

SPECIAL

The Fillings

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Created by WCA media team

Food and wellbeing

Recipes from around the world ; provided by one of the guests , Community Friendly Fridge, High Wycombe.

Fruit Punch

Ingredients:

- 4 ripe Bananas
- 2 cups of Milk
- 3 tbsp Sugar
- 2tsp Cinnamon
- 1 tin Evaporated Milk



Tools: Blender and Measuring cups

Method:

Peel the bananas and cut into small pieces. Place in the blender and add milk. Blend until mixture becomes smooth. Add the evaporated milk and sugar, then blend again until smooth gradually adding cinnamon to the Fruit Punch. This can be served with crushed ice and a sprinkle of cinnamon on top. Enjoy !!

Food and wellbeing

Kitchen tips - From some of our members courtesy of WCA's Breakfast Zoom session

It is essential to keep the kitchen clean and tidy. In case of a lockdown or curfew we have to have stock of food at home. Especially rice, meat, fish and vegetables such as cabbage, carrot, and potatoes. Label food to identify when you have bought it. Then put in freezer bags and keep in the fridge or freezer. The kitchen needs ventilation too, when you cooking on gas or electricity so keep the windows open if possible. -Devi

More hints and tips

- ✓ Heat a tea towel in the microwave to get rid of smell of fish.
- ✓ Eliminate Tupperware goods smelling by wrapping them in newspaper.
- ✓ To clean stainless steel apply some alcohol.
- ✓ Store greens and herbs in a damp paper towel.
- ✓ Extend the life of your bananas by wrapping the stems with paper.
- ✓ Serve hot foods on warm plates.
- ✓ Store ginger in the freezer to make it easier to grate.
- ✓ After cutting hot peppers, rub vegetable oil on your hands, then wash with soap.
- ✓ If your soup or stew turns out too salty, add a splash of vinegar.
- ✓ Microwave limes and lemons for a few seconds before cutting and squeezing them. - By Kamalesh

Community Allotment Corner

Tales from our Winter allotment

We pretend it is not green when it's all weeds
We hope its green for our needs
Oh please ,give me some green fingers
To show some signs of brown again where does it
linger?

Unidentified species emerge
Claim that we the know what to do with the verge
Cut and trim
Green fingers crossed it doesn't look grim

To much water in the dark month thank to the winter
heavens
Dehydration in the summer, too hot to water, pump on
eleven

Water can here, slimy water butt there
Resigned to promoting the eco system everywhere
Another slug takes a goji berry
Shed has another leak
As allotment dilemma truly speaks.
By the Allotment team

Community Allotment Corner

January

I know I don't look my best
As you stand sadly and jest
It is very cold in the soil
No vegetables ready to boil

It dark and damp
The shed is being used by a tramp
He sings a song at night so merry
Wish I could spare some wild
berries

The daffodils are OK
Trust me though they will be
resting again by May
I see you wear a thick pair of
socks
Warm enough for our resident
snuggling fox

Let me apologies to you
Won't be long before it all turns
blue
Come back on another day
Probably when my soils like clay



Community Allotment Corner

February

Don't be so mean
Roll up your sleeves
Give me a good clean
Oh how I bask in the winter sun
Although Dead to the night
Where I struggle under 3 degrees

Lack of light, gasp for air

This enduring time
Offers comfort in the form of
Hidden ironic despair
Please refrain from chocking me
With lime

The Robin has been a good boy
The pear tree is where he is
deployed
Majestic, sprightly swift and
might
Come and visit him soon
Witness his song
Before he takes flight

The benches have been creaking
In the wind
Cold slimy damp to the touch
Although that did not bother
The nutty squirrels very much
Take a seat at the table
Alas its February, visit this
kingdom if your able

Community Allotment Corner

March

The ground beneath and below
is warming up
although not enough to
fight the winds and gales
Brewing like a storm in
perennial crops

Tilling and cultivating
Chugging 2 stroke machine
Reconstructing nurturing
Hidden months of winter's
pristine

Ground soft enough to tempt
you in
Clatter of the gates
the alarm of the collective
autumnal berries sins
Hiding behind composting bins

Hard enough to bend your
fork
Plotting the spring
In mind and talk
Late frost possible
Sad and grim
Too late now you've got em in

Late evening
Blissful hope
This season will be full of
artichokes
Hopefully nothing will succumb
to rot
As you bless me by laying out
a drill of carrots

By the Allotment team

Imaginative colouring

Some of our Community allotment's crops.



