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June  
2022

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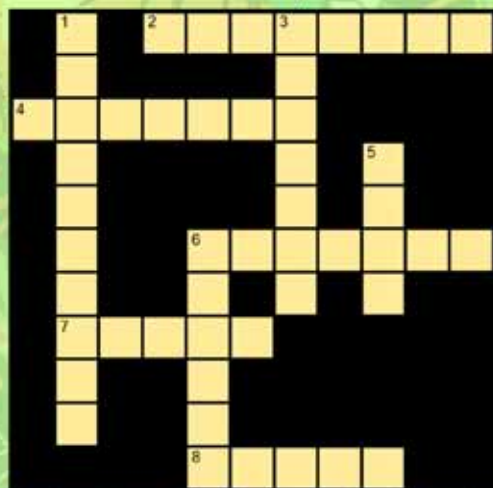


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# Kids' Page

Can you solve our zoo animal crossword?



Across

2



3



4



8



5



6



Down

1



5



## Where is my Baby?

We all know a baby dog is a puppy and a baby cat is a kitten but what about more unusual animals? Can you match the mum to their baby? The first one has been done for you.



otter  
hippo  
porcupine  
anteater  
llama  
alligator  
kangaroo

porcupette  
Joey  
hatchling  
calf  
kit  
cria  
pup



Where is my Baby?  
otter - kit  
hippo - calf  
anteater - pup  
llama - cria  
alligator - hatchling  
kangaroo - joey

Zoo Crossword Solution

# WORD

MAGAZINE

Warfield | Binfield | Winkfield | Ascot

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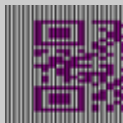
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**Publisher**

The Warfield Word Ltd

**Printer**

Norwood Press

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## Welcome to the June update from Warfield Parish Council



### Warfield Produce Show

The annual Warfield Produce Show will be on the Saturday 16<sup>th</sup> July 2022, please come along to enjoy local produce, crafts, flower arranging and much more.

Please visit the following web address to see the schedule for the show [www.warfieldparishcouncil.gov.uk/Warfield\\_Produce\\_Show\\_25330.aspx](http://www.warfieldparishcouncil.gov.uk/Warfield_Produce_Show_25330.aspx) which includes information regarding competition entry details.

### Brownlow Hall & Whitegrove Community Centre

The Brownlow Hall and Whitegrove Community Centre have availability for groups or private events. If you are interested in a booking for your group or personal party, please contact the Parish Office by email on [info@warfieldparishcouncil.gov.uk](mailto:info@warfieldparishcouncil.gov.uk)

### Warfield Summer of Fun

It is nearly time for the Warfield Summer of Fun event which is taking place on the Wednesday 27<sup>th</sup> July from 11:00 a.m. until 3:00 p.m. at the Warfield Memorial Ground. Please come along with the family to enjoy many activities including inflatables, balloon modelling etc. There is free parking on site.

### Rubbish

A lot of waste is currently being deposited in our bins at Frost Folly and Warfield Memorial Ground. We empty our bins regularly and try to keep areas clean and tidy. If you see a bin is full, please take your waste home with you or find another bin, rather than leaving it on top of, or beside the bin. Thank you.

### Dates for your diary

**Warfield Produce Show** – Saturday 16 July – Brownlow Memorial Hall

**Warfield Summer of Fun** – Wednesday 27 July – Warfield Memorial Ground

**Binfield, Warfield & Winkfield Arts Week** – 23-30 October – various locations

To contact the parish council or your parish councillor, please call 01344 457777 or visit the parish office by Tesco Warfield. Our office hours are Monday-Friday 9.30am-12noon. You can also send us an e-mail to: [info@warfieldparishcouncil.gov.uk](mailto:info@warfieldparishcouncil.gov.uk)





