



AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

May 2014

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May is the month for holidays and relaxation. You don't need to go far to enjoy this beautiful district.

We've had a lovely time recently hosting two vibrant students, both of whom have contributed to this month's magazine. We hope you enjoy reading their articles. One focuses on what to do with kids locally; places to visit, things to see. The other highlights fashions from the forties, and links to the up coming 1940's weekend in Haworth.

Whatever you choose to do, we hope you will have a fantastic May.

Liz Barker
@LocalGlobalGirl



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Say you saw it in the Aire Valley Mag!

COUNTRY COOKING & FORAGING FOR FOOD

For the promotion of Health & Wellbeing by Cath Bromwich



Making it English

My childhood home was one of those 'pariah' states that no one visits now. It was a

fantastic place to be a teenager, sleeping on the roof, watching the desert sky circle above your head, and it was also where I learnt to cook... because the alternative was not enjoyable. Bread had flies, not 'currants' in, as well as weevils. The flies were one step too far, so I began baking bread. There was not much food, we even had a special permit for potatoes!

We always looked forward to going to the one decent restaurant in the capital. And when I say 'decent', I mean perfection. Surrounded by the shattered glass from the latest insurrection, my tender taste buds were introduced to the finest Middle Eastern flavours (it was a Lebanese restaurant).

The multitudinous platters of a heaven-like banquet included delicate sweetmeats and pungent dips. Along with the now familiar hummus and tzatziki were beautiful pastries and succulent meat. However, a real favourite was tabouleh: a green-coloured salad with grain and red tomato pieces set like jewels amid the rich base of parsley, all drizzled with the best olive oil and lemon juice.

Although I love the good food in Yorkshire, I do miss the flavours of that time. It is no coincidence that I keep coming up with recipes that originate from such places when I go foraging! At the moment, fresh young hawthorn leaves are sprouting on the bushes, bright green and tender. They don't taste of much, but make a good, textured, addition to parsley that enables me to make a true tabouleh.

Hawthorn is a traditional spring tonic, like nettles. You can eat the leaves as a nutritious 'bulk out' with your stronger flavoured spring greens, use the flowers in game stews, and make autumn complements to meats with the haws.

I am particularly pleased that I can make a very English version of one of my favourite Middle Eastern dishes by using leaves from the

hedgerows, since buying all the parsley to make a good tabouleh would go so against the grain of what a thrifty forager sees as proper!

Top tip: Asian supermarkets sell flat-leaved parsley at affordable prices

Cath Bromwich, a Silsden resident, is a cookery teacher and forager. Her livelihood includes foraging and cookery courses such as cooking on a budget and outdoor foraging and cooking experiences. She trained at Ballemaloe Cookery School, Ireland. For more information, or to pass on your stories and recipes, contact Cath at www.facebook.com/foragercathyorkshire

Tabouleh Cath's way

A bunch of flat or curly parsley, pick up to an equal amount of young hawthorn leaves, 3 ripe tomatoes, half a cucumber, approximately 100g grain (usually buckwheat but you can also use couscous



or leftover rice), salt, pepper, extra virgin olive oil, lemons.

Follow packet instructions

to cook your grain. Chop parsley and hawthorn leaves finely. Put in a bowl, cut tomatoes and cucumber very small.

Mix leaves, cooled grain, tomatoes and cucumber. Let the green rather than the grains dominate. Season, pour on lemon juice and olive oil in a 1:3 ratio. Mix, be happy with the taste, tip onto a plate and decorate with lemon wedges. The flavours develop over time, but eat that day for freshness. You can also add any other herbs, like mint, or foraged greens for different flavours.

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The Estate is offering car parking for those who wish to come for the day and watch the race. The team at Bolton Abbey will be rising early to allow guests to arrive in time for Stage 1 or Stage 2.

The minimum distance to walk to watch the race on Saturday is 2 miles and only ½ mile on Sunday. To avoid disappointment book in advance www.boltonabbey.com as this, the world's greatest cycle race – the Tour de France is set to bring millions of fans to the Yorkshire roadside.

For those wishing to stay the Estate is offering a one off opportunity to camp. Nestled alongside the bank of the River Wharfe the campsite is situated next to the Cavendish Pavilion known by many as the 'The Yorkshire Dales cycling pit stop' and frequented by the Brownlee Brothers.

