

Warfield | Binfield | Winkfield | Ascot



Applewood Kitchens and Bedrooms



The Village | Moss End Garden Centre | Warfield | Bracknell | RG42 6EJ 23 Brockenhurst Road | South Ascot | Berkshire | SL5 9DJ

Call 01344 409560 www.applewoodkitchens.co.uk email: info@applewoodkitchens.co.uk See what our customers are saying www.applewoodkitchens.co.uk then click on *testimonials* tab



Can you solve the picture puzzles to find the words? The first one has been done for you. STAR FISH STARFISH

Picture Puzzle Answers
Honeymoon
Butterfly
Facebook
Pineapple

The MAY Crossword

The solution to every clue contains the word May! The first clue has been solved for you



Across

- 2 We feel this if we break a precious possession (6)
- 4 Another word for chaos (6)

Down

- 1 This word means perhaps (5)
- Children dance around this on May Day (7)
- 5 We might out this on a burger (4)



Crossword Solution



Delivered FREE in Warfield, Binfield, Winkfield and Ascot. Also available at several pickup points including local libraries, garden centres and retail outlets.

For further information:

Tel. 01344 444657

Email

info@wordmag.co.uk

Website

www.wordmag.co.uk



Publisher The Warfield Word Ltd

Printer

Warwick Printing Company Ltd

This publication has been printed using vegetable-based inks, on paper from sustainable sources.



Please recycle this magazine when you have finished with it.

While all reasonable care is taken to ensure accuracy, the publisher cannot accept liability for errors or omissions relating to the adverts or editorials in this magazine nor for losses arising as a result.

No part of this publication may be reproduced without the permission of the authors as it is protected by copyright.

The publisher does not endorse any product or service offered in this publication.

Regular Cleaning the way you want it done

Typically from £12.50 per hour



Book Now!!

01189 680 949

www.domestique.co.ak/wokingham





House Plans & Architectural Drawings

We provide a complete design and planning service for householders who wish to improve or enlarge their homes.

We specialise in preparing plans for approval and will deal with all the paperwork. We will visit you to talk over your requirements, suggest design ideas to make your project a success and submit your plans for approval.

We have spent many years working 'hands on', building extensions and new homes to NHBC standards, enabling us to bring a wealth of practical experience to your project.

01189 122 319

free consultation at your home Good Developments Ltd

info@gooddevelopments.co.uk www.gooddevelopments.co.uk

Warfield Parish Council

7 County Lane, Warfield RG42 3JP Tel: 01344 457777
E-mail: info@warfieldparishcouncil.gov.uk
Follow us on Twitter @WarfieldPC and Facebook Warfield Parish Council
www.warfieldparishcouncil.gov.uk



Welcome to the May update from Warfield Parish Council

Warfield's Annual Gardening Competition

Once again we're looking for residents to enter Warfield's Annual Gardening Competition. There are four categories this year – Best Front Garden, best hanging basket, Tallest Sunflower (adult) and Tallest Sunflower (child).

The competition is free to enter and is open to all Warfield residents. You can enter yourself or nominate a neighbour. Closing date for entries and nominations will be Monday 9 July with judging to take place mid to late July.

Prizes will be awarded to the winner in each category and will be presented later in the year. To obtain an application or nomination forms please contact the Parish Office or download one from our website. Our councillors will also be out and about looking for front gardens to nominate!

Councillors Surgery

The Parish Council holds monthly surgeries in the Parish Office to enable residents to discuss their issues with Parish and local Borough Councillors. The next surgeries are on Saturday 5 May, 10am – 12 noon and Saturday 2 June, 10am – 12 noon. No need to book – just pop in at a time to suit.

Warfield Village Fete

Next month will see the annual Warfield Village Fete take place on Saturday 9 June at the Memorial Ground between 12noon and 4pm.

It is a great family day out, come rain or shine, with slides, bouncy castle, Morris dancing, hog roast, bric a brac, raffle, silent auction and much more! This year's chosen charity is Power of Parenting.

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

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

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



JUBILEE BUILDING SUPPLIES LTD

FLEXIBLE PRICES DELIVERY SERVICE OPEN TO TRADE AND PUBLIC

OBricks

- **⊘** MDF Sheets
- **⊘** MDF Mouldings

Blocks

- **⊘** Decking
- Paving

- Plaster
- Sleepers✓ Insulation

○ Chipboard

⊘ Plywood

- **⊘** Tools

...And much more

© 01344 789400

Opening Times: Monday - Friday 7am - 5pm Saturday 8am - 12:30pm



www.jubileebuildingsupplies.co.uk



THE NATIONAL FESTIVAL CIRCUS

10th June 2018

Locks Ride Recreation Ground

Shows at 1pm, 2:30pm and 4pm

www.winkfieldstmaryspta.wixsite.com/wsmcircus2018





Transform your lawn with Trulawn

Trulawn Artificial Grass is suitable for lawns. children's play areas, patios, balconies and pool surrounds.



