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April
2018

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Kids Page

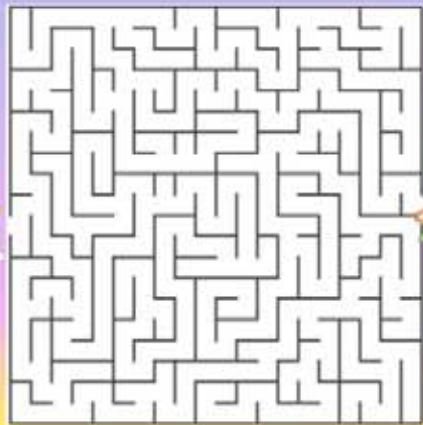


Can you find all the words associated with Easter in our grid?

- Basket
- Bonnet
- Bunny
- Chick
- Chocolate
- Easter
- Egg
- Hunt



Can you help the Easter bunny deliver his eggs?



Solution



Solution

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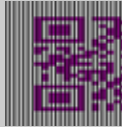
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Welcome to the April update from Warfield Parish Council

Parish Assembly

All residents of Warfield are warmly invited to attend our annual Parish Assembly on Wednesday 2 May, starting 7.45pm in Whitegrove Community Centre where they can learn more about the work of the Parish Council and discuss local issues.

Two awards will also be presented; the Warfield Award and the Chairman's Award, these being presented annually to an individual/couple and to a group respectively who have made a contribution to the local community. Refreshments will be available afterwards. We look forward to seeing you there!

VEGETABLE TAKE & GROW

Sunday 29 April 11:30am-1.00pm Whitegrove Community Centre

Free Plants & Seeds!

Seed Swaps

Children's activities

*Warfield Gardening
Competition*

Take & grow vegetable & herb seedlings. Plus collect free sunflower seeds to enter our Tallest Sunflower Competition.

Kids, plant mustard cress, and sunflower seeds, design your own plant label and 'Feel the Vegetable' Competition

All Welcome!

Free entry

*Refreshments
available*

A Warfield Parish Council event

Councillors Surgery

The Parish Council holds monthly surgeries in the Parish Office to enable residents to discuss their issues with Parish and local Borough Councillors. The next surgeries are on Saturday 7 April, 10am – 12 noon and Saturday 5 May, 10am – 12 noon. No need to book – just pop in at a time to suit.

Winkfield & Warfield Family Cycle Ride Sunday 24th June – can you help?

The date for the annual Family Cycle Ride has been confirmed as Sunday 24th June so make sure you save the date for this 10 mile circular ride around the roads and beautiful country lanes of Winkfield and Warfield.

Look out for more details regarding registration for the ride in later issues of The Word. In the meantime we are keen to hear from anyone who could spare some time to volunteer and help with marshalling around the course; please contact the Parish Office if you are able to help.

Diary Date: Don't forget the Warfield Village Fete coming up on Saturday 9 June from 12 noon until 4pm



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Parks and Countryside Events Programme

www.bracknell-forest.gov.uk/parks-and-countryside/events

Ranger-led Walks

Wednesday 11 April. Westmorland to Newt Reserve - Up to 2 miles (1 hour)

Meet: Westmorland Park car park, Warfield, RG42 3QP.

Tuesday, 17 April. Caesars Camp & the redoubts - Up to 7 miles (2½ hours)

Meet: The Look Out Discovery Centre (car parking charges apply), Nine Mile Ride, RG12 7QW. Map grid ref: 878 661

Timings and distances are approximations only. For more information tel: 01344 354441.

For walking opportunities visit: www.bracknell-forest.gov.uk/walking

Other Events

Saturday, 14 April, 10am – 12noon

Heritage and Countryside wander at Jennett's Park

Discover the history and natural beauty of the fields and woods of Jennett's Park.

Meet: Jennett's Park car park, off Swift Fields, Bracknell, RG40 3DG.

