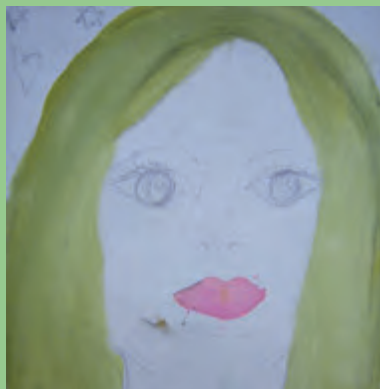


# Footprints

*The Young Peoples Community Magazine*  
*Summer 2012*



*Supported by*  
**The Henry Smith Charity**  
**KMC Young People's Service**

# Editors Letter

Summer is coming our way, so be prepared... for ... the best summer issue of your life! This is a fun-filled summer issue that you don't want to miss out on, just read on to find out the great things we have in store for you.

To look out for in this issue:

- 🔑 An update on IndiAbility
- 🔑 How to make homemade ice cream
- 🔑 How to make a daisy head band
- 🔑 A page of fun facts for you to impress your friends with
- 🔑 And information on the new centre in Mirfield

Have a flick through and we hope you enjoy this issue, sent to you guys with love!

Remember if you want to email our agony aunt Suzie please feel free to email us at: **footprints\_magazine@hotmail.co.uk** and if you don't want your email to be put into one of our issues just say and Suzie will keep it to herself in confidentiality!

Also before we forget there's a **competition** going on around Mirfield. All you need to do is **design a new logo** for Gilder Hall Youth Group! Just drop off your designs on a Wednesday night between 6 and 8, with your name and address for it go into the running to become the new logo! The winner will be announced at Mirfield Show. Good luck guys!

Looove from the footprints team!

**X**

# Top tips for enjoying the summer sun!



Okay so it is England and we don't normally see the sun but stay optimistic! Eventually the sun will come, it can't hide forever so for when it does decide to show we've created a list of Footprints 'top tips' for you to enjoy the summer sun.

\* **H<sub>2</sub>O to make you go** - make sure you keep well hydrated whilst playing out in the sun, doing games and sports can really tire you out so to keep hydrated and those legs moving drink plenty of water throughout the day.

\* **Cream to stay reem** - sun cream is the most important thing when being out in the summer sun! Protecting your skin from the sun is vital to staying healthy, make sure you apply the best factor for your skin and keep re-applying.

\* **A pool to cool** - we all know paddling pools are awesome, so get out your pool and fill it with the hose pipe, hop on in and

cool down. Don't waste water though your plants need it too!

\* **All scream for ice cream** - make sure when you go food shopping you buy some ice cream, if not hopefully the ice cream man will come! Everyone loves ice cream but don't eat it too quickly because you'll get brain freeze!

\* **It's all peachy at the beachy** - everyone loves getting sand in between their toes and the fresh smell of the sea air so nag you parents to rush down to the beach as soon as possible. Paddle in the sea, build sand castles and sunbathe in the glorious British sun.

\* **Glasses for the masses** - put on your shades to cover those eyes, not to mention how fly you'll look. But in all seriousness they are important for protecting them against the sun's rays.

\* **Eat for a treat** - when it's sunny we often eat a lot to keep up our energy, especially because we all have unlimited access to the fridge as there's NO SCHOOL! Treat yourself this summer and indulge in all your cravings (chocolate, cakes and buns but add in a few strawberries to please your parents!



# Summer Recipe

## Home made Ice Cream

### Plain Vanilla Ice-Cream

#### Ingredients

*2 vanilla pods*  
*500ml double cream*  
*70g sugar*  
*3 egg yolks*



#### Preparation method

- 1 Halve the vanilla pods long ways and scrape out the seeds on the inside, add the pods to the cream and bring the mixture to the boil, then add the sugar and stir until the sugar has dissolved into it.
- 2 Whisk the egg yolks in a bowl then slowly whisk the mixture into a hot cream like substance.
- 3 Pour the mixture through a sieve into another bowl and whisk in the vanilla seeds.
- 4 Finally pour the mixture into a freezer-proof container and freeze for 2-3 hours, the mixture should be set like normal ice-cream when ready to eat.