Family entertainment and refreshments will be located in the field in front of the Devonshire Arms Hotel on Sunday 6th July.

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A Growing Vision




fields of vision

The Fields of Vision team have not been letting the grass grow over recent weeks.

Work has started in earnest on the major land art project which is the Bradford District's contribution to Yorkshire Festival, the 100 day cultural event leading up to Le Tour. Appropriately, the first visions are emerging on our patch – as the project is led by Worth Valley Young Farmers, along with Pennine Prospects and Worth the Tour. One of the most iconic sites is Lower Laithe reservoir in Stanbury which, says organiser Andrew (Woody) Wood, has become the Fields of Vision 'poster girl' as it was brought to life in a digital preview – featured in numerous publications including this one. "That means we are under added pressure to ensure the finished artwork for this one exactly matches the design" said Woody, as he and the team marked out the site, using simple string, peg and ribbon techniques.

The banking will provide a canvas for 'Ripples' by Hebden Bridge-based Trudi Entwistle. Trudi is a 'site specific' artist who works mainly in the outdoors creating art



which is responsive to the landscape. In this case she has focused on the relationship between water and the strong geometry of the man-made site with its linear walls and field boundaries. The piece will be drawn using liquid fertiliser,

enhanced with iron, to form patterns of darker green grass leaf which contrast strongly with the lighter greens of the living canvas. A more typical Yorkshire flavour has already emerged on the 'Stanbury 3' site where 'One man and his Dog' by Simon Manfield (no pun intended says Woody) has already been marked out and can be viewed from the layby outside Haworth cemetery. That particular artwork should appeal to the BBC Countryfile team visiting us next month. They will also see the progress of the Oxenhope artwork, by Louise Lockhart, in the form of a dancing lady – representing the emancipation of woman by the bike in the Victorian Era and the Worth Valley site off Goose Cote Lane which will host Raz Ul Haq's 'italic bike'. Once again we will be seeing and hearing a helicopter buzzing overhead to fly the TV crew around the local sites.



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Danny's dark side is people's choice

Huge congratulations to videographer Danny Hardaker who scooped the People's Choice award during the RATMA Film Festival at Keighley Campus of Leeds City College. Danny was honoured for the production #eat brains – a darkly humorous comic-horror story – created and staged in and around Small World in Keighley, the creative social enterprise. The work is a far cry from Danny's more recent Tour de France related creations and commercial work.



Danny Hardaker and Gerry Crookes

Worth the Tour's Liz Barker said: "Danny's been out and about capturing the activities in the district leading up to Le Tour – and we're all delighted to see him being recognised for his work in the local community. He is very talented indeed, and clearly has the ability to work with all sorts, apparently, even zombies!"

You will be able to view more of Danny's work as the Fields of Vision project rolls in to full production mode.

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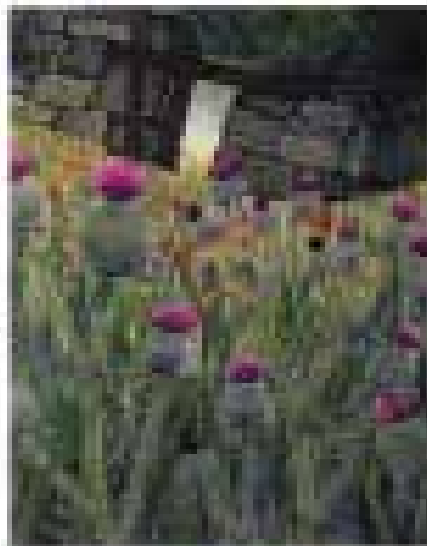
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That's entertainment!

Big name acts from the glory days of music are topping the bill at Silsden's SummerJam festival in keeping with the event's retro flavour.

Summer Jam takes place from Friday, August 22 to Sunday, August 24 on Riverside Fields, Silsden, and has acts lined up over three days to suit a range of musical tastes.

***Breaking news: The Saturday night headliner has just been announced as Sheffield based indie band

REVEREND & THE MAKERS ***

Bruce Foxtan, former bass player with The Jam is the Sunday headliner with his eponymously-named band, From the Jam - featuring Russell Hastings as lead singer. Mod icons The Jam were one of the greatest and biggest selling bands in British history boasting 18 UK Top 40 singles and are best remembered for classics like Going Underground, Town Called Malice, The Eton Rifles and That's Entertainment.

