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June  
2017

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# Kids Page

Can you find the only sad face?



Did you know smiles are contagious? Scientists have proved that when you smile at someone the muscles of their face automatically twitch into a smile right back!

8	1	6

## Add it up!

Can you place all the numbers from 1-9 into the grid so that every column up and down, side to side and diagonal adds up the same number? The first three numbers have been inserted for you.

## Silly Jokes

What goes up and down but does not move?  
A staircase!

What did one loo say to the other?  
You look a bit flushed!



Number 15

9	1	8
6	5	3
7	2	4

Solution  
Number Grid



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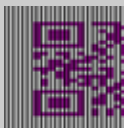
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WARFIELD RESIDENT

# Parks and Countryside Events Programme

[www.bracknell-forest.gov.uk/parksandcountrysidevents](http://www.bracknell-forest.gov.uk/parksandcountrysidevents)

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

**Wednesday, 14 Jun – Through the wooded relics of Bracknell (L)**

**Meet:** Mill Park car park, off Wildridings Road, Bracknell, RG12 7WT.

**Tuesday, 20 June – Around Larks (R)**

**Meet:** Larks Hill car park, off Harvest Ride, Warfield, RG42 2QD. Map Ref: 870 708

(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](http://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

**Thursday, 1 June, 12noon – 2pm**

**Community Fun Day at Farley Wood Community Centre**

Enjoy games and nature based activities within the grounds of Farley Wood. Please bring a picnic/packed lunch.

**Meet:** Farley Wood Community Centre, off Turnpike Road, Binfield, RG42 1FW.

**Saturday, 3 June, 9:30am – 1:30pm**

**Three Castles Path Walk**

Join the rangers to walk a 9 mile section of this long distance route, which runs from Winchester Castle to Windsor Castle. Walk from Horseshoe Lake to Englemere Pond over varying terrain. Please note this is not a circular walk, but public transport is available. Please bring a packed lunch.

**Meet:** Horseshoe Lake car park, Mill Lane, Sandhurst, GU47 8JW. Finish: Englemere Pond car park, off Swinley Road (B3017), Ascot, SL5 8BA. Map ref: 901 684. Booking required – T: 01344 354441.

**Thursday, 8 June, 1pm – 3pm**

**Capturing Nature: Photography at Lily Hill Park**

Outdoor photography for the beginner set in the beautiful landscape of Lily Hill Park. Please bring a camera; a tripod may also be useful if you have one.

**Meet:** North car park, off Lily Hill Road, Bracknell, RG12 2RX. Cost £2. Booking required – T: 01344 354441.

**Saturday, 10 June, 12noon – 3:30pm**

**Build a Bug Hotel at Evenlode Way**

Bring plastic tubing, ceramic tiles or pots and guttering, breeze blocks, air bricks, bamboo canes, wood and any materials you can think of that bugs would like to nest in and leave on site.

**Meet:** Evenlode Way, Sandhurst, GU47 9RE.

**Tuesday, 13 June, 1pm – 3pm**

**Orienteering Open Event at South Hill Park**

Discover the orienteering course at South Hill Park and learn how to read maps, find points and solve the puzzle.

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

**Friday, 16 June, 7:30pm – 10pm**

**Discover Nightjars and Moths at Caesar's Camp**

Encounter nocturnal wildlife on this 3 mile walk through heathland and forest. Please wear suitable outdoor clothing and footwear (uneven ground conditions) and bring insect repellent, a torch and binoculars. No dogs please.

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

Booking required T: 01344 354441.

**Saturday, 17 June, 9am – 12 noon**

**Heathland Hounds at Jennett's Park**

The Thames Basin Heaths partnership and Bracknell's Parks & Countryside Rangers will be on site to promote responsible dog ownership.

**Meet:** Jennett's Park car park, off Swift Fields, Bracknell, RG12 8DY.

**Wednesday, 21 June, 10am – 2pm**

**Wildflower ID training at Goddard Way**

Learn about the different flowers and grasses of the meadow and do some survey recording. Bring a packed lunch.

**Meet:** At site noticeboard, Goddard Way, off Priory Lane, Warfield, RG42 2JP.

## 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.

**19 June – 'Reptiles' (A presentation by Philip Merrin with live specimens)**

For further details about these events visit: [www.bfnathistsoc.org.uk](http://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 01344 354441

[rangers@bracknell-forest.gov.uk](mailto:rangers@bracknell-forest.gov.uk)

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# Warfield Parish Council

Parish Office: 7 County Lane, Warfield, RG42 3JP

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[www.warfieldparishcouncil.gov.uk](http://www.warfieldparishcouncil.gov.uk)

