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August
2020

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Kids' Page

Treasure Hunt

Find the pictures, colour them in and tick them off as you find them



	A
	a
	car
	bee
	apple
	lion
	acorn
	robot

Can you find the colours of the rainbow in the letter grid?

O	R	A	N	G	E	V
I	N	D	I	G	O	I
I	S	M	E	R	K	O
S	T	U	T	E	D	L
U	L	A	P	E	L	E
B	U	T	R	N	Y	T
C	Y	E	L	L	O	W

red
orange
yellow
green
blue
indigo
violet

Bill's Beautiful Bungalow

Bill lives in a colourful bungalow. The carpet is green, the walls are blue, the ceiling is pink, the clock high on the wall is yellow, there is a lamp with a thick brown stand and a purple lamp shade. what colour are the stairs?

Bill's Beautiful Bungalow
A bungalow has no stairs

C	Y	E	L	L	O	W
B	U	T	R	N	Y	T
U	L	A	P	E	L	E
S	T	U	T	E	D	L
I	S	M	E	R	K	O
I	N	D	I	G	O	I
O	R	A	N	G	E	V

Word grid solution

WORD

MAGAZINE

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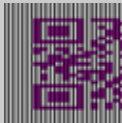
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Publisher

The Warfield Word Ltd

Printer

Norwood Press

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Welcome back to the updates from Warfield Parish Council

The Coronavirus outbreak has been one of the most challenging and difficult periods many of us have ever faced. The outbreak has affected everyone in different ways and circumstances. We send our sympathies to all those who have lost family and friends during this time and our best wishes to those on the road to recovery.

Thank you!

We would like to thank the many organisations and individuals who have supported our community during the outbreak. So thank you to the staff across the NHS, in our pharmacies, the Police and other emergency services. Thank you to the community volunteers who have supported the local response through the Bracknell Forest Council/Healthwatch programme. Thank you to the staff at Tesco Bracknell North and other retailers for all your efforts. Thank you to the teachers and staff at our local schools.



Arts Week 2020

We have taken the difficult decision to cancel the Binfield, Warfield and Winkfield Arts Week in October this year. There remains a great deal of uncertainty about the ability to run such events and as we are dependent on volunteers to help run activities and workshops, we have concluded we could not guarantee the safety and welfare of both participants, staff, volunteers and suppliers. **Arts Week will be back in 2021!**

Bracknell Forest Council Electoral Review

The independent Local Government Boundary Commission for England has published its draft electoral review of Bracknell Forest.

Your opinion matters. For more information and interactive maps, visit: consultation.lgbce.org.uk

The consultation runs until 7 September 2020.

Parish/Borough Councillor Surgeries

Our councillor surgery sessions are currently suspended, but we hope to restart them soon. Check out our Facebook page or website for the latest news and information.



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Get Your Business Online

Small businesses are under pressure right now. If your business relies on people visiting your shop or premises you've probably seen a large portion of your custom disappear. Yet these customers still need your products and services, and many of them are going online.

If your business can't sell online you're missing out.

Below is a quick-start guide to get your business online fast.

eBay - eBay is not just the ultimate car boot sale, it's also a great place for companies to sell their products. It's easy to get started. Follow eBay's tutorials and you can have your first listings up within minutes. Don't forget that you'll probably have quite a bit of competition, and people will be looking for the best prices. You'll also have to factor in postage costs and eBay's commission charge, so make sure you cost it all out beforehand. But if you're careful you'll get your products in front of thousands of potential customers within a very short time frame.

Amazon - Amazon Marketplace lets companies list their products on the main Amazon website. You get access to thousands of customers, but as with eBay you'll be listed alongside your competitors. It's a bit trickier to get an account set up but Amazon walks you through the process to make sure you meet all their criteria. You'll need to convince Amazon that you can deliver your products on time and to the correct quality and they will even provide you with warehousing and postage services (at a cost) if you need them. As with eBay they

charge a commission per sale so make sure you factor this into your selling price.

Your own website - If you want to sell direct to your customers through a website it's fairly easy to set one up these days. There are a range of ready-made stores such as Shopify, from which you can 'rent' a website. You upload your products, connect up to their payment system and you're good to go. For these systems you pay for the site rental and a payment charge per order, which is similar but a bit more than a normal credit card charge.

