



TLC Offers you more & more...

WANTED!

INDEPENDENT INTRODUCERS

Would you like to earn 25% commission on all websites purchased by local businesses?

There is no exclusivity regarding where you sell or how much you sell – the sky's the limit!

You must be over 18 – and have access to an internet-enabled computer.

Call us now on **0800 38 986 38** or email info@thelocalchannel.co.uk to find out more, or simply visit www.thelocalchannel.co.uk/download where you will find the application form and additional information.





How green are you?

Ever wondered how you contribute to pollution? Emma Cox reveals how you can work this out...



Where is the greenest community?

Which gender is the greenest?

Which age group in the greenest?

So many interesting questions but where are the answers?

My name is Emma Cox, and I have taken on the role as the new 'Green Officer' for The Local Channel. This involves ensuring that TLC staff make greener choices whilst in the work place. We have introduced a recycling system and a 'One mug rule', so we are all responsible for our own mug. This means we're not left with a mountain of unnecessary washing up at the end of the day, resulting in using obscene amounts of water! We will be changing our light bulbs to low energy light bulbs as they last up to eight times longer, and are looking into other environmentally friendly goods. Some TLC staff have to travel far and wide to come to work each day, so the bigger changes like

decreasing travel simply cannot be done, therefore any changes we can do internally are being implemented, and we are looking at a 'work from home' scheme.

I am currently running a campaign, encouraging people from the UK, to measure their carbon footprint! I want to investigate who is the greenest community, gender and age and I need YOUR help to do this. Please, please participate!

All you need to do is go to this fab carbon calculator:

<http://actonco2.direct.gov.uk/index.html> and measure your carbon footprint. The calculator measures your Co2 emissions from your home, your appliances and your travel. Please send me your results stating the following information:

- **community**
- **county**
- **postcode**
- **gender**
- **age**
- **'your home' Co2 results**
- **'your appliances' Co2 results**
- **'your travel' Co2 results**
- **the total (all results added together)**

Please send your results to:

emma.cox@thelocalchannel.co.uk

All personal details will be kept confidential and results will be publicised in the TLC newsletter, TLC 'green' website and newspapers!

Please participate.

Lets help each other help the environment!

www.thelocalchannel.co.uk/green

www.thelocalchannel.co.uk





How green is your air travel?

Sarah Clark explains how you can feel green about flying this summer.



Are you feeling guilty about flying abroad this summer? Then one way to clear your conscience is to buy 'carbon offsets'; but

what does this mean exactly and how do you go about it.

Carbon Offsetting

We are all being told that our CO₂ emissions are affecting global warming and endangering the planet. CO₂, we will remember from school, is the scientific name for Carbon Dioxide. It is produced in large quantities by burning fossil fuels like oil, coal and gas. Therefore the more people there are using machinery and technology to keep living and working, the more CO₂ there will be. We all produce carbon dioxide just by existing, and therefore we all have a carbon footprint made up from how much carbon each of us produce during our everyday lives.

Mitigation

So where possible we should try to do something to lessen the damage we are doing just by existing. Carbon Offsetting is one of the things we can do when we are unable, or perhaps unwilling, to change our lifestyle to reduce our carbon footprint – or put another way we can invest in programmes which actually reduce CO₂. For example, we can pay for more trees to be planted – trees produce oxygen and thereby redress the balance – but we should ensure they are planted in the right place. In the tropics, where trees grow three times faster than in the temperate climes, a single tree can remove up to 22 kilos of carbon dioxide per annum – that's why the rainforest is vital to the survival of the planet. Tree planting outside the tropics is largely a waste of time, just because of the length of time it takes for a tree to grow.

Renewable energy offsets are another useful way to reduce one's carbon footprint and include wave, solar, wind and bio fuel power

production. But when you investigate what is involved in setting up a wind farm, the CO₂ production costs would appear to outweigh the benefits, except over a very long stretch of time, and maybe even when maintenance is taken into consideration.

Emissions Trading

Carbon offsets are also linked to emissions trading schemes which operate through specially created Exchanges, e.g. The Chicago Climate Exchange and the European Union Emission Trading Scheme. The idea of this is that companies can actually buy and sell emissions – company A has an allowance that it will not use entirely so it trades any surplus through the exchange and Company B is close to its limit on emissions and needs to buy some more. Currently EU emissions are trading at 0.30 euros per metric ton. I think this sounds like a licence to pollute without conscience, what do you think?

