

THE MEETING POST

Spring 2022

Produced by Wyldwood Arts



Hello

Welcome to our final edition of

The Meeting Post (for now at least).

We created this magazine in the hope of helping our readers (and ourselves) stay a little bit creative and connected during the hard times of the last two years.

We hope that we have offered some laughs, creative joy, interesting stories, and features that have kept all of our hearts full, and our minds busy!

We hope this isn't your last contact and collaboration with us at Wyldwood Arts. We have got lots of exciting projects coming up, which we have included more details about on page 30.

If you're able, please do sign up to our newsletter, where we will continue to share the same kinds of creative activities and resources that have made The Meeting Post such a joy for us to make!

Lastly, we want to say such a sincere thank you to everyone who has made a contribution to the paper, from sending in your recipes for Pudding Club, to photos of you reading the paper for our 'In The Wyld' page, to sharing your incredible poems, stories, and artworks with us. You have truly been the heart of this project, and you have all brought us so much delight over the past eight issues of The Meeting Post.

So - not a goodbye, but a farewell for now.

With love from all at Wyldwood Arts

WYLDWOOD
ARTS



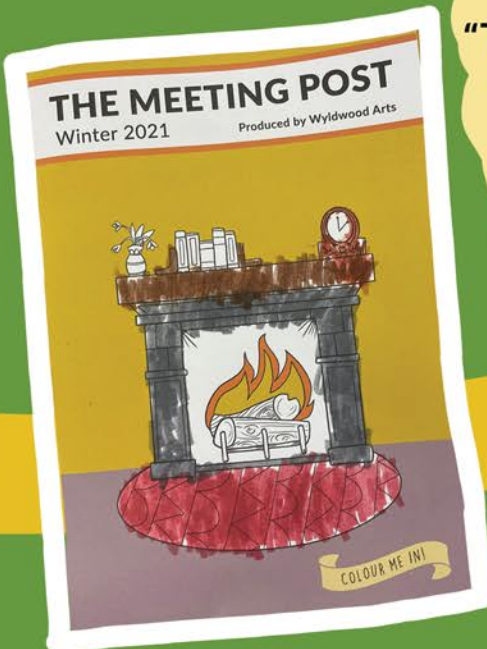
The Meeting Post

**In
The
Wyld!**



**"Thank you so much for
the newspapers, our
residents absolutely
loved them today!"
The Forbury,
Leominster**

**"Everyone loves it
including the staff.
We have found that it is
great for those who
have to isolate when
they first come here
and keeps them
entertained."**

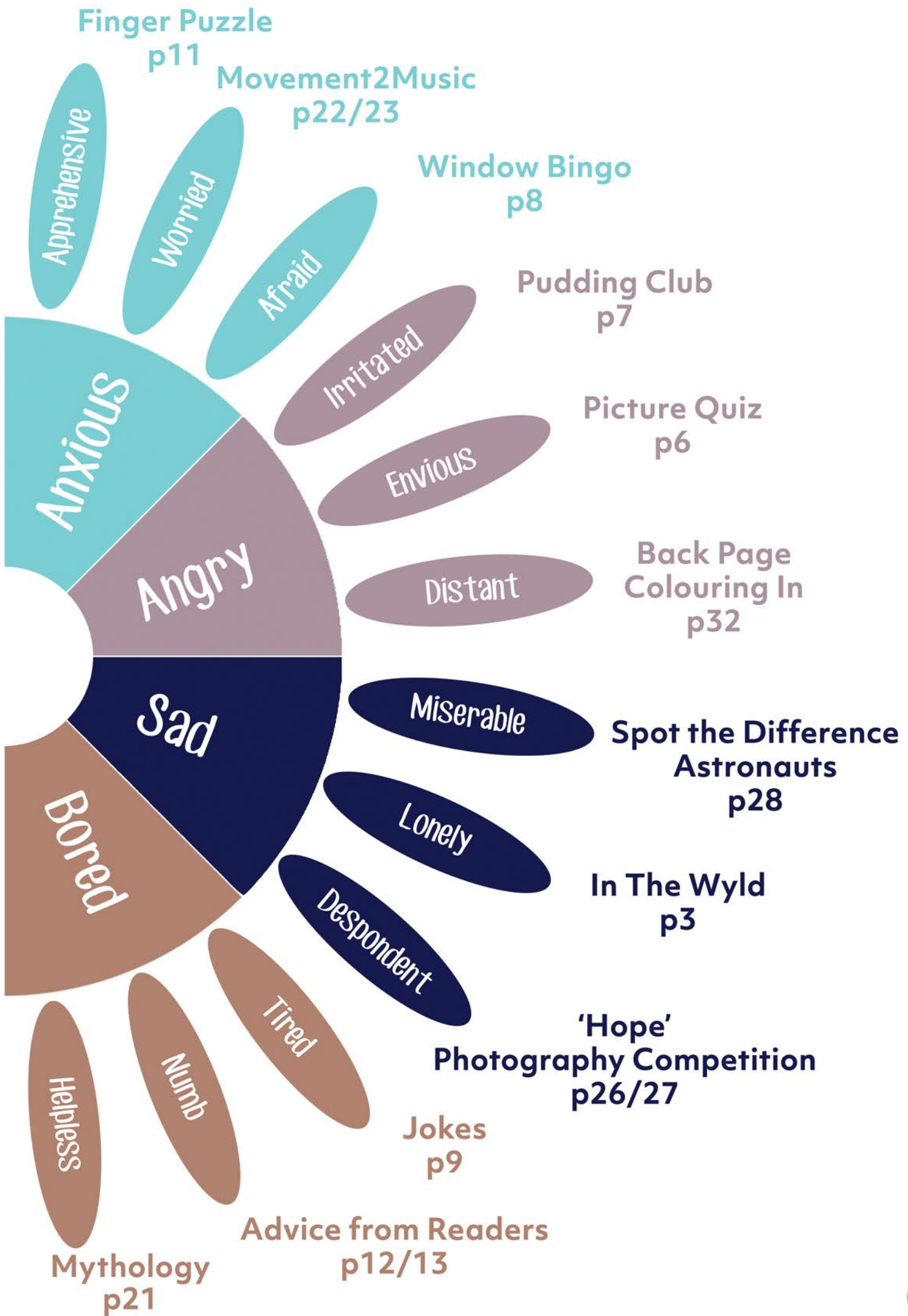


Mood Bloom

Use the centre circle to broadly identify how you're feeling, then use the outer circle to help you identify more specific emotions.

Use the suggestions to be directed to an activity in the paper to lift or enhance your mood.



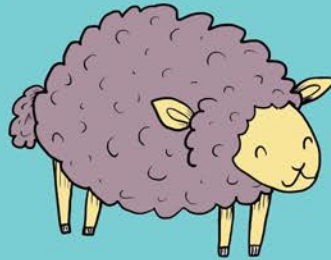


Picture Quiz

Who is the new friend among these old favourites?

If you have been an avid reader of The Meeting Post since the beginning, you will recognise most of these characters from when they have appeared in previous issues!

