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WORD
Magazine

January
2019

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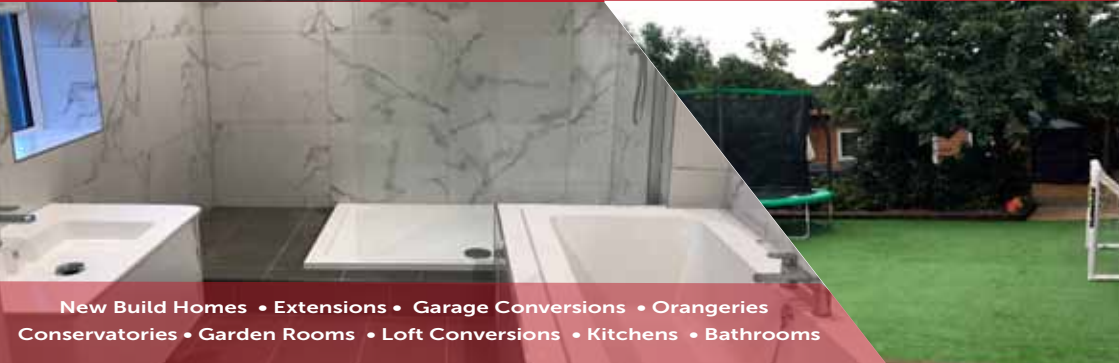
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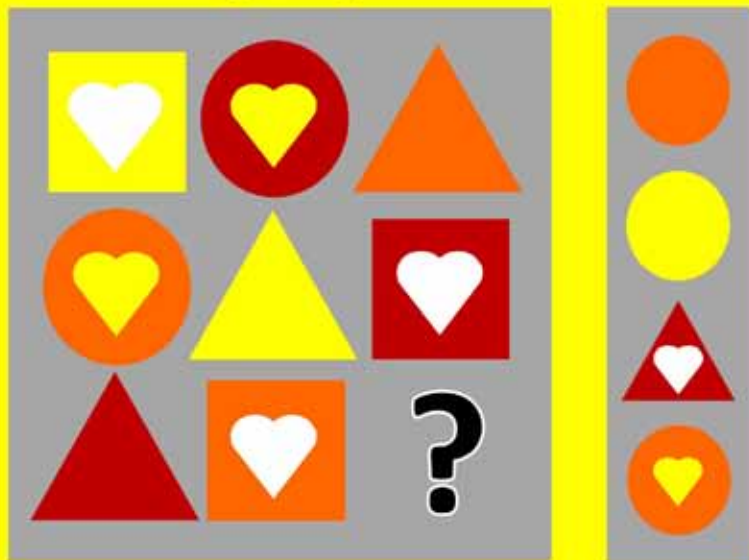


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Kids' Page

Can you work out which of the boxed figures on the right completes the set?



Can you find all the words that mean 'excellent', in the letter grid?



ace

amazing

champion

fantastic

outstanding

perfect

sterling

super

swell

terrific

tremendous



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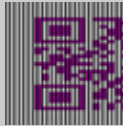
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Parks and Countryside Events Programme

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

Leisurely – up to 2 miles (1 hour)

Moderate – up to 4 miles (13/4 hours)

Rambler – up to 5 ½ miles (21/4 hours)

15 January - Binfield & Billingbear – (M/R)

Meet: Jack O'Newbury pub, Terrace Road North, Binfield, Bracknell RG42 5HX

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

Heathland Management at Wildmoor Heath

Sunday 6 January, 10am-1.30pm

Kick start your new year by helping the rangers conserve this precious site. We will be clearing birch and pine trees from the heath and enjoying a bonfire in a wonderful setting. Tools, training & refreshments provided, please bring a pack lunch and work gloves.

Meet: Wildmoor Heath car park, Crowthorne Road, RG45 7PP.

Cost: Free. Booking required.

Traditional Orchard Wassail at Lily Hill Park

Saturday 12 January, 5.30pm-7pm

Wassailing is an old English custom to celebrate and protect fruit trees and ensure a good harvest. Come and enjoy a simple revival of this seasonal tradition, by firelight and accompanied by lively music and dancing by the OBJ Morris Dancers. Suitable for all. Bring cider* or apple juice. Cost: £4.

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

Please drink responsibly. Booking required.