Tuesday, 17 April, 10am - 11am

Community Litter Pick at South Hill Park

Meet: Courtyard in front of South Hill Park reception, Ringmead, Bracknell, RG12 7PA.

Friday, 20 April, 10am - 11.30am

Reptile and Amphibian Walk at Englemere Pond, near Ascot

A stroll around Englemere Pond Local Nature Reserve looking for wildlife including reptiles and amphibians. Please note that this walk is weather dependant.

Meet: Pond viewing platform – map grid ref: 90564 68570. Parking available at car park, off Swinley road, Winkfield, SL5 8BA.

Saturday, 28 April, 10am - 12 noon

Minibeast Safari at Snaprails Park, Sandhurst

Have a go at bug hunting to discover the magical world of mini beasts.

Meet: Wellington Road entrance to Snaprails Park, Sandhurst, GU47 9AN.

Cost: £2. Booking required - www.bracknell-forest.gov.uk/parks-and-countryside/events

Easter Treasure Hunts

Solve a series of festive clues to earn a chocolate prize! Morning or afternoon events available.

Events run 10am – 11.30am or 1pm – 2.30pm. Cost: £3. Booking required – www.bracknell-forest.gov.uk/parks-and-countryside/events

Tuesday, 3 April

Meet: Gazebo on grass field, Ambarrow Court, Wokingham Rd, Sandhurst, GU47 8JB.

Wednesday, 4 April

Meet: Gazebo on rear field, South Hill Park, Ringmead, Bracknell, RG12 7PA.

Thursday, 5 April

Meet: At the Giant Picnic Table, Lily Hill Park, off Lily Hill Road, Bracknell, RG12 2RX.



Bracknell Forest Natural History Society talks

Evening meetings are usually held in the Recital Room at South Hill Park, Ringmead, Bracknell, RG12 7PA. Visitors are welcome and there is no need to book. Meetings start at 7:30pm and end at about 9:30pm (Doors open from 7:15pm), with a break for refreshments in between. Membership is £12 per year with an entrance fee of £1 for evening meetings – or come along as a visitor and pay just £3 for the evening.

April 16: British Bats

For further details about these events visit: www.bfnathistsoc.org.uk or contact Gill Cheetham on 01344 423440

Event Booking

Please pre-book events where stated by contacting the number provided. Events are free unless otherwise stated.

Payment can be made prior to the event or on the day. This is non-refundable.

Events may be filmed and/or photographed - please specify if you do not wish to be included in this.

For outdoor events please wear suitable clothing and footwear. All children under 16 must be accompanied by a responsible adult.

Contacts

Parks & Countryside Service

Bracknell Forest Council

The Look Out Discovery Centre

Nine Mile Ride, Bracknell, Berkshire RG12 7QW

rangers@bracknell-forest.gov.uk

www.bracknell-forest.gov.uk/parksandcountryside

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Warfield Environment Group

BIRD NEST BOX BUILDING

at WESTMORLAND PARK



Sunday 15 April

10.30am – 1.00pm

Meet at Westmorland Park car park

Booking essential

Come along and help build nest boxes for the Group to put up in Warfield. Nest boxes help replace natural nest sites which are disappearing quicker than ever (source: BTO and RSPB). Accompanied children welcome. All materials and tools will be provided.

For further information, or to book a place, please email warfieldenvironmentgroup@hotmail.com or contact Claire on 01344 302708 .



www.warfieldenvgroup.wordpress.com

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Next event: Newt survey on Friday 20/Saturday 21 April



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Warfield Environment Group

ANNUAL NEWT SURVEY



Friday 20 April, 7.30pm
and Saturday 21 April, 7.30am
at the Newt Reserve,
off Flemish Place, Warfield

Join us to set bottle traps on Friday evening and spot newts in the pond using torches. Return on Saturday morning to count and release trapped newts. Wellies/waterproof footwear and suitable clothing recommended. Accompanied children welcome. For further information please email warfieldenvironmentgroup@hotmail.com or contact Adrian on 07985 004758.



