

SPECIAL

The Fillings

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Created by WCA media team

Food and wellbeing

**Recipes from around the world ; provided by some of our friends,
Community Friendly Fridge, High Wycombe.**

Delicious Chicken Curry

Ingredients:

Chicken as preferred ie. (diced ,skinned, thighs ,breasts)
2 medium sized onions
1 clove garlic
Ginger 2 /3 tablespoons
2 tomatoes
2 spoons oil (vegetable, or olive oil)
2 tablespoons salt
4 Green chillies
2 tablespoons Coriander powder
2 tablespoons Basaar-Kashmiri (Garam Masala)
handful of chopped fresh coriander
2 tablespoons Jeera powder (ground cumin powder)

Method:

Cut and fry onions in oil until brown. Add crushed garlic, ginger, fry with the onions for 4 /5 minutes. Then add tomatoes, green chillies stir then add salt and basaar. Add a little water, on a medium heat keep stirring until the oil rises and water has evaporated. Add the washed and diced chicken. A few potatoes can be added if desired.

Add all the spices ,keep the fresh coriander until the end of the cooking. Cook on full flame until chicken has tenderised. Cook ideally for 40 minutes. Add two cups of water bring back to the boil, to stop contents drying out. Ideal served with chapattis /Nann or Pitta bread.

By Mrs. Asia Hussain

Food and wellbeing

Worldwide inputs - From one of our members courtesy of WCA's Breakfast Zoom session

Hallo, it's summer once again and we are just thriving for sunrays, fresh air and a lovely light meal to enjoy on a warm day.

Today I thought a nice meal of fresh fish and salad would be just right for this time of year, tomatoes, lettuce, radishes herbs, vegetables, all fresh from the plot or from a good green grocers.

So here we go:

PLAICE FILLETS BAKED (FRIED) IN A HERB EGG BATTER

you need per person:

250 gr. Fresh plaice (or any other) fish fillets

1-2 eggs

Herbs: Dill, parsely, chives, lemon balm, thyme, chervil (can be varied to your own taste)

Salt, pepper, lemon juice, flour, a shot of milk butter for frying

- 1) Whisk the eggs , milk, herbs to a batter mixture. Put aside
- 2) Season the fillets with salt, pepper and a little lemon juice. Put some flour on a flat plate and turn the fillets in the flour, make sure they are coated well from both sides.
- 3) Dip the fillets in the egg mixture and place quickly into the frying pan (which has been heated in the meantime) fry at a medium heat on each side for 3-4 minutes turn carefully.

Make sure the butter doesn't get too hot otherwise it will burn easily!

Serve with small boiled potatoes and fresh salad. " GUTEN APPETIT"

Of course you can choose any sort of fish, warm or cold meat, potato pancakes, Quiche with salads. The sky is the limit just use your imagination and try out new sorts of dishes.

Food and wellbeing

And afterwards a light dessert :

you need a tall glass if possible. Put one ball of vanilla Ice cream in the glass. The next layer is chopped and slightly sweetened fresh strawberries.

Whisk a couple of egg whites with a dash of lemon juice to very stiff mixture,

then let the sugar slowly trickle in, whisking all the time.

Top the strawberries with the mixture and decorate with a few more strawberries. ENJOY!



Here are a few tips to help you on your way with salads.

Suitable for leaf salads:

Lettuce, lambs lettuce, rapunzel salad, chicory, endivo salad, dandelion, spinach

Suitable for vegetable salads:

cucumber, green beans, celery root, carrots, mushrooms, tomatoes, cauliflower, radish, peppers, courgette, aubergine/eggplant, cabbage red and white.

Food and wellbeing

A few variations that taste well together.

Cabbage thinly shredded with pineapple.

Cabbage thinly shredded with fillets of orange and sprinkled with nuts.

Radish thinly sliced with herbs and yogurt.

Chicory with orange fillets. Chicory with beetroot.

Aubergine/Eggplant with banana and apple.

Cooked Cauliflower florets with pear.

Celery with fennel.

Cooked beetroot with horseradish.

Grated carrot and apple.

Oil vinegar dressing (Vinaigrette) with herbs:

3 parts olive oil, 1 part water, 1 part wine vinegar, salt, pepper, chopped herbs (e.g.parsley, chervil, tarragon)

French dressing:

3 parts oil, 1 part wine vinegar, salt, pepper, some french mustard.

Swedish Sauce:

Mayonnaise mixed with grated fresh horseradish, a little finely grated cooked apple, paprika powder mixed in with unsweetened whipped cream.

Cream-Orange-Salad dressing:

1 pot Creme Double Creme, (or yogurt) pinch of salt, freshly pressed orange juice.

