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**WORD**  
Magazine

Aug/Sep  
2019

Warfield | Binfield | Winkfield | Ascot



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# WORD

Magazine

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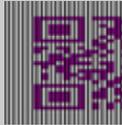
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## Welcome to the August update from Warfield Parish Council

### The Summer of Fun continues!

The Warfield Summer of Fun day took place on Friday 26 July but if you're looking for more fun days out for the children there are six further local events taking place across the borough organised by the town and parish councils.

**Wednesday 7 August** - Farley Wood Centre, Binfield

**Friday 9 August** - Memorial Park, Sandhurst

**Wednesday 14 August** - Locks Ride Recreation Ground, Winkfield

**Thursday 15 August** - Braybrooke Recreation Ground, Bracknell

**Wednesday 21 August** - Morgan Recreation Ground, Crowthorne

**Wednesday 28 August** - North Lake, South Hill Park, Bracknell



### Warfield's Annual Gardening Competition – Tallest Sunflower

It's a good year for sunflowers again if you have watered them!, If you entered Warfield's Tallest Sunflower competition don't forget to contact the Parish Office so that we can arrange a visit to measure and photograph it – you could be the 2019 winner! Closing date for entries is Monday 29 July and measurements need to take place by mid-September.

### Arts Week 2019 – 28 October to 3 November

We will soon be releasing the details for this year's Binfield, Warfield & Winkfield Arts Week, so have your diaries ready to note the date of your favourite and new events and activities. New this year will be the Young Photography Competition for anyone aged 16 or under and to start the week we will be holding a Craft Fair on Sunday 27th October. Remember to come to the Arts Exhibition on the 1st, 2nd & 3rd November at the Brownlow Hall. For more details regarding the Craft Fair, photography competition and Arts Weeks activities see [www.arts-week.org](http://www.arts-week.org) and the next issue of the Wren of Warfield. Tickets for the events and activities will go on offer in October.

### Warfield Village Pumpkin Show

The annual Warfield Village Pumpkin Show will take place from 10am on Sunday 29 September at The Plough & Harrow, Warfield. The categories are best under 20lb, best over 20lb, decorated (adult), decorated (child). There is no need to grow your own if you just want to decorate a pumpkin.

### Parish/Borough Councillor Surgeries

Just a quick reminder that there is no councillor surgery in August, our next sessions will be held on Saturday 7 September and Saturday 5 October. If you have a matter you would like to discuss with your councillor, please contact the Parish Office and we will ask them to contact you.

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



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## SUPERB COMMUNITY PARTY IN THE PARK by SUNNINGHILL & ASCOT PARISH COUNCIL

Eat your heart out Glastonbury! No need to travel further than Sunninghill's very own Party in the Park, at Victory Field, on Sunday July 7<sup>th</sup> to enjoy a festival atmosphere, with a local community flavour.



Early rain threatened to re-create Glastonbury but, right on cue, the sun came out and a huge crowd of Ascot & Sunnings residents enjoyed a superb afternoon of family fun, organised by Sunninghill & Ascot parish Council.

'Groove Republic' played on the 'Rectangular stage', and the Field was packed with picnickers, refreshments and entertainments.

Cllr Robert Ellison welcomed the crowd, with a reminder that Victory Field was created 100 years ago by unemployed WWI soldiers. "The aim was to give Sunninghill a top quality recreational facility – and here it is- still being used exactly for its intended purpose." To mark the Centenary, Rev Stephen Johnson, Vicar at St. Michael and All Angels in Sunninghill, re-dedicated Victory Field during the afternoon.



Cllr Ellison explained that Party in the Park was first held in the Queen's Diamond Jubilee year, when a giant beacon was lit: "This was so successful, Party in the Park has been developed by the Parish Council as a direct result of that".



And there really was something for everyone to enjoy on Sunday: There was a beer tent – provided by the Quince Players in conjunction with Windsor & Eton Brewery, Scout burgers and sausages, expertly barbecued by 1<sup>st</sup> Sunningdale Scouts, cakes – very attractively provided by 1<sup>st</sup> South Ascot Guides. Meanwhile, younger visitors could try their hands at everything from giant football darts (by Berks County FC), a bouncy castle, a merry-go-round, Sand Art, hedgehog-making from old books (courtesy of Ascot Durning Library) and traditional stalls such as Hook the Duck and the Coconut Shy.

