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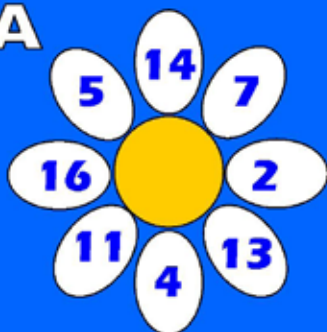
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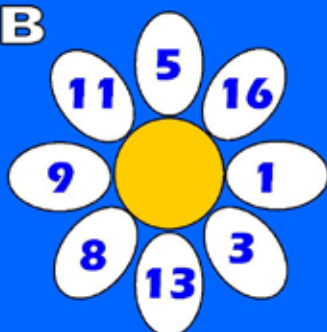
Daisy number puzzle

What numbers should appear in the centre of the daisies?

A



B



Can you find all the flowers hidden in the letter grid?

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

bluebell
buttercup
daffodil
daisy
dandelion
lily
rose
tulip

B: 8 - subtract the opposite numbers.
A: 18 - add the opposite numbers.

Daisy Number Puzzle
Solution



Flower word search
solution



Delivered FREE in Binfield, Warfield, Winkfield and Ascot. Also available at several pickup points including local libraries, garden centres and retail outlets.

For further information:

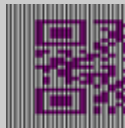
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Warfield Produce Show Saturday 22 July

Do you have a prize winning jar of marmalade or a special recipe for home-made sloe gin? A final reminder for the Warfield Produce Show, a traditional village event which takes place annually at the Brownlow Hall. Entry is open to all in categories including cookery, home-grown produce, flowers and flower arranging, home-made drinks, photography, crafts, and a category especially for young persons. Entry forms for the Produce Show can be obtained from the Parish Office, and should be returned to the Produce Show Committee by Tuesday 18 July (though late entries will be considered). Entries must be delivered to the Brownlow Hall by 10.30am on the day. The Hall is then opened to the public at 2pm for viewing (free admission), with refreshments, tombola and raffle also available. Prizes will be presented at 3.30pm. If you would like further information please visit the Parish Council website or contact the Produce Show Committee via the Parish Office.

Summer of Fun Days – Warfield Summer of Fun Friday 28 July

The Parish and Town Councils in Bracknell Forest have joined together again this year to organise 8 days of free summer holiday fun for all ages. The Warfield Fun Day takes place on Friday 28 July, 11am – 3pm, at Warfield Memorial Ground, Newell Green (by the Plough & Harrow). This is a great day out for the family with activities which include laser tag, bungee run, crazy golf, circus skills, inflatables, refreshments, side stalls and more. Why not bring a picnic! Free entry and free parking on site.

The remaining 7 events will take place at locations across Bracknell Forest, including Binfield and Winkfield from 26 July to 30 August.

Warfield Neighbourhood Plan

The statutory six week pre-submission consultation process for the Warfield Neighbourhood Plan commenced on Wednesday 21 June.

Warfield residents are able to view copies of the plan online at www.warfield-np.org.uk, and on the Warfield Parish Council website

www.warfieldparishcouncil.gov.uk/neighbourhood-plan. Hard copies can also be viewed in the Parish Office and in the Whitegrove Library. The consultation closing date for comments will be Wednesday 2 August 2017.

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. So, if you have any planning, litter, parking, open space or any other issues, then why not come along to the Parish Office to meet your Councillors on:-

Saturday 2 September 10am – 12 noon

Saturday 7 October 10am – 12 noon.

No need to book – just pop in at a time to suit

Please note that there is no surgery in August.





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Parks and Countryside Events Programme

www.bracknell-forest.gov.uk/parksandcountrysidevents

Ranger-led walks (each start at 10:30am)

Wednesday, 12 July – Swinley Forest and Caesar's Camp (L)

Meet: The Look Out Discovery Centre, Nine Mile Ride, Bracknell, RG12 7QW. Please note car parking charges apply at The Look Out.