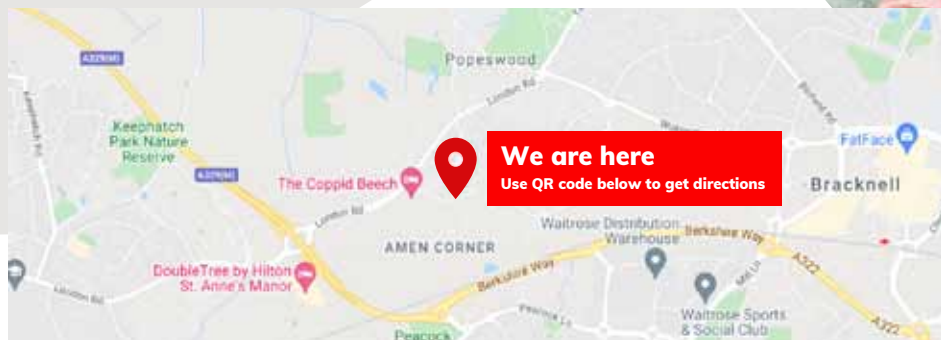
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# Warfield Environment Group

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OF  
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## ***Annual Newt Survey***

It was so good to be able to welcome members of the public back to the Newt Reserve to survey for newts. We survey to ensure the population of newts in the area is being maintained. On the Friday evening smooth newts were spotted in the lower pond using torches.



We returned early on the Saturday morning to count and release the trapped newts.

Sadly, only two were trapped, but both were the less common great crested newt. We plan to return to the Newt Reserve to conduct a further survey, when hopefully we will find more.

## ***Warfield Village Fete***

WEG is delighted that the Fete is returning this year. As usual we have a stand at the Fete and will be showcasing our new event shelter, purchased with a grant from Warfield Parish Council. Do pop in to say hello, see what we do, and have a go at the environmental craft activities on offer.



[warfieldenvgroup.wordpress.com](http://warfieldenvgroup.wordpress.com)

✉ [warfieldenvironmentgroup@hotmail.com](mailto:warfieldenvironmentgroup@hotmail.com)

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**Next event: WEG 20<sup>th</sup> Birthday Wander on Sunday 14 August**



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# Transition Time

## Is there such a thing as a mid life crisis?

We've all heard the term 'mid-life crisis.' But what is it exactly?

The psychoanalyst Elliott Jaques first suggested the concept in 1957. He hadn't completed any research though, basing his assertion solely on a few autobiographies of famous men. He declared that that men in their mid-30s go through a depressive period when they contemplate their mortality for the first time. Jaques didn't include women in this sweeping statement, citing the menopause, claiming it "obscured" women's midlife transitions!

Gail Sheehy then popularized the idea in the 70s. She based her assertions on rudimentary research from Yale, involving just 40 male subjects. In spite of this small sample, she confidently stated that the midlife crisis starts in the 40th year and ends at 45 ½, which seems oddly specific.

More recent research suggests that we all go through three to five major transitions in our lives, some voluntary and some involuntary. They might be personal, including serious illness, major career change, birth, or divorce, or they might be due to external factors such as a housefire, bankruptcy, death of a close family member or a pandemic. It can take five years or more to completely work through just one of these transitions so we could each spend 30-50% of our lives in transition. It makes a lot of sense therefore to learn some strategies for dealing with change.

First, accept that things change. Try not to fight or resist, and don't go into denial. Acknowledge the change and lean into. Embrace the fact that although not all change is bad, even positive change brings stress. A new baby is joyful, but stressful, even if you planned for it. The same goes for starting a new business.

During transition periods it helps to stick to routines. Go for a walk or a run every day;



make time to watch your favourite TV show, play five aside or practice your piano...whatever gives your life structure. These routines act as anchors to remind us that some things are still the

same, and they give our brains a chance to recharge.

Eat healthily. Stress can make us crave comfort food, or alcohol. Concentrate on buying and eating healthy foods but allow a few treats too. Exercise even if you don't want to. Walking at a brisk pace clears your mind and bathes your brain in feel-good hormones. Have plenty of early nights. Set a regular bedtime and stick to it. Regular sleep really does refresh you and help you think more clearly.

Find a support group. This can be a formal group, such as a bereavement group, or the informal support of a few good friends or family members. No-one can do everything alone. Asking for help is a mature, sensible approach to coping with transition..

