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May  
2025

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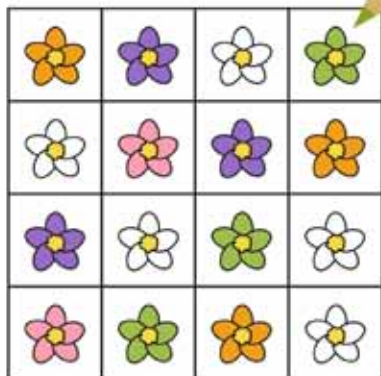
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# Kids' Page

Can you complete the puzzle by colouring in the white flowers so that no line across, down or diagonally contains two flowers of the same colour?



## FUN BUG FACTS

Dragonflies have been on earth for 300 million years

A ladybird might eat more than 5,000 insects in

A single honeybee colony can produce around 100kg of honey each year - that's 220 jars!

Can you solve our bug puzzle?

Across

Down



Q: Why wouldn't they let the butterfly into the dance?

A: Because it was a mothball.



ANSWER

# WORD

MAGAZINE

Warfield | Binfield | Winkfield | Ascot

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

## For further information:

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**WARFIELD**  
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E-mail: [info@warfieldparishcouncil.gov.uk](mailto:info@warfieldparishcouncil.gov.uk)

Follow us on Facebook *Warfield Parish Council*

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

## Welcome to the May update from Warfield Parish Council

### Warfield Village Fete

The Warfield Village Fete is taking place on **Saturday 14 June** from midday until 4 p.m. There will be plenty of fun for all the family including rides, bouncy castle, raffles, children's farm and much more. The event is all organised by volunteers and the money raised is donated to local charities so please go along and show your support.

### Warfield & Winkfield Family Cycle Ride

The Warfield & Winkfield Family Cycle Ride will be taking place on the morning of **Sunday 29 June**. Look out for more information on taking part on our website in the coming weeks.

We are looking for volunteer event marshals to help us on the morning of the event. We need help covering key route points and junctions to guide riders and provide support if they encounter difficulties. If you can help, please e-mail [info@warfieldparishcouncil.gov.uk](mailto:info@warfieldparishcouncil.gov.uk) and we will contact you.



### Summer of Fun

Our annual Summer of Fun event will be taking place on the **Wednesday 30 July** between **11 a.m. and 3:00 p.m.** at the Warfield Memorial Ground. There will be lots to keep the children busy including inflatables, circus skills, crazy golf, and a lot more. Free parking is also provided on site.

If you are unable to make this event, then keep an eye out for more information on other dates across the borough.

### 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](mailto:info@warfieldparishcouncil.gov.uk). You can also use these contact details if you wish to reach your local councillor.



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***and/or Saturday 24 May***  
***10.30am – 1.00pm***  
***Harvest Ride***

We have been surveying the verges we manage for wildlife along Harvest Ride since 2021, to ensure the work we undertake there is improving these habitats. We mostly survey the wildflowers but also insects and any other wildlife we spot at the same time. Whilst not open events due to the verges' proximity to the road, if you would like to join us on one or both days please email for further information or contact Sheila Collings on 07794 375306.



Please consider walking, cycling or using public transport to travel to our event where you are able, to help reduce emissions of carbon and other pollutants.



[www.warfieldenvgroup.wordpress.com](http://www.warfieldenvgroup.wordpress.com)  
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**Himalayan balsam pulling – date/time to be confirmed**



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Our Lifestyle team organises small group and one-to-one activities, as well as events, entertainment and outings all tailored to residents' interests and backgrounds. Daily activities range from baking and exercise classes, to pet therapy, arts and crafts and gardening. With regular trips out in the local community. The team often meets with residents to find out what they're enjoying, and adapts the programme accordingly.



### Trust us to care

Over 9,000 families across the country trust Care UK to care for an older loved one. Our team will be here for you every step of the way, whether you need information, advice or a listening ear, you can trust us to care. At Care UK, we are proud to deliver exceptional care across the UK, with some of the highest regulatory ratings of any provider. Our teams offer personalised, expert residential, nursing, dementia and respite care that has been trusted by families for over 40 years.