If

you are interested please join with us in our monthly Zoom Art session
; more details page 18

Creative Writing

Slates and Ladders

'Come on lads ,let's get the tools in the van, and have our boys drinks on the way home 'Dodge encouraged his two sons on the cold Friday late winter afternoon.

'No problem ,another great roof extension by the famous Chapelton team completed 'Limahl the eldest son cheerfully agreed.

'Yeah ,that deserves a drink or three dad 'Harry the cheeky younger son added.

'OK ,get them ladders on that faithful old van boys and away we go 'Dodge the rugged 56 year old family breadwinner ordered.

'Dad is right what Limahl reckons that the company van is as old as me ?'Harry teased the old man .

'You, can now get the first round of drinks in for being so observant and predictable, my son.

'Limahl can get the next two rounds in , for telling tales' Dodge laugh as he chased Harry around the van .

'Also Mr thirsty you are only 17 therefore on lemonade ,us two amigos are on lager

'Limahl added as he winked in Dodges direction.

'Don't forget young Dixie likes you sober and presentable, when we get home 'his dad agreed in his best posh accent.

'Why always me getting the rough end of the drinking sessions on a Friday pay day 'Harry feigned his innocence.

Creative Writing

'OK ,just the one then 'Dodge conceded as he ruffled the lovable
rouges blonde hair in the van .

'Here are your wage packets boys ,which he produced from the
enormous top left pocket of his leather jacket.

'Yes indeed ,watch out Ladders here we come 'they said in unison .
Off they roared to the appropriately named pub in the Beamside
district of town.



Boys in action !!! By Monthly Zoom Art session participant.

Creative Writing

Nailed it

'What do you think of these funky boots Sylvia?', young Dixie pondered as she turned her top range laptop around for the perusal of her perspective mother in law.

'They are nice girl, study and stylish too 'Sylvia agreed as she nudged the biscuit tin in the direction of her youngest sons lovely, amicable and fashion conscious girlfriend.

'I used to have a pair of Dr .Martens 32 hole boots, when I was your age 'Sylvia laughed.

'Go on ,mum tell me more

'Dixie teased.

'Well they were part of the uniform, cleaned them every Thursday night ,ready for the weekend, rubbin the dubbin was essential work girl ! she laughed again in her own girlish style.

'I'm not sure they would suit my style Mrs .C, Harry might worry that I will get a skinhead haircut as well'

Creative Writing



she quickly asserted in her best fashion chic persona.

'Keep that long chestnut hair just as it is ,don't scare him off 'The lovable mum added for confirmation.

To be continued ...

The Chapelton's Fortunes

**Bootiful ..
By Monthly Zoom Art session
participant.**

Dear readers ,

SPECIAL magazine is your platform to contribute and being 'A voice' in the community and wider society. Feel free to share creatively and artistically through your own style and personal capital. All work will be considered and find its rightful place in the exciting pages of further SPECIAL editions.