The other option is to have a web design company (like mine!) build the site for you. Here you'll get professional help and support setting everything up correctly, and once you're connected to a bank or PayPal you'll only be charged normal card fees.

You will need to get people to visit your site. The best way to do this is to contact every customer whose email address you already have and send them your web address. Then use Facebook, Twitter and Instagram to target people in your area. Within these platforms you can even target specific types of people to make sure your advertising spend gets maximum return. Your web designer will be happy to help you get all this sorted out.

Act now. If you're not selling online, you're missing out.





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References available

Rodger Kingston

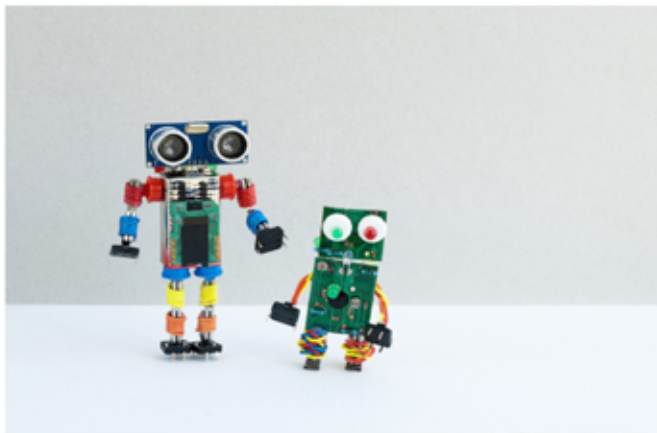
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Get Your Kids into Electronics

There's a maker revolution going on at the moment. You might not have noticed but there is. More kids (and adults) are tinkering with electronics and computers. Not to play games, but rather to design and build their own devices and machines.



This resurgence in hobby engineering has been growing for a while but took off with the development of very low cost, single circuit board computers that anyone could program, and build into their projects. The Raspberry Pi and Arduino boards are two of the most popular, but there is now a vast range depending on your budget and requirements. You can even get full powered PCs as single board computers.

Where to Start?

Hobby engineering is great fun for people who like to learn by doing rather than reading. Yes, you'll need to do a bit of research and head-scratching to get projects to work, but that's part of the challenge and fun of building your own machines.

The easiest place to start is with an electronics kit from a toy shop or online store. These remove the hassle out of getting something up and running. The parts connect easily, and each set has a number of circuits to build and test, usually with full explanations of how they work. They teach the basics of electronics in a fun and rewarding manner. Most sets can be expanded to build more complex

designs, and many let you connect to a computer so you can program your machine.

Next Steps

Once you've got the bug it's time to get your hands dirty with some larger projects. Here the internet is king. There are

thousands of projects online for you to copy, modify and build. Whatever you're looking to make someone out there has built something similar, so you'll know where to start.

You'll learn how to connect electronics to your SBC (single board computer), how to program it and how to get it to 'see' the real world through its sensors and control your devices through its drivers.

Build for Free

Of course, buying electronic components can add up. If your budget is negligible there are still plenty of resources for you to use. Online circuit simulators like TinkerCad let you to build circuits on your computer screen. All the components and test equipment are there at the click of a mouse. You can wire them together and plug your circuit into a virtual Arduino computer board. Then upload your programs and run your machine right in your browser. All the components and circuit boards you use can be bought from any electronics store. So you can test your designs, work out what you need and order them to turn the digital version into the real-life machine when finances allow.

Give your kids a head start in the modern digital world and get them making today!

By Bob Grant

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Sudoku

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

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Spice Up Your Life

Spices don't just make your food tasty, they have health benefits too.

Spices have been around for thousands of years. They were first imported to Europe in the Middle Ages, selling for huge

amounts of money and making the merchants who sold them very rich. They are used to colour, flavour and preserve food. Many are thought to have medicinal properties and some are used in traditional and religious ceremonies.

There are hundreds of different kinds of spices and they can be seeds, roots, bark or vegetative substances. Most are bought as dried powders. Whole seeds will keep longer, but they need to be ground before use.

Chilli peppers can be eaten fresh, or used dry as a powder or flakes. They are used to add heat to curries, chilli con carne, pasta dishes, dips and even chocolate desserts. Generally, the smaller the chilli, the hotter it is. The capsaicin found in chilli gives it its heat and has been said to relieve pain and prevent stomach ulcers and stomach cancer.

