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COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

May 2015



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sky SPORTS BT Sport

Once again our part of Yorkshire finds itself on display as we host the inaugural races that make up the Tour de Yorkshire, May 1-3. It's an event that will prove to highlight the legacy value of last year's Tour de France. The scale won't be quite so grand but you can expect visitors on route and a flurry of excitement in the air. See page 4/5 for more details and <http://letour.yorkshire.com>

Haworth 1940s weekend celebrates its 20th year anniversary. If you have never attended, this is an event suitable for the whole family. You can dress up in period costume and enjoy the nostalgic atmosphere. Have a great month of May!

Liz



Liz Barker editor

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COUNTRY COOKING & FORAGING FOR FOOD

For the promotion of Health & Wellbeing by Cath Bromwich



I have come across some lovely traditional dessert recipes recently, and have been

simplifying them to use on outdoor foraging escapades.

Here is one that is really just a sweet omelette, but is traditionally called after the herb that you usually put in it, even when you don't! It is called a 'Tansy' or an 'Apple Tansy', and I first found it on a website about the colony of Virginia in the seventeenth century. All the recipe variations fry chopped apple in butter, add a sweet egg custard, flavour with spice or herb, then add a range of ingredients like breadcrumbs or cream. However, I think you can get away with just using stewed apple if you want. I love bringing a very old tradition back to life and seeing what we can learn from it. Nowadays we have sweet pancakes or egg custard tarts, but I can't think of a sweet omelette that we commonly eat, as our ancestors did. So, for something a little different, try the recipe to the right:

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

APPLE TANSY



Cut an eating apple (ideally a Cox) into eight wedges, gently fry in a knob of butter in a medium frying pan (mine is 21cm across). The apple should soften and brown a bit - try to arrange the pieces in a pretty geometric design.

Meanwhile, make an egg custard with 3-4 eggs, a dash of milk or cream (maximum 100ml), sugar to taste (I used two rounded dessert spoons), a few pinches of cinnamon or nutmeg or some generous pinches of finely chopped tansy. Beat all this up.

Make sure the frying pan is on medium heat and has heated up again, pour the custard mixture on top of the apple, and cook until firm. Add a lid or put under the grill if the top is not cooking after a few minutes. You can sprinkle more chopped tansy on top as the omelette cooks, but beware - it has a strong flavour! As with a Spanish omelette, turn out onto a plate and slice. Then serve with cream or ice-cream.

Top tip: Think of tansy as a substitute for lemon juice & zest, and you will have a good understanding of how to use it.

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**Stage 3
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**Tour de
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After the phenomenal reception that greeted the Tour De France Grand Depart in 2014 Bradford Council is delighted the District has been chosen to host a stage of the inaugural Tour de Yorkshire. This is an event that promises to be a highlight of the sporting summer. **The race, which will be held on 1-3 May (Friday to Sunday), is expected to become a flagship cycling event** in the UK and an outstanding cycle race in the international calendar, including the

participation of top international teams. It will be broadcast live on national TV and throughout Europe. The race will visit Bradford district on Sunday 3 May and will pass through the district in mid-afternoon. In Bradford District & parts of Craven, the route which has been chosen by French race organisers ASO will incorporate visits to the following towns and villages: Oxenhope, Haworth, Oakworth, Laycock, Sutton in Craven, Cross



Hills, Silsden, Addingham, Ilkley & Menston. Help to keep the route clear **There will be no parking on the race route between 12 noon and 5pm, so if you normally park a vehicle on the race route you will need to move it.** Full details of the route can be found at <http://letour.yorkshire.com> Nearby on-street parking can be used providing existing traffic and

parking regulations are adhered to, and consideration is given to other road users and residents. Council car parks will be open as usual. **Road Closures** The majority of the race will pass through the district using a series of rolling road closures which are estimated to last no more than an hour. There will however be some small sections of the route which will be closed to vehicles at key points. These will be still open to pedestrians and cyclists and

diversions will be in place. The following roads will be closed from around 9am until 5pm, but will reopen as soon as possible after the race has passed through: Main Street, Haworth; Holme House Lane, Laycock; Goose Eye, Laycock; Goose Eye Brow, Laycock; Main Street, Addingham and The Grove, Ilkley.