Twitter: @WarfieldPC – Facebook: Warfield Parish Council



## Parish Assembly

On Wednesday 3 May the annual Parish Assembly took place at the Warfield C of E Primary School at their new Woodhurst site. Following an informative presentation from Inspector Dave Bryan of Thames Valley Police and a review of the year in the parish from the Chair Councillor Mrs Healy, three awards were made. Congratulations go to Derek Salter, Deputy District Commissioner of South East Berks Scouts, who received the Warfield Award for his contribution to scouting, benefitting the children of Warfield and surrounding areas. The Friends of Jealott's Hill Community Landshare received the Chairman's Annual Award to recognise the contribution the Friends have made to the promotion, upkeep and support of the Landshare project. This year's Special Award 2017 went to the Warfield C of E School in recognition of the successful integration of the new Woodhurst site into the existing school structure and for maintaining standards throughout as recognised by OFSTED.

## Warfield Fete

Remember to save the date for this year's Warfield Village Fete which takes place at the Warfield Memorial Ground on Saturday 10th June from 12 noon till 4pm. It's a great family day out, come rain or shine, with slides, bouncy castle, Morris dancing, hog roast, bric a brac, raffle, silent auction and much more! Jealott's Hill Community Landshare is this year's chosen charity.

## Family Cycle Ride Sunday 25 June

This year's Family Cycle Ride takes place on Sunday 25<sup>th</sup> June with registration from 09.30 am at Carnation Hall, Chavey Down Road, Winkfield Row, with the event starting off at 10am. For those who might not have taken part before, it's a beautiful 10 mile circular ride around the quiet country lanes of Warfield and Winkfield. At the end of the ride everyone receives a certificate and the under 15's are awarded a medal for completing the circuit. Refreshments will also be provided at the end of the ride!



## Warfield Produce Show Saturday 22 July

Don't forget that entry forms for this year's Produce Show, which takes place at the Brownlow Hall can be picked up from the Parish Office. More details in next month's issue. Closing dates for entries will be by Tuesday 18 July.

## Parish/Borough Councillor Surgeries

The Parish Council holds monthly surgeries in the Parish Office to enable residents to discuss their issues with Parish and local Borough Councillors. The next surgeries are on Saturday 3 June, 10am – 12 noon and Saturday 1 July, 10am – 12 noon. No need to book – just pop in at a time to suit.

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## 4K TV

A few weeks ago I had to buy new television. And that's when I first came across the term '4K TV'. My last set was a high definition (HD) television, but since then things have moved up a notch.

So what exactly is 4K TV and is it worth upgrading?

4K, or Ultra HD, gives you about four times the resolution of a normal HD TV. This means the picture will be sharper and show much more detail, especially when viewed on larger screen sizes of more than 40 inches. The latest sets will include HDR (High Dynamic Range) making the colour depth far richer and more lifelike than anything before. When these two features



are added together the result is a truly wonderful viewing experience.

The catch is that to get the full benefit your DVD player, media player, or anything else you plug into your TV must also use 4K. And

of course you'll need to upgrade your movies to the new spec too. So this cost should be factored into any decision you make.

Is it worth it? Well, when I saw a 4K movie playing on a large 4K screen it did look amazing. In fact so amazing that I invested in a 58 inch 4K TV and a disc player. 'Invest' is the right word to use as 4K will gradually become the new norm, just as HD and Blu-ray did a few years ago.

**By Tom Hancock**

# Garden View

## This month - The humble viola



compost until they become established. They can then be planted out in the garden. The whole process only takes a matter of a few weeks!

Violas are happy in sun, or dappled shade and prefer soil that doesn't become too dry, so in fact they are the perfect plant for most British gardens and will provide masses of colour at ankle-height.

I have many favourites. There is a pretty purple and yellow one in my garden called Heartsease which migrated from a neighbour's garden and has self-seeded everywhere. I added Grey Owl, which is pale blue and soft yellow, and I propagated one from my mother-in-law's garden, called Irish Molly, which is various shades of subtle green, though I've seen

other colours also being sold under that name! This year I have an exquisitely pretty fragrant variety called Sorbet 'Yellow Frost'. I can't recommend it highly enough.

The thing is, they are so easy to grow that you can go to any garden centre and pick your favourite colour combination.

Whether you say vee-oh-la or vy-oh-la, this lovely little flower will add music to your garden display.

Happy Gardening.

***By Rachael Leverton***

Living in a house full of string players I have to think how to pronounce viola. My musicians say vee-oh-la but gardeners generally say vy-oh-la! Either way it's a wonderfully obliging little flower and so easy to grow.

Violas are a smaller-flowered version of a pansy but are more reliably perennial. They come in an amazingly wide range of colours and flower patterns. They are also incredibly easy to propagate.

