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Kids' Page

Can you find all the body parts hidden in the letter grid?

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

brain
eyes
heart
kidneys
liver
lungs
spine
stomach



Can you match the common bone names with their proper scientific name? The first one has been done to help you.

mandible → sternum
cranium → clavicle
patella → pelvis
collar bone → kneecap
breastbone → skull
jawbone → hip bone



Most adult bodies
contain 206 bones!

Bone Puzzle Answers
mandible - jawbone
cranium - skull
clavicle - collar bone
pelvis - hip bone
patella - kneecap

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

Word Grid Solution

WORD

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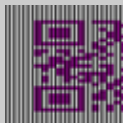
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The Warfield Word Ltd

Printer

Norwood Press

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Welcome to the August update from Warfield Parish Council

Arts Week

It is almost time for the annual Binfield, Warfield & Winkfield Arts Week for 2021 and events will take place across the northern parishes of Bracknell between the 24 – 31 October. The ever-popular Art & Craft Exhibition will be held at Brownlow Hall on the 29th – 31st October from 11:00 – 4:00 p.m.

Please visit the following web link for further information regarding the event <http://arts-week.org/>



Photography Competition for 2022 Warfield Calendar

We are launching a photography competition with the winning entries to be presented in a 2022 Warfield Calendar. The competition is open to anyone who lives in Warfield. We are looking for pictures of Warfield through the seasons as we want to showcase the wonderful countryside, wildlife and features of our parish.

The closing date for entries is 3 September 2021 and any photograph taken between September 2020 and September 2021 can be entered.

13 winning entries will be selected and included in our 2022 calendar. For more information and how to enter please visit our website.

Grants 2021

The parish council provides grants of financial support to organisations and groups that provide support or activities to the residents of Warfield. The council has awarded £24,492 for the forthcoming year to 26 organisations.

Organisations benefiting from funding include The Warfield Memorial Ground, Keep Mobile, Bracknell CAB, Assisting Berkshire Children to Read and local guide and scout groups.

Grant awards are paid in full in May and full details can be found on the council website.

Applications for 2022 will open in September this year.

Parish Office

The Parish Office is now open on a Tuesday, Wednesday and Thursday from 9:30 a.m. until midday. We will be reviewing these hours in September.

Please be aware that the borough has increased the price of garden waste sacks, and these are now £1.10. If you could bring correct change, it would be much appreciated.

Contact the Parish Council

If you need to contact us out of opening hours, please call us on **01344 457777** and leave a message or e-mail info@warfieldparishcouncil.gov.uk. You can also use these contact details if you wish to reach your local councillor.

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Warfield Environment Group

BAT WALK



Noctule bat



Saturday 11 September
7.50pm – 9.00pm

Meet at Westmorland Park car park (RG42 3QP)

Free but booking essential (from 2 August at 9am):



Join us to see and hear some of our native bats and learn about these fascinating creatures. We will use bat detectors to hear Pipistrelles on the edge of Hayley Green Wood and, maybe, Daubentons around Westmorland pond. Accompanied children welcome, but event not suitable for dogs. Please wear warm clothes and suitable footwear, and bring a torch. Tickets available from 2 August at 9am here: ***<https://tinyurl.com/yhkfbdy3>***



www.warfieldenvgroup.wordpress.com

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Next event: Verge Management (to be confirmed)



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Bracknell Forest Older People's Consortium

Creating new opportunities for older people in Bracknell Forest.

Organisations across Bracknell Forest who offer direct delivery services to older residents have come together to develop the **Bracknell Forest Older People's Consortium.**

Representatives from Age UK Berkshire, Sandhurst Day Centre, COATS, Bracknell Age Concern, British Red Cross, The Ark, Involve Community Services, Public Health and Bracknell Forest Council have created the consortium, funded by the NHS Charities Community Partnership Grants, to provide new, innovative ways of delivering services, helping to reconnect residents with their support systems and communities.