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

	7		2		8	9		4
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Where in the Aire Valley? COMPETITION

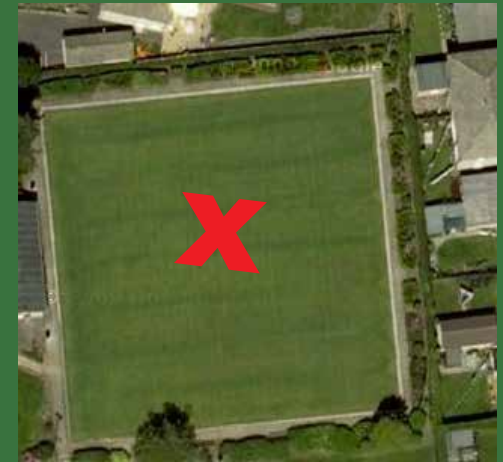
Where is the red x located in the photo to the right? ?

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Last month's location was Hayfield Robinson, Russell St. Keighley. No one guessed it! We hope this month is a little easier. good luck!
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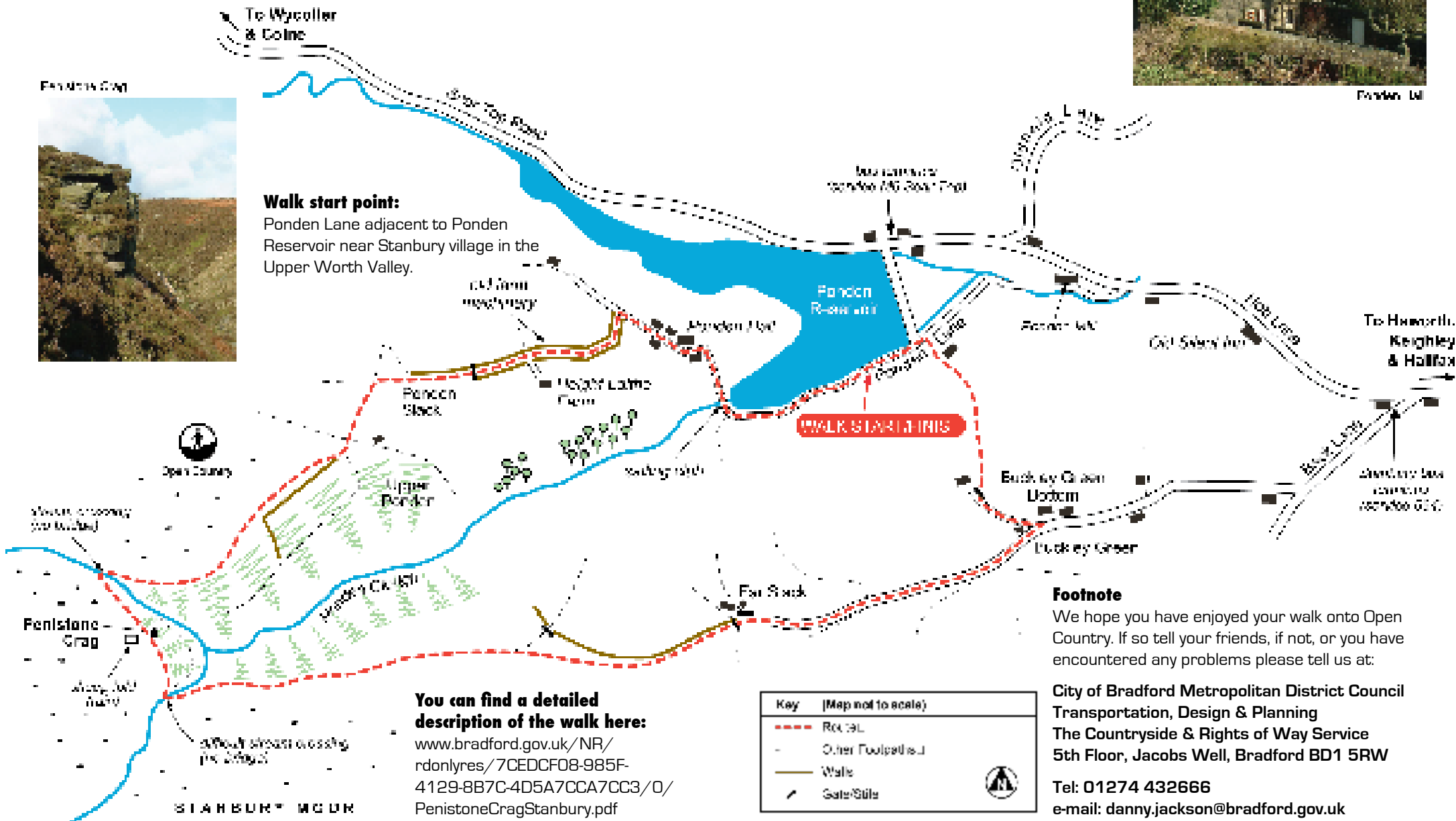
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Penistone Crag





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BEHIND THE SCENES AT THE MUSEUM

The Brontë Parsonage Museum is owned by the Brontë Society, one of the oldest literary societies in the world.