www.warfieldenvgroup.wordpress.com
✉ warfieldenvironmentgroup@hotmail.com
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Next event: Bat Safari on Saturday 19 May

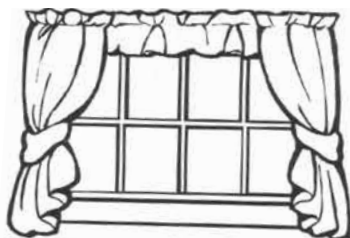
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Do you have points to spare?

Warfield Environment Group has been nominated as a good cause in the Bracknell Forest Council recycling incentive scheme and will receive a share of £1000 based on the number of recycling reward points donated to the Group between

Thursday 1 February and Monday 30 April.

You can donate your points by visiting:



or

www.bracknell-forest.gov.uk/recycling-incentive-scheme/good-causes

To improve the local environment and increase biodiversity in the area, Warfield Environment Group will use the money to buy more:

trees, shrubs, bulbs and seeds, and materials to build bird and bat boxes.



www.warfieldenvgroup.wordpress.com

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Sudoku

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

How to Play

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9, **with no repetition!**

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(solution on page 22)

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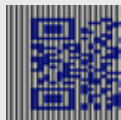
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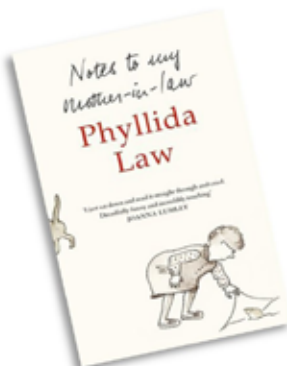
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A Good Read



Notes to my Mother-in-law – Phyllida Law

This is one of those deceptive little books that looks like a quick 'read it and forget it', but is

really much more. At little over a hundred pages, it is indeed a quick read – easily done in one sitting – but the pictures of family life it paints will, justifiably, stay in your memory and affections for some time.

The title is a fairly straightforward description of the contents. Law's mother in law, Annie, shared her family home for seventeen years and 'was picture-book perfect'. As she was deaf, Law would write her notes with reminders, requests and tidbits of gossip every evening before going to bed. In response to her husband's comment that she could have written and illustrated a book in the time she spent on these notes, she did so, gathering together a series of missives – some long, some short, some sad and some funny.

The one sided nature of the story – we never hear anything of Annie's replies – means that we fill in the gaps ourselves. The topics range from the mundane – the availability of pearl barley or dusters – to the profound – the death of a family pet. All, however, are tinged with humour, mainly from the chaos of family life and the cast of unseen characters whose many deeds and misdeeds fill the pages.

What raises this above the ordinary, however, is the sense of a bygone age. Annie belonged to a past that is gone, having been in service and maintained many of the disciplines and routines she learnt as a girl. The depth of feeling in Law's relationship with her is palpable, and as Annie becomes

increasingly ill the reader cannot help but feel the sense of imminent loss.

Often funny, never sentimental but truly touching – a wonderful read.

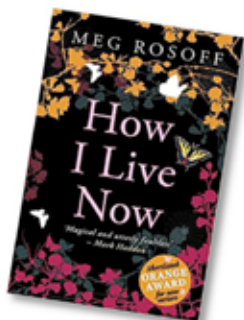
How I Live Now – Meg Rosoff

I'm really not sure whether to describe this as a children's book, but certainly if you know a teenage girl of 13 upwards, they will be captivated by it. Rosoff's debut novel is narrated by Daisy, a 15 year old American sent to England by her newly married father for the summer to stay with her cousins. She is immediately drawn in by this wild and wonderful bunch – Osbert, Isaac, Piper and Edmond – and delighted when Aunt Penn begins to tell her more about the mother she never knew.