Be proactive about changes. What can you do to make the transition happen more smoothly? Write the steps down you need to take and work through them one by one. When you look back you'll be surprised how far you've come.

Most transitions even positive ones, involve a grieving period for the old life, where we come to terms with what we've lost or given up; a period of readjustment, which might seem chaotic, when we change habits, shed relationships, learn new skills, maybe even move house or continent; followed by a new beginning, where we can finally see a clear path ahead of us.

We can't ignore transitions and we can't will them away. When we learn to deal with change we can accept it, embrace it, and use it to move forward in our life.

**By Tracey Anderson**

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## Sudoku

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

### 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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# Garden View

## This month - Trellis

Trellis is underutilised in most gardens, yet it has a myriad of uses. It can cover an ugly wall or screen an ugly garden building, and it can be used on one or more sides of a patio to provide privacy. You can use it as a framework to support plants but can also be a decorative feature in its own right.

Strategically placed trellis can make a garden appear more interesting. Counterintuitively it can also provide the illusion of greater space by interrupting the line of sight and making people curious so drawing them out into the garden to explore.

Most garden centres have a good range of functional and attractive trellis, readymade into units. If you can't find exactly what you are looking for there are companies who will precision cut a specific design and size for you. Obviously, you will pay more for the privilege, but you will get exactly what you want. In a small space where you might only need one piece it can be a worthwhile investment, because in a small garden any structure is more noticeable and becomes a visual statement.

If you plan to grow plants up your trellis then make sure the posts or wall that it is fixed to will support the weight of the trellis plus the full-grown plant.

It can be tempting to plant a variety of climbers, but a small space often benefits from bold planting using fewer varieties. Beware of using all deciduous plants because the structure will look bare in the winter.



Vines such as *Vitis coignetiae*, which has large heart-shaped leaves and beautiful autumn colour are great for a large area. *V. vinifera 'Purpurea'* has very attractive leaves which as the name suggests are purple. It produces bunches of dark, tightly clustered grapes.

Clematis are a good choice. *C. montana* is vigorous and might swamp a small trellis, but if you have the space

they can be grown through other climbers and produce a fabulous summer display.

Ivies are good for winter colour. Don't think that all ivies are dark green. *H. Helix 'Goldheart'* has super attractive yellow leaves edged in bright green while *H. helix 'Chester'* has leaves with wide cream margins and is good for brightening up a gloomy area.

Passion flowers look very exotic and are a particularly good choice for a trellis.

Scented climbing roses are one of my favourite plants to grow up trellis which is screening a patio. I love 'Compassion', which has the most beautiful blooms in pink / apricot, and a strong, sweet fragrance. Prune every winter.

Remember to check trellis every year for broken or rotten supports and treat periodically with wood preservative to prolong its life and freshen its appearance.

Consider adding a trellis screen to your garden this summer.

Happy gardening,

**By Rachael Leverton**



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# SUMMER LOVING

## In praise of the romantic comedy

For me, watching a rom-com is a lot like eating a whole tub of Ben and Jerry's. You know you shouldn't; you'll probably feel slightly queasy afterwards, but it feels so good in the moment. They are perfect summer watching.



You do have to accept the limitations; it's no good looking for clever subtext or the meaning of life here, and you have to be ok with cliché...actually you have to fully embrace it because cliché is the lifeblood of the rom-com.

For example, most characters in rom-coms work in advertising or journalism in a big city. Occasionally a doctor or a vet is allowed to be a main character, but the chances are at least one of the leads is trying to make a deadline or win a contract. There's the 'will they, won't they?' part of the storyline, and even though we know they inevitably will, it's important when they meet for the first time, that there's friction, or preferably intense dislike between the leads. Usually, this revolves around a car accident, or a situation where one of them acts uncharacteristically like a jerk. There is an unwritten rule that if one of the characters is a doctor or a vet they will inevitably be a 'country' doctor, or a 'country' vet and the big city journalist or advertising executive will learn salutary life lessons from their sweet, super sensible country ways...and there's generally a community fete or barn dance where the chemistry begins.