Community litter pick at South Hill Park

Wednesday 23 January, 2pm-3pm

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

No 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.

Jan 21: How to be an Urban Birder by David Lindo

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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Happy New Year and welcome to the January update from Warfield Parish Council

We hope you all had an enjoyable Christmas break, and we would like to take the opportunity to wish everyone a happy and healthy 2019!

Coming up...

With January a popular time to fill in your new diary or calendar, here are some important events to write in now.



Parish Assembly – Monday 25 March

Warfield Village Fete – Saturday 8 June

Summer of Fun – Friday 26 July

Binfield, Warfield & Winkfield Arts Week – Sunday 27 October – Sunday 3 November

Christmas Tree lighting – Friday 29 November

Recycling



With so many items that can now be dropped into your blue recycling bin, we would recommend you check out the re3cyclopedia app on your smart phone to see what can be recycled where as well as lots of other useful information about your rubbish.

We continue to offer recycling in the Parish Office, sadly we can no longer accept mobile phones and printer cartridges as the collector of these has stopped this service, but we continue to accept biscuit wrappers and household cleaner tops.

Volunteering

Did you make a new years resolution to help out in your local community? There are many organisations locally that are looking for volunteer supports, from the Scouts and Guides to the Library service.

We will shortly begin recruiting volunteers to help with our Community Speedwatch programme. Full training will be offered to help us identify speeding motorists using our specialist Sentinel Speed camera that captures images of speeding vehicles. It will be used across the parish as well as in Binfield & Winkfield. If you are interested, please contact the Parish Office, our details are at the top of the page.

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 5th January 2019 10am - 12 noon

Saturday 2 February 10am -12 noon

Saturday 2 March 10am - 12 noon

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EPIPHANY

In the Western World Epiphany marks the 12th day of Christmas, and falls on January 6th. The six Sundays which follow Epiphany are known as 'the time of manifestation' and Epiphany marks the official end to the festive season for many Christians. Traditionally it was a Christian feast day and was a celebration of the baptism of Jesus by John the Baptist, as well as a more general celebration of his birth.

Epiphany is also known as the Twelfth Night, and marks a visit to the baby Jesus by three Magi. They were most likely learned students of the stars, hence their

alternative name The Wise Men, but they are also associated with royalty so are also known as The Three Kings. The word 'Epiphany' actually derives from Greek and means 'to show', referring to Jesus being revealed to the world.

In the West, Christians began celebrating the Epiphany in the 4th century, associating it with the visit of The Wise Men to Jesus. According to the Gospel of Matthew, they found the baby by following a star across the desert to Bethlehem.

The three men - named in the Bible as Melchior, Caspar and Balthazar offered symbolic gifts of gold, frankincense and myrrh: the gold represented his royal standing; frankincense his divine birth; and myrrh his mortality.

During the medieval period, Christmas was celebrated for the 12 days from Christmas Eve on December 24, until the Epiphany. Even up until the 19th century, January 6 was as big a celebration as Christmas Day.

By Tracey Anderson



BURNS NIGHT

Robert Burns was a Scottish bard, born in 1759 who wrote many poems and lyrics during his life. His most famous work is probably Auld Lang Syne, sang at New Year and which translates as 'times long past'. Burns is one of Scotland's most important cultural icons as many of his works addressed the political and civil issues of the time.

Robert Burns' friends and acquaintances held the first Burns supper on July 21, the anniversary of his death, in the late 1700s. This date was later changed to January 25th, which marks his birthday. Burns suppers gradually became a tradition and are now held by people and organizations with Scottish origins worldwide.

At Burns Night events, many men and women wear kilts or other clothes made from their family tartan. At the centre of the supper is the haggis, which brought to the table to the tune of bagpipes. For the

uninitiated haggis is a savoury pudding containing 'sheep's pluck' (the heart, liver, and lungs of the animal) which are minced with onion, oatmeal, suet, spices, stock

and salt, then encased in the animal's stomach - though artificial casings are more commonly used now. It can be baked or boiled and although it sounds quite revolting is surprisingly delicious, at least to this author! It's

served with a whisky sauce and some neeps and tatties - a mixture of swede and potato which works beautifully with the rough, oaty haggis. Cranachan is the traditional desert of cream, raspberries and oatmeal. It should all be washed down with a good whisky.

