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MUS Paye

Can you name the popular supper dishes by solving the clues? The first one is done for you



Beans on toast







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Can you find all the famous book characters hidden in the grid?

Alice Angelina Aslan Charlie Gruffalo Hairy McLary Harry Hiccup

Matilda Miffy Paddington Peppa Peter Pippi Pooh Spot



Picture Clue Answers Chicken Soup Scrambled eggs Cottage pie

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Mord Grid Solution



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Warfield Environment Group

Managing Road Verges for Wildlife

You may have noticed that three verges in Whitegrove are now being left unmown apart from their footpath edges. WEG is working in partnership with Bracknell Forest Council to manage these as wildflower areas for the benefit of wildlife. We will



assess the current wildlife value of the verges soon, then develop plans to improve and manage the verges to increase biodiversity in the area. Watch this space!

Annual Newt Survey

We surveyed for newts at the Newt Reserve at the beginning of May and counted 3 great crested and 17 smooth newts. Great crested newt numbers were a little low, possibly due to some unseasonably cold nights. We do hope members of the public will be able to attend our event in 2022.

If you've not yet visited, the Newt Reserve is a hidden gem, accessed via Gough's Lane or Flemish Place. Newts can be difficult to spot but you may see the giant one which 'guards' the ponds!





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Warfield Environment Group



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Welcome to the June update from Warfield Parish Council

Photography Competition for 2022 Warfield Calendar

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

The closing date for entries is 3 September 2021 and any photograph taken between September 2020 and September 2021 can be entered. 13 winning entries will be selected and included in our 2022 calendar. For more information and how to enter please visit our website.



Digital Wren

The council published the first edition of its new monthly digital newsletter, The Wren, in May.

To keep up to date on news and information from the parish council, please scan the QR code or visit our website www.warfieldparishcouncil.gov.uk

The digital Wren allows us to get news to you quicker and more efficiently and provide you with links to information that has not been possible before.

Events

We have had to curtail our events programme for 2021 as the country gradually moves out of lockdown following the pandemic. This has unfortunately led us to cancel The Winkfield & Warfield Family Cycle Ride in June and our Summer of Fun event in July. We have done this in the interests of public and participant safety, but these events will hopefully return in 2022.

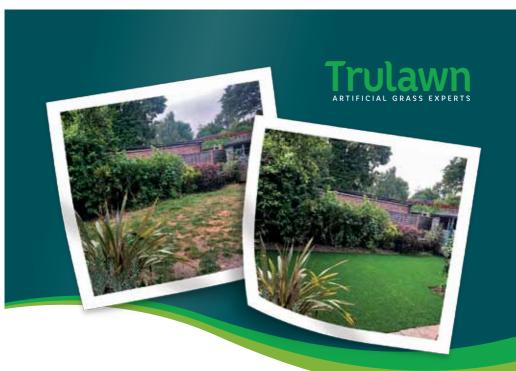
Planning for Arts Week in October continues, and more details will follow in the coming months.

Parish Office

The Parish Office is expected to reopen to visitors when restrictions are lifted later in June. Please check our website for more details.

Contact the Parish Council

The Parish Office is currently closed to visitors. Please call us on **01344 457777** or e-mail **info@warfieldparishcouncil.gov.uk**. You can also use these contact details if you wish to reach your local councillor.



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Garden View

Never too late...



mustards.
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plant heatand-sunloving herbs
like basil,
marjoram,
chives,
oregano,
thyme and
sage. Just
keep the seed
beds well
moistened.

Gardening is an ongoing affair and though timing is important, we often become overwhelmed by a sense of being 'too late to plant' by some arbitrary date. Often we bandy dates around as though they were written in stone. My granddad insisted all potatoes and spring beans had to be sown by Good Friday. and the gooseberry bush had to be in leaf before the runner beans were sown. But in fact each season is different and garden planting dates are more flexible than traditional wisdom would have us believe! The good news is that it's not too late to plant a great garden, even in June and July.