### Chocolate Sauce

#### Ingredients

*225g dark chocolate (broken into pieces)*  
*80g caster sugar*  
*120 ml double cream*  
*60ml hot water*

#### Preparation method

- 1 Put all the ingredients into a thick-bottomed saucepan.
- 2 Put on a gentle heat and stir until the chocolate has melted and the sauce is hot.
- 3 Leave to cool down, and eat with your ice cream!



Now, we're being **very nice** to you **guys** and giving you some very amazing **facts** for you to **'wow'** your friends with, use them at **parties** and at **school** so make your day a lot more interesting! Use them wisely, not too **much** you'll make it obvious!



- + If you yelled for 8 years, 7 months and 6 days, you would have produced enough sound energy to heat one cup of coffee.
- + A duck's quack doesn't echo, and no one knows why.
- + Snails can sleep for 3 years without eating.
- + No word in the English language rhymes with month, orange, silver, and purple.
- + Men can read smaller print than women; women can hear better than men.
- + Pearls melt in vinegar.
- + Emus and kangaroos cannot walk backwards.
- + Cat's urine glows under a black light.
- + Einstein couldn't speak fluently when he was nine. His parents thought he might be mentally challenged.
- + Babies are born without kneecaps. They don't appear until the child reaches 2-6 years of age.
- + Months that begin on a Sunday will always have a "Friday the 13th."
- + Donald Duck comics were banned from Finland because he doesn't wear trousers.
- + Ketchup was sold in the 1830s as medicine.
- + When you are snoring, you are not dreaming.
- + An ostrich's eye is bigger than its brain.
- + Tigers have striped skin, not just striped fur.

+ The longest place-name still in use is:

Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupokaiw  
en uaitnatahu

A New Zealand hill.

# Let's Go (Yorkshire)

Community Interest Company

## What it's all about!

*“Let's Go provides volunteering and cultural exchange programmes in Europe and abroad for young people from Kirklees. It works particularly with disadvantaged young people. It enables local young people to get experience and skills from doing voluntary work that they can then use in work and education in the UK. It delivers projects as part of the European Union's Youth in Action Programme and the European Voluntary Service that form part of that programme.”*

They help volunteers gain experience of Arts, culture and media, sports and outdoor activities, environmental awareness and improvement and youth involvement

## Let's Go (Yorkshire) quick facts

- 1 It was formed in January 2011
- 2 Run by four experienced volunteers:  
Sean Leonard, Martyn Haigh, Yasin Lorgat  
and Mandeep Samra
- 3 Its a Youth Project organisation

Let's Go already have projects which send volunteers across Europe to gain experience working with other youth projects:

### First Time Travellers 1

This provides 3 volunteers from the UK to go out to Macedonia for two months to gain experience with children's and young people's projects.

### First Time Travellers 2

This provides 4 Macedonian volunteers with two months in the UK to gain experience with youth services and people's projects. (Partnership with volunteers centre Skopje).

### Youth Activities Yorkshire

This provides 6 volunteers from Spain, France, Italy and Germany with a years experience working with youth services in the UK.

**The Footprints team were able to interview Martyn Haigh to gain a better understanding on what Let's Go (Yorkshire) is all about!**

## How did the organisation Let's Go (Yorkshire) begin?

I had the idea to set up an EVS project, and two colleagues who I had previously worked with said if you ever set anything up 'I'd like to get involved and gain more experience in international work and look to develop this EVS project'. So I told what it was all about and they said 'count me in' and then it came became three of us! Then Mandeep bumped into Sean, who is the fourth

person, in the post office and mentioned the EVS project to him from there we had a meeting and decided lets go for it! We then got an accreditation from the British Council because they are the main funding for our organisation.

### **What is the main aim/goal for the organisation?**

Our main aim is to first of all 'promote' EVS which is what this programmes called (European Voluntary Service) isn't very well known in Kirklees so our aim is to ensure that as many people as possible know about the programme and initially take part in it, particularly young people who have had fewer opportunities in life. The other side of it is to host people from other countries which let them learn about other people's cultures, break down barriers and get a positive learning experience. That's what this is all about, informal learning, not where you're coming to study but learning right in the heart of the community where you get a taste of what it's like to live in Kirklees/UK.