Have a great Burns night. *Gun cuireadh do chupa thairis le slainte agus sonas.* (Translation: May your cup overflow with health and happiness)

By Tracey Anderson

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Learn a Language



Interaction - You need to hear and speak the language consistently. Look up Radio stations, YouTube channels, news websites, and blogs in the language you want to learn. Advertise for someone to practice conversation with. Ask friends on Facebook or in the school playground whether they know a native speaker who would converse with you for half an hour in exchange for coffee and cake! There are groups dedicated to language exchange on Facebook too. By forcing yourself to converse you will improve very quickly.

Want to learn a new language in 2019? It's not as hard as you think! I learned Spanish alongside my son to encourage him while he was studying for his GCSE. It started as a joke, but I quickly became hooked. Here's what I learned about language learning.

New words? - You may not need to learn as many as you think! In English just 300 words make up 65% of all written material! We use some words a lot, and luckily that's the case in every other language too.

You can buy or make decks of flash cards of these words. There is even a flash card app called Anki which presents words at precisely the right intervals to maximise memorisation.

Cognates - These are words which are spelled almost the same in English and which have the same meaning. In French, lots of 'ion' words are spelled the same even though they are pronounced differently: action, nation, communication etc. In Spanish the same words end in 'ción' and in Italian 'zione'. Simple right? There are also words such as hélicoptère (French) or aeropuerto (Spanish) which are similar enough to the English word that you will recognise them immediately. You can google 'Cognates' for the language you are learning.

Free Resources - I have passable Spanish thanks to the Duo Lingo app. The BBC has introductory courses to around 40 different languages. Omniglot.com is a great open-source resource to all manner of languages, and I found fluentu.com brilliant for Spanish.

Embrace mistakes - We learn by making mistakes. As children we speak, we're corrected, and we adapt. Even at aged fifty I still come across new English words and phrases. You can't ever completely learn a language. Just use everything you know with the emphasis on communication rather than perfection. Native speakers will not be offended by your slips...they will most likely be charmed and fall over themselves to help correct you.

Use SMART goals - SMART means Specific, Measurable, Attainable, Relevant and Timed. A good example is, 'By the end of January I will be able to hold a simple conversation with a waiter, book a table, order food, and ask for the bill. Or you might aim to complete three lessons per day on Duo Lingo for the whole of a month. You might even set yourself the task of passing an online test, a GCSE. The point is, you have a time frame, and the achievements you make are measurable, so you can see how far you've come.

By Tracey Anderson

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Do You Need a Social Detox?

January is the traditional time for a detox after the excesses of the festive period, so how about a social detox?

Do I need one? If there is someone in your life who drains your emotional energy, then that person is likely to be toxic and you are better off without them.

Fortunately, our seven-step plan will free you from social toxicity in 2019

Identify – Toxic people are manipulative and selfish. They are impossible to work with. They rarely apologise for or own their mistakes. If you dread spending time with a person, they are probably toxic and it's time to move on. If it's a colleague or a boss start looking for another job.

Be determined - The person might be part of your social circle, or your immediate superior, or they might recognise that you are distancing yourself and try to claw back the friendship. You need to be clear in your own mind and create a mental separation, even if you can't create a physical one right now.

Set boundaries – Don't respond to texts, block their number if you can. If it's a work colleague, only respond to work-related matters and keep the relationship strictly professional. Social media is trickier. Blocking or unfriending can make life awkward if you share mutual friends or work together. I would suggest you unfollow rather than unfriend, and don't interact with them. The algorithms of most social media sites tend to flag up people you interact with regularly, so by not commenting or responding to them they will gradually disappear from your online world. Stick to your boundaries because toxic people exploit weakness.

Be less 'nice' - Not to everyone, just to toxic people. Toxic people take advantage of kind people. They thrive by draining your good energy. There is no need to be nasty, simply stop being overly accommodating.

By Louise Addison

Accept you can't save them - Toxic people show up when they need something: attention, money; a shoulder to cry on. They want a way back into your life. Be determined and maintain your boundaries. If they are in real straits direct them to resources that specialise in the help they currently require. Solving their problem is not your responsibility.

Family matters - Toxic family members are particularly difficult to deal with as a clean break is often impossible. But you can still establish clear boundaries, even if they are in your head. Limit interactions, perhaps only phone a toxic parent once a month for 20 minutes, or restrict visits to three times per year, whatever works for you. The point is, take control, visualise your boundaries clearly then stick to them.

