

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

Aug/Sept 2010

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It seems like the "Big Society" agenda the government is putting forward is in fact community activism and self determination. No matter what your political persuasion, whether Conservaliberal leanings, staunch Labour or Monster Raving Loony lover, good old fashioned mucking in and participating in local life is something every vibrant community requires.

We've enjoyed participating in the Keighley Arts Factory Sheep project. It has given us the chance to meet people outside our normal spheres of operating and we've experienced the benefits of getting involved in creativity in the community. It has been a joy to see the reactions and smiles the colourful sheep have put on the faces of young and old alike.

There is still time to see the sheep...in fact, they will be rolling around Keighley

(conveniently mounted on wheels) in the days ahead. Aug 1 - Sept 1 is the Keighley Sheep Trail.

Also, save the date for the Keighley Show, September 4th. It looks like it will be a good one! We have free tickets to give away to the winner of the Where In The Aire Valley competition...(page 19)

As ever, please support your local pubs, shops, and post office; every little bit helps to stimulate the local economy. If you want to get in touch, your feedback is welcome. www.airevalleymag.co.uk
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Enjoy the rest of the summer.



Liz

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Say you saw it in the Aire Valley Mag!



Sharing my passion for Forest Schools

Forest Schools is a unique approach to outdoor play and learning centred around the individual. A mixture of structured and unstructured activities allow participants (child or adult) to learn and develop at their own pace resulting in each individual gaining a valuable, personal experience. Some key focus areas are around developing self awareness, self regulation, empathy, social and communication skills, independence, self-esteem and confidence. Participants visit the same woodland on a regular basis in all weathers and develop coping strategies, risk management skills, creativity and use their own initiative to solve problems and co-operate with others. My experiences of running Forest School programmes with children have been very rewarding. I enjoy the spontaneity and creativity that develops within sessions. I have seen children who are more familiar with playing computer games begin a programme cautiously, being quiet and unsure of their surroundings, become loud and confident in a variety of ways! I love watching them explore the outdoor environment and discover new ways of interacting with it, and seeing their perceptions of what can be done outdoors moving away from traditional ideas such

as playing sports. Instead, we rescue fairies, meet dragons and build homes for woodland creatures, build dens, think about survival skills, or create works of art. I have worked with schools (during school time, with after school clubs, and with nurture groups), children's centres, community groups (including community centres, family groups, uniformed groups), playschemes, and children with behavioural difficulties. Each programme has been different and had different outcomes. A particular success story was work done with a selective mute. At school, the child would not talk and was reluctant to interact with others. When she started her Forest School journey, we used activities where children could work individually, and built on these experiences by asking children to share what they had been doing. At the beginning, she would just point to something she had done. By the end, she was working with other children and would feedback to the whole group. For me, the best part about Forest Schools is that the participants lead their own adventures, and I feel privileged to be a part of this.

Liz Melling Forest School Practitioner
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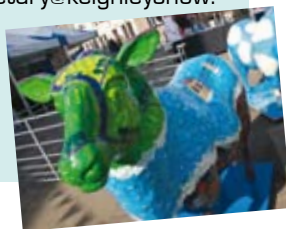
Say you saw it in the Aire Valley Mag!

The 53rd KEIGHLEY & DISTRICT AGRICULTURAL SHOW

will take place on Saturday 4th September 2010 at the King George V Playing Fields (part of the Marley Sports Centre complex) situated off Aireworth Road Keighley, BD21 4DB. This year will see a completely re-vamped Show, with a much more user-friendly field layout to enable all visitors to see every part of the Show with ease.

It will be a varied and exciting day, with something for everyone. There are animals of all sorts - from Guinea Pigs to Shire Horses and all shapes and sizes in between! Vegetables and flowers, arts and crafts, home produce and many other varied classes and attractions contribute to make the day a memorable occasion. This year's special attractions, adding further colour and excitement, include Haworth Band, Terrier Racing and a very talented Chainsaw Wood Carver.

