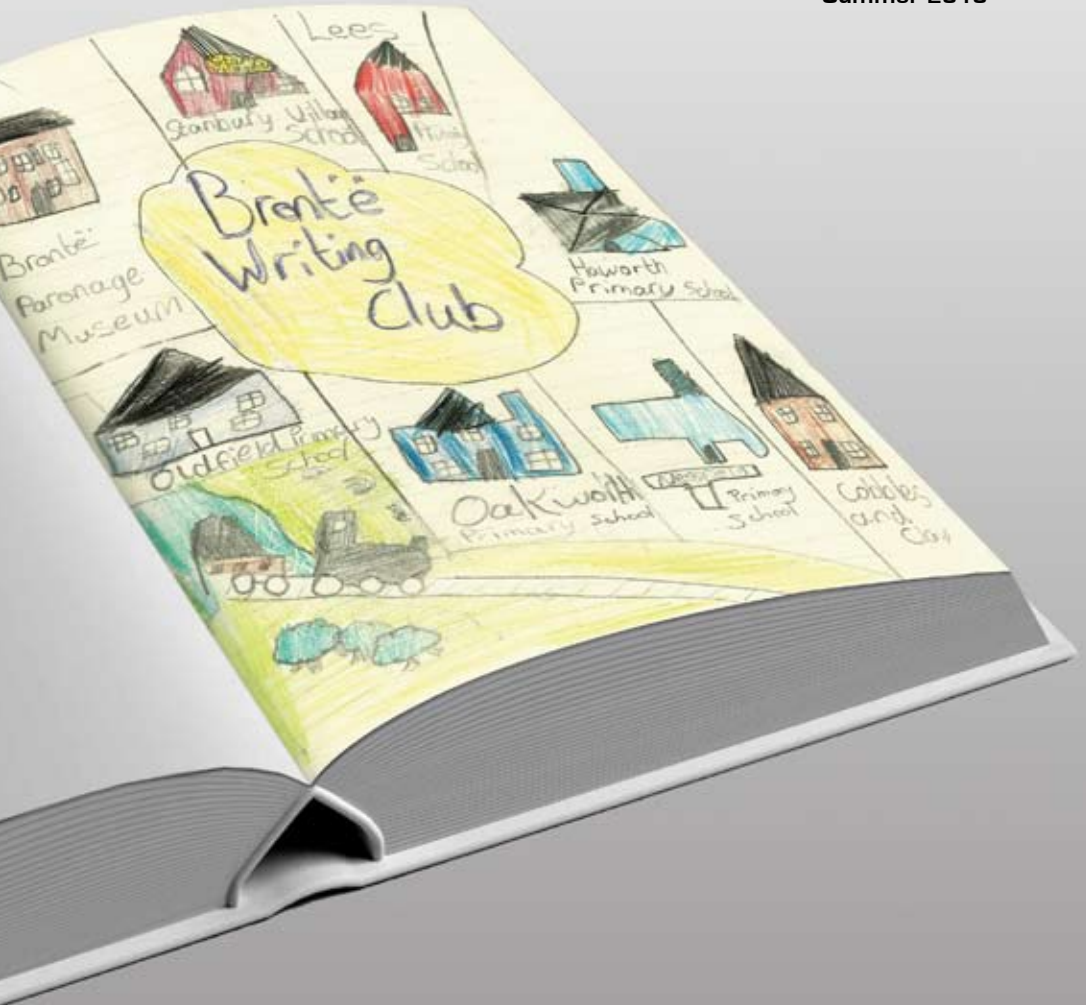


# WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

Summer 2010



*Including the Brontë Writing Club supplement!*

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My husband's definition of a perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken!