Anyone can join the Society and at present we have approximately 1500 members from all over the world. With the bicentenaries of the Brontë siblings approaching (Charlotte will be 200 in 2016), the Society is planning a programme of events and activities to attract new members, especially people aged under 25. In our next instalment of People at the Parsonage, we meet Membership Officer Linda Ling to tell us more.

Tell us a little about yourself:



I'm a local girl. During my early years my family lived in Haworth, then moved to Keighley where I've been ever since, the last 20 or so years in East Morton. I'm married with

three grown up sons, and two delightful grandchildren who my husband and I love spending time with. In my spare time you can usually find me with my nose in a book or pottering in the garden.

How long have you worked at the Museum?

I started in November 2014, so I'm still relatively new and learning my job, but I'm really enjoying the challenge of working here. It's completely different to any other organisation I've worked for; I love being surrounded by the history.

Tell us about a typical day:

There's no such thing, as anyone who works at the Museum will tell you. I try

to get emails and membership admin sorted early in the day, but from then on anything can happen. I could be sorting out the printing and distribution of our member's magazine (the Brontë Gazette), liaising with colleagues to organise the Summer Festival, or chatting to current or prospective new members. I'm also in the final stages of testing a new online system so that new members can join the Society and existing members can renew their membership via our website which we hope to put live by the end of April.

What's your favourite piece in the collection? (or favourite thing about working here)

I've not had much time to explore the collection yet, but I'm amazed at the little books. They are tiny, it's difficult to imagine how the Brontës managed to write them so small, in the conditions they lived in ie no electric light, it's possible to read them with the help of a magnifying glass.

And your favourite Brontë novel?

I have to confess to being a late convert to the Brontë novels, but I'm working my way through them. My favourite so far is 'Jane Eyre.'

Anything else you'd like to tell us?

We're all busy putting plans together for the **AGM Summer Festival weekend in June** which looks like being spectacular this year. All the events are open to anyone, except the AGM itself which is for members only. **We open for bookings from non-members on 5 May and details of all the events can be found on our website www.bronte.org.uk.** If anyone would like to join the Society, you can find all the information on our website. Why not be one of the first to use the new online system by clicking on the 'Join the Society' link on the Brontë Society page of the website? We'd love to welcome you!

Brontë Society Summer Festival

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Photo: Wickhampton/Wickhampton

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This year a group of locals will again be taking over Sonia's Smile on Haworth's Main St. From Tuesday 12th May to Sunday 17th May, it will become a Christian Aid pop-up charity shop raising money to ensure that people all over the world can enjoy 'life before death'. If you fancy finding out how Christian Aid and its partners are working to bring an end to poverty around the world -tackling

its root causes as well as its effects, then come along and see what we are up to. If you fancy rooting around for the odd bargain... come along as well! If you fancy lending a hand during the week or if you have some saleable items that we can pass on... fantastic and we would love to hear from you!

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VHS or DVD to YouTube

Over 50s Rug making group - 1st Wednesday morning every month in Keighley Shared Church Hall. £2 per session. Men & women equally welcome. For more info phone Amy Baldwin & Michael Trott on 01535 669605.

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.

FREE Monthly Cookery Classes for men first Thursday in a month 3.30pm St Peter's Church Hall, Moorhead Lane, Shipley, BD18 4JH. More info call Cath Bromwich 01535 652278.

March - Jan 2016 The Brontes, War & Waterloo at the Parsonage Museum. In acknowledgement of the 200th anniversary of the Battle of Waterloo, this exhibition explores the family's fascination with war.

Mon 4th until Sat 9th May Keighley Playhouse Death in High Heels - Murder Mystery. www.keighleyplayhouse.co.uk 01535 604764

Weds 6th May - Manorlands Coffee Club, 10.30am Old White Lion Hotel, Haworth. All welcome.