Treat it like a relationship break-up - Be kind to yourself. We are primed as humans to need relationships, but we don't need unhealthy relationships. The more time you spend away from toxic people, with positive, loving people who bring joy to your life, the more uplifted you will feel. Make time for people who bring you happiness and let go of those who bring you anything less.

IMPORTANT - Please note that there is a difference between people who are truly toxic and people who have a negative outlook because they struggle with depression. Most of us can tell the difference between toxicity and depression. If your friend or family member suffers from clinical depression let them know that you love and support them. Don't cut them out of your life.



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

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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(solution on page 22)



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Once Upon a Time

National Storytelling week runs from January 26th – February 2nd

When did you last tell a story? Probably more recently than you think because as humans we tend to think in images and narrative.

Think about your favourite anecdote; the one you're called upon to recount at every family gathering and which gets embellished a little more each time it's told. That's story telling in action and it's the oldest art form in the world.

Since man first developed the power of speech, stories have been the traditional medium of communication between generations, used to educate and entertain.

There is evidence of storytelling in languages as diverse as Sanskrit, Old German, Latin, Chinese, Greek, Icelandic and Old Slavonic.

One of the earliest surviving records is from Egyptian culture. The sons of Cheops (the pyramid builder) are pictured in hieroglyphics on ancient papyrus entertaining him with stories.

Specialist storytellers evolved, known as bards. They were also poets and musicians and their job was to entertain by creating and performing poetic oral narrations.

These generally chronicled the events of a war or praised the daring deeds and achievements of leaders and their forebears.

Bards were also known as minstrels and jongleurs and often enjoyed a high status within their community.

The bardic community preserved many tales from different cultures which are still enjoyed

today, including:

The Merry Adventures of Robn Hood (English)

The Iliad and The Odyssey (Greek)

The Tain (Irish)

The Ramayana (Indian)

Religious leaders also made use of storytelling to guide and teach their followers. This practice is still used, particularly in Hinduism and Buddhism

Ordinary folk also told stories, particularly at festival time and many such folk tales were collected and recorded by writers such as The Brothers Grimm.

The Society for Storytelling organises the National Storytelling Week each year to promote the art, value and practice of storytelling.

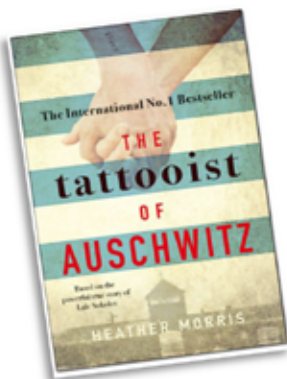
Storytelling events will be taking place in schools, libraries, museums, art galleries and residential homes. Check out what's in your area.

Web Address - The Society for Story Telling www.sfs.org.uk



By Lesley Wade

A Good Read



***The Tattooist of Auschwitz* by Heather Morris**

There are many books about the horrors of the Holocaust, some fictional, others biographical. This 2018 book is one of the later.

Heather Morris had a chance encounter with

Holocaust survivor Lale Sokolov in 2003, and over the following three years until his death, he told her the story of his life.

Lale was a Slovakian Jew and in 1942, at the age of 25, he was transported to Auschwitz in Poland. Well presented and a bit of a chancer, he managed to get appointed to a job that would allow him to remain alive for the remainder of the war, and give him privileged accommodation and food. He became the *Tatowierer* whose job it was to scratch indelible numbers into the skin of prisoners.

At first glance this might appear to be a depressing story, but it is ultimately not a story of death but a story of love, survival, and determination in the most horrific place on earth. Here the inmates try to maintain some level of existence despite the fear of death every day. Lale meets Gita, a young Jewish woman assigned to work in the camps and they plan for the seemingly unthinkable: a life beyond the camps. What Morris gives us is a story that you won't be able to put down. A story of hope that will uplift you and reveal the very best of humanity.

***The Girl in the Blue Coat* by Monica Hesse**

Adult fiction is not the only genre to venture into Holocaust literature, and age appropriate novels are available for children and young people. One such

novel is *The Girl in the Blue Coat*, aimed at the young adult market. This remarkable novel is fictional, but rooted in an impeccably researched Amsterdam under Nazi occupation.