The Aire Valley Mag sponsored sculpture sheep, "Hockney", will be on display at the Young Farmers stand...come along and say hello to the club members and see what's happening...there is never



a dull moment when it comes to YFC! Children's entertainments, catering outlets, and a wide variety of trade stands provide other interesting diversions, and for the first time, a children's Quiz will be running, with special prizes available in two age classes.

Admission on the day is £6 for adults, £4 for concessions (5 - 15 and over 60s). Under 5s are free. However, you can save £1 per ticket by purchasing them in advance from the Keighley Information Centre, Town Hall, Keighley (available from mid-August).

For a chance to win two free tickets to the Keighley Show, enter the Where In The Aire Valley competition on page 19 in this magazine.

Free car parking is available near the Showground. Alternatively, Keighley Bus Museum Trust are providing a free Show Day bus service running regularly between Hanover Street and the showground, via the railway station and Parson Street.

If you are interested in being an exhibitor, there are over 500 classes you can enter. If you wish to book a Trade Stand space, the committee would be pleased to hear from you as soon as possible.

For further details of any aspect of the Show, please see - www.keighleyshow.co.uk or email: secretary@keighleyshow.co.uk or telephone 01535 633852.

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Fresh and fruity ices for hot summer days

Like many good recipes, this was born from a creative accident – in this case involving a glut of summer fruit in the freezer, a temperamental smoothie maker and some empty yoghurt pots about to be put out for the recycling.

These fruit filled ice lollies are quick and simple to make, as healthy as you want them to be – and guaranteed to charm a smile from any hot sticky child (or grown up) before they leap back into the paddling pool. They make a great dessert for a summer barbeque too,

You will need:

- 200g of frozen summer berries (my favourite being raspberries, blueberries, plus an optional nectarine or two)
- 100ml greek yoghurt (or double cream if you prefer)
- 3 tablespoons of caster sugar
- some water
- 100g white chocolate
- a tablespoon of cream
- sugar sprinkles to decorate

• 6-8 little containers such as child-sized yoghurt pots (such as petit filous), or acimel bottles with the top inch cut away, or shot glasses

• Wooden barbeque skewers cut to about 8-10 cm, or small lollipop sticks or small plastic teaspoons to act as sticks

• An egg box (empty)

Whizz the fruit, sugar, greek yoghurt and about 100ml water together to make a delicious mush in a blender or foodprocessor - it should still be fairly thick



Spoon into the yoghurt pots and freeze for about half an hour, but no longer

Push a stick /spoon/skewer about three quarters of the way into each one, and freeze again for around 2 hours,

When the lollies are well frozen, put the chocolate and the cream in a high sided narrow mug, and heat gently in the microwave until starting to melt (a few bursts of 30 seconds at half power, stirring each time usually does it) Stir well and allow to cool, but not set. Put the sprinkles into another mug

Take the lollies out of the freezer and quickly take them out of the containers – yoghurt pots can be just cut away, shot glasses need to be set in some warm water for a few minutes and then eased out.

Dip quickly into the melted chocolate, (don't worry about coating the whole lolly), and then into the sprinkles. Poke holes into the top of the egg box and push the lolly stick into them and pop back in the freezer for at least 15 minutes, or until needed.

These should keep in the freezer for 6-8 weeks, but I can't prove it as they always get eaten within about 6-8 minutes!

by Nel, worthbaking.co.uk



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Many people are now getting ready to travel abroad for their annual holidays. A few simple tasks beforehand can assist with any problems that may arise whilst away.

Before you go on holiday Paperwork

Remember to bring with you:

- Travel insurance documents. It is very important to obtain suitable travel insurance before you travel, since in many countries of the world, medical treatment has to be paid for and can add up to thousands of pounds depending on the treatment required.
 - Record of the serial number of travel tickets.
 - Record of passport number and date issued.
 - Record of credit card numbers.
 - Record of driving license number.
 - Serial number of travel insurance policy and a note of the emergency contact number.
 - A list of medical problems, allergies and treatments.
- Independent travellers insurance is now available from some tour operators
- Why should I buy independent travellers insurance?

