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Aug/Sep
2017

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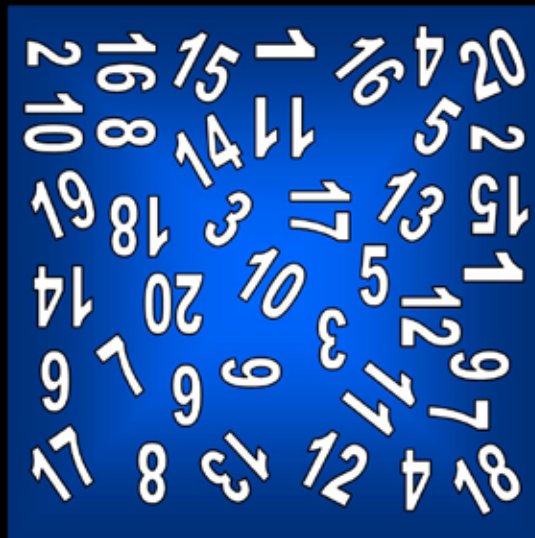
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Kids' Page

Mixed-Up Missing Number Grid

All the numbers from 1 to 20 appear twice in the grid except one. Can you find which number only appears once?



Twist Your Tongue!

Try reading our tricky tongue-twister as fast as you can

One-One was a racehorse.
Two-Two was one, too.
When One-One won one race,
Two-Two won one, too.

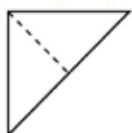
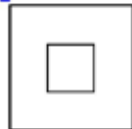


Cut & Fold

Which of the three patterns below is created by folding and cutting a square of paper as shown?



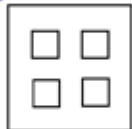
1



2



3



Fascinating Fact

The month of August was named after Roman emperor Augustus Caesar. Before this the Romans called it sextilis as it was the sixth month in their calendar.

Cut & Fold Answer - 3

Mixed-Up Missing Number Grid
The number which only appears once is 19



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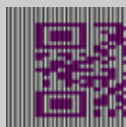
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www.warfieldparishcouncil.gov.uk

Twitter: @WarfieldPC – Facebook: Warfield Parish Council



Summer of Fun Days

Warfield Parish Council held their Summer of Fun day on Friday 28 July but if you're looking for more fun days out for the children there are six further local events taking place across the borough. See the Parish Office, website or Parish Notice boards for more details of dates, locations and times.

Warfield's Annual Gardening Competition – Tallest Sunflower



It's a good year for sunflowers, so if you entered Warfield's Tallest Sunflower competition don't forget to contact the Parish Office so that we can arrange a visit to measure and photograph it – you could be the 2017 winner! Closing date for measurements to have taken place will be Friday 15 September.

WOW! Week of Walks 7 – 13 August

The Bracknell Forest Society has organised another WOW! Week of Walks to celebrate the borough's 80 green open spaces. These morning and evening free guided circular walks will be around 1 hour to 1 ½ hours long. See www.thebracknellforestsociety.org.uk/events for the full programme of walks.

Warfield Pumpkin Show – Sunday 24 September

Don't forget this great annual event which takes place at The New Leathern Bottle, Jealotts Hill. The fun starts at 10am with classes for the best pumpkin under 20lb and best over 20lb. There will also be the best decorated pumpkin competition for adults and children to enter.

Arts Week 2017 – 22 October to 29 October

The 12th annual Binfield, Warfield and Winkfield Arts Week includes craft and arts events for all the family including children's trash drumming, animation workshops, and for the adults silver making workshops, calligraphy, ukulele workshops and lots of live performances of music, satirical theatre and talks. The art and crafts exhibition showcasing works from local artists will take place at Brownlow Hall and runs from Friday 27 to Sunday 29 October. For more details see www.arts-week.org and the next edition of The Word.



Parish/Borough Councillor Surgeries

The Parish Council holds monthly surgeries in the Parish Office when Parish and local Borough Councillors are available to enable residents to discuss any views or issues they have. Why not come along to the Parish Office to meet your Councillors on:-

Saturday 2 September 10am – 12 noon

Saturday 7 October 10am – 12 noon.