Hanneke is 19 years old and works for an undertaker. However, she also works on the black market, obtaining items otherwise rationed or banned under Nazi occupation. She hates the new regime and the sight of soldiers in her city, but gives very little thought to the treatment of the thousands of Jews living in the Netherlands. That is until one of her clients presents her with a rather unusual request. She wants her to find Mirjam – a 15 year old Jewish girl whose family have been killed and who was in hiding until she vanished. This request takes Hanneke into a world of resistance that she never knew existed, and the true horror of the treatment of Jews becomes apparent.

Hesse brings 1940s Amsterdam vividly to life and incorporates real stories of individual heroism (such as the resistance workers who saved up to 600 babies by smuggling them out of Amsterdam) among the fictional characters she has created. Inspired by a trip to Holocaust-related sites in and around Amsterdam she draws on the real life accounts of resistance writers during the war and Jews in hiding, to present a story of how simple acts and unwitting betrayal can change lives.



By Willow Coby

Garden View

This month - Great Gardening Books

If you didn't get what you wanted for Christmas, now is the perfect time to curl up in front of the fire with a gardening book you've brought for yourself. We have a few to recommend.



RHS Great British Village Show by **Matthew Biggs and Thane Prince** - The village show is a quintessential British tradition, and for many gardeners it represents the pinnacle of their

sowing and growing year. This charming and informative book takes you behind the scenes of this very British institution, offering insights into the worlds of judges and contestants. It's beautifully illustrated with photographs, and offers wonderful gems of insider information, including how to stage your produce, and what the judges are really looking for. There are even recipes for prize-worthy jams and preserves. If you've never attended a village show this book will make you yearn for a summer of tents and teas; you might even be tempted to become a competitor.



One Magic Square by **Lolo Hubein** -

Following on from the previous book, have you ever wanted to have a go at growing your own vegetables and

fruit but feel completely clueless? We're always hearing that the best and cheapest food is the food you grow in your own garden, but it all seems rather complicated to a total novice. In *One Magic Square*, Lolo Hubein shows how you can start your own productive food

garden in ten minutes a day on a single square metre. She provides simple plot designs starting with salads, and gradually expanding to include beans, tomatoes, corn, roots and much more. She also stresses the benefits of companion planting and provides ideas. The bite-sized designs (pun totally intended!) allow you to extend by one square metre each season, or to pick your favourites. The magic of square-metre gardening is in allowing your project to grow in a manageable way, from simple to more complex. There are even designs catering for different tastes and specific diets.



RSPB Gardening for Wildlife by **Adrian Thomas** - If you long to have butterflies and bees in your flowerbeds, birds singing in your trees, and hedgehogs bustling about under your bushes then look no

further than this wonderful guide to wildlife gardening. Adrian Thomas explains the intricacies of attracting wildlife to your garden whether you have a small plot or more than an acre. His style is accessible, but rich in detail. He draws on the latest wildlife research to explain the ecological principles, and to dispel some of the myths which have traditionally prevented gardeners from pursuing a wildlife-friendly approach. There are practical projects to help you create entire habitats, and long lists of suitable plants and trees, and it's packed to brim with helpful photographs. If you love wildlife and want to encourage more to visit your garden, this inspirational book will help you sow the seeds and reap the rewards.

Happy New Year!

By Rachael Leverton

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Sudoku Solution

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

Make the Most of the January Sales

We all love a bargain, and sales save us so much money, right? Yes...but you need to shop smart to take proper advantage of the discounts, and to avoid buying things you don't need.

So here is our one-stop shopping guide to the January Sales.

Do your research - Many retailers market their sales beforehand and some even let you fill your shopping cart before sales officially open. This means you can think and plan, and make sure that your purchases are relevant to your needs. Goodbye post-sales regrets!

Shop your wardrobe first - Take stock of what you already own. This is important when you're sales shopping. It's easy to get caught up in the frenzy of snapping up a great deal only to find that you already own three almost identical items to the bargain you just bought. If you go sales shopping armed with the knowledge that you DON'T need brown boots, or another leather jacket, you are more likely to make wise buying choices. Also, if you already know what you do own you can think about what each item you purchase will coordinate with, and just like that, you're adding cool-headed calm to the sales-shopping mix!

