

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

September 2015

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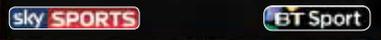
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Back to school already? It seems just two minutes since the start of summer! Read our feature written by Kip Mcgrath about strategies for supporting children returning to the classroom.

Don't miss the Picnic & Proms at Bolton Abbey on the 12th; a fabulous family occasion in a beautiful setting and held in support of Sue Ryder Manorlands, Oxenhope.

If you fancy 1950's nostalgia & American food, you will find a special 20% discount at New Yorkies Diner, see page 11!

A number of activities and events take place in the community at Trinity Church, Fell Lane; you don't need to be a member to take part, everyone is welcome. Read more on page 5.

Have a great September,



Liz Barker editor

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PUMPKIN TRAIL

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Find the oversized pumpkins and seek out witches in Strid Wood

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BONFIRE

5 November

Join us for the first ever Bolton Abbey Estate bonfire by the Priory Ruins.

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£10 per child. Visit www.boltonabbey.com from 1st Sept to book your visit



12 DAYS OF CHRISTMAS

26 Dec - 5 Jan

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BD22 6AA



Sharing and caring in the community.

Trinity is open to all, not only those who attend Sunday worship!

The building functions as a kind of community hub. We are located in the heart of the Knowle Park community and it is our pleasure to welcome and serve everyone in the neighbourhood. We extend an invitation to you and your family to join us in the various activities that take place throughout the year; look out for more details in the coming months in the Aire Valley Mag community pages.

Here is a list of activities for you to try. We hope to see you soon!

Meeting Point - First Monday each month 2 p.m.-3p.m. Informal "get together" with entertainment and refreshments.

Friends-in-Action - 2nd Monday in the month. 7p.m. onwards. (March-October) Various activities, plus charitable fund raising.

Coffee Stop - Every Friday 10:30 a.m. - noon.

Serving Fairtrade tea, coffee and biscuits. Come along and join in for a friendly chat.

Fellowship Group - Thursday evenings 7 p.m. held at members' homes. Bible study, prayer and songs.



Little Rascals Baby and Toddler Group

Thursdays 10 a.m. to 11:30 a.m.

(Term time only)

Little Rascals Resumes

Thursday, September 10th.

(Entrance on Hive Street)

Supper Club - Entertaining speaker followed by buffet supper. Twice yearly, (April & October)



Ramblers

- Social walks approx. 3-4 miles as arranged. Mainly starting from the church or Keighley Bus Station.

Often incorporates a tea stop along the way.

Room Hire - Airedale Male Voice Choir and Holme Singers hire the premises on a regular basis. This facility is available to other groups.



Craven Art Club

- Tuesdays 2:00 p.m. - 4:00 p.m.

All abilities welcome; nominal charge to cover room hire.

Sunday Worship - 10:30 a.m.

Communion- 1st Sunday in month, refreshments served fortnightly after service.

For more details or information about any of the activities above contact Linda on 01535 691 730

STRATEGIES FOR SUCCESS AT SCHOOL

Things you can do to help your child at school

Today the pressure to succeed at school begins even earlier than ever. Children in nursery and Key Stages 1 & 2 are held to a standard of success that their parents never had to worry about. While in the past those first few years of schooling were pressure free and simply intended to introduce children to formal education, today children are tested on their knowledge and ability within the first weeks of Reception and that testing continues throughout the rest of their public school education. There are several simple steps every parent can take to give their child the edge at school.

Bedtime routine - Make sure your child has enough sleep the night before. Many parents do not send their children to bed until they themselves go to bed. Growing children need between 10-12 hours of sleep a night. While there are a few children who seem to require less, the majority of children need at least this much.

Mind what they eat - Make sure your child has a good breakfast and is provided with a good lunch and snack. Growing children need to eat frequently. They should never be sent to school on any empty stomach and they should not be expected to succeed at school for an entire day without regular meals and snacks.

Think practically about clothes - Make sure your child is appropriately dressed for the day and their school environment. When the weather is hot make sure they are dressed in cool clothing, when the weather is cold make sure they are dressed in warm clothing. When the weather or school environment is changeable then

provide layers so the child can adjust accordingly.

Your attitude counts - Your attitude toward school and your child's education is vitally important. If you send the message that school is not important, that the teacher is not worthy of respect, and that your child's learning is not essential then your child will receive that message loud and clear.