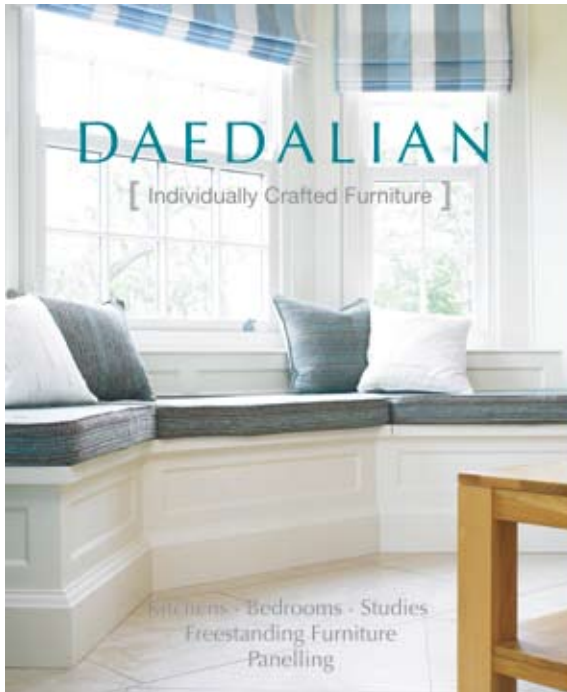
With schools breaking up this month it is the perfect time for family get togethers and a well earned break for holidays. We have included some extra puzzles and (dare I mention) a World Cup Crossword to keep the younger members of the family occupied.

We also feature a 24 page supplement that spotlights the work of 21 gifted and talented children from the Worth Valley primary schools. It has been a delightful project to be involved in and I hope you enjoy reading the Brontë Writing Club's work.

As ever, enjoy the month and be well,



Liz Barker



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Say you saw it in the Worth Valley Mag!

# Worth Valley Dad

In the past few months my daughter has been invited to a party nearly every week. She has lots of friends and it's nice for her to meet up with them outside school and have fun. We can usually leave her at a party and get on with a few jobs around the house. When we pick her up she'll be happily tired out, but still eager to explore the contents of her party bag – usually a load of sweets, a slice of the birthday cake and a couple of toys you might expect to find in a fairly decent Xmas cracker. Party bags are compulsory at a children's party. Forget the party bag and you'd better start thinking of somewhere else to live. You'll be castigated by other parents and your kids will never get another party invite for their rest of their school days. The birthday present is also an important consideration. Some parents don't mind spending a bit when it comes to buying presents for the birthday girl, but when you've got three or four parties in a month you'll be tempted to throw in a box of crayons instead of a Barbie. Sometimes it will depend on how high up the "best friend" list the child might be and as these can vary from day to day it's important to quiz your child to establish their current status before spending too much money on someone who's had your little darling in tears all week.



The party venue must also be chosen carefully. There's some good pubs near us that have a children's play area where for a sizeable fee your guests can run amok in the ball pool while being frightened by a teenage girl dressed up as a bear. We hired a church hall for Becky's sixth birthday party. We borrowed a small bouncy castle, filled the hall with beach balls and hoops, blasted some music from an ipod speaker and stood back and watched as fifteen kids went absolutely mental. After a while we played games, including the obligatory and often controversial "pass the parcel". When I was a lad there was only one winner in that game and it was totally random. These days you have to make sure everyone wins by including sweets underneath each layer and making sure the music stops on everyone in turn. Not so much a game as an organised ritual of paper tearing. For something a little different we decided to put on a show with some glove puppets. The kids loved it. Or rather they loved screaming, shouting and attacking the puppets. After a short tugging contest a small boy managed to wrestle the puppet from me and with the abduction of the main character, and the failure of my badly rehearsed script we decided to abandon the show. Next time we'll do Punch & Judy. Punch always goes down well at a party!

To advertise call Liz or Janet on 01535 642227



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## BEHIND THE SCENES AT THE MUSEUM by Jenna Holmes

There was much excitement this month when the Brontës' piano was played for

the first time at the Parsonage in over 160 years. The piano was taken away for conservation in 2009. We knew it would be a delicate job, but no-one, not even the restorer Ken Forrester, knew just how complicated it would be. Important parts of the instrument were missing or damaged, and the bits that remained were covered with a century's worth of soot and dust. Ken's



original plan was to find a piano of similar type and age to take apart and model his repairs on. But the 'Cabinet Piano', despite being popular in the 1830s and 1840s, is now a very rare instrument indeed. His searches led him to the Victoria and Albert Museum and the Metropolitan Museum of Art in New York, but still he found very little useful information and Ken had to completely rebuild the piano from scratch, creating new pieces as he went along. It has taken him almost a year.