Tuesday, 18 July – North Ascot (R)

Meet: Englemere Pond car park, off Swinley Road (B3017), SL5 8BA. Map Ref: 901 684

(L) Leisurely – up to 2 miles (1 hour) (M) Moderate – up to 4 miles (1½ hrs) (R) Rambler – up to 7 miles (2½ hrs)

Timings and distances are approximations only. For more information tel: 01344 354441.

For walking opportunities visit: www.bracknell-forest.gov.uk/walking

Historic Park Gardening Clubs

South Hill Park Gardening Group

Every Wednesday, 10am – 12 noon

Join our small, friendly group who help to keep the grounds of South Hill Park looking beautiful! Tea/coffee provided. Please bring gardening gloves if you have them.

Meet: Rear terrace at South Hill Park, Ringmead, Bracknell, RG12 7PA.

Cultivating Friends at Lily Hill Park

Every Thursday, 10am – 12 noon

Get stuck in with the Lily Hill Park gardening team and enjoy a cup of tea/coffee amongst friends. Tea/coffee provided. Please bring gardening gloves if you have them.

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

Other Events

Himalayan Balsam pulling

Learn about how and why we control invasive plants and get involved in the practical battle to stop the spread!

Saturday, 1 July, 1pm - 3pm

Meet: Garth Pond entrance, opposite Totale Rise, Bracknell, RG42 2PW.

Sunday, 2 July, 1pm - 3pm

and Saturday, 8 July, 1pm - 3pm

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

Tuesday, 25 July, 1pm - 3pm

Big Butterfly Count at Lily Hill Park

Join us in the national counting survey of our beautiful butterflies.

Meet: At the giant picnic bench. Parking available at the car park, off Lily Hill Road, Bracknell, RG12 2RX.

Friday, 28 July, 10am - 12pm

Young Explorers Day at South Hill Park

Come and join us to learn about our wonderful plants and wildlife in the park using the South Hill Park Explorer Packs. Suitable for under 11s.

Meet: Gazebo on rear field, South Hill Park, Ringmead, Bracknell, RG12 7PA. Booking required – T: 01344 354441.

Bracknell Forest Natural History Society talks

Evening meetings are usually held in the Recital Room at South Hill Park, Ringmead, Bracknell, RG12 7PA. Visitors are welcome and there is no need to book. Meetings start at 7:30pm and end at about 9:30pm (Doors open from 7:15pm), with a break for refreshments in between. Membership is £12 per year with an entrance fee of £1 for evening meetings – or come along as a visitor and pay just £3 for the evening.

16 July – Visit to Oxford Botanical Gardens (details tbc nearer the time)

For further details about these events visit: www.bfnathistsoc.org.uk 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
Nine Mile Ride, Bracknell, Berkshire RG12 7QW

rangers@bracknell-forest.gov.uk
www.bracknell-forest.gov.uk/parksandcountryside

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I Want to Ride My Bicycle



Do you remember the thrill of owning your first bike? That sense of freedom and speed? Cycling has increased in popularity again since London 2012 and rightly so – it's an eco-friendly, sociable and healthy activity. Regular family cycling trips can provide a wealth of new experiences and a sense of adventure and bonding.

It's never too late to start: even if junior is too young for their own bike they will love to travel along with you.

Please note that for most trailers and all child bike seats the child should be able to support their own head *wearing a cycle helmet*. For most children this is between 10-14 months but be sure to take advice from your local cycle specialist.

Trailers These attach to the adult's bike and may be single or double. They offer some protection from the elements as they can be covered. They can also take children up to 45Kg. An older child has enough space to take along their own snacks and a couple of toys. They can nap in comfort if they wish.

The disadvantage of a trailer is its proximity to the ground: it doesn't afford much of a view. There is also a danger that, if used on the road, some drivers

may not see it.