BUT there is one new character who has never been seen in the pages of The Meeting Post before, can you spot them??



Design your own character here!

pudding Club

Macaroni Pudding
from Lia & Janet

Thanks so much to Lia for sharing her lovely Nan's delicious macaroni pudding recipe – the late Janet Matthews of Ruardean Woodside. It sounds a perfect warming treat on a cold winter evening!

4oz macaroni pasta
4oz granulated sugar
1 pint whole (blue top) milk
2 tablespoons butter

- 2 Put all of the ingredients together into a glass oven dish and roughly mix, then put into the oven.



- 4 Once the mixture has thickened, leave in the oven until brown on top again and then take out to cool.



- 1 Preheat oven to 180 degrees (or 160 degrees if you have a fan assisted oven).



- 3 Stir every 30 to 45 minutes (or until the skin goes brown on top) until the mixture starts to thicken up.



- 5 Serve on its own or with evaporated milk!

Window Bingo

Take a look outside your window! As the seasons change, we say goodbye to winter and watch spring arrive. Which of these signs of spring can you see from your window?



Spring

What's May's favourite thing?

April showers, because the April showers bring May flowers.

What do you get when you push an Easter egg off a hill?

A spring roll.



Jolly Jokes, Japes & Jests!

To celebrate our final issue, we thought we would choose our favourite jokes from across our past seven issues, with a few extras thrown in for good measure.

Summer

Why did the newspaper talk to the ice cream?

Because it was looking for the scoop.

Where do cows go on their holidays?

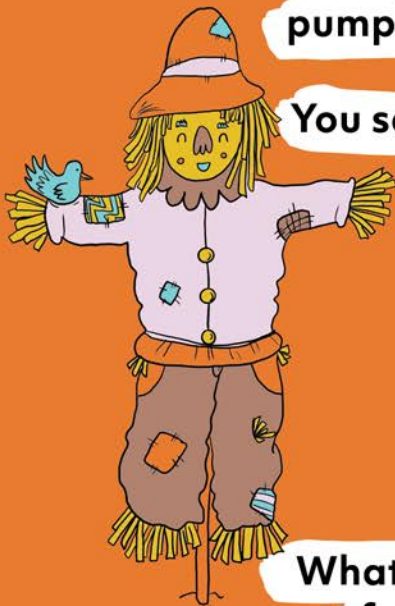
Moo York.



Autumn

How do you fit 200 pumpkins into a lift?

You squash them in!



What is a scarecrow's favourite fruit?

Straw-berries.

Winter

How do mountains stay warm in Winter?

They wear snow caps!



How does Jack Frost get to work?

By icicle!

Extraordinary Lives

My military time served

I enlisted in the US Air Force when I was 18 years old, in 1970. After Basic Training in San Antonio, Texas, I was a Medical Service Specialist, otherwise known as a Medic.



Thanks to Carol Ward for her story.



After training, I received my permanent duty station at South Ruislip Air Station near London, here in the UK.

Living in London was quite a change for a kid raised in Arizona. It took me a while to get used to driving on the left side of the road, and to people that I didn't know calling me 'Love'. I fell in love with the beautiful green countryside, as I lived in the desert in Tucson as a child. I really loved living in England, meeting my neighbours, and making friends.

Getting used to the military took some time too. At that time, women were a very small part of the force, less than 2%. Many older members did not think that women should have any role in the military and as a result, the jobs available to us were limited. Mainly secretarial or medical. There was a definite double standard in the regulations that applied to us, in comparison to those applied to the men.

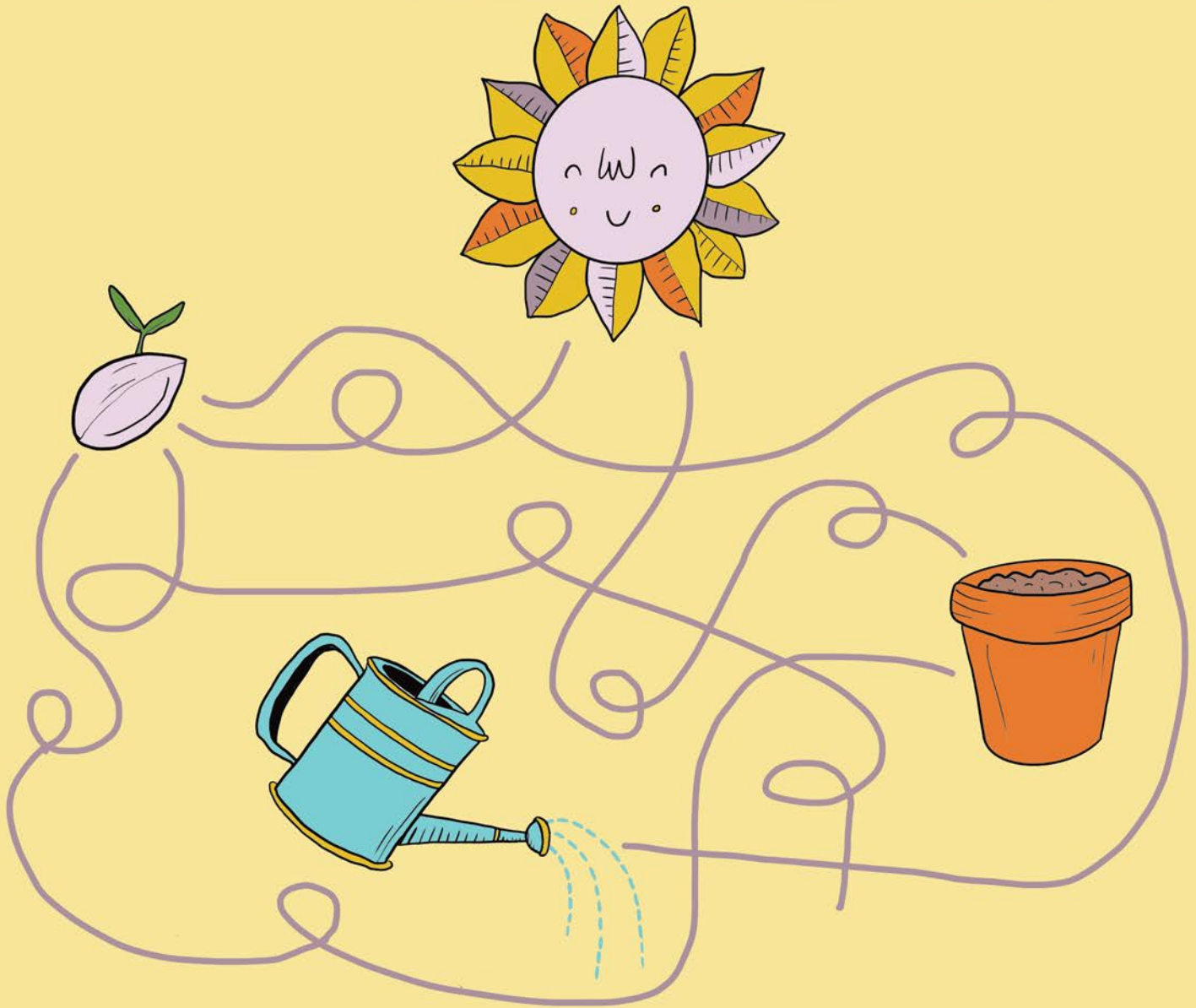
For instance, we had curfews to be back in the barracks and men did not. Men could be falling down drunk in uniform, we could not be seen drinking outside of the military club. Personally, I don't recommend anyone falling down drunk - but when you are only 18, mistakes can be made!