Bruce said: "The whole band are really looking forward to the Summer Jam festival. Always a great warm and up-for-it crowd in the north. The set will be a mixture of classic hits plus, as we've been touring an album per year, we've hand-picked a few album tracks off each album to intrigue the hardest of fans. We really love the festival atmosphere, which runs off on bands, so a great

night's to be had by all. Bring it on!"

Tom Hingley, former lead singer of Manchester indie band Inspiral Carpets, has been announced as the Friday headliner. Tom has become a highly acclaimed solo artist in his own right and combines his old band classic singles with an eclectic mix of soul, rock and roll and blues.

He is described as the 'glory days lead singer' with Inspiral Carpets - one of the pioneers of the Manchester Music scene, who sang on all their chart hits for 22 years, until he parted company with them in 2011. With The Stone Roses and Happy Mondays, Inspiral Carpets were leaders of the indie music scene which sparked an international cultural explosion called Madchester. Classics like 'This is How it Feels' and 'Saturn 5' propelled them to international stardom, with millions of fans around the world.

Tom is also looking forward to taking the stage in Silsden. He said: "Summer Jam will be a real treat for all fans of music, new and old. Expect a wonderful live experience full of an eclectic mix of material for anyone who likes music from the past five decades. I'm really proud to be part of that."

The weekend camping festival - a family-friendly, community focussed event - will be raising money for Teenage Cancer Trust

For more details and to buy tickets visit www.dirtyboyinc.com or phone 07581 498817

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FASHION ON RATION

by Ellie Gaudiosi

Fashion took a backseat in the 1940s as WWII took over. Fabrics were rationed, synthetic materials such as viscose and rayon were becoming more commonly used, and many women took to making their own clothes from spare materials they found around the house. Fashion became more about practicality than glamour, but despite the limited resources, women of the 1940s formed an iconic style that is still adored and emulated today. Due to the fabric rations, there was less material to go around and so women's hem lines were shortened to calf length, meaning they were able to show off their legs for the first time. When the military began using nylon, which was used for stockings, ladies began using leg cosmetics to paint their stockings on. For those who were not fortunate enough to afford such make up, they would stain their legs with tea and draw a line up the back of their legs to create the stocking seam.

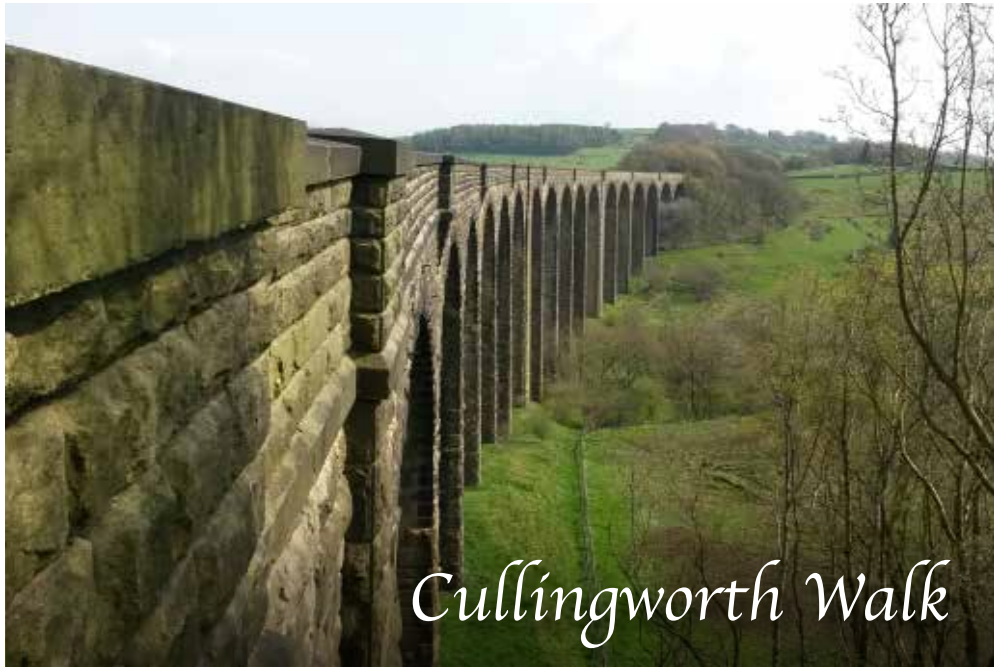
As there were restrictions on trimmings and pleats, and a strict two pockets and three buttons rule was enforced, many of the dresses of the time were plain, with little embroidery or embellishments. Despite the lack of choice at the time, the 1940s silhouette created a feminine figure with boxy padded shoulders and calf length skirts cinched in with a belt to give a tiny waist. Being practically dressed and ready for work was crucial for women at the time. Many women opted for flat shoes and even when they did wear

heels, they were much lower and chunkier, easier for walking. Open toe, t-bar styles were popular as they were secure to the foot and also saved on shoe leather.

