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WORD
Magazine

November
2018

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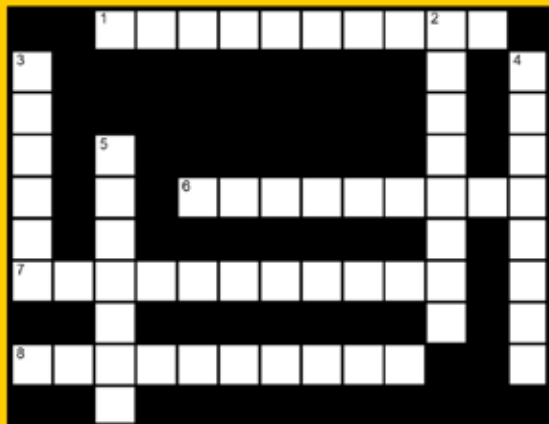
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Kids Page

Have fun with our Bonfire Night crossword



ACROSS

1



5,5

6



3,6

7



6,5

8



DOWN

2



3



4



5



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POP
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Bonfire Night Crossword Solution

WORD

Magazine

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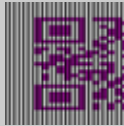
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On Sunday 11 November we will remember all those who gave their lives in the service of our country. This year there is added poignancy as we commemorate the centenary of the armistice marking the end of the First World War.

30 residents from Warfield gave their lives in the Great War and are commemorated on a memorial in the parish church of St Michael the Archangel.

At 11am on Sunday 11 November we hope you will take part in the two-minute silence and remember the men and women who gave their lives in the service of our country and to those from Warfield who paid the ultimate sacrifice.

We will be taking part in the national beacon lighting on the evening of 11 November and you are welcome to join us at 6.45pm at the Cabbage Hill Car Park, Forest Road ahead of the lighting at 7pm.



Christmas is coming to Warfield!

Please join us from 6pm on Friday 30th November for refreshments, carol singing and the lighting of the Warfield Christmas tree at the Whitegrove Community Centre near Warfield Tesco.

Look out for further information on our website shortly. We hope you can join us to kick off the festivities.

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 3rd November 10am – 12 noon

Saturday 1st December 10am – 12 noon

Saturday 5th January 2018 10am – 12 noon



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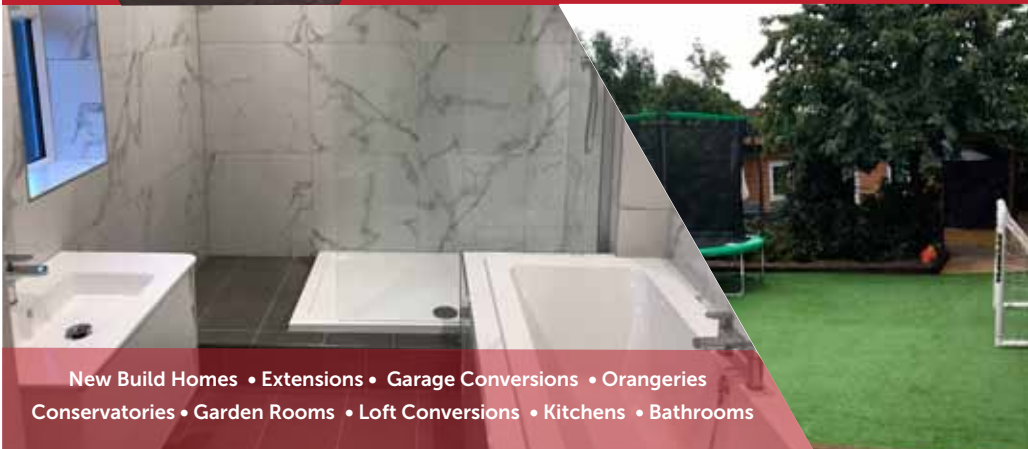
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Parks and Countryside Events Programme

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

Making strides - Volunteer Led Countryside Walks

Walks start at 10:30 unless otherwise stated. No booking or payment required.