We don't know how or when the Brontës bought their piano, or how Patrick might have afforded such an expensive instrument. Branwell learnt to play the church organ, so it was perhaps to develop

his talent that the family decided to buy one. The Brontës had been inspired by the 1834 concert for the new St Michael's Church organ, where Handel's Messiah had been played. But it was Emily who went on to become the pianist of the family, playing 'with precision and brilliancy'. Charlotte was too short-sighted to play the piano, and Anne preferred to sing. The piano was sold with all of the other Brontë belongings at auction after Patrick's death. It passed through

many hands, but was eventually returned to the Parsonage on the death of its owner, J.H. Dixon, in 1916.

Since then, the piano has stood silently in Mr Brontë's study, until its restoration and grand unveiling in June 2010, when a pianist from the Royal Northern College of Music came to play it, accompanied by a soprano singer. Music chosen from the music books in the museum collection rang throughout the house and into the garden - Clementi, Beethoven and Handel. We are planning a series of special musical evenings at the Parsonage, where we will give people the opportunity to hear musical recitals on the Brontës' piano on a regular basis.

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- Roasted breast of Goosnargh duck, dauphinoise potato & spiced red cabbage with summer berry & cassis sauce (£3.00 supplement)

**DESSERTS**

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- Pan fried fillet of seabass, Cassoulet of tomato, cannellini Beans & pancetta, fresh asparagus & hollandaise sauce
- For specials of the day please see board
- Belgian chocolate brownie, ice-cream & warm chocolate sauce
- Sticky toffee pudding, toffee sauce & cream
- Fresh raspberry creme brulee
- Mixed berry Eton mess
- Warm Dorset apple cake served with custard
- Bananas cooked in cognac, puff pastry case, toffee sauce, & vanilla ice-cream
- Selection of ice-creams from just Jennys of Halifax
- Madagascan vanilla, Caramel Fudge, Chocolate, Raspberry Ripple or Strawberry
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## Lashings and lashings of ginger beer...

Along with swallows, cream teas, cucumber sandwiches and the thwack of Wimbledon ball on racquet, ginger beer is a taste which defines a truly English summer.

Ginger Beer is traditionally served in a peculiarly 1950s measure called a "lashing", although in fact the Famous Five enjoyed lashings of treacle and lashings of boiled eggs at various points, but never actual lashings of your actual ginger beer.

But we won't let the prosaic truth get in the way of a spiffing piece of nostalgic folklore; here's a dashed fine recipe for a delicious summer drink (which also goes extremely well with that other English summer staple – Pimms)

**A 2-inch chunk of root ginger, finely chopped to fill around 3 tablespoons (no need to peel it)**  
**1 unwaxed lemons, chopped or thinly sliced**  
**1 teaspoon of cream of tartar**

**250g caster sugar**  
**¾ teaspoon dried yeast**

**An empty 2 litre plastic bottle and its lid, (such as a large fizzy drink bottle) – please don't use glass!**

(NB: make this the day before you plan to drink it)

Put the ginger, sugar, lemon and cream of tartar in a large pan and add 750ml cold water. Bring slowly to the boil, stirring occasionally to make sure the sugar is dissolved.

Once boiling, turn down and simmer for 10 minutes. Add another 1 and a half litres of cold water and stir well. Sprinkle the yeast on top, and cover the pan with a lid, or some tin foil and leave to cool for several hours or



overnight.

Wash the bottle in hot soapy water, and rinse well. Pour the ginger beer through a sieve and then into the bottle (a funnel is useful for this, or you can make a temporary one from a smaller plastic bottle with the bottom cut off) Make sure there is at least a 5cm gap between the top of the liquid and the bottle cap. Tighten it well, and then every few hours release and retighten the cap. You will see the bubbles start to form from the top down after a few hours.

Keep in a cool place and drink the next day over crushed ice, with a slice of lime, while waiting for Dick, Julian, George, Anne and Timmy the Dog to drag you off on your next adventure!

*BTW, be careful when opening the bottle; slowly let out the fizz, and what ever you do, don't shake it!*

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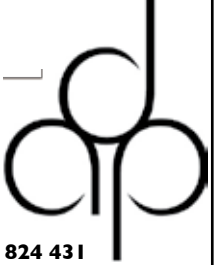
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**Fri July 23rd Kids Disco 6-8pm**

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# Bales of Fun!

The bales are bagged, the beer is brewed and the village is bedecked in bunting. Everything is ready for the 2010 Oxenhope Straw Race, taking place this year on Sunday July 4th.

