

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

Sept 2013



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Blink... and summer is gone.

Once you turn the corner and September arrives, the pace quickens, diaries fill up, and there is a certain expectation to get back to business as usual.

Local cycling enthusiast, Francis O'Dwyer, or 'Tour de France Frank' as we affectionately call him, reminisces about his youth and the long summer days spent cycling to Morcambe from Keighley. Frank sets the scene for our regular 'Worth The Tour' updates where we focus on relevant Tour de France related topics and the 100 Day Cultural Festival that will take place prior to the event.

Enjoy the AireValleyMag and get in touch if you'd like us to help promote your business, event, or community activity in the months ahead.
01535 642227
Have a great September,



Liz Barker

Liz Barker, editor @LocalGlobalGirl



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COUNTRY COOKING & FORAGING FOR FOOD

For the promotion of Health & Wellbeing by Cath Bromwich



Elderflower cordial and bilberry 'smooch'; summer rewards. The bilberry foraging session we held went well and someone went from not knowing what a bilberry bush looked like to making a bilberry processing factory that afternoon..Excellent, another convert to free food.

Looking forward to autumn's foraging curiosities we have; rosehip syrup tasty and very good for you, but a bit challenging in the prickly department and rowan jelly, with game, the first time I made it, it went so solid we joked

I'd made industrial glue! However the most abundant crop will be blackberries.

Like bilberries, blackberries are one of those fruits that are excellent in the traditional, simple recipes. Who has ever been disappointed by a blackberry and apple crumble? [See Nel's recipe on p16] There are fancy things you can do with them like mousses and you can add other summer fruit to your mix. This is a foragers essential because you do not always get exact amounts for a recipe, hence recipes existing such as 'hedgerow jam'. This month's choice is summer pudding because I love it with plenty of blackberries.

Bushes are large, rambling and thorny with long branches, a bit like an overgrown rosebush. Found along hedgerows but also in waste areas. They are not fussy, they do not insist on countryside. Clusters of blackish fruit grow along the branches amongst the leaves and thorns. The ripest and best berry is the one at the very end of the cluster.

There are so many varieties of blackberry that you cannot predict the taste. Big, glistening and plump is a good bet for a nice one. Eat the best ones raw or in the pudding I have included. If the berry looks deflated then flies may have got to it. Leaves are green with three to five leaflets with oval serrated edges. The 'berry' can be up to about 2cm long but usually smaller. It is made up of what is actually a cluster of lots of tiny berries all tightly grown together. If nothing else, don't miss out, go and spend an afternoon picking and cramming them into your mouth.

Cath Bromwich, a Silsden resident, is a cookery teacher and forager with a background in health promotion.

BLACKBERRY SESSION!

Saturday 21st September 10.30am

For other autumn courses contact Cath Bromwich for more details...

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Summer pudding

Adapted from A year of family recipes by Lesley Wild

For a 1ltr pudding basin

1kg assortment summer fruit:
blackberries, raspberries,
red currants

Approx. 125g sugar

3 tablespoons water

Approx. 12 slices slightly stale white bread, crusts cut off

Place fruit, water and sugar in a pan, simmer for approx.5 minutes until fruit soft. Taste for sweetness, add more sugar if necessary

Sieve fruit and retain juice

Dip bread slices in this juice and line basin with it, cutting bread to fit

Spoon fruit into basin and cover with more juice soaked bread

Keep any spare juice for serving

Refrigerate bowl stood on a tray and with an appropriately sized saucer covering the top, so that the pudding is squished down when you put a weight on top of the saucer. Leave overnight

To serve turn the pudding out onto a plate as you would a jelly. Serve with extra juice, cream, yoghurt or crème fraîche.



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Worried about your aging horse?

We are planning another equine client evening on Tuesday 29th October 2013. This time the subject is 'The Geriatric Horse' Come and find out more about caring for an older horse, including: **nutrition, cushings, stiffness, heart murmurs** and **senile eye changes**.

As usual our Vets and Nurses will be on hand to answer questions, there will be a charity raffle and a shop. Please e-mail to *reserve your place*: admin@aireworthvets.co.uk **Full details are on our website:**

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Any other questions?

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COMMUNITY DISTRIBUTERS – KEEPING IT LOCAL

This month we introduce Adele and Mick who have been an integral part of our magazine for several years now.

