

WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

June 2010



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What a stunning start to the summer! It is well and truly the season for cool linen clothing, sunglasses, sandals, and picnics in the park. Bliss. Having recovered from the 1940's weekend in Haworth (just) you will need to fast forward in to the 1960's for the next Main Street event targeted at the baby boomers and the ever growing swathe of retro seeking youth, (June 19th & 20th). If that doesn't float your boat, we can suggest some lovely walks that will take you far from the madding crowd and out in to the beautiful countryside that surrounds us. (See the community pages for more details). As ever, be well and enjoy June!



Liz

Liz Barker

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Say you saw it in the Worth Valley Mag!

"RHYTHM'S GONNA GETCHA!" - GLORIA ESTEFAN

by Karen Davidson

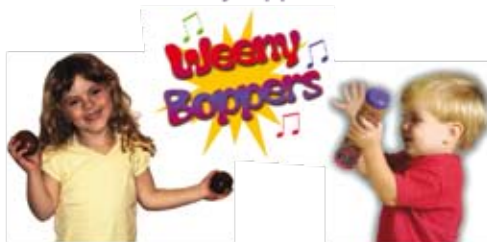
It may surprise you to know that being introduced to music at a young age can help enormously with maths skills. Why? Because when children use beat, rhythm, tempo and melody, they can begin to recognise mathematical patterns. In a toddler's brain, certain neurons in the cortex are actively firing as she plays rhythms on the drum or matches a steady beat by tapping on her lap. Rhythmic and pattern awareness creates neural pathways that are used later for more complex mathematical tasks, so the rhythm of music (and corresponding movements) jump-starts a young child's brain in maths and many other academic areas.

a 1,2,3 whole body movement; comparing higher and lower notes, faster or slower tempos, bumpy or smooth beats - all give a simple and fun introduction to measuring and comparing time intervals, ratios and distinguishing between different mathematical units. An enjoyment of music comes naturally to children so they reap tremendous developmental benefits by doing something they love.

To perhaps state the obvious, songs, chants and rhymes such as "Ten Fat Sausages" and "Five Little Speckled Frogs" are a wonderful way to introduce some basic number concepts and deepen young children's knowledge of the counting sequence. Counting songs can help build important foundations in numbers and is great preparation for success in maths. So, bang that tambourine and keep marching to the steady beat . . . your child is off to a great start with patterns!

For more information, or to attend a free trial at a local music and movement class with your baby, toddler or preschooler, contact:

Karen Davidson 01535 642848
info@weenyboppers.co.uk
www.weenyboppers.co.uk



Great thinkers like Einstein and Pythagoras have seen and used the connections between music and mathematics - numbers, patterns, proportions, and ratios are just some of the concepts that are mastered by both mathematicians and musicians.

The simple sing-song and tap-clap movements of "Pat-a-cake" and other rhythmic songs, say maths experts, lead to stronger spatial-temporal reasoning, geometry and mathematical skills. Early childhood musical activity sessions, such as Weeny Boppers, provide rich opportunities for children to develop a sense of beat and rhythm through instrument play-alongs, songs and moving in time to music. Counting how out many beats in a rhythmic pattern; translating the 1,2,3 pattern in a piece of music into

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WINED AND DINED by *Claire Smith*
 No. 10 The Coffee House in Haworth



Luscious, juicy and aromatic, the lemon has to be one of my favourite ingredients. Bursting with vitamin C the versatility of these feisty little fruits knows no bounds, and as

far as I'm concerned no kitchen should be without them. Though grown in many Mediterranean countries the best lemons come from Menton, a small village in the south of France, and the Amalfi coast of southern Italy; they are expensive but have the most exquisite aroma and flavour. When buying lemons you need to look for fruit that is heavy and fragrant with a close grained peel. Very pale lemons are older and contain less juice; lemons showing patches of green are under ripe. All lemons will yield more juice when warm so it is important to store them at room temperature moving them to a warm place – a sunny window ledge will do nicely - before squeezing them.

The intense, sunny flavour of the lemon combines well with all manner of ingredients; the vibrancy of lemon juice accentuates the flavour of sauces, makes a good substitute for vinegar in vinaigrettes destined to adorn summer salads and is amazing when combined with the salty stickiness of pan - fried or grilled meat. Fish which is to be served raw is first "cooked" in a marinade of lemon juice. The juice and the zest of the lemon can be used to perfume cakes, pastries and sorbets and to make thirst quenching jugs of home made lemonade.