Hire before you buy. Most cycle-hire outlets offer a good range. It's a great way to find out if a trailer is for you.

You can buy specialist trailers for babies too young to travel in child seats or in conventional trailers. The child is securely strapped in and the framework acts as a roll-cage in case of a toppling accident. The beauty of these specialised trailers is that they also convert into a buggy. They're not recommended for road use though.

Child bike seat These are comfortable and offer a great view as the child is raised up. Choose the seat according to the child's weight and height rather than age as children vary so much.

Carrying a child alters the centre of gravity of the bike so practice on soft ground or in a safe area before you venture out on to the roads.

Trailer bikes / Tag-alongs These have one wheel, and a saddle with a curved frame which attaches to the adult bike. The child can peddle or just hitch a ride.

For an older child who wants to ride independently but who tires on long cycle rides, you can buy a connector kit to attach their bike to the adult bike. Consult your local dealer for advice.

IMPORTANT

No-one should travel in a conventional trailer or bike seat *unless* they are wearing a helmet.

Bike seats (and to some extent trailers) leave children exposed to the elements. Wrap them up warm in cold weather, and make sure they're slathered in sunscreen when it's sunny.

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Sudoku

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

How to Play

Fill in the grid so that
every row, every col-
umn, and every 3x3
box contains the digits
1 through 9, **with no
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That's all there is to it.

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(solution on page 18)

Richard J. Milam

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Garden View

This month - Take a seat

This year I decided to buy an all-weather seat for my garden. Bizarrely I didn't actually have a permanent place to sit where I could admire my hard work.

There is an art to choosing and placing garden seating. First decide whether you want to sit in full sun, or dappled shade. Watch the path of the sun and make a note of which particular parts of the garden are illuminated at each time of day.

Think about when you will sit in your garden. Will you want to eat breakfast out there? If so pop a seat and little table in a spot which catches the morning sun. If like many of us the only chance you get to sit out is during the evening then look for an area which is bathed in golden light of late afternoon. Would you like to dine out doors in the evening? Can you make room for a table, and would a patio heater be a good investment, so you can make the most of the setting.

If the only area you can place a bench is in baking sun then it's good to place some sort of overhead structure. It can be as simple or elaborate as you like. Sawn tanalised timbers can be used to make a very simple frame over which you can train a vine or climber. Use galvanised screws and it should last 20 years, providing a delightful place to rest.

Choose all-weather furniture for ease of use unless you have oodles of storage space for the winter months. Plastic is cheap but can look very tacky. There are some wonderful synthetic wicker style pieces available now though, and excellent metal furniture which requires no care at all. My favourite material is wood though mostly this does require ongoing maintenance. I did discover some rather attractive polystyrene slatted

furniture on an aluminium frame which looked remarkably like the real deal. If finances allow you can buy beautiful teak wood furniture which requires very little in the way of after care.

Try before you buy! Yes you want your furniture to look wonderful but the most important factor is comfort. Are the seats wide enough? Is there enough back support? Does it come with pads?

Finally, to bring a touch of indoor comfort and style to an outdoor area I discovered outdoor rugs! Yes really. Made from long-lasting material, outdoor rugs can cope with rain or shine. They are made from robust, resistant, easy-care synthetic fibres, which absorb minimal moisture and which dry quickly afterwards. They don't fade even when exposed to bright sunlight and are cleaned easily by vacuuming, with a broom, or by beating them. I was a sceptic, but I think I'm a convert and bought a little one to place in front of my bench. My dog loves it!



By Rachael Leverton

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A Good Read



Little Altars Everywhere by Rebecca Wells

One of the marks of a great book is that it can let you travel the world, and even through time, from the comfort of your own living room (or coffee shop – depending on

where you are reading). This is exactly what *Little Altars Everywhere* does. From your familiar surroundings in the UK this transports you to Louisiana in the heart of the southern states of America and throws you into the lives of the Walker family. Siddalee is the eldest daughter in the family and she is the narrator who opens the story. Growing up in the 1960s life is changing around her and it is only as an adult that she can begin to deal with the turbulence of her childhood.