So all in all don't worry too much about taking that well-earned holiday break; you can clear your conscience by offsetting and enjoy the flight.

What's my carbon footprint?

Want to know how much carbon you produce? The government has just developed its own calculator at link :

<http://actonco2.direct.gov.uk/index.html>

The calculator enables you to reliably calculate your carbon footprint from home energy, appliances and transport. You can also choose to calculate your own personal footprint or your household's. The calculator then develops a personalised action plan for you, with steps you can take to cut emissions.

Want to off-set that flight now?

It's easy on www.carbonneutral.com - you can even make your trip carbon neutral as a gift! Now that's an original gift idea – going green and giving back.





Streetlights a waste

Does the supply of unmetered Electricity prevent Local Authorities at being creative at saving energy on Streetlights ?

There are approximately seven million street lights in the UK - however, it is not made clear if these are only those street lights owned by local Authorities, (i.e. does the number exclude those owned by Parish, Town and Community Councils?). Also, are the street lights on Motorways and main roads additional to this figure?

What we do know is that not even the Secretary of State for Transport knows how many local authorities have contracts with their electricity supplier, allowing them unlimited use of electricity for street lighting at a fixed price. Certainly, most Local Authorities have an unmetered supply of electricity for street lights. Some people alledge that Local Authorities get the electricity at a special low price. For this they agree to keep the lights on all night so that the electricity people don't have to shut down their generators.

We also know that we are the third most light polluted country in Europe - light pollution is wasted artificial light; light that shines where it is neither needed nor wanted. Most light fittings waste a large fraction of the light they produce. More than 300 megawatts worth of light is wasted skywards from UK streetlights alone, at an annual cost of about £100m.

A local Authority like Kent manages over 130,000 Street lights with an average cost, including electricity, replacing bulbs and general maintenance, between £30 and £50 a year. If this is typical, the total cost of street lights across the UK could be in the region of £375m per year.

We also know that the introduction of Power Factor Correction Capacitors - devices introduced into an inductive circuit in order to improve the power factor of the circuit - could reduce costs of street lighting by up to 40%. Savings are estimated at 287 megawatts, at an annual cost of about £95m.



Why are there so few Solar powered street lights in the UK? The Local Channel comes across many examples whilst we are working in China, (*Pictured left*) both in small villages and large towns. There are a few examples in the UK of creative

approaches such as found in China. A Scottish university is trialing solar-powered streetlights which will also deliver wi-fi internet access. The 'Project Starsight' technology is being tested as part of a deal between Compliance Technology (CTL) and the Abertay Centre for the Environment (ACE) at the University of Abertay in Dundee.

I would suggest that whilst local authorities continue to use unmetered electricity for streetlights, they are not motivated to reduce the carbon footprint.





Interesting...

The Local Channel provides more about your favourite subjects

Here at The Local Channel we have been putting our heads together, coming up with ideas on how we can continue improving our site. Our answer - keep providing more content, which is exactly what we have done! At The Local Channel, each of us have started our own organisation about the things we are interested in. Just to hot things up, we are having a competition between the staff to see who can get the most page views in July—for some reason my money is on the one from the techy department!!

So, what do we have on offer I hear you asking! Here is a list of the websites we have:

Recycling and Green:

www.thelocalchannel.co.uk/green

Fashion ideas and tips:

www.thelocalchannel.co.uk/fashion

Health and fitness - ideas to make it easy:

www.thelocalchannel.co.uk/healthandfitness

Travel tips and stories:

www.thelocalchannel.co.uk/tlctravel

Cars and everything to do with them:

www.thelocalchannel.co.uk/cars

The Smoking Club:

www.thelocalchannel.co.uk/smoking

The Politics Club:

www.thelocalchannel.co.uk/politics

The Diary of a Web Company:

www.thelocalchannel.co.uk/theinsiders

Jokes for all occasions:

www.thelocalchannel.co.uk/jokes

Music reviews and cheap tickets:

www.thelocalchannel.co.uk/music

Not bad huh! Well, even better, here are a few ads for the sites, detailing what they have on offer...