Get involved - Know your child's teachers and school administration. Be familiar with their classroom, routine, special events, and assignments. The more you know about your child's school life then the more proactive you can be to head off potential problems and help them succeed in school.

Professional Tutoring - You may want to seek professional advice early if your child is falling behind or does not progress in step with their peers. If your child is doing exams this year then preparation is the key to success. Weak areas need to be highlighted as early as possible. Kip McGrath Education Centre in Keighley has been offering the highest quality teaching for the last 10 years to local students. **It is currently offering free introductory Educational Assessments for students 4 - 16 years old with immediate feedback.**

PROFESSIONAL TUTORING

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| <input checked="" type="checkbox"/> 11+ Entrance Exams | <input checked="" type="checkbox"/> Maths |

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Areas best kept secret...

Keighley's Octagon is the shape of things to come with eight sides the building's unique space enhances any type of function. Add state of art lighting, mirrored ceiling, stage and sound all create a fabulous atmosphere even before your guests arrive.

Owner John Pennington said 'we have some great ideas to save our customers money, the bar prices are low - 4 pints for £10, we allow people to self cater and in some cases there is NO room hire charge'. With ample parking vehicles can be left over night, the Premier Inn is within easy walking distance and the venue is family friendly.

When not hired out for private functions all manner of concerts, tribute and 80's nights are hosted. Catering

for a mid to late age group full details are listed on www.theoctagonlive.com Why not call-in to view the facilities without obligation and have a meaningful conversation with the owners? You will be glad you did.

Experience the hospitality and prices first hand, the public bar is open every day from 4pm, Sunday 12noon or view any other time to suit by ringing **01274 562252**.

The Octagon is at Sandbeds BD20 5LY on the old A650 between East Riddlesden Hall and Magnet roundabout at Crossflatts.



Ginger Turmeric Smoothie



Ingredients

- ½ cup rolled (gluten-free) oats
- 1 ripe banana
- 1 Tbsp raw honey or 3-4 pitted dates (optional)
- ½ teaspoon turmeric powder
- ¼ teaspoon black pepper*
- 1" piece of raw graded ginger
- Almond or any other nut milk of choice

Instructions

Blend all ingredients until smooth
Chill and enjoy while fresh!

Notes

*Black pepper has been shown to help with the proper absorption and digestion of curcumin, the active ingredient in turmeric, so using them in combination is recommended

The ginger root contains powerful anti-inflammatory compounds called gingerols which help to reduce pain and discomfort associated with diseases of inflammation, like rheumatoid and osteoarthritis. Curcumin is the active component of the turmeric root which gives it its bright orange color. Curcumin's powerful antioxidant properties have been extensively studied by modern science and may provide an effective treatment for inflammatory diseases.

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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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The winner will be selected from all correct answers received by Sept 16 2015

Last month's location was Steeton Hall.
 The winner was Grahame Booth from Steeton.
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Fun with Fools

Kids love this simple fruit recipe, but don't be fooled, it's for grown ups too!

This time of year you can pick your own fruit to add. It needs to be ripe but still have a few pieces with that sharp tang to them. Fool can be made with cream and full fat custard, which is delicious. However this simple, low fat option is also really good, and beats the fancy, shop-bought equivalents on taste and price. You can even use a budget powdered custard, getting a lovely pudding for less than one pound, including the sugar, if you picked your own fruit. Shop around for the packets of frozen fruit, because their price varies.

I first fell for fools when, as kids, we had gooseberry fool. It was really good and took most of the sharpness out of eating gooseberries, while leaving just enough to challenge all that soft cream that was in it. Yum! One reason kids love this is that you strain out the pips. I like it because of the amazing swirls of vibrant contrasting colour that you get as you stir the fruit into the custard and yoghurt. For everyone, it is a great way of eating up all this lovely seasonal fruit.

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

FRUIT FOOL



Ingredients:

- 500g low fat custard (ready made).
- 500g low fat yoghurt
- 500g freshly picked summer fruit (e.g. blackberries, raspberries, elderberries, blackcurrants and strawberries) or a 500g packet of frozen summer fruit

A little sugar

Instructions:

Put the fruit in a pan with very little water. Heat gently until defrosted (if frozen) and just cooked. You will want the blackcurrants to burst – if any remain whole, squash them slightly against the side of the pan, to avoid sour surprises! Once this is done, your fruit is cooked.