For more information visit www.bracknell-forest.gov.uk/parks-and-countryside/events

Leisurely – up to 2 miles (1 hour)

Moderate – up to 4 miles (1 3/4 hours)

Rambler – up to 5 1/2 miles (2 1/4 hours)

20 November – Around Broadmoor (R)

Meet: Wildmoor Heath car park, Crowthorne Road GU47 8PD

Main Programme

Booking and pre-payment is required for all our events unless otherwise stated.

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

Celebrating Self Care week (12-18 November)

Pope's and Amen Corner wander

Wednesday 14, 11:00am-12.15pm

Ranger led countryside walk of up to up to 2 miles (1 hour). Light refreshments provided.

Meet: Pope's Meadow car park, St Mark's Rd, Binfield, Bracknell RG42 4BA.

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

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.

November 19: Magnificent Nepal by Chris Chadwell

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

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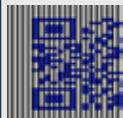
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PURE AIR!

What you need to know about air-purifiers



Do you suffer with allergies? Are you particularly sensitive to chemical smells from cleaning fluids or detergents? Do you live on a busy road and worry about pollution levels? You might benefit from an air-purifier.

Indoor air pollutants fall into three main categories:

Particles For example: dust, pollen, and pet dander.

Microorganisms and bioaerosols
For example: dust mites, viruses, bacteria, mould spores, fungi.

Chemical vapours and odours For example: volatile organic compounds (VOCs), odours, smoke and perfumes, including those given off by cleaning products, and cooking smells.

Air purifiers work to filter these contaminants out of your air. Anyone sensitive to allergens or with asthma might benefit from an air purifier

Unfortunately, an air purifier isn't a miracle replacement for keeping your home clean and ventilating it when possible. The most effective way to manage pollutants in your air is still to avoid introducing them in the first place. Preventive measures like not smoking indoors, vacuuming regularly, including upholstery, allowing fresh air in on occasion and keeping solid surfaces sanitized are still the best ways to combat indoor air issues.

Air purifiers remove pollutants from the air using one of three methods: filtration, electrostatic precipitation and ionizing. Ionizing air-purifiers work by causing particles to attach to surfaces or to each other and settle out of the air, but they are not recommended for asthma sufferers as they produce ozone which can trigger an attack. Using a filter-based air purifier is considered the healthiest and most effective option.

The most effective form of air filtration is a HEPA (high-efficiency particulate absorber) filter. Models with filters suck in your home's air and move it through the filter with a circulating fan. When the air moves through each filter, any pollutants and particles are caught in the filter. The clean air is then pushed back out into your space. HEPA filters do a better job here than a standard filter because they can catch finer particles.

Air purifiers vary hugely in price. The major difference is typically the quality of the air or how big an area it can purify effectively. Most models are designed to sit on the floor, but you can find table-top or wall-mounted designs. You will need a model big enough for your room but bear in mind that the bigger the model the more energy-intensive it will be.

CADR on an air purifier label stands for 'clean air delivery rate and is a measure of how quickly the purifier can deliver clean air. The higher the CADR, the more quickly the air purifier can filter your air. You might also see MERV, which stands for 'minimum efficiency reporting value' where the lowest rating is 1 and the highest is 20. HEPA filters rate between 17 and 20.

Lastly, give your home a thorough deep clean before purchasing and installing an air-purifier, to give it the best chance of providing relief.

By Louise Addison

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

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Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9, **with no repetition!**

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(solution on page 22)

Richard J. Milam

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Choose the Perfect Winter Coat!

A winter coat is one of life's bigger clothing investments, so it makes sense to be fully informed and have a plan before hitting the shops (or the internet!).

The first thing to look at is your lifestyle. Imagine someone who travels by car and parks outside their place of work every day, but who likes to go for country walks with their dog at the weekend. Then imagine someone who waits for a bus or a train every day and has a half mile walk at either end of their commute. They will have different demand from their winter coats.

In the UK winters vary from mild to extreme but one thing is certain...it will rain! A waterproof outer shell is a must-have for any winter coat. Look for 'water resistant' on the label. Don't rule-out a proper wool coat; a somewhat unsung property of wool is its water-resistance. Beware though: many coats which purport to be 'wool' are a wool blend with only about 20% wool fibres. These will be less resistant to a downpour; more likely to make you sweat and smell a bit fusty after a while.