Child Safe



UV Stabilised



No Mud



Quick Draining



Pet Friendly



No Watering



Durable



No Mowing



No Pesticides

Arrange your FREE site survey:



🤳 0333 456 0735 🛘 🧯 Vulcan Way, Sandhurst, GU47 9DB 🗦 trulawn.co.uk





Parks and Countryside **Events Programme**

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

Walks & Events

Tuesday, 8 May at 10:30am, Volunteer led walk - Around Cabbage Hill, Up to 7 miles (2½ hours).

Meet: Frost Folly car park, Wellers Lane, Warfield. Map ref: 873 725.

Wednesday, 9 May at 10:30am. Walk with a ranger - Spring stroll at South Hill Park. Up to 2 miles (1 hour). Meet: Courtyard in front of South Hill Park reception, Ringmead, Bracknell, RG12 7PA. Cost: £2.

Sunday, 13 May (1pm - 4pm). Sports Taster Day at Westmorland Park

Come and try out free taster sessions of football, tennis and baseball. Big Tree Climbing 30 minute taster tickets will be available for purchase on a first come first served basis from 1.45pm (£10 for 30 minutes, cash only) suitable for 6yrs -Adult.

Meet: Westmorland Park, off Westmorland Drive, Warfield, RG42 3QP.

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

Sunday, 13 May, 1 hour slots 10am - 12pm. The Big Tree Climb at Westmorland Park

Fun for 6 year olds and over. Climb up into the tree canopy taking in amazing views. Be at one with nature and environment. A truly amazing and thrilling activity. Only eight tickets available. Cost: £20 per ticket. Booking required: www.bigtreeclimbing.co.uk/contact-us

Tuesday, 22 May, 10am-11am. Rhododendron Walk at Lily Hill Park

Guided walk celebrating the stunning collection of historic Rhododendron and Azaleas, which date back to 1922.

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

Cost: £2. Booking required T: 01344 354441

Saturday, 26 May, 9:30am -1:30pm. The Long Green Walk

Join the rangers on a 9 mile walk from Horseshoe Lake to Englemere Pond over varying terrain visiting Ambarrow Court, Wildmoor Heath, and Caesars' Camp. A lunch stop could suit those looking for a shorter walk. Please bring your own lunch.

This is not a circular route and you will need to arrange your own transport home.

Start: Horseshoe Lake car park, Mill Lane, Sandhurst, GU47 8JW.

Lunch (around noon): The Look Out Discovery Centre, Nine Mile Ride, RG12 7QW

Finish: Englemere Pond car park, off Swinley Road (B3017), Ascot, SL5 8BA. Map ref: 901 684.

Cost: £2. Booking required T: 01344 354441

Wednesday, 30 May, 1 hour slots between 10am -3.45pm. The Big Tree Climb at Ambarrow Court

Fun for 6 year olds and over. Climb up into the tree canopy taking in amazing views, be at one with nature and environment.

A truly amazing and thrilling activity. Only eight tickets available.

Meet: Ambarrow Court, Off A321 Wokingham Rd, Sandhurst, GU47 8JB.

Cost: £20. Booking required: www.bigtreeclimbing.co.uk/contact-us

Wednesday, 30 May, 2pm-3:30pm. Minibeast safari at South Hill Park

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

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

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.

Sarracenias and Pitcher Plants May 21:

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

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

rangers@bracknell-forest.gov.uk www.bracknell-forest.gov.uk/parksandcountryside

Nine Mile Ride, Bracknell, Berkshire RG12 7QW

01344 354441



Twyford Interiors

Creating Comfort & Style



We supply made to measure blinds and curtains

Reupholstery service available

Stockists of all major fabric and wallpaper suppliers

Furniture, home accessories and gifts

Contact 0118 9349226

Cathy McEneaney

www.twyfordinteriors.co.uk

D.M.S.

Landscaping & Building Services

- Garden Design and Build
- Hard and soft Landscaping
- Patios

Email: heatandplumb@ymail.com

- Paths
- Driveways
- All Walling

Fencing

All Sleeper work
 Decking

Turfing

- Artificial Lawn

- Extensions
- Conservatories
- All Groundwork
- All Brickwork

- Planting

- Garden Clearance
- Now supply and fit Log Cabins and Outdoor Wooden Buildings

Berkshire, Surrey & Hampshire For a free quotation call Daniel:

Tel. 01276 452337 Mob. 07944 681780

Find us on Facebook

Email: danmadden1979@hotmail.com

Registered with BALI



Why We Love A Royal Wedding

Unless you have been living on a desert Island with no Wi-Fi for the past 12 months it cannot have escaped your notice that a wedding is scheduled for this month.

Now whether you are a flag-waving Royalist or consider them to be a bunch of elitist parasites, you can't avoid the discussions over the dress, the guest list and the entertainment booked for the reception.

It was when I heard a colleague (who I **know** is anti-Royal) gleefully speculating over the dress-designer Meghan may or may not have chosen that it occurred to me to wonder why even the least sympathetic among us somehow get sucked into the celebrations.