### **If people/readers wanted to get involved with Let's Go (Yorkshire) how could they do this?**

The best way at the moment because we're a new organisation is to email [Letsgoyorkshire@yahoo.com](mailto:Letsgoyorkshire@yahoo.com) and we'll get back to you and we've also got a **facebook** page which is just **Let's Go (Yorkshire)** which anybody can join as we're are going to use that as a way of promoting it and hopefully eventually get a website put together. Also at the moment we're looking to put an application in, in September to send young people to Europe, Jamaica, Cape Town and two places in India.

### **As you know we always ask the people we interview what their favorite food is!**

Martyn Haigh likes Fish or Bananas.

## DESIGN A LOGO COMPETITION

We are looking for new logo for our charity project that we can use in our every day work, for promotional needs and generally to help promote a sense of belonging and a pride in our community.

### **The Gilder Hall Community Project**

is working towards rebuilding the community centre at its original site on Greenside Road, whilst continuing work from its temporary home on Water Royd Lane.

**Entry deadline** is set for **Monday 30th July 2012** so theres not much time left! Don't forget, the winning design will become the logo for The Gilder Hall Community Project - fame beckons...

### **DETAILS**

- 1** You must be aged between **8-16**.
- 2** All entries with a completed entry form.
- 3** Free entry.
- 4** Shortlist announced 6th August.
- 5** Design size and format details on entry form.

**Entry forms available from:**

**[www.gilderhall.co.uk](http://www.gilderhall.co.uk) | Twitter: @gilderhall | Facebook**

**Check out local shops, Library, school and the Community Centre.**

# 'craft page'

## Daisy Headbands

**Want to create a flowery summers look to wear?**

Then follow these steps into making your own stylish daisy headband.

### What you will need:

- Aluminium craft wire (measured to fit around your head twice with a bit extra to twist shut)
- White tissue paper
- Yellow tissue paper
- Green ribbon
- Small artificial leaves
- Glue
- Help of an adult



*This is what the twisted wire will look like. (Please not this photo is only to show the twist not how yours will look)*



**Step 1** Wrap the aluminium craft wire around your head once so that it sits comfortably on top but making sure it is secure.

**Step 2** Take the start of the wrapped end of the wire and twist it around where the end and rest of the wire meets to secure the first circle.

**Step 3** With the white tissue paper cut into medium sized squares, these will become your flowers. Pinch the centre of the paper and use your other hand to push up the rest of the paper to make a flower like shape. Play and tease the tissue paper until you are happy with the result.

**Step 4** When you have a pile of flowers you are happy with you can then make centre parts from the yellow tissue paper. To make this rip small bits from the paper and roll into small balls, glue these into the centre of the white tissue paper and leave to dry so that they stay.

**Step 5** Now comes the tricky bit! When your flowers are ready it's time to secure them your wire headband. Twist the remaining wire around the circle you have already created, place the bottom tip of the flower between the circle and the twisted wire and make sure the wire is really tightly twisted together so that the flower doesn't fall out. Carry on this technique around the whole headband until you are happy with the amount of flowers decorating it.

**Step 6** When you have finished with the wire you may have a small bit left, simply carry on twisting this around the headband until everything is secured in a circle.

**Step 7** Time to make that wire look pretty! Tie the beginning of your green ribbon around one part of the headband to secure it on. Now, just like the before, keep twisting it around the wire and in between your flowers until you are happy that has covered up most of the craft wire.

**Step 8** Now with the end of the green ribbon tie that around the wire so that it stays fastened around the headband.

**Step 9** Finishing the look! Stick a small amount of glue onto the underside of the end of the leaf and glue onto the gaps of the headband in between the flowers. Do one at a time and make sure the leaves the are glued on and properly dried before moving the headband around.