They deliver the Worth Valley magazine to the Providence area of Oakworth along with their 12 year old son, Michael. Adele & Mick have successfully promoted their businesses in the Worth & Aire Valley mags for nearly 5 years. Adele offers a well established cleaning and ironing service and Mick is a roofing repairs specialist along with other outside repairs and maintenance.



They deliver the magazine with Michael to teach him that money needs to be earned and his 'wages' cover the cost of his

monthly mobile phone contract!

Apart from working hard, Adele is a singer who frequently gives her time free of charge to entertain people living in care homes or attending day centres. She also spends many a Saturday morning at Airedale hospital singing for the patients.

We're certainly pleased to have Adele and her family working with us. Yet another reason why we have local people delivering the Worth and Aire Valley mags rather than use any other postal or delivery service, keeping in line with our

policy of 'Keeping Trade Local' and putting back into the communities we serve.

If you have any distribution related queries please contact us on 01535 642227 or email mail@worthvalleymag.co.uk

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BEHIND THE SCENES AT THE BRONTË PARSONAGE MUSEUM

Heaven is a Home By Ann Sumner and Ann Dinsdale

The Brontë Parsonage Museum is usually focussed on the 1840s, when the Brontë novels first appeared, but this year, the Museum took part in Haworth's popular 1940s weekend. The current exhibition at the Museum, Heaven is a Home, looks at some of the other inhabitants of the Parsonage, including custodian Harold Mitchell, who lived with his family in a few cramped rooms of the 1870s extension from 1928 until his retirement in 1961.

The 1940s were an exciting time at the Parsonage, which remained open during the war years. Brontë films had a big impact on visitors to the Museum, and despite petrol rationing, numbers soared from 9,000 in 1940 to 53,649 in 1947. Mr Mitchell's son, Eric, was born at the Parsonage in 1935, and the exhibition features an interview with Eric, in conversation with the Brontë Society's Executive Director, Ann Sumner, recalling those years. Eric and his elder brother, Trevor, loved to watch the soldiers, stationed at the new Sunday school across the road, parading the school grounds. The Parsonage served as Haworth's first-aid post, and Trevor would act as a bomb victim in training exercises, labelled to indicate his injuries, and lowered from the window of the children's study.



Harold Mitchell
outside the Parsonage

The Parsonage was one of a few Haworth homes to have a bathroom, and Eric, remembers small groups of soldiers waiting their turn for a bath in the family's sitting room. The hot water came from a fire-back boiler on which Mrs Mitchell also did all the cooking and baking. While Eric fed logs into the fireplace, the soldiers would tell him stories of army life and their families back home. He often thought about his eldest brother, Raymond, who had volunteered for

military service and joined the Royal Navy Fleet Air Arm in 1943. Raymond never returned home. He was killed at the age of 19, just before the end of the war.

To hear Eric's stories about growing up in the famous Parsonage and find out more about some of the other families who lived there, visit the Heaven is a Home exhibition, which runs until the end of the year.



Mrs Mitchell and the land girls - Ann Sumner,
Linda Pearson and Sue Newby at 1940s weekend

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Are you a jigsaw fanatic? Know someone who is? Just curious to know what a jigsaw festival is?

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People in the village have been busy for months making up hundreds of jigsaws. They will all be on display and available to buy – great Christmas presents, and ideal for those winter evenings which will all too soon be on the way.



Church member and EastMorton resident Jean Walker, with one of the many jigsaws she has completed for the festival



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This third FallFest festival promises so much more with Marshall's weekend funfair, a Farmers market and the "Great Fallfest Bake off" - all new for 2013.

Whether you're a star baker, or a would be baker, get your entries to the Fallfest Arena by 12-30pm on Sat 21st. ready for judging at 2-30pm. Entry is free. Paul from Craven Bakery and Charlotte from Skipton's Three Sheep Tea room will judge before awarding the festival prize to the winner.

A festival highlight has become the Sunday film and this year is no exception. This year the organisers have formed a partnership with Cine Yorkshire offering a season of films amongst the highlights of the season, The Life of Pi. The partnership will be launched with a screening of "Brassed Off" a classic Yorkshire film starring Ewan McGregor, Tara Fitzgerald and the late Pete Posslethwaite. Joining the screening is the film's award winning musical director, John Anderson, to share insights behind the scenes. The film starts at 3-15pm and to add to the Yorkshire flavour pie and peas or Yorkshire cream teas, or both, will be served.

Opening the show this year will be "Fallstomp". Over the summer a team youngsters have been working with professionals to devise/create their own highly charged piece to include in the finale.