Food and wellbeing

Salty dressing:

Salt, pepper, also a little ground black pepper
sugar, vinegar, lemon juice, olive oil, water.

Now my favourite : Fresh cucumber salad

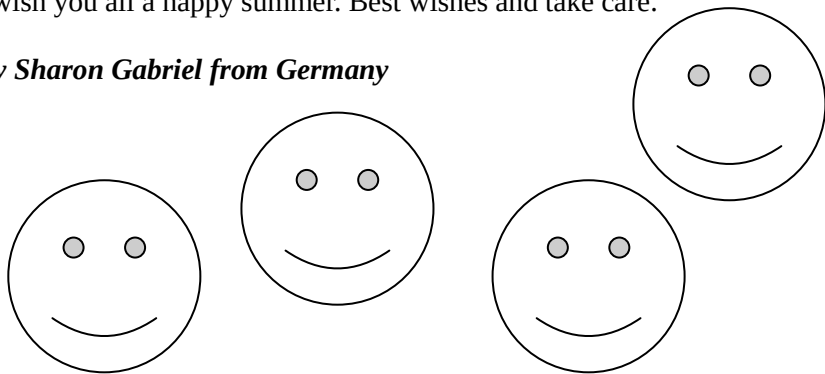
You need one cucumber for 2 persons

Pinch Salt,
pinch pepper,
Pinch Sugar,
Herbal vinegar,
Finely chopped dill. 1-2 tbls

Slice the cucumber in very thin slices. Mix with the other ingredients.
(except the dill) Leave to settle in the fridge for an hour. If there is a lot
of excess fluid pour a little away.
Carefully mix the chopped dill in with the salad.

I wish you all a happy summer. Best wishes and take care.

By Sharon Gabriel from Germany



Community Allotment Corner

April allotment

Raised your beds
Played your game
Turn me over
Again and again
Reveal my dirty past
Debris weeds now removed
Comfy beds growing fast

Now plot is clear low and flat
Roses and shrubs
Showing of new shoots and buds
Hidden rock garden
Welcomes a mutated
Green fingers pardon

Goji tree now worthy
Of delayed pics and emojis
Tall proud stubborn prickly and obviously resolute
Ready for intruders
Curious with their size ten boots

Generally feel baked and hard
April sky high and dry
A good soaking would not have
Made me cry
Crisp delicate and poised
Your loyal allotment is ready
for caring girls and boys



Community Allotment Corner

Allotment May

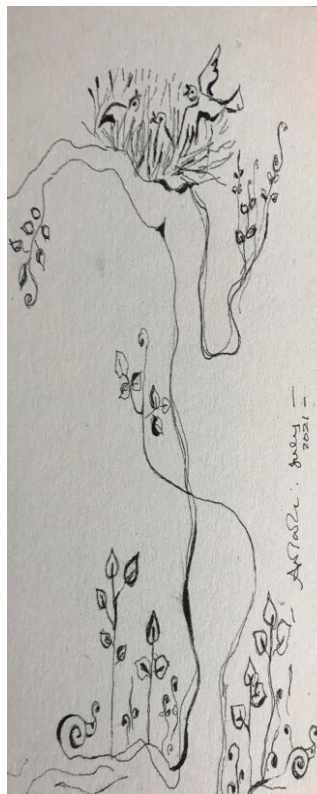
I think maybe
you would like to cry
The teardrops
Plentiful sent from the sky

May I introduce my monsoon
Thawing your ideas
Damp sluggish frustrating
From evening until mid noon

Maybelline once asked
can't you be true
Chuck's on the berries
Disguised as snails turned blue

Alas now the fork is engaged
Softer now butter like
Your dreams temporarily greeted
Disappear in a May day helplessly
superheated

Now that the green
can be seen
My seasonal project
is wet and mean
May we work together
next month
When I am dry and clean



Community Allotment Corner

June allotment

A very bright start
Early birds played their part
Hiding in their nests
Noisy alert to summer pests

How the green wall prevailed
Wet ferocious and snail trailed
Chocking off the crimson Kale
Happy content embracing the gale

Foolhardy weeding friends
See how their crooked backs bend
Striving for mercy in strenen
Cure found in the heat at eleven

Oh how it all comes together
Birds slugs and inclement weather
Apple pears cherry buds appear
Some are infertile that's clear

See how it yields at night
Hidden from the wet daylight
Planting weeding planning
Work with the elements
Let's keep scanning.