I have been very pleased to see the progress women have made in the military in the last 50 years. They are pilots, mechanics, and in combat. They are generals and commanders. We were called WAFs in 1970, or 'Women in the Air Force'. This is no longer the case, which I think is a good thing.



However, back to living in England. I liked the people so much that I ended up marrying one! We are going on 36 years married now, and I have a wonderful family and life here in England.

Help the seed find what she needs!



Can you help the seed to find routes to the plant pot, sunshine and water so that it has all the things it needs to grow?

Did you know?

The largest seed is produced by the Coco de mer, or "double coconut palm". The entire fruit may weigh up to 23 kilograms and usually contains a single seed.

Oldest & Youngest!

We asked three of our youngest readers to share some of their joys, thoughts, and ideas for the future. Thanks so much to Grace, Imogen, and Shajithan for taking part!

Question 1: What is your favourite thing to eat?

Question 2: Can you share something that made you smile this week?

Question 3: Please can you share one hope for the future?



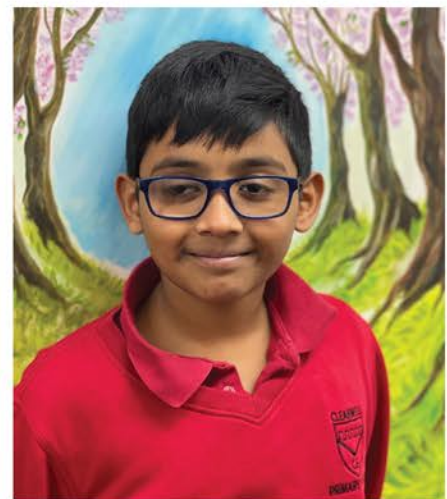
Grace, age 11

- 1 - Mac and Cheese
- 2 - Finding out that I was going to my friend's house
- 3 - Going to Ribston High



Shajithan, age 10

- 1 - Pizza
- 2 - Singing, "We don't talk about Bruno"
- 3 - Me going to one of my friend's houses



Imogen, 10

- 1 - Burger and ice-cream
- 2 - That my friends can come over
- 3 - For me to become famous!



We asked three of our oldest readers for some valuable insight into where they find their happiness and joy, and some advice for life. Thank you so much to Audrey, Ron, and Mrs Dooley for your time!

Question 1: What is the best thing you've ever eaten?

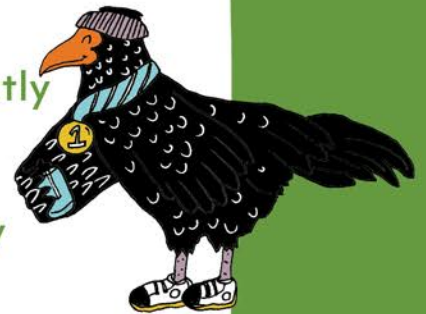
Question 2: Can you share something that made you smile this week?

Question 3: Please can you share one piece of life advice for our readers?



Mrs Dooley, 80

- 1 - Welsh Rarebit
- 2 - Rewatching "Strictly Come Dancing".
- 3 - Buy a good comfy pair of shoes.



Audrey, 89

- 1 - Everything
- 2 - Dancing!
- 3 - Be content



Ron, 100

- 1 - Breakfast and Coffee
- 2 - The Carers
- 3 - Be kind to everyone



Record Breakers!

As our Meeting Post adventure draws to a close, we thought we would take a look back at some facts, stats, and things to celebrate about our beloved Meeting Post!



Moped Memories.

In the 60s driving a moped had a lot going for it. There was far less traffic about and once you had picked up with 2 stroke mixture you could wait over 100 miles before you needed to fill up again.

First you, it could be a bit awkward at times during via round the post office gear you had to get on before you started out - the fuses, the trousers and the helmet - it was getting when my low-powered moped was overtaken on a slight incline by a petrol cyclist. Whenever I saw a 30 m sign I used to vow that I would get up to that speed one of these days.

On one occasion I stopped my moped in for a service at the moped shop, came out still wearing my gear and waited for the bus home. When it arrived the driver looked at my helmet and said "hello, it's here" I was a head driver but I didn't think I was that bad!

The day of the test arrived, the examiner explained that for the emergency stop he was going to hide behind a tree in the avenue and when I approached he would leap out from the tree and wave a card for me to stop.

There were two factors which made this difficult to do. Firstly I could see him behind the tree and secondly I had to get to get up enough speed to do a convincing emergency stop.

I did pass the test and drove the moped safely for another few hundred miles. Then one day I came off my machine at an air my moment. No injuries but not far from it.

I built the moped for 115 to a stop near the road.

John Beale



Most contributing reader:

John Beale, to whom we are very grateful for his wonderful poems and stories. Thank you, John!

Number of issues:

8



Most featured face:

Our very own community arts wonder-woman, Rosie Sales! Who puts together our brilliant Movement2Music features each month, and also hand delivers The Meeting Post to all of our wonderful readers in Hereford.

Furthest Away Friends:

Our pals over at La Purisma care home in Spain, who sent us some wonderful photos of their El Carnival celebrations in back in Summer 2021. Thank you, La Purisma!



A survey we did at the end of last year told us that...
25% of our readers like to read The Meeting Post alone in their own residences...
50% like to read it together in a common room or space...
and 25% like do a bit of both!