While it is true that fruiting plants like tomatoes and peppers really need to be set out now, many other summer producers will grow even more quickly from seeds planted in early summer, when the soil is already well warmed. You'll be surprised how fast seeds will come up and explode with growth: cucumbers, beans and winter squashes, pumpkins, beets, carrots, chard and scallions, are all suitable for June planting.

It's a great time to start a crop of 'cut and come again' salad mix and mild

And even if you were super-efficient and your early-planted beans, squash, chard, carrots and basil plants are growing well, June is a terrific time to start a second crop to have ready for a late summer harvest, when the first crops of these staples have finished up. I usually start seeds every month, finishing sowing summer-producing vegetables in late June. In July and August, I move on to seeds for autumn crops like spinach, radishes, kale, leeks, peas, broccoli, more mild mustards and some pak choi.

June is not too late for flowers either. I've planted marigolds, sunflowers, cosmos, zinnias and nasturtiums at this time of year. That way when the first annuals have burned out by late summer I have a lovely smaller flush of blooms to enjoy.

If you really want to get ahead, June and July are also good times to start seeds for perennials and biennials to bloom next spring. Sow seeds in a protected seed bed, and then transplant seedlings in the autumn to overwinter. Next spring you'll be rewarded handsomely with garden full of glorious colour.

Enjoy your garden.

By Rachel Leverton

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Sudoku

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

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!

That's all there is to it.

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

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

(solution on page 22)



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Shout for the NHS at South Hill Park

South Hill Park wants to say thank you to the NHS for all the care and support they have been providing our community before, during and after the pandemic. We are so lucky to have such wonderful people leading our healthcare, so to say thank you South Hill Park is inviting anyone employed by the NHS that lives in Bracknell Forest to see SHOUT! The Mod Musical for free on Wednesday 21 July 2021 at 7.45pm.



SHOUT! The Mod Musical is an energetic, laughout-loud (and sometimes naughty) jukebox musical stuffed with dance, comedy and stunning vocals performed by an all-female cast. Recommended age 14yrs+.

With its irresistible blend of hip-swivelling hits, eye-popping fashions and outrageous moves, SHOUT! takes you back to the music, style and freedom of the 1960's. Featuring new arrangements of such classic tunes as To Sir With Love,

Downtown, Son of a Preacher Man and Goldfinger, the musical follows five groovy gals as they come of age during those glorious days that made England swing.

Chief Executive Craig Titley said: 'We have all been inspired and humbled over the past year by the dedication and care shown by the NHS. As cases in the UK continue to fall and we look forward to the end of the current lockdown, South Hill Park Arts Centre would like to thank the Bracknell Forest NHS workers and give them a night at the theatre.'

The ticket booker must currently be employed by the NHS and must live in Brack-nell Forest. They do not have to work in Bracknell Forest. To apply, the NHS worker needs to email sales@southhillpark.org.uk typing — SHOUT! for the NHS — in the subject line of their email.

In the email please let South Hill Park know if you would like one ticket or two as you may bring a friend or family member as a guest. The guest does not have to be an NHS worker. You will also need to scan or take a photo of your NHS photo ID and scan or take a photo of proof of address.

The deadline to email South Hill Park is Wednesday 30 June 2021 at 12noon. All names will then go into a ballot and all successful ticket holders will be notified by Wednesday 7 July 2021.

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MIDSUMMER'S DAY

The longest day of the year comes all too soon in my opinion. Just three weeks after the arrival of summer on 1st June, the summer solstice (21st June) has passed and we have winter to look forward to again.

It's all to do with which calendar we follow. The astronomical calendar has summer starting in March when we put our clocks forward an hour, whereas the meteorological summer runs from June to August.

This mixture of calendars is indicative of the mixed-up celebration Midsummer's Day has become. Like many other ancient traditions, it has its roots in pagan Britain but has been adopted and adapted to fit in with Christian beliefs

Our ancestors - in awe of the power of the sun - celebrated the summer solstice by lighting bonfires to protect against evil spirits. They also built stone circles, set in alignment with the rising of the sun, such as those at Stonehenge. Midsummer's Eve was a time for fairies (hence Shakespeare's Midsummer Night's Dream) and flowers, which were placed under the pillow to induce important dreams about future loves.

