

# 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 SPECIAL magazine readers.**

Hallo again, or MOIN MOIN as we say here on the North German coast. I hope that you are all well and getting into the Christmas spirit. We will be eating enough over Xmas so today I have found a couple of simple and inexpensive recipes for you.

## **EIERFRIKADELLEN / EGGCAKES (makes 10 cakes)**

You need:

14 cold hard boiled eggs

2 small red onions

1egg

60 grams fine breadcrumbs

Chopped fresh parsley (about 3-4 stalks) or the frozen equivalent

½ teaspoon salt

A little pepper

-Peel and chop the boiled eggs. Put aside.

-Peel and chop the red onions. Fry the onions in oil until light brown, leave to cool.

-Add fried onions to the chopped eggs. Add 60gramms of fine breadcrumbs , the egg, salt pepper and parsley.

-Mix together well. You may need to add some more breadcrumbs, it all depends on the consistency. The mixture should 'stick' together nicely,

# Food and wellbeing

not to moist and not to dry.

-Form the mixture into 10 Egg cakes and roll lightly in breadcrumbs.(optional)

-Fry in oil until nicely brown from both sides. Turn a few times so as the breadcrumbs don't burn.

You can of course change the seasoning to your taste. Paprika powder, herbs..... Or even a shot of tomato paste or mayonnaise.

These egg cakes can be eaten cold, or served with a nice white sauce, potatoes, cooked fresh vegetables, salad in the summer, or for the kiddies with baked beans.

Enjoy !!



# Food and wellbeing

My family and guests really enjoy this cake , it's simple and something different from the usual chocolate cake with icing. My grandson Erich loves it.

## **ZUCCHINI NUSS KUCHEN / COURGETTE ( ZUCCHINI ) HAZELNUT CAKE.**

You need:

300 gr. unpeeled Courgette/Zucchini

100 gr. soft butter

200 gr. sugar (white and brown mixed)

130 gr. chopped hazelnuts

220 gr plain flour

3 eggs

1 small packet of baking powder (15gramms)

2 teaspoons of vanilla sugar

1 teaspoon of cinnamon or mixed spice

Heat the oven . Convection oven 160 degrees / normal oven 180 degrees

-Wash and coarsely grate the courgette

-Mix soft butter and sugar, add the eggs, flour with baking powder, and all the other ingredients

# Food and wellbeing

- Whisk well so that the cake turns out nice and fluffy.
- Fill the mixture into a lightly greased cake/bread tin. length 26cm.
- Cook in the preheated oven for about 50 to 60 minutes. Test with a wooden skewer after about 50 minutes.

Let the cake cool if possible. The lovely smell will bring the hungry ones into the kitchen.

Serve with whipped cream and love.



# Food and wellbeing

## Worldwide cultural inputs -

### CHRISTMAS IN GERMANY

It's Christmas again. How we missed it all so much last year with all the restrictions. Well

how time flies!

November 28th is the first Advent. Lights in the shops, the smell of Spekulatius and Stollen being baked ready for Christmas. The first Weihnachtsmarkts are opening up again. The Advents wreath is standing proud on the table with its four lovely red candles to be lit each Sunday before Christmas.

The children are getting excited and are busy making decorations in their Kindergarten or school. Oh! How magical Christmas was as a child.

On the 6th of December it's NIKOLAUS DAY. The children put their shoes by the door and if they were good they might be filled with goodies from Nikolaus the next morning. The families get together on Christmas eve maybe go to church. After that they will traditionally eat boiled sausages with homemade potato salad. It gives mum a rest from cooking on Christmas eve. On Christmas day there will be goose or duck with red cabbage, vegetables, potatoes and lots more. I still stick to my turkey for Christmas, it's an old tradition that suits the family just fine. For dessert there may be a lovely baked apple filled with marzipan, nuts and raisins.