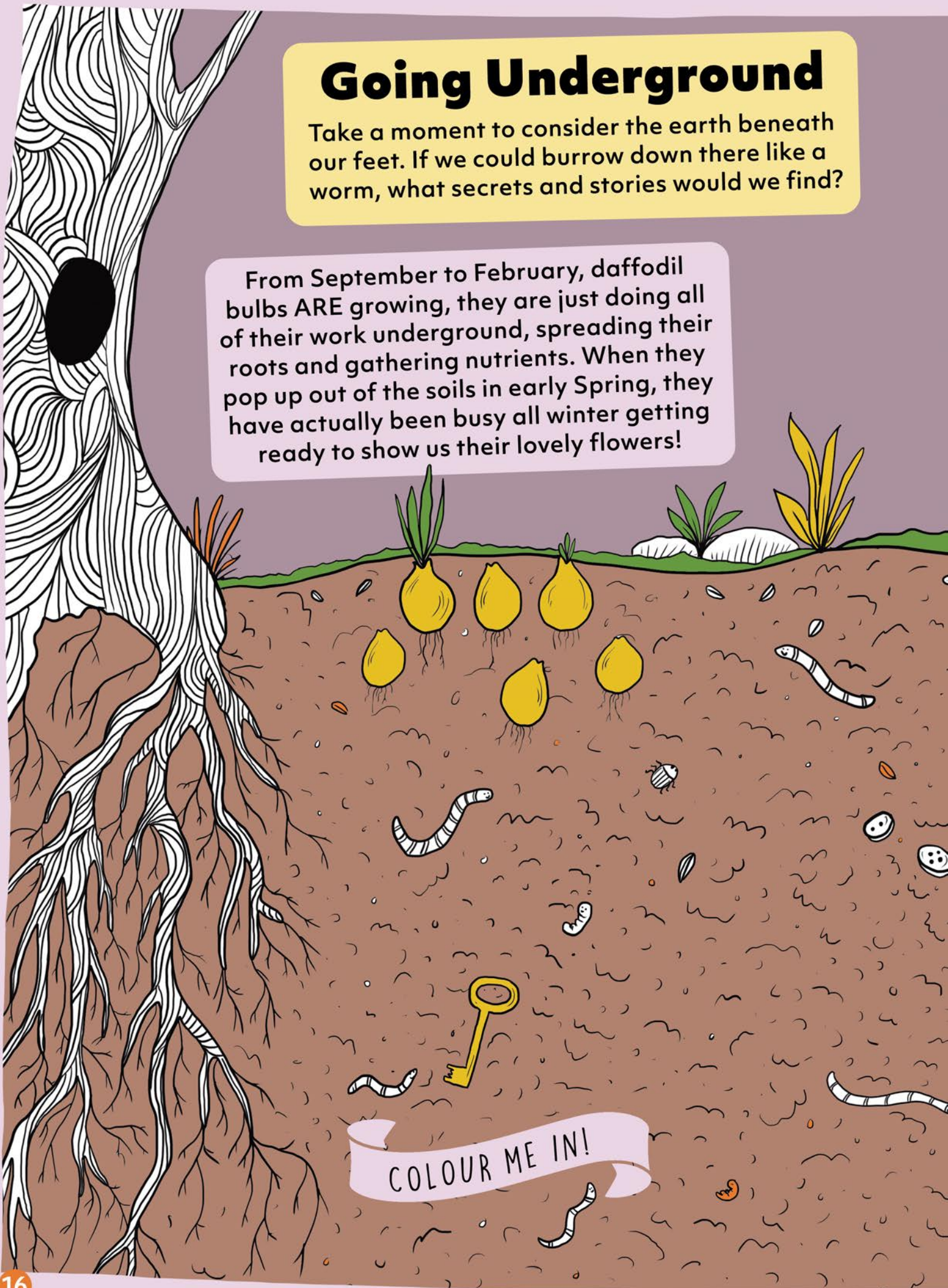
Most frequent contributing artist:

Our dear friend Josie Rogerson who has created the beautiful hand-painted 'Window Bingos' for every one of our episodes! Thanks so much, Josie!

Going Underground

Take a moment to consider the earth beneath our feet. If we could burrow down there like a worm, what secrets and stories would we find?

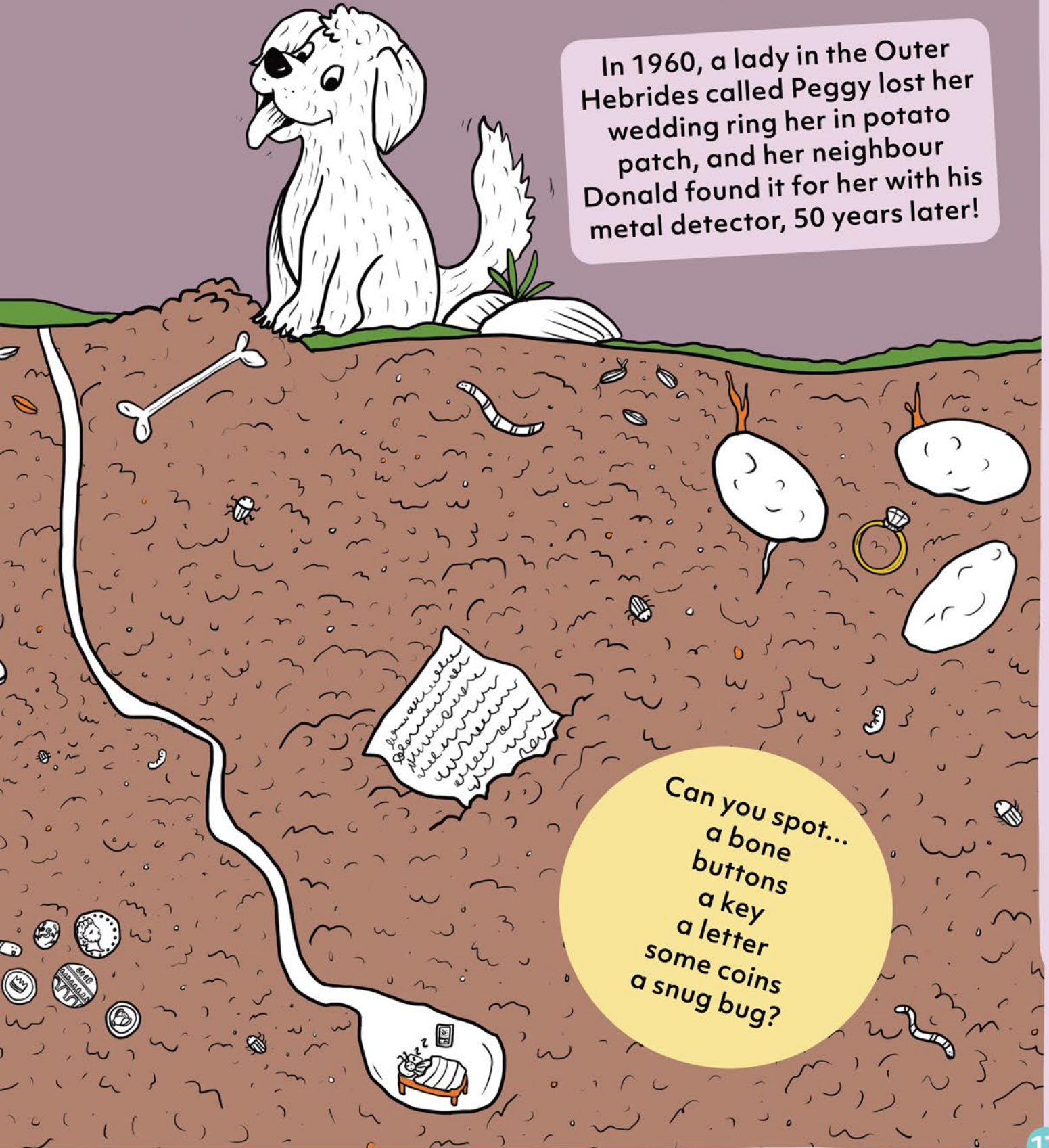
From September to February, daffodil bulbs ARE growing, they are just doing all of their work underground, spreading their roots and gathering nutrients. When they pop up out of the soils in early Spring, they have actually been busy all winter getting ready to show us their lovely flowers!