The fairy tale: Children's stories where the handsome prince marries the beautiful princess are perennially popular, and the big white wedding is still the way many women imagine their big day. In this instance the prince in question is a real-life action hero too! A Royal wedding is the chance for us to live it vicariously, or

conversely marvel at the spectacle of it all while muttering darkly about the cost to the public purse.

Being part of something bigger:

There is a strong drive among humans to want to feel part of something important or monumental. We want to weave historic events into our own personal history. It's why we bought tickets to The London Olympics, fly out to World Cup Finals, and lay flowers at the sites of tragic events.

Shared History: The celebrations surrounding the Silver Jubilee, or the wedding of Prince Charles and Lady Diana may have been part of our childhood. Maybe we attended a street party or received

a commemorative coin. The desire to recreate and share these memories with our own children is strong.

We love a party: Go on...who doesn't love an excuse for a party? I have friends who throw Eurovision parties, and Strictly Come Dancing parties and X Factor parties, so why not a Royal Wedding party, complete with champagne and Union Jack cupcakes?

They are not like us...or are they? We feel we know the Royals. We're there for the births, the engagements, the weddings, the divorces. We know lots about them, but there's always more we don't know. It's human nature to be hungry for more information or gossip about the rich, famous and (preferably) scandalous. A Royal wedding feeds into this, from the venue – the smaller St George's Chapel rather than Westminster Abbey – to the guest list – who made the cut and who was snubbed. It's like our own family but lived large...on our TV screens.

And just as if they were members of our own family...we wish them well.



By Tracey Anderson

JUBILEE BATHROOMS

COME AND VISIT OUR SHOWROOM







Jubilee's inspirational showroom has been developed to display a wide range of products to suit everybody's aspirations!

WHY CHOOSE JUBILEE BATHROOMS?

- ✓ Leading brands supplied ✓ Design and fit service
- **⊘** Competitive pricing

© 01344 789400

Monday - Friday 8am - 5pm Saturday - 8am - 12.30pm Sunday - Closed

Phoenix Business Park, John Nike Way Bracknell, Berkshire, RG12 8TN

(opposite ice rink)

www.jubileebathroomsupplies.co.uk



TEE TIMES

...and a game of golf bingo!

Like many amateur golfers I'll be glued to The BMW PGA Golf Championship at Wentworth this month. I'm a spectacularly mediocre player who occasionally plays a good round, and the hope of repeating that is what keeps me returning to the course. Golf is addictive like that...it's crack cocaine with clubs

Almost as addictive is 'golf bingo'. Never heard of it? Next time you play, tick off as many types of golfer as you can during a round. Bonus points if you're playing alongside them. Minus points if you're one of them.

The Waggler - Budget speeches don't last as his pre-shot routine, and worse it makes no difference. Five full practice swings will be followed by a slice into neighbouring woodland...every time.

Mr. Mobile - His phone rings in the middle of your first backswing, it's an urgent call. He then puts it vibrate where it does just that repeatedly, sounding like an angry hornet trapped in his back pocket. Amusingly, the number of phone calls is usually inversely related to the importance of his (it's nearly always a bloke) job. Seriously, if Obama could play an uninterrupted round there's no excuse!

The Croucher - He reads every putt from every angle...then misses anyway. I may be this man!

The Guru - Offering unsolicited advice on everything from your swing to the choice of caddy. It would be so much easier to take if he hadn't already lost six balls before the third hole.

The Sulker - Every golfer has a bad round or three, but he (nearly always a

bloke again...sorry guys) can't laugh it off, and refuses to drink it off, so storms off instead.

The Traditionalist - He dresses like he's playing in the Ryder Cup circa 1929. I secretly admire his dapper style...but my daughter would kill me if I dressed like that.

The Chatterbox - She (sorry ladies but this one is nearly always a woman) talks over every putt, and all the time you're setting up for a drive. And you're never sure if its accidental or whether it's part of some diabolical masterplan to mess with your game!

Mr. Angry - He can throw a toddler-worthy tantrum over a missed six-foot putt. It's both amusing and cringeworthy and you can't take your eyes off it.

The Blamer - It was the sun, the wind, a passing pigeon, a buzzing bee, celebrations from the next hole, a bad back, a gippy tummy, a fight with a spouse...anything in fact except their lousy swing.

Anyone call 'House' yet? Now if you'll excuse me I'm off to practice my waggle?



By Tom Hancock



Professional, reliable service. Fully insured and all work guaranteed.

For all your electrical needs, including:

Indoor & outdoor lighting

Installations

Emergency repairs

Inspection & testing

Consumer unit upgrades

Web www.warfieldelectrical.co.uk

Phone 07853 889925

Email info@warfieldelectrical.co.uk

Experienced Painter & Decorator



Happy to carry out

Any size job undertaken, from one wall to a whole house!

Locally based, reliable, friendly and competitively priced from £130 per day.

