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April
2025

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Kids' Page

The word 'egg' is very different in other languages. Can you find all the different version in our letter grid?



| | |
|-----------|------------|
| aeg | Danish |
| ägg | Swedish |
| egg | English |
| ei | Dutch |
| huevo | Spanish |
| jaje | Croatian |
| jajko | Polish |
| kananmuna | Finnish |
| oeuf | French |
| ou | Romanian |
| ovo | Portuguese |
| vejce | Czech |
| yumurta | Turkish |

Who's in the egg?

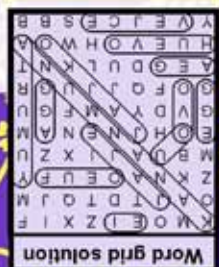
Can you guess? The first one is done for you.



How do dinosaurs celebrate Easter?
They can't, because they're eggs-tinct.



Egg-hiding solution



Word grid solution

WORD

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www.wordmag.co.uk

Publisher

The Warfield Word Ltd

Printer

Norwood Press

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and/or

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Booking essential – booking information will be published soon on Facebook and emailed to members. Email for further information or contact Sheila Collings on 07794 375306.

Parking – please walk or cycle where possible as there is limited parking in the surrounding roads.

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f Warfield Environment Group









Also this weekend: City Nature Challenge, Friday 25 – Mon 28 April



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Follow us on Facebook *Warfield Parish Council*

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Welcome to the April update from Warfield Parish Council



Community Speedwatch

Warfield Parish Council is looking for support to relaunch Community Speedwatch in Warfield. Community Speedwatch is a national initiative where proactive members of local communities join with the support and supervision of their local police to record details of speeding vehicles using approved detection devices.

We are looking for local volunteers to join a scheme we are looking to set-up in the Spring. We need volunteers to join a group or groups in

Warfield in both co-ordinator and street operator roles.

Full training and support is provided. If you would like to register your interest, please contact us.

Annual Parish Meeting

This years Annual Parish meeting is on Thursday 1st May at 7.30pm at Brownlow Hall. This is a meeting for residents, giving them the opportunity to learn more about the work of the Parish Council and to discuss local issues. All residents are welcome.

Vacancies for Parish Councillors

It is an exciting time to join Warfield Parish Council. The council is seeking enthusiastic individuals to join our team of councillors for the next four years. Together we will be working on projects and initiatives that will benefit the residents of Warfield and to protect and enhance the environment.

If you would like an informal chat on being a councillor and what is involved you can speak with our chairman, Gareth Barnard on 01344 487581. For an information pack and to apply contact Jason Mawer, the Parish Clerk on 01344 457777 or visit our website and search for councillor vacancies.

Contact the Parish Council

The Parish Office is located at the Brownlow Hall and is open Monday-Friday 9.30am -12.30pm.

If you need to contact us out of opening hours, please call us on **01344 457777** and leave a message or e-mail **info@warfieldparishcouncil.gov.uk**. You can also use these contact details if you wish to reach your local councillor.

Fooled you!

April Fools' Day

If ever you've watched the news on April 1st trying to spot the fake story we have a few fun reminders of some classic pranks from years gone by:

The most famous is probably the BBC's 1957 Panorama report on the bumper spaghetti crop. Huge numbers of viewers were duped by the footage of Swiss peasants gathering long strands of pasta from the trees.

In 1962, Swedish television viewers were fooled into thinking that they could transform their black-and-white sets into colour by stretching a nylon stocking over the screen.

Back in 1972, newspapers around the world reported that the body of the Loch Ness Monster had been found floating in the water. It turned out to be a bull elephant seal that had been placed there by a zoo worker as a practical joke.



In 2008, we were stunned to see a BBC film of Adélie penguins flying across the Antarctic on their way to spend the winter in the rainforests of South America. This became one of the most viewed videos on the internet.

In 2023 the Telegraph reported that some of Britain's tallest buildings, including the BT Tower, were to be converted into wind turbines to help Britain reach net zero under radical climate plans secretly approved by the government. "The Treasury is understood to be 'hugely supportive' of the scheme as it will help bring down the cost of electricity in London.

Who knows what the 'fake news' stories will be this year, though frankly you might be forgiven for struggling to work out what's real and what's not at the moment. Such are the crazy times in which we live that every day feels like April Fools Day!

