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Kids' Page



It's the Chinese Year of the Pig. Can you find all the animals from the Chinese zodiac in the letter grid?



Dog	Rabbit
Dragon	Rat
Horse	Rooster
Monkey	Sheep
Ox	Snake
Pig	Tiger



Mixed-Up Menu

Unscramble these Chinese dishes to work out what's for supper.

onoleds

ewest nda rous krop

aneb stropus

ginpsr sorll

woch inem

mid nus

eric



Mixed-Up Menu
Answers
Noodles
Sweet and sour pork
Bean sprouts
Spring rolls
Chow mein
Dim sum
rice



Word Search Solution

This is how you say Happy New Year in Chinese
Say it out loud and hey-presto...you're speaking Chinese!

GUNG HAY FAT CHOI

And this is how you write it.

恭贺新禧

THE WORD

Magazine

Warfield | Binfield | Winkfield | Ascot

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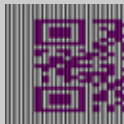
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Welcome to the February update from Warfield Parish Council

Frost Folly Park

With spring around the corner this is a good time to tell you about the new parkland that has been developed off Wellers Lane in Warfield. Frost Folly Park has been created as a new open space and includes circular walks in addition to joining up with existing public footpaths. The site also features a range of new habitats and enhanced landscape features.

To support the new park, the existing Frost Folly car park has been refurbished and will see further improvement works in the Spring.



Parish Assembly - Monday 25 March 7.45pm

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

Warfield Village Fete – Saturday 8 June at Warfield Memorial Ground

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

Family Cycle Ride – Sunday 23 June

Summer of Fun – Friday 26 July

Look out for more details of these annual family events taking place later in the year in future issues of The Word.

Arts Week 2019 27 October – 3 November

Celebrate the 15th annual Arts Week in the Autumn half term break. Planning for the event is well underway and we will continue to provide a mix of crafts, arts and musical activities as well as the usual concerts and arts exhibition.

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 2 February 10am – 12 noon

Saturday 2 March 10am – 12 noon

Saturday 6 April 10am - 12 noon

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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

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)

19 February - Swinley Park - (R)

Meet: Englemere Pond car park, Off Swinley Road (B3017) Ascot SL5 8BA

Main Programme

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

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

Orchard Pruning at Lily Hill Park

Thursday 7, 10am-12 noon

Help prune Lily Hill Park's Community Orchard and learn how to care for your fruit trees.

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

Booking required.

Nature Quest at South Hill Park

Tuesday 19, 10am-12 noon

Young Explorers are invited to join us in a nature related scavenger hunt throughout the grounds of South Hill Park.

Meet: Gazebo on rear field at South Hill Park, Ringmead, Bracknell, RG12 7PA. Cost: £4

Booking required.

Half Term Wildlife Workshop at Horseshoe Lake

Wednesday 20, 10am-12 noon

Learn a range of outdoor skills including how to build, light and load a bonfire. Learn the safe way to cut down small trees and find out why this helps wildlife. Discover the best way to roast marshmallows on an open fire.

Tools & refreshments provided. Please bring gloves, outdoor clothing and wellies! Best suited for 7yrs+. Cost: £4.

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

Booking required.

Bracknell Forest Natural History Society Talks

Venue: South Hill Park. Talks start at 7:30pm and end at about 9:30pm (Doors open from 7:15pm) Entrance fee for members £1; visitors £3; under 16 free (annual membership £12). No booking required.

Feb 18: On the Trail of Polecats and Pine Martens by Lizzie Croose

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

Parks & Countryside Service

Bracknell Forest Council

The Look Out Discovery Centre

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www.bracknell-forest.gov.uk/parksandcountryside

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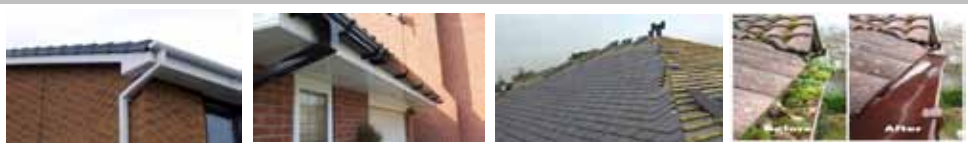
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Safer Internet Day

February 5th

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

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

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

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

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

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

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

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

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



By Ian McMullan

Swimming: Supersport!