But, within days, the world changes. A bomb in London may or may not have started a war, and Aunt Penn is unable to return home. Left alone, the children attempt to survive in the best way they can, and Daisy and Edmond fall in love. Meanwhile, the mysterious war develops through rumours and shortages and increasing military presence, until the inevitable happens and Daisy and Edmond are separated.

In Daisy, Rosoff creates an engaging, realistic and intelligent narrator whose matter of fact style carries us forward. Something like a cross between Holden Caulfield and Esther Greenwood (*The Bell Jar*), she deserves to be as widely known as both.

This is a novel about first love, about war and about being young. If you're buying it for that teenager, you could do worse than read it yourself before you hand it over. You won't regret it.



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AAAACHOO!

It's hayfever time again

Hayfever is on the increase, says the British Allergy Foundation. The most likely explanation for this is that summer is starting earlier and pollution is rising.

Pollution traps pollen in the atmosphere and holds it there. As a result we're all being exposed to many more allergens, particularly those of us who live in towns in cities. No wonder we're all sneezing.

The body's immune system is a wonderful creation. It responds to nasty substances such as viruses and bacteria by generating special antibodies which help to neutralise them. These helpful antibodies are actually large protein molecules of a category known as IGG.

Unfortunately, there is another set of antibodies from a category known as IGE. These are less helpful because they tend to over react to allergens, which are harmless materials such as grass pollen.

The problem lies with our mast cells. These are cells choc full of histamine and other substances capable of producing inflammation. The IGE molecules cling to the mast cells and when an allergen enters the body it sticks to the IGE-coated mast cells and triggers them to explode, whereupon they release all their histamine and cause an inflammatory response.

Some of us have high levels of IGE in our bodies and some of us don't. Those with high IGE levels are more susceptible to allergies. In the case of hayfever it triggers runny noses and itchy eyes, but it can also trigger asthma if the response occurs in the airways and eczema if it occurs in the



skin.

Susceptibility does have a genetic basis. However, scientists also know that the immune system develops very early so early exposure to an allergen may affect the development and number of immune cells present, so later in life an allergic response to a particular allergen is more likely.

We can't yet reduce the number of IGE cells in a body but a few years ago scientists discovered that IGG and IGE molecules

have different structures and bind differently to mast cells. Thus new medications are now being developed with the ability to disable the IGE and stop it binding to mast cells in the first place.

In the future we may be able to relieve the misery of hayfever altogether. Wouldn't that be lovely?

Current Treatments

Anti-histamine tablets Impede the body's immune response so preventing symptoms.

Nasal Sprays Work directly on the affected area and leave the rest of the immune system alone.

Injections Offer long term protection but are only used in severe cases because of their ongoing nature.

REMEMBER - Do not wait until symptoms start. Ideally begin to take medication 3-4 weeks before the start of the hayfever season.

By Louise Addison

How Egg-straordinary!



It's ironic that most of the traditions associated with the principle religious feast of the Christian year have no basis in Christianity at all.

The word 'Easter' comes from an Anglo-Saxon fertility goddess called Eostre, who was associated with spring and new beginnings. Both Easter and Passover centre around re-birth, and bond neatly with the Anglo-Saxon festival of 'Eostre-monath' – Eostre's month.

Hot cross buns, traditionally eaten on Good Friday, are linked to the Jewish festival of Passover. Originally they were made from unleavened bread, an important Passover food. Nowadays they are more palatably leavened and marked with a cross to serve as a reminder of the crucifixion. As an aside you may notice

they are more expensive this year due to a global shortage of raisins and sultanais!

The tradition of eating chocolate eggs stems from Eostre, when eggs were given as gifts to celebrate the end of winter and as a symbol of new life and fertility. Chocolate was an ingenious German addition much later.