Some say that a 2.5 mile run down the valley from the Waggon and Horses, then back up the other side to the Dog and Gun carrying a 25 kg bale of straw and drinking 5 pints of beer on the way must be dangerous and bad for your health. They may be right. But that won't deter the 500 competitors who will be doing it, many of them making it even more difficult for themselves by wearing some very elaborate fancy dress outfits. Some will be treating it as an out-and-out physical challenge, attempting to win one of 9 fastest team prizes.

Others will be doing it just for the craic, enjoying one of Oxenhope's most social of annual occasions and entertaining the wonderfully supportive crowds who gather in their hundreds at the start and finish, at the stop-off points along the way (the Bay Horse, the Social Club, the Lamb and the Shoulder of Mutton) and all along the

route through the village. But everyone will be doing it for a common cause - to raise lots of money in sponsorship. Over £10,000 was raised last year, and every penny is distributed to local charities. The race organisers are hoping for an even better year this time round.

The first teams of two set off at noon, and the fun lasts until mid-afternoon. So why not come along and enjoy this most unique event in Oxenhope's sporting and social calendar.

And if you want to take part, entries will be accepted on the day, but only if the 250 places have not



already been filled. For full details, including entry and sponsor forms, visit the website at

[www.strawrace.co.uk](http://www.strawrace.co.uk)

by George Bingham



## What is Lunar Gardening?

Lunar gardening is a technique involving the use of lunar energies to promote optimal growth. What does the energy of the moon have to do with your garden? While some people may question the power of the moon over their seedlings, no one can deny the effect of the moon on large bodies of water. This pull can also act on the water in the soil, just on a more subtle level.

Gardening by moon phase involves paying attention to this celestial body to determine when to plant seeds. It is believed that the energy of the full moon and new moon acts to draw moisture from deep within the earth, increasing the water available to sown seeds and growing

plants. An awareness of lunar cycles can therefore provide optimal hydration, and growth. Moonlight also varies with the phases. This is important because it is believed that lunar light nourishes. Lunar methods can promote faster growth, which is ideal in climates with short growing seasons.

While this method may appear to be an old superstition or New Age trend, it is actually based on science. The ancients integrated the movements of the celestial bodies into almost everything that they did. They recognized the rhythms and patterns of the moon, planets, and stars, and realized that there was a relevant connection between the energies of the skies and those of the earth.

source: <http://www.brighthub.com>

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## Paint the Perfect Dream

by Ludorum

If I should come to you tonight  
as, dear, I wish I could,  
I'd come with colours, O so bright,  
a palette true and good;  
your sleeping thoughts, the canvas,  
my whispered words, the oils,  
laying down a landscape over what this world  
despoils.

I'd paint the perfect dream for you  
in textures soft and warm,  
a world of sweet tranquillity,  
a respite from the storm.  
Exquisite in its detail,  
breathtaking in its scope,  
a world of peace and pleasure,  
a land of rest and hope.

I'd sketch the outline of a life  
where troubles are no more,  
where you are safe within my arms,  
both free and yet secure.  
This paradise, well-guarded,  
impossible to find,  
will wrap you in its gentle spell  
and leave all tears behind.

And maybe, darling, when you wake,  
the dream will linger on;  
an echo of my promises  
long after sleep has gone.  
The details may be hazy,  
yet still remains the theme,  
a life that we could share, my love,  
would be the perfect dream.

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**Summer Fun Wordsearch**

s	l	u	u	n	m	r	e	h	g	o	a	e	t	o
e	e	t	u	i	e	e	n	u	p	n	s	t	c	c
i	v	s	w	l	a	u	e	h	e	s	r	i	a	h
r	a	s	a	s	a	c	e	i	a	f	n	m	d	l
r	r	x	t	e	d	e	o	c	n	c	p	n	e	y
e	t	m	a	o	p	b	o	a	i	i	b	e	r	n
b	g	e	m	l	h	r	h	p	n	e	b	e	r	m
w	e	a	a	d	r	a	o	g	a	l	s	a	e	a
a	s	y	m	n	g	b	l	y	r	c	y	r	k	s
r	e	r	t	e	r	r	i	b	m	y	m	r	h	a
t	e	h	e	u	s	t	d	e	a	c	a	h	h	a
s	n	h	t	w	h	o	a	a	e	p	a	r	t	y
i	h	y	h	r	o	h	y	c	r	o	e	a	r	y
n	a	f	t	r	n	l	r	h	c	r	o	l	i	i
m	e	e	h	o	i	e	f	i	t	p	s	v	r	t

**Words to find:**  
barbecue, beach, bees, camping, cream, cycle, flowers, games, holiday, hot, ice, park, party, picnic, play, relax, strawberries, sun, swim, travel.