Independent travellers insurance offers some of the financial protection customers would normally receive from their tour operator when purchasing a package holiday. When booking travel and accommodation independently customers do not enjoy the same amount of financial protection when certain problems arise. Independent travellers insurance will cover such things as flight cancellations, denied boarding, delayed or missed connections and loss of unused accommodation due to the insolvency of your accommodation

provider, and necessary additional costs, such as extra transport or alternative accommodation.

Independent travellers insurance will also cover any irrecoverable unused accommodation costs and other pre-paid charges which you have paid or are contracted to pay because you were not able to travel and use your booked accommodation or, reasonable additional accommodation and transport costs incurred as a result of the insolvency of the providers of the accommodation, fire, flood, earthquake, explosion, tsunami, landslide, avalanche, hurricane, storm or an outbreak of food poisoning or an infectious disease affecting your accommodation or resort.

So if you are planning on booking parts of your travel arrangements yourself, rather than as part of a package from a travel agents, you may wish take out independent travellers

insurance to help protect from such eventualities as may beset the independent traveller.

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This may be difficult and not at all straightforward. There may be charges, and there may not be reciprocal arrangements for healthcare with the UK. Fewer than 60 countries have them. Make absolutely sure that you fully understand the position in all your destinations. Find out from your travel agent or the Tourist Office, Embassy or High Commission of your destination country well before you set off. Make a list of any treatments received abroad and keep all receipts for treatments or drugs if you wish to make a claim on your travel insurance.

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FIT FOR ALL AGES

by Lauren B



I am a self-confessed gym addict. Whenever I've had a bad day, or I'm feeling stressed out, my initial reaction is to go straight

down to the gym and get my pulse racing and my muscles aching. A strange way of dealing with my crazy teenage moods? Not at all, in fact exercise is a perfect stress buster according to science, as it stimulates the body's production of endorphins, which promote a feeling of wellbeing and just generally chill you out.

Many health benefits of regular exercise are fairly well known (reduced risk of heart disease and stroke, improved blood pressure, lower cholesterol levels), and it is definitely the best solution if you want to lose weight or tone up. Despite this many still find it difficult to motivate themselves to get into a routine of regular exercise and factors stopping them could include money, time and fear of not knowing exercise techniques or how to use equipment.

If membership fees are the problem, gyms usually have summer deals and often offer discounted memberships for students and senior citizens.

If you have lots of other commitments during the week and feel as though you don't have enough time to work out, even just doing an hour of exercise a couple of times a week can make a difference, and working it into your weekly routine can be easier than first thought due to long opening hours at gyms and reasonably priced home gym equipment.

Almost all gyms give you a full introduction of how to operate their machines and equipment so that you know what you are doing, and staff are always there to help and encourage you.

Workouts Health Club in Keighley (where I go for my fitness fix), put together a free individual training programme when you sign up, which they update during your time at the club. Many people have it set in their minds that

going to the gym is excruciatingly painful and boring, however you can go at your own pace and exercise as strenuously or gently as you want and build up gradually. If you bring your own headphones you can watch any of the channels shown on the TVs in the gym, and can listen to music or audio books if you have your own iPod or mp3 player. Workouts also run various classes, which can be a great way of exercising in a social environment where you can meet new people.

I believe it is important to get into the habit of regular exercise as soon as possible, ideally from a fairly young age, as you grow up seeing it as a fundamental and enjoyable part of life rather than a chore. Having said that, it's never too late to make exercise a part of your life, as demonstrated by my grandmother who started going to the gym last year, and now looks and feels fantastic for it!

I personally find going to the gym the most effective way of keeping my fitness levels up, and other benefits I experience include major de-stressing, clearer and more healthy skin, more energy, better muscle tone and much higher confidence. There are also tons of other ways to get your heart rate going, from running in your local area to joining a salsa dance class or going for a swim, and the sooner you make exercise a part of your life, the sooner you'll see and feel the rewards. What are you waiting for? There is no time like the present to get fit!

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Sun 7th Aug - Holy Trinity Skipton

Summer Organ Festival Organ recital by Michael Howell Admission FREE Commencing at 1pm

Fri 6th Aug - Manorlands Hospice Annual

Ball. Black tie event at the Cavensish Pavillion, Bolton Abbey. Tickets £45 per head available in tables of 10 or 12. Lovely evening in beautiful settings where you can enjoy a three course meal and disco.