One of the biggest style changes of the 1940s was the introduction of trousers into women's fashion. As many women were enlisted to work in the factories, trousers became a part of their work wear wardrobe. Hollywood actresses such as Katharine Hepburn, who often wore wide-legged, high-waisted trousers as she felt they were more comfortable, helped to change perceptions on how women should dress, meaning for the first time slacks were accepted as casual wear.

Sunderland University student Ellie Gaudiosi, gained work experience this year on a two week placement in the office of the Worth & Aire Valley magazines. Local girl Ellie graduates this year with a degree in Magazine Journalism.





Cullingworth Walk

We have some friends over from Australia, so have been thinking of places to take them to show our lovely area off to its best.

Initially we thought of St Ives but there wasn't a single place to park and so we grudgingly continued past the Ice Cream Van and out of the gates, to howls of amazement from our visitors about how 19 degrees is like their winter and who would eat an ice cream outside in this weather?"

So we fell upon Plan B, the walk around Cullingworth that takes us over Hewenden Viaduct and down to Hallas Bridge. We parked at the end of Station Lane, which can be found opposite the Station Hotel in Harecroft and, as it was so glorious, I went for a walk in just my shirt. This was to the amusement of our guests, who pulled their hoods up and folded their arms against the mild breeze. After passing over the viaduct, which last saw traffic in 1963 and at 123ft high was the second highest in the country [more details available on the Forgotten

Relics from an Enterprising Age website] we went down the unadopted track of Hallas Lane before reaching Hallas Bridge. There are always dogs for Molly and George to meet and greet, before it's back to the serious business of wading in the water for sticks or, in George's case, plunging your head fully underwater to find stones.

From here you can either go down the valley past the waterfall to Goitstock woods, Harden and a much further walk or you can turn up past the beautifully tranquil, converted mill on the path that goes to Bent Lane. From here there is a footpath that takes you along the top of the bank back to the bridge at the bottom of the hill or you can walk up Bent lane and come out nearly opposite Station Road to where you started. It's one of those walks that can fit in with how much time you have to spare on that particular day and can be extended as far as Wilsden, if you want. I do hope our friends were impressed.

Antony Silson

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Say you saw it in the Worth Valley Mag!

Things to do in the local area (For the kids)



By Callum Attrill, work experience student from Bingley Grammar



With the holidays underway, you don't have to go abroad to have a good time! It can be hard to find fun activities to entertain the whole family so

here are some ideas to keep the cries of "I'm bored!" away.

For a beautiful sightseeing opportunity, why not visit **Shipley Tramway**. Feel the wind in your hair as you cruise through this picturesque area.

There are also walks for those hoping to do some exploring of their own and there is lots of fun to be had. **For extra information on events and directions go to www.shipleyglentramway.co.uk**

For some springtime fun for all the family, why not visit **Raygill Lakes**? Hidden out of sight in a forgotten valley there are many activities to



enjoy. From fishing to wildlife trails Raygill Lakes will not leave you disappointed.

Help caveman on his quest to hunt down all the animals on the childrens animal hunt! It's fair to say this hidden gem is worth a visit.

For further details and directions visit www.raygillfisheries.co.uk

A personal favourite of mine is **East Riddlesden Hall**, a 17th century manor house I have been visiting since I was little.



With a play area and an array of activities for kids and a tea room for adults there is no reason not to take a tour of this

beautiful nature haven. There is also a maze (My favourite) and lots of other places to explore. **With many events going on there is always something to do so be sure to take a look at their website www.nationaltrust.org.uk/east-riddlesden-hall**



Another place you could visit is the scenic and historic **Bolton Abbey in Addingham**. Take a look around the abbey's ruins and take a walk through the many pathways and walks around the site. If you get tired or feel like you need a nice cup of tea to give you a boost, there is a cafe on site with many tasty delights.