The Party is also an opportunity for local community groups to promote themselves and recruit new members. The Victory Field Skate Ramp sported a competition (of which there will be a video on Instagram) and displayed local skate talent. The ramp is hugely popular with daily skaters, after work and school.



Christian Leigh, Sunningdale Explorers Scout Leader, said: "Sunninghill & Ascot Parish Council was kind enough to help the Explorers, with a donation for equipment recently, so we are very pleased to support the Party. It is especially appropriate to be involved with this historically important recreation ground as we are also celebrating being over 100 years old. We are one of the oldest, continuous Scout groups in the country. We formed in 1910."

James Wood, also of 1<sup>st</sup> Sunningdale Scouts, said the Group gets so much from this event: "Helping out here is an opportunity to give back to the community, raise money for the Group, learn new skills and progress the Scouts' Awards. It is relevant to the Scouts' County and World Badges, for the Gold Chief Scouts Award (similar to Gold Duke of Edinburgh Award) so there are benefits all round". He is on the lookout for more adult leaders. "But we have no trouble recruiting Scouts!" he said.



Trevor and Stuart, who were running the huge Darts Football challenge, for Berks County FC (where footballers can play from age 2 to adult), agreed: "We have just celebrated our 10<sup>th</sup> anniversary, with a recent event involving 400 people and 30 teams. We're all volunteers and we want to give something back to the community."

The Cordes Hall Committee was also present, promoting the forthcoming Open Air Cinema in Sunninghill (Bohemian Rhapsody on July 13<sup>th</sup>).

One local resident commented: "This is a really great afternoon. It's free and so nice to see people turning out to a public events and genuinely enjoying themselves. The Parish Council does a good job of these things!"

CLr David Hilton was delighted with attendance, saying: "The numbers are incredible and many people here are young. Party in the Park really does compliment the Sunninghill Victorian Street Fayre (with which it alternates). Both work very well – bringing the community and young families together. There aren't many such occasions!"

Parish Councillors ran a stall at which they asked parishioners what their service priorities were and for their input into the proposed refurbishment of Cheapside Play Park.

The next Victorian Fayre will be November 2020 and the next Party in the park will be July 2021.



Warfield Environment Group



# BAT WALK



Noctule bat



## *Saturday 7 September*

**7.30pm – 9.30pm**

***Meet at Westmorland Park car park***

***Free but booking essential (here or see below):***



Hear the chat of bats and learn about these fascinating creatures.

We will bring bat detectors to hear Daubentons around Westmorland pond and Pipistrelles on the edge of Hayley Green Wood. Children welcome if accompanied by adults, but event not suitable for dogs. Please wear warm clothes and suitable footwear, and bring a torch. Tickets available here:

***<http://tiny.cc/h3di9y>***

or email us or contact Claire on 01344 302708.



***[www.warfieldenvgroup.wordpress.com](http://www.warfieldenvgroup.wordpress.com)***

✉ [warfieldenvironmentgroup@hotmail.com](mailto:warfieldenvironmentgroup@hotmail.com)

📱 @WarfieldEnvGrp

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**Next event: Hedge Planting in November (to be confirmed)**

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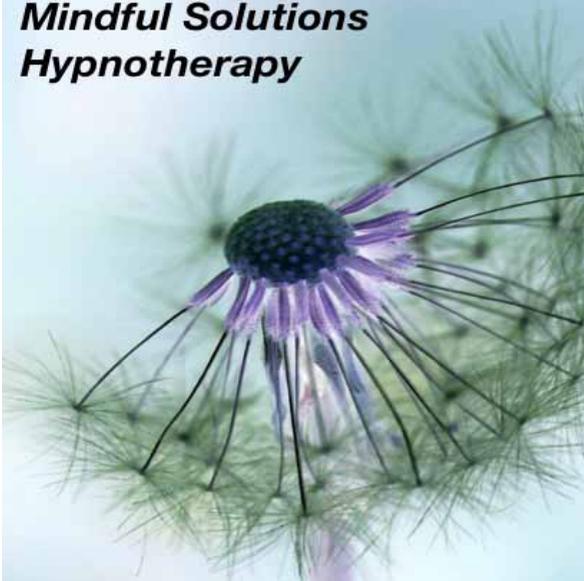
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# Parks and Countryside Events Programme