Swimming isn't a sport, it's just a way to keep from drowning! So goes the old joke. But swimming is a great way to keep fit, and here's why.

It's a full body workout - Swimming is a great mixture of cardio and strength. It improves endurance and works out all your muscle groups.

It improves mental health - The motion and act of swimming through water is very meditational. The focus it requires reduces stress levels and anxiety.

It's a mood booster - Swimming, like most exercise, produces endorphins encourages the release of serotonin. These chemicals are known to boost your mood.

You're unlikely to injure yourself - Swimming is non-weight-bearing so the risk of injury is very small.

It is sweat-free - If you hate getting sweaty, swimming is perfect. The water constantly cools you down.

It's for everyone - Fat, thin, old, young, disabled or able-bodied. Almost anyone can swim.

It has long-term health benefits - Swimming has been found to lower blood pressure, reduce joint pain, improve heart function and lung capacity, and increase bone strength.

It's a great calorie-burner - Swimming burns more calories than running!

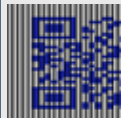
Take a trip to your local pool today.



By Tracey Anderson

Computer Help

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- ◇ Configuration of iPads, tablets etc.
- ◇ Help, Advice & Tuition



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Garden View

This month - My Gardening Valentine

In the run-up to Valentine's Day someone always asks me what they should buy for the gardener in their life.

It's a tricky question to answer. Many people think we must like cut flowers, but actually I'm not keen and most gardeners I know aren't either. We have gardens full of the things after all, and we tend to prefer our plants living and breathing in their natural environment, rather than imported from abroad and wrapped in cellophane.

Unless you know a bit about gardening, and the tastes of your own particular gardener you're probably best-off avoiding plants too. The non-green-fingered venture into dangerous territory when they try to buy plants because there are so many variables. Will it suit the soil? Is it too invasive? Will it poison the gardener's dog...or children...eek?

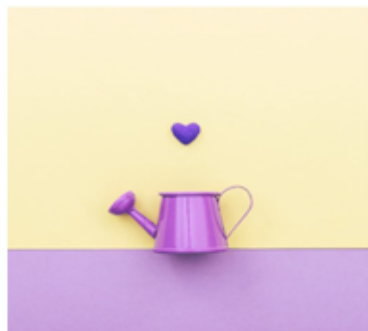
It's a thorny issue (pardon the pun) so here is my go-to gift list guaranteed to make you the Valentine hero of your gardening amour.

Don't buy a sweatshirt which declares 'head-gardener'. They are naff, and most gardeners prefer old, comfy clothes which do the job better. However, if you present your gardener with a tough tunic or gardening apron, which is thorn-proof, and which has lots of deep pockets to house secateurs and trowels, they will love you forever.

Then there are wellies. Who knew wellies could be romantic? But gardening folk drool over wellies the way Supermodels drool over Jimmy Choos. And there's so much wellie-choice now. We all prefer something with a thick sole but there are bright and colourful wellies and traditional ones. For the ultimate in warmth and breathability I can recommend a proper

Gore-Tex pair...sheer luxury. Mine remain the favourite Valentine gift my husband ever bought me. He knows how to romance a woman!

A proper long-necked watering can, with a brass rose will also earn you Valentine brownie points. Bigger isn't necessarily better though unless your Valentine boasts big biceps! Watering cans are heavy when full. I find 3-4 litres is about the right size.



A bunch of long-stemmed red roses will set you back at least £40 and they might last a few days. For a similar price you can buy the gardener in your life Felco secateurs (with Valentine red handles) and they'll last forever. I know which I'd prefer.

Garden trugs are so practical. Most gardeners I know would be delighted to receive one. The trug is a great gift but even better when filled with a few gardening goodies such as packets of seed, water retaining granules, plant food etc. You could add some hand tools too, such as a trowel and a fork. Make sure they are stainless steel and have long handles for ease of use.

And insulated mug or a good flask will always warm the heart of your Valentine because hot drinks don't remain hot for long outside, even on a warm day.

Finally, don't forget gardening vouchers. Often us gardeners spot the perfect plant or gardening accessory when we're strapped for cash, so vouchers are a perfect gift to save for a rainy day...and gardeners love rainy days, Valentine's or not.

Happy Gardening.

