, a white pixel can be placed next to a pixel that's entirely black or a completely different colour without one impacting the other. Whilst the brightness is inferior to that of other backlighting solutions, it makes up for it with an incredible contrast ratio coupled

with deeper blacks and superior viewing angles. The biggest disadvantage to OLED, however, is the ever so present issue of image retention or 'burn-in' as some of you might know it as, which results in an after image of static content that has been left on screen for too long, like the title menu of a DVD played consecutively for hours.

All of this technical jargon can be a little cumbersome, especially if you haven't seen it for yourself. I'd recommend to anyone who is wanting to purchase a new TV to go see for themselves what all the hype is about, but if there's one thing to take away from all of this, it's that display technology is only ever getting better!

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are assured of the best job. Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and Value in that we offer our services at a price people can afford. Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers - that simply wouldn't happen if we didn't adhere to our overniding principles.

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Sudoku

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

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

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

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.

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 **East Riddlesden Hall**

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The winner will be selected from all correct answers received by 16th April 2018.



Last month's location was United Carpets in Keighley. The winner was Susan Boyes from East Morton.

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Phil Harrison -

Phil has a long-standing relationship with Airedale Enterprise having initially started working here in 1998. Phil has extensive experience and knowledge of both the business world and the local area and is a valued member of the team. Phil ran his own business and lectured in business studies before becoming an adviser. He currently specialises in assisting existing businesses in business growth and is also extremely well-placed to assist in any other areas of business advice including Start-Up advice. Phil has also been very successful in assisting a number of businesses to write and successfully apply and receive funds from the Leeds City Region Capital Grants Scheme for Business Growth the most recent business being awarded a grant of just over £26,000.

David Gagen -

A successful, results-generating business consultant, adviser, mentor and coach with extensive experience in the delivery of successful business solutions. He also has significant experience in the manufacturing, engineering, retail, public and service sectors. David is considered to be a focused role model with a reputation for integrity and diligence.

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Brontë Parsonage Museum at 90

A History of the Museum in 10 Objects



Haworth Parsonage in the mid-1850s. from an ambrotype photograph. © The Brontë Society.

3 Visitors to the Parsonage on its opening as a Museum in 1928 would have seen a building not too dissimilar from the one we see today. Reverend John Wade, who succeeded Patrick Brontë after the latter's death in 1861, began an extensive programme of alterations and additions immediately on arrival, making his own mark on a home which had already, even at that early date, become a place of pilgrimage for Brontë enthusiasts. Fortunately most of his alterations did not irrevocably change the appearance of the original house, and the Brontë Society over the decades have succeeded in a gradual process of restoration making reference to early eyewitness accounts of which several have survived. But what DID those early pilgrims see as they stood in the churchyard gazing upon those hallowed walls? No photograph of the Parsonage when the Brontës were there was known to exist until 1990 when, amongst the memorabilia of a descendant of an old Haworth family, an image known as an ambrotype was discovered. Patented in

1854, the technique used to produce this image was already outdated by the 1860s. This pins down the period in which it was taken to the years during, or immediately after, the time when Mr Brontë, and possibly Charlotte, were still living there. Examination of the picture shows a front door believed to be that which exists today, although slightly altered now. The barely visible door knocker is now in the Museum collection. Note the single flight of scrubbed steps: a lower flight was added later when the garden was levelled. The tiny window panes, later replaced with "modern" plate glass by John Wade, were re-introduced in the 1950s. The most significant difference between the house then, and now, is the absence of Wade's taller extension built on to the Parsonage in the 1870s. See the strange-looking chimney to the rear? This was attached to the "back kitchen" (later demolished) where, Emily tells us in a diary paper of 1834, the washing was done. And speaking of washing, check out those whites drying off on the wall top! An 1857 visitor to the Parsonage described it as "grim, neglected, and wretched looking". The photograph above does little to contradict this opinion, yet ever since joining the Parsonage team as a volunteer six years ago, I have found it to be the most evocative item in the entire Museum collection. I gaze upon it regularly hoping that one day I shall see Emily or perhaps Tabby the servant at the door, maybe on their way to collect that washing....

Linda Pierson
Research volunteer, Brontë Parsonage Museum

April at the Brontë Parsonage Museum

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I wonder why...
I wonder how...
I wonder if...
I wonder what...

A great way to gain a positive and renewed outlook is to play the "I wonder" game.

Having a sense of curiosity sparks our sense of wonder and challenges us to think with new perspectives. Leonardo da Vinci, certainly one of the most famous creatives in the history of humanity, used to notoriously challenge his students to be actively curious 100 times a day. He would implore them to wonder about everything and be curious just for curiosity's sake. It wasn't so much about figuring out all the answers as much as expanding awareness, making connections, and considering the way things worked. Observation and enquiry



were an intricate part of his daily practice, and as a consequence his creativity and imagination flourished.