## 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](http://www.bracknell-forest.gov.uk/parks-and-countryside/events)

Leisurely – up to 2 miles (1 hour)  
Moderate – up to 4 miles (13/4 hours)  
Rambler – up to 5 ½ miles (2 1/4 hours)

**20 August - Little used paths in Warfield (M)**  
**Meet:** Jocks Lane car park (map ref: 859 704)

**17 September - Braywoodside and back (R)**  
**Meet:** Frost Folly car park (map ref: 874 726)

## Main Programme

Booking and pre-payment is required for all our events unless otherwise stated.  
[www.bracknell-forest.gov.uk/parks-and-countryside/events](http://www.bracknell-forest.gov.uk/parks-and-countryside/events)

**Friday, 2 August, 2pm – 3:30pm**  
**Dinosaur Discovery Trail at Peacock Meadows**  
Calling all dino-detectives! Explore the wild world of dinosaurs, solve a pre-historic crime and dig for treasure in woods and meadows.  
**Meet:** Jennett's Park car park, off Swift Fields, Bracknell, RG12 8DY. Cost: £3.99 per participant. Booking essential.

**Saturday, 10 August, 11am-12:30pm**  
**Ambarrow Court orienteering trail**  
Work as an individual or team to navigate your way around woodland, using your map reading skills to find the answers and win a prize on completion! Dogs on lead are welcome and the route is suitable for all ages and abilities.  
**Meet:** Ambarrow Court car park, Wokingham Rd, Sandhurst, GU47 8JB. Cost: £3.99 for individuals or £5.99 per family of 4. Booking essential.

**Saturday, 17 August, 2pm – 3pm**  
**Himalayan Balsam pulling – practical conservation volunteering**  
**Meet:** Larks Hill car park, Warfield, Bracknell, RG42 2QD. Booking required.

**Saturday, 17 August, 11am – 4pm**  
**Paws in the Park at South Hill Park**  
Enjoy a day out for all the family, especially the dogs! Promoting responsible dog ownership, this free event features canine activities including demonstrations, product displays, fun competitions, veterinary advice and more. Provided with support from local businesses and charities. Dogs on lead welcome. Limited on-site parking, so please consider walking/cycling/using public transport where available - thank you.  
**Meet:** North field, South Hill Park, Ringmead, Bracknell, RG12 7PA.

**Thursday, 29 August, 8:15pm – 9:45pm**  
**Bat Walk at Lily Hill Park**  
Join us on this evening guided walk led by local expert John Wenman, to discover more about the wonderful world of bats at Lily Hill Park.  
**Meet:** North car park, off Lily Hill Road, Bracknell, RG12 2RX. Cost: £3.99 per participant. Booking essential.

**Tuesday, 17 September, 2:30pm – 5pm**  
**Heritage Open Day Walk at South Hill Park**  
Tour of the grounds 2:30pm – 3:30pm  
Tour of the mansion 4pm – 5pm  
Come to either or both free events with the opportunity for further questions and refreshments in the café between walks.  
**Meet:** Courtyard in front of South Hill Park reception, Ringmead, Bracknell, RG12 7PA.

**Friday, 20 September, 10:30am – 11:30am**  
**Heritage Open Day Walk at Lily Hill Park**  
Guided walk to learn about the exotic trees and plants in this historic park.  
**Meet:** North car park, off Lily Hill Road, Bracknell, RG12 2RX.

**Free event!**  
**Friday, 27 September, film and times tbc**  
**Outdoor Cinema at Lily Hill Park**  
Outdoor cinema screening set in the beautiful surroundings of Lily Hill Park. Booking essential. <https://www.fireflyevents.co.uk/events/>

## 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](mailto:rangers@bracknell-forest.gov.uk)  
[www.bracknell-forest.gov.uk/parksandcountryside](http://www.bracknell-forest.gov.uk/parksandcountryside)

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# Kids' Page

ARRHHH Me hearties! Can ye find all the pirate words in our puzzle grid?

