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Kids Page

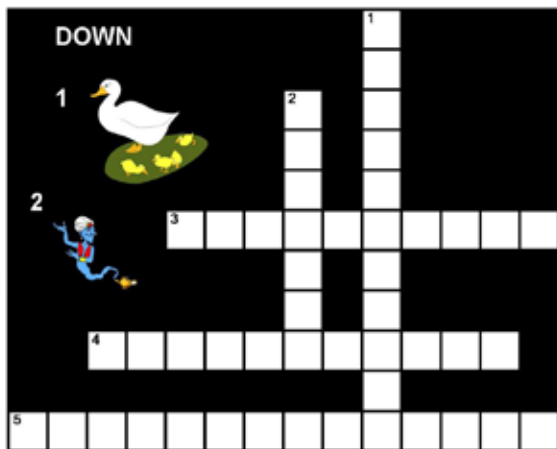
Panto Crossword

Can you solve the picture clues? All the answers are well known pantomime titles

ACROSS



DOWN



Riddle Time

I'm not a bird but my home is the sky. I'm not a river yet I am full of water. What am I?

A train travels between Maryville and Jamestown all day, always on the same track, always non-stop and always at the same speed. The noon train took 80 minutes to complete the journey, but the 4pm train took an hour and 20 minutes. How can this be possible?

Knock Knock!
Who's there?
Broken pencil.
Broken Pencil who?
Oh never mind, it's pointless!



Crossword Solution

80 minutes and an hour and 20 minutes is exactly the same amount of time!

Riddle Answers
A cloud



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

For further information:

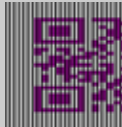
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Email

info@wordmag.co.uk

Website

www.wordmag.co.uk



Publisher

The Warfield Word Ltd

Printer

Warwick Printing Company Ltd

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We hope you all had an enjoyable Christmas break, and we would like to take the opportunity to wish everyone a happy and healthy 2018.

Christmas in Warfield!

On Friday 1 December Christmas arrived in Warfield with the first ever Christmas Tree Light Up event at the Whitegrove Community Centre. Residents joined us for carols around the tree led by Warfield Church and refreshments provided by 1st Warfield Scouts. Our Parish Council Chair Colleen Healy presided over the light switch on. Make sure you look out for details of this years event later in the year.



Jealotts Hill Community Landshare Apple Wassail – Sunday 28 January 2018

Celebrate an ancient English tradition at this free family event which is taking place at the Community Landshare in Warfield. There will be traditional wassail activities including scaring the evil spirits, ‘waking up’ the apple trees, and a bonfire to enjoy. The event starts at 12.30pm with a walk through the local countryside and then the Wassail at 2.30pm. Hot refreshments will be available including the famous mulled cider wassail cup. Booking for the walk is preferred – please call David 07867 695931 or email friendsofjealottshill@gmail.com.

2018 Parish Events

In 2018 we will be organising our usual range of events and activities for all the family.

Our Vegetable Take and Grow Event takes place in April (date to be confirmed), the Parish Assembly on Wednesday 2 May, our popular Summer of Fun at the end of July, Arts Week from Sunday 21 October and the Christmas Tree Light Up ceremony at the end of November/beginning of December. There will also be lots of other events and activities taking place which will be supporting as usual. Be sure to look out for dates in later editions.

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 6 January 2018 10am – 12 noon

Saturday 3 February 10am – 12 noon

Saturday 3 March 10am – 12 noon



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Warfield Environment Group

CONSERVATION DAY



Sunday 21st January

10.30am – 2.00pm

Meet at Westmorland Park

RG42 3QP

Looking for enthusiastic volunteers to clear rhododendron in Hayley Green Wood. Please wear suitable clothes and footwear, and bring gloves. We provide equipment and refreshments. Join us for as little or as long as you want!

For further information email
warfieldenvironmentgroup@hotmail.com
or contact Claire on 01344 302708



Next event: Litter Pick 4th March

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Parks and Countryside Events Programme

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

Ranger-led walks

Wednesday 10 January, 10:30am. Ranger led walk - Meadows and Woods. Up to 2 miles (1 hour).

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

Tuesday 23 January, 10:30am. Ranger led walk - Lakes and Ridges. Up to 4 miles (1½ hours).

Meet: Horseshoe Lake car park. Map grid ref: 847 644

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

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

Other Events

Saturday 6 January, 10am-1:30pm. Heathland Management at Wildmoor Heath.

Kick start your new year by helping the rangers conserve this precious site and enjoy a bonfire in a wonderful setting.

Tools, training & refreshments provided, please bring a packed lunch.

Meet: Wildmoor Heath car park, Crowthorne Road, RG45 7PP. Booking required, call: 01344 354441.

Saturday 13 January, 5:30pm-7pm. Traditional Orchard Wassail at Lily Hill Park.

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 from the OBJ Morris Dancers.

Suitable for all. Bring cider* or apple juice.

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

Cost: £3. Booking required, call: 01344 354441. * Please drink responsibly.

Wednesday 17 January, 10am-12noon. Community Litter Pick at Farningham Ride/Worlds End.

Meet: Car park off Horndean Road, Winfield Row, RG12 0XQ.

Historic Parks 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.

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.

January 15: The Wildlife of Baja California

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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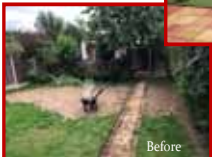
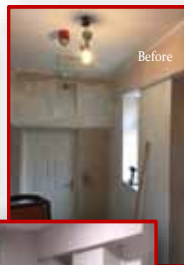


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				6	4			8
					8	2		1
	5	2		1	7			
	8	4						5
7								9
2						3	6	
			7	3		6	1	
6		3	4					
4			5	8				

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!**

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 18)

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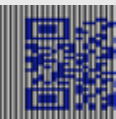
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Overnight Oats

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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Sudoku Solution

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

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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

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