Look at how well insulated the coat is. Proper wool coats are naturally warm and feel luxurious. Among other types of coat insulation is a choice of down or synthetic fibres. Down is a classic, natural insulator. It is incredibly lightweight though less good for very wet weather. If you plan to walk a lot in all weathers it may not be the right choice. Synthetic insulation holds up better against moisture but won't retain its insulating properties for as long as down.

Check all zips and cuffs are made from high quality material that will last. Double zips or a zip and Velcro-flap combination create added warmth. Cuffs should be cosy around the wrists so that no drafts can get in.

Once you've found a coat you like, examine it to make sure it really is high quality. Make sure all the seams are

secure and there are no holes where insulation is escaping.

There are many super-stylish winter coats around, but never sacrifice comfort and warmth for style as you will regret it on the coldest wettest days. For example, check that you can wear layers, or a thick jumper under the coat. I've found many 'fashion' coats have arms which are too skinny to allow for a jumper and thus restrict your movement and / or blood-flow!

Finally think creatively. In our first hypothetical example the person might prefer a light warm wool jacket for commuting by car to work, but a thick full-length down-insulated coat for country walks at the weekend. OR, they might prefer to buy a jacket with a lining that can be removed and worn separately as a jacket in its own right for car journeys, then with the waterproof outer layer at weekends. If your budget is tight try searching through charity shops or factory shops. There are some amazing bargains to be found from heavy pure wool overcoats to branded hiking wear.

Stay warm this winter.



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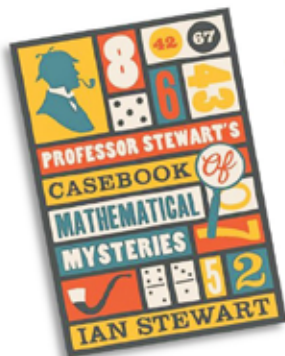


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A Good Read



Professor Stewart's Casebook of Mathematical Mysteries by Ian Stewart

Like its wildly popular predecessors

Cabinet of Mathematical Curiosities and Hoard of Mathematical Treasures, Professor Stewart's third book is a miscellany of over 150 mathematical curios and conundrums. He manages the subtle balancing act of appealing to all. Those with a mathematical background will find much to enjoy but so will those whose abiding memory of school maths is counting the minutes until the end-of-lesson bell. He does write about complicated things but in his hands it all becomes understandable and even fun. Casebook is packed full of humour. It follows the adventures of the hapless detective Hemlock Soames and his sidekick Dr John Watsup. By a remarkable coincidence they live at 222B Baker Street, just across the road from their more illustrious neighbour...who can never be mentioned by name.

The book is designed to be read, and shared, in bite-sized chunks and it is the sharing aspect which makes this irresistible. You'll just have to try out the number games and puzzles on members of your family and you won't be able to stop yourself from sharing all the fascinating facts and tricks such as 'The Case of the Face-Down Aces', a mathematical magic trick of quite devilish cunning...

Ranging from one-liners to four-page investigations from the frontiers of mathematical research, the Casebook is Professor Stewart at his challenging and entertaining best.

Harvesting Dreams: Hundertwasser for Kids - Barbara Stieff

You may never have heard of Friedensreich Hundertwasser, but he was an eccentric artist, humanitarian, environmentalist and architect. He dedicated his life to the beautification of the world in which we live. In this colourful, quirky book Barbara Stieff introduces children to Hundertwasser's free-thinking, inspirational approach to art and the environment.

There is something about Hundertwasser's vibrant, exciting work which appeals to children and adults alike. Most children enjoy colouring and love bright colours but often become bogged down with making things look 'right' rather than developing their own creative style. Likewise, adults don't always fully appreciate children's imaginative artwork and gently admonish that cows are not pink with yellow stripes...when of course there's no good reason why they shouldn't be any colour at all in a painting.

Stieff's engaging and slightly off-the-wall style suits the book. She spent many years as an art educator at ZOOM, a children's museum in Vienna and it shows. The book is packed with fun projects and suggestions for stretching children's imaginations in an artistic but also in a more general way. It is also lavishly illustrated with Hundertwasser's work which makes it a beautiful decorative item in its own right; a fact of which Hundertwasser would certainly have approved.