The full moon in March is often called the 'Worm Moon' because it is around the time of year that worms start to appear above ground in the northern hemisphere.



In 1960, a lady in the Outer Hebrides called Peggy lost her wedding ring her in potato patch, and her neighbour Donald found it for her with his metal detector, 50 years later!



Can you spot...
a bone
buttons
a key
a letter
some coins
a snug bug?

Hey, look, it's the moon!

Hi Moon lovers. Here is an easy poetry-writing activity all about the moon, that is suitable for anyone to try.

(We are very grateful to wonderful poet Ross Sutherland for letting us borrow this activity. He introduced it on his brilliant podcast 'Imaginary Advice').

The moon is a poetic cliché, but that makes it the perfect place for us to start a poem! It's such a big, open subject to write about that you can make your poem mean whatever you need it to mean.

Simply fill in the table below to create a gorgeous list of moon metaphors!

Don't think too deeply about it, this is all about experimentation and surprising yourself with words. There are no wrong answers!

Choose adjectives and nouns from the world around you – open a book or a dictionary, listen-in to the world around you, eavesdrop on nearby conversations, or simply look at the objects that are in your environment as you write.

Can you create some never-before uttered metaphor for the moon? They might feel like gibberish at first, but let them make their own magic as they sit together on the page. We have started you off with some examples from poet Ross Sutherland.

Now it's your turn!

The Moon is...	an adjective/describing word	a noun/name for object/thing
----------------	------------------------------	------------------------------

The Moon is...	a blue	church
----------------	--------	--------

The Moon is...	a dark	record
----------------	--------	--------

The Moon is...	an aztec	supermarket
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Please send us your favourite moon metaphors, we would love to read them!

Find us on socials @wyldwoodarts or email hello@wyldwoodarts.co.uk

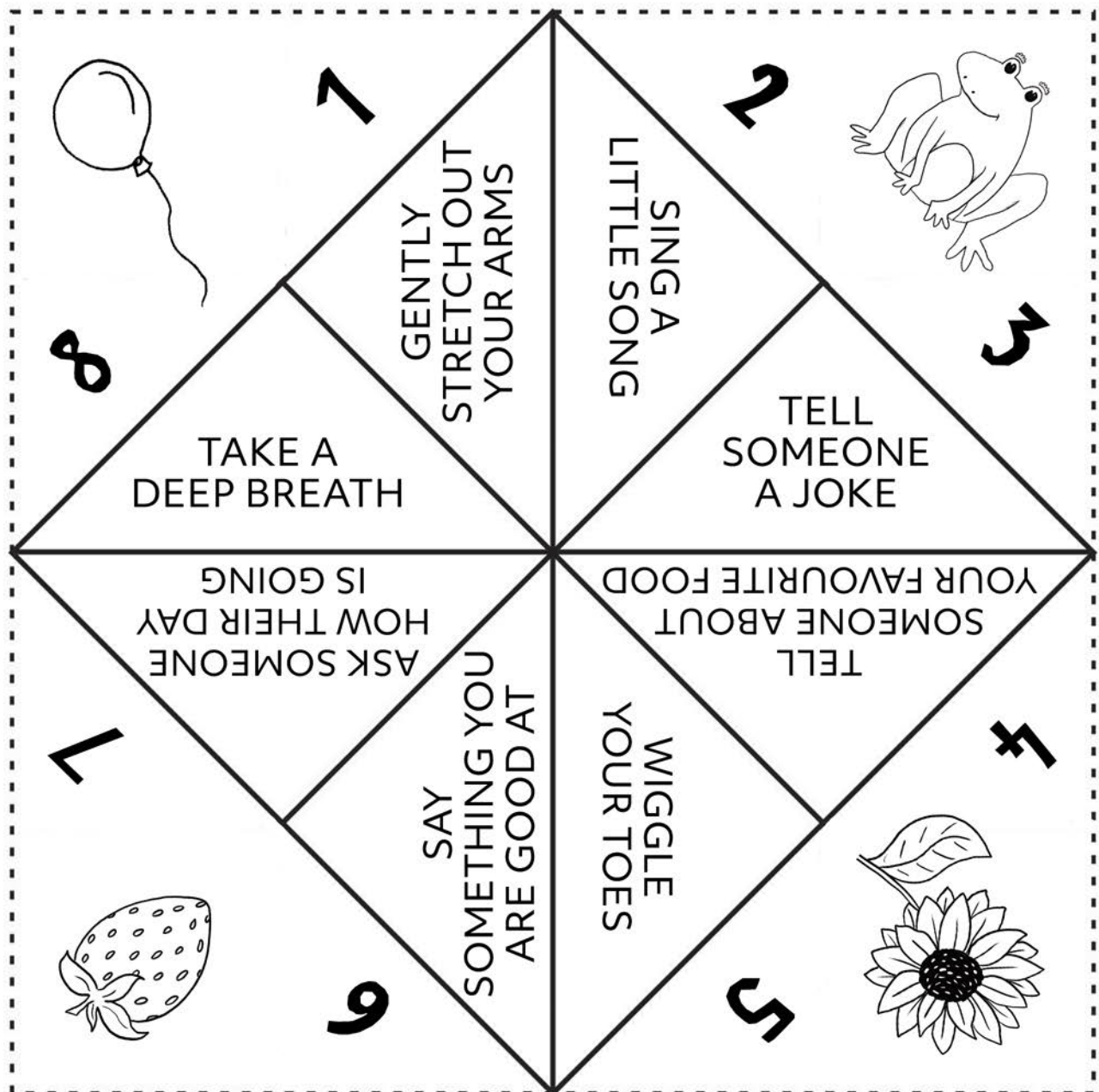
Make Your Own Cootie Catcher

(Self-care edition)

These simple origami creations can be a fun way to get interesting conversations going, prompt us to take simple steps to take care of ourselves, and get creative.

On this side is one that we have filled in for you, so all you need to do is cut, fold, and get going! Colour it in too, if you like!

On the other side is a blank canvas for you to put your own ideas on to.



1. Cut out and fold up your creation.

cut along dotted lines

2. Choose an object (strawberry/sunflower/frog/balloon), then a number, then unfold to find your prompt!

If you're feeling a more creative, you can add your own pictures and prompts to this side of the Cootie Catcher (and just fold it up the other way!)