References available and happy to provide estimates with no obligation.

Please call Thomas on 07825 950865

LODGE BROTHERS

YOUR 7TH GENERATION FAMILY-OWNED FUNERAL DIRECTORS



...the family you can turn to

When a death occurs in your family, that is when you need the advice and assistance of a local, family-owned funeral director. Lodge Brothers are the family you can turn to. Seven generations of our family have been helping and advising local families in their time of need. For over 230 years we have been providing funerals, both modest and traditional with care and compassion. Our fully qualified staff take great pride in being able to offer a 24 hour service 365 days a year.

FUNERALS • FLORAL TRIBUTES • MEMORIALS • PERSONALISED FUNERAL PLANS • WILLS & PROBATE



NOW OPEN IN ASCOT:

32 High Street 01344 537033

Branches also in Englefield Green, Lightwater, Sunningdale & Windsor





www.lodgebrothers.co.uk

Paul White Plumbing Services



- Bathroom and shower tiling
- Taps, sinks, wash basins replaced
- Bathroom suite refurbishment
- Kitchen sink waste disposal units
- Hot water storage cylinders
- Attic cold water cisterns
- Radiators replaced or repositioned
- No job considered too small



Professionally qualified Reliable, conscientious and fully insured

> Free quotation / visit Please call: 01344 453 865

CM Maintenance

Plumbing and General Maintenance

No job too small

Bathrooms, Kitchens, Tiling and General Handyman Jobs

Charlie Cooper

Mobile: 07788 674739

or 01344 305694

cm.maintenance@hotmail.co.uk

Sudoku

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

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)

Julia Reading

BSc(Hons) Pod, MChS

REGISTERED PODIATRIST CHIROPODIST

Treatment for:

Corns * Callous * In-growing Toenails

Verrucae etc.

general foot health advice

at

Maple Clinic 3 - 5 Horndean Road, Forest Park Bracknell

(in parade of shops next to Teddies Nursery)

For an appointment phone: **0118 9420718 / 07746 472781**

(please leave a message and I will contact you as soon as possible or early evening)

HOME VISITS AVAILABLE ON REQUEST





COME ALONG TO

LOCKDALES

SPECIALIST VALUATION DAY EVENTS

Monday 21st May 11am-3pm

Sutton Hall, Church Road, Stockcross, Newbury, Berkshire RG20 8LN

Friday 25th May 11am-3pm

The Coppid Beech Hotel, John Nike Way, Bracknell, Berkshire RG12 8TF

COMPLIMENTARY CAR PARKING ON-SITE SUBJECT TO AVAILABILITY

IF YOU'RE LOOKING TO SELL. WE ARE ALWAYS LOOKING TO BUY...

Coins (GB & World, Sovereigns, Krugerands, Royal Mint, Proof Sets) Jewellery, Watches, Silver, Gold, Vintage Toys, Clocks, Books, Maps, Pens, British & World Stamps, & Covers, English & Foreign Banknotes, Early Postcards, Cigarette Cards, Pre-1970's Comics, Vintage Trading Cards, Medals & Militaria, Swords, Bayonets, De-activated; & Antique Firearms or Pre-1960 Sporting Programmes & Tickets.

THE EXPERTS OF LOCKDALES AUCTIONEERS WILL BE PRESENT FREE VALUATIONS. NO OBLIGATION. NO APPOINTMENT NECESSARY

www.lockdales.com

(01473) 627110

sales@lockdales.com



COMPETITIVE PRICES





Family run business in Harmans Water, Bracknell

Fully Insured • NPTC Qualified • 10+ years experience

- Tree felling, reducing, reshaping and maintenance
- Stump grinding
- · Hedge trimming and maintenance
- · Wood chippings and logs for sale
- All green waste recycled

FREE QUOTATIONS AND ADVICE

Contact us...



01344 425733 or 07867 523823 jose@woodchipsltd.co.uk www.woodchips.org.uk

Supagrass Lawn Treatment Service Helping you achieve the lawn you've always wanted. Phil Adshead runs Supagrass in the Berkshire area. He has helped over 1000 customers improve their lawns, and has looked after the greens at two of the top 10 golf courses in the world including Sunningdale & Augusta National Golf Club. For a FREE lawn assessment and quote with Phil call 01256 461388 or email rbf@supagrass.co.uk Lawn Fertilising Aeration Scarification Weed Killing Moss Control **Lawn Mowing** www.supagrass.co.uk



Enjoy one-to-one care Tailored for your wellbeing In your own home



LifeCarers provides dependable one-to-one support to people at home.

Your trained LifeCarer visits to help with personal care and practical things like housework and shopping.



Your LifeCarer offers companionship too, someone to talk to or escort you on a trip out. A trusted person who keeps an eve on your safety and helps you stay in touch with your family.