★ ★ ★
INTRODUCING
★ ★ ★
THE NEW...
★ ★ ★
Fashion and Green
★ ★ ★
websites on TLC!



I would like to introduce two brand new websites on The Local Channel. One website will be focused on Fashion and the other on Green. These websites are there for to all those interested in these topics, and people are welcome to contribute anything



they like by sending me an e-mail. We want to provide content and web space that, **A)** people are interested in, **B)** that people can contribute too and **C)** encourage areas of discussions and personal opinions. You can view these websites from the following addresses:

www.thelocalchannel.co.uk/fashion
www.thelocalchannel.co.uk/green

Contributions are welcome! Please send them to: emma.cox@thelocalchannel.co.uk

Happy browsing!





Interesting...

The Local Channel provides more about your favourite subjects

Music News –

www.thelocalchannel.co.uk/Music



There is a new [Music Website](#) on The Local Channel. On this site you will find music news, reviews and pictures of concerts and festivals. You can

even [buy tickets](#) for up and coming tours, including [Crowded House](#) and [The Rolling Stones](#), from this site.

Recently, Mike from The Local Channel went to a concert at the new [Wembley Stadium](#) and he has written a [review of the stadium](#) and has loaded [pictures](#) from the concert and of the stadium [here](#).

The Local Channel can now offer [tickets](#) for sale to concerts and events. To buy tickets please visit [here](#).

www.thelocalchannel.co.uk/Music

New Tour of the Month

[Crowded House](#) have reformed and have just announced a new UK tour for December of this year on the back of their successful (and very wet) co-headlining performance at the Hyde Park Calling festival in London on the 23rd June. Be sure to catch them on this tour to see them perform their greatest hits, including, 'Weather with You' and 'Don't Dream it's Over', for their first UK tour in over 10 years. For tickets click [here](#).

Gig of the Month:

[Barbra Streisand](#) at [The O2 Arena](#) (formally the Millennium Dome), 18th, 22nd and 25th July 2007.

For tickets click [here](#)

Cars on The Local Channel...



If you're interested in cars and want to know which cars are cool and what's hot on the road www.thelocalchannel.co.uk/cars is for you.

The website has been broken up in to specific pages for individual areas of cars; from Super, cool cars, to Eco-friendly, green cars. This website will have facts and specs on specific cars, giving you a range of pictures that show off their designs.

If you like to see the twisted metal of cars being wrecked, then there is a "Crash" section which has loads of pictures on cars that have been obliterated!

There will also be links pointing to other websites with useful information that will keep you in touch with what's available on the road and with a "Concept car" section, you can see what could be on the road in the near future!

Many more sections will be introduced soon, so please keep checking for the latest updates.

Please feel free to email me at brad.lewis@thelocalchannel.co.uk with any feedback on the website and any cars or facts you think should be on here.





Interesting...

The Local Channel provides more about your favourite subjects

Health & Fitness Website

www.thelocalchannel.co.uk/healthandfitness



There is a lot more awareness in today's society about eating healthily and keeping fit – but sometimes it just seems like the hardest thing to do. Exercise doesn't mean sweating for hours in a gym,

feeling like rubbish; it can be enjoyable. This site has suggestions to help you make subtle changes that make you a healthier person – and if you feel healthier, you feel better about yourself, and the challenges in every day life feel easier to accomplish.

This site is for everyone and anyone – and if you have a tip that you would like to share, then please email me at dani.marshallsay@thelocalchannel.co.uk

The more suggestions, contributions and ideas on this site, the better!

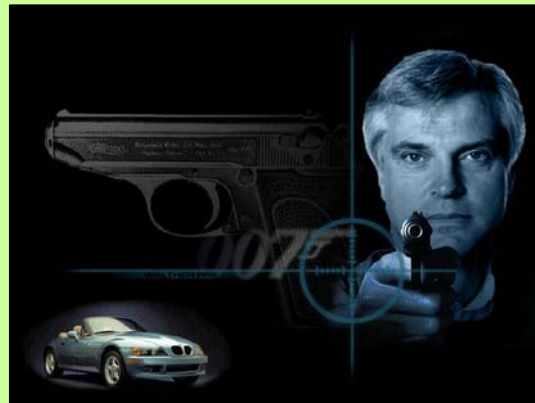
www.thelocalchannel.co.uk/tlctravel



Is devoted to up to the minute reviews of places visited by roving reporters everywhere – read about recently visited countries, cities, holiday resorts

and get the inside track on what's hot and what's not. Knowing what to avoid in a country is as important as knowing where to go and what to see so by checking out this site you will be sure of an up to date, independent viewpoint. Going somewhere interesting and off the beaten track? Then why not send in your own review and tips – all submissions are made free of copyright and will not earn you a penny but will be thoroughly appreciated and by-lined. If you like, send an email 'postcard' to info@thelocalchannel.co.uk. Don't forget your holiday snaps too!