By working together, we as an alliance of charities feel confident that we will deliver better outcomes for older people as we continue our local COVID recovery. If you're interested in learning more about the work of the consortium, please do make contact with:

Aimee Knight, Operations Manager, Involve Community Services
aimee.knight@involve.community

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Sudoku

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

How to Play

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

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It's fun. It's challenging. It's addictive!

(solution on page 18)

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A HOBBY A DAY

Keeps the doldrums away

During a busy working week do you manage to carve out any time just for you? Or maybe you're recently retired after a busy working life and finding it difficult to fill those empty hours. It's time to invoke ***the power of the hobby.***

My dictionary defines 'hobby' as '*an activity or interest pursued for leisure or relaxation and not as a main occupation.*'

There have been many scientific studies over the years which show that people who participate regularly in hobbies live longer, healthier lives. This beneficial effect seems to be independent of other factors such as general health or how wealthy you are.

In psychology-speak, hobbies are, *a modern expression of suppressed primordial instincts!*

What this means is that we are essentially pack animals and that we like to belong to a group or a tribe, even those of us who consider ourselves loners. Think about it for a second. Many hobbies do involve belonging to a specific social group or club, with rules and structure: golf, football, train spotters etc. Even anti-social people often spend hours gaming on their pc with other gamers or blogging to other like-minded folk.

However, there's more to a hobby than belonging. Hobbies allow us to tap into two qualities which are fundamentally human. The first is our capacity for imagination. Whether we're creating something beautiful, like a quilt, or painting, or designing a new layout for our train set, or planning a route for a hill-walking weekend, it's our imagination which is key to the final outcome. The second quality is our need

to drive forward or push boundaries. Whatever our hobby, we're always striving for improvement: can we obtain that particularly rare stamp; can we climb a higher mountain; can we take a better photograph?

While we're using our imaginations or pushing ourselves that bit further, our hobby acts as a release valve for the stresses of modern life. It's difficult to worry about your boss or the household bills while you knit, play guitar or swim.

So where do you start when choosing a hobby? There is an old saying that everyone ought to have three hobbies: an intellectual one; a physical one and a spiritual one.

Modern life doesn't leave much time for three hobbies but it's still a good starting point and some hobbies can combine two or even all three of those desirable attributes. Bird watching, for instance combines intellectual and physical, as you'll learn about birds and get out and about to find them. Yoga combines physical and spiritual attributes. Get creative: make a list of things which interest you and design your hobby to fit your lifestyle. You never know what you might achieve.



By Louise Addison

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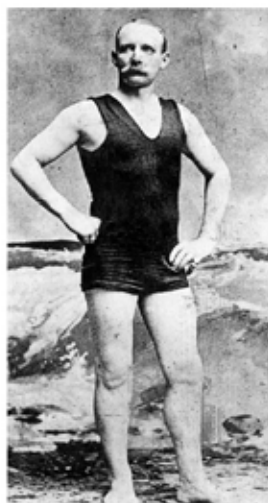
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A Feat of Endurance

Swimming the English Channel is still an amazing achievement



On August 24th, 1875, Captain Matthew Webb became the first person to swim the English Channel without the use of artificial aids. Since that time, the channel swim has become the pinnacle achievement for an open-water swimmer. But the journey to success is complex, and most people who attempt it fail.

There are many factors that combine to make the Channel swim so difficult, but the cold has to be number one. Ironically, super-fit swimmers with lots of muscle and little body fat get cold more quickly, so are more likely to suffer from hypothermia.

Unpredictable Channel tides and extreme weather conditions mean that swimmers need to book pilots almost two years in advance. Pilots are people with years of experience of tides and weather, who are skilled in escorting swimmers and evaluating when to pull them out of the water.

The health risks of swimming the channel are high:

Hypothermia - Known as the 'umbles': Cold - the grumbles; loss of fine motor co-ordination - the fumbles; the slowing of thinking and speech - the mumbles, and loss of gross motor co-ordination - the stumbles. At this point the shiver response stops and the heart might become arrhythmic, leading to sudden death.