No need to book – just pop in at a time to suit. Please note that there is no surgery in August.

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Parks and Countryside Events Programme

www.bracknell-forest.gov.uk/parksandcountrysidevents

Ranger-led walks (each start at 10:30am)

Wednesday, 9 August – Larks Hill to Garth Meadows and back (M)

Meet: Larks Hill car park, off Harvest Ride, Warfield, Bracknell, RG42 2QD.

Tuesday, 15 August – Wildmoor (M)

Meet: Wildmoor Heath car park, off Crowthorne Road, RG45 7PP. Map Ref: 842 630

Wednesday, 13 September – South Hill Park grounds and surrounds (L)

Meet: Courtyard in front of SHP reception, Ringmead, Bracknell, RG12 7PA.

Tuesday, 19 September – Chapel Green and back (R)

Meet: Heath Lake car park, off Nine Mile Ride, RG40 3AT. Map Ref: 827 654

(L) Leisurely – up to 2 miles (1 hour) (M) Moderate – up to 4 miles (1½ hrs) (R) Rambler – up to 7 miles (2½ hrs)

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

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

Other Events

Monday 7 - Sunday 13 August

The WOW! Week of Walks

In celebration of our 80 green open spaces, the Bracknell Forest Society is holding another WOW! Week of Walks. For more information T: 01344 451878.

www.thebracknellforestociety.org.uk

Wednesday, 16 August, 10am - 12pm

Bug and Bird Safari at Jennett's Park

Learn about woodland birds on an interactive walk and then hunt for bugs in the meadows. Best suited for 5yrs+.

Meet: Jennett's Park car park, off Swift Fields, Bracknell, RG12 8DY. Booking required T: 01344 354441.

Saturday, 19 August, 11am - 4pm

Paws in the Park at South Hill Park

Enjoy a day out for all the family, especially the dogs! Promoting responsible dog ownership, this free event features canine activities including demonstrations, product displays, fun competitions, veterinary advice and more. Provided with support from local businesses and charities. Dogs on lead welcome. Please consider walking/cycling/using public transport to get to this event as parking is very limited, thank you.

Meet: North field, South Hill Park, Ringmead, Bracknell, RG12 7PA.

Saturday, 26 August, 8pm - 10pm

International Bat Night at Big Wood

Discover the world of bats on a stroll around the woodland edge at dusk. Celebrate International Bat Night with a chance to see Britain's biggest bat, the Noctule.

Meet: Jennett's Park car park, off Swift Fields, Bracknell, RG12 8BX.

Tuesday, 29 August, 1pm - 3pm

Fruit Foraging Day at Larks Hill

Find out what's good to eat and take home some lovely fruit and maybe some sunflowers from the field! Suitable for families.

Meet: Larks Hill car park, off Harvest Ride, Warfield, RG42 2QD.

Thursday, 31 August, 1pm - 3pm

The Great Outdoors at Lily Hill Park

From folklore to fire – learn about the wonder of trees and plants, and have a go at campfire cookery. Best suited for 6yrs+.

Meet: North car park, off Lily Hill Road, Bracknell, RG12 2RX. Cost £2. Booking required T: 01344 354441.

Thursday, 7 September

Heritage Open Day Walk at South Hill Park

Tour of the grounds 2:30pm - 3:30pm, Tour of the mansion 4pm - 5pm

Come to either or both events with the opportunity for further questions and refreshments in the café between walks.

Meet: Courtyard in front of SHP reception, Ringmead, Bracknell, RG12 7PA.

Friday, 8 September, 10:30am - 11:30am

Heritage Open Day Walk at Lily Hill Park

Guided walk to learn about the exotic trees and plants in this historic park.

Meet: North car park, off Lily Hill Road, Bracknell, RG12 2RX.