Sat 7th Aug - Tales of the Islanders - Art

day with Orly Orbach. Join the artist to create your own little Bronte book from illustrated wood cuts - family event - Bronte Parsonage Museum. Free with admission to the museum.

Sun 8th Aug & Sun 12th Sept - Fresh & Organic Farmers' Market. Church Green,

Keighley 9.00am to 1.00pm.

Tues 10th Aug - Cliffe Castle, Keighley

Fossil Land 11am - 3pm

Find out more about some of the amazing fossils at Cliffe Castle Museum and create your very own Carboniferous swamp complete with prehistoric creatures!

Sat 14th & Sun 15th Aug - Skipton

Auction Mart - Art in the Pen

A leading showcase for contemporary art featuring artists from across the country. View a wide range of paintings, sculpture, photography, jewellery and more all under one roof.

Sun 29th August - Sutton & Glusburn

Allotment Society 64th Annual Open Show. Village Hall, Sutton. Doors open to the public 2.30pm Admission 50p. Schedules from Mrs Jean Sonley 01535 635476.

Aug 15th & 29th, Sept 4th & 19th, Oct

17th KDMES - miniature train rides for all the family. Traians running from 13.30 to 17.00. weather permitting at Marley playing fields. Refreshments for sale in the club house. More details and directions kdmes.org.uk

Weds Aug 18th - Cononley Lead

Mines - 5 miles circular walk Meet Eric Parkinson at 10.45am at Cononley railway station. Parking available courtesy of the owner of the old mill near the station.. A steep climb out of the village, a visit to the old lead mine, good views and pleasant walking.

Sat 21st Aug - Skipton Castle

Ascendance Dance Performers 2pm

until 3.30pm The new production will be performed by a 'Company of All Ages' with 12 dancers ranging from 3 - 80years. The dancers will take you through the Castle to the enchanting sounds of international harp guitarist Jason Carter, www.jasoncarter.net, an opportunity not to be missed.

Tues 24th Aug - Cliffe Castle, Keighley

Ancient Egyptians 11am - 3pm

An opportunity to attend the popular Egyptians family day. Learn how to mummify the dead and write a message Egyptian style using papyrus and hieroglyphics.

Sat 28th Aug - Bingley Coffee Morning.

Little House, Bingley. 10am until 12 pm. Sue Ryder care.

Fri 3rd Sept/Sat 4th Sept - Sutton

Amateur Operatic & Dramatic Society

"Fur Coat and No Knickers" an adult comedy written by Mike Harding. Tickets £8 including supper. Village Hall, Sutton at 7.15pm.

Fri 3rd Sept - Zealots Soulband - Black

Horse Skipton. It will start at 7.30 pm tickets £6. www.thezealots.co.uk

Fri 3rd Sept - East Morton Village

Institute "Call my Bluff" cheese and wine tasting night. Tickets £10. Full details on www.mortonvillage.org.uk.

Sat 4th Sept - Keighley Agricultural & Horticultural Shows. Marley

Showground King George V Playing Fields

Sat & Sun 11th, 12th Sept Fair Intents

Haworth's first eco fair; held in the Bronte Parsonage meadow behind the museum. www.fairintents.org.uk, entry by donation. Music, Fairtrade cafe, Recycling crafts, workshops. Ministry of Chocolate Workshop for children, Natural Skincare workshop for children, Zine workshop...and much more! 07870 743372.

Sat 11th Sept Ilkley Ladies Only Midnight

Walk - Sue Ryder Care. Start and finish at the Ilkley Pool and Lido. Follow a 10 mile circular route through Ilkley and Ben Rhydding before tracing the river to Burley in Wharfedale and back.

Fri 24th Sept - Keighley Blues Club. Diana

Braithwaite, Chris Whiteley & Bluesmove. Multi award winning Canadian duo. Special guest Trevor Rowley. Members £10 and non members £12. 01535 600310

Sat 25th Sept - Walk for Manorlands

starting at Harden Cricket Club. Choice of three routes; 5, 10 and 16 miles. For further details contact Peter Bashforth on 01535 273271 or email peter@bashforth.wanadoo.co.uk. Everyone welcome.