Taste and add sugar if the fruit is very sour. I find 2-3 dessertspoons is enough. (The custard will add some sweetness, so do not put in too much.)

Cool the fruit, then strain through a sieve into a bowl. Use a spoon to help some of the flesh through.

Stir in the custard and yoghurt, mixing thoroughly. Chill in the fridge until serving.



Picnic at the Abbey

An afternoon full of family fun in a stunning setting at Bolton Abbey, near Skipton

- Big screen entertainment featuring Cbeebies Justin Fletcher
- Treasure hunt
- Extreme hook-a-duck
- Live on-stage entertainment
- Meet the mascots

Saturday 12 September
2pm - 6pm

Entry is £15 per family of four
Individuals £5. Under 5s free
Free parking

Bring your own picnic or pre-order online.

For more information and for tickets go to www.sue Ryder.org/promsattheabbey

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Proms at the Abbey

Big Screen TV link to 'Last Night of the Proms' live from the Royal Albert Hall.

Plus five other great live acts on stage at this stunning location.
Bolton Abbey, near Skipton
Saturday 12 September
7pm to 11pm

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Sue Ryder Manorlands Hospice

Bronte Mountain Bike Challenge

Sunday 20 September 2015

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Early bird offer before 1 September

Sue Ryder Manorlands Hospice

starlight hike

Have a fantastic night out under the stars

Remember loved ones and raise funds for Manorlands Hospice. With a new 10k route for 2015, new entertainment and now featuring the fantastic Starlight Express, this is a night not to be missed!

Saturday 26 September 2015
Oxenhope and surrounding villages

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WORTH VALLEY

Sue Ryder registered charity England and Wales 1032070 Scotland 00295761 Ref. No. 0325 March 2015

START/FINISH

At the entrance to Cross Roads park, on the A6033 Haworth Road, Cross Roads near the junction with the A629 Keighley / Halifax Road. G.R. SE045377.

WALK INFORMATION

As the title suggests you will be walking on the hill tops where even in summer the breeze can be quite cool, therefore it is advisable that you dress for the season and include an extra sweater a waterproof coat, and strong footwear.

This walk is not suitable for wheelchair and pushchair users or people with limited mobility.

If you are confident that you can walk the distance this walk is suitable for reasonably fit occasional walkers and has the advantage of starting near the top of the hill, therefore there is no prolonged climbing.

It is advisable to print out the description of the route.

Go to www.bradford.gov.uk/countryside and click on Self guided walks, then Haworth Stanbury and The Worth Valley, and finally, Hill Top Hamlets.