**Step 10** When your headband is dried and complete place it on your head for a flowery summers look!

**(OTHER IDEAS: If you want to create a more colourful look change the colour of the ribbon or tissue paper for a even more vibrant look!)**



# Summer Fashion...



- 01 ▪ Turn Up The Music
- 02 ▪ Bassline
- 03 ▪ Till I Die
- 04 ▪ Mirage
- 05 ▪ Don't Judge Me
- 06 ▪ 2012!
- 07 ▪ Biggest Fan
- 08 ▪ Sweet Love
- 09 ▪ Strip
- 10 ▪ Stuck On Stupid
- 11 ▪ 4 Years Old
- 12 ▪ Party Hard, Cadillac
- 13 ▪ Don't Wake Me Up
- 14 ▪ Trumpet Lights
- 15 ▪ Tell Somebody
- 16 ▪ Free Run
- 17 ▪ Remember My Name
- 18 ▪ Wait For You
- 19 ▪ Touch Me

# Horoscopes

## **Aries ♈ March 21 - April 20**

Life seems pretty hectic at the moment, but don't let this bring you down. Take the opportunity to work out what is really important to you, then you have a clear view and can decide what you want to keep in your life and what you don't. Everything will calm down and you will begin to feel much happier within yourself and your surroundings.

## **Taurus ♉ April 21 - May 21**

Feeling let down by someone dear and close to you can be very hurtful, but don't let this get in the way of your relationship by leaving it bubble up inside you. Sit them down to let them know how you are feeling, they probably didn't even realise they had hurt you in anyway. Discuss how you want to make sure neither of you are in this situation again. It might not feel like it now, but working through this problem will only make your relationship grow stronger.

## **Gemini ♊ May 22 - June 21**

Love is in the air, but someone keeps putting their nose in your new relationship. You're starting to become very irritated and even a little bit insecure so to stop this developing into a problem ask them why they are showing such an interest in your new relationship. This will help put your insecurities behind you as the truth won't be anywhere near as bad as what you are imagining.

## **Cancer ♋ June 22 - July 23**

Your team player spirit will come in handy this next few months, your friends will find it helpful when you give them your advise so give it more often.

## **Leo ♌ July 24 - August 23**

This month will be very challenging and lots of obstacles will get in your way, but keep your head up high and there will be something to make it up for you in the end.

## **Virgo ♍ August 24 - Sept 23**

Things have reached a good point for you at the moment, so stay the same and play it safe. Don't make any drastic changes until you feel fully confident that it is the right choice to make. Remember don't make mountains out of mole hills.

## **Libra ♎ Sept 24 - Oct 23**

Start to tell people your true feelings, hiding them away for so long is bad for your mental well being, it's not doing you or your friends any favours. It's time to start being truthful and open up to someone you trust.

## **Scorpio ♏ Oct - Nov 22**

You can't seem to find the right moment for your own me time as life as become very stressful. Organise your life and fit some time in for yourself, try balancing out your studies with your own social life and soon you'll be back on track.

## **Sagittarius ♐ Nov 23 - Dec 21**

Friends to you are very important at the moment, keep them close when times are hard. They might be the solution you're looking for, open up to them a lot more, trust them like they trust you and you will find yourself in a whole better place as things will begin to look clearer for you.

## **Capricorn ♑ Dec 22 - Jan 20**

You gone through a big change recently and made lots of new friends however don't forget your old friends who have always been there for you. But a good opportunity might arise for you this month, so try the best you can and grab it with both hands.

## **Aquarius ♒ Jan 21 - Feb 19**

Take the arising opportunities it may not go the way you want, but other good things may come of it. Even though there may be a few bumps on the road, things are looking relatively good so take the high risk and be adventurous.

## **Pisces ♓ Feb 20 -March 20**

Love is on the horizon for you this month, but don't rush into things and take them for granted. Start slow and remember that slow and steady always wins the race.



# Celebrity Quiz



**We're Olly Murs crazy!**

(Answers at bottom of the page)



1 What tv. show made his name known?

2 How old is his?

3 What is his new tv. show called?

4 When is his birthday?

5 What is he known for wearing?

6 What was his first released song?

7 Where was he born?

8 Finish off his album title "in case you ..."

9 What is his middle name?

10 Which band is he supposed to be supporting on their American tour?

6 Please don't let me go  
7 Witham, Essex  
8 didn't know  
9 Stanley  
10 One direction

1 X factor  
2 28  
3 Life on Murs  
4 14th of May  
5 Tight trousers