Community Allotment Corner

July allotment

Oh how I left you
Confused, arid
High and dry
Another spoilt tweet
The mighty powerful July

How many lizards
In the sun now laze
Looking alienated
Shocked strange and amazed

Higher greener chocking
The weeds now on a roll
Battling with your Idea
That allotment are for a summer stroll

Foxes now no fear
Giggling laughing disguised
Behind an old water butt
Panting digging up enemies seasonal glut

Ah but how the roses bloom
Red yellow pink
Alas all to be hiding away to soon
Still proud with a spiky thorn
Vicious deterrent for intruders at the crack of dawn-By NJW

Creative Corner

As an artist , I love drawing and painting. In recent years I am sharing my talent with others by teaching art. Since the Pandemic I was unable to meet people and do art classes or art workshops.

I was introduced to Zoom, and it helped to reach many people via art sessions from various counties including parents and their children.

To suite the new way of demonstrating art , I prefer to use pencil colours and oil pastels. I was amazed to see the outcome of my participant's art works.

My Zoom art sessions become very popular , and I am really proud to display the high standard of achievements in my Facebook page ' Aruntha's Art Room '.

If you are interested please join with us in our Zoom Art session ; For details:

Tel: 07455106550

**Email: info@womensculturalarena.org.uk OR
arunthar@outlook.com**

**Please follow the
<https://www.facebook.com/groups/427376348516774>**

Creative Corner

Aruntha's recent paintings :

Empowered parenting

Summer art course

Experiencing Impressionism

Umbrella Girl by Aruntha



Creative Corner

The continuing story of the famous Chapleton family Pub talk

'Right who's round is it?' the 56 year old tough guy builder mockingly asked his boys.

'I think it's yours dad 'Harry replied, 'although you don't get the beers in much these days 'he cheekily added.

'Well they don't call me Dodge for nothing son' Dave the Dodge quipped.

'I'm off for a game of pool with my old chums over there's 'Dave pointed in the direction of 3 fellow builders.

'Bring a nice pint of lager over for your old man 'Dave joyfully added.

Harry and Limahl discreetly opened their wage packets in the booth next to the trusted old jukebox which was blasting out some sort of rock music from the 70,s

.

'I have got £100 this week bro' Harry confidently told Limahl who was tapping along to some 3 chord new wave tune.

'What did you draw this week?',he curiously asked his older brother. 'Let's see ..,da da in total £200 for the week' Limahl confessed to his half brother.

'It's not too bad considering that I am part time really, with all my studies and stuff 'he added.

'That great bro, do you think dad might give me a pay rise soon' Harry probed a bit more.

Creative Corner

'You will get a good rise on your next birthday, I know you like spending it ,sometimes more than you are earning' Limahl offered in response.

'Here take this tenner and get the beers in for us and dad 'Limahl discreetly pushed a crisp ten pound note in Harry's direction.

'I have got an idea to curb yours and young Dixie's weekend spending sprees, she likes your cash as much as you ,you handsome little devil' Limahl joked as Harry made his way to the bar.

'Cheers H ,a lovely pint ,if I say so myself ,Limahl announced as he wiped the froth from his mouth .

'What was your idea to help my cash flow problems then Mr. Keynes?'Harry asked in his best Banker's City boy voice.

'I suggest you give me £40 to look after from each Friday pay packet 'Limahl confidently explained.

'Why would I do that then 'Harry quickly replied to his well educated brother.

'It's simple dummy, that way you don't spend it all at the weekend, and I give you the cash back on Monday morning' Limahl nodded to himself.

'Also as a goodwill gesture I will give you 2 pounds extra as an incentive 'Limahl continued his salesman pitch.

'You would do that for me bro? thanks mate' the younger brother gave a thumbs up in reply.

'Let's start the deal right now 'Harry agreed as he handed over 2 crisp £20 notes to Limahl.

Creative Corner

'You have made a good economical decision 'Limahl confided.

'Although there are 2 conditions 'Limahl concluded.

'I knew there would be a twist 'Harry sighed.

'First don't tell mum ,dad or Dixie about the pact we have made' Limahl lowered his voice in a conspiratorial manner.

'That's fine bro, no problem 'Harry confidently agreed.

'What's the 2nd condition ,Limahl ?',the youngster asked in a quacking voice.

'Obviously, It's your turn to get the beers in Mr Thirsty, and tell dad to stop cheating at pool' Limahl teased as they gave a high five and a little shuffle to the techno music blaring from the battered jukebox.



Famous Jukebox from the Ladder's pub - By Monthly Zoom Art session participant.

Creative Corner

Friday night bliss

'That was delicious mum, but can I have some more?' chirped Harry as he wiped his mouth on his sleeve.

'Your eyes are bigger than your belly boy' Sylvia replied as she happily dished out some more homemade shepherd's pie.

'Leave him alone Sylv' Dodge laughed 'he needs to keep up his strength, got a busy day tomorrow, with a nice early start.

'Dixie and myself are going around Ben and Carla's tonight ,to play virtual space hunter' Harry confirmed.

'The latest cyber interactive subliminal experience 'he added for confirmation, to his mystified parents.

