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WORD
Magazine

Aug/Sep
2018

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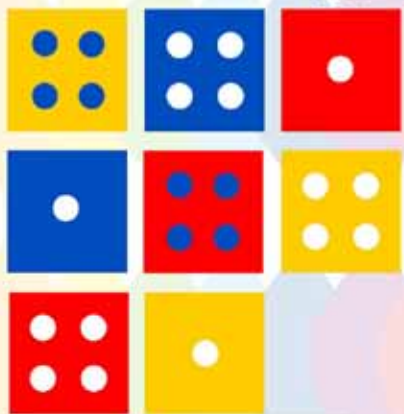
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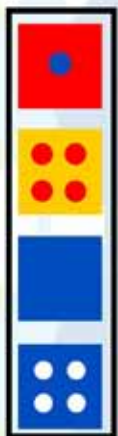
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Kids' Page

Trial by Tile



Which of the boxed tiles should go in the blank grid space to complete the set?



How Many Sweets?

At the village fete there was a 'Guess How Many Sweets are in the Jar' Competition.

Jenny and her four friends entered. Here are their guesses:

- Jenny 300
- Nisha 290
- Jamal 250
- Tyrone 260
- Hattie 280



Two of the guesses were ten sweets away from the number, one guess was 40 away and the other was wrong by 30. So how many sweets were in the jar and who guessed exactly?

Colour Fun

- What's orange and sounds like a parrot?
(A carrot!)
- What happened when a red ship crashed into a blue ship?
(The crew was marooned!)
- Why did the tomato turn red?
(Because it saw the salad dressing!)

How Many Sweets?
There were 290 sweets in the jar so Nisha guessed exactly.

Trial by Tile Solution
Each line across and each line from top to bottom contains a yellow, blue and red tile, so the tile should be blue. Each line across and also each line from top to bottom contains a group of four blue dots, a group of four white dots and a single white dot so the bottom tile should have four blue dots. The blue dots would be invisible on the blue tile so the plain blue tile is the correct answer.

WORD

Magazine

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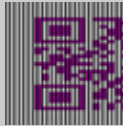
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Welcome to the August update from Warfield Parish Council

The Summer of Fun continues!

Warfield Parish Council held their Summer of Fun day on Friday 27 July but if you're looking for more fun days out for the children there are seven further local events taking place across the borough organised by the town and parish councils.

Wednesday 1 August, Wildridings Playing Field, Bracknell

Tuesday 7 August, Farley Wood Centre, Binfield

Thursday 9 August, Memorial Park, Sandhurst

Tuesday 14 August Morgan Recreation Ground, Crowthorne

Thursday 16 August Braybrooke Recreation Ground, Bracknell

Wednesday 22 August Locks Ride Recreation Ground, Winkfield

Wednesday 29 August North Lake, South Hill Park, Bracknell



Warfield's Annual Gardening Competition – Tallest Sunflower



It's a good year for sunflowers again if you have watered them! 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 2018 winner! Closing date for measurements to have taken place will be Friday 14 September.

Arts Week 2018 – 21 October to 28 October

Get your diaries ready as we will soon be releasing details of this year's Binfield, Warfield & Winkfield Arts Week. All the regular favourite events and activities will be taking place and this year including our Arts Exhibition. This year we are launching a photography competition for the under 17s, with the winners receiving prizes and being exhibited at the exhibition. For more details of the photography competition and Arts Week activities check out www.arts-week.org. Tickets for events will go on offer in October.

Parish/Borough Councillor Surgeries

Just a quick reminder that there is no councillor surgery in August, our next sessions will be held on Saturday 1 September and Saturday 6 October. If you have a matter you would like to discuss with your councillor, please contact the Parish Office and we will ask them to contact you.



The Councillors and staff of Warfield Parish Council hope you enjoy the summer break and we will see you again in the October issue of 'The Word'



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Warfield Environment Group



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Saturday 8 September

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We will bring bat detectors to hear Daubentons around Westmorland pond and Pipistrelles on the edge of Hayley Green Wood. Children welcome if accompanied by adults, but event not suitable for dogs. Please wear warm clothes and suitable footwear, and bring a torch. Tickets available at Eventbrite – ***<https://tinyurl.com/y763f299>*** – or email us (see below) or contact Claire on 01344 302708.