Companionship & getting out Dignified & personal care **Practical & comfortable living**

Talk to a Care Advisor on 01344 859 148 www.lifecarers.co.uk



@life carers

LifeCarers Ltd is regulated by the Care Quality Commission

MOSS END GARDEN MACHINERY

At Moss End Garden Centre, Warfield, Bracknell RG42 6EJ



SALES • SERVICE • REPAIRS

Lawn Mowers, Chainsaws, Strimmers, Shredders. **Power Vacs, Hedge Cutters**

MON - SAT 9AM - 4.45PM SUNDAY

Quick Turnaround, Personal Service Free Local Delivery & Collection

BRACKNELL 01344 485765/862024

MOUNTFIELD

WEBB

HAYTER

MITOX

Morris Dancing



Morris dancing is a part of the May Revels, or May Day celebrations. It dates back to late mediaeval times and the earliest mention is from 1458. The origins of the name are unknown. There is speculation that it has Spanish Arab roots and comes from 'Moorish Dancing' but this is not provable. Many of the earliest known records relate to the early 16th century English Royal Court, so it is possible that there may be some connections with the

courtly Morisco dances seen in continental Europe at that time.

The church had been a great supporter of the Morris traditions until the Reformation. After this it was considered frivolous and frowned upon by the authorities for many decades until the restoration of Charles II in 1660. 'Merrie Englande' saw traditional festivities experience a renaissance and the dances we see today are believed to have mostly developed in the hundred years or so after this date.

Changes in social patterns, social mobility, and types of recreation in the Victorian era meant that by the end of the 19th century the Morris had become rather unfashionable. It came very close to dying out completely, then by chance, the folk song and dance collector Cecil Sharp saw the Morris at Headington on Boxing Day 1899, and started a revival which continues to this day.

By Tracey Anderson

World Asthma Day - May 1st

I was diagnosed with Asthma when I was eight. I'm always alarmed at how little people, even fellow asthmatics know about the condition. Here are a few facts I feel should be known more widely.

Boys are twice as likely to develop asthma as girls. The reasons why are not fully understood.

Children do not typically grow out of asthma – In spite of the myth almost 95% of children with asthma will experience symptoms into adulthood.

10% of all asthmatics have severe asthma. That's a significant 1-2% of the population.

A major asthma trigger is cigarette smoke – that's first OR second-hand smoke. Please think before you light-up, especially in front of children.

Most asthma-related deaths are caused by lack of oxygen. Rapid administration of oxygen can save lives.



Most people who experience a potentially fatal asthma attack will survive if they reach hospital. Don't delay.

I hope the next fact will be reassuring if like me you suffer from severe asthma:

Most asthmatics who suffer a fatal or near fatal attack are non-compliant. This means they are not taking their medication as prescribed, or they delay seeking treatment. If we are sensible, take our medication appropriately and always carry a rescue inhaler we are UNlikely to experience a fatal or near fatal attack.

And more good news:

Life-expectancy of mild asthmatics and non-asthmatics is the same. If you look after yourself there's no reason not to live to a ripe old age.

BUT even mild asthmatics can experience near fatal or fatal attacks if they become complacent and non-compliant about their treatment.

By Sarah Davey



Curtains and Roman Blinds

Made to Measure A Selection of Fabrics Or, your own. Also Alterations Taken

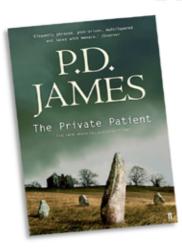
Tel: Jacqueline on 01344 459921 Mobile: 07865 084523

www.curtain-making-berkshire.co.uk





A Good Read



The Private Patient – PD James

At a private clinic in Dorset, Rhoda Gradwyn has booked an operation to remove a serious facial scar – one which she has borne for many years, but 'no longer

has need of.' The operation is a success, but by morning Rhoda Gradwyn is dead, and suspicion falls on the staff of Cheverell Manor. Commander Adam Dalgliesh, poet and policeman, is summoned from London to investigate, and before long finds himself dealing with not one, but two unexplained deaths and a whole host of dark secrets.

This is the latest in James' Dalgliesh series, and it bears all the familiar hallmarks of the earlier novels – a death in a closed community, a complicated back story and a steady move to the conclusion. As ever, the supporting characters are just as important as Dalgliesh himself – both those on his team and those who inhabit Cheverell Manor – and they are deftly drawn, with real and believable traits.

For the reader, the experience is more about contemplation than guesswork – the identity of the killer is revealed three quarters of the way through, and the rest of the novel is concerned with motivation and moral dilemmas. There is also a significant amount of tying up of loose ends from the ongoing stories of Dalgliesh and his colleagues, and the ending is rich

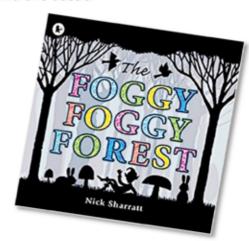
and reflective. Some would argue that James' novels are an acquired taste, being so far from the run of the mill 'whodunnit' – I would say they are a taste well worth the acquiring.