By Rachael Leverton

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Hair Today

It isn't 'just a haircut'

Have you ever marked a life event by changing your hairstyle? Did you regret it, or did you feel free? Many people, most of them women, use haircuts as a marker for change.

In films the main character often undergoes a makeover as a metaphor for the dramatic changes they undergo in the movie: Sandy in Grease, and Julia Roberts' character in Pretty Woman are just two of them. Before the makeover things were bad; after the makeover things are good. Simple. Or is it? In real life hairdressers bear witness to this scenario frequently. We may not tell them directly, but often they will sense we're on a mission to create a new improved version of ourselves; or a quick way to shed the past and move on.

But dramatic hairstyle changes while in the midst of a life crisis can prove ill-advised. Sometimes we're not really after a new hairstyle, more a whole new life.

And as satisfying as it is to leave a salon with a completely new look, we need to remember that our hair might look different, but our problems will remain the same. We will still feel just as bad about our husband running off with our best friend, we'll just be doing it with shorter hair! During a divorce, a bereavement or a health crisis we will experience a maelstrom of emotions: and one-minute chopping all our hair off will feel like the best decision in the world, but the next minute, when we look in the mirror and see a total stranger staring back at us it might feel terrifying.

Yet hair is an important aspect of how we express who we are and how we would like to be seen.

Changing our hair is one of the easiest ways to send a signal to the world that we have changed. It can be a great tool to help us shed an outgrown 'self'. My friend shed her shoulder-length blonde hair for a pixie crop shortly after she gave birth to twins. She felt she needed freedom from her hair care routine, so she could spend more time with her babies. For her it was freeing to be able to wake, shower and be ready to go in minutes. I had my tousled waist-length hair cut to a chic bob when I started my first proper job in journalism. I felt like I needed to create a bit of distance between 'student me' and 'professional me'. Like the caterpillar shedding the chrysalis I was ready to be someone new and the hair salon was my chrysalis of choice.

So, the next time you collapse into the hairdresser's comfy chair intent on an image overhaul, just pause for a second and ask yourself why, and whether now is the best time.



By Tracey Anderson

Why We Love A Superhero!

The Hancock household is eagerly awaiting the release of Avengers: Endgame in less than two months (current release date April 26th). It wouldn't be an exaggeration to say my entire family are hooked on the whole superhero genre. And we're not alone. All over the country there are regular debates about whether Superman would beat Thor in a fight, or why Iron Man is two words while Batman is only one.

Our kids dress up like them and carry packed lunches in plastic boxes emblazoned with their images (actually some adults do this too.) But why?

According to recent research from Kyoto University in Japan, our love of superheroes starts before we can talk. In a series of experiments, infants as young as six months were shown short animations in which one figure chased and bumped into a second. Meanwhile, a third figure watched from afar. In version A, the third figure steps in and prevents the collision, while in version B it runs away without intervening.

After watching the clips, the infants were presented with replicas of both the intervening and the non-intervening third figures. They consistently preferred the one who saved the day.

These results suggest that babies are capable of understanding and recognising heroism.

Further experiments showed that extremely young babies couldn't tell the difference between a saviour who was simply in the right place at the right time, and one who actively stepped in to help. They didn't grasp the nuances. But by just 18 months old they did understand that difference and preferred

the hero. This suggests that our concept of justice, and heroism develops very early on.

As we grow up superhero stories seem to resonate with us. We identify with the themes, with the dilemmas and problems that superheroes face, and we aspire to their noble impulses and heroic acts. We identify with them because often they are created in our image, albeit a larger than life version of that image.

It helps that most superheroes are flawed. They are not bloodless examples of 'goodness and virtue' but real individuals who are prey to their emotions and environment yet who strive to overcome their foibles and triumph anyway.

Some characters like Batman and Iron Man have overcome trauma to become superheroes. In psychology this is called post-traumatic growth and it gives us hope that we too can overcome difficulties in our lives and become stronger people.

There is something both empowering and uplifting about watching your favourite superhero emerge victorious at the end of a story, which is why I will be queuing at the cinema on April 26th with Mrs. Hancock and all the little Hancocks. See you there.



By Tom Hancock

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

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(solution on page 22)

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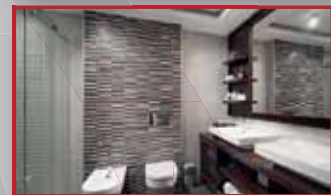
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Do You Need A Fitbit?