# Food and wellbeing

**\*\*see recipe below\*\***

After the meal on Christmas eve the presents are opened. Before this, old Christmas songs are sung and the children recite a poem under the decorated tree which is usually lit with real candles. My mother in law gave that up when my kids were small after a candle fell on her new carpet and burnt a big hole in it. Oh memories!!

\*Spekulatius- spicy biscuits \*Stollen-The traditional German Christmas cake

\*\*\*\*\*

## **Recipe for BRATAPFEL / BAKED APPLE FILLED WITH NUTS AND MARZIPAN:**

4 medium sour apples - 8 teaspoons of butter

30 gr. chopped almonds 2 tablesp. lemon juice

40 gr plain marzipan -30 gr. Raisins

Amaretto (optional) apple juice or white wine (optional)

cinnamon mixed with sugar

-remove the apple cores.

-drizzle with lemon juice.

-cut the marzipan into small pieces, mix with raisins, almonds, cinnamon sugar and butter and Amaretto (optional)

-place the four apples into a buttered baking dish or tray, divide the mixture into the four cored apple openings. Sprinkle on a few extra nuts if desired.

# Food and wellbeing

-pour in enough apple juice or white wine to cover the base of the dish and apples.

Bake in preheated oven. Conventional oven 170 degrees. / normal oven 190 degrees for 20 – 30 minutes. Until the apple is soft.

Serve with vanilla sauce or vanilla ice-cream.



WISHING YOU ALL A MERRY CHRISTMAS WITH YOUR FAMILIES.  
HEALTH AND HAPPINESS FOR 2022. - FROHE WEIHNACHTEN-

By Sharon Gabriel from Germany

# Community Allotment Corner

## August allotment

1.Now look here

My green fingered friends

With all the will and tenderness

Nature has its own agenda

Your time is futile and fruitless

2.The green stuff just keeps growing

The weeding needs to get going

Bindweed ,an unpleasant deed

For the lazy and weak willed

3.Oh there will be a consequence

Shears are being sharpened

Saws and trimmers purchased

The time for the August allotment

Has unseasonably darkened

4.Although if you look

There are apples hidden

Berries not yet soggy and trodden

Seeds can be found

Ready for next year's ground

5.You are disappointed for now

Remember the crops from the past

In abundance from last season

Deep in the freezers

Waiting to be shared and eaten

**from collective ideas , thought  
experiments and art by  
Community Allotment team**

# Community Allotment Corner

## September allotment

1.The struggle can be revealed  
Your potential crops  
Withered and horribly concealed  
So much green and tall  
For you to eat  
There's virtually nothing at all

2.You came revitalised  
With a sharpened saw  
What was concealed  
Revenge dead buried on the floor  
Crops were cropped  
Prunes were pruned  
Shears were clinical and doomed

3.A massive sweat box  
now eagerly erected  
Your new compost heap  
made of layers of brown and green  
For you loyally respected  
Although from a bird's eye view  
Its utterly rejected

4.Alas all is not lost  
Some revitalised soil  
Re-planned at no extra cost  
Blue boy red boy apples pink  
In the ground  
Even the sorry looking Ribes v5  
Reinvigorated with a new space found



Original photograph by NJW



Art by Nethu - WCA's Zoom art participant

5.Easy access and more pride  
Let's work together  
Get busy and stem the tide  
September a month of crops  
give the new boys a couple of years  
And the fruit will be tops

**from collective ideas , thought experiments  
and art by Community Allotment team**

# Community Allotment Corner

## October allotment

The underbelly was revealed  
Knotted vicious thorns concealed  
A sweeping idea at last  
Drastic measures  
A non eco blast

Saw at hand and heavy of heart  
Arbitrary cleansing session  
Decisive primal early start  
7 years of work  
4 rod plot learns it lesson

Alas all is not lost  
Fruit trees bought at minimum cost  
Easily planted in punished ground  
Where once other futile projects  
Could be found

Now the established beauties  
Flutter in the breeze  
You grafted them with painful knees  
Open up the vista  
Ready for the storms and twisters