J	O	L	L	Y	R	O	G	E	R
O	W	L	S	G	E	L	U	T	R
G	P	S	U	T	C	A	O	P	S
T	O	E	A	N	D	R	S	E	A
D	G	R	Q	N	R	Y	E	D	U
F	I	S	A	A	W	P	S	H	P
P	Y	L	P	L	A	N	K	I	W
F	S	M	S	M	M	V	H	P	J
I	R	T	R	E	A	S	U	R	E
O	L	R	C	S	X	P	Y	C	M

Island  
Jolly Roger  
Map  
parrot  
pirate  
plank  
Sea  
Ship  
treasure



## Cabin Boy Conundrum!

Jack the cabin boy and Pirate Blackheart are heading back to their ship when they are captured by the King's guards who demand to know where Blackheart's treasure is hidden. They are taken to separate cells for questioning. Blackheart tells the guards, 'Jack is my son. If ye let him go free I'll tell ye where the treasure is.' The guards agree. Pirate Blackheart leads them to the treasure and the guards set Jack free. As he is leaving he turns and says to the guards, 'You do know Blackheart isn't my father don't you?!' Jack is telling the truth and Blackheart didn't lie. How can this be?

Q: What happened when Bluebeard fell overboard in the Red Sea?  
A: He got Marooned.



J	O	L	L	Y	R	O	G	E	R
O	W	L	S	G	E	L	U	T	R
G	P	S	U	T	C	A	O	P	S
T	O	E	A	N	D	R	S	E	A
D	G	R	Q	N	R	Y	E	D	U
F	I	S	A	A	W	P	S	H	P
P	Y	L	P	L	A	N	K	I	W
F	S	M	S	M	M	V	H	P	J
I	R	T	R	E	A	S	U	R	E
O	L	R	C	S	X	P	Y	C	M

Pirate word grid solution

Blackheart didn't lie. Blackheart was Jack's mother! There were a few famous female pirates like Anne Bonny and Mary Read who sailed the seas around the Bahamas in the 17th century.

Cabin boy conundrum solution

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## Sudoku

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

### 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.

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(solution on page 22)

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# Garden View

## This month - Recycle waste water

I like to consider myself an eco-gardener. I use few pesticides and I recycle, upcycle and repurpose whenever I can. Like many people I own and use several water butts, which are a fantastic way to utilise all the lovely free rainwater nature provides. Over the past few years I've been reading and researching about other sources of water too. I'm talking about grey water. But what is grey water and how can gardeners make use of it?

Grey water, for those not in the know, is any kind of household wastewater apart from toilet water, which is considered 'black water', and which should definitely not be recycled by the average gardener.

You can reclaim water from your washing machine or dishwasher, but this can prove costly and time consuming. The best advice for us amateur eco-gardeners is 'keep it simple', especially in the first instance.

Basically, this means water from the kitchen sink, the bath or shower, or paddling pool.

Getting grey water to the garden is not difficult. In the case of washing-up water, simply use a removable plastic bowl in the sink which can be carried out. For baths and paddling pools ask at your garden centre or local DIY store for a water siphon hand pump. All you have to do is prime the siphon with a couple of squeezes then let the water run out into your temporary storage containers.

Once you have the grey water you need to clean it before using it in the garden. This involves filtering it into a large watering can through a piece of fleece or muslin to remove any debris and obvious residue. The water should then be left to cool. It needs to be used within 24 hours to prevent bacterial build-up.

Now that many of us are on water meters recycling our water makes both good environmental and sound economic sense too.

**By Rachael Leverton**



### Top Tips

*Keep it simple - It is possible to buy special kits to convert all your home's grey water for garden-usage, but these can prove expensive. You're more likely to try something that's cheap and easy. If you really get into water-recycling though, then go for it!*

*Think natural - Switch to environmentally friendly cleaning and beauty products. These are biodegradable and won't harm your plants.*

*Don't forget the shower - Put the plug in when you shower, and you can save the water for the garden.*

*Safety-first - All grey water will contain some bacteria. Use it within 24 hours but don't use it for edible plants or for pots and containers, only on decorative border plants.*

*Think laterally - You don't have to restrict grey-water to garden usage. Use it to clean the car too!*



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# International Left Handers Day

August 13th is International Left-handers' Day. As a leftie myself I'm always intrigued by the slew of articles that appear at this time of year with titles like, 'Seven Facts You Never Knew About Left-Handers!' The 'facts' are nearly always about how creative we are versus how clumsy we are, and one of the 'facts' which nearly always features in these lists is that those of us who are left-handed will die on average nine years earlier than our right-handed counterparts. Yikes!