The secret story of life in a web company.



Ever wondered what really happens in a web company?

The glamour, the intrigue, the politics, the gossip?

Wonder no more.

We sent our agent deep into the heart of The Local Channel to discover the unvarnished truth.

Every day, read his report. Prepare to be amused, surprised ...and sometimes shocked

www.thelocalchannel.co.uk/theinsiders

Jokes website on The Local Channel



Hi, I have created a Jokes website, to try and bring a little humour into people's lives!

Click on

www.thelocalchannel.co.uk/jokes and let me know what you think!

If you would like me to post any jokes on the site, just email through to me – anything considered!! Email Xavier.anderson@thelocalchannel.co.uk





Website of the Month

Congratulations Cranage and Mr Frank Walton www.thelocalchannel.co.uk/cranage

Congratulations to Cranage, Cheshire, who are Website of the Month July 2007. This website is extremely informative for the community and has a lot of detail about the village itself.



Pictured above: Cranage Home Page

The homepage is welcoming, and invites visitors to the site: "If you already live here you will know that Cranage is a lovely place and we have set up the website to help everyone enjoy living here and to encourage community spirit and cohesion".

The website is set to be extremely active, with a link coming soon for people to comment and send information into the site, and lots of information on the site about what there is to enjoy in the area.

Community interaction is something that is high on the agenda in Cranage: with no pubs or shops, the main meeting place is the Village Hall (pictured below) which is often over subscribed. Fortunately, there are details of a new building coming soon on the site; a place where more interaction can take place. In the mean time, details of forthcoming events at the Village Hall can be found on the site.



The council section (pictured above) is well populated, with a detailed list of members of the council, allowing residents to know who is representing them. Minutes & Agendas and the Planning section are up to date, and provide visitors with details of what the Council are up to, and what planning has been applied for in the area.

One of my favourite pages on the site is 'Website Updates' (pictured below) - this page gives a concise report of what updates there have been on the site, so that returning visitors can see what they have missed, and need to catch up on.



Cranage community website is a great example of how this service can be utilised. The site is full of information relevant to residents and visitors alike.

For more information on the site, please visit:

www.thelocalchannel.co.uk/cranage

Congratulations again.





TLC's Hot Stuff!

A quick look at our hot news this month

Local Channel Re-United

Eileen Hopper, administrator for Easington Village, wrote in this month with a fabulous story of how The Local Channel helped re-unite a family in her village:

It wasn't Genes Re-united but the The Local Channel Re-united, when after four decades a family found how to get back in touch when the item below was printed in the Sunderland Echo Down Your Way column by Eileen Hopper, local reporter and web administrator. The very next day, Eileen had a phone call from Dick who is delighted to be put back in contact with this long lost nephew:

'Mark Ainsworth from Western Australia used to visit Easington Village as a child, but has lost contact with the relations of his father John Everett. His recollections are from 40 years ago when he was ten years old, and visited the Paul's who lived at 53 The Avenue; he thinks there was an Uncle Dick, a truck driver, and an Uncle Alfie who worked on a farm. He said he pictures himself on the top deck at the front of the bus just as it comes into Easington and look down over the Green. Mark visited www.thelocalchannel.co.uk/easingtonvillage the Easington Village Parish Council web site and the photos brought back memories so he emailed administrator Eileen Hopper who can be reached at the number above or contact Mark on his email mkains@dodo.com.au if you know of this family.'

A big congratulations has to go to the contributors of:
www.thelocalchannel.co.uk/memburylocalhistorysociety.



This organisation site is fantastic! It is full of information on local history, events that

are coming up, how to join, and much more! The site details forthcoming trips, as well as ones they have been on, enticing more people to join. If only I lived closer.....