Competition time has passed  
Dahlias are now wilting fast  
Who had the best harvest  
Judged by a fruit pie  
Winner is allotment 4a  
The apple of my eye

from collective ideas , thought experiments and art by Community Allotment team

# Community Allotment Corner

## November allotment

Least you forget me  
The green beast  
Vivid Alluring beautiful  
And eternal by decree

Least you forget me  
The brown hue  
Deep dark and dank  
Distorting a prosperous view

Least you forget yourself  
View from a window  
Next season's crop on top shelf  
Vicious low winter glow

Least you forget again  
Step into the flawed wilderness  
Joy to be found  
In the bitter November rain

Least you forget the deal  
Keep planting goodies  
Until it all looks real  
It must be you two under the hoodies

Least you forget  
The obvious season  
Gardening time alas  
Abandoned for the wintry season

from collective ideas , thought experiments and art by Community Allotment team

# Community Allotment Corner

## December allotment

Ah it's that time  
When the space becomes mine  
Cold wet and wild  
No place for a person  
With the skills of a child

Each plot in the spot  
Shield a hidden treasure  
Yes there is a winter gem  
A stubborn Erica Heather

We rejoice in a united cheer  
When the jobs-worth  
Made it clear  
Your 28 days are drawing near

Hurry to get covered up  
Blue tarpaulins and pegs  
Cultivation a traumatic task  
Get over here quick  
Bring your thermos flask

Its been a difficult year  
Not much joy and cheer  
Seasons used to be for reasons  
Now the nights have drawn in  
See you next year  
In the mighty unpredictable spring



**from collective ideas , thought experiments and art by Community Allotment team**

# Aruntha's Art Room

I hope you all enjoy and get some artistic encouragement from these fantastic pieces taken from Zoom art sessions . You can find more details from 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](mailto:info@womensculturalarena.org.uk) / [arunthar@outlook.com](mailto:arunthar@outlook.com)**



# Aruntha's Art Room



these recent paintings reflect

- ❖ Empowered parenting art
- ❖ Relax art
- ❖ Sparks Art

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

# Creative Writing

## The continuing story of the famous Chapelton family

### Meanwhile..

18 months went by in the life and times of the Chapelton family and friends.

The family roofing company secured regular work for a huge housing association.

This allowed Dodge to give his boys a good deserved pay rise.

Limahl secured over £400 per week, whilst Harry got the promised pay rise on his 18<sup>th</sup> birthday, starting to earn £225 per week.

Dixie got a great break in her young career and became a young protégé for a multinational fashion company, designing retro chic fashion and of course footwear.

Limahl besides his hard work for the family company passed his Open University course with distinctions grade A plus in the social sciences . Alongside his lifetime friend Jadon, they run blogs and podcasts in normative philosophy, also became editors and distributors of the magazine' Mind the Time'.

Sylvia gained a regular slot on the local radio station, where she played ,analysed and brought to life the sounds of her youth and beyond .

# Creative Writing

Her playlists became much sort after and revered nationally and internationally .

Dodge joined the 'allotment mentors' and tries to grow all the family vegetables, distributing food to the local community, also keeping himself fitter and leaner.

Harry and Limahl kept to the pact they made on that cold Friday afternoon at the Ladders pub.

## **Pact..**

Limahl kept hold of £40 per week for safekeeping on payday ,and added £2 every Monday morning as he promised .

Harry learnt the importance of money management, which disciplined Dixie and himself in spending and saving.

Of course there was a planned wedding on the horizon!!

The £2 interest Harry received each week was loyally placed in his mum's ornamental tea pot which she 'secretly 'kept at the back of the food cupboard.

Harry did not feel bad about topping the pot up every Monday evening whilst Sylvia was busy spinning the discs on Radio Brambleside 109.5 FM.

# Creative Writing

Of course everything must have a consequence or conclusion, and naturally the Chapeltons were no different.