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Next event: Veteran Tree Survey on Saturday 6 October

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Picnic Power

How I overcame my fear of eating al-fresco



The text from my friend Lorraine said simply: Fancy a family picnic this weekend?

My palms began to sweat; my heart pounded. If she'd invited me to a naturist karaoke evening, I'd have been less distressed! I wanted to yell "NO! Why would you suggest that? I thought we were friends!"

I detest picnics. Picnics are my nemesis.

My hatred of them began as a child. Car-sick and hot (air-con in vehicles was pretty much unheard of in 1980s Birmingham, and my mother insisted on having all the windows closed on account of 'the fumes') we would arrive at some God-forsaken destination, usually a carpark with a field attached next to a gasworks, and unpack soggy sandwiches, dangerously tepid sausage rolls and revolting syrupy Kia-Ora. There were never any loos, so we had to 'go' behind a bush; the memory of being discovered mid-flow by a random dog-walker still haunts me.

I'm sure my mother imagined herself, wearing a straw hat and broderie anglaise summer dress, reclining elegantly on a plaid rug while we children frolicked nearby playing tag or flying kites, or maybe lolled next to her reading.

The reality was my own personal version of hell. She might have managed the

straw hat, but it wasn't easy to look elegant while squatting on a sloping patch of sparse parkland, being eaten alive by ants while us kids alternately squabbled and whined or poked a dead, maggoty rabbit with sticks.

She tried various approaches over the years. Once she cooked picnic fayre from the recipes in Woman's Own Magazine. Marinated chicken wings which looked quite nice before they'd travelled twenty miles

in a Tupperware box, ended up looking (and tasting) like evidence from a particularly gruesome episode of *Silent Witness*. Ditto the potato salad.

I have nothing against eating outdoors. I have a table and chairs in my garden. The food only has to travel a few feet from the kitchen so there are no nasty surprises when we come to eat it. As an adult I'd avoided all picnics, until now. But Lorraine is my best friend and sometimes you must take one for the team, so I agreed reluctantly. "I'll bring the food, you bring the drink," she said.

My ridiculously enthusiastic family (they were stupidly excited about our first family picnic) and I arrived at the venue. My expectations were low. Lorraine and her husband Dave unloaded folding tables, chairs, a table cloth and... a cool box of delicious food mostly purchased from the local deli, which does all manner of pre-prepared salads and cold cuts. There was fresh bread, olives, citronella candles to keep away insects, music, wine (courtesy of yours truly) and not a salmonella-infested sausage roll in sight. It was completely delightful. There may have been frolicking children too, even if one of them did find a dead bird (told you!)

I am now a picnic convert and we're planning another. I'm even reading recipes for marinated chicken wings!

By Tracey Anderson

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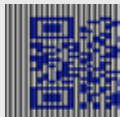
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Smoke Signals to Smartphones

Have you ever wondered what life was like before smartphones?



One of the oldest forms of long distance communication is smoke signals, used in both Ancient China and by Native Americans to warn of enemy attacks.

Then there were carrier or homing pigeons, which are birds that have been bred to find their way home over immensely long distances. A short message was written on a small piece of paper which was inserted into a small metal canister and attached to the leg of a pigeon. They were mainly used by the military and were a surprisingly accurate and effective way of communicating during battle.

In 1837, two sets of inventors simultaneously developed an electrical telegraph: Wheatstone and Cooke in England, and Samuel Morse in the United States. Morse and an assistant developed a new signalling alphabet using dots and dashes that became the standard for telegraph communication. By 1861, this Morse telegraph system connected the West and East coasts of America, and put the Pony Express (a mail-delivery service which had connected communities across the vastness of the United States) out of business. As technology improved, the telegraph became an audio transponder, where messages were translated based on the interval between two clicks.

Alexander Graham Bell is commonly

credited as the inventor of the telephone, though in fact many individuals contributed to the devices we use today but it was Bell who filed the patent in 1876 for an "apparatus for transmitting vocal or other sounds telegraphically"

The earliest text-based machine was the fax machine. It's been around since the 1880s, though it only achieved commercial success in 1966, when Xerox introduced the Magnafax Telecopier. This behemoth weighed over 20Kg and

sent digital versions of documents through phone lines via a series of dial tones. The fax machine became popular with business and in newsrooms because it allowed people to send documents across the world in a matter of minutes, replacing courier mail services and telegrams.