25 Sept - Bingley Coffee Morning - Little

House Bingley, 10am - 12pm. Sue Ryder Care.

Oct 19-23 - Keighley Amateurs "Music

Man"(Musical) Victoria Hall, Keighley at 7.15pm, matinee 2.15 p. Tickets from £8. Tel 08456252550, Reids Bookshop from September, www.keighleyamateurs.com

Every Thursday - East Morton Village Institute holds the "morton meet"

1-3pm - Tea/coffee & homemade cake £1, conversation and company is free! everyweek even through the holidays and is a growing village social space for young and old.

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Tickets are now on sale for Firth's Fashion Shows,
Tues. Oct. 5th Keighley Rugby Union Club, Utley

(To benefit Soroptimist International of Keighley, in aid of MS & Tickled Pink, Breast Cancer Charity)

Mon. Oct. 11th Haworth Community Centre

Both start at 7:30pm. Purchase tickets in advance from Firth's in Haworth.

98 Main Street, Haworth, West Yorkshire

01535 643800

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Where in the Aire Valley? COMPETITION

www.hayfieldrobinson.co.uk



Can you identify the building or landmark indicated by the red cross in this photograph?

This month's prize is donated by The Keighley Agricultural Society:
two free tickets to the Keighley Agricultural Show

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

The winner will be selected from all correct answers received by
Aug 20th, 2010

Google Earth ©

Last month's winner was Margaret Barrett from Sutton in Craven. The answer was CrossHills Police Station.

SUDOKU

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

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

WEBSITE OF THE MONTH

green thing

<http://www.dothegreenthing.com>
Green Thing is a public service that inspires people to lead a greener life. With the help of brilliant videos and inspiring stories from creative people and community members around the world, Green Thing focuses on seven things you can do - and enjoy doing. Join people from 205 countries doing their green things and making a difference. We especially enjoyed buying nothing on Amazero!



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contribute to community life,
support local trade



WORTH & AIRE VALLEY MAGS
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Are you looking for a clean, safe, well maintained site for your event or club meetings?

Do you have a dance class or sport that requires a large space?

"We required a venue to host a practical sports training week for 19 staff. The Table Tennis Centre is a clean, spacious venue, ideal for practical sessions with lounge facilities for breaks. The Management were extremely useful when booking and the costs were very competitive."

Will Smith
Director of Sports (UK) Limited.



We have a newly refurbished facility in the Keighley Business Centre providing:

- Disabled access
- Toilets and disabled toilets
- Licensed bar
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- Freshly ground coffee vending
- Secure large car parking area
- Two halls / sizes to choose from:
Main Hall: over 4,500 sq ft.
Small Hall: over 1,500 sq ft available for clubs, groups, conferences, school groups,



Schools can hire out the facilities for competitions;

We also have table tennis coaches available for hire should they be required.

The Over 50's art group meet at the centre on Wednesday afternoons between 2pm and 4pm, all materials are free of charge and entry is free of charge. Sponsored by Unltd.

New! Archery Club to start in the autumn...
phone for more details.

Andy Bray on 07766 428307
or Peter Holbrook on 01535 646594



Keighley Business Centre 2nd Floor, South Street, Keighley BD21 1SY

A Community Interest Company (not for profit) providing excellent facilities for all ages and home to Haworth Hawks TTC

New!
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All Sessions at Keighley Table Tennis Centre
2nd Floor, Keighley Business Centre, South Street, Keighley, BD21 1SY
Andy Bray on 07766 428307 or John Sharples on 01535 661752
email: info@haworthhawks.co.uk www.haworthhawks.co.uk



Race Night FUNDRAISING EVENING



ALL AGES WELCOME

Saturday 16th October 2010

at Keighley Table Tennis and Recreation Centre

Doors open at 7pm
and the Races
begin at 7:30pm.
The bar will be open
and tickets cost just
£4 to include a free
drink and a buffet.

The Race night will be a 'Jungle' theme with different animals i.e. there will be an elephant, giraffe, lion etc on the starting line up.