A variety of bands then take to the stage before this year's headline act- The Swing City Big Band bring Fallfest to a close.



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BLACKBERRY FEAST

As the glorious sunny weather, punctuated with almost tropical rainstorms, turns into a misty autumn, we realise that this most British of summers has left us a parting gift of an amazing crop of blackberries. (Snap. Cath, our local foraging guru, is thinking the same; see p6) Walk along any hedgerow or roadside in the valley and you will see them; green, red and just-turning black, often tantalisingly high, or surrounded by nettles. But put on your boots and a protective glove (to hold back the prickles), with a long stick in hand to pull down the highest, juiciest ones, and you can harvest a feast for free on your doorstep.

For no reason I have ever fathomed, the biggest, boldest blackberries always grow on the road-side of a hedge rather than the field side, and often in towns or along busy roads. Give them a tug – if they don't come off the branch easily, they're not ripe, so leave them for the next visit. And don't forget to look up and down – many good berries get missed at ankle height. (But be sure it is out of range for dogs' business)

Once home, cover the berries with a few inches of cold water and leave for half an hour or so.

To tempt your tastebuds here's one of my favourite blackberry recipes; a traditional blackberry and apple crumble with a crisp oatly topping.

Apple, Blackberry & Elderflower Crumble

2 mugs full of blackberries (about 300g)

2-3 good sized bramley apples, peeled and cored into one-inch chunks

1 tablespoon caster sugar (or more if you have a sweet tooth)

A slug of elderflower cordial (about 2 tablespoons)

100g (or a cup measure) of plain flour

100g (or a half cup measure) brown sugar, plus a spoonful for sprinkling

100g (or a cup measure) of porridge oats

100g cold butter

Pre-heat the oven to 180/ 350 / gas mark 4, and grease an ovenproof dish big enough to hold around 1.5 – 2 litres of water.

Put the peeled, cored and chopped apple into a pan with the blackberries, elderflower, sugar and water and soften over a low heat for around 5 minutes – watch it doesn't go mushy.

Cut the butter into small chunks and rub into the flour with the tips of your fingers and thumbs. When it's a similar texture to coarse breadcrumbs, stir in the oats and the sugar.

Put the fruit into the bottom of the dish, top with the crumble topping, and sprinkle with a bit more brown sugar

Bake for around 30-35 minutes until golden brown and the juices are bubbling up around the edges. Serve with a good tin of custard, or icecream. **Nel Hargrave**



To advertise call Karen or Liz on 01535 642227

Damside Mill A PHOENIX FROM THE ASHES

On 5 December last year, a fire broke out in Damside Mill, Lees near Cross Roads. It caused severe damage to the old mill building, which was the last part of Lees Mill not to become housing, and as such an important part of the local industrial and creative heritage.

It is a testament to both the owners, the local Merrett family, and to Anthony Hartley that the mill was not abandoned or sold on for more houses .

Anthony, a furniture designer and maker, had spent the previous 12 months restoring and renovating the somewhat dilapidated old mill into a state of the art workshop, a gallery for contemporary furniture, sculpture and lighting, and studios for upholstery and other courses.

It wasn't easy at first to even consider going back into the blackened rooms, and take in the ruined furniture which had been waiting to go out to international clients, the charred remains of the new designs commissioned by London Transport Museum for their 2013 anniversary of the tube, and the soot covered upholstery projects which Pauline Keenoy's students had worked so hard on. However, with the support of the Merrett family and the local community, in May this year renovation work finally began. Tony managed the whole project through, doing much of the work himself, and using local tradespeople to clear the soot, rebuild the workshop,



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make the new stairs, refit a new kitchen and paint and clean from top to bottom; when the last new windows go in, the old building will come back to life once again.

On **Sun, 1st Sept (10 – 4)** there will be an open day (with cake) to show how far the Damside team have got – come and have a look around, try out the furniture, chat to Pauline about an upholstery project, or just have a nosey at the workshop.

Up in the studios, courses start again on **Wed, 11th Sept**, and are already booked up – there are just a few places

on the Vintage Upholstery and Home Accessories course on Wednesday mornings with new courses and one-day classes in paper jewellery, photography, millinery and origami being added.

The gallery will host a meeting of the **Worth The Tour** group for all things Tour de France related in the area on **Mon, 9th Sept 7pm**, and will have a new programme of exhibits coming soon, including

new works by Silsden sculptor, Sam Shendi.