By Lisa Johnson

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The 3 Counties Cycle Ride is back! Reserve the date - Sunday 8 June 2025. This year's 3CCR will again start and finish at Garth Hill College in Bracknell, and offers the usual choice of three routes. The 15, 34 and 52-mile routes are signposted, with both the longer routes offering friendly marshals and drink stations along the way.

One important innovation this year is that **you** can choose to ride for **your favourite charity**, and every penny of your sponsorship money goes directly to your nominated charity. Our volunteer marshals will receive money for their own nominated charities, and any residual funds from our 2025 3CCR will support Garth Hill College PTFA projects.

More great news, the enrolment fees are unchanged from our last 3CCR and we're again offering an **Early Bird discount**. If you're 18 or over and register on-line in February, take advantage of the 20% discount. There's also a 10% discount for March registrations, or register on the day for £25.

And all under 18s ride for just £1, whether they register on-line or on the day!

Also on the day, every rider can enjoy a bottle of water and a mars bar thanks to Tesco Superstores at Warfield and Martins Heron, and Fraser Budgens at Three Mile Cross. And every 3CCR rider receives a certificate and a medal for taking part.

For full details, maps and photos of previous 3 Counties Cycle Rides go to www.3ccr.org

And you can register on-line for this year's 3CCR from 1 February.

To follow us on Facebook, go to <https://www.facebook.com/ThreeCountiesCycleRide/>

The first 3 Counties Cycle Ride was way back in 1983, and over the following four decades, our riders have raised close to £1 million for local charities. And they've done it riding tandem bikes, trailer bikes and even penny farthings ... and we're looking forward to our pedalling panda joining us again this year!

The Grand National

A Legendary Test of Horse and Jockey

The Grand National is one of the world's most famous and challenging horse races, captivating audiences across the globe. It's held annually at the Aintree Racecourse near Liverpool.

It is a National Hunt steeplechase, meaning it is a long-distance race that includes large fences, water jumps and ditches. It is run over 4 miles and 2½ furlongs (about 6.9 km), making it the longest horse race in Britain. A maximum of 40 horses compete, facing 30 fences over two circuits of the Aintree course.

The Grand National is famous for its daunting obstacles, such as Becher's Brook, The Chair, and Canal Turn, which require exceptional jumping ability and courage from horse and rider. These fences are larger and more demanding than those in most other horse races, adding to the drama and unpredictability of the event. The Grand National is a handicap race, meaning horses carry different weights based on their ability, equalising the race somewhat and allowing for surprise winners.

The first Grand National was held in 1839, though its roots trace back to earlier races at Aintree. The inaugural winner was a horse named Lottery, setting the tone for the race's reputation as an event full of excitement and unexpected outcomes.

The race was founded by William Lynn, a landlord and businessman who saw the potential for a prestigious steeplechase in Liverpool. Over the years, the Grand National grew in stature, drawing larger crowds and international attention.

During both World Wars, the race was suspended, and in 1993, it was famously declared void due to a false start that went unnoticed by

many jockeys. These moments, along with thrilling finishes and underdog victories, have contributed to the Grand National's enduring legend.

The Grand National stands out for its unpredictability. Unlike flat racing, where favourites often win, the Grand National has produced numerous shock victories, including Foinavon's win in 1967 after a mass pile-up and Mon Mome's 100/1 victory in 2009.

The race is also celebrated for its famous horses and jockeys. Red Rum, the most legendary Grand National horse, won three times (1973, 1974, and 1977), securing his place in racing history. His comeback story, trained by Ginger McCain, cemented the Grand National's reputation as a race of resilience and determination.

The Grand National attracts millions of viewers. It has become a British tradition, with people from all walks of life tuning in and for many of them it's their only flutter of the year.

So, whether you're a racing fan or a casual viewer, the Grand National is a race that never fails to deliver excitement. Who will you back this year?

By Tom Hancock





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

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)

Eggs-quisite!

The Story Behind Fabergé Eggs



The tradition of giving decorated eggs at Easter dates back centuries and is rooted in Christian symbolism, representing resurrection and new life. The Russian imperial family however, took the tradition to another level.

The first Fabergé egg was created in 1885 when Tsar Alexander III commissioned the renowned Russian jeweller, Peter Carl Fabergé, to craft a special Easter gift for his wife, Empress Maria Feodorovna. Inspired by the traditional practice of giving decorative eggs during Easter celebrations, Fabergé designed an opulent egg with a golden shell that opened to reveal a golden yolk, which in turn contained a miniature golden hen and a tiny diamond crown inside. The Empress was so delighted that the Tsar ordered Fabergé to create a new egg each Easter. This tradition was continued by his son, Nicholas II, until the fall of the Russian Empire.