Activity trackers have become very popular in recent years. Fitbits are the device that everyone has heard of but there are many others. If you're thinking of buying one, ask yourself these questions:

Do you exercise regularly?

Lots of people buy a Fitbit or its equivalent because they think it will help them to exercise consistently. But these devices are not magic bullets. If you make any and every excuse NOT to exercise then a Fitbit won't change that, you will simply make excuses to avoid exercise while wearing a gadget!

Would you wear it, and use it?

For a fitness tracker to give you actionable data you need to wear it almost all of the time, even while asleep. Some people can't wear watches or jewellery while they are at work, others hate the feeling of anything on their wrist, and others have sensitive skin which is irritated by straps. If you don't wear it then it can't do its job, so it's not worth buying one.

Will you use the app?

You'll need to download the app to your phone and use it if you want to make use of the data your activity tracker collects. Interacting with your device and the app is key to success, so if you can't commit, don't buy.

Are you a data nerd?

Some of us love to monitor our sleep, our heart rates, the number of steps we do each day. We find ourselves endlessly fascinating. The basics of losing weight and becoming healthier are simple, but the



specifics for our own body can vary wildly.

If you don't care about specifics and are happy with just eating a bit less and exercising a bit more, an activity tracker might be a waste of money for you. If you have a medical condition or are in training

for an event, or just enjoy looking at data, then having organized and detailed information at your fingertips is a great resource.

Would my phone do the job instead?

There are hundreds of fitness, pedometer and cycling apps on both Android and iOS. If you're unsure about whether an activity tracker is the right purchase for you try using one or two of these apps for a month. You might find they give you all the data you need. Also, if you find you can't be bothered to use the apps, then you are very unlikely to benefit from buying an activity tracker.

Are you competitive?

Some activity trackers (particularly Fitbits) are social. You can add friends, compare step counts and earn milestone badges. You can also create groups and engage in competitions and challenges.

While these are good features, they aren't for everyone. You might not need such a high-spec activity tracker if you don't want to engage in the social side of things.

Activity trackers are useful devices and many people enjoy them and benefit from using them, but they won't turn a reluctant exerciser into a highly motivated one, and if you aren't actually interested in all the data, they might not justify their price tag.

By Ian Collins

Be My Valentine...at your own risk!

I don't have a great track record with Valentine's Day. The first year with my girlfriend we'd only been dating for two months, so I went low key, with a card and a single long-stemmed red rose...and sadly this remains my sole Valentine's success story to date.

Fast forward to year two and I pushed the boat out by cooking a romantic meal. I'm not bad in the kitchen, so prepared a full three courses. For starters I made a wild mushroom soup. My girlfriend declared it delicious, then collapsed a little way into the main course, having had a massive allergic response to one of the species of mushrooms! Being blue-lighted to hospital is not the most romantic end to a Valentine date.

But Clare is made of strong stuff, and when she recovered, we resumed dating. The following Valentine's Day I decided I'd surprise her with a weekend trip to London. I booked the full works: meal, show, hotel, and train tickets well in advance, and made sure her diary was clear. On the way to the train station I tripped up a kerb and banged my elbow as I fell. It smarted a bit but wasn't a big deal. On the train however, I realised I could no longer bend my arm, which was starting to throb. By the time we arrived in London my fingers had developed a weird purple hue, so our first stop was Accident and Emergency, where I discovered I'd broken my elbow! It took so long to get assessed, X-rayed and patched up that we missed our meal and the show. We did stay in the hotel, but I don't remember much as I was high on pain-relief!

A lesser woman would have cut her losses at this point, but not Clare. She hung around for

Valentine's Day number three. We'd moved in together and I knew she wanted a kitten. I sourced the cutest little ball of grey fluff with amber eyes. I took Valentine's Day off work and duly collected the kitten that morning, all bright-eyed and bushy tailed. I took it home anticipating Clare's delight. But by 3pm the kitten was looking a bit peaky. By 5:30pm Clare walked through the door to find me nursing a very sick scrap of fur, on the phone to the emergency vet. When we arrived at the surgery, she told us gently that he had a sky-high temperature, probably due to a virus, and to expect the worst. We left him being fitted with a drip, then waited at home fretting until the next morning. As soon as we could we rang the surgery and discovered to our delight that he'd turned a corner made it through the night. Valentine (or Val as we call him) is now a robust one-year-old cat with the constitution of an ox, who totally rules our home, so at least that story had a happy ending.