Come and check out our great facilities whilst having an enjoyable evening with the family. All money made goes towards Keighley Table Tennis and Recreation Centre and Haworth Hawks Table Tennis Club to help with further development.

Anyone welcome - please contact Andy Bray 07766 428307 or Peter Holbrook for details.

16th October is an open day for the table tennis centre.

Open doors to the public to come along and see the facilities and see table tennis in action.
11am and 4pm then re-open again at 7pm for the Race Night.



Testimonial from people who have used the centre:

"Keighley Table Tennis Centre is one of the best dedicated Table Tennis facilities in the Region and is proving a valuable asset to the Region in providing a top quality venue for Coaching activities and Coach Education courses."

Sally Shutt
Regional Coach Yorkshire
English Table Tennis Association



Keighley Table Tennis Centre Membership along with
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TOP TECH TIPS

with Michelle Thompson of Cloudfree IT

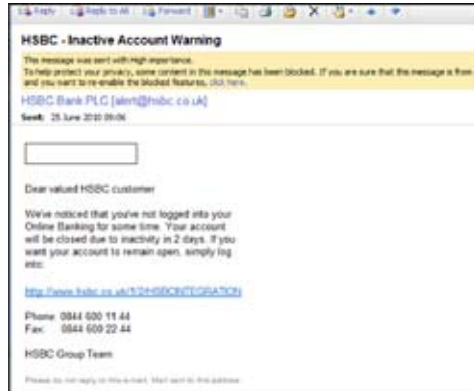
Gone Phishing?

We know we should always be cautious about where, and to whom, we divulge our personal information. Sadly fraudsters find it way too easy to gather information from unsuspecting victims via the web—it is virtually free to send emails, set up fake websites, and then sit back and wait for the victims to wander into the trap... like shooting fish in a barrel! Frequently, I am asked to explain how to spot these traps, so here are a few simple tips.

Phishing = fake communication tricking the victim into divulging credit card/bank account details, online banking or other online service passwords, NI number, Date of Birth or other sensitive personal information.

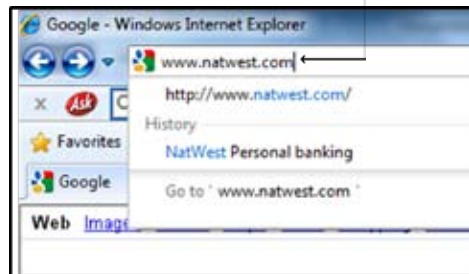


NEVER respond to an email, instant message, or phone call asking you to go to a website to resolve an account problem however authentic it may appear. These requests are NEVER legitimate. If you get similar emails to my examples DO NOT RESPOND! DO NOT CLICK ON LINKS! DO NOT PHONE THE NUMBER GIVEN! Instead phone your bank using the number on your statement, or visit your branch and make them aware you've been targeted.



Site Spoofing = Websites that appear legitimate (often well-designed copies, almost identical to the real thing) with the purpose of collecting personal information. Look at the link in the first email above. Looks genuine enough but if you were to actually click on the link you'd be redirected to a fake website, requesting you log on using your online banking ID and password, date of birth or other information. **Bingo!** They've got everything they need to go to the real bank website and drain your account!

Popular bank, shopping and auction sites, as well as PayPal, are often faked as it's these sites where people feel most confident entering personal information freely. NEVER use a search engine to find your way to your online bank, shopping or auction site. NEVER click on links in emails or instant messages, or links from other websites. Always type the homepage URL (universal resource locator – the website's address) directly into the address bar (at the top of your browser window).



Next issue... 'What's a strong password?'

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RURAL MATTERS by Rachael Moore

Once of a day farming was a family operation with everyone from youngsters to grandparents involved in the activity.

enterprises can be just as efficient as the smaller dairy farm. Dedicated veterinary personnel are employed just for the farm so there's the added benefit of real expertise on hand. Stock is still divided into groups according to yield, productivity and lactation stage. Stock are still fed by human operators and each cow checked as they come into the parlour. In some ways, welfare is of a higher standard because the market is developed for hi-tech systems for recording and mastitis control.