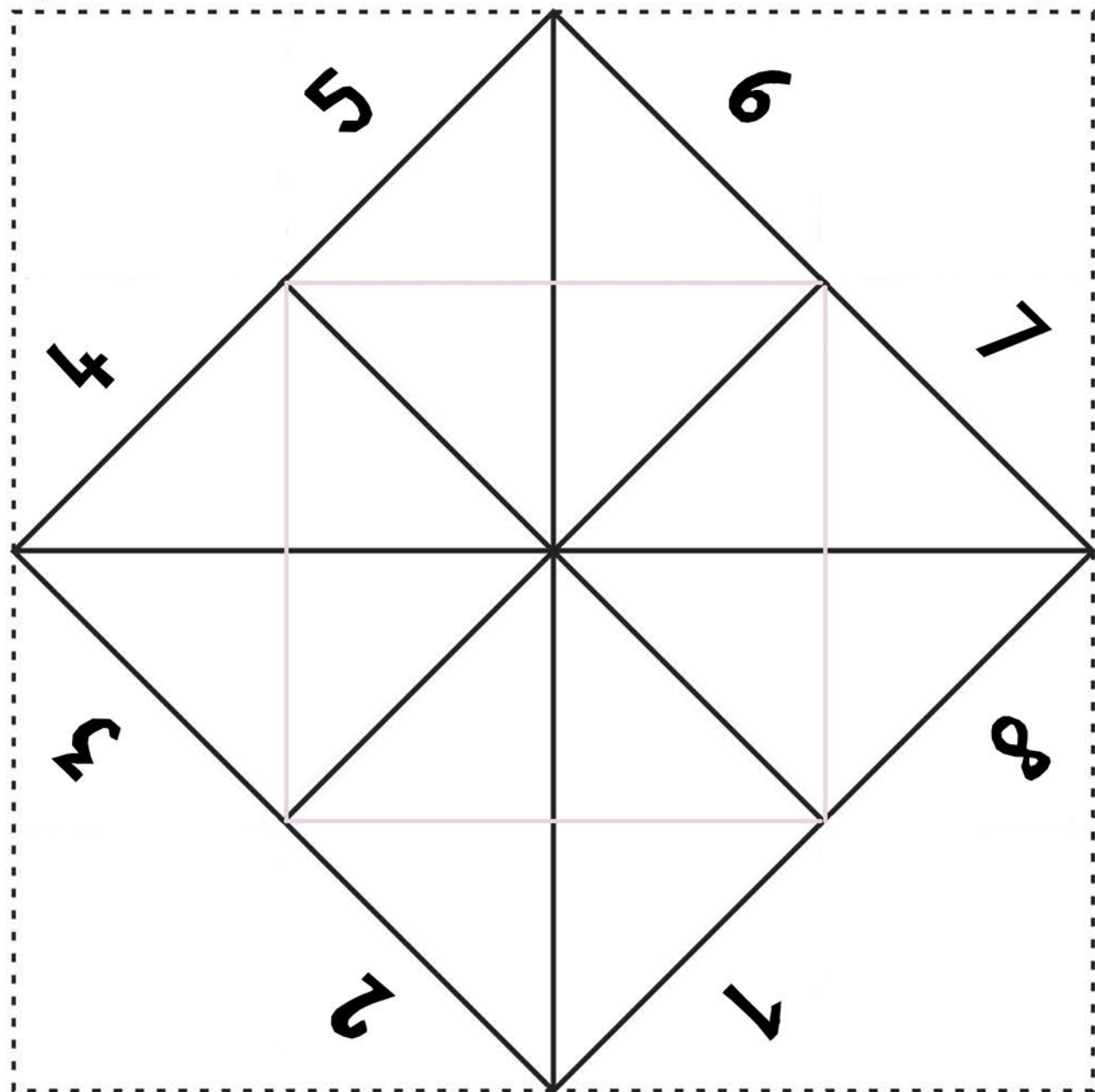


Which pictures and prompts will you choose?

DRAW
YOUR OWN
PICTURE
HERE!

DRAW
YOUR OWN
PICTURE
HERE!

FOLD AT
PINK LINES ALSO



DRAW
YOUR OWN
PICTURE
HERE!

ADD CHAT PROMPTS
QUESTIONS, JOKES OR
CHALLENGES TO EACH
OF THE INNER TRIANGLES!

DRAW
YOUR OWN
PICTURE
HERE!

Moon & Stars Mythology



Coyote

According to the Navajo (Native American) Mythology, the Milky Way galaxy was created by the mischievous god Coyote, when he threw a bag of stars up over his head in a annoyance!

Aztec Calendar

In ancient Aztec civilisation, time was measured according to the movements of the stars and the Sun. Their calendar was based on cycles of fifty-two years. They watched the stars carefully move in the sky to ensure that the world would not end.



Selene

In Greek mythology, Selene is the goddess of the moon. She pulls the moon across the sky each night in a chariot.

The Tale of the Bamboo Cutter

In Japanese folklore, there is a popular story from the 9th century called 'The Tale of the Bamboo Cutter' about a princess from the moon who is discovered as a baby in the stalk of a glowing bamboo plant. She finds her way back to the moon at the end of the story!



Movement2Music with Rose

Find some movement that makes you feel good!

Accompanying song:
'Do-Re-Mi' from
The Sound of Music

1

First wiggle all your fingers with your hands on your lap for 4 breaths, then raise your hands and wiggle your fingers again for 2 breaths.



2

Clap your hands together 8 times low, and then 8 times raised up.



3

Now raise both your hands up and down 4 times.



4

Move your left hand over to the right and clap 4 times, then do the same on with your right hand 4 times.



5

Finish with crossing your hands over in front of you and breathing in. Bring your hands closer to your chest. Hold your breath, then breathe out whilst releasing your arms. Do this 3 times.

Repeat all these movements 2 times to finish off the song!



Egg Box Window Ledge Garden!



Egg boxes can make great places for seedlings to get started.

Save your used egg boxes, and fill them with a little bit of soil (you can use compost from a bag, or even just dig a little bit up from your garden). A 'seed sprouting' or 'potting' compost mix will work best, but we encourage you to have a go with whatever you've got to hand.

Plant a few seeds in each 'egg', and keep them moist by sprinkling a little water on them regularly. The eggboxes aren't waterproof so maybe put them on a plate or a tray!



Seeds that will grow well are:

Cress, tomatoes, spinach, sunflowers



You can also try propagating (re-growing) new life from old veg scraps from your kitchen such as the ends of spring onions, carrots, most herbs, or celery!





Put your egg box garden in a sunny warm spot and look out for growth! When your seedlings get bigger, they will need transferring to a bigger pot or into the ground for more space (except for cress, you can just eat that straight away!).

You could even try sprinkling some used coffee grounds or crushed up egg shells into your soils for extra nutrients for your plants.



Spring Songs

Can you complete these song lyrics..?

"Mary, Mary, quite contrary, how does....."

"How many kinds of sweet flowers grow....."

"Lavender's blue dilly-dilly, lavender's green, when....."

Hope

A Community Photography Competition

We invited people from across the Forest to take photographs responding to the theme of 'Hope', and submit them to our photography competition.

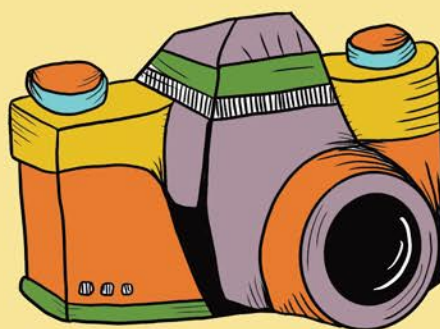
We had many beautiful entries, and we are so pleased to present our four winners here! Including Jude Morgan our 'People's Choice' winner, as voted for by our followers on Facebook.