The Easter bunny seems to have been a German invention too, though it stems from Eostre again. The original association was the hare but rabbits look similar so they kind of hijacked the show. German children made nests in the garden and good children were left coloured hard-boiled eggs over night as a reward.

Egg rolling on Easter Monday is an eccentric British custom. As a child I was told the egg represented the rolling away of the stone blocking Jesus' tomb, but research shows that the custom predates the arrival of Christianity here. It's great fun though, whatever the history behind it.

By Roberta Snow



Woodchips

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Sudoku Solution

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

Hot Cross Buns

Home made hot cross buns are heavenly

Preparation time: 40 mins

Cooking time: 20 mins - 25 mins

Makes 12 buns

Ingredients

Zest and juice 1 large orange

Sunflower oil for greasing

For the dough and crosses

225ml semi-skimmed milk

50g unsalted butter, plus extra for greasing

1 large egg

450g strong white bread flour, plus extra for dusting

2 tsp fast-action yeast

50g golden caster sugar

For the flavouring, crosses and glaze

200g raisins

1 tsp ground cinnamon

4 tbsp golden caster sugar

100g plain flour

Method

To make the dough: Heat the milk in a pan until hot but not boiling. Remove from the heat. Add the butter stir until melted. When the liquid has cooled to tepid, beat in the egg and half the orange zest.

Mix the strong flour, yeast, 1/2-1 tsp salt (depending on taste) and the sugar in a large bowl. Pour in the liquid and stir to make a soft dough. Knead the dough for 5-10 mins on a floured surface until smooth and elastic. (you can use a mixer with a dough attachment if you have one). Oil a large bowl and place the kneaded dough inside it, then cover with oiled cling film. Leave in a warm place for about 1 hr or until the dough has doubled in size.

Place the raisins and half the orange juice in a small pan and simmer gently for a few minutes. Allow to cool completely. Mix the cinnamon with 2 tbsp

sugar and the remaining zest.

Turn the risen dough onto a floured surface and press it out to a large rectangle, a little bigger than A4 paper size. Scatter it evenly with the drained raisins, and cinnamon-sugar mix. Roll the dough around the filling, then knead it well for a few mins until the fruit and spices are evenly spread.

Grease and line a large baking sheet with baking parchment. Divide the dough into 12 equal pieces. Shape each piece into a bun making the top as smooth as possible. Place the buns, smooth-side up, on the baking sheet, leaving room for rising. Cover loosely with oiled cling film and leave in a warm place for 30-45 mins or until the dough has risen and doesn't spring back quickly when prodded gently.

Meanwhile preheat oven to 190C/170C fan/gas 5.

Make the paste for the crosses by gradually stirring 6-7 tbsp water into the plain flour to make a smooth, thick paste, then put in an icing bag or small plastic food bag then snip off the corner to about 5mm. Pipe the crosses, then bake for 20-25 mins until the buns are risen and dark golden brown.

Mix the remaining orange juice with the remaining sugar and let it dissolve. Brush the syrup over the buns while they are still hot, then leave to cool. Eat on the day of baking or serve toasted the next day.



Declutter Your Life

It's that time of year when we get the urge to Spring Clean



If you can't lay your hands on items you need because they're buried under piles of junk; if you're constantly moving items from one pile to a new 'temporary' pile; if you find yourself thinking, "I can't throw this away, it might come in useful one day," you're probably a clutter-victim.

Californian blogger Dave Bruno wrote *The 100 Thing Challenge*. He set himself a year-long experimental task of reducing his belongings to 100 items. Although it started as a challenge he actually chose to keep living by his new rules afterwards, saying he prefers the simplicity.

It would be tough for most of us to emulate Bruno exactly, but he has a point. Most of us probably put far too much time, effort and money into acquiring, keeping and storing possessions, and sometimes it's good to let go.

If you're ready to de-clutter, then we have a few simple tips. If you feel you need help, there are experts in de-cluttering who will guide you through the process of letting go.