The Foggy, Foggy Forest – Nick Sharratt

This delightful picture book may take some tracking down, but the effort is well-rewarded. Each page takes the reader on a journey through the 'foggy, foggy forest' of the title, asking 'What can this be?' The beauty is that each page is printed on acetate, and shows a mysterious silhouette, encouraging us to guess at what lies beyond. The answer, of course, is never straightforward!

The book works on a number of levels – younger children will love the repetition and the rhyme as each shadow is revealed, whilst older readers will appreciate the fine details of Sharratt's colour illustrations and the humour which finds 'Cinderella and Snow White in a water pistol fight'.

Like the best fiction for very young children, the book stands up to reading and re-reading (and re-reading, and re-reading....). It deserves to become a children's classic.



Ready for Revision

Exam time is stressful for the whole family. So what's the best way to cope?

There's no way round it, the answer has to be planning and preparation.

Set up your revision timetable as early as possible, that way you can pace yourself. It's too tempting to put everything off then face a last-minute panic.

How do you study best? Some people prefer to spend a whole day on one subject, others prefer to break their time into smaller blocks and tackle several subjects in short burst. Whichever you choose, make sure you take a short break every hour or so. Pop outside, stretch your legs, have a drink and maybe a snack. Oxygen, nutritious food and water are essential for concentration and mental alertness.

Effective brain function relies on neurotransmitters, which are chemicals made from amino acids. These are found in food rich in good quality protein, like lean meat, fish, soya and beans. In order to convert the amino acids into neurotransmitters the body also need vitamins and minerals, so top up on fruit and vegetables. Refined sugar, found in sweets and chocolate releases glucose too quickly into the bloodstream and this can cause mood swings. Emotions run high around exam time anyway, so it is better to snack on nuts, seeds and fruit, which provide a slow, steady release of alucose.

Our brains also depend on proper hydration to function optimally. Brain cells require a delicate balance between water and various elements to operate. Research has found that if we're even slightly dehydrated we find it more difficult to focus. Aim to drink around up to 1.5-2 litres of water, diluted fruit juice or herbal teas per day. Drinks rich in caffeine, such as Red Bull or coffee trigger production of the stress hormone cortisol which can

make you feel even more edgy and nervous, and make it harder to focus and find the right words under exam pressure.

Gentle exercise, such as walking, or cycling, in between study improves the blood circulation to the brain and actually relieves stress, making you feel more relaxed

On the day of an exam focus on breathing; slow deep breaths in and out will help to reduce levels of the stress hormone cortisol. Try not to engage in pre-or post exam discussion, as this can make you feel anxious.

If you're well prepared and well-rested then you are ready. But remember they are only exams. They are one measure of your ability taken at one point in time. They do not relate to who you are as a person, or how well you will ultimately do in life. All you can ever do is try your best on the day. Good luck.



What type of learner are you?

Visual learners - prefer note cards and tend to map out information on paper.

Auditory learners - prefer to read their notes aloud, and listen to them being played back.

Kinaesthetic learners need action – Record your voice and play back the information while walking. Take revision notes to the gym and read while running on a treadmill, even sitting on a swing reading notes can work.

By Sarah Davey

Useful Numbers

Crimestoppers (Anonymous freephone Thames Valley Police (Non-emergency numb Emergency	101 [′]	Gas Emergency Electricity Emergency Power Cut Helpline Water Emergency	0800 111999 0800 404090 105 0333 0000365
Bracknell Forest Counci (Customer Services) Bracknell Town Council Binfield Parish Council Warfield Parish Council	01344 420079 01344 454602	ChildLine Samaritans DrinkLine National Rail Enquiries	0800 1111 116 123 0300 1231110 03457 484950
Winkfield Parish Counci NHS help & advice	I 01344 885110	Gatwick Airport Heathrow Airport	0844 8920322 0844 3351801
Heatherwood Hospital Royal Berkshire Hospita	01344 623333 10118 3225111	South Hill Park	01344 484123
Wexham Park Hospital Frimley Park Hospital	01753 633000 01276 604604	Bracknell Leisure Centre The Look Out	01344 454203 01344 354400

Sudoku Solution

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



www.ovengleamers.com

CARPENTRY DECORATING

All aspects of Carpentry and Joinery

Fitted Kitchens, Wardrobes,
Radiator Covers
Laminate and Solid Wood
Flooring, Decking

Interior and Exterior Decorating

29 YEARS EXPERIENCE CITY AND GUILDS

Call Mark: 01344 451995

07710 324954

BLUE SAPPHIRE BOOK-KEEPING LTD

SMALL FRIENDLY EXPERIENCED LOCAL COMPANY FOR ALL YOUR BOOK-KEEPING NEEDS

EXPERIENCE IN LARGE AND SMALL BUSINESSES INCLUDING SOLE TRADERS AND FRANCHISES

VAT
PAYROLL
BOOK-KEEPING
MANAGEMENT ACCOUNTS
INCOME TAX RETURNS



CALL MARION TO DISCUSS YOUR NEEDS

TEL: 07920 045350

E MAIL: marion@bluesapphirebookkeeping.co.uk WEB: www.bluesapphirebookkeeping.co.uk

Roast cod with a lemon, garlic and parsley crust

A delicious light and easy supper



Preparation time: 20 minutes Cooking time: 10 to 30 mins

Serves: 4 Ingredients

675g/1lb 8oz cod fillet, 3cm/11/4in thick 85g/3oz white breadcrumbs, soft or

slightly stale

3 tbsp parsley, finely chopped

2 cloves garlic, crushed

Finely grated zest 1/2 lemon

60g/21/4oz butter, melted

Squeeze of lemon juice

Salt and pepper

Lemon wedges, to serve

Method

Season the cod well with salt and pepper to taste.