In 1973, Motorola produced the first 'mobile' phone, which weighed over 2Kg! Today, we've come a long way from those oversized devices and have access to phones that weigh around the same as a bar of chocolate, and slip easily into our pockets.

With the advent of the Internet came 'Instant Messaging'. ICQ was the first stand-alone instant messenger. This was the first centralized service which allowed individual user profiles. It was the grandfather of all other instant messaging services.

Today we use our mobiles for much more than talking. On average we spend just 6 minutes per day talking on the phone, but more than 26 minutes texting! Originally, we had to type out every letter according to the numerical keypad on our mobile devices. Now we have full QWERTY touch screen keyboards with predictive text and autocorrect capabilities that make it easier than ever to communicate. How amazing is that?

By Tom Hancock



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

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 22)

Sunscreen Tips



Don't skimp – You need to apply a shot glass-sized amount of suntan lotion in the morning, then reapply every couple of hours. Skimping means you aren't protected!

High is not necessarily best – It's better to reapply factor 30 every couple of hours than to apply factor 70 once.

Choose Broad Spectrum – These sunscreens provide the maximum protection against the widest range of UV wavelengths.

Don't forget – the eyes, the tip of the nose, the tops of the feet, the lips, and near the hairline and scalp. These are the places people most commonly suffer sun-burn.

Apply even if you're not at the beach – Incidental sun exposure from walking down the street, driving with the windows open and sitting in front of a window, account for most of our exposure to UV throughout our lives. Apply suntan lotion wherever you are!

Reapply – Even water-resistant sunscreen needs regular reapplication.

If it's expired throw it out – Expired sunscreen breaks down and is less effective.

Use a high SPF moisturiser – Every day, even in the winter! It really is the best thing you can do to protect your skin daily.

By Louise Addison

Gadgets for Summer Living

Sit outside with a drink on a warm summer evening? Don't mind if I do, but I do mind being eaten alive by mosquitoes! This year I am installing a Bug Zapper Light Bulb. The bulb provides two different modes that can be chosen with the wall switch: Anti-mozzie or light plus anti-mozzie. The bulb's 360-degree LED blue-violet light band emits a wavelength of 365-420nm, which attracts mosquitoes. It's safe for human's though, as there is no radiation, it's non-toxic and chemical-free.

Really intense summer sun calls for a parasol. Now you can choose one with solar-powered internal lights which will also charge a small electronic device like a phone. Your teens will love you.

It's always good to have something to sit on when out and about over the summer. Whether you are going camping or for a walk on the beach a blanket is a useful



item. Unfortunately, they can be a bit bulky. Enter the Pocket Blanket, available from good camping shops. Made of water repellent, puncture resistant, lightweight nylon, they fold into a 3 x 2-inch (7.5 x 5 cm) pouch. It fits two people lying down or four people sitting, and its weighted corners will help to keep it from blowing around.

It's irritating when one party member disappears, and you have little or no phone reception to let them know you're waiting. Try an off-grid communication device like Gotoky. It's like a tiny modern-day walkie-talkie which connects to your phone with Bluetooth, has a range of 4 miles and lets you contact other people who have downloaded the app, bypassing the need for mobile coverage. With two per pack you can text or even share grid locations. As a bonus communications are end-to-end encrypted!

By Tom Hancock



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DEN BUILDING

My eight-year-old is a den-builder. Wherever we go he constructs a dwelling. If we're at the beach he's off foraging for driftwood to make a shelter, on a forest walk he stacks branches and covers them with leaves and moss, 'for insulation and camouflage!'. If he's stuck indoors on a rainy day he'll use chairs, cushions and blankets. He is one of life's builders and should there ever be a zombie apocalypse and we have to restart civilisation from scratch I want to be on his team!

If you could distil childhood into a single activity, it would probably be den-building. Most kids love it, be it scavenging building materials from forest debris, to stacking chairs back-to-back and raiding the airing cupboard for linen. Den-building is also a great family activity. It requires teamwork and communication and is a good way to spend quality time together. Even the smallest children can gather leaves, or cushions if you're indoors, and add decorations. My son loves to use fairylights on his more elaborate indoor structures.

But essentially, all a den needs is a frame and a cover. Planning is everything though. What materials are available? The beach will provide different building materials to the forest, or the sitting room. Think about how you'll support the roof. If it all collapses, don't stress, what have you learned? Den-building is about the process as much as the final result.