Mid December created another chapter for the family thanks to Harry and Limahl having a breakdown in the pact they made ....

## Boys talk...

Bro, I have a confession to make 'Harry shyly announced to Limahl as they sat in their usual spot next to the pounding Jukebox in 'The Ladders'. 'What is it H?' his big brother asked as they got stuck into second beer of the Friday ritual after work.

'I did not put the £2 interest in mum's teapot this week 'Harry confided. 'OK that's your choice mate, I think you have done pretty up until now 'Limahl replied followed by a huge swig from his pint.

'I know but mum will probably open it this weekend for Christmas treats, I wanted to put the last £2 of the year in the magic pot, but I got distracted Harry meekly answered as he swirled his beer around the half empty glass. 'So what did you do with the £2 which is so concerning young man 'Limahl goaded his ponderous brother.

# Creative Writing

'I bought a lottery ticket for tomorrow's roll over draw' H confessed.

'I see what you mean, mum and dad do not believe in gambling do they ' Limahl remembered with a knowing nod.

'Better let me deal with it then ,just in case you win a few quid or even the Jackpot' Limahl teased.

'That's easy mate ,I slipped the lottery ticket into your jacket pocket, whilst you was getting the beers in earlier, my son' Harry replied in his own inimitable style.

'You cheeky little devil, you are getting smarter by the day 'Limahl laughed.

'Now get up to the bar, and get the beers in ,it's your round' Limahl demanded. 'And don't forget dad over there on the pool table, looks like he's on a losing streak against uncle Ron' Limahl surmised as he gave H a high five.

The Jukebox was pounding away as they finished their drinks, gathered Dodge together ready for the short walk home.

Lene Lovich confidently sang and chirped that her lucky number was 1,as they made their way past the trusted old Wurlitzer.

# Creative Writing



*The Lads playing pool -*

*Art by Nethu , WCA's Monthly Zoom session participant*

## **Your number is up....**

The year ended well for the Chapletons .

They were gathered around the television on the second Saturday in

# Creative Writing

December.

"Can we watch the Lottery draw mum "?Harry quietly asked, as he gave Limahl a little wink.

"I suppose so ,why the sudden interest ?"Sylvia probed.

"It's obvious girl ,he's learning to count properly, he loaded far too many tiles up on that big job the other day" Dodge teased .

"No just something Limahl encouraged me to do "Harry mysteriously replied.

"I hope you're not gambling our holiday money away "Dixie chirped in.

"Look let's see what happens ,the balls are rolling" Harry replied to the whole family in his best authoritative manner.

"I'll go and make some tea ,it's nice to have the family all here on a Saturday evening" Sylvia confirmed.

"One big happy family" Dodge confessed as he opened his 5th ice cold can of cider.

"The last number tonight is the bonus ball number 1"the presenter masterfully announced.

"Good number that, reminds me of that song on the pubs jukebox" Limahl quickly explained.

# Creative Writing

"Talking of pubs, come on Harry ,let's get a quick pint in ,leave Dodge with the girls and mums tea and biscuits. "Limahl added as he grabbed his jacket .

Later in the pub, whilst on their third pint, Limahl went through his pocket and found the Lottery ticket Harry had planted on him.

"Get your smart phone out and type these numbers in bro "Limahl excitedly ordered .

"OK, I have already got the app downloaded " Harry replied whilst slopping lager down his jacket.

18,21,27,6, Limahl rattled off numbers from the crumpled ticket.

"Yes, yes, yes and yes Harry confirmed to each of the 4 numbers.

"Your joking me bro ,the next number is 15,like our house number" Limahl screeched.

"Yes ,it's here ,we are going to be rich "Harry cried as he slopped in some more lager.

"The last number you picked was number 7 ,probably after your first football shirt "Limahl squealed.

"Oh, wait ,wait "Harry tapped the number into the Smartphone which Dixie had bought him for his 18<sup>th</sup> birthday.