Ginger is another versatile spice. The fresh root is added to many Asian and Indian dishes, and the powder is used to flavour cakes, biscuits and desserts. The spice can decrease nausea and motion sickness, and ease digestive problems.

Turmeric is the spice that gives curry powder and mustard their deep yellow colour. It is also used as a dye and food colouring. In India, it is highly regarded



and is used in wedding ceremonies. Turmeric is from the same family as ginger. Although normally used as a powder, fresh chunks can be used in pickles.

Both ginger and turmeric are anti-

inflammatories and can help people suffering from arthritis and Alzheimer's disease. They are also high in antioxidants that can help protect against disease.

Cinnamon is a warming, fragrant spice that is taken from the dried inner bark of a tropical tree. It is used in cakes and desserts and many savoury dishes. Research shows that it may lower blood sugar levels and so can be beneficial for sufferers of Type 2 diabetes. It is also thought to help with toothache and bad breath. Some studies have found that smelling cinnamon can increase alertness and brain function.

And finally, the queen of spices. Saffron is the world's most expensive spice. It was first cultivated in Greece and is derived from the dried stigmas of the saffron crocus. It takes 250,000 stigmas to make just half a kilogram of the spice. Saffron gives food a beautiful yellow-orange colour. It is used in Middle Eastern cookery, rice dishes and also desserts and sweets, including marzipan. It has a long history in traditional medicine, and has been used to treat epilepsy, depression, menstrual disorders and fatigue.

By Alex Brown

Aubergine and Chickpea Curry

Preparation time: 20 mins

Cooking time: 50 mins

Serves 6

Ingredients

2 aubergines
2 tbsp sunflower oil, plus extra to serve, if you like
1 tbsp brown or black mustard seeds
10-12 curry leaves, plus extra to serve, if you like
2 onions, finely chopped
2 dried chillies, chopped
4 tsp garam masala
2 tsp ground coriander
2 tsp turmeric
400ml can coconut milk
6 tomatoes, quartered
400g can chickpeas, rinsed and drained

Method

Chop the aubergine into large chunks (about 1 inch / 2.5cm across). Heat $\frac{1}{2}$ tbsp oil in a large non-stick pan, and brown half the aubergine chunks for 2-3 mins on each side until golden brown and crisp all over. Remove to a plate, then repeat with another $\frac{1}{2}$ tbsp oil and the remaining aubergines, then set everything aside.

Add the remaining tbsp oil to the pan with the mustard seeds and curry leaves and fry for 30 secs until fragrant. Stir in the onions and continue cooking until they are softened and

beginning to brown. Add the dried chillies and spices with a spoonful of the thick coconut milk from the top of the can, then fry for 1 min more. Add the remaining coconut milk, tomatoes and half a can of water. Simmer for 25-30 mins until thick and saucy.

Stir in the chickpeas and aubergines. Continue simmering for 5 mins or so, until everything is hot and the aubergines are tender. Serve with rice or warm naan bread.



Why Water Works

Experts tell us that we need to drink at least eight glasses of water a day, but have you ever stopped to wonder why?



The human body is made up primarily of water. Around 85% of the brain, 80% of blood and 70% of muscle is water. Given these facts, it is easy to understand why maintaining our body's water levels is so important.

During a single day an average person loses around 2 - 4 litres of water in the following ways: urine 50%; sweating 34%; breathing 14%; and faeces 2%. In order to keep our body working at its optimum levels, this lost water needs replacing. Most of the lost water (47%) is replaced through drinks, a further 39% through food and the remaining 14% comes as a by product of metabolic activity.

What does water do?

Water helps remove the dangerous toxins that our body takes in from the air we breathe, the food we eat and the chemicals used in the various products we use on our skin and hair. It cushions and lubricates our joints and carries oxygen and nutrients into our cells. Water also helps regulate our body temperature and assists in digestion.

What happens if we don't drink enough water?

If we don't maintain the correct water levels, our bodies will start to dehydrate. Like a car's need for oil, if the oil level gets too low, the engine will start to run rough. If the oil runs out all together, the engine will stop running. It is the same with our body. Therefore it is easy to see why it is very important to drink eight glasses of water a day.