Christians celebrate the birth of St. John the Baptist on Midsummer's Day (24th June). Mystery plays, based on biblical events, are performed at this time of year, particularly in cathedral cities such as Chester, Lincoln and York.



By Debbie Singh-Bhatti

Never Too Early

Book an eye examination for your child



A child's development and learning can be hindered by undiagnosed or uncorrected sight defects, so early and regular eye examinations are essential to give them the best chance of succeeding in their education.

Rapid visual development takes place between birth and 3-4 years of age. Many visual defects such as long-sight (hyperopia), short-sight (myopia), a turning eye (strabismus) or a rugby ball-shaped eye (astigmatism) can be inherited.

Most visual problems are treated better if they are diagnosed early on. It's not necessary to wait until a child can read the letters on a conventional chart before taking them for an eye examination. Special picture charts and tests can be used and it's quite possible to take certain measurements without any interaction from the child at all.

Doctors, health visitors and some school nurses will carry out rudimentary vision checks, but only an optometrist will be able to provide a comprehensive accurate assessment.

Here are some signs to look out for but it's important to say that some children show no signs of anything being wrong at all, yet they may still have a serious underlying

vision defect.

- Frequent eye rubbing
- Dark circles under the eyes
- Obvious discomfort in bright sunshine
- watery eyes
- One eye larger than the other
- One or both eyes turning inwards or outwards, even if it's only sometimes

A white pupil visible in family photos, particularly where flash has been used

- Holding books very close
- Aversion to reading
- Sitting right next to the TV
- Red-rimmed eyes, or sore-looking eyelids
- Excessive blinking
- Short attention span for close-up tasks
- Poor eye-hand co-ordination

It might sound obvious but choose an optometrist who likes children (not all of them do!) and who puts them at ease. When you go into the practice there should be children's books or possibly a toy or two available to keep them occupied while they wait. A child-friendly optometrist will understand if your toddler wants to run around the room periodically or alternatively doesn't want to engage at all. If your child has special needs such as autism or anxiety and needs to visit the practice to see the room and meet the staff before attending for an appointment this should be an option. Choose someone you feel comfortable with and your child will probably feel comfortable too.

Your child's sight is precious. Book an eye examination today.

By Louise Addison

Summer Cocktails



used a large Tupperware cup with a lid before now!)

Add the rum, the 8 broken mint sprigs, the lime juice and the sugar.

Shake well and pour over ice in tall glasses.

Top up each glass with club soda to taste.

Garnish with a slice of lime and a sprig of mint. Serve.

The Sea Breeze - serves 1

Is there anything nicer than sipping a Pimms or a G&T on a warm summer evening in the garden? Probably not but sometimes the occasion seems to call for something more...well...interesting.

People are rather coy about cocktails yet many are not complicated and they always impress guests.

So here is my guide to making three perfect, refreshing cocktails; two alcoholic and one for non-drinkers.

The Mojito - serves 4

Ice cubes 150ml / 6fl oz light rum 4 whole and 8 broken mint sprigs (spearmint is lovely) 6 tbsp fresh lime juice

4 tbsp sugar Club soda

4 slices lime

Place the ice in a beverage shaker (I've

Ice cubes
50 ml / 2 fl oz vodka
50/ml / 2 fl oz cranberry juice
50ml / 2fl oz fresh grapefruit juice
Lime wedge

Fill a tall glass with ice.

Pour the vodka, cranberry and grapefruit juices over the ice.

Stir gently, squeeze the lime into the drink then drop it into the glass. Serve.

The Shirley Temple - serves 1

Ice Grenadine Ginger Ale 2 Iemon wedges Fill a tall glass with ice.

Pour a couple of dashes of grenadine over and top up with ginger ale.

Squeeze the lemon wedges over then drop into the glass. Serve.

Useful Numbers

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Sudoku Solution

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

A Good Read



Interview with the Vampire by Anne Rice

Most people are familiar with the vampire myth as originally written by Bram Stoker in the 19th century. A blood thirsty monster whose sole aim is to kill, and perhaps

transform his victims into vampires. For 70 years this was pretty much how vampires were perceived, until Anne Rice published her seminal gothic novel in 1976.