There are also many events to join in with so check out the website: www.boltonabbey.com

Last but not least on my list of family adventures is **Hesketh Farm**. This is great for animal lovers as you get the opportunity to feed and pet animals. There is also a go kart track and a huge playground at the back so this Farm is definitely jam-packed with fun.

For direction and details head to www.heskethfarmpark.co.uk



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The other side

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Hello Spring!

It's time to get back to the garden. Natural shapes and prints inspire fresh new looks for the season.

This seasons fashion trends are like no other I've experienced before. It was a sheer delight to be amidst such vibrant colours and floral prints during the bleak winter months & just knowing what was about to hit the rails was most exciting.

Spring 2014's hottest look is no doubt about wearing one print on all items of clothing and accessories, or to clash several patterns in one outfit. If that seems too daring, then the third approach to this hot trend is to work one colour splashed on everything: shoes, bags, phone cover, the works. Too much is simply not enough. Team your neon florals and botanical blooms with edgy attitude and offbeat accessories, like metallic glam rock accessories, sky high sandals or chilled-out trainers.

On summer's catwalk, powdery soft mints are either offset with stark nude tones or blended with sorbet colours, like candy floss pink, baby blue or lemon sherbet, best worn with plenty of confidence.

We're big fans of big scarves - they're cozy, warm and can completely transform a look. In this age of creativity and true expression of oneself, a simple scarf which can be worn in various different ways can create a fashion statement unique to you. **Check out our website www.firthsboutique.com** to see the many creative ways of wearing a scarf.

Yellow is a colour that immediately grabs your attention in the most direct way possible. Its bright, loud and instantly holds the eye. It's the colour representative of spring and summer, of times festive and giddy. Yellow is also the coloured jersey worn by the race leader of the Tour De France which will be coming through Haworth on the 6th July! Exciting times ahead....

Nikki Nikki Carroll from Firths Boutique in Haworth



Tues 6th May Exley Head Ladies Circle is holding it's annual fashion show at the chapel at 7.30pm.

Admission is £2. Refreshments available. All ladies welcome. High Street fashions at bargain prices.

Wed 7 May Freightlink Europe/ Sport Keighley Practical Road Safety Awareness

University Academy Keighley 11.00 am to 4.45 pm
The Debate University Academy Keighley Networking 6.30 to 7.00 pm
Debate 7.00 to 8.45 pm sportjohn@blueyonder.co.uk

Sat 10th & Sun 11th May The 16th Bronte Vintage Gathering at B6144 Haworth Road, Cullingworth, BD13 5EE. A show for the family. Free Parking, Admission fees apply. More info call 01535 275535 or visit www.bronte-vintage-gathering.co.uk.

Sat 10th & Sun 11th May East Morton Institute 10am - 5pm on both days. Art Show by Elm Gallery

- Liz Clarke & Dave Marsh Fine Arts. Paintings, Prints, Cards & Gifts. Refreshments Available. Free Admission. For more info visit www.the-elm-gallery.co.uk. Call 01535 632278 or 07709 223920.

Thurs 15th May at 7.30pm Oxenhope Gardening Club in Oxenhope Community Centre, Shaw Lane, Oxenhope, BD22 9LS

Members have been busy growing seeds, dividing plants and taking cuttings for our popular plant sale. We will be serving home-made cakes and refreshments. For more info www.oxenhopegardeningclub.co.uk

Fri 16th May Museums at Night:

Candle-lit tour Brontë Parsonage Museum, 9pm Celebrate Museums



at Night with a special candle-lit tour of the Parsonage. This is a rare opportunity to experience the historic rooms after dark. Tickets: £15 To book tickets contact louisa.briggs@bronte.org.uk / 01535 640188 or book

online at www.bronte.org.uk/whats-on

Sat 17th & Sun 18th May Haworth 1940's Weekend A fabulous weekend celebrating and commemorating the 1940's www.haworth1940sweekend.co.uk

Sun 18th May. Train rides for all the family. Miniature trains running at **Marley sports field 1.30pm until 5pm.** Steam and electric trains providing trips for all ages. Great family afternoon out. Refreshments available.

Details at www.kdmes.org.uk

Sun 18th May Victoria Hall, Keighley Antiques & Collectables Fair The event runs from **10.00 am - 4.00 pm**, adult entry fee is £1.50. Ample free parking. Northern dealers trading in a vast range from Ancient Artefacts to Modern Collectables, Curios, Memorabilia & much more. Email info@warleyfairs.co.uk or visit the website at www.warleyfairs.co.uk.