Weds 6th May Sunnydale at East Morton Circular 4 miles Walk. Bring a Packed lunch Meet Gill Dale at 11am opposite East Morton Post Office for a walk back in time looking for remains of the once industrial area



Sat 9th May A Night to Remember at Sunnybank Social Club 7pm onwards. The Look - fab entertainment plus raffle, tombola, fun & games. £5 per person (kids go free). Email 56adaytoremember@gmail.com for tickets. A charity event to commemorate the 30th Anniversary of the Bradford City Fire Disaster. All proceeds will be donated to the Plastic Surgery & Burns Unit.

Sat 9th & Sun 10th May Bronte Vintage Gathering A Fun Day for all the Family. 10am at B6144 Haworth Road, Cullingworth, BD13 5EE. 01535 275535. Attractions include Fairground, RAF Flypast, Bouncy Castle/Slides, Donkey Rides, Beer Tent, Food and lots more.

Tues 12th May 7::30pm at St. James Church, Cross Roads. Fashion Show by The Complete Clothing Company. £2:50p to include tea and biscuits. Reasonably priced goods available to buy on the night

Fri 15th, Sat 16th & Sun 17th 1940's Weekend in Haworth Nostalgia through the streets of Haworth. Entertainment, Parades, Beer Tent, Vintage Stalls and so much more.

Fri 15th & Sat 16th 6pm - 9pm Museum at Night at Ingrow Museum of Rail Travel. The doors will be open after hours once again. Enjoy live entertainment in the unique setting. Admission prices apply.

Fri 15th until Sun 17th May KWVR Why not let the train take the strain as you travel to Haworth 1940s event in styletravelling as you would have in the war years, use Keighley, Ingrow West or Oxenhope as a park and ride and let the train do the work

Sun 17th May 7 - 9 am Early Morning Bird Walk at East Riddlesden Hall. Join local birding expert and National Trust staff for a walk with a difference. Strolling around the grounds of East Riddlesden Hall where Mark Doveston will tell you all about the birds, their calls and habitats. Then take cover in the cosy tea room for continental breakfast. £7.50 per person.

Sat 23rd May 12-4pm Haworth Car Boot Sale All weather football pitch, Acre Lane, Haworth. Further info www.haworthcarboot.co.uk.

Sat 23rd May Jimmy Ludlam onesie walk. From Long Lee Community Centre to Manorlands Hospice. www.manorlandsonesie.org.uk

Sat 23rd & Sun 24th May Saltaire Arts Trail at Saltaire Village. **Sun 24th May 2pm - 4pm Bandstand Concert at Cliffe Castle.**

Weds 3rd June until 22nd July Greener Garden Tours at East Riddlesden Hall at 11am - 12pm. Every Wednesday. Join the Head Gardener, Jill for her free greener gardens tour. Learn about the methods she uses and discover how you can use some of our eco friendly

techniques at home. tour is free with general admission prices.

4th June Blood Donor Session at Victoria Hall, Keighley
Sat 6th June 12pm - 6pm Jumble & Pearl pop up Fayre Dalton Mills, Dalton Lane, Keighley, BD21 4JH. Outdoors & indoors market. www.daltonmills.co.uk. Free entry. Free car park

Sat 6th June Saltaire Vintage Home & Fashion Fair at Victoria Hall Saltaire. 9.30am - 4pm.

Sun 7th June Keighley Gala Full day of entertainment down at Victoria Park, Keighley.

Sun 7th June Skipton Car Show on the High Street. Retro, Classic, Hot Rod, Vintage, & American Cars in a free Car Show for all the family. During the day there will be a Charity Auction in addition to a display of over 180 spectacular cars + 40 bikes.

Sun 7th June Mount up for Manorlands Hosted by the Coniston Hotel, Coniston Cold, this event gives participants the opportunity to tackle some of the fences used for their annual Hunter Trials in the Coniston Estate. The routes then head out on tracks, quiet lanes and bridleways up the dales towards Malham, before looping back to the start. www.sueryder.org/Get-involved/Events/All-events/2015/June/Mount-up-for-Manorlands or call Andrew Wood 07786273718.

Sun 7th June 11.30am -12pm East Riddlesden Hall Story Telling Sundays Free with general admission prices.



Gluten Free Coconut Cake with Apple & Cinnamon Nut Topping

Given the rise in gluten intolerance and the increased demand for worthy options, the availability of ingredients like coconut flour has helped to revolutionise the world of baking.

For a distinctive New England flavour, you can substitute maple syrup for the honey in this recipe. I also had a few plums that were ripe when I baked this so I added them to the apples.

Enjoy! Mary George. Colorado Cookery.