But is it actually true? Has anyone really checked this out?

I did a little research and discovered that this 'fact' is based on two articles written by psychologists - one published in the 80s and one in the 90s. The articles were published in respected scientific journals, which gave them some gravitas. But why are lefties dying up to a decade earlier than everyone else? Are we slipping while using right-handed scissors and knives then bleeding out on the way to A&E? It seems pretty unlikely. Some 10-11% of the population are left-handed. If this were the case the streets would surely be awash with blood! Someone would have noticed, and 'handedness' would be the largest single predictor of life-expectancy!

According to modern psychologists, who re-examined these studies, the previous researchers had made a small error. The original studies were carried out in Southern California, where lists are published of everyone who has died. The researchers used the lists to contact the relatives of 2000 of the deceased to ask whether they had been left or right-handed. Clearly data protection was less of an issue in the late 20<sup>th</sup> Century! They found the oft-quoted figure that the left-handers died on average nine years earlier than their right-handed neighbours. But crucially the original researchers ONLY looked at the age at death, not



when they died. Left handers are actually more common now than previously...or at least it appears we are. In fact, from the 1800s until the 1950s many left-handers were forced to live as right-handers, by teachers, or parents, or simply by the fact that most machinery in factories was designed for right-handers to use. Certainly, I can remember even as a child of the 70s being forced to write with my right hand by certain less enlightened staff at my village primary school. So, it's probable that some of the dead people on those Californian lists may have been born left-handed but spent most of their lives living as right-handers, and their families would have described them as such when the researchers called. Because of this historical discrimination many of those on the lists who were 'out' as left handers at least at the time the research was published would have been on average younger than right-handers and this would have skewed the results.

So fellow lefties, the idea that we will die nine years earlier than the righties is a myth. PHEW!

It's true we may appear a little clumsier than right-handers but that is probably due to living in a world not designed for us. It does not affect our mortality...though I might just leave carving the Sunday joint to my right-handed husband!

**By Kate Hammond**

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## Sudoku Solution

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

# Make Exercise A Real HIIT!



workout interesting (good if like me you are easily bored) and also gives you the twin benefits of improving fitness and building muscle.

High intensity exercise burns more calories and more fat. Because you are working flat out your body needs to expend a lot more energy. It can't keep pace with your needs by simply burning easily accessible temporary carbohydrate stores, so it has to start

When we think of the gym we usually picture ourselves jogging on a treadmill, or pounding a cross-trainer, non-stop for 45 minutes. Some people love it, and get a real buzz from a session, but if you're like me you'll count every single second as you wait for the torture to stop. What if you could get more health benefits by doing just half the exercise? When I heard this was a possibility at the gym I attend I couldn't sign-up fast enough.

Enter HIIT, High Intensity Interval Training (pronounced 'hit').

HIIT involves short periods, 30 seconds or so, of high intensity exercise followed by equally short rest periods which you repeat for around 20 to 30 minutes. The idea is to work as hard as you possibly can during each work session, then catch your breath, then repeat. At the end of the whole work out you should be totally exhausted.

At this point you might be thinking that the 45-minute gentle jog isn't sounding so bad after all, but HIIT has a number of real advantages.

Each work period can be a different exercise. Some can be cardio; some can be strength exercises. This keeps the

burning fat. It also needs a lot more oxygen which is why you get out of breath. But this raises your body's metabolism to a much higher level than simply jogging. So, when you finish exercise your body stays in this high-energy state for much longer burning even more calories.

Your whole body has to work a lot harder to keep up with the exercise, especially your heart. In fact HIIT strengthens your whole cardiovascular system. It's also very good at reducing insulin resistance (one of the precursors to type II diabetes) which makes it much easier for your body to regulate your blood sugar, as well as helping to high blood pressure, the risk of heart disease, cancer, obesity and more.