Mix the breadcrumbs with the parsley, garlic, lemon zest, salt and pepper, then add butter and lemon juice. Mix thoroughly with your fingers.

Place the cod in a shallow, ovenproof dish and press the buttered crumbs firmly onto the cod to make an even crust.

Bake at 220C/425F/Gas 7 for 20-25 minutes until the crust is browned and the fish just cooked through. Serve immediately with lemon wedges and green salad or steamed asparagus.

LOCAL ELECTIONS

On May 3rd the first local elections will take place since the dramatic General Election last year. Voting in local elections is almost more important than voting in a general election because the decisions local councillors make have a greater impact on our day-to-day lives.

Here are some frequently asked questions.

What are local elections for? To elect the people who run our local services.

What do they mean to me? Local councillors are consulted on everything which happens in your area and thus everything which affects you directly.

Like what? Things like parks, footpaths, street lights, public toilets, car parks, allotments, bus shelters, community centres and the future of local schools. They also have a hand in road improvements, street signs, planning applications and deciding what sort of facilities your area has access to.

Yes but the Government controls 80% of the money spent by local councils so their vote doesn't count for much does it? It counts for a lot. Councillors elected now will affect your life and the life of your family and

I don't even know who's standing in our local elections The information is generally displayed on parish notice boards and in local post offices and newspapers.

neighbours for the next

four years.

They won't do anything for me Have you asked them? Local councillors live in your community, are easily contactable and are directly answerable to you.

I don't like any of them. I could do better. How do I become a councillor and what would my responsibilities be? Good question. Most councillors work around three to six hours a week in their post depending on their other commitments. The duties include: attending meetings of organisations, taking up issues on behalf of the general public, and running surgeries so that residents may bring up any issues bothering them.

It's a largely unpaid post but is a rewarding way to become involved in your local community.

A good place to begin if you'd like to be a councillor is the NALC website www.nalc.gov.uk/becomeacouncillor/howtobecomeacllr.html

It might be said that 'people get the local council they deserve'. If you don't vote, those who do are making decisions which may change your life. Think about it!

By Hannah Fenton



Garden View

This month - Ground Control



Geranium macrorrhizum is probably the most reliable ground cover of them all. It creates a low dense mass of aromatic hairy leaves about 30cm / 12 inches high. The flowers open in late spring and there are varieties in white, pale pink or magenta. These are followed by

You can't go wrong with a geranium. They grow well where other plants struggle, particularly those shady areas, or parts of the garden with poor soil. And they are so useful - they provide hundreds of pretty flowers and also smother the ground with a welter of leaves that prevent weeds from taking hold.

Don't confuse these hardy geraniums with the tender bedding plants with the horseshoe leaf-markings. They may be commonly called geraniums but they are in fact pelargoniums and not hardy so would perish in a hard frost. True geraniums are as tough as old boots. There are loads to choose from offering a wide range of colours and habits.

If you want a carpet of tiny pale pink saucer flowers try Geranium sanguineum striatum. It's great for growing in the crevices of a garden path, or even in a shallow tub or sink where its finely cut leaves show of the flowers to their best advantage.

bright red seedheads providing interest well into the autumn.

Propagation is ridiculously easy. Simply rip up a clump of the thick creeping stems and push them into the ground where you want them to establish. Make sure they don't dry out and you can be assured of success.

If you'd like a plant with a bit of height go for Geranium *psilostemon*. This grows to about 1.5m / 5 feet. It has deep magent flowers with a black eye, and is a great self-seeder.

If you struggle with a patch of denser shade I can recommend the blue-flowered Geranium himalayense, and also 'Johnson's Blue'. Both will form clumps about 30cm / 12 inches high.

Whether you have a new garden which needs to be filled with colour, or an established garden with a few bald patches, plant hardy geraniums and you won't be disappointed.

By Rachael Leverton

Richard J. Milam T.B.G. Home

- Interior and Exterior Painter and Decorator
- * General Carpentry
- * Household Electrics
- * Ceramic Tiling
- * Gardening

No Job too small, Free Estimates and Fully Insured

Call now on Wokingham 01189 776617 or Mobile 07771 633 620







Make your neighbours "Simply Green" with envy

- T 0118 9790715
- F 0118 9790715
- W www.simplygreenlandscapes.co.uk

- Do you want to be admired for your well maintained gardens?
- Do you want a regular, reliable gardening company?
- Do you want all of this with no stress?