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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](mailto:mail@worthvalleymag.co.uk)

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



The June winner was Luke MaCadam from Oaworth. The location was Oakworth Cricket Club.

Google Earth ©

## WEBSITE OF THE MONTH

Have you ever wished you could impress your friends around the dinner table by casually folding a napkin into a beautiful model of a crane or a frog or a camel or any one of countless origami creations? If so then wish no longer, just check out



[www.en.origami-club.com](http://www.en.origami-club.com)

for instructions on how to fold a piece of paper into just about anything you can think of.

The site has numerous categories of models you can create and really clear diagrams and animated instructions how to make them. A good one to do with the kids or a possible way to keep them occupied in the forthcoming holidays for nothing more than the cost of a sheet of paper, always a bonus.

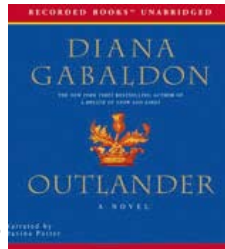


## BOOK OF THE MONTH

**Outlander by Diana Gabaldon**

This brilliant blend of historical romance and time traveling adventure is the first book in the series that follows the fortunes of its characters as they travel the world and take part in the historical events which shape it.

In 1945, former combat nurse Claire Randall returns from World War II and joins her husband for a second honeymoon. Their blissful reunion is shattered when she touches a boulder in an ancient stone ruin and is instantly transported to 1743 Scotland, a place torn by war and raiding border clans. Will Claire find her way back to her own time, or is her destiny forever linked with Clan MacKenzie and the gallant James Fraser?



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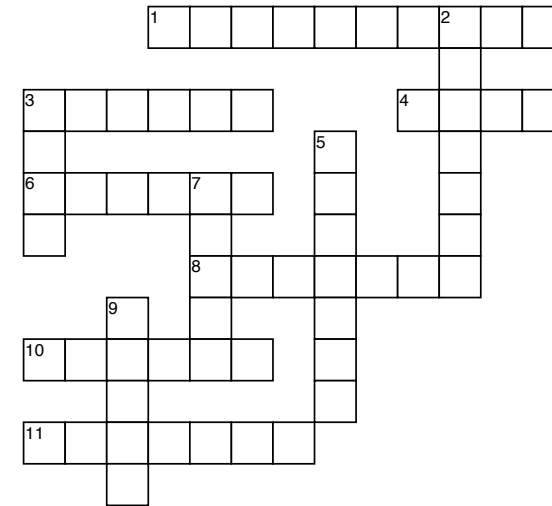
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# World Cup Football Crossword



Across

- 1. covers the middle of the field
- 3. tries to keep the other team from scoring
- 4. the governing body of world football
- 6. a pass that results in a goal
- 8. the team that has the ball
- 10. uses head to pass the ball
- 11. scores the goals

Down

- 2. to kick the ball along by yourself
- 3. score
- 5. the team that does not have the ball
- 7. to make a goal
- 9. to dribble the ball

(see page 37 for help!)

To advertise call Liz on 01535 642227

Say you saw it in the Worth Valley Mag!

Since 2008 Cobbles and Clay in Haworth have run a story telling club. At the end of a hard week you can treat yourself, family and friends to a wholesome and delicious supper, sip away at organic beer, wine or fruit juice and step through the door of "once upon a time" into the land of story. Story telling is a skill somewhere between stand up comedy, theatre and poetry ; but with the prevalence of radio, television, video and DVDs, story telling has become a rare thing. This year, story telling laurette, Jaffy Thomas, launched Cobbles and Clay's story telling sessions. He has been followed by award winning TV actress turned yarn spinner Ursula Holden-Gill whose mix of traditional tales such as Rumpelstiltskin and personal experiences of growing up

in Burnley have captivated mainly adult audiences. Calking up a hat trick of performances at the club has been the Hot potatoe story teller Peter Findlay who has brought his energetic inter active and heartfelt style to tales of Anansi the spider



god with silly songs, foolish faces, folk tales from around the world and a healthy dose of the unexpected. At many of these sessions there has been room for that favourite of story clubs, the open floor spot where children of all ages have stood up to set mind boggling riddles and tell tales

of finding treasure, etc. This has been and continues to be a wonderful occasion, a real community rekindling the art of story telling in the heart of Haworth; warming and enticing for all.