The eggs were not only luxurious gifts but also symbolic gestures of love and imperial power. They reflected the artistic and technical mastery of the Russian craftsmen and served as a representation of the Romanov dynasty's grandeur. Each year, the eggs grew more elaborate, often incorporating miniature surprises, such as intricate mechanical devices or tiny replicas of significant landmarks.

Although Peter Carl Fabergé was the mastermind behind the eggs, he did not

work alone. His workshop employed highly skilled craftsmen, goldsmiths, enamellers, and gemstone cutters who executed his vision with precision. The workshop became famous for its use of guilloché enamel, intricate engravings, and innovative designs. The artisans worked for months, sometimes years, on each egg, ensuring that every detail was perfect.

Fabergé's reputation for excellence attracted other wealthy patrons beyond the Russian imperial family, leading to the creation of non-imperial eggs for private collectors and aristocrats across Europe.

Historically, they represent the height of Imperial Russia's wealth and artistic excellence, as well as the downfall of the Romanov dynasty. Following the Russian Revolution in 1917, many Fabergé eggs were seized by the Bolsheviks and sold to finance the Soviet government, dispersing them across the world.

Of the 50 imperial Fabergé eggs made for the Romanov family, 43 are known to have survived, while seven remain missing. In addition to the imperial eggs, Fabergé also created approximately 15 other eggs for private collectors. Over the years, some lost eggs have resurfaced in unexpected places, including flea markets and private collections. Today, Fabergé eggs can be found in museums and private collections worldwide, with notable pieces housed in the Kremlin Armory, the Virginia Museum of Fine Arts, and the Fabergé Museum in Saint Petersburg.

As symbols of a lost empire, Fabergé eggs continue to fascinate collectors and historians alike. Their exquisite beauty and rich history ensure that they remain among the most coveted and valuable artifacts of the art world. I suspect the closest I'm going to get to a golden Easter egg this year is the foil wrapping on my chocolate one. But a girl can dream.

Happy Easter.

By Kate McCarthy

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BRITAIN'S LOVE AFFAIR WITH TEA

National Tea Day - April 21st

Tea has long been deeply woven into British culture, shaping everything from daily routines to national identity. The British are among the world's biggest tea drinkers, consuming around 100 million cups per day.

Tea first arrived in Britain in the mid-17th century when it was introduced by Portuguese and Dutch traders. However, it was Catherine of Braganza, the Portuguese wife of King Charles II, who made tea fashionable at court in the 1660s. Soon, it became a must-have for the aristocracy.

By the 18th century, the British East India Company had taken control of the tea trade, importing vast amounts of tea from China and later from British plantations in India and Sri Lanka. Tea became more accessible to the middle and working classes, particularly after the government slashed the high tea tax in the 1780s. It was during this time that afternoon tea, a tradition popularized by the Duchess of Bedford in the 1840s, became a social ritual.

By the Victorian era, tea was firmly established as Britain's favourite drink, enjoyed at breakfast, during breaks at work, and in the evenings. The industrial revolution and the rise of tea breaks for factory workers further cemented its status.

But over the past decade the rise of coffee shops and the accessibility of domestic coffee machines has meant we've gradually been consuming less tea and in 2023 for the first time coffee overtook tea as the Nation's preferred drink. But tea is fighting back. National Tea Day was founded in 2016 as a way to celebrate



Britain's deep love for tea. The event promotes tea culture through tastings, masterclasses, and tea parties, and encourages people to explore different varieties beyond their usual brew.

Since the 1960s the quality of tea has often taken a backseat. The

dominance of mass-produced teabags led to a decline in traditional, high-quality loose-leaf tea. However, in recent years, a growing movement of artisan tea makers is reclaiming tea as a craft, offering small-batch, hand-blended, and ethically sourced teas.

These independent tea companies focus on flavour, freshness, and sustainability, often working directly with tea farmers to ensure fair trade and high-quality leaves. British tea lovers are increasingly exploring single-origin teas, organic blends, and rare varieties, moving away from generic supermarket teabags.

Tea enthusiasts extoll the virtues of loose-leaf tea citing better flavour and aroma. Loose tea consists of whole or large tea leaves, which release more complex flavours whereas teabags often contain crushed leaves or 'tea dust,' resulting in a flatter taste.