This year for Valentine's Day I'm cutting my losses and going with a card and a box of Maltesers. The question is do I risk popping the engagement ring at the bottom, or is that just asking for trouble?

Happy Valentine's Day.



By Niles Philips

A Good Read



***Shopaholic and Baby* by Sophie Kinsella**

Justified or not, chick lit gets a bad rap, but not everyone enjoys serious tomes, and if you're looking for something frothy

and fun to throw yourself into, then you can't go too far wrong when it comes to Sophie Kinsella's *Shopaholic* series.

Shopaholic and Baby is the fifth book in the series, and once again features everyone's favourite shopaholic, Becky. Previous books have seen Becky try to take control of her spending habits by following the advice she frequently gives out as a journalist writing about managing personal finances; have the time of her life living in New York and shopping on Fifth Avenue; and marry her dream boyfriend Luke, whilst loving the excuse to spend more money.

Now Becky has something else to spend her money on. Her baby. From designer nurseries to the coolest pram, there seems to be no limit to what she can shop for. That list includes a celebrity obstetrician, Venetia Carter. On meeting her Becky is shocked to discover that Venetia used to date Luke in college. Will Venetia want to get back together with him? Is Becky's dream marriage under threat?

Most women will be able to relate to the insecurities Becky encounters in this novel as her pregnancy progresses and her body changes. In Becky, Kinsella has created a character who is caring, charming, but at the same time, full of flaws. And that is why readers seem to love her so much.

***The Secret Seven: The Humbug Adventure* by Enid Blyton**

If you are like me then you probably grew up on a diet of Enid Blyton and a distant world of adventure and fun, where children had far more freedom than we give our offspring these days. This nostalgia probably accounts for the enduring appeal of her books.

This Secret Seven adventure features all of the familiar gang, including Scamper the dog, but it is not a story that you may be familiar with. It is a short story, originally published in 1954 in one of Enid Blyton's annuals. This version, published in 2016, is the first time it has been published in its own right.

The gang have been invited to the house of an old professor to look at Jupiter through his telescope. They aren't particularly looking forward to it and find it boring until they move the telescope around and see someone setting fire to a haystack at Wingfield Farm. Suddenly they are up against time to warn someone before the fire spreads to the nearby barn, and to find out who started it.

Aimed at younger readers than the regular Secret Seven books, this is a great introduction to Enid Blyton, with excellent illustrations by Tony Ross, illustrator of the Horrid Henry books.



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Sudoku Solution

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

GET THAT JOB

Avoid common cover letter errors

Don't use the same cover letter for every single job. If you send identical cover letters for every single role, it may save you time, but it won't get you the job. Generic phrases which offer no specificity about the company, industry, or role you're applying for indicate lack of interest to most hiring managers. Always refer to the job by its title and description and explain how your skills could benefit the specific role and company, not just the industry as a whole.

Never talk about your personal life, or share irrelevant details in a professional document, it definitely won't improve your employability. Don't mention the reasons for leaving your current job or give overly detailed justifications for career breaks. Keep to the point and focus on the job you're applying for.

Focus on what the employer wants, not what you want. Avoid detailing your hopes and dreams and don't explain what you'd



get out of the job. A cover letter isn't about being able to fulfil your objectives, it's about proving to a recruiter that you can fulfil theirs. So, talk about your achievements, skills, and experience only if they relate directly to the role and emphasise what they

would get from employing you, not vice versa.

If you lack experience in a certain area don't focus on that, instead focus on your strong points which are a good fit for the job.

Desperation is different to enthusiasm! Begging for the job isn't going to add anything to your selling potential. Keep over-the-top adjectives and hyperbole to a minimum because there's a fine line between showing a genuine interest and trying too hard.

Don't forget to proofread and check for grammatical errors.

By Hilary Bennett

The Packed Lunch Problem

I decided to save money and eat more healthily in 2019 so I knew I would have to start packing my own lunches. It's taken until now really get on board with this idea. Here are the problems I came up against and how I solved them.

Problem 1. It takes too much time to pack a lunch.

It was such a faff...or was it?

Solution: I timed how long it took to walk to the deli or drive to the garage, wait in the queue to be served and get back to work. Then I timed how long it took me to prepare a lunch the night before. Turns out making your own lunch is way faster! Who knew?

