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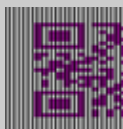
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Safer Internet Day

February 6th

Safer Internet Day is now celebrated globally in February each year to promote the safe and positive use of digital technology. The day helps to highlight positive uses of technology and to explore how we create a better and safer online community. This year's slogan is **Create, Connect and Share Respect: A better internet starts with you.**

Here are some steps we can all take to stay safe online:

Create complex passwords - Create strong, unique passwords for all your critical accounts. Corporate hacks are commonplace now. One database breach can reveal tens of thousands of user passwords. If you reuse your passwords, a hacker can take the leaked data from one attack and use it to login to your other accounts. The best advice is to use a password manager to help you create and store strong passwords for all of your accounts.

Boost your network security - Now that your logins are safer, make sure that your connections are secure. When you are at home or at work a password-protected router will encrypt your data. When you are out and about you might be tempted to use free, public Wi-Fi. But this is often unsecured, which means it's relatively easy for a hacker to access your device or information. If you access the internet a lot when you are away from home it's worth investing in a Virtual Private Network (VPN). A VPN is a piece of software that creates a secure connection over the internet, so you can safely connect from anywhere.

Use a firewall - This is an electronic barrier that blocks unauthorized access to your computers and devices. It is often included with comprehensive security software. A firewall ensures that all of the devices connected to your network are secured, including Internet of Things (IoT) devices like smart

thermostats and webcams. This is important since many IoT devices aren't equipped with their own security measures, giving hackers a vulnerable point of entry to your entire network.

Watch what you click - Many of today's online threats are based on phishing or social engineering, when you are tricked into revealing personal or sensitive information for fraudulent purposes. Spam emails, phony "free" offers, online quizzes all use these tactics to entice you to click on dangerous links or give up your personal information.

Share selectively - Be cautious about what you share, particularly when it comes to your identity information. Information could be used to impersonate you, or guess your passwords and logins.

Think mobile! - Mobile devices face new risks: dangerous apps and fraudulent links sent by text message. Don't respond to messages from strangers, and only download apps from official app stores after reading reviews first. Make sure that your security software is enabled on your mobile, just like your computers and other devices.



By Ian McMullan

Julia Reading

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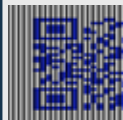
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- ◇ Slow PC or Laptop?
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residents



Parks and Countryside Events Programme

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

Ranger-led walks

Wednesday 7 February, 10:30am. Ranger led walk - South Hill Park. Up to 2 miles (1 hour).
Meet: Courtyard in front of South Hill Park reception, Ringmead, Bracknell, RG12 7PA.

Tuesday 20 February, 10:30am. Ranger led walk - Shurlock Row and back. Up to 7 miles (2½ hours).
Meet: Felix Fisheries. Map grid ref: 851 744.

Timings and distances are approximations only. For more information tel: 01344 354441.
For walking opportunities visit: www.bracknell-forest.gov.uk/walking

Other Events

Thursday 8 February, 10am-12pm. Orchard Pruning at Lily Hill Park.
Help prune Lily Hill Park's Community Orchard and learn how to care for your fruit trees.
Meet: North car park, off Lily Hill Road, Bracknell, RG12 2RX.

Saturday 10 February, 10.30am-12.30pm. Orienteering Event for Beginners and Families at Ambarrow Court.
Learn how to read maps, follow clues and complete the trail around this beautiful woodland! Suitable for all ages. Access friendly. Dogs on lead welcome.
Meet: Car park off Wokingham Rd, Sandhurst, GU47 8JB. Cost: £2 per individual, £4 for group of up to 4. Booking required, call: 01344 354441.

Sunday 11 February, 10am-1:30pm. Meadow Management at Horseshoe Lake.
Join the rangers in managing the meadows and enjoy a bonfire next to the lake. Tools, training & refreshments provided. Please bring a pack lunch.
Meet: Horseshoe Lake car park, Mill Lane, Sandhurst, GU47 8JW. Booking required, call: 01344 354441.