Britain's tea culture has come full circle, from aristocratic luxury to everyday staple and now to artisan revival. As National Tea Day encourages people to explore the world of tea beyond basic supermarket blends, more Brits are turning to loose-leaf tea and craft tea makers. This shift honours tea's rich history while embracing a future of higher-quality, more sustainable, and more flavourful brews.

By Sarah Davey

Stress Awareness Month

Understanding Stress: Causes, Effects, and How to Manage It

Stress can be triggered by a wide range of factors, both external and internal. Some of the most common causes include:

Work and Career Pressure:

Deadlines, job insecurity, or excessive workload.

Financial Struggles: Worries about debt, bills, or job loss.

Relationship Issues: Conflicts with family, friends, or partners.

Health Concerns: Chronic illness, injury, or concerns about a loved one's health.

Life Changes: Major transitions such as moving, divorce, or the loss of a loved one.

Everyday Hassles: Traffic, household responsibilities, or managing a busy schedule.

While occasional stress is normal, prolonged stress can lead to deeper health complications.

When faced with stress, the body enters a "fight or flight" mode, releasing hormones such as cortisol and adrenaline. While this response is helpful in short bursts, long-term stress can have negative effects on the body, including:

Increased Heart Rate: Contributing to heart disease and hypertension.

Weakened Immune System: Reducing the body's ability to fight infections.

Digestive Issues: Leading to stomach pain, bloating, acid reflux, or irritable bowel syndrome (IBS).

Sleep Disruptions: Anxiety and overthinking can make it difficult to fall or stay asleep, leading to fatigue.

Mental Health Impact: Chronic stress increases the risk of anxiety, depression, and emotional burnout.

Recognizing symptoms early is key to preventing long-term health problems, and managing stress effectively does not always require medication. Many natural and lifestyle-based strategies can help:



Exercise: Physical activity helps release endorphins, which improve mood.

Mindfulness and

Meditation: Deep breathing calms the mind and reduces stress hormones.

Healthy Diet: Eating plenty of fruits, vegetables, and whole grains can support overall well-being.

Adequate Sleep: A regular sleep schedule and good sleep hygiene can help the body recover from stress.

Social Support: Talking to friends, family, or joining a support group can provide comfort and perspective.

Time Management: Organizing tasks and setting realistic goals can reduce feelings of being overwhelmed.

Engaging in Hobbies: Activities like gardening, painting, or playing an instrument can serve as stress relievers.

While occasional stress is normal, chronic or severe stress may require professional help. It's important to seek medical advice if:

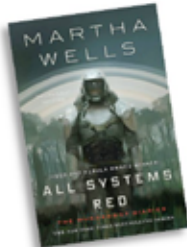
- *Stress leads to persistent anxiety or depression.*
- *There are physical symptoms such as chronic headaches, digestive issues, or chest pain.*
- *Sleep disturbances, extreme fatigue, or irritability become overwhelming.*
- *Coping mechanisms like alcohol or overeating become problematic.*
- *Stress interferes with daily life, work, or relationships.*

A doctor may recommend therapy, counselling, or medical treatment if necessary.

Stress is an unavoidable part of life, so it makes sense to understand how to manage it in a healthy manner, and to know when you should seek professional help.

By Louise Addison

A Good Read



All Systems Red by Martha Wells

This is the first novella in the Murderbot Diaries series. It's a riveting and witty exploration of identity, autonomy, and humanity through the perspective of a self-aware security bot. The protagonist, a rogue SecUnit that refers to itself as "Murderbot," has hacked its governor module, gaining freedom from its programming. Despite this, Murderbot prefers to spend its time consuming media rather than engaging with humans or exploring its newfound independence.

The story follows Murderbot as it reluctantly protects a group of scientists on a survey mission to an uncharted planet. When their mission is jeopardized by a rival corporation's sabotage, Murderbot must confront its fear of human interaction in order to save its clients. Through its interactions, Murderbot reveals a deep internal struggle with its purpose, autonomy, and desire to remain emotionally distant, even as it inadvertently forms bonds with the humans it protects.

Wells' narrative is fast paced, infused with sharp humour and keen observations about humanity's flaws and resilience. Murderbot's voice is a sarcastic, retrospective, and touchingly relatable, which means the reader will find themselves rooting for the reluctant hero. The novella raises questions about free will, artificial intelligence, and the meaning of personhood, all without sacrificing any of the plot's tension and action.