De-cluttering Tips

Deal with one room at a time the task will seem less daunting. Stick with that room until it's finished.

Choose a nice day - Take the room contents outside. Psychologically it's easier to sort and let go if you're one step removed. It's also less likely that the clutter will make it back inside.

Sort everything into three piles - Label them dump, donate and keep. Be realistic: if the item in question hasn't been used for over a year it is unlikely you will ever use it.

Deal with the dump and donate piles - Do this before anything comes back into the house. It's much harder to mess up your good work if the stuff is physically gone.

Sort and label - Place the remaining items in clearly labelled boxes. Make sure there is one temporary box to house items which really belong in another room. As each room is sorted those items can be replaced, and other misplaced items can be housed there while the de-cluttering process continues.

Replace everything that remains - The maxim 'A place for everything and everything in its place' is a good one. Keep small items in clear plastic boxes and store them in cupboards or wardrobes.

When you're done instigate a 'one thing in, one thing out' rule. It will make you think twice about acquiring something if you know something else must go.

Finally, once a week, take two bags and go through your home. One bag is for rubbish, the other for items in the wrong place. When you've finished throw the rubbish away and replace the misplaced items.

Follow these small steps and you too can de-clutter your life.

By Tracey Anderson

Through the Pinhole!

Worldwide Pinhole Photography Day takes place on Sunday 29th April.



With the advent of the smart phone we have happily turned into a nation of photographers, capturing images wherever and whenever we please. We add filters and create digital art so easily that we've almost forgotten a world where this wasn't possible... where photography was more of a dark art. Worldwide Pinhole Photography Day aims to get us back in touch with that magic.

Pinhole photography is photography without a lens. We know that people have been making images using pinholes since the 5th century AD because references to the process have been found in ancient Chinese texts. They knew that objects reflect light in straight lines and that rays from the top of an object, travelling through a pinhole, will appear in the lower half of an image...in other words the image will be upside down.

Greek philosophers and Arabian physicists studied the phenomenon. It was used in astronomy to study the movement of planets and solar eclipses while artists used it to help them paint landscapes.

Sir David Brewster, a Scottish scientist, was one of the first to make pinhole photographs in the 1850s. Photographs taken with a lens can be

rendered very sharp: by contrast pinhole photos are soft. Some photographers liked them because they felt the images were atmospheric, not unlike the paintings of the Impressionists from the same era.

Nowadays the pinhole camera is still popular. It is another tool at a photographer's disposal. Like any tool it has advantages and limitations.

One big advantage is that a pinhole camera is very easy to make. It's basically a light box, with a tiny hole in one end and film or photographic paper in the other. Designing and building your own camera is great fun and taking pictures with it is a very satisfying and pleasurable experience. There are helpful videos on You Tube and even ready-made pinhole camera kits.

Pinhole cameras can - and have been - made from almost anything: drinks cans, cereal boxes, biscuit tins, shells and even an old refrigerator. A cardboard kit is probably the best material for a beginner, but the only limit is your imagination.

Photographic paper and developing fluids can be purchased very cheaply from camera shops and some good art retailers.

Check out the link here to the Worldwide Pinhole Camera Website, where you can find instructions to build your own pinhole camera. You could even upload your efforts to the WPPD web gallery. Have fun.

www.pinholeday.org (the WPPD website)

By Tom Hancock

Garden View

This month - Plant a Butterfly Garden



Fascinating fact...Winston Churchill loved butterflies so much he had a garden designed specifically to attract them.

His family home was the beautiful Chartwell, but you really don't need a grand estate to attract butterflies because they will happily flock to the tiniest plot if the planting is right.

When planting for butterflies we need to consider their life-cycle, and of course they start life as caterpillars.

Butterflies choose to lay their eggs where there is a good food supply for their hungry offspring. A patch of nettles in a sunny spot is all you need to attract the red admiral, the small tortoiseshell, the painted lady and the peacock.