Mrs. Taylor of Stanbury

## RURAL MATTERS by Rachael Moore

### Make Hay whilst the Sun Shines!

The recent dry spell has been a blessing to farmers looking to gather winter feed for livestock. More recent trends of collecting the grass have been in the form of silage, either chopped and stored in a great heap in a 'clamp', or in the form of round bales wrapped in thick cling film type material. Both storage methods, require all air to be squeezed out of the grass to enable fermentation.

Making silage, is less weather dependant with just a couple of rain free days required from mowing to gathering. Once the grass has been mown, it is left to wilt for about 24 hours, where it will then be 'rowed up', by a machine towed by tractor, with two big spinning wheels. From here, the grass is either gobbled up by a forager, which chops the grass to about 3 inch long lengths, then shoots it out of a spout into a tractor and trailer running along side. The grass is then tipped into the clamp. Alternatively, the grass rows, are gobbled up by a round baler, which rolls the grass up into a 4ft diameter round bale, tied together by string, or net wrap. To preserve the grass, it is then mechanically wrapped in cling film.

Making hay is more intensive, and more dependant upon the weather. You may recall having seen those square bales of hay in the fields. 24 hours after mowing, the grass is spread out to wilt further in the sun to make a drier forage. A few hours later it will be turned again, until it gets the right texture, still being slightly green, but thoroughly dried out. Then it is rowed up, and baled into rectangular bales, tied with two strings. This is then man



handled onto a trailer and stored in the barn, wrap is not required.

This brings back memories of my childhood where we used to haymake and it was the job of the children to roll the bales to the trailers, where the adults would then throw the bales up onto the stack. It was an entire village event, there's be about five families all coming to help, because it was a great social event too, as well as being one of the most important events for a farmers to gather the winter feed. The children of the families would happily run around in the field making dens, making an obstacle course, and of course helping out to demolish any picnics!

Now, with the more popular method of making silage, the social aspect is not as prominent, and the number of tractors required, is too dangerous for children to play in a working field. Yet, gathering silage, or hay making requires a number of people and all hangs on the weather - the Countryfile weather forecast is still watched with anticipation!!

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**HERE IS A SAMPLE OF THE KIND OF THINGS WE ARE PLANNING:**

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**Sat 3rd July - Oakworth Village Gala** 1pm. Procession from Windsor Rd. Stalls & activities in school field. 01535 642625

**Sat 3rd July - "Wimbledon" Coffee Morning and Bring and Buy.** 10.00 - 11.30 a.m. Colour stall: Green/White/Red. Gift items, household items, books, refreshments. Admission free. All proceeds for the Buildings Renovation Project. Lees Methodist Church directly opposite Lees Primary School.

**Sat 3rd July - Guided walk.** Nesfield and Upper Austby 6½ miles (10.5km) circular walk Packed lunch required Meet Howard Lloyd at 10am at the old stone bridge, bottom of Stockfield Road, off the A65 Skipton Road, Ilkley. Come and enjoy a mid summer ramble in this picturesque area of the Wharfe Valley.

**Sun 4th July, Oxenhope Straw Race.** 2.5-mile charity race in fancy dress. Race begins at 12 noon. info@strawrace.co.uk http://www.strawrace.com

**Sun 4th July - Oxenhope millennium green farmers and producers market.** Stalls available 07535 594379.

**Wed 7th July - Kex Gill Moor** 5½ miles (9km) circular walk Packed lunch required Meet Gillian Dale at 10.30am at the lay-by car park on the A59 Skipton to Harrogate road (GR168553), below Blubberhouses church. A lovely moorland walk.

**Wed 7th July - Oakworth neighbourhood forum** 7pm at Holden Hall. 01535 618008

**Sat 10th July - Haworth's 4th annual 'Wall of Art' event.** 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.

**Sat 10th July - 2-4pm Strawberry Fayre** Stanbury Village School Games Stalls BBQ Cream teas. All proceeds to school funds.