The juice of the lemon is also a natural

antioxidant; drinking lemon juice in hot water first thing in the morning will cleanse the system; coating peeled fruit and veg in lemon juice will prevent discolouration. Lemon pips are rich in pectin; the pips and the juice will act as a setting agent in jams that are made from fruit with low pectin content such as strawberry, peach or rhubarb. Strips of lemon buried in sugar and left for few days to infuse will give you sugar with a delicate lemon flavour to sprinkle on lemon drizzle cake, pancakes or any sweet lemon – laced dessert. You can open freeze slices of lemon on baking parchment, bagging them up when frozen; these make wonderful "ice cubes" for drinks and cocktails. Squeezed, halved lemons can be saved, the remaining flesh scooped out and open frozen; once frozen they can be used as serving cups for lemon ice - cream and sorbet. Don't forget to slice the ends off so that they will stand level when in use.

Extolling the virtues of the lemon is for me a labour of love. Lemon peel placed in a cooling oven will take away the smell of fish and lemon can be used to remove odours from chopping boards and work surfaces. A piece of lemon placed in the pan when boiling new potatoes will stop them from bursting. Lemon juice when rubbed into the elbows will even soften the skin. Each year in the south of France, the village of Menton hosts the Festival of the Lemon, " a citrus scented celebration " where " huge constructions made from oranges and lemons sway through the streets ". Proof if you need it, that the lemon is thought of by many as one of the most extraordinarily versatile and prized of ingredients.

Re-live the swinging '60s

Haworth 60's Weekend

19th & 20th June 2010

Love the '60s? Remember Mods & Rockers, Mary Quant, Carnaby Street? Come and join in the fun. Dress up and groove to the glorious swinging Sixties!!!

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For further information on the 60's weekend: **Haworth Visitor Information Centre: 01535 642329**



Investing in the whole community

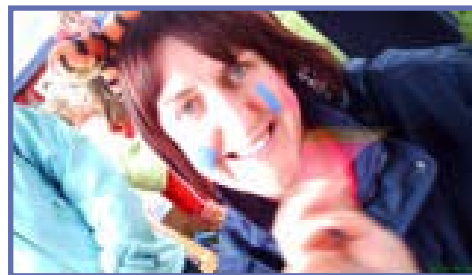


Girlguiding UK

girls in the lead



Girlguiding is celebrating its Centenary this year and events have been staged across the UK this weekend to mark the launch of anniversary activities. And the Keighley division – which has nearly 700 members – began its celebrations in September 2009 at the town's annual agricultural show, at Marley playing fields.



Representatives from all sections of the movement, from Rainbows through to the Trefoil Guild, took part in activities showcasing what modern-day Guiding is about.

Keighley division commissioner Carol Vaughan said: "In 1909 a group of girls turned up at a Scout rally and said they were girl scouts. They were told there was no such thing but within a year 6,000 girls were enrolled."

Scouting founder Robert Baden-Powell asked his sister Agnes if she would lead a separate movement and she opened the Girl Guide Association and Girlguiding in Keighley started in 1914.

"Being a Rainbow, Brownie, Guide or a

member of Senior Section is lots of fun and a great way to make friends," Carol asserted. "Guiding lets girls think, learn and develop without having to put up with boys trying to be the centre of attention all the time. Being a Rainbow is all about learning, developing self-confidence, building friendships and, of course, having lots of fun."

Brownies follow a programme called the Brownie Adventure. The name reflects the world of exciting opportunities that is Brownies.

Guides nowadays do everything from adventure sports to playing fun games, and from taking part in community action projects to the performing arts

The Senior Section offers an exciting and flexible programme with a huge variety of challenges and opportunities for personal development

Girlguiding Keighley Division stretches from Oxenhope to Silsden and from Laycock through to East Morton.

www.girlguiding.org.uk 07968 731706



Say you saw it in the Worth Valley Mag!



Each year we throw away about 620 million batteries. Laid end to end these batteries would reach from the UK to Australia and back again.

Each year about 22,000 tonnes of UK household batteries are sent to landfill. That's the same weight as 3,666 Tyrannosaurus Rex's!

Batteries can be found in virtually every room in the house. They're used in a wide range of objects including toys, remote controls, mobile phones, ipods and even doorbells.