Don't forget postage costs - If you're shopping online, extra costs like postage, customs and shipping aren't usually included in discounts. Factor this in and keep checking your cart before you hit the 'Pay' button.

Force yourself to try things on - If it's worth queueing for the changing room, and you still love it when it's on, it's probably a good find! If you can't be bothered to queue then put it back, you don't love it that much.

Set a budget - If you don't start with a limit you're almost

guaranteed to blow your budget. Because...new clothes! Also treat your budget as a limit not a target!

Beware of returns policies - Most retailers won't let you return sale items just because you don't like them once you get them home but...

Know your rights - If a sale item is faulty then your rights as a consumer are exactly the same as if the item was full price.

Plan your route - Planning will keep you focused and avoid you being lured into shops you're better off avoiding.

Take a friend - Make sure they are the rational, honest type of friend who will tell you if something doesn't suit you or doesn't fit you. to keep you from blowing your budget on things you shouldn't.

Wear clothes that are easy to get in and out of - you don't want to have to spend half an hour in the changing room taking off boots with fiddly catches and tops with twenty buttons multiple times. 'Nuff said!

Eat something first - Food is cheaper and healthier at home. Plus, it's scientific fact that clothes shopping on an empty stomach causes us to make impulse buys to satisfy hunger cravings! The human brain is quirky like that.

Happy shopping.



By Sarah Davey

Forget Brain-Training, Learn an Instrument

We are told we need to keep our brains active as we age, to help stave off cognitive decline and the risk of dementia. A whole industry has grown up around this, and we are urged to buy the latest brain-training apps and books. Yet research has thrown doubt on a lot of the hype surrounding these, with many now dismissed as useless gimmicks.

But there is robust scientific evidence which shows that learning to play a musical instrument is not just beneficial to children: adults benefit too and it may even be helpful to patients recovering from brain injuries.

Playing a musical instrument is a rich and complex experience that involves integrating information from the senses of vision, hearing, and touch, as well as fine movements. Musical training can induce long-lasting changes in the brain. Professional musicians are highly skilled individuals who spend years training, so they provide a natural laboratory in which neuroscientists can study how such changes – called experience-dependent plasticity – occur across their lifespan.

Early brain scanning studies revealed significant differences in brain structure between musicians and non-musicians of the same age. For example, the corpus callosum, a massive bundle of nerve fibres connecting the two sides of the brain, is significantly larger in musicians, and the brain areas involved in movement, hearing, and visuo-spatial abilities also appear to be larger.



Longitudinal studies (which track people over time) have shown that young children who undertake 14 months musical training exhibit significant structural and functional brain changes compared to those who do not. Learning to play a musical instrument not only increases grey matter volume in various brain regions, but also strengthens the long-range connections between those regions. Other research shows that musical training enhances verbal memory, spatial

reasoning, and literacy skills: professional musicians usually outperform non-musicians in these areas.

More recently, it has become clear that musical training facilitates the rehabilitation of patients recovering from stroke and other forms of brain damage. It also seems to have a protective effect against the onset of dementia.

One problem with commercial brain training products is that they only improve performance on the skills involved; musical training on the other hand has what psychologists refer to as transfer effects; in other words, learning to play a musical instrument seems to have a far broader effect on the brain and mental function, and improves other abilities that are seemingly unrelated, such as working memory and language.

Learning to play an instrument strengthens the brain in a way that nothing else does, so put down the Sudoku and pick up your ukulele. You know it makes sense.

By Louise Addison

Be SMART in 2019

Most resolutions fail because they are too vague. Make your 2019 resolutions SMART.

Specific - Rather than, 'I will lose weight,' say, 'I will lose 7lbs by the end of January by cutting out deserts, and walking a mile a day.'

Measurable - What does your success look like? Is it a 15lb weight-loss by the end of March? Is it fitting into a size 12 dress? An effective goal is easy to visualise.

Attainable - By all means be ambitious; aiming to save £2500 during 2019 for your dream holiday in 2020 is fine, but make sure you can break down the goal into attainable steps which can be achieved in a shorter time frame. Can you save £200 per month from your current income? If not can you pick up some bar work or sell some possessions on eBay. Maybe you could save £100 per month over two years



and take your dream holiday in 2021. Now your target is attainable.