Daniel, a young reporter is approached by a mysterious man who offers to tell him his life story. The man is in his 20s and yet seems melancholy beyond his years. And Daniel soon learns why, as the man – Louis – tells a story that begins in the year 1791 in New Orleans.

Devastated by the death of his brother, Louis gives up on life and at this low point he meets an enigmatic young man named Lestat – who turns out to be a vampire seeking a companion. With his permission he turns Louis into a vampire and the two embark on a lonely life moving from city to city and continent to continent under the cover of darkness.

Known for her gothic style, it is Rice's love of her hometown of New Orleans that comes through in this wonderfully evocative novel. Her descriptions bring the city to life and she gives her vampires a voice that speaks of the agony of eternity. This hugely influential work has shaped the genre ever since.

Girl Underground by Morris Gleitzman

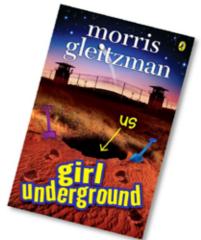
Bridget is an 11-year-old girl who is about to start at a new school. Not just any school, but one of Australia's top private boarding schools. All she wants is to stay anonymous in the hope that no one will find out about her family.

You see, Bridget isn't like the other pupils, and her family is not what you'd expect. Her dad does a roaring trade in dodgy Russian blenders and smuggling goods out of Turkmenistan, whilst her brother is in prison for robbery. Yes, Bridget is worried she will say the wrong thing and give herself away.

So, when her new friend, Menzies, asks her to help him she is worried that people might start asking questions. Especially when it turns out that it involves breaking into the Australian government to try and see the Prime Minister!

This hugely entertaining novel from Gleitzman deals with the serious issue of refugees in Australia, and debates the rights and wrongs of keeping them in detention centres as illegal immigrants. The reader will identify with the views of both Bridget and Menzies who cannot see the fairness in keeping children 'behind

bars' when all they have done is escape from their homeland in fear for their lives. This is one to spark discussion!



By Willow Coby

Choose the Right Garden Furniture



Having the right garden furniture can really enhance the hours we spend in our gardens in the Summer.

To help you decide what you need, consider how you will spend most of your time outdoors. Will it be daily alfresco dining with the family, weekend barbecues with family and friends, or just you relaxing in the sunshine with a good book? Knowing the function of your furniture can help you decide whether reclining padded beds, a sophisticated dining table and chairs, or relaxed informal seating is what you need. Of course it may be a mixture of all of the above, in which case you will need to look for versatile combinations.

The amount of space you have available should also be taken into account. You might drool over a fantastic sofa with matching arm chairs in a catalogue, but do you really have the space to accommodate it successfully, or would smaller fold-away seats be more suitable? In addition to your outdoor space, think about where you will store your furniture in Winter. Whilst vinyl covers can protect your furniture from Summer showers, it really is best kept in a shed or garage during the worst

weather. This is where foldaway pieces can be incredibly practical, or in some cases, you may be able to take pieces apart for storage too.

When considering the material of your furniture, consider durability and maintenance as well as appearance. Wooden furniture is popular and versatile, but needs regular weatherproofing. Metal items require less maintenance, but have the disadvantage of being hot to touch in the sun.

Some colours of plastic furniture also become hot, and plastic may become brittle if left outside in all weathers. Wicker and rattan pieces will need greater protection from the wet and are more easily damaged.

Cost of course will also be a factor. Plastic items are usually the cheapest, but it is generally true that you get what you pay for in terms of longevity.

Several materials offer a variety of colour choices. Remember though that white and silver reflect the light so can be uncomfortable to look at in the glaring sun, and black absorbs the heat so can become very hot. The safest colours are therefore mid-greens, greys or natural wood. Many prefer muted tones, adding style and personality through bright cushions and tablecloths.

Whatever you choose, don't go on appearance alone. The most stylish items won't get used if they are incredibly uncomfortable. So do try out your intended purchases in-store to ensure they will help you to enjoy the outdoors, and not leave you fidgety or stiff.

By Susan Brookes-Morris





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