Try the 'I Wonder' game for yourself and experience a shift in your view and a spark in your imagination. It's something you can do with all ages and it's a perfect activity for creating interesting conversations around the supper table. You can make up your own questions to consider but here are a few to start:

- I wonder** ... "Why is the sky blue?"
- I wonder** ... "Why do people yawn?"
- I wonder** ... "How do planes stay up in the air?"
- I wonder** ... "How do dolphins communicate?"
- I wonder** ... "Why is gold so precious?"
- I wonder** ... if plants can hear.

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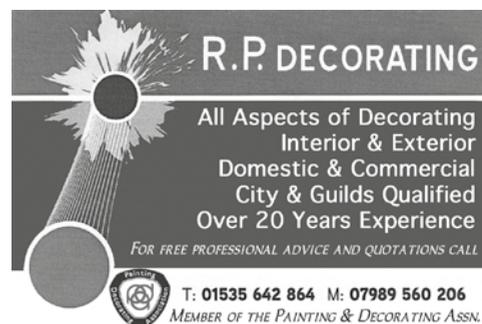
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Lamb Tagine

with Apricots



Ingredients

1kg diced lamb shoulder
 2 tsp ground cinnamon
 2 tsp ground cumin
 2 tsp ground turmeric
 1 tbsp sweet paprika
 1 tsp hot paprika
 2 tbsp olive oil
 3 onions
 4 cloves of garlic
 60g sultanas
 2 tbsp honey
 1 tsp saffron stamens
 750ml stock
 2 x 400g cans chopped tomatoes
 350g apricots
 a preserved lemon
 a handful of coriander leaves
 a small handful of mint leaves

Method

Toss the cubed lamb in half the ground spices and leave for at least four hours. Overnight would be ideal.

Set the oven at 160C/gas mark 3. Warm the olive oil in a deep, heavy-based

casserole and add the seasoned meat in small batches. Remove when it is browned nicely on all sides. Peel and roughly chop the onions, then peel and finely slice the garlic. Add to the pan with the remaining spices and allow to soften and colour lightly. Stir regularly over a moderate heat so that the spices flavour the onions but do not burn.

Add the sultanas, honey, saffron stamens, stock, tomatoes and apricots, then return the meat to the pan. Bring to the boil, season with salt and black pepper, then cover with a lid and place in the oven. Cook for two and a half hours.

Cut the preserved lemon in half and discard the interior pulp. Finely chop the skin and stir into the tagine. Lift out the meat with a draining spoon and boil the sauce over a high heat until it is reduced and thick, then stir in the roughly torn coriander and mint leaves. Return the meat to the sauce and serve.

Serves 4

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Hot or Cold? How best to treat your pain.

Treating pain with hot or cold therapy can be extremely effective for a number of different conditions and injuries and is easily affordable. The tricky part is knowing when to heat and when to ice.

As a general rule of thumb, it's best to use ice for acute (new) pain such as a sprained ankle or pulled muscle. You should use heat to ease achy muscles or for soothing stiff joints.

Heat therapy

Heat therapy works by improving circulation and blood flow to a particular area due to the increased temperature. It can relax and soothe muscles that are in spasm, and help to heal damaged tissue. A small area of pain can be treated with a warm heat wrap such as a wheat bag or hot water bottle. Larger areas can be treated with a warm bath.

If you add heat to a fresh injury, watch out: it's going to get worse!

The golden rule is not to heat up anything that is already inflamed. The tell tale signs of inflammation are pain, redness, heat and swelling. If you apply heat on top of inflammation your pain will get worse and your recovery time will lengthen. You should use cold therapy for the first 48 – 72 hours to control the inflammation.

Heat therapy can be applied for a good amount of time, unlike cold therapy which needs to be limited. Minor stiffness or tension can often be relieved with only 15 – 20 minutes of heat therapy. Moderate to severe pain can benefit from longer sessions of heat such as a warm bath lasting for 30+ minutes.

Cold Therapy

Cold therapy works by reducing blood flow to a particular area. This can

significantly reduce the inflammation and swelling that causes pain, especially around a joint or a tendon. It also acts as a temporary analgesic by reducing nerve activity.

There are a number of ways to apply cold therapy. Treatment options include:

- Ice packs or frozen gel packs (frozen peas are a great alternative!)
- Ice massage
- Ice baths
- Game Ready

You should not use cold therapy on stiff joints, and be especially wary of icing muscle pain. For instance, you may think your back is injured but it may "just" be muscle pain. Trigger points (painfully sensitive spots) can be surprisingly intense and easily mistaken for an "iceable". But if you ice trigger points, they may ache even more acutely. This mistake is often made when treating lower back and neck pain – the very conditions people often try to treat with ice.