Wednesday 14 February, 10am-12pm. Half Term Wildlife Workshop at Horseshoe Lake.
Learn a range of outdoor skills including how to build, light and load a bonfire and enjoy marshmallows over an open fire. Tools & refreshments provided. Best suited for 7yrs+.
Meet: Horseshoe Lake car park, Mill Lane, Sandhurst, GU47 8JW. Cost: £2. Booking required, call: 01344 354441.

Historic Parks Gardening Clubs

South Hill Park Gardening Group
Every Wednesday, 10am – 12 noon
Join our small, friendly group who help to keep the grounds of South Hill Park looking beautiful! Tea/coffee provided. Please bring gardening gloves if you have them.
Meet: Rear terrace at South Hill Park, Ringmead, Bracknell, RG12 7PA.

Cultivating Friends at Lily Hill Park
Every Thursday, 10am – 12 noon
Get stuck in with the Lily Hill Park gardening team and enjoy a cup of tea/coffee amongst friends. Tea/coffee provided. Please bring gardening gloves if you have them.
Meet: North car 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.

February 19: The Water Vole Recovery Project

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
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www.warfieldparishcouncil.gov.uk



Save the Dates - Annual Events in Warfield 2018

With the New Year now well underway we're able to start putting together the Parish Calendar of events in Warfield this year, so here are some dates for your diaries:-

Vegetable Take & Grow - Sunday 29 April - Whitegrove Community Centre

This year's popular family event takes place on Sunday 29 April at the Whitegrove Community Centre. The event offers free vegetable and herb seedlings, as well as seeds, to residents to encourage them to 'grow their own' to benefit health and the environment. Once again we are looking for volunteers to help with our Vegetable Take & Grow.

As well as help on the day, we need volunteers to grow and donate seedlings to the event (we can provide seed trays/pots if required). If you are able to help then please contact the Parish Office.



Parish Assembly - Wednesday 2 May 7.45pm

Warfield Parish Council's Parish Assembly is an annual meeting for Warfield residents, giving them the opportunity to learn more about the work of the Parish Council and to discuss local issues. Two awards are presented at this meeting; the Warfield Award and the Chairman's Award, celebrating an individual/couple and a group respectively who have made a significant contribution to the local community. If you would like to make a nomination for either of these awards then please contact the Parish Office.

Warfield Village Fete – Saturday 9 June at Warfield Memorial Ground

Warfield's annual Village Fete, which Warfield Parish Council continues to support, is a wonderful, traditional family event. See www.warfieldfete.org.uk for further details and don't forget to add the date to your diary!

Family Cycle Ride – Sunday 24 June, Summer of Fun – late July and Arts Week 21 – 28 October 2018

Look out for more details of these annual family events taking place later in the year in subsequent issues 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 3 March 10am – 12 noon

Saturday 7 April 10am – 12 noon

Saturday 5 May 10am - 12 noon

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

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(solution on page 18)



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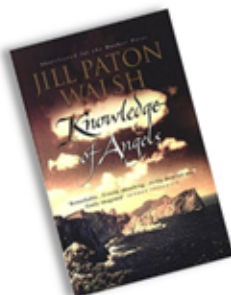


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A Good Read



Knowledge of Angels – Jill Paton Walsh

Jill Paton Walsh is an extraordinarily versatile writer. Many will know her for her numerous works for children, and

more recently for her work continuing the legacy of Dorothy L Sayers' Peter Wimsey novels. In addition to this, she has written a number of intriguing and thought provoking novels for adults, and 'Knowledge of Angels' is an excellent example of these two characteristics.

The story is set on a Mediterranean island in the fifteenth century, described in almost cinematic detail in the opening pages, as Paton Walsh invites us to contemplate the nature of fiction and storytelling. To this closed community come two strangers – one from the outside, a castaway found by local fishermen, and one from within, a girl seemingly raised by wolves in the forests of the island. One is as eloquent as the other is savage, but their fates become irretrievably tied together as their stories progress.

At the heart of the book lie a number of questions of belief. Palinor, the castaway, professes to have no religion, which poses a challenge to the authority of the Inquisition on the island. Amara, the wolf child, seems unredeemably animal in her behaviour, but begins to grow under the care of the nuns of Sant Clara, raising the issue of nature and nurture. Both of their stories are also about love, and self-knowledge, and what is and is not possible.