Every person in Britain uses about 10 batteries a year. The UK currently collects less than 3% of waste portable batteries, one of the lowest rates in Europe

A European Directive on Batteries and Accumulators was published in 2006 and aims to minimise the impact of batteries on the environment and encourage the recovery of the materials they contain. The Waste Batteries and Accumulators Regulations was introduced into UK law in May 2009. These regulations have set the following targets for the collection and recycling of waste portable batteries: **25% recycling rate by 2012 and 45% by 2016**

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who yano Rural Business Networking

Worth Valley Enterprise Event

When is the event? June 29th 5pm-8pm
Where is it being held? Keighley & Worth Valley Railway • Oxenhope Station
Free Exhibition Space for local businesses is available
How much does it cost? It's FREE!
What can you expect? Food • Entertainment
Workshops • Informative Sessions
Who is it for? It is for you if you are in business and live or work in the Worth Valley. You might be a consultant working from home, a large enterprise with international clients, or anything in between!

Would you like to improve your business? Would you like to find new opportunities for growth?
Who yano will put you in touch with supportive and like minded individuals and provide informative sessions on opportunities for you and your business. Take part in a new initiative to bring change and growth to the Worth Valley. Your input is valued! We hope to see you there.
Call today to let us know if you will take part. (We need to get an idea about numbers for the catering arrangements)
Call or email Kath for more information
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 Alan Preston

Thumbs up for a green lawn!

Following the warning recently of measures to avoid water shortages this summer, which included the advice to stop using hosepipes or sprinklers on lawns, GreenThumb gives some advice as to how to maintain lawns during periods of drought.

Raise the height of cut to a minimum of 1½ - 2 inch's & maintain this throughout the summer months. Avoid mowing the grass at all if there is little or no growth.

Why not invest in a water butt to collect any rainfall that does fall?

Avoid heavy or unnecessary foot traffic on lawns during strong & prolonged sun exposure.

Try to water lawns in the evening when the temperature is lower & the sun low in the sky.

Maintain the feeding of the lawns during the summer months, but avoid the use of feeds which contain iron or that need to be watered in.

Keep weeds to a minimum to avoid competition for nutrients & moisture in the soil.

Lawns don't like shade. Take a good look at those border plants, shrubs and trees - they all have a habit of encroaching on the lawn's space and weakening it by denying it light. Then ... get the secateurs out!

Look out for sickly-looking patches. Leatherjackets, the larval form of the 'Daddy Longlegs' can devastate a lawn in spring as they chomp through the roots of the grass. If you suspect a problem, get professional advice.

With a little time and effort you can have a handsome and healthy lawn for your family to enjoy which is the envy of all your friends and neighbours.

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ENTERTAINMENT
 Fri June 11th **Leoni** (80's music - present)
 Fri June 25th
Steve Jeffries (soloist, guitarist, drummer!)

1960's weekend BBQ - Outside Bar
 Sat 19th June - Night
Hayley 60's Singer
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 Sunday 20th June 1pm - 5pm
Joe Gallagher
 Sat June 26th Karaoke
 Sat July 3rd
Haley Harrison
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Events in June
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 Sat 11th- Haley Harrison
 Fri 25th- Kids Disco 6-8pm

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Say you saw it in the Worth Valley Mag!



It's "who you know and what you know" - We all say it don't we?

Whoyano Rural Business Networking connects people and businesses together through organised networking events, training workshops events, exciting seminars and now our online forum.

Our Mission is to enable Rural Business to gain access to other local Business/ National companies through structured creative Networking events, workshops & training seminars. We connect and create platforms for Sustainability within Rural areas, preventing Rural Isolation, keeping Rural business communities alive leaving a legacy for the Future.

Since 2008 'Whoyano Rural Business Networking' events have been key in generating valued business leads in the Worth Valley. It's fantastic to see some exciting projects & partnerships coming together that would have never happened otherwise without Whoyano.

Do you want to be in the know?... with WHOYANO, you can be!

Meetings in 2010 are held within the Worth Valley, on the last Tuesday of the month, using local venues. They have a relaxed social atmosphere, presenting unique platforms enabling you to connect with others and enjoy yourself after a day at work!

Whoyano meetings 'Make a difference'

don't take our word for it - read what others are saying....

"Successful people make great business decisions - joining Whoyano is one of those decisions."

"Networking understood and operating at its best."

"If Whoyano made lager..."

"Fun, informative, friendly, lots of businesses doing business with each other and helping to grow each others companies."

Meetings are generally held from 5.30pm til around 7.30pm..with plenty of social networking before and after.

How to book your place: Online via website or email kath.thornton@whoyano.co.uk or call 07921 645 612.