In the workshop, Anthony has his machinery almost back up and running. London Transport Museum will launch his special collection at London Design Festival in September, and while he was without a workshop, he designed a whole new collection of furniture and worked with FabLab Airedale in Keighley to make the prototypes; never a dull moment!

Cobbydale Construction



The credit crunch, declining economy and a double dip recession has created challenging times for all, particularly in the building industry, and consequently many firms have ceased trading.

Counter to the trend, Cobbydale Construction, which started trading in 2004, has managed to grow and mature through these difficult times and now employs 6 skilled full time tradesmen. This success I believe

is from keeping to realistic prices and detailed proposals, an emphasis on customer service and of most importance first class workmanship.

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with that extra piece of mind, we are a fully affiliated member of the Federation of Master Builders and work to government endorsed standards regulated by the TRUSTMARK scheme.

Finally I feel that it would be an injustice not to mention my loyal staff whose dedication to the job relentless graft and friendship over the years has made this close-knit firm what it is today.

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Google Earth ©



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SUDOKU

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Using the numbers 1 through 9, the 81 cells in the sudoku grid must be filled so that every column, row and block contains the numbers 1 through 9. No number can repeat within any column, row or block. see page 31 for the solutions.

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Back to school



BATTLING THE BUTTERFLIES

As the new school year gets under way those long, lazy summer days might seem far behind, but these helpful hints make life back at school that bit easier.

Going back to school can be an unsettling time. Whether it's your first time or you're moving into a new year group, everyone needs time to adjust. Sometimes we need reminding that this is a perfectly natural situation and as the term goes by it will become the normal routine.

Remember going back to school means opportunities to hanging out or meeting new friends, have a go at new activities and get new books and clothes.

Always remember it's good to talk. Whether your worried about work or other kids in your year; your parents, teachers or friends can help support you. Parents or carers can help by being around to chat and by making time to listen or spend time with their children. Lots of schools now have a buddying system so why not make use of it? Often their guidance or advice will

be really helpful as they might have been in a similar situation and they have more experience of the school. Plus they're on hand to give you immediate support.

Although you're starting to get back to your term time routine, remember these simple rules.

- Get enough sleep you need to be well-rested and ready to learn in the morning
- Eat a healthy breakfast you're more alert and do better in school if you eat a good breakfast every day.
- Use your timetable to plan what you need for the week ahead.
- Use a wall planner to record when assignments are due, tests will be given, extracurricular activities and rehearsals will be held, etc.
- Organize and set out what you need the night before including any home work to hand in, kit etc.

Although it's normal to be anxious in any new situation, if you feel that you're not settling in or you are worried about going to school for any reason, remember it's always good to talk!

Rachel and Alan Bentley Tutor Doctor



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Sat 7th Sept Keighley & District Agricultural Show at Marley Stadium - Field adjacent to Aireworth Road, Keighley, BD21 4DB. Enjoy a Super Day Out for all the family. Birds of Prey Displays, Chainsaw Carver, Haworth Band, Terrier Racing and much more. More info visit www.keighleyshow.co.uk

Sat 7th Sept. Included with Keighley Show. Train rides for all the family. Miniature trains running at Marley sports field 1pm until 4.30pm. Details at www.kdmes.org.uk

Sun Sept 8th Silsden Car Boot Sale 7am - 1pm, Further details call 01535 654747

Mon 9th Sept Worth The Tour meeting to discuss Tour de France activities in Worth & Aire Valleys. 7pm at Damside Mill, Lees near Haworth. contact Liz 01535 643686

Tues 10th Sept Bridge Classes - Keighley Bridge Club. Every Tuesday evening. For more info contact John Spencer 01535 610639

Weds 11th, 18th & 25th Sept East Riddlesden Hall Greener Gardening Come and learn about how our garden grows with our head gardener, Jill Saunders. Jill will take you on a walk through the gardens, explaining how we keep it all going throughout the year. She will share tips for greener gardening, and will try to answer any questions you may have about your own garden. This is a real treat for anyone with green fingers. More Information: Jill Saunders, 01535 607 075,

Sat Sept 14th Heritage Open Day. Vintage costumes, Classic cars, traditional sweets etc, **Glusburn Institute Community Arts Centre.** 01535 630223.

Sat 14th Sept Craft & Gift Fair 10am - 4pm at Bingley Art Centre, Market Street, Bingley. Refreshments provided by Lavenderfields. Free Admission.