Yet the book is written in such a way, that these weighty questions are explored at the same time as creating a page-turning thoroughly engrossing story, in which the reader is drawn in turn into the lives of Amara and Palinor. Disturbing, sensitive and deeply affecting, this is a book that

will keep you thinking for a very long time.

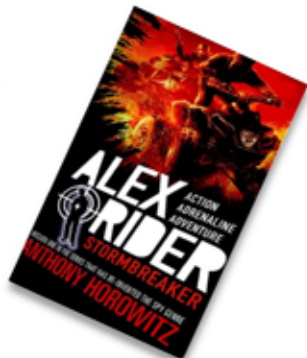
Stormbreaker – Anthony Horowitz

The first novel in Horowitz's phenomenally successful Alex Rider series, this is a must for fans of action, adventure and James Bond style one liners.

Alex Rider is a seemingly ordinary 14 year old boy. However, when his uncle is killed in a car accident, his world begins to unravel. An orphan, Alex finds that without the protection of his guardian he is in the hands of his uncle's employers – and they are not a bank, but MI6!

Horowitz keeps the reader moving quickly from action sequence to action sequence, with a liberal amount of humour and contemporary references along the way. The structure is familiar to Bond fans, and once you have suspended your disbelief at the idea of a teenage spy, it all becomes gripping and plausible. In particular, the gadgets Alex uses and the villainous Herod Sayle will appeal to teenage readers – while the intriguingly sinister character of Yassen Gregorovitch is introduced here, ready to be developed further through the rest of the series.

Ideal for fans of ripping yarns and reluctant readers alike, you will find that one chapter is never enough, as Horowitz is the master of the cliff-hanger ending. A 12 year old of my acquaintance told me recently that this book is 'even better than the film' – if you know any 12 year olds, then you will know that I need not say any more than that!



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

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Do You Need a Hearing Test?

Here are five simple ways to tell if it's time to check your hearing:

You often ask people to repeat themselves - It sounds as though people around you are mumbling all the time and you find it hard to hear people unless they're facing you directly. It's more common to experience hearing loss in the high frequencies so another sign is having trouble understanding women and children who tend to have higher-pitched voices.

Your family complains that the TV is too loud - If you're turning up the volume to a point where those around you complain about how loud it is, it might be time to pay attention, especially since listening to excessively loud music can do further damage to your hearing.

You hear a ringing or buzzing noise in your ears - Tinnitus occurs when you hear sounds like ringing or buzzing noise in your ears when no such sound is present. Sometimes it's temporary e.g. after attending a loud concert. But ringing which



doesn't fade away, without any apparent cause is a common first sign of hearing loss.

You strain to hear in noisy places - You struggle to focus on what people are saying in places with background

noise, such as a restaurant or shopping centre. This can make you feel very tired.

You miss everyday sounds - If people complain you miss their calls or say they have to knock for ages before you answer the door consider it a warning sign, especially if combined with people complaining you have the TV or radio set too loud.

Whilst it can be tough to admit your hearing isn't as good as it used to be, it's best to take action early on. With the right support and technology, hearing loss doesn't need to keep you from enjoying all the fun things in life. Book an appointment with your GP or an audiologist today.

By Louise Addison

Real Bread Week

February 24th – March

It's the 10th anniversary of Real Bread Week: the annual celebration of local, independent Real Bread bakeries, and home-baked bread.

Bread is one of the oldest prepared foods. It dates back to Neolithic times, when lumps of unleavened dough (made without yeast or other raising agents), were placed on hot stones in the embers of a wood fire. Archaeologists have correlated the development of human civilisations with the evolution of what is now regarded as the modern species of bread wheat.

Over the centuries bread became synonymous with life. In England bread defined the social hierarchy. The word "Lord" comes from the Anglo-Saxon hlaforð meaning "loaf ward", the master who supplies food.

Bread-making is chemistry-you-can-eat. Our ancestors discovered that ground grain mixed into a rough porridge with water could be transformed into a tasty, moist, puffy, mass that was crisp on the outside, simply by placing it near a fire. It was an extraordinary discovery. These flat breads as they are called are still meal staples in the Middle East and the Indian subcontinent.