HIIT is easily tailored to any fitness level. If you pop to your local gym, you'll usually find beginner, intermediate and advanced level sessions. But if the gym really isn't your thing, it's easy to do a HIIT work out at home. There are lots of apps and videos to help you out.

Spending just 20 minutes, three times a week on HIIT will kick your health drive into top gear, so why not give High Intensity Interval Training a try?

**By Mark O'Keefe**

# MOCKTAIL HOUR

## No alcohol allowed? No problem. Enjoy a mocktail instead.

People don't drink alcohol for many reasons: pregnancy, medication, religious reasons, designated driver status...or because they just don't drink alcohol (like me!).

It used to bug me at social gatherings when people asked me what I wanted to drink, reeling off a whole list of possibilities: gin and tonic, vodka and orange, rum and coke, and I'd say, 'Do you have anything non-alcoholic?' and the choice would be tonic without the gin, orange without the vodka or coke without the rum!

I became adept at creating my own non-alcoholic drinks which felt 'special'. Along the way I discovered that lots of my friends drink alcohol at parties because of the lack of alternatives! People who do drink alcohol would LOVE to have a non-alcoholic option too, and recently the mocktail (mock cocktail) has been gaining popularity.

Here's how to turn any cocktail into a delicious mocktail and delight your non-alcohol-drinking friends.

The key element in most good mocktails is something sparkly. This elevates the drink and makes it feel more special than glass of juice. Any cocktail recipe which uses club soda, tonic water, ginger ale, or ginger beer will probably translate to a good mocktail. Some non-sparkly drinks translate well too. These tend to be the spicy ones like Bloody Marys, where you don't miss the alcoholic component.

Flavour is everything. Mocktails should be special, so try something different.

Start with the syrups. Buy good quality ones (Bottle Green cordials work brilliantly and come in a range of amazing flavours - I love Rhubarb and Ginger) or make your own, it's simple. Combine one-part sugar (white or brown), honey or agave syrup, and

one-part water with fresh fruit, herbs, or spices to add flavour. Simmer over medium heat until the mixture is completely liquid. Strain, cool and use to flavour your mocktails.

Try infusing your drinks with fresh fruit and herbs. A bunch of mint or basil, or a sprig of lavender or rosemary takes a mocktail to the next level, as does fruit. Layer on more flavour with the garnish. Dip the rims of glasses in flavoured salts or sugars, and use citrus slices, pineapple, olives or other fresh ingredients to add flavour and fragrance to your drink to make it a sensory experience. Cocktail umbrellas and decorative sparklers won't add flavour, but they do make any drink look more celebratory.

Don't forget the ice. Lots of ice. You can buy bags of it for a party if making it ahead of time is too much hassle.

Does every cocktail translate to a mocktail? Well no...drinks with only two ingredients don't really work, because as previously stated, a rum and coke without the rum is just coke right? And I find the sweet ones can be a bit cloying for me and taste too 'desserty' but if you have a sweet tooth knock yourself out. My youngest loves a virgin pinacolada. And talking of children, making mocktails is a great summer holiday project the whole family can all enjoy! Have fun.

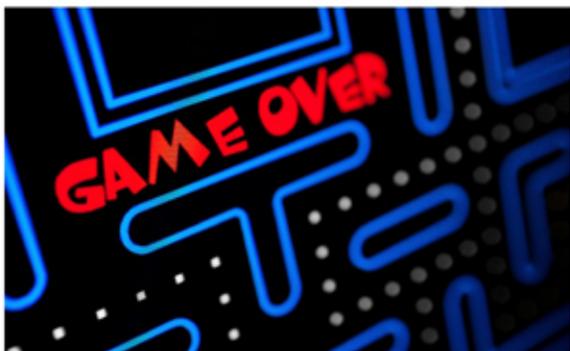


*By Kelly Taylor*

# Post-Modern Pac-Man

## Retro gaming brought bang up to date

We often look back on our childhood toys with fond memories. For many of us those "toys" will include some sort of computer game. You might have owned a Nintendo Wii, a Sony



PlayStation, a Nintendo Game Boy, a Sega console or one of the early computers such as a ZX Spectrum or BBC micro. You might even have hung out in one of those gloriously noisy games arcades which popped up everywhere in the 80s and 90s. Whatever your gaming heritage I'm sure you spent many hours happily bashing away on the keys trying to beat your highest score.