Weds 21 May Keighley Astronomy Society. Civic Centre Keighley

6.00 for 6.30 pm Subject 'Neutrinos from Space'. More info email currdomin@sky.com or call 07976 632 989

Oxenhope Antiques & Collectors Society Are you interested in Antiques & Collectables? If so, come and join

us. We meet on the **4th Thursday each month at 7.30pm at Oxenhope Community Centre.** **May 22nd** our speaker will give a talk on "The Fire & Restoration of Windsor Castle". For more info call Jo 01535 645275.

Fri 23rd - Mon 26th May Marshalls Fun Fair on Thompson's Field alongside the **Shipley Glen Tramway.** Bring your family along to Saltaire where there will be a traditional funfair provided by Marshalls Amusements featuring a great selection of kids rides, games and fun stalls as well as all the classic attractions such as the dodgems, waltzers and other thrilling rides. www.marshallsamusements.co.uk

Sat 24th, Sun 25th & Mon 26th May Haworth Craft Fairs at Bronte School Room, Haworth 10 am - 4 pm.

Sun 25th May Pace the Train at 5.30pm Pace the Train is a fantastic cycling event where participants of all abilities can take part with the aim to reach Oxenhope Railway Station before the steam train. At the same time as the whistle blows to start the train's journey, all the Pace the Train participants start their ride at **Sue Ryder Manorlands Hospice.**

Number of places are limited so please enter early. Full details are on www.pacethetrain.org.uk. or Contact Andrew Wood 01535 640176 andrew.wood@sueryder.org.

Mon 26 May until 30th Aug Bolton Abbey Estate - Welly Walk - Tree

climbing, tunnels slides, bridges and beams, amazing fun, forget being clean!!!

Sat 31st May East Riddlesden Hall The Airedale Coin Collection.

An amazing collection of over 300 coins covering 2,000 year of English history will be on display for one day only. This fascinating collection, which has been built up by one of East Riddlesden Hall's volunteers over 60 years, features coins from every Monarch's reign (except two) since Alfred the Great in 871 to modern day. Come and chat with our volunteer to learn more about his collection and how the coins link to the property. More Info: Carla Weatherall, 01535 607075, carla.weatherall@nationaltrust.org.uk

Sat 31st May The Jimmy 'Lugs' Ludlam Onesie Run/Walk. The 11K walk route starts at the **Dickie Bird Inn, (formally The Druids) Long Lee 10am** and all walkers should wear a onesie. The 10K runners route starts at the **Dickie Bird Inn in Long Lee at 12 noon.** The wearing of a onesie is optional though there will be a medal for the first onesie wearing runner home. The route finishes at the **Bay Horse, Oxenhope.** Deadline for Entries 21st May. For more details visit www.manorlandsonesie.org.uk or email: peterkennedy668@btinternet.com or call Peter on 07557445735. Andrew Wood 01535 640176. All Welcome.

Sun 8th June Keighley Galla 2014 1.00 pm Gala procession from Spring Gardens to Victoria Park more info visit www.keighleygala.org.uk or email keighleygala2012@gmail.com.

Setting out our stall



for Le Tour

and Cycle Road Safety event organised by Bradford-based Freight Train, the specialist haulier training company. The aim is to foster greater understanding between truck drivers and cyclists, reduce accidents and hopefully even save lives. It features interactive safety events for families and a discussion group bringing together the police, Road Haulage Association, West Yorkshire Passenger Transport Executive, Bradford Council Highways and other

experts, to debate the issues. The public is encouraged to attend the evening session, 6:30pm May 7th at University Academy Keighley.

On Friday May 30, UAK is also the setting for a seminar being held by Active Bradford Partnership with Welcome to Yorkshire boss Gary Verity as keynote speaker. There will be advice for businesses on how to benefit from Le Tour – not just locally but nationally and globally – and it is hoped we will be welcoming some international delegates to the event. (see page 19 for booking details)



With the Tour de France 100-day cultural festival now

well underway and just two months left before Le Grand Depart, things are moving pretty quickly – and it's all starting to feel very real.