Problem: I'm hungry again by mid-afternoon.

The solution: Pack more food! DUH! I make sure I had a sugar-free protein bar, a banana, or a bag of nuts in reserve in case



I had a mid-afternoon dip. That way I don't head for the bakery or start mainlining chocolates from the ever-present boxes around our office.

Problem: Formulaic lunches.

When I was at primary school my mum packed me a ham sandwich, an apple, some carrot sticks and a wagon wheel, pretty much every day. When I started making my own lunches, I used the same formula (minus the wagon wheel).

Solution: What did I enjoy eating? I like leftover casseroles and risottos, so I made extra. I like open sandwiches, Danish style, on Rye bread so I bought the ingredients, and I arranged lunch swaps with a friend, so she caters Thursday and I do Friday.

A little creative thinking keeps things interesting and I haven't missed nipping to the deli. In fact, we walk round the park instead so we're getting some exercise too.

By Tracey Anderson

I Can't Eat That! Food Allergies and Intolerances



Wondering whether that dicky tummy or rash could be down to something you've eaten? Read on...

What's the difference between food allergy and food intolerance?

A food allergy affects the immune system. Symptoms usually appear within a few minutes of eating the offending food, and can include a skin rash, upset stomach (eg vomiting), stomach pains and wheezing. The most severe allergic reaction is anaphylaxis, which can affect breathing and send the body into shock. Without treatment, anaphylaxis can be life-threatening, which is why it's so important for people with a known allergy to carry an EpiPen if they've been prescribed one, and to teach colleagues, friends and family members how to use it.

Food intolerances are more common than food allergies. Symptoms include irritable bowel syndrome, bloating, stomach upsets, eczema, migraines and even arthritis. The immune system isn't affected and symptoms might not appear for a couple of hours, which can make it harder to work out what type of food is causing the problem.

While you can be allergic or intolerant to any type of food, there are eight common culprits:

Peanuts
Tree nuts

Eggs
Milk
Fish
Shellfish
Wheat
Soy

If you have an allergy or intolerance to one type of food, you may well be allergic to other types in the same food group.

Diagnosis

You'll need to see your GP if you suspect you have an allergy or intolerance, so that they can rule out any other causes for your symptoms. They'll then likely refer you to a specialist for tests. Food allergies can often be diagnosed with blood or skin reaction tests. Intolerances are more difficult to diagnose. You may be asked to follow an 'elimination and challenge' diet, if necessary, to try to determine what foods you're intolerant to. You'll be asked to cut out certain types of food for a period of time, then reintroduce them gradually.

Treatment

If you're allergic or intolerant to a type of food, you'll need to avoid it completely. Of course, that's easier said than done. Ingredients such as milk powder and egg white are often used in products you wouldn't expect to find them in. And restaurants aren't always as vigilant as they should be about cross-contamination. So you might be prescribed steroids, antihistamines, or an epinephrine autoinjector (EpiPen) if you have an allergy. You may also be referred to a dietician, to make sure you're still getting all the nutrition your body needs.

The website www.allergyuk.org has a wealth of information about allergies and intolerances. If you don't have access to the internet, try the helpline on 01322 619898.

By Kate Duggan

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Lemon Almond Cake



Preparation time: 30 minutes

Cooking time: 45 minutes

Serves 8

Ingredients

Cake

200g unsalted butter
200g Demerara sugar
90g plain flour
90g ground almonds
Half tsp baking powder
Zest of 1 large, unwaxed lemon
4 large eggs

Syrup

2tbsps Demerara sugar
Juice 1 large unwaxed lemon

Method

Set oven to 160C / Gas Mark 3

Line a loaf tin (25cm x 11cm x 7cm) with greaseproof paper.

Sieve the flour with the baking powder and mix in the ground almonds. Grate the lemon zest and add this to the mix too.

Beat the eggs lightly then add to the creamed butter and sugar, a little at a time. Don't worry if it curdles a little.

Gently fold in the flour, almonds and baking powder with a large metal spoon.

Dollop the cake mixture into the lined tin.

Bake for 45 minutes until golden. To test it, insert a metal skewer. If the skewer comes out clean, the cake is cooked. If not, the cake needs a few minutes more.

Remove from the oven.