To make more viola plants simply cut off 7-8cm / 3 inches of the shoot tips at any time of year. Remove the lower leaves and root them into sandy compost. When they take, repot the little plantlets into 7.5cm / 3 inch pots of multi-purpose



# Julia Reading

BSc(Hons) Pod, MChS

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## Sudoku

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

### 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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You solve the puzzle with reasoning and logic - there's no maths involved and no adding up.

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(solution on page 18)

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# Wimbledon Fortnight

Wimbledon fortnight may be as British as summer rain but it originated across the English Channel. It derives from a French handball game called jeu de paume, or 'game of the palm' which was played in the 12th century in French Monasteries. Even the name derives from the French expression 'tenez-vous prêt, which means 'get ready' and was called by the player about the serve the ball. The game was first recorded in English as 'tenetz', by the poet John Gower in 1399.

The game was very popular with French royalty and it was they who introduced it to the rest of Europe. In 1414 Henry V received a gift of tennis balls from the future king of France, Charles VII. Henry then initiated the tradition of aristocratic play in Britain.

Early players hit the balls with their bare hands but soon large gloves were preferred, and by the early 16th century short-handled racquets had appeared.

The first world tennis championships were held in the mid 18th century and was recognisably the game we know today, played in an enclosed court. The rules were different though as the ball was allowed to bounce off a wall.

Two inventions transformed the game: the first was the invention of the rubber ball, which could bounce on grass, and the second was the lawnmower and roller, which allowed a smooth outdoor surface to be created. By the mid 19th century tennis was being played regularly on grass, and at the same time more powerful racquets with longer handles were produced.

The first lawn tennis club was founded in 1872 in Leamington, Warwickshire. In 1875 J. M. Heathcote asked his wife to cover a ball in flannel to make it easier to hit on wet grass. His idea was a success and quickly caught on.

Lawn tennis became increasingly popular and the management of The All-England Croquet Club, at Wimbledon in London, was persuaded to set aside one of their lawns for the game. In 1877 it changed its name to the All-England Croquet and Lawn Tennis Club and organised the first Wimbledon Tennis Championships. There were 22 entrants, all men and the winner was Spencer Gore. A separate women's championship ran for the first time in 1884 and was won by Maud Watson.

## Fun Fact

*Every year about 27,000 kilos of strawberries, 7,000 litres of cream, 60,000 pints of Pimms and 14,000 bottles of Champagne are consumed by spectators during Wimbledon.*



**By Sarah Davey**

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# WORLD'S BEST DAD!

## ***Why do we have Fathers' Day?***

At a social gathering recently someone mentioned Fathers' Day and immediately there was a chorus of, 'Made up day!' and 'Invented by greeting card companies!'

That seemed to be the general consensus, but I got to wondering whether Fathers' Day really was just the product of a boardroom meeting at Hallmark, so I set out to investigate.

There is evidence that a Babylonian boy named Elmesu, carved some sort of greeting on a clay tablet 4000 years ago wishing his father health and long life, but I don't think we can say Fathers' Day started there - mostly because that's pretty much it for the evidence until about 100 years ago.

The most common theory about modern Fathers' Day is that it originated in the US, and with one particular lady, a Mrs. Sonora Louise Smart Dodd. She felt that just as we dedicate a special day to mothers, so we should do the same for fathers. It meant a lot to her, because she and her siblings were raised in a loving manner by her own father after her mother died in childbirth.

So she began a campaign, and the first Fathers' Day was held on June 19th (her father's birthday) in 1910. It grew in popularity and in 1966, President Lyndon Johnson signed a proclamation declaring that the third Sunday in June would be Fathers' Day.



Now the waters become murky. How did Fathers' Day make the leap across the Atlantic? No-one seems to know, but it's likely that – in the manner of other American traditions - it gradually seeped into the British consciousness.

Greetings cards manufacturers definitely played their part though. Never ones to miss a trick, they began producing cards and we bought them. It seems that in the UK, Fathers' Day really took off in the 1970s but, unlike in the US, it's never been declared an 'official' day.

Still, as traditions go it's a nice one. The role of dads has changed a lot in a generation. Most now take on a substantial amount of child care and are much more hands-on than their own dads were. Research shows that dads who are involved in day-to-day childcare are key figures in helping their children develop good self-esteem and self-confidence. Their rough-play helps children learn a sense of control and independence. Crucially, dads who get involved when their children are young, are much more likely to stay involved and in touch if their marriage breaks down.

Dads are important, so let yours know how much you love him this Fathers' Day.

***By Sarah Davey***

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(Non-emergency number)  
Emergency 999

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(Customer Services)  
Bracknell Town Council 01344 420079  
Binfield Parish Council 01344 454602  
Warfield Parish Council 01344 457777  
Winkfield Parish Council 01344 885110

NHS help & advice 111  
Heatherwood Hospital 01344 623333  
Royal Berkshire Hospital 0118 3225111  
Wexham Park Hospital 01753 633000

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Electricity Emergency 0800 404090  
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Water Emergency 0333 0000365

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DrinkLine 0300 1231110

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



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# Trooping the Colour

The custom of Trooping the Colour dates back to the time of Charles II in the 17th.