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Sudoku Solution

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

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HOW DO YOU GET TO WIMBLEDON?

No the answer isn't practice, unless you have designs on the trophy of course!

I've always been a fan of Wimbledon, and ever since my older brother came home from a school trip, excitedly describing his visit to Centre Court, I've had a dream to visit the championship myself. If a visit to Wimbledon is on your bucket list too, here's what to do. There are four options.

The first is the Public Ballot. To take part, send a SAE to AELTC, PO Box 98, London, SW19 5AE by 19th December latest and you will receive an application form. This needs to be returned by 31st December and grants you entry into the draw for a pair of tickets, but you can't select which court or day you will visit. Successful entrants will be chosen by random by computer and will be notified by post. Once an offer of tickets has been received, you will need to pay for them online by debit or credit card.

If you're unsuccessful with the Public Ballot, all is not lost! You can still buy tickets online at Ticketmaster. Several hundred tickets for Centre Court and Court 3 go on sale one and two days before the day of play. They can sell out in seconds and are issued strictly on a first come, first served basis, with a maximum of two tickets allowed per person.

If you're particularly gutsy, you could join The Queue. A limited number of tickets for Centre and Courts 1 and 2 can be purchased on the day, along with several thousand Grounds Passes for courts 3-18. The earlier you join the queue, the more likely you are to get the best tickets, so if it's one of the show courts you're after, don't forget your tent!

Finally, you could purchase a hospitality package. This is expensive but offers you the VIP treatment and would really make your visit a day to remember!

For more information on how to plan your trip to Wimbledon, visit www.wimbledon.com. Maybe I'll see you there?!

By Debbie Singh-Bhatti

SAD TIMES

As many as one in six people suffer with a low mood in winter, and a small number of these will suffer with the more extreme Seasonal Affective Disorder (SAD)

SAD sufferers are less able to control their serotonin levels in the absence of sunlight and if serotonin levels drop too low, so will your mood.

Here are five ways to raise your serotonin levels even in the coldest, darkest months.

Lighten up - As lack of sunlight is the problem, more light could be a solution. Light boxes are available that provide levels of brightness which can elevate your brain's serotonin levels.

Exercise - There's evidence that aerobic exercise not only boosts your brain's levels of serotonin but also keeps those levels elevated for hours after your workout.

Laugh - A study in Norway found that laughing with friends, watching a funny movie or doing something that briefly improves your mood may stoke your brain's levels of serotonin.

Step outside - Research shows that walking in nature — especially with other people — is an effective way to combat depression. Spending at least 30 minutes a day outdoors even during the cold winter months may offset the seasonal drops in serotonin.

Physical contact - Massage has been proven to increase your brain and body's levels of serotonin. The soothing experience significantly reduces the blues.



By Louise Addison

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'THERE BUT NOT THERE' WILL BE HERE, FOR VERY SPECIAL REMEMBRANCE YEAR 2018 in SUNNINGHILL & ASCOT

Sunday November 11th 2018 will be a very important date! It will be 100 years since the WW1 guns fell silent!

The long lists of names on the Parish war memorials are testament to a huge local sacrifice. This has prompted Sunninghill and Ascot Parish Council to secure a number of fitting memorials for this special anniversary, from the Registered Charity, 'Remembered'. 'There But Not There' is the latter's WW1 centenary Remembrance campaign, Remembered, which is currently sweeping the country.

'Remembered' is marking the Centenary with three clear aims: To commemorate the fallen, to educate (lest we forget!) and to heal (fundraising for those who are still suffering after defending our country).

Four poignant, six-foot silhouette 'Tommy's' supplied by 'Remembered', are starting to appear at significant Sunninghill & Ascot Parish locations. The first



is now standing near the door at All Souls Church in South Ascot (see at left). The ghostly soldier image weighs just 11kg and is only 6mm thick. The hollow outline of a man embodies the 'There But Not There' message. The Tommy even wears a poppy,

for Remembrance Sunday.

A key Tommy will stand beside the newly refurbished Victory Field pavilion – (the biggest project the Parish Council is undertaking this year). Up in the Field, on the top bank, there will also be a memorial lectern, bearing an explanatory panel about the Field's origins. It will be next to a very attractive bench. Both bench and lectern are the same thought-provoking, poppy design.