Cost: £10.00. per meeting.
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Where in the Worth Valley? COMPETITION

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

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

Day Rover Pass

Email your answer to:

mail@worthvalleymag.co.uk

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



The May winner was Grahame Booth of Oakworth
The location was Bronte Parsonage, Haworth

Google Earth ©

WEBSITE OF THE MONTH

<http://www.recyclenow.com>

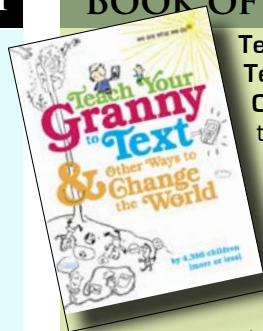
Here you will find advice on how you can increase your recycling and why it is important we Recycle Now!

The UK currently produces the equivalent of 444,000 Eiffel Towers in waste every year!

Find out how you, your school, & your work place can help to reduce waste and save energy and resources. **June 21-27 is National Recycle Week!**



BOOK OF THE MONTH



Teach Your Granny to Text & Other Ways to Change the World is the children's sequel to Change the World for a Fiver, the bestseller produced by the global social change movement, We Are What We Do. It's a

movement whose aim is to inspire people - in this case children - to use their everyday actions to change the world. Their maxim is: small actions x lots of people = big change. It's not rocket science but it does work! The thirty actions in this book are fun and easy for children to do but add up to making a big difference and giving them the responsibility for changing the world, one bit at a time.

Reduce and Reuse

Reducing the amount of waste we produce in the first place is easy to do. Here are a few easy ways to reduce and reuse things and limit the amount of waste that ends up in landfill.

Bags for life

Choose a reusable 'bag for life' if you can instead of plastic carrier bags and reuse it again and again. If you do have to use plastic bags, then reuse them. Or you can take plastic bags back to your supermarket for them to recycle.

Charity

There are many worthy charities with shops in most high streets. If you have unwanted clothes and bric a brac, then pass on your items to your local charity shop.

www.freecycle.org

Join the Freecycle Network which has over 7million members worldwide! It's a network of local groups who are giving (and getting) stuff for free in their own towns. It's all about reusing things and keeping things out of landfill. Join your local group today - your rubbish is another persons' treasure!

Food waste

Write a shopping list before you go to the supermarket and avoid food waste. Plan your meals in advance and freeze any extra food you have made.

Furniture projects

Furniture projects rely on donations of good quality furniture, sofas and white goods for the home. These are provided to families on low budgets for example. To arrange a free collection please contact any of the following furniture projects:

CHAS Furniture project

01274 731909

Keighley Furniture project

01535 601999

Newlands Furniture project

01274 774977

Windhill Furniture project

01274 593196

Unwanted mail

Reduce the amount of unsolicited junk mail you receive. Register online with the Mailing Preference Service who can remove your name and address from up to 95% of direct mailing lists.
www.mpsonline.org.uk

In the office

Make sure that you print using both sides of paper. Don't forget to recycle any printer cartridges too.

The Railway Children Walk & Fun Day



Sunday 27 June 2010

6 mile circular walk



40th Anniversary of the Railway Children

11am – 5pm
in Haworth Park

Jenny Agutter will be joining you around this walk
(subject to engagements)

For further information about the day and how to raise money for the Cystic Fibrosis Trust contact Tina Davis-Johnstone on **0300 373 1024** or **tdavis-johnstone@cftrust.org.uk**



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Juggling the unpredictable nature of kids with the time restraints of getting them out of the door in time for school is a daily battle that necessitates precision timing and the patience of a Tibetan monk. We live about 50 metres from our local school, but it's still a fight to get Becky there on time. She's at that age where she'll have a screaming fit because her hair doesn't look quite right. She'll spend valuable minutes messing about with it and judging by her mum I suspect she won't grow out of it.

To save time we always have breakfast in bed together. I'm sure this is unusual. We're not the sort of family who dash around getting ready and then sit at the table eating cornflakes. I make toast and drinks and we all sit on the bed in our jim jams and eat together. Apart from the crumbs in the bed it feels like a much more civil way to start the day.

It's the same at the weekends except the kids follow the Law of Sod and wake up an hour earlier than they do in the week. We don't have a tv in the bedroom, but I'll let the kids watch cartoons on my laptop. With You Tube we can pretty much summon up anything so I like to see what they think