Wouldn't it be great if we could relive some of those glory days without having to actually find and buy a 30-year-old computer which still works?

Well you can! Retro gaming has come to your rescue.

Retro gaming uses emulators to play your old games. Emulators are special programs that allow your modern computer or games console to "pretend" to be a vintage games machine. You use the real programmes and play them in the emulator to get an exact copy of the gaming experience. You can also buy retro controllers for almost all the old systems that plug into your modern computer but let you use a keypad that looks exactly like the original controller.

Finding games is very easy and usually free. There are a number of enthusiasts who have built superb libraries of all the old software and provide them as free downloads via their websites. If there was

a particular game you loved, or one you longed to have a go at, the chances are you'll be able to find both an emulator and the game somewhere on the web.

Modern games machines are also catching on to retro gaming. You can buy emulators for

most modern games consoles which allow you to play games from the old systems. These aren't free but are usually a simple download from the relevant app store.

You'll also find new consoles and handheld gaming devices dedicated to playing arcade classics and console games. Some companies are even producing copies of the original hardware that look like the old machines but with more reliable, modern electronics inside.

So, if you're after a taste of nostalgia, or if you just want to find out what some of the great classics were like, check out one of the systems below or have a look online for your ultimate system.

RetroPie is a complete retro gaming system that uses a Raspberry Pi computer that plugs into your TV. There are complete kits available which will get you set up for well under £100.

LaunchBox is a free emulator for your computer or laptop. It includes emulators for almost any system you can remember in a nice easy to use package. Just add a controller of your choice for the full retro gaming experience.

The Nintendo Switch has an app that lets you play all the Nintendo Entertainment System (NES) games. Just visit their online shop.

**By Mark O'Keefe**

# MOCKTAIL HOUR

## Totally Tropical Tea-zinger

A refreshing mocktail full of tropical flavour, with added zing from the ginger beer.

Serves 1 but will scale up

### Ingredients

Tropical fruit tea bag (use your favourite, Peach is lovely, or Mango and lychee...or mix them up a bit), brewed in 90ml water, then brought to room temperature and chilled.

Splash of fruit syrup – something with tropical overtones.

60ml good quality ginger beer (try Fever Tree)

30ml fresh-squeezed orange juice.  
orange wedges and cocktail umbrella for garnish.

### Instructions

Put plenty of crushed ice into a tall glass. Pour over the syrup; add the tea, ginger beer. Stir gently to combine. Garnish with an orange wedge, lychees on a cocktail stick, and cocktail umbrellas.

## Le-Ki-Pi

Serves 2

### Ingredients

1 kiwi

3 pineapple cubes (tinned is fine.  
Remove them from the can and freeze them to use as required!)

Honey to taste

Good quality lemonade (Fever tree is excellent) or lemon sparkling water.

Mint to garnish

### Instructions

Peel and slice the kiwi and place into a small food processor or blender. Warm the honey very slightly until runny. Add the pineapple chunks and honey to the kiwi. Pulse blend to make a thin, well-blended puree. Place crushed ice in a tumbler, and fill to  $\frac{3}{4}$

full with the lemonade or lemon sparkling water. Divide the puree and pour in each glass. Stir gently and garnish with mint and slice of kiwi.

## The Perfect Virgin Bloody Mary

Savoury and spicy. The perfect pre-dinner mocktail.

Serves 2

### Ingredients

500 ml tomato juice

Juice of 1 lemon

1 tsp fresh horseradish (more if you like it hot)

Splash of Worcestershire sauce

Celery salt

White pepper

tabasco sauce

### Instructions

Place plenty of crushed ice in a large glass jug. Mix the tomato juice and lemon juice and pour it straight over the ice.

Add the horseradish, 3 shakes of Worcestershire sauce and Tabasco to taste. Then add a pinch of celery salt and white pepper. Stir until the outside of the jug feels cold, then strain the cocktail into 2 tall glasses.

Top up with fresh ice, and garnish with a celery stick and olives or a lemon slice.