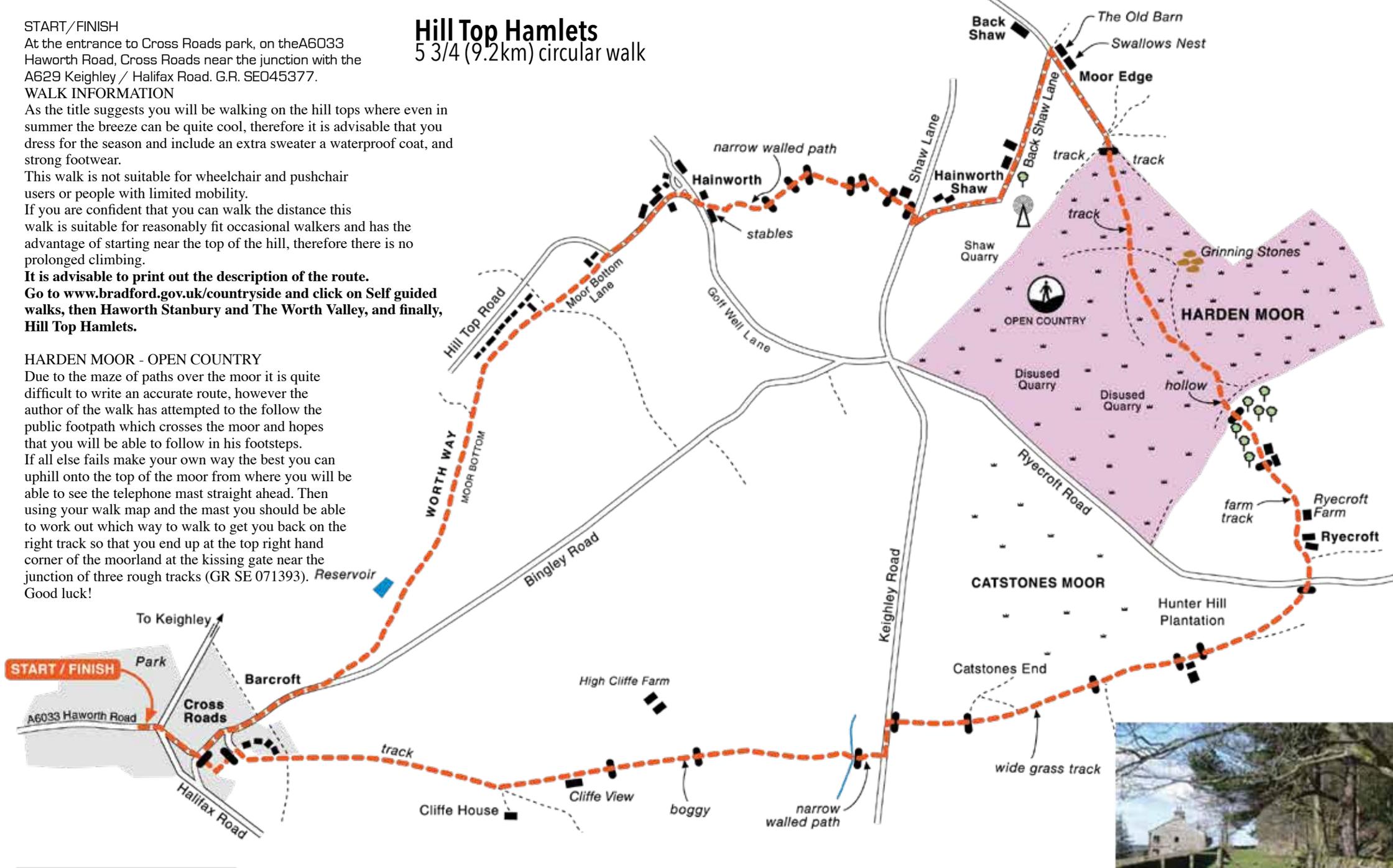
HARDEN MOOR - OPEN COUNTRY

Due to the maze of paths over the moor it is quite difficult to write an accurate route, however the author of the walk has attempted to follow the public footpath which crosses the moor and hopes that you will be able to follow in his footsteps.

If all else fails make your own way the best you can uphill onto the top of the moor from where you will be able to see the telephone mast straight ahead. Then using your walk map and the mast you should be able to work out which way to walk to get you back on the right track so that you end up at the top right hand corner of the moorland at the kissing gate near the junction of three rough tracks (GR SE 071393). Reservoir. Good luck!

Hill Top Hamlets

5 3/4 (9.2km) circular walk



| Key | |
|-----|------------|
| | Route |
| | Stile/Gate |
| | Footpaths |

Footnote

We hope you enjoyed your walk. If so tell your friends, if not, or you have encountered any problems please tell us at: www.bradford.gov.uk/countryside
e-mail: danny.jackson@bradford.gov.uk



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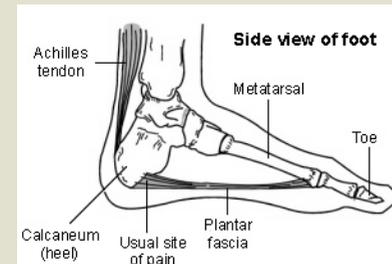
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PUTTING FEET FIRST

What is plantar fasciitis?

The plantar fascia is a band of tissue under the foot that stabilises the arch and acts as a shock absorber protecting the underlying soft tissues during walking (gait) Repeated pulling of this such as overuse injuries e.g. sporting activities, excessive pronation of the ankle joint (subtalar joint) are



potential contributory factors leading to degenerative changes of the plantar fascia resulting in plantar fasciitis. Plantar fasciitis is reported to be usually self-limiting. Typical symptoms that may be present when first weight bearing in the morning and perhaps during periods of inactivity are: throbbing, searing, piercing pain.

What can you do about it?