If you want the common blue (though sadly these are not that common now) plant some birdsfoot trefoil, also known as lady's fingers and properly named *lotus corniculatus*.

A packet of sweet rocket seeds (*hesperis matronalis*) is a good investment. One pack produces flowers in all shades of lilac. They have a sweet scent, which is more powerful in the evening, and as a bonus they attract the orange tip butterfly. So, having satiated the caterpillars, we

need to address the feeding requirements of the adult butterfly.

The most famous butterfly-attracting plant is probably *Buddleia davidii*, hence its other name, the butterfly bush. It grows well in most soils but needs to be pruned back hard every year so the flowers, and hence the butterflies, are kept at eye level. Don't worry too much if you know very little about pruning, Buddleias are hard to kill!

Sedum spectabile must be one of the easiest plants ever to grow and even thrives in my poor soil. Its dusky pink flowers are always smothered in butterflies and bees when they open in late summer.

Caryopteris clandonensis, or to use its more romantic name, blue mist spirea is also a wonderful butterfly magnet and very easy to grow.

You can now buy packets of wild flower seeds and butterfly mixes. Try some among your borders and you'll be rewarded with fluttering, jewel-like visitors all summer.

Butterfly Essentials

Sunshine - plant butterfly-attracting plants in the sunniest spots

Shelter - the site needs to be out of the wind

Roosting spots - Butterflies need somewhere to sleep. They prefer to be high so plant climbers like honeysuckles and clematis.

Nettles and wildflowers - if space is at a premium try growing them in pots. It works really well.

By Rachael Leverton

Meet the Teacher

Parents' evenings - A secondary school guide



Parents' evenings - love them or loathe them, they crop up with alarming regularity. They can cause a good deal of stress whether you're the parent, child or teacher!

As a parent this is your chance to speak to the teachers that spend all day with your children and to whom you are entrusting their education. Naturally you want to get the best out of the experience but how exactly do you do that, when you are on what feels like a conveyor belt? And if your child is in Year 7 then you will find this experience very different to what you are used to from their primary school days.

The first thing to remember – and this might sound quite harsh – is that your child's teacher has a lot of parents to see that night, in a relatively short space of time. This does have implications for what you can discuss. The bottom line is, don't be offended if they end the discussion, or if they suggest making an appointment for another time to come and discuss an

issue.

It is important to remember that you and the teacher both want your child to do their best and achieve. The teacher will no doubt have points they want to make and they may be good or bad. If there are problems then the teacher will most likely be looking for reassurance that you will support the school in whatever behaviour or homework policy they have. They know that students don't always tell their parents what goes on at school and so parents evening may be their chance to make it clear if they are not meeting expectations.

Are there any general dos and don'ts? Do let them know your concerns, but don't launch in with complaints. Let the teacher explain how they feel your child is doing and respond to that. They will often ask you if you have any other questions. Which leads to another point – don't ask in Year 7 what the teacher thinks they will get in their GCSE. Learning is not a linear process from point A to B. For most children, it is a meandering journey – let your child enjoy that journey without pressure in those early years of secondary school. Also, don't ask how they are doing compared to other students. Instead ask if they are where the teacher wants them to be.

There is a final point to consider – whether to take your child. Most schools extend the offer to students, but don't feel compelled to take them. For some children, the experience (and the noise) can be very overwhelming and they may prefer to stay at home.

Above all remember that the teacher wants what is best for your child. Put your concerns to them but please listen to what they have to say too.

By Willow Coby

Ace That Interview

How to stand out from the crowd for the right reasons

You've had the letter offering you an interview. Great! Now how do you maximise your chances of landing the job?

Know what to say - Use the company's own words to describe yourself. If the job advert asked for a self-motivated, energetic individual then talk about yourself in words which make it obvious you satisfy those requirements. Remember to say please and thank you - it's easy to forget basic manners when we're nervous.