of programmes I watched when I was their age. The Clangers went down well, but Becky wanted to know why Bill & Ben were all grey. It's difficult to explain that the world used to be in black and white! One of their current favourites is Peppa Pig. It's a very cute cartoon about a family of human like pigs with an irritatingly catchy theme tune. They love her so much that we couldn't resist taking them to Harewood House last month where Peppa was making a rare appearance. Now, I've been to a lot of big concerts in my time and seen some major league stars, but parking up in the grounds of this fine stately home reminded me of when I saw the Rolling Stones. As we joined the hordes of welly bobbed families trudging towards the arena I couldn't help wondering what to expect. I couldn't help wondering what we were going to get for the price they were charging at the gate. We'd paid a small fortune to go and meet .. a cartoon?? Through torrential rain we followed the crowd towards a large roped off arena in a field where we pushed the kids to the front so they had some chance of seeing Peppa. I hope they believed that the man clumsily shuffling around in a pig costume was her. I really do. I'm pretty sure I remember being faintly excited when I met Mickey Mouse a few years ago, but I don't think they were fooled for one minute. The worst thing about it all was that the pig didn't sing, dance, talk or even sign autographs! It was guided slowly around by a couple of minders to wave and shake hands and then it was off. It was like a Royal walkabout. Still, I like to think they learned a valuable lesson. Unless you're prepared to be disappointed - never meet your heroes!

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Mums the word!

Starting a business is a dream for one in ten mums, according to a survey from BT Business.

Some 62 per cent said choosing the hours they work was the reason they wanted to start-up, while 50 per cent wanted a better work/life balance and 38 per cent said they liked the idea of being their own boss.

Mumpreneurs is the word coined to describe mothers who run their own business either from home or away. The key factor is that they excel at creating a business that fits in with their family commitments. They are in control of when they work and how they structure the work load. It is still a balancing act but often businesses can be internet based or working hours spent outside the traditional 9-5 timeframe. This gives a flexibility that is attractive to many women.

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7½ miles (12km) circular walk
Packed lunch required
Meet Chris Jennings at 10.30am on the church steps at the top of Haworth Main Street. A hilly start to this walk over rough moorland paths across the world famous Bronte Moor to the west of the village.

Fri 11th June - Tim Dalling: The Unhappy King. 8pm. Tim Dalling, the renowned accordionist clown from the new rope string band, has been let out on his own. Tickets: £9/£7 in advance, £10/£8 on the door. Otley Courthouse, Courthouse Street, Otley, West Yorkshire. 01943 467466

Sat 12th & Sun 13th June - 11am to 4pm. St. James' Church Cross Roads Centenary Open Days Displays- Photographs-Guided tours-Quiz Refreshments available

Sun 13th June - 10am till 4pm. Oxenhope Millennium green farmers and producers market. All stall rent proceeds go to the upkeep of the green. 07535594379

Sun 13th June - Reservoirs Round Foulridge 7 miles (11km) circular walk
Packed lunch required
Meet Jim Thornber at 11am at the church of St. Michael and All Angels on the A56 Colne to Skipton Road, Foulridge, Lancashire. Water, water everywhere on this exploration of the countryside around the village with many points of interest.

Mon 14th June - W.I meeting. West Lane Baptist church, Haworth. 7.30pm

Tues 15th June - Oakworth Village Society meeting. 7.45pm at Holden Hall, Oakworth.

Fri 4th June - Rochester House Gallery, Main St, Haworth. Preview evening- David Lamb exhibit. 7.30pm -9.30pm

Fri 4th June - Jellymould Jazz present Gloria Onitiri in "An evening with Ella & the great American songbook" 8pm. An intimate evening with a true star of the west end stage (Nala in the lion King). Tickets: £9/£7 in advance, £10/£8 on the door. Otley Courthouse, courthouse Street, Otley, West Yorkshire. 01943 467466

Sat 5th June - Sunnydale 4 miles (6.4km) circular walk Packed lunch required
Meet Jeff Brodrick at 11am at the village green near the bus terminus, East Morton. A steady climb to the edge of Morton Moor with fine views over the Aire Valley before a steady descent back passing Upwood Hall and West Morton.

Sat 5th June - 10am - 11.30am.
"Seaside Holidays" Coffee Morning and Bring and Buy. Colour stall: Yellow/ Blue/ Aqua, Gift items, household items, books, refreshments. Admission free. All proceeds for the Buildings Renovation Project. Lees Methodist Church directly opposite Lees Primary School.

Tues 8th June - 7.30pm St James' Church Cross Roads is holding a fashion show by the Complete Clothing Company, selling ex-chainstore fashions at bargain prices. admission £2. Everyone welcome, please use Albion St. entrance.

Wed 9th June - Oxenhope Stoop Hill and Top Withins

8pm Crowning of Oakworth Gala Queen. Holden Hall, Oakworth.

Sat 19th June - Fiona Katie Roberts (harpist) and Andy Hill (singer/songwriter) 8pm. A fantastic globe-trotting evening of jaw dropping harp music and wit. Tickets: £9/£7 in advance, £10/£8 on the door. Otley Courthouse, courthouse Street, Otley, West Yorkshire. 01943 467466

Sat 19th & Sun 20th June - Haworth 60's weekend. (see pg. 8.)
Or phone for more details. 01535 642329 Vintage Fair will be held in The Old School Rooms all weekend.