Symptoms of mild dehydration include the following:

- Reduced alertness
- Reduced concentration
- Slower reaction times
- Tiredness
- Headaches
- Feelings of nausea
- Low blood pressure
- Constipation
- Dry skin

Drinking water can help us lose weight

Believe it or not, it's true! If we are dehydrated the performance of the blood, liver and kidneys is affected, with the end result that the body can't metabolise the fat stored in cells as effectively, so the fat remains in the body. In addition, water is a natural appetite suppressant so drinking plenty of natural water (not in tea, coffee or fizzy drinks!) will help us to feel full and not so likely to eat.

So, let's do what the experts tell us and look after our wonderful bodies by drinking plenty of water!

By Debbie Singh-Bhatti

Calm Your Mind

The Oxford English Dictionary defines the verb 'meditate' as: to focus one's mind for a period of time, in silence or with the aid of chanting, for religious or spiritual purposes, or as a method of relaxation. For many, some form of meditation is part of their daily routine

There are many different meditation techniques, including:

transcendental meditation, prayer, Zen meditation, Taoist meditation, mindfulness meditation, and Buddhist meditation. Some methods require the body to be absolutely still, or to be moved with controlled deliberation, while other types allow for free movement of the body. While the methods are different, the end goal of all types of meditation is to lead to a mind that is at peace and free from stress by the use of quiet contemplation and reflection. For many, meditation is part of their daily routine.

If practiced regularly, meditation can bring about healing of both the body and the mind.

One of the physical benefits of meditation is a decrease in blood pressure. In addition there can be an improvement in breathing due to the increase of air flow that gets to the lungs. Practitioners also find that their resting heart rate is lower which takes some of the stress off their hearts. Meditation is also said to promote a youthful appearance and help in



chronic diseases such as allergies and arthritis. It can also help in post operative healing, enhance the immune system by increasing the activity of 'natural-killer cells' and reduce the action of viruses.

Ladies may find it reduces pre menstrual tension, and because evidence shows that chemicals in the body that are associated with stress are lower in practitioners, it can

lead to less anxiety for all. Some find it helps improve their mood and can decrease depression. This is because it has been found to increase serotonin production which influences mood and behaviour.

Those who meditate say they become less bothered by little things which they previously magnified and turned into serious things. Through meditation, they learn to detach and live in the here and now, rather than worrying about the past or future.

Practitioners also find that meditation improves their memory and levels of concentration. This makes them more productive.

A further benefit is known as 'Knowledge of Self.' Meditation allows a deeper understanding of our inner self and some feel that through meditation they gain a better understanding of their life's purpose and become more self confident.

By Susan Brookes-Morris

Useful Numbers

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Sudoku Solution

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

A Good Read



Hopscotch and Handbags – Lucy Mangan

Subtitled 'The truth about being a girl', this book is essential reading for grown up girls of all ages. In it, Lucy Mangan explores the subtleties of female life from school onwards –

or, as the title has it, from Hopscotch to Handbags.

As the cover and the chapter headings suggest, the tone is always light-hearted. This is no self help book – instead it's a mixture of reminiscences, cautionary tales and laugh out loud moments. Packed with lists, diary entries, jokes and quizzes that are pure 1970's Jackie magazine, the beauty of the book is how quickly you can place yourself within it. What girl doesn't remember the intricate rules of teenage friendship, or the range of helpful excuses to get out of the dreaded PE lesson twice a week? And while lists may be something you would expect in a boy's book, here they serve as a checklist and a reminder - I guarantee that you will measure your teenage self against the 'cool and uncool' list, and the Top Ten Beloved Books will send you back to your old childhood favourites (Malory Towers, anyone?)

Mangan's style is chatty, confidential and inclusive – you instinctively feel like you are part of a gossipy group – and her points hit home. Even when you do find yourself matching 90% of the criteria that make you a grown up, you'll still be safe in the knowledge that it is still 'so much better than being a boy'!