Although officially Sci-fi, sceptics of the genre shouldn't be put off. This is at its heart, character-driven storytelling with added sharp commentary on technology and human relationships. The blend of humour, and high-stakes adventure makes it a winner for all readers.

By Tash Donovan

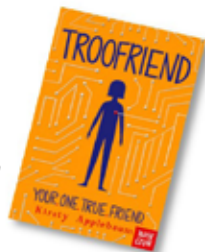
Troofriend by Kirsty Applebaum

TrooFriend is a compelling novel aimed at ages 10-14, that explores themes of friendship, technology, and ethical dilemmas in a world increasingly reliant on artificial intelligence. The story follows Sarah, a lonely girl with too-busy parents, who longs for a pet. Instead, her parents buy her a TrooFriend, a highly advanced robot companion designed to mimic human interactions but programmed never to harm or deceive. As Sarah bonds with her TrooFriend, who she names Ivy, their relationship begins to blur the lines between real and artificial connections, forcing Sarah to confront questions about authenticity, trust, and what it truly means to have a friend, and to be one.

Applebaum's captures the struggles of growing up, feeling isolated and misunderstood, while interweaving an intriguing exploration of AI ethics. Ivy's character raises questions about free will, identity, and the role of technology in human lives. Despite Ivy's advanced programming, her inability to feel emotions or act outside her directives creates some poignant moments

The book's pacing is brisk, and the dialogue feels authentic. Its nuanced themes will ensure there's plenty of material for discussion. Applebaum balances the moral dilemmas posed by AI, with Sarah's personal journey, creating a layered narrative that is both accessible and thought-provoking.

TrooFriend is a novel for today's children, experiencing the complexities of human relationships alongside the implications of their tech-driven future. Although aimed at early teens it's actually a valuable read for all ages.



Garden View

This month - Grow your own herb garden



Growing a herb garden is a rewarding and practical way to add fresh flavours to your cooking while enhancing an outdoor or indoor space with greenery and fragrance. It's easy to create a beautiful and productive herb garden in almost any space, indoor or outdoor.

Herbs are pretty forgiving and can be grown in a variety of pots, planters, and raised beds, depending on your available space and aesthetic preferences.

Clay or Terracotta Pots provide excellent drainage and a rustic look but dry out quickly, so frequent watering is required.

Wooden Planters are a good option for a natural aesthetic, but they need to be constructed from untreated or food-safe wood to avoid chemical leaching.

Window Boxes are perfect for growing kitchen herbs close to where you cook, ensuring easy access to fresh ingredients.

Hanging Baskets are ideal for small spaces, they also allow trailing herbs like thyme and oregano to cascade beautifully.

Recycled containers such as tin cans, mason jars, grocers' wooden crates and old sinks all make excellent and free containers to create a quirky, unique herb garden.

Whatever container you choose, ensure it has drainage holes to prevent root rot.

For a functional and attractive herb garden, select a combination of herbs that thrive well together and are useful in the kitchen. Obviously think about the herbs you use a lot, and plant these, but also consider unusual variations on your favourites such as lemon mint, lemon thyme and purple sage.

Ideas for group plantings:

Mediterranean Herbs - Rosemary, Thyme, Oregano, and Sage – These herbs prefer drier soil and full sun, making them perfect companions in the same container.

Soft-Leafed Herbs - Basil, Parsley, and Coriander – These require more moisture and partial sun, making them a great trio in a different planter.

Aromatics - Mint, Lemon Balm, and Chives – These herbs are fast-growing and versatile. Mint in particular should be planted separately to prevent it from smothering all the other plants.

Tea Garden Herbs - Chamomile, Lavender, and Lemon Verbena – These are great for herbal tea-lovers like me and grow well together.

Once planted, most herbs thrive on a bare minimum of attention. Mediterranean herbs thrive best in full sun and require less water. Others are happy in partial sun and their soil should be moist but not soggy.

If you use the herbs regularly in cooking, the constant trimming naturally encourages bushier growth and prevent them from flowering too early.

If you have a bit of a glut I recommend freezing sprigs or bunches of leaves in water, packed in ice cube trays. You can throw a few cubes into a casserole or soup or teapot whenever you like.