Afterdrop - While the environment is cold, the body protects vital organs by constricting blood vessels in the skin and

extremities. When the swimmer exits the water, blood rapidly returns to the extremities, causing bright pink skin, and a correspondingly dangerous drop in core temperature.

For an official channel attempt, no aids to heat retention, such as a wetsuit or neoprene cap are allowed, so these are real issues that any potential channel swimmer has to overcome.

Weight issues - Many budding channel swimmers gain extra body fat deliberately prior to their attempt. This comes with certain risks: hernia, acid reflux, and gout have all been recorded, and these tend to be reversible. But there is also a condition called swimming-induced pulmonary oedema, where the lungs fill with fluid, making it difficult to breath.

Seasickness - This can afflict swimmers as badly as it does boat passengers. In addition, repeatedly swallowing salt water which often contains excrement, is guaranteed to induce vomiting.

Jellyfish - The zone between the two shipping lanes in the channel is full of jellyfish, some of which have a particularly nasty sting!

Ships - To swim from England to France you have to swim across the shipping lanes. In normal, non-COVID times there are over 600 commercial ship movements and 80 to 100 ferry crossings between Dover and Calais every DAY - and it's the job of the pilot boat to keep the swimmer out of the path of these vessels.

In addition, swimmers are alone in their heads for long periods so face huge a huge mental challenge during a feat that can last an average of 13-15 hours but may be far longer.

Yet in spite of all the hazards and hurdles in recent times around 100 people per year set out to attempt the swim. If you'd like to be one of them visit <http://cspf.co.uk/>

By Louise Addison

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Sudoku Solution

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

Garden View

This month - A bit of holiday fun

In August many of us just go into the garden to relax, drink and glass of wine and watch the kids in the paddling pool. We might cut the grass, but for most of us August is about last days and chilled summer evenings.

So, this month I'm taking a pause from work to pass on a few interesting garden facts you can pass on over a gin and tonic.

A sunflower is not one flower

Believe it or not each individual peal and the brown centre comprise 1,000 – 2,000 individual flowers, held together on a single stalk. Every "petal" is actually an individual flower, comprising of a single floret with male and female parts!

There are more microorganisms in one teaspoon of soil than there are people on earth

Seriously...microbes are important for keeping the soil full of nutrients. There are at least 7.5 billion people on earth so that teaspoon of soil is aliiiiive.

Plants really do respond to sound

The Myth Busters published a video comparing a silent greenhouse to one where they piped in a voice soundtrack and found that plants in the latter grew more. So, speak sweetly to your plants... or maybe sing to them.



A little bicarbonate of soda can help you grow sweeter tomatoes

I have tested this theory after reading it in a magazine and it works! A regular light sprinkling of

bicarb your plant's soil helps reduce acidity and produces a sweeter crop.

The Rose Family is the largest contributor of ornamental plants

Trees in the rose family that bear fruit: apples, pears, plums, cherries, apricots, and peaches. Also, blackberries, raspberries and strawberries are all members of the Rosacea Family.

There is an orchid that smells of chocolate

This is because the vanilla bean derives comes from the orchid family. The Oncidium hybrid called Sharry Baby has a rich chocolate smell...like baking choc chip cookies, and is also exceptionally beautiful.

If you haven't got room for a composter...cheat!

Used coffee grounds, crushed eggshells, and chopped-up banana peels, can be applied direct to the soil and offer plants nutrients as they decompose. You can bury them a few inches under the earth in already planted beds, so they don't spoil the look of your plot.

Happy gardening,

By Rachael Leverton

A Good Read



The Dilemma by Penny Vincenzi

Sometimes we're daunted by the thickness of a book and wonder whether we should invest our time in something so enormous? Well 880 pages is

certainly a big commitment. Anyone who has seen Vincenzi's books on the shelves in a bookshop or library may well have felt a little intimidated. But Vincenzi really is worth the time and energy, though you may need a cheat sheet to keep track of all the characters!