A sturdy frame

Chairs and tables are good for building a structure quickly (good for very young children). Bamboo canes are light, strong and fairly cheap. Broom handles or tent poles are also good. Bendy sticks or plastic bendy pipes can make an interestingly shaped den. Fallen branches make you feel like Robinson Crusoe (but don't

destroy trees).

Stuff for tying

String or rope; rags - try cutting up old T-shirts.

Shelter Materials

Bright materials can help you turn your den into a palace, fancy restaurant or castle. If you want to leave your den outside you'll need waterproof material, such as plastic dust sheets or tarpaulin. You can use large leaves a bit like tiles but you need lots and they must overlap properly so the rain runs off them and not into your den. It's fun experimenting though. If you do use leaves, ferns and moss remember that these are the habitats for little creatures so exercise some care.

DON'T use glass, or very heavy fence panels, tins of paint or branches cut from living trees.

If you're outside respect the environment! Don't damage the den site - when your den is dismantled it should leave no trace. Don't discard litter; take your rubbish home with you.

Take lots of photos or videos of your efforts. One afternoon building a den in the company of your favourite people will also build memories that last a lifetime.



By Sarah Davey

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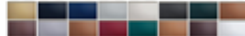
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Fairground Attraction

Fairs and theme parks never seem to lose their attraction. My kids love them as much as I did. The smell of candyfloss, the music and the thrills. It's a perfect summer combination.

Not everyone will agree with me though. My wife is terrified of anything more exciting than the merry-go-round. So why do I love Blackpool's Big One, while her knuckles go white on the dodgems?

According to psychologists it comes down to something he calls a "type T" personality. Type T's are thrill-seekers who thrive on the uncertainty and intensity of activities that most people would find hair-raising.

It seems some of us enjoy the physical sensations associated with fear: the adrenaline rush; the pounding heart and the sweaty palms. Scary rides make us feel alive. Terrifying experiences induce a sense of euphoria once we're back on solid ground though we only enjoy them experts say, when we're within a "protective frame" that assures us that deep down, we're still safe.

Recent research has pinpointed certain genes which may be responsible for those of us with type T personalities.

Biochemists have isolated a gene called DRD4 which seems more common in rollercoaster-lovers like me.

New technologies have allowed engineers to design coasters that change speeds quickly, shoot up hundreds of feet into the air, and make all sorts of twists and subject the body to intense forces.

Research suggests that extreme fairground rides tend to appeal

particularly to those of us who lead stressful, structured or controlled lives. It's certainly true that roller coasters are a way of breaking out of the humdrum expectations of everyday life. Theme parks allow us to act like children again; to experience true excitement and behave a little wildly. Where else as an adult can you scream at the top of your lungs and throw your arms in the air without being sent for psychological evaluation?

Adventure parks are also a great way of bringing families and friends together. Riders share the thrill and adventure of having survived what feels like an extreme experience, even though the rides there are very safe. This bonds the participants more closely. It's even been suggested because of this that theme parks and rollercoasters are good places to go on a date because in situations of high emotional intensity attraction is more likely.

If you're looking for a great day out this summer where you can get in touch with your inner risk-taker, feel closer to your family and maybe even find romance...head for the nearest theme park. It's a scream!



By Tom Hancock

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Sudoku Solution

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

A Good Read



The Hawley Book of the Dead by Chrysler Szarlan

As the front cover of the book says: enter a world of secrets, mysteries and magic.

We begin with a murder. Reve kills her husband, Jeremy: on stage,

in front of an audience. But she doesn't murder him. Reve and Jeremy are a magic act performing on the Vegas Strip and the highlight of their act is 'Defying the bullets', but it is one of those bullets that will kill him.

What at first appears to be a murder mystery of who swapped the bullets soon becomes something else as the grief-stricken Reve and her three daughters leave Las Vegas and return to her ancestral home in New England: a now-deserted hamlet of homes called Hawley Five Corners. Requested to return by her Nan she is told to 'remember the story of the Fetch'.

Drawing on old Irish mythology of the Fetch, the Tuatha De Dannan and Tir na nÓg, this novel draws you into this strange corner of the world where children in the 1920s disappeared, some reappeared several months later but most were never seen again. Reve discovers an old book in the house which appears to be full of blank pages. Only sometimes when she opens it there is writing, and the book gives her an insight into who she really is and the history of her family. Then further tragedy strikes as her teenage twin daughters go missing. Have they disappeared just like the earlier inhabitants of Hawley Five Corners, never to be seen again, or is there something more mundane going on? What is the

truth behind the land her ancestors occupied and what will Reve do to keep her own children safe from the Fetch? What will be the 'great reveal' at the end of the act?