Sun 27th June - Cafe Church 1pm at Lees Methodist Church. Starts with buffet lunch in informal surroundings in the hall, followed by worship. No charge but donations towards the food welcome.

Sun 27th June Fun Day in Haworth Park for Cystic Fibrosis - Haworth Central Park.

Sun July 4th, Oxenhope Straw Race
The race involves the consumption of beer 5 local venues en route. Competitors are required to run approximately 2½ miles - with a bale of straw (20Kg) being carried



for 1½ miles up hill. All in aid of charity. For more details: www.strawrace.com

Haworth's 4th annual 'Wall of Art' themed 1950's will be constructed of 200 separate canvasses, each individually painted by members of the local community. This year the exhibit will be fixed to the front of the building between 'Emma's' cafe and 'Passion' (facing the Souk) on Main Street, Haworth. Launch day is **Saturday 10th July** and will be marked by live 1950's-style entertainment and a 'Record Hop'. Period costume is encouraged. The exhibit will be dismantled after two weeks and the individual works auctioned off. For more details: chris.mccarthy4@virgin.net mail@haworthartanddesign.com

Oakworth Methodist Church senior citizens luncheon club is needing volunteers to help in the kitchen every second Tuesday, term time only. Please call in to the church any Tuesday between 9:45am - 1:30pm. Speak to Margaret Nolan.

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TOP TECH TIPS by Michelle Thompson of CloudFree IT

Who's that using MY network? And what are they up to?

When you first got broadband did you, like most people, rush to un-pack the router, plug it in, insert the setup CD and launch yourself onto the 'information superhighway' like you couldn't wait to start on the road trip of a lifetime across the USA?

Broadband is great, but if you've got a wireless network did you stop to check that it's good and secure first? If you didn't, be prepared for a shock...

The popular ISP TalkTalk has warned that around 2 in 5 domestic wi-fi network users in the UK are now at risk of having their connection hijacked!

Most popular broadband routers arrive with basic security pre-configured.

The temptation is to 'plug in and go'!

Unfortunately the default or pre-configured settings can leave the router vulnerable to intruders eager for some free wi-fi access! Some routers, particularly those that can be bought in retail stores, arrive with NO SECURITY configured at all!!!

As users upgrade to Wireless-N routers with a much wider signal coverage area, the problem can only get worse. Chances are if you can get a good signal in your shed at the bottom of the garden, so can anyone in the street!

If a hijacker is using your wi-fi, you may notice your connection is slower than usual, but if you're only a light or occasional broadband user you might be unaware that you're sharing yours with an intruder. This is one area where 'share and share alike' is definitely a 'no-no'!

On the external side of a broadband connection a unique IP address is used to connect to the web which can be used to track down wrong-doers. On the inside of your network there may be several computers, games consoles and wi-fi connected mobile phones (and yes, maybe even a wi-fi thief in the street). Each device gets an individual private IP address (e.g. 192.168.x.x or 10.50.x.x), but they're all sharing that single external connection though. What happens on your network, whether it happens within your own four walls or outside in the street, it is your responsibility.

Aside from the obviously illegal internet activities that regularly make the headlines, other less shocking activities are now coming under the careful scrutiny of the government too.

Illegal file-sharing is now being addressed by the new Digital Economy Act 2010, which becomes law on 12th June. This includes a 'three strikes' rule which can result in action against the broadband bill payer such as warning letters, disconnection and even a £500 fine.

So if you're not 100% certain your network is secured get some advice from one of your local IT support providers now, before someone takes advantage and leaves YOU disconnected or with a hefty fine! Better check what those pesky kids are downloading these days as well!

For more info check out:-

www.selfseo.com/story-13573.php

www.microsoft.com/uk/protect/yourself/home/homewireless.mspx

www.microsoft.com/uk/smallbusiness/starting/technology-in-business/security/keep-wireless-networks-safe.mspx

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Kris Hopkins, newly elected MP for Keighley & Ilkley



"We do live in interesting times," as the saying goes. And that is certainly the case in the world of politics at present.

As the newly-elected MP for Keighley and Ilkley, I was given the parliamentary equivalent of a ringside seat as negotiations and consultations on the Conservative-Liberal Democrat coalition government reached their conclusion after some of the most bizarre yet memorable few days in British political history.