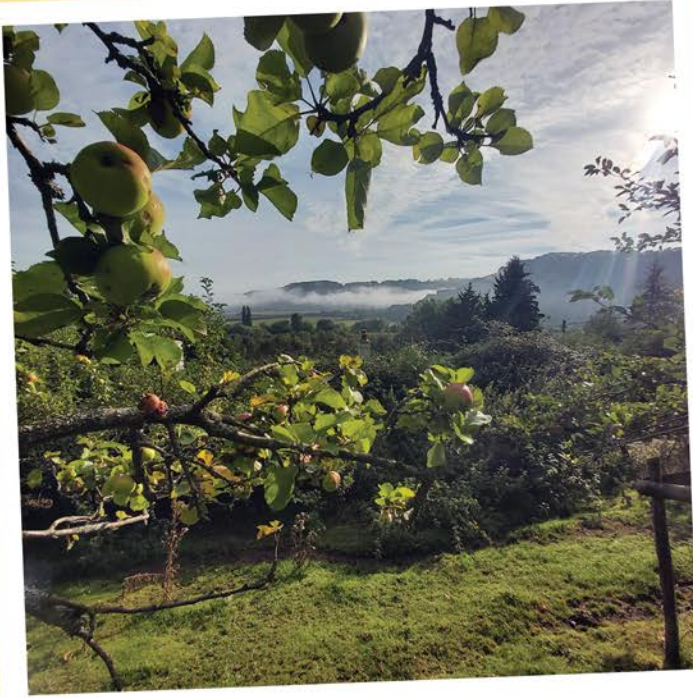
Thanks so much to everyone who voted!



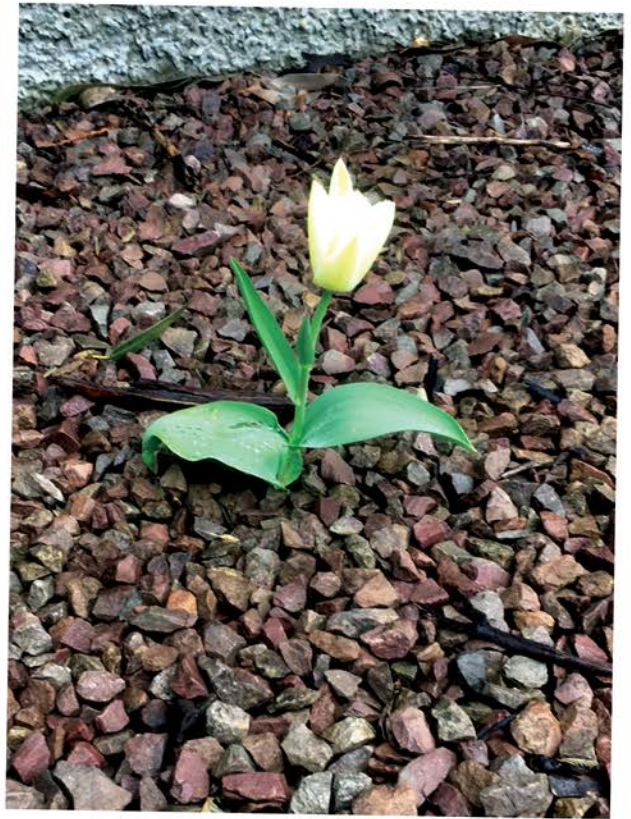
A Pinch of Summer
by Jude Morgan
Residence: Huntley

People's
Choice
Winner!





A Tranquil Autumn Morning, (2021)
by Helen Maza
Residence: Symonds Yat



HOPE
by Sian Barnsley
Residence: Cinderford

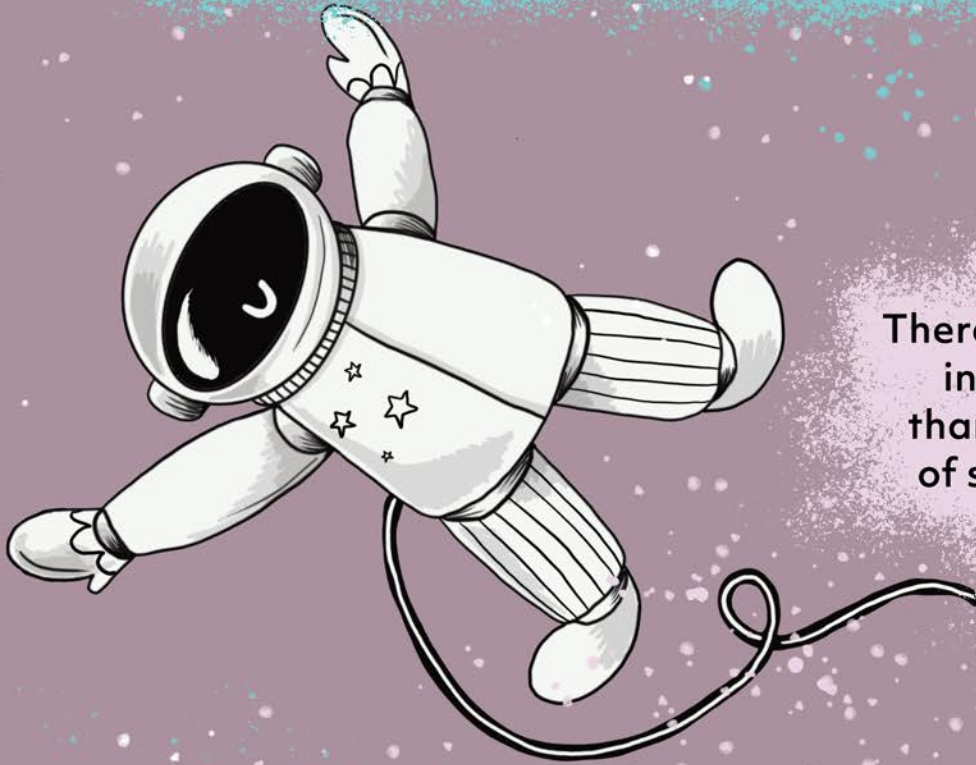


Believe in Rainbows, Believe in Hope
by Alison Pflug
Residence: Cinderford

Congratulations
to our winners,
who all received
a framed print of
their photo.