Creative Writing

TUK'S GOT TALENT

NO NEED TO BE FILLED WITH GUILT, FEAR OR SHAME
WE HAVE A PROJECT FOR YOU IT'S CALLED ATTAIN
IT'S HERE TO BUILD YOU UP THROUGH SOCIAL
BARRIERS

SMASH THROUGH THE STIGMA OF LABEL CARRIERS
WHETHER IT BE HELPING WITH FEELINGS OF BEING
ALONE

OR ADVICE AND GUIDANCE ON RUNNING A HOME
EDUCATION AND WHAT PATHS TO CHOOSE
RUN BY PEOPLE WHO HAVE A WALKED IN SIMILAR
SHOES

WE SEE SOMETHING IN YOU, WE BELIEVE
THAT THERE IS SO MANY THINGS YOU CAN ACHIEVE
THERE IS A WORLD OUT THERE FULL OF POSSIBILITY
YOU FIRST HAVE TO SEE IN YOU, WHAT I CAN SEE
THAT'S A WARRIOR STRONG AND BRAVE
WHO CAN WRITE THEIR OWN STORY UPON EACH
PAGE..

STAFF CHOOSE TO HELP YOU THEY WANT TO BE NEAR
THAT WHY THEY CHOOSE TO VOLUNTEER..
FIND OUT THE ISSUE AT ITS ROOT CAUSE
HELP A YOUNG PERSON TO NOT FEEL IGNORED
A MENTOR TO TALK TO WHEN YOU CAN FEEL STUCK
TO HELP YOU CREATE YOUR OWN LUCK
TO EMPOWER YOUNG PEOPLE TO MAKE THEIR OWN
CHOICES

WHEN THINGS FEEL WRONG TO USE THEIR VOICES
TO BREAK DOWN THE BARRIERS OF A BRICK WALL
TO HELP A YOUNG PERSON STAND STRONG AND TALL
TO MAKE LIFE DECISIONS AND HAVE THEIR SAY
AT THE ATTAIN PROJECT RUN BY TRANSITIONS UK

WRITTEN BY BETH ABBOTT



Creative Writing

TUK'S GOT TALENT

Transitions UK supports young people aged 14-25. TUK works especially with young people who have learning disabilities and special needs; those with emotional and mental health issues; those leaving care; and those at risk of offending or criminal exploitation.

We have brought together this article to showcase some of the amazing creative talent our beneficiaries have. Collectively they have taken inspiration from new beginnings, and how to overcome change, including challenges and/or successes that may evolve.

TRANSFORMATIONAL WAVES BY SARA (ATTAIN PROJECT)

THE OCEAN HIDES A TREASURE
YOUR LIFE HASN'T GOT A MEASURE!
WE ARE DONE
YOU HAVE REACHED YOUR DESTINATION.

THE CHANGE IS HERE, AT THE SPOTLIGHT OF THE EXHIBITION
THE STAGE FRIGHT IS SNEAKILY CRAWLING CLOSER... CLOSER

YOU CAN FALL DOWN THE SNAKES
NOT FORGETTING TO CLIMB BACK UP THE LADDERS
BECAUSE THAT IS ALL THAT MATTERS

STREAM OF LIFE SPLASHES AT YOU AN INNOVATION
MAY I GET SOME MOTIVATION?

YOU ARE A TOUCHABLE, VISIBLE, HEARABLE DEFINITION OF PERSEVERANCE

I PULL THE SPRING
I LET GO OF THE SPRING
WHAT A AN IMPRESSIVE SHAPE!

SUN RAYS SMILE AFTER A THUNDERSTORM
MIND THE GAP BETWEEN THE TRAIN AND THE PLATFORM!

To find out more information or
how you can get involved with
Transitions UK please visit
www.transitionsuk.org


transitions uk
support that changes young lives

The Boring Stuff

All feedbacks, ideas and enquiries are welcome through
info@womensculturalarena.org.uk OR
<https://womensculturalarena.org.uk>

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Sociability and Fun

Interested in the musical tastes of our guests and friends in our
local community?

The soundtrack of their lives can be found and enjoyed on You
Tube @ WCArena playlists of exotic tastes.

(<https://www.youtube.com/channel/WCArena>)

Fancy with therapeutic art and creative writing ?

You can buy our publications for a donation of £9 for 'Colouring
Book' and 'Creative story book' .

For enquires : info@womensculturalarena.org.uk / on 07747623010

Thank you .