Happy gardening,

By Rachael Leverton

Useful Numbers

Crimestoppers 0800 555 111
 (Anonymous freephone number)
 Thames Valley Police 101
 (Non-emergency number)
 Emergency 999

Gas Emergency 0800 111999
 Electricity Emergency 0800 0727282
 Power Cut Helpline 105
 Water Emergency 0800 3169800

Bracknell Forest Council 01344 352000
 (Customer Services)
 Bracknell Town Council 01344 420079
 Binfield Parish Council 01344 454602
 Warfield Parish Council 01344 457777
 Winkfield Parish Council 01344 885110

ChildLine 0800 1111
 Samaritans 116 123
 DrinkLine 0300 1231110

National Rail Enquiries 03457 484950
 Gatwick Airport 0344 8920322
 Heathrow Airport 0844 3351801

NHS help & advice 111
 Heatherwood Hospital 0300 6145000
 Wexham Park Hospital 0300 6145000
 Frimley Park Hospital 0300 6145000
 Royal Berkshire Hospital 0118 3225111

South Hill Park 01344 484123
 Bracknell Leisure Centre 01344 454203
 The Look Out 01344 354400

Sudoku Solution

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

Rhubarb Crumble Cake

Use in-season Rhubarb to make this New-York style crumble cake.



Ingredients

Crumble top

260g plain flour
1 tsp baking powder
300g soft light brown sugar
1 tsp ground cinnamon
1/2 tsp ground nutmeg
1/2 tsp salt
170g unsalted butter,

Cake

260g plain flour
70g wholewheat flour
2 tsp baking powder
1 1/2 tsps. ground ginger
1/2 tsp salt
300g light soft brown sugar
170g unsalted butter, softened.
2 tsps. vanilla paste
4 eggs at room temperature
225ml buttermilk or natural yoghurt
400g Rhubarb, cut into 1.5-2cm chunks.

Method

Melt the butter in a saucepan. In a bowl sift together the flour, cinnamon, nutmeg, baking powder and salt. Stir through the sugar then add the melted butter and mix together with a spoon until it clumps together and becomes crumbly. Set aside.

Preheat the oven to 180C / 160 fan Gas mark 4. Line a 13x9-inch pan with greaseproof paper so the paper overhangs the sides of the pan.

Sift together the flours, salt, baking powder and ground ginger, adding the bran from the wholewheat flour.

Place the brown sugar, softened butter, and vanilla in the bowl of a stand mixer and beat on medium speed until fluffy and pale.

Add the eggs, one at a time, beating after each addition until well combined.

Fold in one third of the flour mixture gently. Add half of the buttermilk and mix until just combined. Add the next third of the flour mixture and fold in. Add the remaining buttermilk, mix it in then add the remaining third of the flour and fold until just combined. Finally mix everything together gently for another 30 seconds to make a smooth batter.

Place the batter in the pan and spread evenly.

Sprinkle half the rhubarb over the top of the batter, then spread two thirds of the crumb mixture, then the remaining rhubarb followed by the rest of the crumb mixture.

Place the pan so that the top is level with the centre of the oven and bake for 40-45 minutes. You don't need a thermometer to check if it's done but it does make things easier. The temperature of the cake in the centre should be about 95C when it's cooked. Remove from the oven and cool in the pan for 30 minutes. Use the excess greaseproof paper to remove the cake from the pan.

Allow the cake to cool completely. Sprinkle with icing sugar, cut into squares, and serve with thick yogurt or creme fraiche.

What is K-Pop?



K-pop is a music genre originating in South Korea that has gained international popularity. It's short for 'Korean popular music.'

While the term is an umbrella for all popular music from South Korea, K-pop has specific characteristics such as large groups, a hybrid sound, unique style, systematic training, and extensive choreography. Modern K-pop blends traditional Korean musical elements with Western influences, including jazz, soul, hip hop, and funk. K-pop groups typically feature synchronized dance moves, catchy songs, and visually appealing performances.

K-pop's rise in the UK has been facilitated by social media. With increasing album

sales and sold-out concerts, K-pop has definitely captured a significant audience. Fans are drawn to the energetic music, dynamic performances, visual appeal, and diverse themes. K-pop's innovation and global appeal have bridged cultural gaps.

Our very first homegrown K-Pop band is Dear Alice. The heart-warming documentary of their formation and rise to fame is called *Made in Korea* and is available on iPlayer.

K-Pop Bands to know.

BSB: This boy band's album, "Map Of The Soul: 7," was the first Korean-language album to reach number one in the UK in 2020.

Blackpink: In 2023, Blackpink was the first Korean band to headline a UK festival at BST Hyde Park.

Seventeen: This 13-member boy group made history as the first K-pop group to perform at Glastonbury. They write and produce their own material.

By Florence Williams

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