Saturday, 23 September, 10:30am - 12noon

Wonderful Wild Service Trees at Jocks Lane

Join us for an autumnal woodland stroll and help us collect seed from the Wild Service Tree to preserve this important species for future generations.

Meet: Jocks Lane Recreation Ground, off B3018 Binfield Road, Bracknell, RG12 2BH

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.

18 September – British Moths (An illustrated talk by Jan Haseler)

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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Bringing learning to life

WOW! = Week of Walks 7th – 13th August 2017

The Bracknell Forest Society has planned these walks to celebrate our borough's 80 green open spaces.

Unless otherwise stated, these free, circular walks will be about an hour long.



August	Morning	Evening
Monday 7 th	Pockets Copse - Amen Corner Meet Susan - Popes Meadow Car Park, St Marks Rd, RG42 4AY 10.30 am	Hill Farm Lane Circuit – Binfield with Lynda - Meet Binfield Football Club Car Park*, Stubbs Hill, RG42 5NR 7 pm
Tuesday 8 th	Jennetts Park- Peacock Meadows and surrounds with Marie-Anne. Meet Swift Fields Car Park RG12 8BX off Sparrowhawk/Merlin Way 10.30 am	From South Hill Park with Roger Meet in Car Park RG12 7PA to walk with Bracknell Forest U3A (University of the Third Age) Walking Group 7 pm
Wednesday 9 th	The Cut with Alison Larks Hill to Garth Meadows and back - Meet Larks Hill Car Park, off Harvest Ride, Warfield, Bracknell, RG42 2QD 10.30 am	Ambarrow and Horseshoe Lake in the Blackwater Valley with Gill – Meet Ambarrow Court Car Park off Wokingham Rd (A321), Sandhurst, GU47 8JB 7 pm
Thursday 10 th	Sandhurst Memorial Park Walk with Colleen from the Town Council Offices, Yorktown Road, Sandhurst, GU47 9BJ 9.30 am	Broadmoor Farm - Crowthorne with Patrick and Peggy - Park near Wildmoor Heath Primary School, Lower Broadmoor Road, RG45 7HD 7 pm
Friday 11 th	The Parks with Tony and Chris. Meet at The Parks Community Centre Car Park, Nicholson Park, Gibson Drive, Austin Way, Broad Lane, RG12 9QN 10.30 am	Warfield with Hugh 'Warfield some old and some new'. Meet: Larks Hill Car Park, off Harvest Ride, Warfield, RG42 2QD 1 hour and a half 7 pm
Saturday 12 th	parkrun - Great Hollands South Road, RG40 3EE 9 am	Swinley Park with Mike A from SE Berks Ramblers - Park before the barrier at entrance to Blanes Lane, Swinley Road (A332) (Road - Bagshot to Heatherwood Hospital) SL5 8AZ Signposted Beaumont Timber Yard 7 pm
	From South Hill Park with Brian from SE Berks Ramblers Meet in Car Park RG12 7PA 10.30 am	
Sunday 13 th	Lily Hill, Clinton's Hill and Scot's Hill with Gill - Meet North Car Park, off Lily Hill Road, RG12 2RX 1 hour and a half 10.30 am	Jealott's Hill Circuit with Mike R Meet in Frost Folly Car Park, Weller's Lane, Bowyers Lane, off A3095, Warfield, RG42 6EN About 1 hour and a half 7 pm

With grateful thanks to the leaders of the walks and *Binfield Football Club
For more information, phone: 01344 451 878 Email: tbfsecretary@gmail.com



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Sudoku

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

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!**

That's all there is to it.

You solve the puzzle with reasoning and logic - there's no maths involved and no adding up.

It's fun. It's challenging. It's addictive!

(solution on page 18)

C J C

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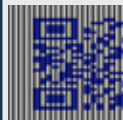
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Achieve Your Goals

Think back to January 1st. Did you make any resolutions? To shed 30lbs / pay of the credit card / start your own business?

How are you doing? Truth is few people ever achieve their goals, but some do! How do they do this?