For the syrup, stir the Demerara sugar into the lemon juice...it will only partially dissolve, but there is no need to heat it. Prick the top of the cake with the skewer or a sharp knife and spoon the syrup over the cake. Leave to cool.

Try this cake with a scoop of crème fraîche and some fruit compote.

The Language of Flowers

It's nearly Valentine's Day and millions will be rushing out to buy or send flowers. Traditionally this will be red roses of course. Others may choose their purchases on the basis of colour, smell or even price but there's a whole language and meaning to flowers too which is called Floriography.

Roses: Red Roses as most will know symbolise Love and Desire but changing the colour of the flower leads to different connotations. For example, Yellow is for friendship, Pink for perfect happiness and Orange for fascination. There are different meanings for specific types of rose too, such as Tea Roses meaning 'I'll remember always' and Dog Roses connecting to pain and pleasure. Formations also have an impact. Thinking back to the traditional dozen red roses, a bunch of a single bloom, means I love you or I still love you, whilst an assortment of colours represents the sentiment 'you're everything to me.' A dozen red roses has become the norm, because of the significance of the number twelve within nature, philosophy and religion. The number 12 often represents a full cycle, so 12 months of the year, 12 signs of the zodiac, 12 hours on a clock for instance. From ancient times, cultures around the world have developed calendars based on cycles of twelve, and there are many mythological and religious connections to the number also. The use of 12 across the natural and spiritual world means that 12 or a dozen, has taken on a universal quality which enhances the significance of a dozen roses.

Turning now to other flowers we frequently buy in the UK:-

Carnations: Pink carnations mean 'I'll never forget you,' whilst red symbolise admiration and yellow rejection and disappointment, so probably best to avoid those!

Lilies: Calla Lilies represent beauty and Tiger Lilies wealth so the latter is perhaps a good choice if you are looking to impress.

Tulips: Represent love and passion. Yellow ones, which are my daughter's favourite mean 'there's sunshine in your smile,' whereas red tulips are a declaration of love, and white ones say 'I'm worthy of you.'

Daffodils: Show regard.

Freesias: Demonstrate trust.

Of course there are many more wonderful flowers to choose from, so if you really want to be sure of making the right impression, it's worth asking your florist about their meaning.



By Susan Brookes Morris

Sink or Swim

Learning to swim as an adult

How did it happen? You've reached and exceeded the age at which you are legally regarded as an adult. You can drink, vote, drive, get married, pay taxes and get called to war. You have a job, own a home and lead a fulfilling life in lots of ways, but there is just one blot on the horizon – you still can't swim!

The inability to swim is a cause of embarrassment for many adults, and some are reluctant and even ashamed to admit to it. But though you may feel that there is a stigma attached, the first thing to understand is that you are not alone. There are many others just like you, and if you really want to, there is no reason in the world why you can't master the art!

People fail to learn to swim for a number of reasons. Some may have had a traumatic experience – almost drowning for example, after falling into deep water, or being the victim of a prank that got out of hand – whilst others simply may not have had the opportunity. Regardless of the cause, most non-swimming adults are afraid of water, and need to acknowledge the psychological as well as the physical barriers.

Fear can keep us safe, but it can also prevent us from moving forward. Many non-swimmers are afraid of putting their face in the water and are scared that they won't be able to float, yet more or less



everyone floats. What sometimes gets in the way is fear and tension that causes you to hold yourself stiffly, hunch your head and shoulders, and push your feet towards the bottom of the pool.

Most non-swimmers are afraid to take their feet off the bottom and become panic-

stricken if there is nothing to hold onto, but learning to trust that the water will hold you up rather than the reverse, is key to mastering the art of swimming.

Though some people may opt to enlist the help of a friend or relative to teach them to swim, the best course is probably to turn to a professional with the correct training. But there are things you can do yourself to help boost confidence: Walk around in chest-deep water to get used to how it feels and maintain balance; Repeatedly dip your face and body in and out of the water, holding on to the side for support; Practice floating on your stomach with your face in the water; With the help of a float, lie on your back, gradually introducing kicking movements with your legs.

However you decide to proceed, please remember there is no shame in not being able to swim!

By Debbie Singh-Bhatti

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Oven Cleaning

7 SGH Services

Plumbers

21 Heat & Plumb

Heat Plant Services

Paul White

Property Maintenance

15 BAS 3

CM Maintenance 25

Impeccable Properties 16

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