Realistic - If your goal is to win X Factor but you couldn't hold a tune in a bucket it's time for a reality check. If you are 100lbs over your ideal weight, you are never going to be a size ten for your beach holiday in July. But

realistic doesn't just mean 'able to attain', it means 'willing to attain.' If you want to retrain as a nurse, will you put in the hours of study and take a pay cut while you're doing that?

Time-limited - Set a goal. Research shows that three months is good as it's short enough to see the end-point, and long enough for significant change. Whether it's passing your driving test, or shedding a stone or two before your wedding day; three months is a good time-frame.

By Tom Hancock

Diary Like Pepys

Even in a digital age diaries are surprisingly popular Christmas gifts. Perhaps you found yourself sitting pen-poised on January 1st.

On January 1st, 1660 Samuel Pepys was in the same position. That was the day he began his diary. He could have had no idea what an important document it would become. It is one of the most important documents for historians studying the English Restoration period, which coincidentally also began in 1660.

Pepys' diaries are special because for just under a decade he recorded the minutiae of his everyday life. It helped that he was quite well-connected. His cousin, Edward Montagu, was a high-ranking naval officer who found a position for Pepys at the Navy Office in the City of London. His hard work and talent saw Pepys promoted through the ranks very quickly. His cousin's position also meant that Pepys was



present at many important events, all of which he recorded in his meticulous shorthand.

For example, Pepys was aboard one of the ships which sailed to Holland to bring Charles II back to England. He attended King Charles II's coronation, and he was also President of the Royal Society for a while.

Pepys recorded everything. He gave vivid accounts of the Great Plague and the Great Fire of London. It is from him that we are able to relive the theatre of the period, as well as fashion and popular food and drink. His diary has been of invaluable assistance to historians and has given much pleasure to its many readers.

We are in turbulent times right now, and about to enter an extraordinary year for our country. Who knows...the historians of the future might be reading your entries on the aftermath of Brexit!

By Lesley Wade

Overnight Oats

A filling nutritious and tasty breakfast

Have you made healthier eating a part of your New Year plan? If so you should definitely try this healthy, hearty breakfast. A friend introduced me to overnight oats and I have to say I'm hooked.

First, it's the easiest breakfast ever. There's nothing to cook; you make it the night before in under 5 minutes, and when you wake up, it's there waiting. All you have to do is eat it!

The basic recipe is very adaptable; you can do so many different things with it.

I tend to eat mine cold but if you like things hot, heat them up in the microwave

Oats help to reduce cholesterol and are a whole, unprocessed source of carbohydrates, which release energy slowly so are a great start to the day.

Basic Overnight Oats Ingredients

1/2 cup dry oats (the actual cup size doesn't really matter. It's about proportions...just use a bigger cup if you have a bigger appetite)

1 cup of unsweetened milk (I like almond milk but cows' milk, soya milk, plain yoghurt or a mix of yoghurt and milk is all good)

Fruit of choice (fresh, frozen or even tinned)

1 tbsp chia seeds or ground flax seeds (optional but good for healthy omega 3 fats)

Nuts (optional)

Method

1. Combine everything into an airtight bowl or jar (I leave nuts out as I like them crunchy)

2. Leave in the fridge overnight

3. Eat in the morning! You can heat them if you like.

Variations:

Fruit: apples, banana, nectarines, blueberries, strawberries, figs, redcurrants (most fruits taste great).

Flavourings: flaked or desiccated coconut, ground almonds.

Sweeteners: If you have a sweet tooth you can add maple syrup, honey or jam. My kids experimented with chocolate milk too – lovely with bananas.

Healthy fats: flax, nuts, nut butters

Toppings to add in the morning: granola, nuts, raisins, sour cherries, additional fruit, chocolate chunks



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Fundraising for coastal safety

Last year while holidaying near Salcombe I witnessed real-life lifeboat rescue. I was humbled by the professionalism of the crew and realised that living inland I had never really thought about lifeboats before. Afterwards I



spoke to a crew member. He told me that countrywide on average there are 24 call-outs per day so there is a good chance that while you are reading this a lifeboat crew is in action somewhere on our coast.

British and Irish coastal waters can be treacherous. During the 18th century around 1,800 ships were wrecked around the coasts of Britain and Ireland – everyone who put to sea accepted the risk and assumed there was little anybody could do to save lives.