Applying cold therapy

Never apply a frozen item directly to the skin as it can cause damage to the skin and tissues. Apply an ice pack wrapped in a towel for 10 – 20 minutes. You could also compress and elevate an affected limb to maximise results.

Game Ready

Game Ready is a state-of-the-art ice compression device that is often the most effective way of treating an acute muscle or joint injury. It significantly controls swelling and inflammation and is the injury treatment system of choice for thousands of Orthopaedic, Physiotherapist and Rehabilitation Clinics around the world. Game Ready therapy is available at Haworth Physio and Sports Injury Clinic.



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Every Wednesday Knit & Knatter at Sutton Cricket Club 1.30pm - 3.30pm. Everyone Welcome.

Steeton Bobbins WI meet the first Tuesday of each month at **7pm at Steeton Hub**. More info contact Diane Pritchard 01535 653748.

Book Club at **7.30pm Steeton Hub** is every second Wednesday of a month.

Every Tuesday 1.30 - 3pm Games & Social Club at Glusburn Institute.

Enjoy an informal afternoon playing your favourite games or just enjoying a hot drink & chat. Table Tennis is also available. £2 including refreshments. More info call 01535 630223 or 07834 713735

Every Tuesday 10 am to 12 Sewing/ Stitch Group at Glusburn Institute. Call Claire 07904 010430 or email cketterman@aol.com.

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Breathe Easy Aire Valley 1.45 -3.45 at the **Steeton Hub** BLF Respiratory Support Group Contact Ann Caden 07720810294 or email: anncaden@yahoo.co.uk

Time for Me (Carers Resource) is a monthly group for carers and over 50's. Fun activities and friendly support at **Steeton Hub**, Stone Grove. More info call Carolyne 01274 449660.

Dementia Friendly Keighley seated exercise classes are every Monday **11.15am - 12pm at Central Hall,**



Keighley, BD21 3JD More info call Maggie 07971 527525 or email info@dementiafriendlykeighley.org.uk. **Institute.** For tickets call 01535 630223 or www.ticketsource.co.uk/event/209455.

Sun 1st April & Sun 6th May 10am - 3pm Real Food Ilkley Market.

Monthly Fine Food & Local Produce Market to showcase our local producers. Market is held on South Hawksworth Street, behind The Black Hat Pub, Ilkley

Sat 7th April Kids Movie Morning at The Hive, Elliot Street, Silsden, BD20 ODE, Bee Movie (U).

Sat 7th April 12 -3pm Circus Skills Workshop at Cliffe Castle Park -

Family Drop in. Join us in Cliffe Castle Park and try your hand (middle and feet) at a range of circus skills! Adults and children can all have a go at juggling, plate spinning, poi, flower sticks, hula hooping, pedal go, mini stilts and handheld stilts, diablo, and ribbon sticks.

Thurs 12th, Fri 13th & Sat 14th April Spring Beer Festival at Christ Church, Colne Road, Oakworth.

Sat 14th April Nunlow's Nightcap at Keighley & Worth Valley Railway Bridgehouse Brewery will be taking over the bar for this event and, in the true KWVR beer related events tradition, will be brewing a one off special ale, 'Nunlow's Nightcap', to be served at this event. Of course alongside this special brew, they will

be serving a selection of the brewery's regular ales! Hot food and live music can also be enjoyed at this exciting event!

Sat 14th & Sun 15th April Haworth Festival of Holistic Health at The Old School Room, Church Street, Haworth. **Sat. 10.30am -4.30pm. Sun 11am-4.30pm.** Enjoy a weekend of holistic taster sessions including Angelic Reiki, Atlantean Healing, crystal healing, Indian Head massage, reflexology, Thai hand and foot massage, Body/Emotion code. Stalls selling a variety of holistic goods. Refreshments and homemade healthy cakes. Proceeds of tombola is in aid of Sue Ryder Manorlands Hospice.

Weds 18th - Sat 21st April Sutton's Green Hut Theatre Company present **Oliver** at Sutton-in-Craven Village Hall. Tickets cost £9 adults £8 concessions. For tickets ring 01535 633289

Thurs 19th April Steeton Flower Club Workshop with Jan Travis "Vines and Roses". **Steeton Methodist Church 7-30pm** Visitors and New Members always welcome. Further details-Anne Lindsay 01535523529

Fri 20th April Silver Bees Crafternoon at The Hive, Elliot Street, Silsden.