**Sat. 10th July Airedale Male Voice Choir** St. James' Church, Cross Roads 7:30 pm Tickets (£5) Phone 644231 or Pay on the night

**Sun 11th July - Manorlands hospice annual garden party**

- various stalls & entertainment in the hospice grounds. 1pm-4pm, free entry!

**Sun 11 July Bradford Cathedral. Organists Association Centenary Event.** Talk and demonstration of the Wingfield Organ. Free. Afternoon tea provided, £5 per person. 2pm. Booking essential. Details 01274 777720. www.bradfordcathedral.co.uk.

**Mon 12th July - Stanbury & district W.I.** meeting held at West Lane Baptist Church, Haworth. Who'd be a writer Ms J. Robinson. Comp: short prose or verse.

**Tues 13th July, Dementia Support Drop in session.** Experienced staff to offer support and help. Activity & peer support groups. **1-3pm** Temple Row Centre, 5 mins from Keighley Bus Station. dementia@dsl.pipex.com 07961 784888.

**Sat 17th July - Oxenhope Village Fete.** Stalls available 07535 594379



**Until 18th July - Victoria Brookland, Exhibition** of paintings based on the dresses in the Parsonage collection. Free with admission. Bronte Parsonage Museum.

**Sun 18th July - Millennium Way Circular** 11km circular walk. Packed lunch required Meet Kenneth Allen Snr. at 11.15am at Wesley Place car park, Silsden. This walk over the hill towards Addingham involves some climbing, steep in places.

**Sun 18th July - The big K CyKlosportive -** race the train - 6 routes to choose from all start at Park Lane college in Keighley.

**Sun 25th July - Cafe Church** 1.00 p.m. Starts with buffet lunch in informal surroundings in the hall, set up cafe style, followed by worship. Led by Reverend Alf Waite. No charge but donations towards the food welcome.

**Wed 21st July - Day Tripper** 7½ miles (12km) linear walk Packed lunch required Meet David Anderson at 10am at the Millennium Green (opposite the railway station)

Oxenhope. Steep climb to start over "stairs" before descending to Hebden Bridge. Return by bus, pay your own fare.

**Thurs 22 July Social Networking** "How to" workshop for businesses. Looking at LinkedIn, Twitter, Facebook. 5:30 at Cobbles & Clay, Main St., Haworth. Sponsored by Biz Fizz. Must bring own laptops to be able to participate; the cafe has WiFi access. To book a place on this event, contact Candy Squire-Watt Bizfizz Coach - Bradford Rural Tel: 07507 889391

**Sat 24th July - Bingley coffee morning -** little house, Bingley. 10am - 12pm

**Sun 25th July - Five Rise Locks and Shipley Glen** 8 miles (12.8km) circular walk Packed lunch required

Meet Raymond Wood at 10.30am at Hirst Wood car park, bottom of Hirst Lane, Saltaire. Walk along the riverbank and canal towpath to the Five Rise Locks, return over moorland and via Shipley Glen.

**Fri 6th August - Manorlands Hospice Annual Summer Ball -** Black tie event at Cavendish pavillion, Bolton Abbey. Tickets are £45 a head in tables of 10 or 12. Promises a lovely evening in a beautiful setting where you can enjoy a three course dinner & disco. Contact Matthew Binns 01535 640448 or email matthew.binns@suerydercare.org

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## IN THE GARDEN with Mike Cunningham

### JULY

Midsummer, and the flowerbeds are awash with vibrant coloured annuals.

Summer bedding is at its best. This month is a time to relax, to enjoy not only the richness of the flowers but also the delicious scents of summer. It is a time for sitting in the shade, having an outdoor meal.

### Roses:

Continue to water and feed using a rose fertiliser feed. Spray against black spot, greenfly, rust and mildew. Tie in new shoots cutting out any spindly looking ones. Don't forget to deadhead regularly and remove suckers (suckers tend to develop at the base of the rose below the ground level).

### Lawns:

Mow at least once a week keeping edges trimmed for a good-looking lawn. Spike compacted lawns to aerate. Do not apply chemical treatments during dry and hot weather conditions unless you water copiously after.