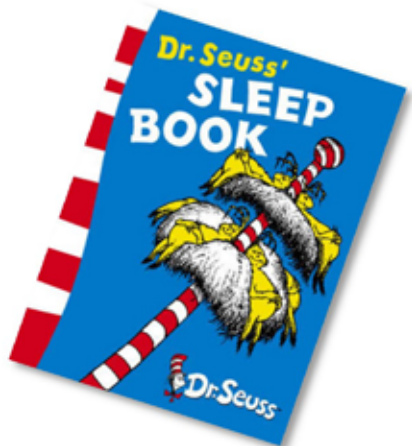
The Cat in The Hat/ Dr Seuss' Sleep Book – Dr Seuss

You can never have too much nonsense in your life – especially not if you are under eight years old – and if you want nonsense, then Dr Seuss is the absolute master. These two classics are a must for every child's bookshelf.

The Cat in the Hat is a cautionary tale of sorts – never let strange felines into your home. One wet and cold day, the narrator and his sister make the mistake of opening the door to the eponymous cat, only for him to wreak rhyming havoc on their home. Children delight in each new calamity, and the rollicking rhythm carries you along to the end.

Dr Seuss's Sleep Book is a calmer tale, ideal for bedtimes, but still with the same humour and pizzazz. Featuring an array of strange and sleepy creatures, from the Chippendale Mupp to the Hinkle Horn Honkers, the 'Who's Asleep Score' gradually grows until the very last sleeper is needed – you!

Illustrated in the author's bold and distinctive style, these books stand repeated reading. Which is just as well, as you'll be asked for them again, and again, and again....



By Willow Coby

What can I use instead of...?

Empty supermarket shelves require some kitchen creativity

It's frustrating when you want to bake but don't have some of the ingredients. You don't want to make an unnecessary trip out to the supermarket at the moment, and you're not sure they'll have what you need when you get there anyway! Or maybe you're in the supermarket and they don't have exactly what's on your shopping list. Here are some substitutions you might be able to make.

Buttermilk – You can substitute plain yoghurt. If you only have thick yoghurt you can think it with a little milk, or water. If you don't have yoghurt you can use 240mls (1 cup) of milk mixed well with a tablespoon of lemon juice or vinegar.

Butter – If your cake calls for butter and there is none, use coconut oil or vegetable oil instead.

Dark brown sugar – Use $\frac{1}{4}$ cup of treacle to 1 cup of granulated sugar, or 1 tablespoon of treacle to 1 cup of light brown sugar.

Double Cream – Evaporated milk can be substituted 1:1, or use 120mls milk + 80mls melted butter.

Caster sugar – If you have granulated sugar you can blend it in a mini-blender, but it's best reserved for muffins and coarser textured cakes rather than fine sponges.

Eggs – amazingly you can get away without eggs in some cakes. Try substituting $\frac{1}{4}$ cup of mashed banana or $\frac{1}{4}$ cup vegetable oil. If substituting two eggs I would mix the banana option with the vegetable oil option. You can also use 1 tablespoon of ground or milled linseed /flax seed to three

tablespoons of water to replace one egg. Mix together and leave to stand for a few minutes. This is a well-known vegan substitute for eggs which can come in useful if you keep a pack of ground linseed on standby.

Baking powder – mix $\frac{1}{4}$ teaspoon baking soda with $\frac{1}{2}$ teaspoon cream of tartar to make 1 teaspoon of baking powder.

Vinegar – replace the vinegar with the same amount of lemon or lime juice, or double the amount of white wine.

Yoghurt – sour cream and buttermilk are interchangeable when baking.



By Sarah Davey



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INDEX

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Good Developments

Computers & Tech

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Steve Coventry

Fencing Services

A Rooney Fencing & Gates

Foot Health

Best Foot Forward

Gardens/Landscaping

- 13 Get The Lawn
Moss End Garden Machinery
Supagrass
7 Trulawn
Winter Gardens
Woodchips Tree Surgery

22

Kitchens & Bedrooms

Applewood Kitchens

12

Oven Cleaning

SGH Services

11

Plumbers

- Heat & Plumb
7 Heat Plant Services
Paul White

Property Maintenance

- 1 BAS Home Improvements 3
12 Can't Do It Yourself 7
13 Carpenter 11
5 CM Maintenance 9
21 DMS Building & Landscaping 22
9 Just Wood 10
TBG Home 11

Roofing

- 24 DB Roofing 21
Monarch Roofing Services 21

21

Student Accommodation

Host Link UK 21

3

Waste Collection

11 Rubbish On The Go 9





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