Each chapter is told by a different member of the family. There is Vivi, the matriarch, and Shep, a father who tries to provide for his family but is under a lot of pressure and unable to quite express his feelings. Siddalee's voice is joined by her siblings, Little Shep, Lulu, and Baylor. This is, in many ways, a collection of short stories, each giving a glimpse into life for the Walker clan.

From the summers spent in Spring Creek, to dance classes, a pregnant dog, and a runaway daughter, the pieces gradually come together. Accompanying the family through their experiences are the Ya-Yas: four close friends, including Vivi, who are loud, colourful, and vibrant. But this is not always an easy story to read. Families can hide secrets that the outside world will never know and the consequences won't be felt for years.

The Beast Within by Serena Valentino

We all know the story of *Beauty and the Beast*. Whether it is through the original fairy tale, Disney's 1991 animated hit, or the recent live action remake. But is there something missing from the story? How much do we know about what happened BEFORE Belle arrived at the Beast's castle to rescue her father? What really happened to turn a beloved prince into a reclusive beast?

Offering a fresh twist on the classic story, this tween/teen read contains many 'ooh, that's clever' moments. Of course, we know that at the end of the story Gaston will arrive at the castle to kill the Beast. But suppose they were once best friends? Filled with familiar characters such as Lumiere and Cogsworth this novel offers another layer to the story we all know. Whilst it is not the greatest work of literature it will definitely appeal to fans of either the animated or live action movie, and is one of a growing series of novels telling the darker side of Disney classics.

By Willow Coby



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Crystal Jones **07766 114202**

A vertical advertisement for Steve Coventry, a painter and decorator. The background features a series of vertical stripes in various colors (pink, yellow, green, blue, purple). At the top right, there are three colored dots (green, yellow, orange). The text includes the name 'Steve Coventry', the title 'Painter and Decorator', the address '19 Worcestershire Lea Warfield Berkshire RG42 3TQ', a list of services with corresponding colored dots, and the phone number '01344 486555 • 07810 348982'. At the bottom right, there are three colored dots (blue, pink, purple).

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Why We need Stories at Bedtime



I loved bedtime stories as a child and now I'm enjoying them again with my own children.

Bedtime stories are calming, fun and snugly time and those are good enough reasons on their own for indulging. But Bedtime stories have other benefits too.

Communication

Reading is one of the most important communication tools available to us and is fundamental in establishing essential pathways in the brains of early learners. It enhances basic speech and reading skills,

but less obvious skills such as, those required to make friends in the playground, and to concentrate in class.

Improved Emotional Understanding

Most of us have cried or laughed at a good book. Bedtime reading can help us broach difficult topics in a safe environment. We can explore powerful emotions through the medium of fiction. The shared experience of reading together fosters stronger connections and provide topics of conversations well beyond the fifteen minutes at bedtime.

Improves imagination and feeds curiosity

The effect of reading on an individual's imagination is unparalleled. Books allow our children to explore both our world and fictional ones. It can also help to express their individuality and help them discover interests that may not be covered at school.

By Sarah Davey

Useful Numbers

Crimestoppers (Anonymous freephone number)	0800 555 111	Gas Emergency	0800 111999
Thames Valley Police (Non-emergency number)	101	Electricity Emergency	0800 404090
Emergency	999	Power Cut Helpline	105
Bracknell Forest Council (Customer Services)	01344 352000	Water Emergency	0333 0000365
Bracknell Town Council	01344 420079	ChildLine	0800 1111
Binfield Parish Council	01344 454602	Samaritans	116 123
Warfield Parish Council	01344 457777	DrinkLine	0300 1231110
Winkfield Parish Council	01344 885110	National Rail Enquiries	03457 484950
NHS help & advice	111	Gatwick Airport	0844 8920322
Heatherwood Hospital	01344 623333	Heathrow Airport	0844 3351801
Royal Berkshire Hospital	0118 3225111	South Hill Park	01344 484123
Wexham Park Hospital	01753 633000	Bracknell Leisure Centre	01344 454203
		The Look Out	01344 354400