To find out more about Bickerton House, call **01344 981528** or visit our website, **[careuk.com/bickerton-house](https://careuk.com/bickerton-house)**



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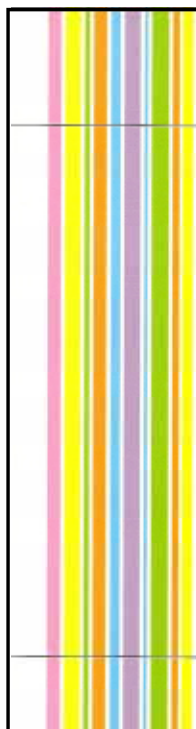
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## Sudoku

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

### 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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# BLUE DOT THEORY

## Why we see what isn't there

You know that feeling when you're convinced the group of people over there are whispering about you, or you're convinced that Kiera from accounts is giving you side-eye? Even when we know that it's unlikely to be true we still feel self-conscious right? Blue Dot Theory is a (real) psychological concept that explores how we as individuals perceive threats or problems based on our expectations, not the actual frequency of negative stimuli. It derived from cognitive science research and has significant implications for helping us to understand our social interactions, especially how we interpret and react to the behaviours of others.

The idea is simple: if we're asked to find blue dots in a series of images, we will reliably identify them. However, the number of blue dots is gradually reduced, we start labelling purple dots as blue, just to maintain the pattern. Our mind won't accept that there are now fewer blue dots — instead, it adjusts its standards to keep perceiving them. This same phenomenon happens socially.

In interactions, we all "scan" for negative signals — dishonesty, aggression, rudeness, manipulation, bias, etc. In a hostile environment where real threats are common, we're good at accurately identifying them. But as actual negative behaviours decrease — perhaps due to safer environments, increased awareness, or better communication — we don't necessarily become more relaxed. Instead, we may start perceiving even harmless behaviours as threats.

This is where Blue Dot Theory becomes crucial: when we expect to find something



wrong, we will find it, even if it's not actually there.

In social contexts, this manifests in various ways. For example, in a workplace where discrimination has been significantly reduced, we might still interpret neutral or even

positive actions as discriminatory, because our minds are primed to expect and detect inequality. On social media, we might label a differing opinion as "toxic" or "harmful" when in fact it's just a mildly dissenting view.

Blue Dot Theory reminds us that perception isn't static — it shifts with context. As real-world problems get resolved, our thresholds for what we consider "problematic" behaviour can lower, sometimes to the point where our social radar becomes hypersensitive. While vigilance can be protective, hypervigilance can erode trust and cause miscommunication.

This doesn't mean concerns about subtle social issues aren't valid — microaggressions and implicit biases are definitely real, as is gas-lighting behaviour. But Blue Dot Theory can encourage us to ask: are we seeing the situation clearly, or are we expanding our definitions to fill a void?

In conclusion, Blue Dot Theory sheds light on how our expectations shape our perceptions during social interactions. It challenges us to recalibrate our awareness — to recognize real issues without creating imagined ones. It encourages critical thinking, empathy, and a more measured approach to interpreting the actions and intentions of others.

**By Louise Addison**

# 3 Counties Cycle Ride



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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](http://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!

# Garden View

## This month - Growing vegetables: seeds or plugs?



When it comes to growing our own vegetables, one of the first decisions we face is whether to start from seed or to buy young plug plants. Both methods have their advantages and drawbacks, and the right choice often depends on our experience, time, and gardening goals. Here's a breakdown of the pros and cons to help you decide which approach suits you best.

### Sowing from Seed

**Pros:** Sowing vegetables from seed offers variety, affordability, and satisfaction. Seed packets are relatively inexpensive, and one packet can yield dozens—if not hundreds—of plants. They also provide access to a broader range of varieties than you'll typically find in garden centres. If you want heirloom tomatoes or rare purple carrots then seeds are your best bet.

Starting from seed will also give you complete control over your plants' early growth. You'll know exactly how they've been treated, what compost has been used, and whether they've been exposed to any chemicals. For many gardeners, this transparency is a big plus.

**Cons:** However, growing from seed does require time, patience, and a little bit of skill. Seeds need the right conditions to germinate - usually warmth, moisture, and light - and some varieties are trickier than others. You'll need to sow them at the

right time, monitor them daily, and often transplant seedlings to bigger pots before they go into the ground. It's rewarding, but not without effort.

### Buying Plug Plants

Plug plants, also known as starts or transplants, are young vegetable plants that have already been germinated and grown for a few weeks.

**Pros:** The biggest advantage here is convenience. You can skip the tricky germination stage and go straight to planting them in the ground or containers. This saves time and reduces the chances of early failure. Plug plants are therefore ideal for beginners or busy people who still like to garden. They're a reliable choice for vegetables with long growing seasons, like tomatoes or peppers, especially if the weather is cooler and it isn't practical for you to start the seeds off early indoors.