Ingredients

For the Apples:

- 4 apples, peeled, cored and sliced thin
- 2 tablespoons of coconut oil
- ½ teaspoon ground cinnamon

For the Cake Batter:

- 1 cup (110g) coconut flour (or less)
- ½ teaspoon sea salt
- 1 teaspoon ground cinnamon
- 8 large eggs
- 1 teaspoon baking soda
- ½ cup (135g) plain whole yogurt
- 6 tablespoons unsalted butter or coconut oil, melted
- ½ cup (9 tablespoons) honey
- 1 tablespoon vanilla extract

For the Topping:

- 1½ cups (225g) nuts (almonds, walnuts, pecans, cashews, etc.)
- 2 teaspoons cinnamon
- 4 tablespoons honey
- 4 tablespoons unsalted butter or coconut oil cold, cut into tablespoons

Instructions

Directions Melt butter in a large saute pan and add apples. Cook for 15 minutes, stirring every-so-often until apples are beginning to turn soft. Sprinkle with cinnamon. Cool completely. Preheat oven to 350°F and adjust rack to middle position. Place all the batter ingredients in a food processor or blender and blend until smooth. [A word about coconut flour... it can be tricky as it expands and absorbs liquid...adjust keep your wits about you and add a little at a time to get to a cake batter consistency.]

Pour batter into a buttered 9-inch springform pan. Wipe out food processor bowl with a paper towel or cloth. Place nuts, cinnamon, honey and butter in the bowl of a food processor. Pulse until nuts are coarsely chopped and ingredients bind together.

Place apples on top of cake batter in an even layer (some will overlap a bit). Drop spoonfuls of topping over batter. Cover loosely with foil. Bake for 25 minutes and then remove the foil. Bake an additional 20 minutes until golden brown and a cake tested inserted in the middle of the cake comes out clean. Cool for 1 1/2 hours. Cut and serve with a dollop of clotted cream for maximum enjoyment.

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Since moving into The Old Registry four years ago, the Quinn family



have come a long long way.

Back in May 2011, Leanne Quinn, aged 24 and 7 months pregnant with their first child

Bailey, and Peter Quinn, aged 26, took over management of the charming country house B&B on Main St in Haworth. It was the perfect place to grow both their family and a business.

The first task was to expand the food offering and build on the excellent reputation that already existed with its breakfast service. What they really desired was a restaurant. The couple invested in a commercial kitchen and established what is now reputed as one of the best restaurants in the area. It seems all the hard work is paying off as The Old Registry is known for serving consistently good food and service, and maintains the top spot with online independent reviewer, Trip Advisor.

My husband and I went to The Old Registry yesterday for Sunday lunch. It was excellent. We really can't recommend this enough. The food was outstanding, as was the staff, definitely value for money too.

Jane Fletcher, Haworth 09.04.15



'It's all about team work,' said Mrs Quinn. 'We are so lucky to have excellent staff, without them it would just not have been possible'.

Last year the Quinn family made a further commitment to The Old Registry and made it their own by purchasing the lease.

They have been very busy making more improvements; renovating the guest rooms, extending the restaurant dining area, and even making an addition to the family- little Annie Quinn! Now with extended opening times and serving a sumptuous Sunday lunch (12-2:30pm), The Old Registry is appealing to an even wider customer base.

Local people as well as visitors from further a field are enjoying the Quinn's hospitality and flair for fine Yorkshire food.

In celebration of their success and to thank all customers, Leanne & Peter would like to present you with this

£5 voucher. (Valid with every Sunday Lunch purchased until Oct 1, 2015 and not to be used in conjunction with other offers)

**Take your glass and toast to
The Old Registry!**

This is a really pleasant restaurant with a peaceful atmosphere. The food for the price is excellent. The staff are attentive and looked after us well. I shall return!

Craig, Haworth 12.04.15

2-6 Main St., Haworth, Keighley, West Yorkshire BD22 8DA

www.theoldregistryhaworth.co.uk

Phone: 01535 646503 ● Facebook ● Twitter



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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



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Chris (Bristles Chimney Sweep Service)

I have advertised with the Aire Valley Mag now for a number of years to which I have had a fantastic response. I feel that the magazine is an honest publication that local people have learnt to know and trust. I know from the feed back that I have received from my customers that this little book is not only an interesting read but also provides a solid base for local business to promote their services. I can only thank Joanne and the team for consistently providing a quality publication that is well presented, has great distribution and is featured above other such magazines that we receive through our letter boxes. May all your great work continue!

Steve Edwards, Managing Director,
Cobbydale Construction Ltd, Sildon

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