Sun 15th Sept. Train rides for all the family. Miniature trains running at Marley sports field 1.30pm-5pm. Great family afternoon out. Refreshments available. Details at www.kdmes.org.uk

Fri 20th, Sat 21st & Sun 22nd Sept at Glusburn Institue FallFest Full weekend of Entertainment including Funfair, Farmers Market, Music, Live Entertainment and much more. For full details visit www.fallfest.co.uk or call 01535 632976

Sat 21st Sept Silsden Art & Craft Fair 9.30am - 1pm at Silsden Methodist Church, Kirkgate, Silsden, BD20 OAP

Sat 21st Sept St Michaels & All Angels Church, Main Street, Haworth. Military Wives Choir York. In aid of SSAFA. £10 tickets available from Firths Boutique 01535 643800.

Sun 22 Sept The Bronte Mountain Bike Challenge. A route for all abilities. For more info go to www.brontebikechallenge.org.uk

Thurs 26th - Sat 28 Sept 25th Keighley Beer Festival Central Hall, Alice Street, organised by the Campaign for Real Ale (CAMRA). Up to 70 real ales, this year featuring strong milds and old ales; also ciders, perries, foreign-bottled beers, food, souvenir merchandise and the ever popular

tombola. For full details go to: www.keighleybeerfestival.org.uk

Fri 27th, Sat 28th & Sun 29th Sept Skipton Puppet Festival This 3-day event offers a variety of performances for Family and Adult audiences as well as an extensive free street programme. This year there will be no fewer than 23 companies, with performances from Germany, France, Hungary and Finland as well as many companies from all over the UK. There will be 72 shows in 8 venues plus an exhibition and carving demonstration, workshops, and a Community Puppet Parade with some giant very special guests! 01756 797149 or visit www.skiptonpuppetfestival.co.uk.

Sat 28th & Sun 29th Sept YARNDALE at Skipton Auction Mart. Yarndale is a new venture which aims to celebrate the beauty and diversity of wool, cotton, linen and silk fibres in all their forms. The event will bring together an inspiring mix of retailers, manufacturers, craft workers and artisans from all over the country who are passionate about beautiful yarns, threads and textile treasures. More info visit www.yarndale.co.uk or call 01756 770323

Sat 28th & Sun 29th Sept Haworth Craft & Gift Fair 10am - 4pm at The Old School Rooms, Haworth.

Thurs 3rd Oct Cliffe Castle Museum, Keighley - Sketching at 10.30am. Celebrate the reopening of the Museum. The session will begin with a

talk on the renovation of the museum; the reasons behind the restoration work and the new displays. The afternoon will be spent sketching items on display and a few items which will come out of storage especially for this session. Sessions must be pre-booked, please contact Cliffe Castle on 01535 618231 Cost: £5 Bring a packed lunch.

Sat 5th Oct Cobbydale Singers at Silsden Methodist Church at 7pm. Tickets £5 inc tea & biscuits. Proceeds to Manorlands. Call 01535 658044

Fri 11th, Sat 12th & Sun 13th Oct Octoberfest at Keighley Town Centre Three day continental market. Keighley Oktoberfest offers customers the chance to purchase something distinctly continental without even stepping out of the Country!

Sun 13th Oct Keighley Model Railway 7mm Festival 10 am - 4.30 pm at Keighley Clubrooms, Knowles Mills, South Street, Keighley, BD21 1SY. Several 7mm Club layouts will be running, plus visiting layouts including DCC operation. Bring your stock to run on our multi-gauge test track or possibly a layout - don't forget your camera! Coincides with KWVR Steam Gala.

Sun 13th Oct The Oxnop Singers present "Our Kind of Music" Choral ballads, showtunes, gospel and popular classics, with **guests The Silsden Band.** An entertaining night for all. 7:15pm at Oxenhope Community Centre. Tickets £5 including refreshments, in aid of Airedale Hospital's Endoscopy Unit. Tel. 646158 or 647434 for tickets (or available on the door)

Please support local trade

On Trainspotting, Photography, & A Love Affair with The Big Loop



Frank O'Dwyer

During my formative years we were brought up in a very different society from today i.e. rationing didn't finish until 1953. And so even if you had money, there

was nothing to spend it on unless you had ration coupons. Because of this we would make our own amusements; saving cigarette cards, army badges, birds eggs, playing out, cricket in summer, football in winter, and trainspotting. Somewhat derided now, but in our day trainspotting was a means to get out and about; visit Leeds, York, Doncaster, etc., spend all day there and never leave the station.