Identify the biggest obstacle – If there's more than one potential obstacle make a list.

Work out in advance how you will deal with them. Maybe you want to reduce your debt but are scared to open unpaid bills

Set a time limit – "I want to set up my business two months." Then write down every step you think of you need to take to achieve it. Be thorough. Does two months still seem reasonable? Would twelve months be more realistic? The more you get into it and break it down the more manageable the little steps will seem and the more tangible the big goal.

Set micro goals - Each time you achieve a goal it motivates you to achieve another. Now you've broken your big goal into micro goals take the first one, set a time limit and do it. If you want to lose weight the first step might be to research different methods (Weightwatchers / 5:2 / calorie counting etc.) and choose one by Friday. When you've done that move on to the next micro goal: you might book a health check to ask about blood pressure / blood sugar etc...so you have a starting point to work from and compare with as you make progress.

Only set important goals - Any worthwhile goal requires you to do things you would prefer not doing (e.g. saying no to cream donut if you're trying to shed weight, or restrict your spending if you're trying to cut debt). If your goal is not your priority, you won't do what's required to achieve it because the prize isn't important enough. You have to want it badly!

and see just how much you owe. Perhaps enlist the help of a trusted friend or mentor to sit with you and support you. Or maybe there is a local free debt advice charity you could contact.

Ask, "Am I willing to do make sacrifices?" – Be honest. If the answer is no you're setting yourself up for failure. Maybe now is not the right time for you.

Work your plan – Check in with your plan on a daily basis and ask, 'What am I going to do today to move towards my goal?' You'll need resolve and discipline because some days you won't feel like doing it. If this happens don't beat yourself up, just get back on the plan the next day.

Hold yourself accountable – This is the number one key to success and it's the one that trips most people up. It's your life and your goal. Hold yourself accountable to working your plan, and refuse to make excuses.

Enjoy the journey – Encourage yourself daily as you might encourage your best friend. Congratulate yourself when you do things that challenge you or you've stepped outside your comfort zone. As you reach each micro goal, reward yourself.

Remember success isn't a destination it's a journey. Happy travelling.

By Sarah Davey

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Veggie Burgers

Who needs meat?



(optional)

3 beefsteak tomatoes, thickly sliced
2-3 gherkins, sliced

Method

Heat half the sunflower oil in a pan over a low heat and fry the onions for 15 minutes, stirring frequently, until they are softened, translucent and beginning to turn golden-brown.

In a bowl, mix together the

cooked onions, tofu, beetroot, mushrooms, carrots, smoked paprika (if using), garlic, thyme and kidney beans. Season to taste, with salt and freshly ground black pepper.

Divide the mixture into six equal portions and shape into burgers. It's easier to do this if your hands are a little damp.

Heat the remaining olive oil in a frying pan and fry the burgers for 3-4 minutes on each side, until golden-brown. You can finish cooking them for a few more minutes and serve them like this but I prefer to heat a griddle pan until smoking hot, then add the cooked burgers and fry for a further 1-2 minutes on each side, until there are clear deep char lines.

Serve the burgers in buns and add any extras of your choice, such as tomato slices, gherkins, chargrilled peppers, salad leaves, coleslaw or mayonnaise.

Preparation Time: 20-30 minutes

Cooking time: 20-30 minutes

Makes 6 burgers

Ingredients

3-4 tbsp sunflower oil

1 onion, peeled, thinly sliced

250g/9oz firm tofu, finely chopped

1 cooked beetroot (not in vinegar), peeled, grated

150g/5½oz fried mushrooms, drained

1 carrot, peeled, grated

1 tsp smoked paprika (optional)

1 garlic clove, peeled, crushed

1 tsp chopped fresh thyme

1 tbsp chopped kidney beans

salt and freshly ground black pepper

To serve

6 burger buns

6 tbsp ready-made mayonnaise

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Sudoku Solution

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



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Print Your World

3D Printing has come a long way

What started out as an ultra-expensive development tool can now be bought as a desktop gadget for a couple of hundred pounds. But what is a 3D printer and why might you want to buy one?