Somewhere along the way we also discovered that if the porridge mixture was left in the open air for a few days it magically began to rise and could then be baked into the most wonderful cloud-like substance, leavened bread.

Although bread has occupied a central role in our lives and diet it hasn't all been plain sailing. The rise of ultra-refined industrial

bread in the middle of the last century led to mass-produced tasteless dough devoid of much nutritional benefit. Then there was the bread boycott led by Dr. Atkins and his low-carb, high protein comrades. But real bread - naturally leavened, long-fermented, and hearth-baked is enjoying a comeback, thanks to bread pioneers in artisan bakeries across the country. They use an array of flours and traditional grains, like emmer and spelt. It's now possible to buy high quality, beautiful, tasty loaves on many high streets.

More of us are making our own bread too. There are bread-making classes and online tutorials. At the most basic level, it's fairly straightforward to transform flour, water, salt and yeast into a loaf of bread and this is why the Real bread Campaign is keen to get children involved. The joy of nursing their first loaf from raw ingredients to mouth-watering yumminess slathered with butter and jam should not be underestimated. From then on it becomes a highly addictive pastime: fruit loaf, crusty rolls, focaccia...the urge to experiment and perfect the dough takes over. It's the perfect family activity...and you can eat the results. What could be nicer?



By Louise Addison

Chinese New Year

2018 is the Chinese Year of the Dog.

Dog is the symbol of loyalty and honesty. People born in the Year of the Dog are said to be honest, friendly, faithful, loyal, smart, straightforward, and have a strong sense of responsibility.

There are twelve signs of the Chinese Zodiac: rat, ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog and boar. Here is the folk tale behind them.

Long ago in China the Emperor decided to invent a way to measure time. On his birthday he gathered all the animals by a great river and told them that there would be a swimming race. The first twelve animals to cross the fast-flowing river would be declared the winners and each would be named one of the twelve signs of the zodiac.

The animals lined up along the river bank. The rat and the cat were best friends and they were worried because they were poor swimmers. So they asked the ox if he would carry them across and the kind ox agreed. He told the cat and the rat to climb on to his back then carried them across the river. They were excited to see that he was leading the race. But before he reached the bank the rat pushed the cat into the water so he could jump on to the ox's head and leap to the bank claiming first place.

The Emperor did not see the rat's dirty trick so named him the first sign of the zodiac. The poor ox was tricked into second place.

The tiger wasn't a natural swimmer but fought the current all the way across the river to arrive third. The emperor was so impressed he named the tiger the third sign.

The rabbit knew he couldn't beat the river so hopped across on some stepping stones, then jumped on to a log which carried him downstream until he was close

enough to jump ashore.

'Bravo!' shouted the emperor, 'I shall call the fourth sign after you.'

Then a dragon swooped down to the shore. 'Why didn't you win the race when you can fly?' asked the emperor.

'First I needed to make some rain because the people needed water for their crops. Then I saw a little rabbit sitting on a log in the river so I blew him to shore.'

'That is kind,' said the emperor. 'You are a worthy winner of the fifth sign.'

He heard the sound of horse hooves. 'Ah the sixth sign,' said the emperor, but then a snake, which had wrapped itself around one of the horse's legs wriggled out ahead and the horse jumped back. So the snake was named the sixth sign and the horse had to be satisfied with seventh.

Then a raft arrived at the bank and a goat, a monkey and rooster climbed ashore. They explained how the rooster had found the raft, the monkey and goat had helped clear the weeds and then the goat and monkey had pushed the raft to shore. The emperor was very pleased at their co-operation and named the goat the eighth, the monkey the ninth, and the rooster the tenth sign of the zodiac.

The dog arrived in eleventh place in spite of being one of the strongest swimmers. He said he had paused to take a bath because the river was so clean.

The last animal to arrive was the boar. He had stopped for a snack then fell asleep. 'You have still done well,' said the emperor, 'The final sign of the zodiac will be named after you.'

But do you remember the poor cat? By the time he had managed to climb ashore, soaked and shivering he had missed his chance of being a winner. This made him very angry and is the reason why cats have hated rats and try to kill them ever since!

By Sarah Davey



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