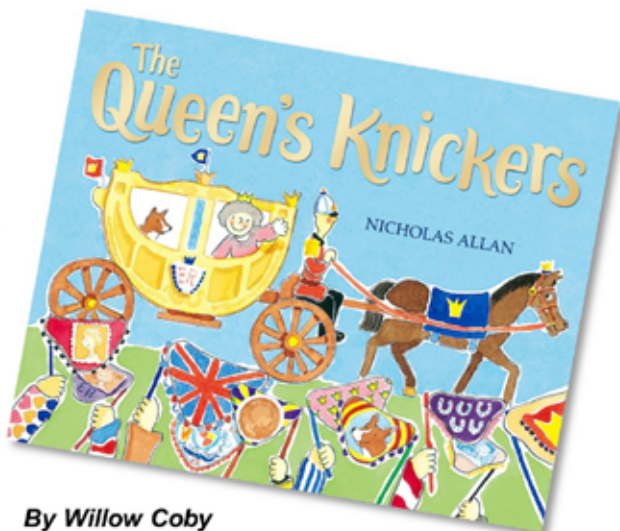
An alibi. A simple alibi. That's all Brad Channing asks of his wife, Francesca. She simply has to say that he spent the day in the country with her, and so could not have been in London. All a mother wants for her family is for them to be happy and safe. If Brad is convicted, it would be the end for all of them. His business would fall apart and the comfortable life they've built for their family would be destroyed.

Like her other novels *The Dilemma* is ultimately a family saga. It may be set against a backdrop of wealth and business success on a scale that most of us can only dream of, but it shows that no matter your position or status in life we will all fight for the same things when it comes to those we love.

Wild Swans retold by Xanthe Gresham Knight (illustrated by Charlotte Gastaut)

Eliza is the youngest of twelve children, looked after and protected by her eleven older brothers. Their father, the king is determined that the children will remain safe from the plague that is ravaging the kingdom and killed his wife. So, they are kept inside the palace walls. One day their stepmother persuades their father that they need to go out and explore the Eleven Kingdoms that they will eventually reign over, and she casts a spell on them that turns them into swans. They may only return to human form only when the sun sets. Can Eliza break the spell and bring her brothers back?

This charming story is based on Hans Christian Anderson's tale of the same name and has been retold many times in books, films, and TV. This version transports the tale to Japan, and the beautiful illustrations are worth the price on their own. It's perfect for youngsters who are gaining confidence in independent reading.



By Willow Coby



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Techy Tips to Make Life Easier

1. Put your USB drive in the right way the first time

Why do we get it wrong on the first try so often?

Get it right first time, every time. Here's the secret: Grab any USB cable sitting around your house. Find the symbol on one side?

It's not just for decoration. That symbol will point up if you're plugging in horizontally and if you're plugging a cable vertically, the USB symbol will face you. Now you know.

2. Reopen a closed browser tab

It happens all the time. You have a dozen tabs open in your browser and accidentally close the wrong one. I know you can open up your browser's history and reopen the tab from there, but did you know you can do it with a couple of keystrokes. Hit Ctrl+Shift+T on your PC or Command+Shift+T on your Mac to automatically reopen the tab you just closed. Simple.

By Tom Hancock



3 Share a YouTube video at a precise point

You find a brilliant YouTube video but the bit you really want to share is 3 minutes and 24 seconds in. If you want to share it at that exact point, you can get a link that takes people directly to the

moment. Simply click the Share button below the video. Look for a little box below the link. This automatically displays the time at which you currently have the video stopped. You can stick with this time or pick any time you like. Then when you copy the link and share it, whoever views the link will view it from point you chose.

4 Search WhatsApp chats

WhatsApp chats can be fast-moving, and messages accumulate over time. When you want to find the address of the party, or the joke someone told you two weeks ago, you don't have to scan back through every conversation, you can search for it. On IOS there's a search bar, and on android device there's a search icon

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