Esio Trot by Roald Dahl

'Mr Hoppy lived in a small flat high up in a tall concrete building. He lived alone. He had always been a lonely man and now that he was retired from work he was lonelier than ever. There were two loves in Mr Hoppy's life.'

And so the short story of *Esio Trot* begins. This is pure, classic Roald Dahl, with silly words, silly characters, and, of course, wonderful illustrations by Quentin Blake.

So, what are his two loves? Well, there are the flowers he grows on his balcony, and then there is Mrs Silver a widow who lives in the flat below him. They only see each other when out on their balconies and Mr Hoppy has never had the courage to say more than a few words to her. But then a chance conversation changes everything. Mrs Silver has a pet tortoise called Alfie and she is concerned that Alfie doesn't seem to grow. If only she knew how to help him grow. Mr Hoppy formulates a plan to help Alfie grow and at the same time win Mrs Silver's affections. A plan involving silly words, a metal tube and a LOT of pet tortoises!



By Willow Coby

Garden View

This month - Daisy Daisy



available and bear the names of his family members. "Ada Ballard" is named for his sister and is lavender blue, "Marie Ballard" is a pretty pale blue double bloom named for his wife. He is also responsible for

There are some flowers I love because they are show-stoppers, others because of their evocative scent, and some because they are unusual. Michaelmas daisies don't tick any of those boxes, but I love them anyway. They are bright, cheerful, and completely undemanding - at home in the poorest, driest soils, and bees and butterflies love them!

They get their common name from their flowering period, which peaks at Michaelmas, the feast of St. Michael on September 5th, though they will carry on flowering well into late autumn. This means they are great for injecting colour into borders which can start to look a little washed-out and dreary in late summer. Until the mid-nineties, Michaelmas daisies were all known scientifically as *asters*, but then some were reclassified. Look out for the name *Symphotrichum*, as many popular varieties now carry that name instead

The gardener credited with popularising the Michaelmas daisy was Ernest Ballard. Many of the varieties he cultivated are still

"Prosperity" and "Peace", rose-pink and deep mauve respectively, which he named straight after the First World War.

If you want a tallish variety suitable for the middle of the border, try "Little Carlow" which grows to about 90cm and produces masses of violet-blue blooms. One of my favourites for the back of the border is "Calliope" which has striking black elegant stems that reach heights of 2m, smothered in delicate lilac flowers. A good small variety is "Beggarten" which is pale blue, compact and clump-forming. "Tonga" is also smaller and is a lovely deep purple which looks great in a container.

Although they are not high-maintenance plants Michaelmas daisies benefit from being cut down to ground level in late autumn and covered in a good mulch of well-rotted organic matter.

And that's all there is to it!

Happy Gardening.

By Rachael Leverton



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Parks and Countryside Events Programme

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

Walks & Events

Wednesday, 8 August at 10:30am. Walk with a ranger - Woods, Hills & Ponds. Up to 2 miles (1 hour).
Meet: Domesday Copse car park, Wildridings Road – opposite Crossfell, Bracknell, RG12 7RX. Cost: £2

Thursday, 9 August, 10am – 12noon Bird and Bug Safari at Jennett's Park
Learn about woodland birds on an interactive walk and then hunt for bugs in the meadows. Best suited 5yrs+.
Meet: Jennett's Park car park, Off Swift Fields, Bracknell, RG12 8DY.
Cost: £3 per child. Booking required: T: 01344 3544

Monday, 13 August, 10am-11am Community Litter Pick at South Hill Park
Meet: Courtyard in front of South Hill Park reception, Ringmead, Bracknell, RG12 7PA

Tuesday, 14 August at 10:30am. Volunteer led walk - Lakes and Ridges. Up to 7 miles (2½ hours).
Meet: Ambarrow Court, Off A321 Wokingham Rd, Sandhurst, GU47 8JB. Map ref: 824 626

Thursday, 16 August, 2pm – 3:30pm Dinosaur Discovery Trail at Jennett's Park
Explore the wild world of dinosaurs on an exciting quiz trail around the woods and meadows of Jennett's Park.
Meet: Jennett's Park car park, Off Swift Fields, Bracknell, RG12 8DY. Cost: £3 per child. Booking required: 01344 354441

Saturday, 18 August, 11am-4.30pm 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.