Media team, WCA

Thinking Things

SIX LITTLE STORIES WITH LOTS OF MEANINGS

1. Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. That is faith.

2. When you throw babies in the air, they laugh because they know you will catch them. That is trust.

3. Every night we go to bed without any assurance of being alive the next morning, but still we set alarms to wake up. That is hope.

4. We plan big things for tomorrow in spite of zero knowledge of the future. That is confidence.

5. We see the world suffering, but still, we get married and have children. That is love.

6. On an old man's shirt was written a sentence "I am not 80 years old; I am sweet 16 with 64 years of experience." That is attitude.

Have a happy day and live your life like these six stories. Remember - Good friends are the rare jewels of life, difficult to find and impossible to replace!!

Thinking Things

"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty."

-Mayo Angelou-

"It's awful not to be loved. It's the worst thing in the world it makes you mean, and violent and cruel."

-John Steinbeck -

"Character is the result of two things: Mental attitude and the way we spend our time."

-Elbert Hubbard-

"I believe there is only one story in the world, and only one.....Humans are caught in their lives, in their thoughts, in their hungers and ambitions, in their avarice and cruelty, and in their kindness and generosity too - in a net of good and evil.....there is no other story.

A man, after he has brushed off the dust and chips of his life, will have left only the hard, clean questions: Was it good or was it evil? Have I done well-or ill?"

-J. Steinbeck-

"The past is a place of reference, not a place of residence; the past is a place of learning, not a place of living."

-R.T.Bennett-

"Fantasy is an escapist, and that is its glory. If a soldier is imprisoned by the enemy, don't we consider it his duty to escape?... If we value the

Thinking Things

freedom of mind and soul, if we're partisans of liberty, then it's our plain duty to escape, and to take as many people with us as we can."

-J.R.R.Tolkien-

" One, remember to look up at the stars and not down at your feet. Two, never give up work. Work gives you meaning and purpose and life is empty without it. Three, if you are lucky enough to find love, remember it is there and don't throw it away."

-Stephen Hawking-

"Divide each difficulty into as many parts as is feasible and necessary to resolve it."

- Rene Descartes

"The strong are sometimes wrong

But the weak are never free

The choice we made we can't evade

Don't try to follow me"

-Come live with me : Heaven 17

By Collaborative Research team - WCA

Time to get busy

Community Friendly Fridge , High Wycombe -

Every Thursday from 9.30 am -12.30 pm @ Oakridge Baptist Church,
43 Oakridge Rd, High Wycombe HP11 2PH

❖ **Women's Cultural Arena art and culture drop-in -
(Subject to Covid 19 Guidelines)- temporary suspended.**

Every Tuesday from 10.30 am - 1.30 pm @ All Saints High Wycombe ,
Church Square, High Wycombe HP11 2BN

❖ **Zoom into Breakfast**

Every Tuesday from 9.30 am - 10.30 pm (*Contact Volunteers on
07557440567 OR 07747623010*)

Join Zoom Meeting

Meeting ID: 815 2721 4369

Passcode: WCA

❖ **Community Allotment activities during the Spring , Summer and Autumn 2021**

**Veggies in Container project and Expert Gardner , High Wycombe
project**

(*For more details contact volunteers on 07557440567 OR 07747623010*)

Time to get busy

- ❖ **Creating this SPECIAL magazine on a quarterly basis.**

(For more details contact volunteers on 07557440567 OR
07747623010)

- ❖ **Zoom Art Sessions 2021- Every THIRD Saturday
from 10.00 am to 11.00am**

Join Zoom Meeting

Meeting ID: 762 3788 0925

Passcode: Zoom2021

- ❖ **Seasonal Community meal events , day trips , art
exhibitions, film viewing event -(Subject to Covid 19
Guidelines)-**

please contact us on email : info@womensculturalarena.com OR
visit our website <https://womensculturalarena.org.uk>

Inclusive Opportunities @ WCA