Footwear - Shoes or trainers with a lace up or fastening and thicker soles may help, especially for those people who walk/stand for long periods. Footwear should have good shock absorption. Sometimes use of orthotics may have to be considered to provide shock absorption and/or control any biomechanical dysfunction occurring in the foot/ankle.

Cold therapy - this may help in the initial

stages; reducing pain and swelling. Application of a cold stimulus (e.g. ice pack) provides an analgesic effect. However, prolonged application should be avoided. Contraindications include patients with peripheral vascular disease, neuropathy and vasospastic disorders (e.g. Raynaud's). Suggested cold therapy can be achieved by rolling the foot over an iced can/bottle, which provides a combination of cold therapy and stretching of the plantar fascia.



Exercises - Plantar fascia stretching -
Christine Harker
Heel2Toe
07504 714072

KWVR: STOPPING AT THE MUSEUM OF RAIL TRAVEL AND THE INGROW LOCO MUSEUM.

The railway is full of gems that it's all too easy to take for granted and to miss something very special as a result. I hope that we've all marvelled at Oakworth Station, in all its Edwardian glory with its Railway Children charm; Keighley station with a very different character, bringing the railway into town and which has been the backdrop for many a filmmaker wanting an urban location as a result; the diminutive Damems; the now-tranquil Oxenhope, but which once boasted a bustling goods yard; and Haworth, where passengers alight for the village or to catch a glimpse of the engineering magic that goes on in the locomotive works. But Ingrow (West) station is all too overlooked.

Ingrow (East) closed to passengers in 1955 and was on the line that once took passengers from Keighley to Queensbury. Ingrow (West) station continues to thrive and is home to both the Bahamas Locomotive Society (BLS) and the Vintage Carriages Trust (VCT) each with a museum that's well worth



a visit. BLS' 'Ingrow Loco' museum tells the story of their star locomotive 'Bahamas' and their recently restored education carriage will soon be welcoming visitors, particularly school groups to learn about the railway.

The VCT's 'Museum of Rail Travel' gives an insight into how passengers have been catered for since Victorian times. The station building itself has a fascinating story to tell... when we reopened the railway in

1968 the station had been vandalised to a point that made it beyond repair. It took until 1989 for Ingrow to be brought back to its former glory, which we did by dismantling and relocating stone-by-stone the Midland Railway station building from Foulridge in Lancashire on the former Skipton to Colne line. Inside the station building is a pictorial history of the relocation, and as the branch was a Midland Railway line, the building looks just like it has always been there.

Since the reopening of the station in 1989, we have worked with our partners to develop the site, relaying the stone sets and restoring the Midland Railway goods sheds, in which the Ingrow Loco museum is now housed. Over the past year have been developing a plan to make the site even more appealing and you may have noticed the first part of the plan, which was a series of family-friendly events in recent months, including a summer celebration of the history of railway excursions to the

seaside for which we brought a beach to Ingrow-by-the-sea.

Passengers with Day Rover railway tickets get free entry to the BLS and VCT museums, so can combine a visit with a journey on the railway. Details of what there is to see and do at Ingrow can be found via www.KWVR.co.uk or by searching for 'Museum of Rail Travel' and 'Ingrow Loco'

NEW MANUFACTURING & ENGINEERING CENTRE SEEKS APPRENTICES

Based at the Keighley Campus of Leeds City College, the new Centre of Excellence for Advanced Manufacturing and Engineering is bringing key skills back to the area.

Not only is the new Centre proving a hit with local schools and employers, it is also offering a great alternative to traditional educational routes with places available on Apprenticeships starting this September.

The facility, which was launched in January 2015, includes state-of-the-art computer driven machinery, computer-aided design software, and 3D printers. It is run in partnership between local employers, Bradford Council and Oakbank School.

The Centre offers a viable alternative to academic studies with a variety of qualifications available in engineering and manufacturing. Students over 16 taking an engineering apprenticeship can learn practical skills while being paid to learn with very good career prospects in a booming industry.

Business Operations Manager, Chris Stott, said: "The number of companies getting involved with the Centre of Excellence for Advanced Manufacturing and Engineering illustrates how well manufacturing in the area is performing; however, many young people are not aware of the opportunities in the sector.

"This is a great time for young people to get involved in engineering and manufacturing – there are jobs available, many of them well paid and with genuine career prospects."