Ascot & Sunninghill's main recreation ground (The Victory Field) is to be the focus of the WW1 tributes because of its history. It is named after our WW1 victory and was constructed by returning WW1 soldiers in a major earth-moving exercise. Scores of local men used spades and wheelbarrows to transform a sloping field into one suitable for playing football on and also to provide a steep bank which formed a natural grandstand. These works were paid for by a local landowner; a generous offer to provide employment for returning servicemen in the inter-War recession.

According to the minutes of the Parish Council meeting on 10th August 1918 'the Council decided to consider the provision of a play field for the boys of Sunninghill.' On 10th December 1919 a conveniently situated meadow of over five acres was purchased for £2,440 and the ground was named 'The Victory Field'. Trustees of the Sunninghill War Memorial Committee were selected and Mr. C. Carlos Clarke, the secretary-treasurer, collected most of the money subscribed which also funded the War Memorial at St Michael and All Angels' Church.

The Royal Borough has also pledged to join the Parish Council in upgrading the footpath leading from Oriental Road to the Field in this special year. The Parish is also updating some of the older play equipment.

As Victory Field was being built, the Comrades Club in Sunninghill was formed as the servicemen wanted to retain in 'civvy street' the camaraderie that they had found in the services. The Club opened on 21st December 1921. For all these reasons, it's fitting that there will be further 'Tommy' silhouettes at the entrances to St. Michael and All Angels' Church, and All Souls Church, as well as on the grass in front of the Sunninghill Comrades Club in Bagshot Road, Sunninghill.



The Registered Charity – 'Remembered' intends that , 'There But Not There' will be the defining commemoration of the end of the 1914-1918 war, installed where the men and women came from, back in the communities they left behind. In providing the 'Tommies' benches, lecterns and much besides, their aims-to Commemorate, Educate and Heal - dovetail perfectly with Sunninghill and Ascot parish Council's proposals for marking Remembrance 2018. Any funds raised will support a number of mainstream, military charities.

For more information on Remember, visit www.therebutnotthere.org.uk

Garden View

This month - Leaf matter: Leaves matter

Oh, those autumn leaves. So pretty on the trees but they can be rather inconvenient in the garden. If they drift too deep on the lawn the grass underneath will die so there's nothing to do but rake them up. However, these fallen leaves are a little autumn gift from nature and with them you can create leaf mould. Leaf mould is free garden nourishment, and it's like feeding your soil with the finest fillet steak. Leaf mould is what's left when the dead, fallen leaves from deciduous trees and shrubs are heaped up and allowed to rot down. As they slowly decompose, only the toughest bits remain, eventually forming crumbly, dark brown crumbs, a bit like chocolate sprinkles. Leaf mould is easy to make, a delight to handle, and you can't possibly overfeed your soil with it. Micro-organisms are the driving factor, performing an alchemy that gives the finished product an almost magical quality. Its fibrous nature retains moisture and enables free drainage, which means it also makes a great mulch for trilliums or wood anemones, whose natural habitat is woodland.

I adhere to a policy of only collecting leaves where necessary. Where they have fallen and are not obscuring the grass I leave them for the earthworms to pull into their burrows (I wrote last month about how I think of earthworms as my friends and so do nothing to discourage them).

Simply sweeping leaves off paths and decking or

patios will keep the garden looking cared for. I also remove any that have drifted around my herb garden because herbs like to be able to breathe. These tasks alone give me enough leaves to create plenty of lovely leaf mould.

If you have enough room, create a separate leaf heap rather than simply adding leaves to compost. It's quite simple to construct a leaf cage using chicken wire and posts. You can even bag your leaves in punctured black bin bags and put them in an out-of-the-way corner. The puncturing is necessary to allow air to circulate. A leaf heap made this autumn will be ready by next autumn.

While you're tidying up the leaves it can be tempting to cut down faded perennials. But if you leave them, in a month or so you will find they have turned into wonderful sculptural winter skeletons which look incredibly beautiful in the frosts. It's all down to personal taste of course, but I often leave perennials standing until February or March simply to provide a bit of interest over the winter.

Happy gardening



By Rachael Leverton



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