**Cons:** The trade-off are cost and variety. Plug plants are more expensive than seeds and often come in limited selections. You may only find standard varieties, not the unique or heritage ones you could grow from seed. Additionally, you won't know how the young plants were raised—some may have been treated with chemicals or stressed in transit.

So, it all really depends on your priorities. Seeds offer choice and value but require time and care. Plugs offer ease and speed but at a higher cost and with less variety. Many gardeners find a balance, starting some vegetables from seed and buying plugs for others. And remember, nothing is set in stone when you're gardening. If plugs get you comfortable growing your own veg, maybe you'll feel confident enough to try seeds next time. There's always a next year when it comes to growing.

Happy gardening.

**By Rachael Leverton**

# A Stitch in Time

## Why sewing is cool again.

In recent years, sewing has experienced a remarkable resurgence. The BBC series *The Sewing Bee* (which starts a new series this month) has captivated both younger and older generations alike. Far from being a forgotten

domestic chore, sewing is now being celebrated as a creative, empowering, and sustainable skill; one that aligns perfectly with growing concerns about fast fashion and environmental impact.

A heightened awareness of the true cost of fast fashion is a key factor behind this renaissance. Consumers are increasingly questioning how garments can be sold so cheaply, realizing the hidden price often includes exploitative labour practices and significant environmental damage. This awareness has fuelled the rise of the “slow fashion” movement, which encourages people to buy less, choose well, and make garments last. Sewing fits beautifully into this ethos, offering a way to create quality, durable clothing tailored to one’s personal style and fit.

Thrift shopping has also become wildly popular, especially among younger people, who love the thrill of finding unique, second-hand treasures. But thrifted items don’t always fit perfectly. Knowing how to sew opens up the possibility of altering these pieces: shortening hems, adjusting waists, or turning a dated dress into something fresh and fashionable. For many, sewing is both a form of self-expression and a way to reclaim control over their wardrobes.

There is also the appeal of made-to-measure clothing. We live an era of mass-



produced, standard-sized garments, yet how many of us are standard size? Sewing allows for a return to individuality. Whether we’re tall, petite, curvy, or somewhere in between, sewing enables you to

create clothes that actually fit—and feel great to wear. It’s a quiet revolution against the one-size-fits-all mentality of modern fashion.

And learning to sew has never been more accessible. Community centres, craft stores, and adult education programs often run sewing classes for beginners. For those who prefer to learn at home, a vast array of online tutorials, YouTube channels, and digital sewing patterns make it easy to get started. Social media has also played a role, with a vibrant online sewing community ready to offer support, share tips, and celebrate each other’s creations.

Sewing groups, both online and in person, provide a wonderful way to stay motivated and inspired. These communities are often intergenerational, and older sewists pass down knowledge to younger enthusiasts, creating a rich exchange of skills and stories. The joy of making something with your own hands, turning fabric and thread into something wearable and personal—is incredibly satisfying.

As we continue to seek meaningful, sustainable alternatives to disposable fashion, sewing offers not only a practical solution but a creative outlet and a rewarding way to connect with others and ourselves.

**By Anna Harris**

# Useful Numbers

Crimestoppers 0800 555 111  
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 Thames Valley Police 101  
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South Hill Park 01344 484123  
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 The Look Out 01344 354400

## Sudoku Solution

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

# Asparagus Tart

*Asparagus has such a short season. Make the most of it with this delicious creamy tart.*

**Preparation:** 5 mins

**Chill:** 20 mins

**Cooking time:** 1 hr 10 mins

**Serves:** 4-6

## Ingredients

### Pastry

225g plain flour, plus extra to dust

Salt and white pepper

120g cold butter, plus extra to grease

1 egg yolk

(If time is tight you can use 250g ready-made shortcrust pastry)

### Filling

300g asparagus

284ml carton double cream

2 eggs, beaten.

50g tasty cheddar

### Method

If you're not using ready made pastry you'll need to make the dough.

Sift the flour and a good pinch of salt in a large bowl. Grate the butter into the bowl.

Rub the butter into the flour with your fingertips until the mixture resembles rough breadcrumbs (or use the pulse function on a food processor if you have one).

Mix in the egg yolk and bring the mix together into a dough. If it's too crumbly to form into a ball, add a little cold water. Don't let the dough get too wet, or it will shrink in the oven.

Wrap the dough and chill it in the fridge for 20 minutes to make it easier to work.

Grease a round, 22cm-diameter tart tin.