Visitors are given a demonstration of some of the equipment in the Centre of Excellence at the launch event in January 2015.

The Centre of Excellence is unique in that it is steered by a board of local employers including Byworth Boilers, Keighley Laboratories, Advanced Actuators, Airedale Springs and Gesipa. These companies ensure that the training is up to date and a real as possible in addition to offering work placement opportunities.

Alternatively, the College offers lots of other Apprenticeship opportunities in Leeds and Keighley. As one of the largest colleges in the country, we provide over dozens of Apprenticeship qualifications and we have Apprenticeship vacancies available now. Young people aged 16+ could earn over £200 per week whilst working in industry sectors including: Customer Service, Retail, Hair and Beauty, Financial Services, IT, Engineering and Health Care.

To find out more about Leeds City College and all our courses starting in September, you can visit one of our main campuses, call us on 0113 3861997 or visit www.leedscitycollege.ac.uk/apprenticeships

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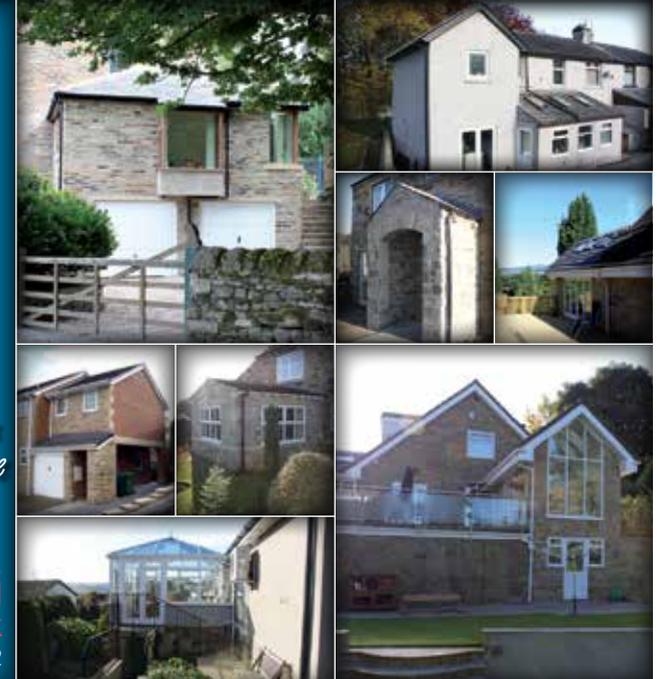


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Coffee Shop Every Friday 10am - noon at Trinity Church, Fell Lane, Keighley, Serving Fairtrade coffee & tea. Call in for a friendly chat.

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.

Sat 5th Sept 8.30am - 5pm Keighley & District Agricultural Show at Marley Stadium, Keighley. A family show with classes including Horses, Show Jumping, Fur & Feather, Dogs, Horticulture/Flowers. Many Trade Stands and various attractions. Keighley & District Bus Museum Trust operate a free Show Day bus service running regularly between the Showfield and the town centre, and connecting with the bus and railway stations.

Sat 5th Sept. Train rides for all the family. Miniature trains running at **Marley sports field approx. 11:00am until 16:00** pmin conjunction with the Keighley Show. Steam and electric trains providing trips for all ages. Great for all the family. Refreshments available. Details at www.kdmes.org.uk

Sun 6th, 13th, 20th & 27th Story Telling Sundays at East Riddlesden Hall 11.30am. Sing, laugh and have a fun time in these weekly interactive storytelling sessions. After the storytelling, we run craft activities - make something to take home inspired by the story. Aimed at children between 2-5, the session will



take place in the Sensory Garden or indoors during bad weather. Drop-in, no ticket required. Storytelling sessions last approximately 30-45 minutes. Free with general admission prices.

Mon Sept 7th 2pm Trinity Church, Fell Lane, Keighley Meeting Point Speaker is Mr Alan Bonfon "It shouldn't happen to a coach driver". All Welcome.

Thurs 10th - Sun 13th 11am - 5pm Heritage Open Days at Ingrow Railway Station. Free admission to the museums throughout this four day event. Chance to fully explore the wonderful exhibitions, and learn more about the history of our railways and the preservation societies which help keep the past alive. www.ingrowlocomuseum.com.