It is also more feasible for a large scale farm to use renewable energy technology such as anaerobic digestors and wind energy.

India, USA, Canada, Saudi Arabia and other countries proudly boast 32,000 cattle farms. Large scale production is not uncommon. It has been tried and tested in these countries with success. There is less opposition because the countries are less densely populated and receive great support from their respective governments.

The bottom line is productivity. More milk = a greater profit margin = more financially sound business. If the UK doesn't embrace the larger scale farming ideas these forward thinking countries have proven, then maybe in ten years time, ALL our milk will be imported from Europe or further afield. There will be no dairy farmers left in Britain,

And I thought everybody preferred fresh local produce, with low food mileage!

Nowadays, farming is a business. It has to be able to stand up to a cut-throat food processing economy.

Running a farm has to be like running a business – it must be well managed and profitable. Poor management and poor profitability equals failure.

Recently the national farming press has been flavoured with 'super dairies' and 'robot cows', the journalists' image of large scale farming; much of it reported in a negative light.

There have been a few proposals from British farmers wanting to expand their businesses to the extent of milking between 3000 and of 8100 dairy cows. This has been faced with opposition from the general public and local councils too.

The thought of large scale dairy farms conjures up "factory farming" in the minds of some. But, it must be understood the desire for British farming to take this direction is because the current dairy industry is out of date and desperately in need of modernisation.

How on earth can we compete with global markets if a 150 dairy cow farm is only producing 1,200,000 litres of milk per annum, compared to 40,000,000 litres at a 5000 dairy cow herd? The more livestock, the more reduced inputs cost (in theory anyway).

Health and welfare of herds in large

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Shooting for England

In what may be a first for West Yorkshire, we have two local residents representing England in an unusual international sporting event; even more remarkable is that the two are father and son. The event is the European benchrest shooting championships and the competitors are Paul and Elliott Barker from the village of Stanbury.

Benchrest shooting, a relatively obscure event, is gaining in popularity and represents the ultimate challenge in rifle accuracy. It is shot from a sitting position at a bench with the rifle supported on a rest. There are a number of different styles, some where the rifle is supported front and



rear and some where the butt of the gun is supported in the shoulder, but the common factor is that the targets are all minuscule. Commonly the bull is 2mm at 25 yards and 6mm at 50 meters, though in one event it is 2mm at 50 meters which really takes some skill to hit.

Benchresting is shot either using air rifles or .22 calibre smallbore rifles. A great deal of care goes into the set up of the



Paul & Elliott Barker, father and son, looking forward to representing England in the European benchrest shooting championships this summer in the Czech Republic.

guns and ammunition is specially selected and matched to each one. Despite all the sophisticated equipment it is still possible to miss. Air rifle and 50 meter events are shot outside so wind conditions have to be judged precisely and breathing and trigger control have to be immaculate. With such small targets the tiniest error results in a miss and with competitors being separated by one or two points out of 750 a single bad shot can be the end of your chances.

Paul and Elliott started shooting nearly 5 years ago when they got an air rifle for Christmas. Wanting to do a bit more than shoot tin cans in the back garden, they joined Keighley rifle club where they both progressed with air rifle before moving on to rimfire .22 shooting.

"Initially I just used to shoot prone rifle which is one of the Olympic disciplines," says Paul, "and when I first tried bench

resting it was as a form of training for that. I really liked it and got more and more into it and things have gone on from there. Elliott was only nine when we first started which is too small to hold a rifle standing or prone so bench resting was a way that he could come along and we could shoot together. Now it's not at all uncommon for him to beat me which I get a lot of stick over from the other lads at the club, but it's great because he is in with a real chance of medals at the European Championships."

"Keighley rifle club has been a great place to learn and progress and we would like to say thanks to all the guys there for the support and help with getting us this far. If anyone is interested in learning to shoot there are details on the club website at <http://www.keighleyrifleclub.co.uk>."

The championships are being held in

Plzen in the Czech Republic and run from the 26th of July to the 6th of August with the lads shooting seven matches in nine days, so it is a pretty heavy schedule with not much time for sightseeing.