With that end came more "eye rubbing" scenes with the sight of Gordon Brown leaving Downing Street for the last time as Prime Minister followed shortly afterwards by the arrival of David Cameron.

And then we had "that" press conference in the garden of Number 10, jointly hosted by the new PM and his Deputy, Nick Clegg.

However, it is now time for the real work to begin.


Given the dire financial circumstances our country finds itself in, it was never going to be easy for a new government of any political shade. But, clearly, the fact that two separate parties' agendas have been merged into one is not going to make matters any easier.

That said, I believe this task – by way of a 34-page Programme for Government document – has been achieved incredibly effectively. And, whilst there are inevitably going to be bumps and scrapes along the way, there are lots of reasons to be positive about the coalition's chances of success. Principal among them is the national interest which is why I believe this cross-party arrangement will work.

Before my election, I made very clear that my personal priority would always be the people of Keighley and Ilkley. And I stand by that.

It is an immense privilege to be elected to serve my home constituency in our nation's Parliament and I do not intend to let anyone down.

Aside from going through what sometimes seem to be endless hours of inductions and briefings which all new MPs must attend, I am currently spending every remaining moment working to set up my office to help local people with their problems. More details on this will be released very soon.


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The local area provides a number of fine examples of one of the countryside's best kept secrets. No, not a rare plant or animal but a youth organisation which I and my brother and sisters have benefited hugely from being a member of since the age of 10. I refer to 'Young Farmers'; the two local clubs are Worth Valley and Aire Valley YFC.

Young Farmers is open to anyone aged between 10 and 26. It is a National organisation of over 20,000 members which provides a safe environment for young people from the countryside to meet new people, learn new skills, and have lots of fun. When I first joined Worth Valley YFC about half of the forty or so members were from a farming background. Now, having a count up, there's only about 10 out of our 95 members. As the numbers of farms has declined dramatically since the club was formed almost 70 years ago as a 'calf club' the content of its meetings has had to change to suit

a wider rural audience and yes, even townies! Yes it's true – you don't have to be a farmer, to be a Young Farmer!

The weekly meetings now contain a wide range of activities including, sports, quizzes, crafts, trips out, and even putting on dramas and pantomimes. Yet despite moving with the times the backbone of the organisation remains intact. The organisation is run by the members for the members and prides itself in producing vibrant young people who can speak confidently in public and demonstrate a sound knowledge of livestock management, and the ability to handle landrovers and tractors as well as perfect a wide range of other rural activities. Keeping these traditions alive is proving to be successful within the two local clubs as the non-farming background members find it all quite intriguing.

Practice of these skills comes in the form of our massive completions programme, the highlight of which, at a Yorkshire level is at the Yorkshire County Show held at Nidderdale Show Ground on 6th June. In addition to over 80 fascinating competitions with members from the 47 clubs from all over Yorkshire fighting it out for glory, our members organise a great country show which is a window into the organisation for the public and fun day for all the family. Come and join us for the day!

Young Farmers also has an awesome social side with regular events attended by over 600 members from across the county. Our clubs also raise money for charities as well as promote causes that our members are passionate about. There are no two finer examples of this

than Worth Valley and Aire Valley YFC who between them have raised over £20,000 for good causes in the past 4 years and recently helped to promote local food networks at the Bronte Vintage Gathering.

So if you are between 10 and 26 check out www.worthvalley.org and come join us. Meet new people, learn new skills and most of all have fun. More than that if you find you've a flair for the more agricultural side of the organisation you could end up being part of the future of British farming, equipped with the skills and knowledge to be able to help us cope with an ever increasing demand for food!



IN THE GARDEN with Mike Cunningham

JUNE

Midsummer heat waves can give you time to relax and enjoy your garden, but for all its glories June is a busy month for the gardener, theirs always a job to do, growth of plants including weeds is rapid and lawn mowing frequent.

Bulbs:

Spring bulbs where the leaves have yellowed should have been lifted, dried and stored by now. In dry weather don't be afraid to drench your gladioli patch.

Roses:

De-bud (removal of small side shoots) single flowered hybrid tea roses, this helps to promote long stemmed, large bloomed quality roses for cutting and showing. Remove suckers, I prefer to tear away at their source rather than cut. Continue supplementary feeding with a rose fertilizer this will help to develop the very best results. Check for mildew and aphids and spray at first sign. Water roses especially newly planted ones when dry. Weed around the base of roses.

Lawns:

Mowing can be a twice a week job this month. Raking your lawn prior to cutting will help to reduce weeds. Summer drought can soon spoil all your hard work, so spike well to enable hose or rainwater to penetrate to the roots. Do not apply lawn fertiliser or weed killer during very dry weather conditions unless you water in well after. Continue to remove individual weeds using a knife or spot-weeder.