As well as a big screen, race-related activities and local information, the Haworth spectator hub will offer plenty of entertainment for all-comers, such as performances by musicians, a children's Circus Skills Workshop and the fabulous Freyja Fire Sprite promising 'fire fans, fire eating and fire tricks'.

A local product market will showcase what the area has to offer from food and drink to arts and crafts – and producers from across the district are invited to apply for a coveted stall in this prime spot.

To apply contact Andrew Vaux on 07871 264 610 or email andrew@arvapr.co.uk

Our TDF preparations attracted a VIP visitor in the form of Sports Minister Helen Grant who called in on Worth Valley's primary schools to see how they were getting involved. Worth Valley Councillor Russell Brown who showed her round with MP Kris Hopkins, said she was 'pretty blown away' by all the work that was going on around here and, as it was a whistle-stop tour, expressed an interest in returning during Le Tour.

Russell and the 'Hollywood' team have been busy, meanwhile, updating the salutations on the hillside above Shaw Lane, Oxenhope, which are now among the most well-recognised icons of Le Tour in our area. The signs celebrate all things Yorkshire and are often humorous; EAT PIES, DRINK BEER, KNIT WOOL, BAKE BUNS, the latest one has been a call to, most appropriately, get 'ON YER BIKE'. One way people are able to do just that – and take in a bit of our more rugged terrain is by signing up for an off-road adventure with MTB Cycle Yorkshire, who will be running mountain bike trail rides from the Manorlands Le Tour campsite at Stones Top Cottage above Oxenhope during the TDF weekend.

The Worth the Tour team have been busy working on a video for the Truck



TOP TECH TIPS

by Michelle Thompson at CloudFree IT



Technology is not the problem!

When you see headlines like 'The greatest security risk in history' appearing in response to the latest widespread hack or virus outbreak, do you feel like ripping the network cable out of your router, yanking the SIM out of your mobile, slapping on a tinfoil helmet, and running down your street screaming 'Free me from this evil

called technology!?' Reality check time, folks! Technology isn't the problem here, it's people!

1. In all civilisations there will always be people looking for easy ways to make money without doing any legitimate work. Crime is the result.
2. Clever criminals don't like to get their hands dirty'. Stealing via the internet is the current 'crime of choice' as detection can be evaded.
3. Humans make mistakes. Computer systems are designed by humans, ergo there will always be mistakes in computer code, just as there are mistakes in car and fridge designs, resulting in product recalls. All it takes is a hacker with time on their hands to find flaws and sell harvested data to criminals. Once one vulnerability is patched they're already on the hunt for another.
4. Well-informed people do all they can to protect themselves from criminals of all kinds, including those using the internet.

Most 'big name' websites affected recently, e.g. Pinterest, Tumblr, Instagram etc, were vulnerable long before 'Heartbleed' made the headline news. Hackers could have been harvesting data for months. Changing a password immediately is shutting the barn door after the horse bolted. Far too many people use the same username and password on several different sites. Data stolen from vulnerable sites might be used to get access to other sites that aren't vulnerable! Being 'laissez-faire' about your passwords and

other personal data is the same as walking down a dark alley with your wallet hanging out of your back pocket and having your bank PIN in neon lights on the back of your jacket! Make life more difficult for all internet criminals by doing the following:-

1. **Change all passwords regularly, not just when you hear about a new vulnerability on the news. Don't use the same password on multiple sites.**
2. **Before choosing a password, think about how easy it would be for someone who already has a little information about you to guess it.** Could your password (or a simple variation of it) be used to access your social networking accounts to find out more info about you, such as your date of birth, place of birth, address, mother's maiden name or pet/child's name?
3. **Does your Facebook profile give too much away?** Would information stored there give a criminal the means to access other accounts where card or bank details are stored? What could they do with info about you? Online application for a cash loan or credit card in your name springs to mind...
4. **If your online banking requires only a simple password and/or asks you for answers to one or two 'security questions', switch to a bank that takes security seriously** and offers a proper security device with their accounts.
5. **Strong passwords are hardest for people to remember and hardest for password cracking systems to crack.** Don't use names of people, places or pets, ever! A random string of uppercase and lowercase letters, numbers and symbols is safest.
6. **Worried about the number of passwords you need to manage? Pay for a third-party password management device or system.** Whilst some hackers might boast they can get past these too, anything that slows them down increases the chance of them being caught, so they will move onto a different target.

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Featuring TDF Frank
(the local oracle on all things TDF)

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