Although I know about the parades which mark the Queen's official birthday I have never really known what the phrase 'Trooping the Colours' actually means.

In fact The Colours carry upon them all the battle honours of a Regiment and as such have major significance for each and every soldier serving in that Regiment. In olden days they were hung outside the Battalion or Regimental headquarters after a good day's battle, so The Colours identified their headquarters. They were carried into battle so that in the fog of war, if a soldier was lost, he knew to search for the colours to locate the rest of his Regiment. Hence each day The Colours were trooped in front of the soldiers to make sure that they would always recognise them.

In London, the Foot Guards used to do this as part of their daily Guard Mounting on Horse Guards and the modern Trooping the Colour parade is along similar lines.

The Grenadier Guards first began to mark The Sovereign's Official Birthday under the reign of Charles II in 1748. When George III became King in 1760, it was ordered that parades should mark the King's Birthday. With only a few breaks, most notably for the two World Wars, The trooping of the Colours has been an annual event since.

The impressive ceremony is now held on the occasion of our own Queen's Official Birthday. The precise date varies but it takes place in June. It is carried out by her personal troops, the Household Division, on Horse Guards Parade, with the Queen herself attending and taking the salute.

The Queen used to ride her own horse, side saddle, wearing the uniform of the regiment whose colour was being trooped. Since 1987, she has attended in a carriage. Regiments take their turn for this honour in rotation depending on their operational commitments.

Over 1000 officers and men, and 200 horses take part in the parade, together with 200 musicians from six bands and corps of drums. The parade route extends from Buckingham Palace along The Mall to Horse Guards Parade, Whitehall and back again.

As the clock on the Horse Guards Building strikes 11am, the Royal Procession arrives and The Queen takes the Royal Salute. The parade begins with the Inspection, The Queen driving slowly down the ranks of all six Guards and then past the Household Cavalry. After the event, the Royal Family gathers on the balcony of Buckingham Palace to watch an RAF flypast.



**By Tom Hancock**

## *Run Safely in Summer*

### **Dress appropriately -**

Loose-fitting clothes help take advantage of any breeze. Investigate techno fabrics which allow sweat to pass through them and evaporate, keeping your core temperature lower. Use sunglasses and waterproof sunscreen. A visor to protect your face is a good idea but not a tight-fitting hat because the head is where we lose the most heat.



runs use drinks which help maintain electrolyte levels.

### **Start slower, stop sooner**

- Start your run a bit slower than usual. Know when to stop, because heat-induced illness is serious. Signs to watch for are headaches,

confusion, loss of muscle control, hot and cold flushes, clammy skin and an upset stomach. If you experience any of these, seek shade, a drink and transport home.

**Use waterways** - If possible try to choose a route that passes near water because it's usually cooler and breezier which will help keep your core temperature down. You can make use of rivers, streams, a lake or the sea. If you can finish your run with a brief swim it's a great way to cool down quickly.

**Choose the right time** - Avoid midday and 3pm when the sun is at its strongest. If you're training in a city air quality is best in the morning, and try to choose a route which provides a lot of shade.

**Keep hydrated** - Hydrate well about two hours before a run, even if you don't feel thirsty. For shorter runs of less than 45 minutes, drink water throughout. For longer

*By Tracey Anderson*

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## Architects

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## Chiropodists

Registered Podiatrist

## Cleaning

Specialist Cleaning Services

## Computer Repairs

Computer Help

## Curtains & Blinds

Caroline York

## Decorators

Steve Coventry

Thomas Painter & Decorator

## Electricians

Warfield Electrical

## Estate Agents

15 Richard Worth

## Fencing Services

3 A Rooney Fencing & Gates

## Funeral Directors

9 Lodge Brothers

## Gardens/Landscaping

10 Hicks Landscapes

Moss End Garden Machinery

Simply Green Landscapes

13 Woodchips Tree Surgery

## Kitchens & Bedrooms

5 Applewood Kitchens

## Oven Cleaning

19 SGH Services

11

## Plumbers

Heatcare

19 Heat & Plumb

Heat Plant Services

Paul White Plumbing

## Property Maintenance

24 CJC Maintenance

CM Maintenance

Decorace

7 DMS Building & Landscaping

Just Wood

K.A.D. Plastering

17 NEN Building Services

TBG Home

Thomas Painter & Decorator

23

## Roofing

12 DB Roofing

12

## School Events

Meadowbrook Summer Fayre

1

## Vets

Kynoch Vets

23

## Windows & Doors

Premier Plastics

5

11

7

17

15

17

5

11

9

3

21

10

11

15

13

22

22



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