# THE BIG APPLE

## A brief history of cider



Cider is a popular and delicious summer drink, but have you ever wondered who first thought about turning apples into alcohol?

Apple trees have been cultivated since around the 5th century AD and cider, or something similar, seems to have been around for almost as long, although sometimes it was known as 'apple wine.'

It was brought to Britain by the Normans in around 1100 AD and was originally a drink for the poor. Ale was made from malted barley and using grain for alcohol could mean going without bread, so cider provided a good alternative. People drank

it instead of water because sanitation was so poor, and water was often not safe to drink. It is believed that children were even baptised using cider because the water was so risky!

The first settlers in America planted lots of apple trees simply so they could continue to make cider to drink. Originally, they crushed the apples in a trough, until a genius named John Worlidge produced the first apple-mill in 1676.

In the 1800s The Temperance movement killed off the cider industry. Fired up by speeches from ministers and politicians, many farmers destroyed their 'demon orchards,' sparing only the trees used for sweet non-alcoholic juice. During the Prohibition years, American cider production fell by 76%.

Today the best English cider is cask-conditioned; dry and fruity, with low carbonation. Normandy cider is sweeter and more effervescent with a complex flavour. Both drinks are perfect chilled, served on a warm summer evening, with friends. Cheers!

By Sarah Davey

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# Improve your Work Life Balance

Is your life a balancing act? Does your smart phone extend your working day? Do you feel that you never have time just for you?

You're not alone. In the current economic climate, many any people feel anxious that their jobs are less secure. Companies are taking on fewer staff and those that remain often feel responsible for picking up the slack.

But even if you have very little choice over the hours you work, you can still improve your life by concentrating on the areas that you can control.

**Schedule downtime** – It could be a date night with your partner or a family day out with the kids. Make it top priority. Don't cancel and don't allow interruptions. You'll feel much better for some time spent with those you love.

**Outsource** – Weekends and evenings can easily be taken up with chores. If you can



afford it, employ a cleaner, or a gardener, or someone to do the ironing. If you can't then insist the rest of the family help out. Use the time saved to do something you really love, like practice your guitar or walk the dog. You'll feel less resentful.

**Get up earlier** – If you're the type who leaves it until the very last minute to get out of bed, set your alarm for just half an hour or an hour earlier each day. Use that time to exercise or get boring household chores out of the way, freeing up time in the evening.

**Make tiny changes** – You don't have to quit your job and move to a croft in the Outer Hebrides. Just fifteen minutes sitting in the park at lunch time reading a book or listening to music can go a long way towards increasing your sense of well-being.

By Sarah Davey

## Sunscreen Tips



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

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

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

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

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

**Reapply** – Even water-resistant sunscreen needs regular reapplication.

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

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

By Louise Addison



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## The Dating Game

Many of us have watched the drama of Love Island recently. We tend to think of blind dates, speed dating and computer dating as modern phenomena, but it seems humans have always dabbled with the dating game.



*"A Gentleman, about 30 Years of Age that says he has a Very Good Estate, would willingly Match Himself to some young Gentlewoman that has a fortune of £3000 or thereabouts. And he will make Settlement to Content." Be still my beating heart!*

When the Greek goddess of love, Aphrodite, arranged a meeting between Paris and the lovely – but – married Helen, she may have been responsible for the first 'blind date', and as it resulted in the Trojan War, it probably doesn't count as a terribly successful one!

The first couple to be matched by computer were the Americans, Shirley Sanders and Robert Kardell in 1958. They were then introduced on a TV show called *People Are Funny*. They were married in Hollywood in the October of that year and their honeymoon was paid for by the show's sponsors.

The world's first proper 'marriage bureau' was founded by Henry Robinson in London's Threadneedle Street in 1650, and in July 1695 the very first 'would like to meet' advertisement was published in the somewhat drily titled magazine, *Collection for the Improvement of Husbandry and Trade*. The advert read:

Today there are more Than 7,500 dating sites across the world. Match.com is the biggest online dating site with 23.5 million users worldwide! And last year eHarmony was responsible for 4% of marriages in the US!

I wonder what the future will have in store for the dating game...

**By Tracey Anderson**

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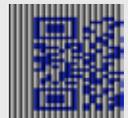
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# Jubilee Building Supplies Ltd



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