Thurs 10th Sept (every Thursday in term time) **10am - 11.30am Little Rascals Baby & Toddler Group at Trinity Church, Fell Lane, Keighley**
Sat 12th Sept Proms at the Abbey 7pm-11pm. Big Screen TV links to Last Night at the Proms live from the Royal Albert Hall. In aid of Sue Ryder Manorlands Hospice. More info & tickets www.sueryder.org/promsattheabbey.

Fri 11th - Sun 13th Sept Fall Fest at Glusburn Community & Arts Centre. Local Community Festival. Visit www.fallfest.co.uk for full details.

Sat 12th & Sun 13th Sept (12-4.30pm) Open Gardens and

Sculpture Trail at Saltaire Village.

Follow the trail around Saltaire's backyards, gardens and allotments. You will find varied planting and imaginative use of a range of spaces.

Sat 12th Sept 10.30am - 4pm East Riddlesden Hall (part of the Heritage Open Days).

Sat 12th Sept Picnic at the Abbey. Bring the whole family for this low cost fun afternoon of entertainment and activity. To find out more or order tickets go to www.sueryder.org/picnicattheabbey. The event is followed by Proms at the Abbey later that evening.

Sun 13th Sept 11am - 4 pm Fabric Of Society Curator's Talk at Cliffe Castle Museum, Keighley. (Part of the Heritage Open Days).

Mon 14th Sept Keighley Thwaites Brow Towns Women's Guild meetings are held in Long Lee Chapel, Long Lee Lane at 7.15pm. Talk by Mr A Bonson of JAK Travel.

Thurs 17th Sept at 7.30pm Oxenhope Gardening Club in Oxenhope Community Centre, Shaw Lane, Oxenhope, BD22 9LS Michael Myers, lecturer at Craven College and self-confessed plantaholic with a weakness for snowdrops, will talk about Autumnal Interest in the Garden.

Sat 19th September Airedale Opticians Towngate, Keighley & Main Street, Cross Hills (all day event) are hosting a special Open Day.

Food & drink on hand and the latest glasses, sunglasses from designers showcasing the latest trends. New customers welcome to call and ask questions.

Sat 19th September 2pm The Education Room at Cliffe Castle Museum, Keighley Free talk - All welcome. An entertaining illustrated talk on trees ancient and modern and a stunning Yorkshire conservation area. The talk will be given by Keith Wilkinson MBE, a Voluntary Speaker for the Woodland Trust.

Time and location. For more info 01535 607497 or email info@cliffecastlepark.org.uk.

Sun 20th Sept Bronte Mountain Bike Challenge at Oxenhope Recreation Ground. The Bronte Mountain Bike Challenge is a highly regarded event which has a route suitable for all standards of mountain bike and cyclo-cross rider.

Sun 20th Sept. Train rides for all the family. Miniature trains running at **Marley sports field approx. 13:30 until 17:00.** Steam and electric trains providing trips for all ages. Great for all the family. Refreshments available. Details at www.kdmes.org.uk

Sat 26th Sept Starlight Hike (Oxenhope and surrounding villages), In aid of Sue Ryder Manorlands. To register call 01535 640448 or email hayley.ibbotson@sueryder.org.

Sat 26th & Sun 27th Sept 10am - 4pm Haworth Craft Fairs at Haworth Old School Rooms.

Mon 28th Sept Keighley Thwaites Brow Towns Women's Guild meetings are held in Long Lee Chapel, Long Lee Lane at 7.15pm. Talk by Mrs J Platt about Flower Arranging.



Steve Seymour, (centre) Chair of KTCA, with colleagues from Airedale Shopping Centre, say YES to Keighley BID

Keighley is a great town with a huge amount to offer. Notable heritage, one-off retailers, national retail names and chains give good reasons to visit. We know that the town already has more varied and developed town centre than many similar towns of the same size. It draws on a wide population already but even with these assets there is opportunity to do so much more. Significant clusters of commercial services bring clients to the town, from local areas and further afield. The restaurants and bars provide a range of culinary experiences.

"YES" to a Business Improvement District (BID) will help business and Keighley.

Keighley businesses are planning for Business Improvement District (BID) status because the town is ready for it.

Ready because there are ambitions to see the town progress, ready because the town is big and confident enough and ready because there is no standing still. Progress comes through activity and positive choices.