If a question does catch you off guard don't say, 'I don't know.' Instead, depending on the type of question say something like, 'I would need some time to consider that...', or 'I wouldn't want to answer that too hastily, I'd prefer to do some research first...'

Make sure the interviewer knows that you want to work for the company. It sounds obvious but is often overlooked.

Know what not to say - It's best not to open with, 'What does your company do?' or anything which could be answered with a simple Google search. Make sure you've done your homework! Don't ask anything which makes you sound lazy or entitled: avoid enquiries about having your own office, making personal calls, or how soon you can take your holiday. You can ask about salary, just make sure it's not too early in the interview.

Know how to answer *that* question - Someone *always* asks 'What is your biggest weakness?' or a something similar. Don't pretend you don't have any weaknesses because we all do. But avoid the whole, 'I work too hard,' humble brag, i.e. 'My

weakness is really my strength', because it's a very corny answer which lots of people will give. Instead use this question as a chance to differentiate yourself from the competition. Prepare an answer authentic to you, one where you show you recognised your weakness in a situation. Explain how you recognised it, what you did or are doing to overcome it, and how you have turned it to your advantage.

Watch your body language - Shake hands at the start to show confidence and be more memorable. Sit straight and slightly forward in your seat (to indicate interest), and maintain regular eye contact throughout the interview. Smile a few times but try not to grin like a Cheshire cat throughout!

Follow up - Email a thank-you note after the interview. You can get your interviewer's contact info simply by asking for his or her business card. If you get a second interview or job offer, respond as quickly as possible. If you don't get the job, accept it with grace and send a follow-up message thanking the interviewer for their time anyway. They may remember you favourably the next time a position becomes available.



By Louise Addison



The origins of April Fools' Day seems to be lost in time but like many traditions probably has a number of historical roots.

There was certainly a Roman festival called *hilaria* around that time of year, to celebrate the vernal equinox.

The most popular theory about 'modern' April Fools' Day is that it began to take shape in late 16th century France. At that time, there was a switch to the Gregorian Calendar under Charles IX. Prior to this

there had been a New Year's week (March 25th-April 1st), and under the Gregorian system, New year's Day fell on January 1st.

As with any change there was some resistance, and many people stubbornly refused to accept the new system, continuing to celebrate New Year on April 1st.

These people were ridiculed and labelled 'fools' by the general populace and were often the butt of jokes and pranks. They were known as *poisson d'avril*, or April fish, possibly because a naïve young fish is easily caught.

Over the years the custom of prank-playing spread to the general population and eventually to Britain, where schoolboy pranks are still the order of the day. Watch out!

By Tom Hancock

Best Foot Forward

London Marathon 22nd

What do Paula Radcliffe, SpongeBob SquarePants and a man in a diving suit have in common?

Answer: They've all run, or in the last case walked, the London Marathon.



I was thirteen years old in 1981, when the first London Marathon took place. I remember being awestruck at the sheer number of people willing to put themselves through the agony of running twenty-six miles, for charity, for themselves or for their country. I cried when Norwegian Inge Simonsen and Dick Beardsley from the USA linked hands to finish in a dead heat.

It is an amazing achievement to run a marathon but why do people do it? The reasons given include:

- A get fit challenge
- The buzz of taking part in a massive

organised event

- To raise money for a charity close to their heart.
- To step out of their ordinary existence and chase a momentous goal.

Will Dillard, a professional coach from Atlanta thinks it's down to instinct.

"Our lives have become more comfortable," he says, "We don't have to worry about where our next meal is coming from; but something inside of us still wants to know if we can survive if confronted with that kind of challenge: it wants to find out."

The fact that I seem to lack this instinct does not stop me admiring anyone who has a go, so if you're running on April 22nd, I wish you luck: I am unworthy.

By Sarah Davey



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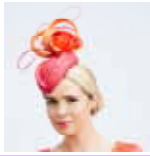
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