But our Mecca was Hest Bank near Morecambe. 4& 6 pence, that's 22p, a single day return would get you to Morecambe. A fast trot along the front for a couple of miles brought you to Hest Bank. The station was right on the sea shore. We trainspotted, played football or cricket and then got the 7 o'clock train back to Keighley after a wonderful day out.

Hest Bank got me into long distance cycling. Why pay money to go on the train when you could ride there on your bike? It was a round trip of 110 miles. But we had all day. I saved money from my paper rounds so that I could buy a Box Brownie camera, then I could take photographs of the train on the long straight approaching Hest Bank. Also there were water troughs so that the expresses could take on water and then hammer down at top speed; what a sight!

We didn't have TV so I spent hours

drawing and model making on long winter nights. Photography and cycling became part of my life I suppose because of these interests, when I discovered the Tour de France, the long hard stages and brilliant photojournalism plus the fact that I had joined the cycling club and was rubbing shoulders with racing men, made me identify with these giants of the road.

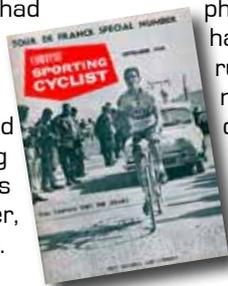
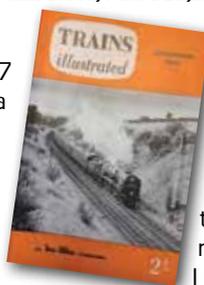


Illustration by Frank O'Dwyer



My generation was encouraged to take risks and there was a culture of health and strength; swimming outdoors in lidos, cycling, climbing, pot holing, camping; we were all encouraged to be active. We had to be tough. Our fathers had just fought and won a war against the biggest threat to civilization the world had ever known and we had to be ready to do our bit should we be called upon. Europe had been liberated at a huge cost and the Tour de France was playing a huge part in the unification process. I was hooked, and began a love affair with the race which, despite all the frailties of the riders, has been a constant source of pleasure to me. Now 71, I still ride my bike, and because of the Tour passing through Keighley, my interest in the race is stronger than ever. At last I will have a chance to play a part in this annual adventure, no matter how small. I am now involved in the 'Big Loop' as the Tour de France is known, and I'm thrilled.

Frank, or TDFFrank as we affectionately call him, will be updating us regularly on the Tour de France and helping us enjoy the race and the cultural festival on the run up to the event. You can follow updates on twitter too: @WorthTheTour #TDFFrank and #WorthTheTour.



Tour d'Art ...Creativity on the move in the district.

Following a number of sessions to consider how to enthuse local people and welcome the Tour de France to Yorkshire next year, a pilot project has been developed under the banner group 'Worth The Tour.'

Tour d' Art is the name of the creative project that brings community groups and artists together to showcase the unique aspects of the 2014 Grand Depart route and the distinctive features that make Yorkshire so special.

Russell Brown describes his vision for the project: "I came up with the idea for Tour d' Art after driving the Grand Depart Stage 1 route with a friend a few months ago. The Yorkshire landscape is spectacular and inspiring and as we drove through the quirky villages and towns en route I thought there must be a way to get local people to feel a part of this massive international spectacle. Each community has its distinctive characteristics and attractions. I felt it was important to give each community the chance to show the world what is so special about their part of Yorkshire and the folk who live there. It seemed logical to get community groups working together creatively to come up with a kind of welcome message too."

The pilot brief includes the formation of a

Tour de France inspires Tour d' Art: A collaborative and creative approach to community engagement. WEA Education specialist Russell Brown with residents from Rough Nook and artist Vic Buta move their canvas 'Welcome to Rough Nook', around the district. You can view the painting in the shop window of Firths Boutique, on Haworth Main Street, in the month of September.

working group in an area incorporating a local club, school, or community group plus a commissioned artist to help facilitate the project. The task is to create an object or artifact that can be displayed along the Grand Depart route. There are certain criteria and constraints but generally it must be designed to accentuate the key attributes of the group and/or its location as well as function as a welcome banner to visitors and spectators, it can be viewed en route and/or from the air.