A London coachbuilder, Lionel Lukin, paved the way for the first purpose-built lifeboat when he designed the world's first unsinkable boat in 1785.

Lukin wanted to improve boat-safety and experimented with a Norwegian yawl (a sailing dinghy) on the River Thames. Lukin incorporated pockets of air in watertight bulkheads, used cork and other lightweight materials in the structure, and included a false iron keel for additional weight to help keep the boat upright.

In 1786 Lukin was commissioned to convert a coble - a type of fishing boat - into an 'unimmergible' lifeboat for Bamburgh. The result was the first known 'lifeboat', and Bamburgh Castle thus became the first lifeboat station.

In 1789 a ship named Adventure ran aground at the mouth of The River Tyne during a violent storm. The sea was too rough for the local men and their boats, so people had to stand by helplessly as Adventure's crew drowned.

South Shield's private Law House committee launched a lifeboat design competition with a reward of 2 guineas (around £2.10) for the best design. A parish clerk called William Wouldhave and a boat-builder called Henry Francis Greathead both entered. Wouldhave's design was for a boat made out of copper and cork that would right itself in stormy seas. Greathead's model was built out of wood and was an excellent design, though it didn't self-right.

As neither design was an outright winner the committee blended ideas from both to produce a final lifeboat design. The entrants were offered half the prize money each. William Wouldhave took offence and rejected the offer. So Henry Greathead was asked to build the lifeboat from the final design and went on to become known as the inventor of the first lifeboat. It was called The Original, measured 9m by 3m (around 29 feet by 10 feet) and could carry 20 people including a crew of 12.

Henry Greathead went on to build 31 Original type lifeboats over the next 2 decades for communities around the British coasts, and also abroad. He never took out a patent on his invention, preferring to share his plans for the good of others and lifesaving at sea.

By Louise Addison

World Braille Day - Jan 4th



Louis Braille was born in France on January 4th, 1809. When he was three he lost the sight in one eye due to an accident. Unfortunately the damaged eye became infected and this spread to the other eye, leaving him without sight.

Louis worked hard to master his disability and despite being unable to see he excelled in his education and received a scholarship to France's Royal Institute for Blind Youth.

During his studies he was inspired by the military cryptography of Charles Barbier of

the French Army. As a result of this Louis developed a system of tactile code that allowed the blind to read and write as efficiently as their sighted counterparts. Braille presented the results of his hard work to his peers when he was just fifteen years old in 1824. Five years later he published his first book about the system he had created, called "*Method of Writing Words, Music, and Plain Songs by Means of Dots, for Use by the Blind and Arranged for Them*".

The Braille system works by representing the alphabet letters (and numbers) in a series of 6 dots paired up in 3 rows. The idea was simple, yet genius and allowed books to be produced on a large scale in a format that thousands of blind people could read by running their fingertips over the dots. It is thanks to Louis Braille that blind students have the opportunity to be educated and work alongside their sighted peers, as well as read for pleasure just as easily as any seeing person can.

By Sarah Davey

Beat the January Blues



It's hard not to feel a little deflated after all the festive fun. Here are five ways to beat the January blue

Exercise! I can hear your groans but one of the best ways to fight the blues and improve wellbeing is exercise. January is a great time to join a gym...motivation for change is high and there are lots of introductory deals and taster sessions on offer. But if the gym doesn't appeal then try walking. A brisk walk in the open air is guaranteed to get your endorphins racing

Eat well! I know we've all eaten rather too well over Christmas but now is the time to sort out your diet. In a post-festive slump, we are far more likely to continue the cycle of eating junk food for a quick high – only to spiral downwards into feelings of guilt and self-loathing as the sugar rush subsides. Stock up on fruit and veg, lean meat, nuts and grains, and watch your energy levels rise.

Sleep more - Most of us don't sleep enough over Christmas, and sleep-deprivation is known to contribute to feeling blue. Over the Christmas period our sleep patterns tend to be more irregular, due to late nights, sleeping in unfamiliar surroundings at relatives' houses, and the consumption of more than usual quantities of alcohol.

Go to bed and wake up at the same time each day, and ensure you get at least eight-hours sleep for a couple of weeks. See how much your mood and performance increases.

By Tom Hancock

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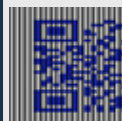
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