There are always ditsy / drunk / geeky / obnoxious / sensible-but-plain / seriously hot-but slightly dim / totally dysfunctional-but-loveable <delete as applicable according to the plot> best friends or family members. These characters are there for their comedic value and they are

always endearing, even the obnoxious ones.

Then there is a **PROBLEM** (capital letters intentional) for the couple to overcome. One of them isn't who they say they are, or there's a misunderstanding

where one thinks the other is married / involved in fraud / a murderer. Basically, the relationship is **ALWAYS** entered into under false pretences by one or both parties in a rom-com. These false pretences may be real or entirely imagined but they will always cause a **PROBLEM**, usually exacerbated by a well-meaning and aforementioned best friend or family member.

Finally, there is a chase as one of the leads, driven to rash action by the **PROBLEM**, rushes off to take a new job in another country. Usually, the chase scene ends with a kiss in the rain...or a fountain...or a river. For some reason water features large in rom-com resolution scenes. Oh...and the guy nearly always apologises even if the woman was in the wrong. Because rom-com rules dictate this...possibly because women are the target audience.

I know ALL this, and I still love rom-coms. Here are some great examples of the genre to discover or revisit this summer. Enjoy!

***The Wedding Planner***

***Crazy Rich Asians***

***27 Dresses***

***There's Something About Mary***

***My Big Fat Greek Wedding***

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***My Best Friend's Wedding***

***By Sarah Davey***



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## *A Quick Cup of Coffee*

### **The history of instant coffee**



I thought instant coffee was a recent innovation, but it has actually been around since the turn of the last century.

A chemist named George Constant Washington, developed and patented a coffee compound branded as Red E Coffee in the US. It was quite different from the instant coffee we know today, and a world away from fresh coffee. In the 1930s the Brazilian coffee industry wanted to develop a way to preserve excess coffee crops and experimented with liquid coffee extract. It was Nestlé, who pioneered powdered coffee, producing its iconic product in 1938. Instant coffee found

popularity during the Second World War because of its a convenience and long shelf life and the fact that it could be made anywhere without the need for a coffee machine. In fact, one year, the U.S. military bought more than one million cases of Nescafé, which represented a whole year's output for the company!

In 1963 Maxwell House developed a freeze-drying process which came to dominate the market and gave a taste more comparable with fresh coffee. The green coffee bean is first roasted to bring out flavour and aroma. The roasted beans are then finely ground and dissolved in water. This coffee solution is then dried by one of two methods: freeze drying, which is the removal of water by sublimation or spray drying.

These modern manufacturing methods have greatly improved the taste and solubility of instant coffee, allowing better aroma and complexity of taste but it can never match the taste of the freshly ground variety. However, for convenience in a busy life, it's an instant win!

**By Tracey Anderson**



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## Sudoku Solution

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

# A Good Read



## ***The Quiet at the End of the World* by Lauren James**

This novel is a deeply human story about a 'soft apocalypse' -

what happens when humans stop being able to reproduce, and you have to slowly watch your entire species go extinct as you grow up?

Teenagers Lowrie and Shen are the youngest humans left on earth. In February 2024, the population of the world was infected with a virus that made them all infertile. The only humans conceived after this date were from eggs frozen at fertility clinics.

Now it's 2109 and the population of the earth is so small that the last people have congregated in central London. They make a proxy family to protect Lowrie and Shen. The young people are taught the life skills on which they will depend when they are the last people left alone.

Alongside the remaining humans are robots working to protect the planet and the people, including lifeguard robot Mitch, who patrols the banks of the river Thames ready to save anyone in difficulty. It is Mitch who saves Lowrie and Shen when a helicopter crashes near where they are searching for treasure. The pilot had a seizure and crashed into Big Ben. Over the next few days, others start to have seizures fall unconscious, and Lowrie and Shen need to find a way to help them before they really are the only two people left on the planet.

*The Quiet at the End of the World* is a blend of philosophy and sci-fi. Woven through the plot is the story of Maya Waverley, told through old social media posts. Through Maya, Lowrie learns all about the past, the virus, the symptoms, and what happened to the world, and Maya.