The first collaborative work has been created by the residents at Rough Nook, the special needs residential home located between Haworth & Stanbury and Northcliffe Environmental Enterprise Team (NEET), the environmental social enterprise and registered charity based in Shipley. Artist Vic Buta from the community arts group HIVE was enlisted to help the group with the design and execution of the artwork.

It is hoped that the work will inspire groups in other places to participate in Tour de Art and to fully engage with the cultural festival in the 100 days prior to the Tour de France in July 2014. The project is designed so that it can be scaled up to include schools, clubs, and organizations throughout the district. **If your group, school or association would like to get involved or to find out more contact Mr Brown for details. 01535 646 074**

TOP TECH TIPS by Michelle Thompson at CloudFree IT

Where does all this bleeping 'malware' come from?

You've learned that protection software is about as reliable as a chocolate fireguard if it's expired, so you've become religious about checking for updates. You even put up with that long drawn out 'Installing 13 of 14 updates' message, on 'Patch Tuesday', even though you're in a rush to shut down Windows.

So why is your computer still acting like a 3-legged donkey coming backwards out of the starting gate in the 2:30 at Ripon?

Well maybe, just maybe, you invited the 'gremlins' in? Invited? Yes, I'm absolutely serious!

Some malware can only get in if you 'invite it', just like Vampires, except this time you could be the one being taken for a 'sucker'...



Have you ever:-

- Started to install some free software and clicked straight through the installation wizard without stopping to think 'do I really need this?' or reading the small print about what you're agreeing to?
- Wondered where that new 'toolbar' appeared from in your internet browser?
- Installed software you wanted only to find additional new shortcuts on your desktop/start menu, or new toolbar/homepage in your browser, that you were not expecting?
- Agreed to install some free software to 'enhance your PC's Performance'?
- Downloaded 'free' music, videos of games from peer-to-peer file sharing services?
- Accidentally mistyped a URL (website address) and landed on an illegitimate website, possibly with 'eye-wateringly unsuitable' content? (This happened to me once as I was about to visit a legitimate Windows-related site used regularly by zillions of IT professionals and I had to get outta there 'tout de suite', I can tell you! All it

took was one wrong character.)

- Clicked on a link within an email, that looks very similar to, but isn't the exact URL of, a website that you recognise and found that nothing much happened except the very briefest flash of something on your screen, and it was gone before you could work out what happened?
- Followed a link suggested by Facebook, or which appeared to be posted by your social networking contacts, and found that the link

either went nowhere or to an illegitimate website?

If yes to any of the above, then you may have inadvertently 'invited' some malware onto your computer.

The criminals who use malware for their own gain are cunning.

They will happily exploit the

curious, naïve, lazy, inexperienced or inattentive computer user.

There's a lot of potentially unwanted software which 'piggy-backs' itself onto installation routines of legitimate software. Fail to read the small print or uncheck the box that gives additional installation routines permission to run and you could be inviting any bit of rogue code to install itself!

If you're thinking 'Not me!', then have you considered who else uses your computer? Your kids? Your grandchildren? Do they have a habit of installing software when you're not looking?

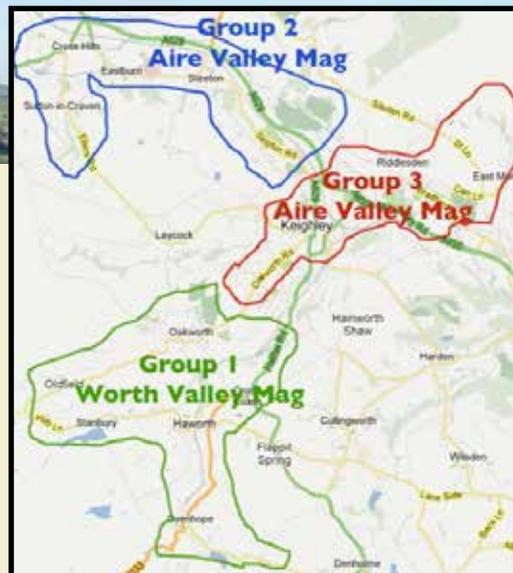
Free game download websites, especially those aimed at younger kids, are particularly favoured by criminal minded malware distributors, so I'd recommend they be actively avoided. Better still block access to them altogether. Some internet service providers offer a 'home protection' service. Use it to block some or all of the following:- games, file-sharing, pornography, gambling, violent content, social networking etc and you will instantly reduce your potential exposure to the 'baddies'.

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

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

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

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

refer to puzzles on page 20

Virus & Malware Removal - Computer Healthchecks

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