Then simply look no further!

 Regular garden maintenance and tidy ups all available.

Warfield Environment Group

BAT SAFARI





Saturday 19 May

8.15pm – 10.00pm Meet at Westmorland Park car park Free but booking essential (here or see below):



A bat safari with a twist. Hear the chat of bats and learn about these fascinating creatures. Children welcome if accompanied by adults, but not suitable for dogs.

Dress in bat themed costume with prizes for the best in child and adult 'bategories'

We will bring along bat detectors to hear Daubentons around Westmorland pond and Pipistrelles on the edge of Hayley Green Wood.

Please wear warm clothes and suitable footwear, and bring a torch. Tickets available at Eventbrite – https://goo.gl/Z5caxq – or email

 $war field en vironment group @hot mail.com\ or\ contact\ Claire\ on\ 01344\ 302708.$



www.warfieldenvgroup.wordpress.com

warfieldenvironmentgroup@hotmail.com



Marfield Environment Group



Next event: See us at Warfield Village Fete on Saturday 9 June

Premier Plastics

Windows | Doors | Roofing | Skylights | Guttering | Conservatories

Up to 15% cheaper than our competitors!

Premier offers prices you can afford and quality you won't believe!





- Insurance backed 10 Year Guarantee
- Windows, doors and conservatories
- Roof Trim
- No pressure sales, no gimmicks
- Product BSI Kite marked



www.premier-plastics.co.uk













wnpipes on al

Moss End Garden Village, Warfield RG42 6EJ Open Mon-Fri: 10-4, Sat: 10-1, Sun: closed





Save the Dates 19th to 27th May

An alternative garden festival celebrating community growing, outdoor performance, botanical art, walks, talks and events in the week of Chelsea Flower Show.

Fun events are planned throughout Bracknell Forest Check out the Chelsea Fringe website for details of all events



The alternative garden festival

www.cheiseaffinge.com

Twitter: Schelbechingebit

Facebook: Chebea Fringe Bracknell Forest Email: chelseatringebracknettlerest@autiocx.com





A large selection of hats, perchers and fascinators

Please telephone for an appointment:

01344 306948

Coppid Beech House, London Road, Binfield RG42 4BS

Email: margaret@getaheadhats.co.uk



Homestays for Students Wanted

We require friendly and hospitable families to accommodate international and UK students - from a few nights to a few weeks.

Earn up to £250+ per room per week.

For further details, or to register:

07958 343 981 • 0118 987 5350 admin@hostlinkuk.com



Computer Help

- ♦ Windows 10 issues?
- ♦ Virus detection & removal
- **♦ Slow PC or Laptop?**
- Data transfer & backups
- Broadband & Wireless connections
- Printing, Email & Software issues
- **♦ Custom-built PCs & Upgrades**
- **♦ Regular check-ups**
- **♦ Configuration of iPads, tablets etc.**
- **♦ Help, Advice & Tuition**



01344 409019 / 07944 976422 info@berkshirepchospital.com











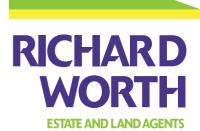


INDEX

Accounting		Decorators		Milliners	
Blue Sapphire Book-keeping	23	Noble Painting	15	Get Ahead Hats	3(
Architects Good Developments	3	Steve Coventry Thomas Painter & Decorator	19 13	Oven Cleaning OvenGleamers	23
Building Supplies Jubilee Building Supplies	5&11	Electricians Warfield Electrical	13	SGH Services Plumbers	3(
Care Services LifeCarers	17	Estate Agents Richard Worth	32	Heat & Plumb Heat Plant Services Paul White Plumbing	27
Chiropodists Registered Podiatrist	15	Fencing Services A Rooney Fencing & Gates	19	CM Maintenance	14
Cleaning Domestique	3	Funeral Directors Lodge Brothers	13	DMS Building & Landscaping Just Wood TBG Home	23
Coins & Collectables Lockdales	15	Furnishings Twyford Interiors	9	Thomas Painter & Decorator Roofing	13
Computer Services Computer Help	30	Gardens/Landscaping Moss End Garden Machinery Simply Green Landscapes	17 27		
Curtains & Blinds Curtains & Roman Blinds	19	Supagrass Trulawn Woodchips Tree Surgery	16 7 16	Host Link UK Windows & Doors	3(
		Kitchens & Bedrooms Applewood Kitchens	1	Premier Plastics	29

Outgrown your home or fancy a fresh start?

Contact us today to arrange your FREE VALUATION and get moving this Spring.



local - experienced - trusted



The Bracknell Office

8 West View, Market Street, Bracknell

01344 311 110

RICHARD-WORTH.CO.UK

THE WORD

Tel. 01344 444657

E-mail: info@wordmag.co.uk Web: www.wordmag.co.uk