### Flowering Plants:

Continue to cut back early flowering perennials. Apply a general fertiliser to invigorate a tired looking plant. Autumn flowering bulbs and sweet william etc can be planted in prepared beds. Regularly deadhead flowering plants especially annuals. Now's a good time to plan and order your spring bulbs.

### Vegetables:

Continue to water and hoe between plants. Pinch out any side shoots from tomatoes except bush type varieties and start feeding twice a week using a liquid fertiliser when the yellow flowers have formed a pea size tomato. Complete planting of broccoli, brussel spouts, leek and winter cabbage etc. Early potatoes should be lifted.

Towards the end of month onions and shallots can also be lifted and dried ready for storing

### Container Plants:

Container grown plants can dry out very quickly this month, regular watering by any means to maintain moisture at the plant roots is essential. If going

on holiday make arrangements for a friend or neighbour to water or alternatively move container to a shady part of the garden.

### House Plants:

Discard or replace plants that are past their best. Continue watering and feeding plants. Try to provide as much humidity as possible on hot days by standing near a saucer or bowl of water. Clean leaves of foliage type plants using a damp cloth.



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# TOP TECH TIPS by Michelle Thompson of CloudFree IT

More of us than ever before are making use of the internet for daily tasks (banking, shopping, communicating) as well as our leisure needs (TV, radio & movies on demand, music downloads, chatting with friends & family, researching, gambling). Good things a plenty – there for the asking!. Unfortunately there's bad things there for the taking too!

Kids learn about safe web-surfing in school, but for those of us for whom the pocket calculator was 'a wonder to behold' the internet may feel like stepping into an alien world...

Common-sense, vigilance and following these Golden Rules can minimise the risk to you, your data and your computer.

**1.** Create a standard user account with limited privileges for web surfing. Save the administrator level account for doing only those tasks which require Admin privileges (e.g. installing software).

**2.** Always use strong passwords. Change them often. A strong password includes a mix of letters (both upper & lowercase) & numbers and should be hard to guess. Avoid using dates or names of family or pets. Where possible include special characters (symbols) too making your password even harder to crack.

**3.** Always use Security Software and remember the 'Rule of One' - one anti-virus, one anti-spyware, one firewall product (or one combined internet security product). More than one of each type does not provide better protection - they can interfere with each other.

**4.** Watch out for malware posing as anti-virus/anti-spyware products. Pop up infection warnings from a product you don't recognise, asking for credit card

details should set alarm bells ringing!  
**5.** Occasionally run an online virus scan to check for infections your resident protection may have missed (sadly it happens – no AV software is perfect!)  
**6.** If your broadband router has firewall functionality use it as well as using one computer firewall (either Windows Firewall or one included in an internet security suite – not both – see 'Rule of One' above).

**7.** Keep ALL your PC software up to date –INSTALL UPDATES NOW! Don't delay.  
**8.** Be smart about where you visit and what you click on. Stick to well-known sites. Avoid free downloads except those recommended by sites or people you trust. In particular, avoid those 'sites of special interest' (yes, you know the ones I mean!) Many contain ILLEGAL material as well as viruses.

**9.** Pay for music and movie downloads! Avoid Peer to Peer file sharing services – it's ILLEGAL to share copyrighted music & videos –see last month's Top Tips.  
**10.** Do not open email attachments from users that you do not know - DELETE THEM IMMEDIATELY!

**11.** Use an alternative browser (Firefox, Opera, Safari etc.) Hackers target Internet Explorer more than any other browser. If you would rather stick to IE make sure it is well-secured.

**12.** Be on your guard in chat rooms – don't divulge personal information, even if the person you are chatting to sounds genuine. Fraudsters are patient – taking time to extract information by asking seemingly innocent questions. You wouldn't tell a stranger in the street your bank details, date of birth, phone number or address, would you? **Happy WebSafe Surfing!**

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

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

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

(cont. from page 19)

## World Cup Crossword Word Bank

goal header goalie midfielder forward assist carry dribble defense offense score FIFA

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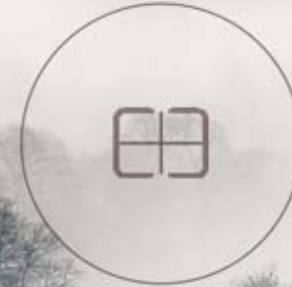
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