Our Top Six Hits

Here are our top six sites for June. These were the sites that had the most traffic during this month. A big congratulations to all!

1. Southwater
2. Kessingland
3. Shalford
4. East Tytherley
5. Easington Village
6. Tillicoultry

Fast growing traffic on TLC sites

Congratulations to the following sites, whose audience has improved remarkably in the last month:

- www.thelocalchannel.co.uk/fordingbridge - 7 Page views in May, 423 in June ! (+6043%)
- www.thelocalchannel.co.uk/cranage - 10 Page views in May, 451 in June ! (+4510%)
- www.thelocalchannel.co.uk/graffham - 26 Page views in May, 234 in June ! (+900%)



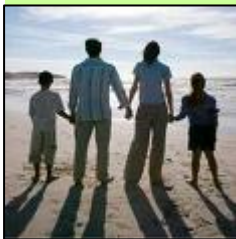


Your community needs YOUR help

Want to help more? Try doing something different...

Have you ever thought about foster caring?

Tony Bray wrote to me a few weeks ago, asking of he could use the magazine to raise awareness about a worthy cause; fostering. I was extremely pleased to receive this email, and asked him to write an article about it:



This is not a question you hear every day, nor is it something that many people contemplate in their lifetime. And why should they? The public perception is that it is an onerous task, an unnecessary life-changing

event, and definitely something that other people get involved with. So, how can I address all these points and present reasons why people should seriously think about foster caring and, once completely convinced, then make that first step by contacting me? I shall try to do this below:

Foster caring will always be regarded as an onerous task to those outside the process, because it involves taking in a child or young person who needs care. It is, by its very nature, something extra that needs to be done. These children need to be looked after by people who can offer them a nurturing, positive environment, and it is carers who can offer this that we are looking for.

Fostering a child will change your life, as will introducing anyone, or anything different, into your lifestyle and household. This is why any carers, when being assessed, are as prepared as possible for the time when a child arrives.

Yes, other people do get involved in foster caring and they are supported every step of the way by this authority. As the ultimate welfare of the children is our responsibility, it is in our best interest that the foster carers we attract, assess, approve and, very importantly, retain are people we can trust, call upon and know will provide the best care for the children. In exchange for this we

offer generous fees and allowances, structured training, interaction with existing foster carers and continuous, ongoing support.

I'm not going to tell you it's easy, or that it isn't challenging; what I will say is that that the opportunities are there to not only help the children and young people attain their goals, but, at the same time, develop your own fresh aims and targets in life, which are rarely easy or unchallenging.

If, after reading this article, you feel you want to take that first step you can either contact me on 01454 866423 and I will answer any questions you might have, or you might prefer to read our very comprehensive information pack which can be viewed online at www.southglos.gov.uk/fostering. Here you will also find further information on fostering.

Tony Bray

If this is too much for you, or you can't commit to fostering, how about helping children in schools?...

Hi,

We are a registered charity, we help children to read. We assist in schools with children aged 5 - 11 who are finding reading difficult. We help on a one to one basis with the same children regularly each week. We talk, read and play games to give children confidence and help them enjoy reading.

You can help if;

- *you like children*
- *you enjoy reading*
- *you are patient and flexible*
- *you are aged between 18 - 80*
- *you are prepared to assist as a volunteer regularly each week for at least one school year.*

No experience or qualifications needed. Training will be given.

*For further information contact;
LITERACY VOLUNTEERS.
TEL. 0115 915 0820*





A great website = a great audience.

Keith Cooper gives you advice on how to increase visitors to your site.

Looking around at the websites our administrators have developed, it's clear to me that many of you are putting in a great deal of work. The sites you are building are nothing short of terrific! Just look at our website of the month; well done everyone!

The result of my looking at your sites has given me the will to try and make sure people in your community are having a regular look and appreciate the work you are doing. I took the liberty of phoning a few of our administrators, where the number of visitors to their sites was high and increasing, to find out what they were up to that was encouraging people to visit their site. I have decided to pass this little tip on to you.

I was surprised at the simplicity of the innovation. They are e-mailing a distribution list of Councillors, Council people, friends, family and neighbours every time they update the website. It is quite simple to do this.

Everyone has an e-mail address of people that would be interested in visiting the site when you have updated it. All you need to do is create a list on e-mail and send it to them.