Heat the oven to 200C / 180C fan / gas 6. Remove the dough from the fridge and

roll it into a circle on a lightly floured surface until large enough to line the tin, then carefully lift it into the tin, and press the pastry into the sides. Trim the excess, and prick the base with a fork, then line with baking paper and fill with baking beans, or rice.

Bake for 15 minutes, until lightly golden, then carefully remove the paper and baking beans. Return the tart base to the oven for five minutes.

Snap the woody bits from the base of the asparagus, then steam the spears for a few minutes, but leave al dente because they will cook more in the oven.

Chop the asparagus into 1.5cm lengths and set the pretty tops aside for later. Place half the chopped stalks into a food processor and blitz to a puree.

Pour the double cream into a jug, then beat in the eggs. Mix in the asparagus puree and grated cheese then season well with salt and white pepper.

Arrange the remaining asparagus pieces, including the tops, on the base of the pastry, then pour the egg mixture over the top to fill the case.

Bake for about 35-40 minutes, until set and golden on top, but it should wobble a little in the middle. Leave to cool, then serve.



# A Good Read



## ***On the Red Hill: Where Four Lives Fell into Place* by Mike Parker**

This is an evocative and deeply personal exploration of place, identity, and belonging. Set in rural Wales, the memoir chronicles Parker's life

alongside his partner, Peredur, after they inherit a farmhouse, Rhiw Goch, from an older gay couple, Reg and George. The book is both a tribute to these men and a meditation on the ways lives intertwine with the land and community.

Structured around the four seasons, the narrative intertwines Parker's reflections on his own experiences with the lives of Reg and George, whose unconventional partnership in mid-20th-century Britain defied social norms. Through photographs, journals, and anecdotes, Parker brings their story to life, portraying them as pioneers who lived with integrity and grace. The book delves into themes of love, resilience, and the changing rural landscape, weaving historical and personal narratives into a rich tapestry.

Parker's lyrical prose vividly captures the beauty of the Welsh countryside and its complex history. His deep connection to the land and its people is palpable, and his exploration of identity and queer history is both tender and profound. The book's pacing is meditative, reflecting the rhythms of rural life. This is not a book to race through, more one to savour.

*On the Red Hill* is a moving and beautifully written work that transcends the personal to touch on universal themes of belonging, heritage, and the passage of

time. It is a celebration of love, memory, and the enduring connection between people and place.

## ***Arthur and Me* by Sarah Todd Taylor**

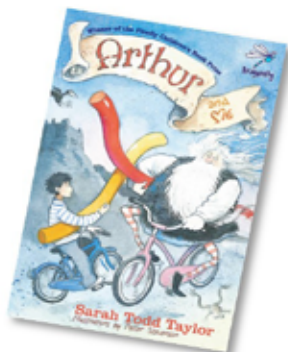
*Arthur and Me* is a charming, whimsical tale that blends adventure, humour, and history.

Tomos is struggling on the school history trip. They are supposed to be studying King Arthur, but the class bully has taken his lunch, and he seems to be in constant trouble. Then he falls down a hole and manages to wake the real King Arthur. While this is something of a surprise to both of them, it seems that Tomos finally has a chance to impress his teacher.

But Arthur, with all his grandeur, chivalry, and medieval quirks, struggles to adapt to the modern world, leading to a series of madcap adventures.

As Tomos tries to help Arthur return to his own time, the two form an unlikely friendship. Arthur's chivalric code often clashes hilariously with modern sensibilities, but it also inspires Tomos to find courage and integrity in his own life. Together, they navigate obstacles, uncover hidden truths, and ultimately learn valuable lessons about bravery, friendship, and self-discovery.

The wit and storytelling is pitched at ages around seven to nine and will leave young readers reflecting on what it means to be a true hero.



***By Tash Donovan***

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# INDEX

## Accounting Services

MBS Accounting

## Decorators

3 Steve Coventry

## Art Classes

Aurora Spain

## Fencing Services

13 A Rooney Fencing & Gates

## Care Providers

Barchester Healthcare

Care UK

Prestige Nursing & Care

## Gardens/Landscaping

5 Simply Green

9 Woodchips Tree Surgery

7

## Kitchens

Applewood Kitchens

## Oven Cleaning

Ovenu

13

## Plumbing & Heating

10 Heat Plant Services

KMA Plumbing

22

22

## Property Maintenance

DMS Landscaping

Jubilee Bathroom Supplies

12

1

## Roofing

DB Roofing

Monarch Roofing Services

21

21

## Travel

Seekers Travel

10

## Carpet Cleaning

Bob's Carpet Cleaning

3

## Computers

Computer Help

13



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