Tuesday, 21 August, 2pm-3pm Community Litter Pick at Lily Hill Park
Meet: North car park, off Lily Hill Road, Bracknell, RG12 2RX

Monday, 27 August, 12noon-1pm Larks Hill Harvest Day
Come and harvest the apples fresh from the trees; enjoy activities including a talk about the history of orchards, play bobbing for apples and receive some recipes with which to use your apples.
Meet: Larks Hill car park, Warfield. Cost £3. Booking required T: 01344 354441.

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.

September 17: A talk on 'Bisham Woods'

For further details about these events visit: www.bfnathistsoc.org.uk/meetings.html 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
01344 354441



Parks and Countryside Events Programme

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

Walks & Events (contd.)

Friday, 31 August, 10am-12noon 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: £3. Booking required T: 01344 354441

Sunday, 2 September, 1 hour slot between 10am – 3:45pm The Big Tree Climb at Pope's Meadow

See the Westmorland Park Big Tree Climb event on the 13th May for description of activities.

Meet: Pope's Meadow, off St Marks Rd, Binfield, RG42 4AY. Cost: £20 per ticket.

Booking required: <http://www.bigtreeclimbing.co.uk/contact-us/>

Thursday, 6 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 South Hill Park reception, Ringmead, Bracknell, RG12 7PA

Booking required T: 01344 354441

Thursday, 6 September, 1pm-3pm Heritage Open Day Walk at Pope's Manor

Join us on this guided tour of the grounds.

Meet: Pope's Meadow, off St Marks Road, Binfield, Bracknell, RG42 4AY

Booking required T: 01344 354441

Wednesday, 12 September at 10:30am. Walk with a ranger – Cruciferous and beyond. Up to 2 miles (1 hour).

Meet: Cabbage Hill car park, Forest Road Warfield, Bracknell, RG42 5RR Cost: £2

Friday, 14 September, 10am-11am Heritage Open Day walk at Lily Hill Park

Guided walk to learn about the heritage features and historical importance of this beautiful park.

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

Booking required T: 01344 354441

Tuesday, 18 September at 10:30am. Volunteer led walk - The Northern Fringe. Up to 7 miles (2½ hours).

Meet: Felix Farm Trout Fishery, Howe Lane, Binfield, RG42 5QL. Map ref: 851 743

Saturday, 29 September, 1pm – 3pm Hazel Harvesting and Bonfire at Jennett's Park

Join us to harvest hazel (good for beanpoles) and enjoy the warmth of a bonfire while you work. Suitable for all ages. Tools and refreshments provided.

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

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

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Courgette Gratin

A great way to use up the glut of courgettes around at this time of year



Preparation time: 20 mins

Cooking time: 30 mins

Serves 4

Ingredients

2 tbsp olive oil

800g/1lb 12oz courgettes, sliced into 5mm/
¼in rounds

A few sprigs of thyme

A few basil leaves

100ml/3½fl oz crème fraîche

50ml/2fl oz milk

1 tsp plain flour

75g/2½oz Gruyère or similar cheese,
grated

Salt and freshly ground black pepper

Method

Preheat the oven to 200C/Fan 180C/Gas 6

Place the olive oil in a heavy large, lidded

frying pan over a low heat. When hot add the courgettes and herbs and season with salt and pepper.

Cover the pan and cook gently for 10 minutes, stirring occasionally, until the courgettes have softened slightly but still have a little bite. Transfer the courgette and herb mixture to an ovenproof dish.

Whisk together the crème fraîche, milk and flour in a bowl and season with salt. Pour the resulting mixture over the courgettes. Don't worry if there is not enough to submerge the courgettes as the mixture will bubble up when cooking.

Sprinkle over the Gruyère cheese. Bake in the oven for around 25 minutes, or until brown and bubbling.

Serve as a side dish, or as a light supper with crusty bread and a green salad.

Note: Gruyère is a wonderfully melty Swiss cheese but if you can't find it try Emmental, Beaufort, Jarlsberg or Comté.



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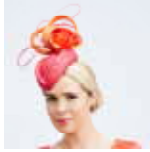
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