To create a distribution list simply follow these steps:-

1. In Outlook click on new to create a new e-mail
1. Underneath the "send" button you will see a little book and the word "To...", click on the "To" button.
2. A window opens up for you to select the people you want to e-mail. Click on the "Advanced" button in the bottom left corner of the new window
3. A drop down menu will appear; select "New"
4. A smaller window appears, select "New distribution list" and click "OK"
Now type the name of your list, perhaps

"website update notification"

To add a new member click on the "ADD" button and in the new window type in the display name you would like; perhaps the person's real name or a nick name, then enter their e-mail address and click "OK"

8. You can repeat the operation with the "ADD" button until you have all the names that you want. Then Click "Save and Close".

PLEASE NOTE! Some people do not appreciate their email address being sent everywhere, so it may be an idea to do the above using the blind copy button. (bcc)

When you want to e-mail your distribution list type the name of your list into the "TO..." and send it.

This is a simple action you can take and it will have the effect of increasing visits to your site rather drastically.

Now that you are letting people know about updates to your website, it's a good idea to inform a few others as well. A very good place to do this is in your Parish Magazine or local paper. Both of which are crying out for stories to print; why not send them a piece about your website?

I have prepared 2 press releases that you can download, amend to your liking and personalise with your Parish, Town or Community Council name. They are in word format and can therefore be edited very easily. You will find them on our download pages, one is called "let the people know" (For your first release) and the other is called "Keep the people informed" (for letting people know about interesting updates on your site). You will find these documents at

www.thelocalchannel.co/download

on a page called "Connect to people".

If you have any problems setting up a distribution list, or would like to discuss improving visitor numbers to your site, just give me a call on 0800 38 986 38.





Sports Column

Sports news from us to you

Wimbledon



Wimbledon has come and gone for another year, and along with a lot of rain, was a lot of great tennis. This year saw Roger Federer's 5th consecutive win at Wimbledon,

equalling Bjorn Borg's record. Federer has now won a whopping 11 Grand Slam titles, only 3 behind Sampras' total of 14.

The women's singles saw Venus Williams win her 4th Wimbledon title, after beating 18th seed, Marion Bartoli 6-4 6-1. It was a great victory for Venus Williams after only being seeded 23rd, and being plagued with injury throughout the match.

The winner of the mixed doubles saw the first Briton in 20 years win a senior title at Wimbledon. Jamie Murray, brother of Andy Murray (who didn't compete due to a wrist injury) won the mixed doubles, alongside his Serbian partner Jelena Jankovic. They beat their opponents, Jonas Bjorkman of Sweden and Alicia Molik of Australia 6-4 3-6 6-1. It was the last match played of the tournament, and a great one too for British history.

Motorsport



Britain's Lewis Hamilton had another podium finish at the British Grand Prix. Although clearly an impressive finish, Hamilton is not happy with his performance; *"I need to step up my game, which I intend to do"*. Hamilton is

already leading in the championship, with 12 clear points in front of Fernando Alonso, and aims to win the championship in his debut season. Everyone will be watching to see how he performs next in the German Grand Prix in Nurburgring.

Tour De France



The Tour De France is already into the second stage, having started in London, for the first time.

The 3,550km (2,200 mile) bike ride around France, and its neighbouring countries, is a gruelling challenge, that takes place in 20 stages, from 7th July to the 29th, with only 2 rest days for the cyclists.

The first stage, which was a journey of 203km from London to Canterbury, was won by Australia's Robbie McEwan. The second stage, starting in Dunkirk, France, and finishing 168.5km later on Ghent, Belgium, has started, but is only the beginning of an arduous sporting challenge.

Golf



Colin Montgomerie won the European Open at The K Club, Dublin. This is Montgomerie's first tour win since 2005,

and one of which he is extremely happy about;



Sports Column

Sports news from us to you

"I am thrilled; it's nice to silence a few critics who said I wouldn't win a tournament again".

Montgomerie is now the top British and Irish winner on the tour with 31 victories, surpassing Nick Faldo's 30 victories.