When you make an item usually you start with the material e.g. a big block of wood or metal and then cut bits off and shape it until you get to what you want. Or maybe you start with a mould and a liquid substrate which hardens. With 3D printing you start with nothing but gradually add layers of material to build up your object in an 'additive manufacturing process'.

You design your item using computer aided design software (CAD) then feed it to a special 'slicer' program that cuts it into very thin layers which are then printed one on top of the other. The beauty of this is that it lets you create incredibly complex articles that you simply wouldn't be able to make at home in any other way.

The most common home printers (FDM printers) use a reel of plastic wire. This is fed into a heated extruder where the material is melted and then forced out through a very fine nozzle. This nozzle is then moved over a build-plate by computer to make a solid, thin layer of plastic which forms one slice through your design. The process is repeated over and over until all the slices have been stacked up, leaving you with the finished object.

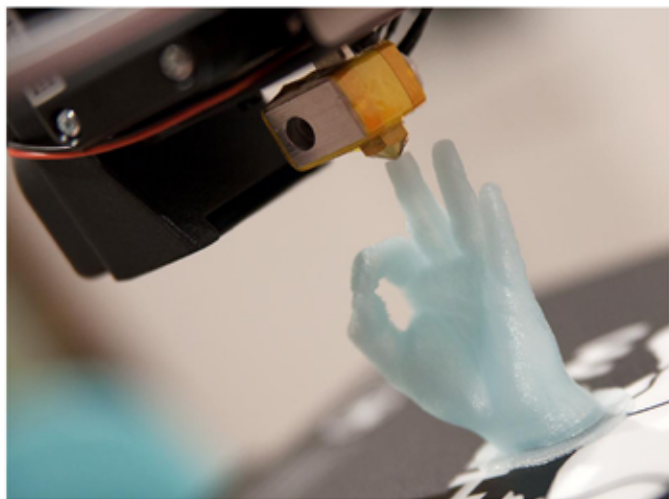
Price-wise you can pay anything from around £100 to a few thousand for a professional machine. At the cheaper end you tend to get 3D-printed kits (yes 3D printers making 3D printers!). But for a few hundred

pounds you'll get fully assembled, metal framed (more rigid) examples. There is a vast array of printers to choose from, but do your research and don't under-estimate the importance of helpful online user support groups. 3D printing is not an exact science. When you press the GO button you don't always achieve success; you may need help to fine tune your system.

As for what you can do with a 3D printer? Really the only limit is your imagination. I've built a plastic case for my latest Raspberry Pi project; a vase, a music stand, several fidget spinners and a replacement part for a Lego set. My seven-year-old designed and made a glow-in-the-dark sword! Take a look at www.thingiverse.com. One of the greatest bits of this technology is that you can share your designs and work and have anyone, anywhere in the world print their version of your creation.

So go get creating!

By Tom Hancock



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Think FEW When You Chew!



We chew and then swallow our food, to launch it its long journey through our digestive tract. It is normal for it to linger a while in certain places but sometimes lingering turns to languishing and then to clogging...with unpleasant consequences! Constipation is one of the most common medical complaints.

It is well known that fibrous vegetables, whole grains, beans, lentils and fruit, especially pineapple, sun-dried apricots and figs, provide the fibre needed to speed up the processing of food through the gut.

They are also rich in nutrients and are much better than relying on wheat bran alone.

By absorbing several times its own weight in water, fibre softens stools and adds bulk, preventing blockages in the colon. The same is not true for the refined flour found in white bread, cakes and biscuits.

If you are dehydrated, your body will resort to drawing back fluids from your bowel, which will not only cause constipation, and also headaches. Drink plenty of still water at room temperature between meals

If you suffer with irritable bowel you might benefit from taking probiotic supplement, as well as eating live yogurts.

Exercise also keeps things moving. As you chew, just think **FEW** :

Fibre, Exercise, Water and there'll be no hold ups in your system!

By Joanna Lewis



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