Sudoku Solution

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

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Not Ready for Retirement



Even though retirement ages have been increased recently many people find that when the time comes we don't feel quite ready to down tools and head to the allotment or the golf course. All the knowledge, skills and qualifications we've achieved over the years can't just be switched off, and we might not feel ready to step out of working life entirely. So if the calendar says one thing but our heart and mind disagree, what should we do?

Don't despair; there are in excess of 1.3 million pensioners still in work. We represent 11% of the total workforce, and are living proof that many companies recognise our experience.

Staged Retirement Talk to your boss or line manager in advance of your retirement. Ask if you can stage your retirement over a couple of years, maybe dropping to a three day week, then two days etc. Many companies are happy to accommodate loyal employees. Stress that it will make any transitions run more smoothly because you will be able to pass on your knowledge to your replacement and allow them to gradually take over. If you regularly deal with clients it can be very reassuring for them to know that you are still around.

Benefits Find out what your entitlements are. Check out www.direct.gov.uk to find out about pensions, earnings and tax. If you prefer to talk to someone in person on the phone, ensure you have all relevant

information to hand: P45, NI Number etc. Even if you're only entitled to a few pennies at this stage, the important thing is that you are registered. Other benefits may come your way later.

Job-hunting www.jobcentreguide.co.uk provides an abundance of information on vacancies and also free CV advice, which is especially helpful if you are out of practice in the art of selling yourself to a prospective employer. You can register your CV on line with any number of agencies, such as www.reed.co.uk, which show jobs in your area, and assist with careers advice. If you prefer to register in person, pop into your local Job Centre or Recruitment Agency. These are all positive moves which will help you feel more confident and in control.

There are many ways to research information about employment. The library and your local college are good starting points. Libraries often have computer terminals available for public use, and some run courses if your PC skills need polishing.

When you get an interview:

Be positive Stress the good reputation of the firm plus other positive information.

Play to your strengths Explain how the skills you've acquired throughout your working life will benefit this company

Play down the negatives of retirement Describe any voluntary work, hobbies studying and training you've completed.

As an older person Play on your experience and loyalty but...

Reassure the employer You are hard working, flexible and willing to learn.

Think of retirement as a fresh start. It may be a chance to reinvent yourself and it's never too late to land your dream job.

Good luck.

By Christine Harris

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SCULPTURE PARKS



*Vertical Face, by Rick Kirby, at
Burghley House*

The sculpture parks and trails of England are a rather well-kept secret. They are found all

over the country and are great places to visit and introduce the kids to real art. They are also good introductions to for anyone who is curious about art but feels they would be a bit out of their depth in a gallery. You can take a picnic and the children can run around. Many are free, or very cheap to enter. Each sculpture park is different in character depending on the surrounding countryside. Why not have a day outdoors and take in some culture at the same time?

Our picks of the parks are:

Yorkshire Sculpture Park – with pieces by Elisabeth Frink, Barbara Hepworth and Antony Gormley

New Art Centre, Wiltshire – set in beautiful lovingly planted gardens.

Burghley House and Gardens, Stamford – My children loved this when they were tiny. There is an additional garden of surprises with quirky water sculptures that children can play in.

Forest of Dean Sculpture Trail, Gloucestershire – 20 sculptures set along a trail which takes about three hours to walk round.

The Pride of the Valley Sculpture Park, Surrey – An enormous number of sculptures, and a varied landscape including lakes and woodland.

Broomhill Art and Sculpture Garden, Devon – More than 300 sculptures in 10 acres of land!

By Rachael Leverton

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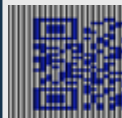
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