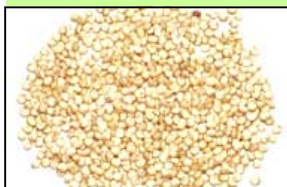
Darts



Raymond Van Barneveld won his first Las Vegas Desert Classic title, beating Terry Jenkins 13-6. Van Barneveld was the clear favourite, after the early, and surprising, exit of Phil Taylor. Van Barneveld was extremely pleased to have

won the title; *"I've worked hard for this tournament and I'm very proud to have won. I was very focused."*

July's Healthy Tip



Sick of cooking the same meals week after week? Need a recipe that is tasty, but quick to cook? Have you thought of using Quinoa?

Quinoa is an ingredient to be used like rice – it is a grain that is rich in complete protein, and therefore extremely good for you, especially for vegetarians. Quinoa looks similar to millet, but is pale brown in colour, until it is cooked when the grains become translucent, ringed with white. The taste of Quinoa is mild; the texture is firm and slightly chewy.

Quinoa is very easy and quick to cook; just use twice the volume of water to Quinoa you're cooking – the Quinoa will absorb most, if not all of the moisture. Once cooked, it can be used in place of rice, added to salads, used as a stuffing, or even in place of porridge.

Below is a recipe I have created using Quinoa. It takes approx. 15 minutes to cook, is very tasty and healthy too!

Serves Two

Ingredients:

- ◇ 100 grams Quinoa
- ◇ Half Red Pepper and Half Yellow Pepper (*you can use any colour pepper if you prefer others*)
- ◇ 8 closed cup mushrooms (*more can be added if you desire*)
- ◇ Half an onion
- ◇ 10 cherry tomatoes (*again use more if you wish*)
- ◇ 125g of King prawns (you can use small prawns, or substitute fish for meat, or just have vegetables, it is flexible to your taste)
- ◇ 190g of red or green Pesto

To make:

1. Put the Quinoa and water into the pan, bring to the boil, and then leave simmering, stirring occasionally.
2. Chop the peppers, mushrooms, onion, and peppers (and meat if using) into cubes. Put some olive oil in a wok or pan, heat up and add the vegetables, (if using meat, add the meat to the pan first, brown for 3 minutes, then add the vegetables to this).
3. Cook the vegetables for approx. 5 minutes, then add prawns, if using them. Cook for a further 3-4 minutes.
4. By now the Quinoa should have soaked up most, if not all, of the water. Drain any excess, and then add the pesto to the Quinoa. Put over a warm heat and stir through. Add the vegetables and meat/fish if using.
5. Mix the ingredients together and serve with a green salad if desired.



The Ed's Column

Dear Readers,

As you have noticed, we have produced the newsletter on green this month. This is to highlight our focus point this month; being green! Our new Green Officer, Emma, has been helping all of us at TLC headquarters become more green - we all took part in her campaign to measure our emissions on the Carbon Calculator (page 2), and are aiming to reduce them.

We have all been working hard on our organisations this month (page 5), populating them as much as we can, in order to try and get the most page views, and make them the most interesting - any comments you have on them would be greatly received.

The weather seems to be going down hill at the moment - it's my birthday next month so I hope it perks up a bit; my summer wardrobe hasn't seen the light of day yet!

I hope you all take part in measuring your carbon emissions, and enjoy looking around the new websites on The Local Channel.

Dani The Ed xx

Dates for your diary.

Just one conference for us this month! We're going to be in the Midlands. If you're close by or attending anyway, please pop by our stand.



Wednesday 19th July
SLCC Regional Conference
Quorn Country Hotel



Solar Power-ED

The Local Channel Ltd
The Estate Office
Trafalgar Park
Downton
Salisbury
SP5 3QG

Released: **9th July 2007**

This document may not, in whole or in part be copied, photocopied, reproduced, translated or reduced to any electronic medium or machine-readable form without prior consent in writing from The Local Channel.

Every effort has been made to ensure the accuracy of this news letter. However, The Local Channel makes no warranties with respect to this document and disclaims any implied warranties of merchantability and fitness for a particular purpose. The Local Channel shall not be liable for any errors or for incidental consequential damages in connection with the furnishing, performance, or use of this news letter or the examples herein. The Information in this document is subject to change without notice.

Registered in England – 4211031 – VAT Number
780737602
The Local Channel registered office is: Templars House,
Lulworth Close, Chandlers Ford, Hampshire, SO53 3TL