**By Tash Donovan**

Beautiful, melancholic, and hopeful - this is a book written for the times we live in. 'The Quiet at the End of the World' might restore your faith in humanity.

## ***Gallant* by V. E. Schwab**

Olivia Prior is an orphan, and the black sheep at Merilance School for Independent Girls. She has to deal with lessons and bullies and the fact that she cannot speak, and no-one understands sign-language. She spends her free time drawing and studying her mother's old journal, which is full of strange inkblot illustrations. The journal tracks her mother's love affair with Olivia's father, his mysterious death, and her own descent into madness. The journal closes with one final, desperate entry addressed to Olivia: "The shadows are not real. The dreams can never hurt you. And you will be safe as long as you stay away from Gallant."

Then Olivia receives a letter from an uncle she's never heard of, requesting that she goes to Gallant, which is the Prior family estate. At first she's entranced by the colourful surroundings, and the kind staff, and even the house ghouls. The only person who is hostile towards her is her cousin Matthew. Gallant is a place of secrets. Olivia is forbidden to leave the house at night and is strangely drawn to the crumbling wall at the edge of the garden, which holds back a menace that no one wants to talk about.

This is a multi-layered modern-day gothic novel. It has it all: a haunted house, a dark, forbidding atmosphere, a tragic love story, and a rebellious heroine desperate to find her place in the world. Schwab's use of eerie imagery pairs with the illustrations to produce the magical feel of a novel which has the potential to become a classic.



# Under Pressure

## Which pressure washer should you buy?

If you've been thinking about buying a pressure washer but aren't sure where to start we have some tips.

Pressure washer size is determined by the pressure it provides rather than the physical dimensions of the washer.

### Pressure Washer Size Guide:

**Light duty:** 100 bar / 1,500 PSI and below - use for cars, bikes, garden furniture, bins, and outdoor play equipment.

**Medium duty:** 100-200 bar / 1,500-2,800 PSI - use for fences, lawnmowers, gutters, sheds, walls, decking, patios, and driveways.

**Heavy duty:** 200+ bar / 2,800+ PSI - use if you have large, dirty walls, decking, patios, or a long driveway.

**Water Flow Rate (WFR)** - The water flow rate is measured in litres per minute or hour. High WFR + high PSI provides very efficient cleaning and rinsing capability.

**Water Butt Connectivity** - A water butt



connection will allow you to purchase a compatible accessory that will connect your pressure washer to your water butt. This means that you can use the rainwater collected in your water butt for pressure washing, which saves you money and is

kinder to the environment.

**Extra features to consider** - These will determine how easy your pressure washer is to use – consider wheels, hose length, and cord length.

Most pressure washers will come with a selection of attachments such as interchangeable wands, nozzles, brushes, and detergents. But you can also buy specialist accessories.

**Caution** - Be careful with windows; especially old ones because the pressure might be too strong for the pane causing it to crack. Some pressure washers have adjustable pressure settings, and a lighter pressure setting may be suitable for cleaning windows but check the manufacturer's instructions.

*By Matthew Carter*

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# INDEX

## Accounting Services

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## Care Homes

Care UK

## Chiropodists

Registered Podiatrist

## Cleaning

Crystal Clear Cleaning

## Computers

Computer Help

## Decorators

Steve Coventry

## Fencing Services

12 A Rooney Fencing & Gates

## Gardens/Landscaping

1&15 Lawn Pride

Simply Green

Woodchips Tree Surgery

## Gutter Cleaning

GutterPRO

## Kitchens & Bedrooms

Applewood Kitchens

12 Berkshire Kitchen Design

## Oven Cleaning

21 Ovenu

SGH Services

## Plumbers

10 Heat Plant Services

Paul White

## Property Maintenance

11 DMS Building & Landscaping

22 Jubilee Building Supplies

TBG Home

TW Electrical Services

## Roofing

DB Roofing

13 Excel Roofcare

24 Monarch Roofing Services

## Travel

3 Seekers Travel

21

3

21

22

5

9

17

21

7

21

11





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