Already people are understanding that a successful BID vote means that more than £1 million, over 5 years, could be directed toward a better future for the town and its businesses. The prospects for both are tied together.

Businesses large and small and across sectors are saying "YES". 200 towns and cities have already taken this path - there are positive examples across the country.

What's more, businesses will be in the driving seat in managing the new company - Keighleybid to drive the improvements.

Keighley Town Centre Association celebrates its 10th anniversary this year by promoting the BID campaign. If the Business Improvement District is approved, the possibilities will step up to a new level, which would be a great present for the town and the Keighley Town Centre Association. Are you a Keighley-based business? Would you like to learn more about Keighley BID and how to get involved? Contact: kctm@bradford.gov.uk www.keighleybid.co.uk

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THE OXNOP SINGERS

by Andrew Marsden



Now with crotchets and wavers and high notes and low
We've got to admit that it's tough
'Cos us lads at the back
When we get it all wrong
We just humm it along and we bluff

Upfront we've sopranos a-plenty
With voices like angels above
At the back the selection of tenors
Sing like blackbirds or robins or doves

Now the mid-singing altossit here at the front
Some younger, some older, some shy and some bolder
The sound they emit is delightful
Not like basses back here, when we stand up to sing
It's the crackling of knees that is frightful

When we get in a bit of a quandary and we're learning a difficult song
We can tell by the look of our leader she could just about reach for her gun
But with a waft of her arms and the use of her charms we rehearse till the music is good
And we're all quite relieved when we get up to speed without tears or the spilling of blood

Now Joyce is our chief music maker, the piano she plays ike a dream
And with patience abound
When we make a bad sound
She just smiles when she's wanting to scream

And with lots of endeavour, and some help from Trevor
We aspire to an audible note
If we get it all wrong, when we burst nto song
We pretend we've a frog in our throat

We have Avril and Alan, they're here each December
I asked when they started but they can't remember
And we've James at the back in the tenors
With a voice that's as smooth as some silk
If you see him at all in the daytime you'll get eggs and two pints of his milk

So we've all types of people who sit in our choir
We even have husbands and wives
And the best bit of all is we do it for free
So we can't get our P45s

If you think you just might fancy joining
Don't be shy, come and give it a go
Though your voice might sound bad in the bathtub
In our choir - well - you just never know



PRAISE FOR THE POWER OF SONG

Are you a closet shower singer, or a Karaoke King or Queen? You may prefer the privacy of your shower room to a sparkly lit corner in the pub with a large TV monitor throwing out lyrics in time to a chosen song, but the bottom line is, you like to use your vocal cords, and it probably feels good.

Singing has been shown to boost our immune system, reduce stress levels and, according to a report published in the Journal of Music Therapy, helps patients cope with chronic pain. It's not surprising then, as a flurry of endorphins flood through the body, we experience that feel good factor.

You may not be a wet room warbler nor an Elvis impressionist, but you are certainly welcome to transform your Monday evenings by joining the Oxnop Singers each week, 8pm in the Oxenhope Community Centre.

This friendly social group of mixed ages, around 40 in number, sings choral pieces from the stage and screen, pop music and light opera under the direction of Helen McClorry. "The friendship, fun and joy of making music have made my time in the



choir extremely enjoyable," Helen confirmed. "We welcome everyone."

One of the youngest members of the choir added, "We sing a wide range of different musical pieces so there is something to suit everyone. After a sometimes stressful day at work, I find that singing with the choir in the evening relaxes me. We are all good friends and we sing for fun, so why not give it a try yourself?"

The Oxnop Singers, established 23 years ago, has raised nearly £18,000 for local charities since its inception. There are three concerts staged annually: April, October, and December, usually with accompanying guest bands.

**Come along on a Monday night and experience the joy of singing.
Call Helen on 647434 or simply turn up!**

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Bob Beattie p19

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Advertising in the Worth and Aire Valley magazines has been critical to the success of my business. The magazines are highly rated by my customers and I have lost count of the number of people who tell me that they found me in these magazines. I have tried numerous ways to advertise my business but none of them have been as successful as advertising in the Worth and Aire Valley magazines. Sensible advertising costs and local content make these magazines a focal point in the local community.

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 feedback 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 favoured above other such magazines that we receive through our letter boxes. May all your great work continue!

Steve Edwards, Managing Director,
Cobbydale Construction Ltd, Silsden

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