'Yes ,Sylvia I did mention it earlier Dixie shyly added.

'I suppose you might want a lift then 'Dodge enquired as he tucked into his apple crumble.

'Only a lift back Dad ,say about midnight 'Harry quickly added.

'How are you getting over there?' Sylvia asked .

'No problem mum ,Limahl is going to log us in on two of them E scooters across the road at about 8 o'clock, and kindly pay for our 15 minute journey 'Harry confirmed.

Creative Corner



Modern travel - By Monthly Zoom Art session participant.

'I am ?',Limahl answered in his best mocking voice whilst giving Dodge a wink.
'Yeah that's what big brother are for 'Harry laughed .
'Anyway where are you going tonight son 'Sylvia asked her eldest son.
'Jadon and I are off to the Belle theatre to see the screening of John Rawl's "Veil of ignorance" a drama adaptation' Limahl explained to his curious mum and dad.
'Wow these youngsters sure know how to enjoy themselves nowadays Sylvia

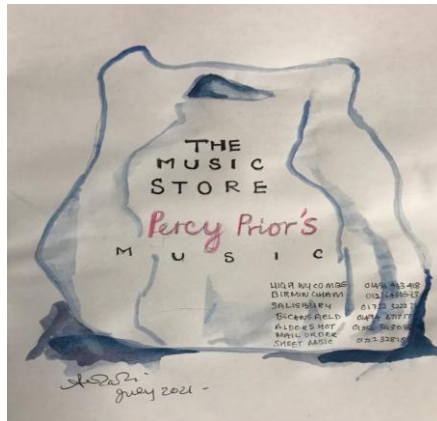
Creative Corner

'Dodge joked.

'Don't worry big fella ,when they are out you can dust of your vinyl records ,give them a spin and be 18 again 'Sylvia winked .

'Sounds good Dad ',Harry added 'but what are vinyl records ?'

'You cheeky little imp, you kids don't know your born 'Dodge laughed as he chased Harry around the dinner table.



Musical memories - By Aruntha

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.

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

By Collaborative Research team - WCA

Normal

'On reflection, there is no such thing as simple people leading perceived simple lives. One any given day when on the surface nothing seems to of any significance or importance, all human being will experience forms of, decisions ,memory ,nostalgia, trips ,despair ,happiness, hope, despair ,fury, daydreams ,social interaction, undeniable continuous consciousness , and last but not least a series of breaths to seal their worth as something special ; orthodox and essentially special indeed'. By NJW...

'It is not enough to have a good mind.

The main thing is, to use it well'

Rene Descartes.

'You have your way .

I have my way.

As for the right way, the correct way, and the only way, it does not exist'

Friedrich Wilhelm Nietzsche .

'Today as always, men fall into two groups:

Slaves and free men.

Whoever does not have two thirds of his day to himself, is a slave, whatever he may be:

A statesman, a businessman, an official, or a scholar'

Friedrich Wilhelm Nietzsche.

Thinking Things

'Once we love we are vulnerable: there is no such things as loving whilst being ready to consider whether to love, just like that.

And the loves that may hurt the least are not the best loves.

When we love we accept the dangers of injury and loss'

'A theory of Justice '

John Rawls.

'The future is always shrouded in doubt, as it will be different from the present or the past, because it does not exist yet'.

Anon

Popular songs from the Community Fridge

- ✓ Edwyn Collins - A Girl like you ..
- ✓ The Eagles - Hotel California
- ✓ Ian Dury and The Blockheads - What a waste
- ✓ Noah and the whale - 5 Years time
- ✓ The Rolling stones- Miss You (RIP Charlie Watts)

Request your own favourite songs from local Wycombe Sound Radio station FM 106.6

Time to get busy

❖ Community Friendly Fridge , High Wycombe -

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

❖ Continental Breakfast Club (Best alternative Breakfast in Town ! £1 A round)

Second (2nd) and fourth (4th) Tuesday each month from 9.00 am - 10.30 pm @ Oakridge Baptist Church, 43 Oakridge Rd, High Wycombe HP11 2PH

Community Allotment activities during the Spring , Summer and Autumn 2021

Veggies in Container project and Expert Gardener , High Wycombe project .

Please send pictures of your growing experience. Autumn and Winter planting are started at the Community Allotment . (*For more details contact Expert Gardener on 07557440567*)

Creating this SPECIAL magazine on a quarterly basis. Next issue in January 2022 !!

(*For more details contact WCA media team on 07747623010*)

❖ Seasonal Community meal events -(Subject to Covid 19 Guidelines)- Please reserve the day on **Saturday 25th September Summer Community Meal** ,AND **11th December 2021 for the Community Christmas Meal event.**

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

Inclusive Opportunities @ WCA