Elliott tells us. "I'm really looking forward to it now. Some of the top shooters in the world are going to be there, but our preparations have gone well so we are going to do our best for England and Keighley"



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Sun Sept 12th 12 - 4pm

Sue Blackwell
Art Installation
Exhibition
in the Bronte
Parsonage
Museum

Check out our Website for the Latest Updates and Confirmation of Event Details:

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email: tellmemore@fairintents.org.uk phone: 07870 743372

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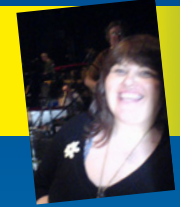
<http://bit.ly/fairintents>

Cycle Shed Tweeking and Fettleing, get your Old Bikes up and running and earn a Certificate from the Neighbourhood Police.
Programme subject to change, entry by donation but the majority of the activities are free.

Say you saw it in the Aire Valley Mag!

HAWORTH ARTS & MUSIC FESTIVAL 2010

SEPTEMBER 9TH - 12TH



Thursday Evening 9th September

Jacqui Wicks

ex Sex Patel LIVE with **Paul Jermyn**



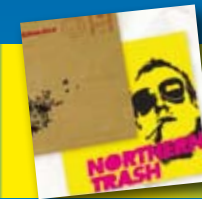
Friday Evening 10th September

Musicians from Cavan, Ireland - in concert

Saturday Evening 11th September

Arcomnia

World sounds from a great local band



Sunday Evening 12th September

Roger Davies

Amazing songwriter with **Tim Moon**



All at The Old School Rooms, near the Parsonage, Haworth.

Tickets from the Tourist Information or on the door - All concerts £5

Throughout the event there will be a display of Phil Sheppard and Sarah Hutton's work at The Old School Rooms including a visit by two Arts Factory project sheep!
Also an art exhibition by Judy Sale.



Saturday 11th September daytime
Family Arts Day at The Old School Rooms.

Saturday 12th September daytime
Song writing sessions with Tim Moon.

Saturday & Sunday Afternoons
Acoustic Music at Cobbles and Clay Cafe.

Saturday day

MURDER MYSTERY ON THE KEIGHLEY AND WORTH VALLEY RAILWAY.

Enquire at tim@timmoon.co.uk

Say you saw it in the Aire Valley Mag!

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- Keighley & Dist. Bus Enquire... 01535 603284
- Bradford Council.....01274 432111
- North Yorkshire Council08458 727374
- Keighley Town Council.....01535 618252
- Police 24 hr local helpdesk.....0845 6060606
- North Yorkshire Police.....0845 60 60 24 7
- Keighley Central Library..... 01535 618212
- Silsden Library..... 01535 652480
- Aire Valley Mag.....01535 642227

PUZZLE ANSWER

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

WANTED

Community magazine delivery team back up and occasional

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Aire Valley Mag is looking for reliable alternates to fill in for our deliverers when holiday or sickness prevents them from working. It is a great way to see if you would like a round or occasional work. call **01535 642227**



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...the way IT's meant to be!

"First class service at very reasonable rates. [Another support provider] wanted £100 for this service and I wasn't confident in their ability to carry out all my requirements. You only charged me £50 and did absolutely everything I asked for. Thank you" **Mr. B - Bingley**

"Excellent service. Brilliant communication, I knew exactly how the work was going even though I had my computer back in 24 hours - Super Quick." **Mrs. M - Oakworth**

We look after home & business customers throughout the Aire and Worth Valleys

Drop in to our Service Centre and meet us today

See first hand exactly why our customers love what we do for them



Opening Hours -
Mon-Fri 9 'til 5:30,
Saturday 9 'til 12
Home Visits
by appointment



01535 358161

Out of Hours Mobile

07545 431425

Free Pick up/return

Free Easy Parking

**No call-out/travel time' charges
within 5 miles of our Service Centre**

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VAT Reg No. 905 3739 22

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GOLD CERTIFIED
Partner

KEIGHLEY
TOWN CENTRE ASSOCIATION
Member

info@cloudfreeit.com

See our website for more information and our full price list

www.cloudfreeit.com

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