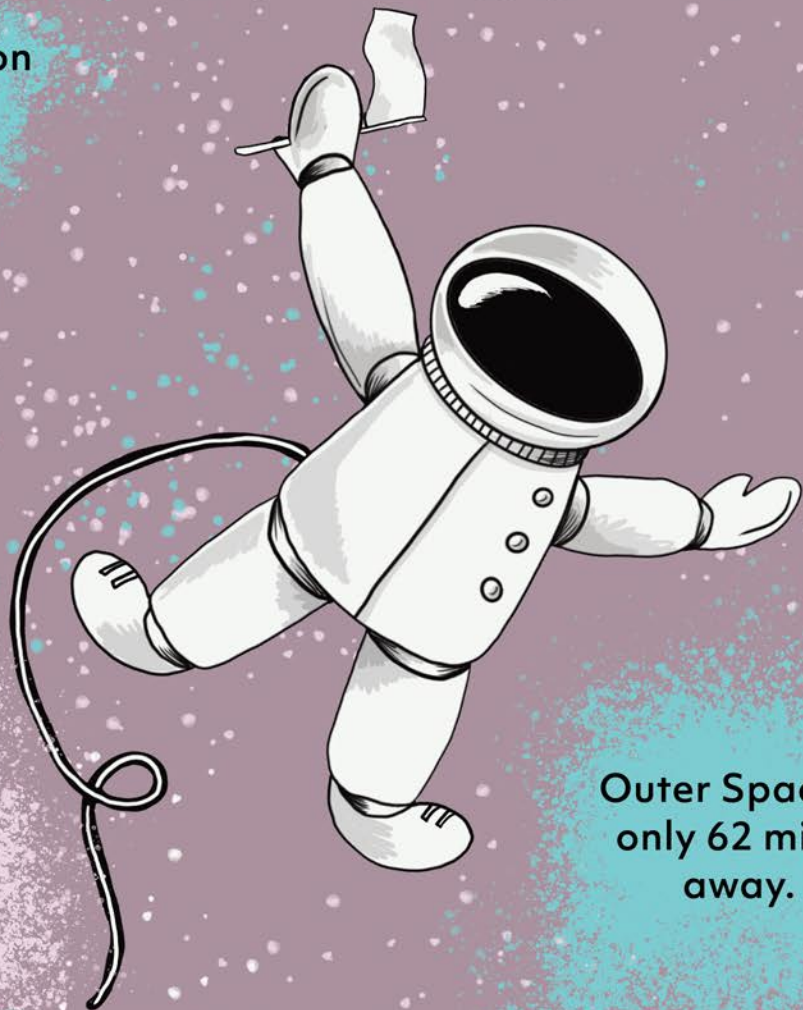
Spot the Difference in Space!

Can you see how these astronauts are different?



There are more stars in the universe than all the grains of sand on Earth.

The footprints on the Moon will be there for 100 million years.



One million Earths could fit inside the sun – and the sun is considered an average-size star.

Outer Space is only 62 miles away.

Wyld Words

E B D F G P A L H U A S L S
J G L V Y F S N P Z C T C P
F N G T F U T U R E E A E R
R R A B J S R W N X G R T I
I C M O O N O R T F D S Z N
E X K Q U X N H V Z B O A G
N P M S W Y A J B W D F G T
D A G E C Y U L H O P E Y I
S R O C K E T I E R D R P M
H I V T Q M Z X U M Q S C E
I S E E D L I N G S K M Z U
P O G R O K W I H E C A E N

HOPE
EGG BOX
ASTRONAUT
SPRINGTIME

MOON
ROCKET
SEEDLINGS
FUTURE

AZTEC
STARS
FRIENDSHIP



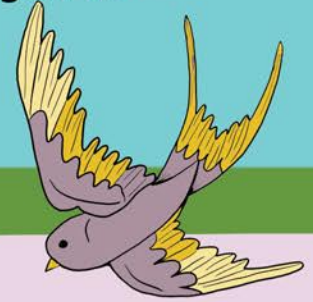
Our Future Plans!

What's coming up for Wyldwood?
Exciting things you might want to get involved in!



The Meeting Place

Throughout this Spring & Summer (2022) we have an exciting new project called THE MEETING PLACE, where we will be offering 30 drop-in sessions across the Forest of Dean where participants can have a go at creating a variety of creative work such as poetry, song-writing, film-making and drama. These sessions are FREE and open to EVERYONE aged 15+ A showcase event celebrating the work created during this process will be taking place in July as part of Coleford Music Festival!



Reaching Communities

Also... We are delighted to announce that we have been awarded £180,000 by The National Lottery Community Fund for a three-year project designed to explore new, creative approaches to connecting people and communities across the Forest of Dean! The funding is part of the 'Reaching Communities England' programme, and will help us support communities and groups to plan and deliver creative events and activities that address local needs and encourage social cohesion. We'll be announcing more details over the coming months, including information about how you can work with us - so watch this space! And, if you haven't already, do sign up to our mailing list so you don't miss any updates on this and other projects.

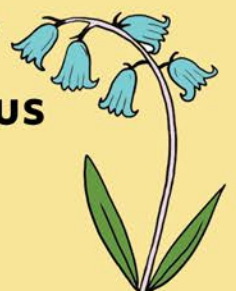
Creative resources for everyone

One of the things that people have told us is most valuable about The Meeting Post is the craft and creative activities that we share. So even though The Meeting Place is coming to a close, we want to keep offering fun and accessible creative activities for everyone via our website and mailing list!

Please do sign up to our mailing list by visiting...

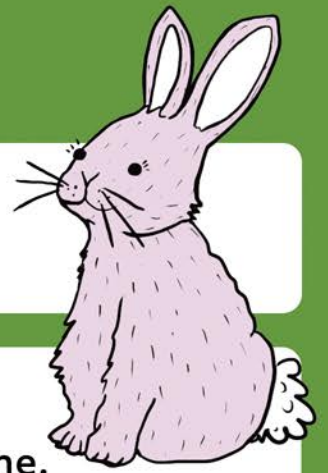
www.wyldwoodarts.co.uk/hear-from-us

...and entering your email address so we can keep in touch with free creative resources.





Over To You!



We hope you've enjoyed this edition of The Meeting Post and will return to it the coming days or weeks.

Send us your photos!

Send in your snaps to feature on the In The Wyld Page online.

We'd love to see how you get on with activities like the egg box garden and poetry writing activity.

We love receiving your responses and hearing about which features you enjoy. Send us your poems, drawings, stories and recipes. You can also email us or upload via our website.



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Support Us!

If you have enjoyed the paper and would like to make a donation to Wyldwood Arts please visit our website for information for information on how to support our work.

www.wyldwoodarts.co.uk
hello@wyldwoodarts.co.uk



Wyldwood Arts is based in the Forest of Dean, working across Gloucestershire, Herefordshire & Bristol.

The Meeting Post is produced by:

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George Densley
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Livy Powell
Liz Bell
Lia Morgan

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ARTS COUNCIL ENGLAND



Grateful Society



Charity Number 1189046



Please keep in touch!

Although The Meeting Post is coming to a close, we would still love to hear from and collaborate with you! Here are all the ways you can keep in touch with us:

Email: hello@wyldwoodarts.co.uk

Instagram: [@wyldwoodarts](https://www.instagram.com/wyldwoodarts)

Twitter: [@wyldwoodarts](https://twitter.com/wyldwoodarts)

Facebook: [facebook.com/WyldwoodArtsCIC](https://www.facebook.com/WyldwoodArtsCIC)

Visit our website: www.wyldwoodarts.co.uk

Join our mailing list: www.wyldwoodarts.co.uk/hear-from-us

Write to us: **Wyldwood Arts, Belle Vue Centre Cinderford, GL14 2AB**

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