"Yes, yes ,it's 7 ,we are rich and famous bro" Harry screamed as the

# Creative Writing

whole pub had cottoned on by now.

"The bonus ball is only number 1 ,like that song on the jukebox, we have got that blighter my son "Harry yelped almost fainting with excitement .

"Full House, you little beauty, we are going to be millionaires, drinks on the house and the bloody roof for that matters "Limahl confirmed to the cheering drinkers in the Ladders.



*Lottery ticket from previous week -*

*Art by Nethu , WCA's Monthly Zoom session participant*

# Creative Writing

## Joy ...

As the next few weeks went past in a magical haze, the Chapeltons became the talk of the town and country.

Harry had somehow managed to pick The 6 winning numbers and the bonus ball on a double roll over week.

Although it was left to Limahl to be presented with the winning cheque from Lottery headquarters for the sum of £14,216,397 .

Sylvia eventually discovered the stash of money Harry had put aside and interviewed him on her radio slot.

The country took the Chapelton to their hearts, they were famous and wealthy, but never forgot their roots and morals.

Where the money was spent invested and utilised is a story for another day.....

## 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](mailto: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>)

Do you fancy 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](mailto:info@womensculturalarena.org.uk) / on 07747623010

Thank you .

Media team, WCA

# Thinking Things

By Collaborative Research team - WCA

-  *"Yesterday has passed ,tomorrow cannot be here now ,therefore a safe option is to practice mindfulness and embrace the present".- Anon*
-  *"The future is always shrouded in doubt, as it will be different from the present or the past, because it does not exist yet". By NJW*
-  *"We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light. "*  
— By Plato
-  *"Do not train a child to learn by force or harshness; but direct them to it by what amuses their minds, so that you may be better able to discover with accuracy the peculiar bent of the genius of each."*  
— By Plato
-  *"The heaviest penalty for declining to rule is to be ruled by someone inferior to yourself."*  
— By Plato, *The Republic*

# Thinking Things



*"Rules for happiness:*

*something to do,*

*someone to love,*

*something to hope for"...*

*-By Immanuel Kant*



*"HAPPINESS IS NOT*

*AN IDEAL OF REASON*

*BUT OF IMAGINATION"*

*- By Immanuel Kant*

## **Popular songs from the Community Fridge users gathered during December 2021.**

- ✓ Trampled underfoot - Led Zeppelin
- ✓ Hey Bo Diddley 1965 -Bo Diddley
- ✓ Get on the good foot - James Brown
- ✓ Christmas wrapping - The Waitresses
- ✓ L.I.F.E.G.O.E.S.O.N. - Noah and the Whale

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 10.00 am -12.30 pm** @ Oakridge Baptist Church, 43 Oakridge Rd, High Wycombe HP11 2PH

## ❖ Continental Breakfast Club

Monthly **1st and 3rd Tuesday** from 9.00 am - 10.30 pm (*Contact Volunteers on 07557440567 OR 07747623010*) @ Oakridge Baptist Church, 43 Oakridge Rd, High Wycombe HP11 2PH

ALSO **Wellbeing drop-in club** : Monthly **1st and 3rd Tuesday** from 10.30 am - 1.30 pm (*Contact Volunteers on 07557440567 OR 07747623010*) @ 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. Winter and Spring planting are started at the Community Allotments .( *For more details contact volunteers on 07557440567 OR 07747623010*)

## ❖ Biscuits and Banter session

Monthly **2nd and 4th Tuesday** from 10.00 am - 12.30 pm (*Contact Volunteers on 07557440567 OR 07747623010*) @ All Saints Parish Church (Town Centre), 8 Castle St, High Wycombe HP13 6RF

## ❖ Zoom Art Session

Monthly **3rd Saturday** from 10.00 am - 12.30 pm (*Contact Volunteers on 07557440567 OR 07747623010*) - **Inclusive Opportunities @ WCA**