Sat 21st April 10am to 4pm World Heritage Day at Roberts Park, Saltaire. Since 2011, Saltaire has held its own World Heritage

Weekend. Explore Saltaire and enjoy the fun activities.-WW1 Military Camp -Street games -Bandstand concert -Military charities -Street food -Local history

Mon 23rd to Sat 28th April 7.30pm Wuthering Heights at Keighley Playhouse.

Fri 27th, Sat 28th & Sun 29th April Haworth Beer Festival at The Old School Rooms in Haworth.

Sat 28th April Church Green Fun Day, Keighley. Free Family Fun Day featuring Giant Inflatables.

Sat 28th April - Steeton Methodist Chapel Coffee Morning and Cake Stall 10am-12 o'clock

Entrance £2 to include refreshments pay at the door everyone welcome.

Fri 4th May 7.30pm Cinema at Glusburn Institute showing Dunkirk (12A). Call 01535 630223 or visit www.gicac.org.

Sun 6th May Tour de Yorkshire heading via Haworth Main Street dropping into Goose Eye then Sutton into Skipton (via Crosshills, Kildwick & Farnhill).

Monday 7th May Ilkley Carnival - The Grove, Ilkley. www.ilkeleycarnival.org.

Thurs 17h May Steeton Flower Club - Demonstration with Nicky Davies Murray "Twigs and Twine"

Steeton Methodist Church 7-30pm Visitors and New Members always welcome. Further details-Anne Lindsay 01535523529.

Sat 19th May 7.30pm Broadway Spectacular at Glusburn Institute. www.gicac.org.

Sat 19th - Sun 20th May Haworth 1940's Weekend.

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Chocolate-chip soda bread

You don't have to prove soda bread, so it's quick and simple to make. This version, packed with chocolate and nuts, is an ideal treat for Easter morning. It is also a simple enough recipe to try with the kids. Easy peasy. Enjoy!



Ingredients

80g blanched hazelnuts
1 large free-range egg
1 Tbsp milk
500 g plain flour,
plus extra for dusting
1 Tsp. bicarbonate of soda
75 g quality dark chocolate chips (70%)
300 ml buttermilk
1 tablespoon oats
pinch of sea salt

Method

1. Preheat the oven to 220°C/425°F/gas 7.
2. Toast the hazelnuts in a dry frying pan over a medium heat until lightly golden, then crush with a pestle and mortar.
3. Whisk the egg and milk in a small

- bowl. Sift the flour and bicarb into a large mixing bowl, then stir in half of the toasted nuts, the chocolate chips and a pinch of sea salt.
4. Make a well in the middle and pour in the eggy milk, then mix in enough of the buttermilk to bring it together into a ball of dough.
 5. Knead on a floured surface for a few seconds, pat into a 15cm round and place on a non-stick baking tray.
 6. Cut a deep cross in the top, then scatter over the oats and remaining nuts.
 7. Bake for 40 minutes, reducing the oven to 200°C/400°F/gas 6 after 15 minutes. Turn the bread over and bake for 5 more minutes, or until it sounds hollow when the base is tapped. Enjoy while still warm.

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KWVR p6
Spring Beer Festival p31

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Keighley College p23

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Oakworth Spring Beer Festival

Spring in Oakworth,
like the rest of
Britain, has been rather

strange in 2018, but Oakworth Church
aim to restore some good cheer to the
season with their inaugural beer festival
from the **12th to the 14th of April**.

The church, on Colne Road, Oakworth,
have embarked on an ambitious
programme called the Christ Church
Challenge to develop the church premises
for community use. Parishioners have
responded with various fund-raising
activities – writing workshops, keep-fit
sessions, murder mystery nights – and
the latest one is a beer festival in the
church's community space.

Christ Church vicar John Rogers is
looking forward to the event. 'We ran a
beer festival at my previous church in

Otley,' he said, 'and it was a great success.
We aim to replicate that here, welcoming
visitors from far and near.'
Worth Valley breweries such as Goose
Eye, Wishbone, Bridgehouse and Naylor's
will be among the suppliers. For full details
go to www.oakworthchurch.org.uk.

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



A BIG THANK YOU to Joe, our community



magazine courier
& Kay, our delivery
coordinator, and the
40+ delivery team
members as well
as Joanne in the
office & Clive for the

huge effort required to get the Worth
& Aire Valley mags out to households &
businesses in the snow & freezing weather
in March. Let's hope we don't have to
repeat that for a very long time. Thanks
also go out to our printer, Charlesworth
Press in Wakefield, who persevered and
made the delivery despite the challenging
conditions. Well done everyone; it was a
great team effort: you are all stars!



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