Flowering Plants:

Early flowering perennials that have faded should be cut back to just above ground level. Fork and work in a fertiliser such as Growmore, Sea Gold, Bone Meal or Osmacote etc, into soil before re-planting. Half hardy annual such as impatiens, petunia, begonias etc, can be planted out safely as all fear of frost as pasted. Pinch out tips of dahlias, chrysanthemums, pinks etc, to encourage bushy plants. Watch out for sap sucking insects and treat with insecticide at first attack (I prefer to use a systemic type).

Vegetables:

Continue to water and hoe between plants. Earth up potatoes. Nip out broad bean tops as this helps to reduce black fly infestations. Runner beans and outdoor small or bush type tomatoes can be planted (I plant one tomato in a 30 cm (12") diameter pot). Careful planning of crops will easily provide you with the recommended 'Five Veg per Day'.

Container Plants:

Move all planted up hanging baskets, containers etc, to their final position and turn regularly to encourage an even growth on all sides. For a good healthy display you MUST water every day without fail, yes even if it rains.

House Plants:

On warm humid days open some windows, but don't allow them to stand in a draught. If possible move plants outside for a while when light, warm rain falls. Move plants away from south facing windows to prevent scorching.

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Haworth has lost two of Yorkshire's gems. For those that live and work on Main Street in Haworth, the faces of Rita Bickerton and her elder sister Freda Hodgkins are as familiar as the cobbles themselves.

Often visitors to Haworth would take photos of Rita outside her door with her cat sitting beside her or in the background one would see Freda in her red coat heading for the bus. Many would have had a greeting from either one of them should they have passed them in the street.

The sisters were both small in stature but larger than life. Their passing is a great loss to the community.

Freda Hodgkins Oct 9th 1921 - March 27 2010
Rita Bickerton Aug 6th 1928 - May 15 2010

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Mango and Raspberry divine*



need enough to set 750 ml (or about a pint and a half). Melt the granulated sugar in 60ml water (about 30 seconds in a microwave should do this), and whisk into the gelatine mix. Leave to cool while you whip the cream, icing sugar and vanilla extract together until soft peaks form. Whisk the gelatine into the mango puree, and then fold in the whipped cream in a figure of eight motion, a spoonful at a time. Set on one side.

For the lime marscapone:

Mix all of the ingredients together well – it should just drop from a spoon. Put a few raspberries in the bottom of a martini glass, fill half way with the marscapone and top with the mango mousse. Decorate with raspberries, a grating of lime zest and a sprinkling of white chocolate for extra sweetness. Leave in fridge until set. (a few hours) Summer heaven on a spoon!

By nel of www.worthbaking.co.uk

* PS a "divine" isn't a technical cooking term, it just seemed the only way to describe this recipe!



This stunning and simple dessert draws together some of my favourite summer tastes – sweet mango, tangy raspberries, zesty lime - and whips them up in a cloud of marscapone and cream with just a whisper of vanilla.

For the mango mousse

- 2 large or 3 ripe mangoes, peeled and chopped
- 50g granulated sugar
- Powdered or sheet Gelatine (or vegetarian equivalent)
- 250ml double cream
- 50g icing sugar
- ½ tsp vanilla extract (not essence)

For the lime Marscapone

- 200g marscapone
- 250g quark or greek yoghurt
- 75g icing sugar
- zest and juice of half a lime
- 25 ml (or so) milk

250g raspberries, extra lime zest and a little white chocolate to decorate (Makes 6)

For the mango mousse:

Whizz the chopped mango in a blender until you have a puree
Make up your gelatine according to the instructions on the packet – you will



Sutton Village Committee's
Sutton Funday
 Sunday 20th June
 Don't miss this years Funday Extravaganza!
 This year the whole of Funday will be located in Sutton Park

Funday begins with the procession setting off at 12 noon from Mill Street led by the Bradford City Pipe Band around the Village and into the park

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Entrance is by Donation we rely solely on your generosity on the procession and gate collection to ensure the Funday goes from strength for everyone.

Anyone who would like to enter the Procession the classes are –
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There will be 1st, 2nd and 3rd place rosettes along with cash prizes for each class.

If you would like a Pitch or to do a Performance in the arena area we look forward to hearing from you

Please contact Christine on (01535) 636639 ASAP to register
 Please note All entries must be in by the 11th of June at the latest to ensure your place and for judging in the procession.

Thank you!
Christine Young
 Events Coordinator
 Sutton Village Committee

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