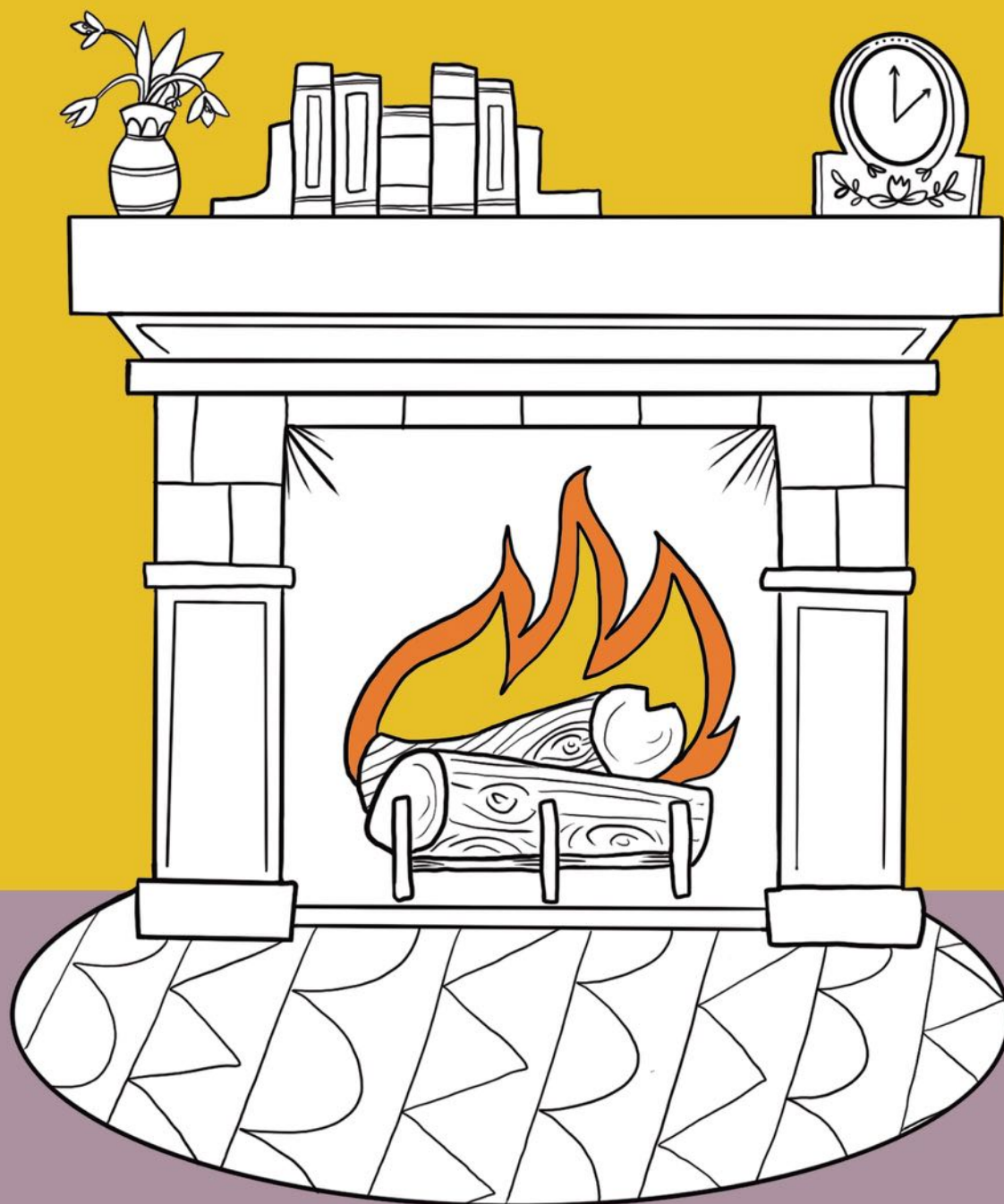


THE MEETING POST

Winter 2021

Produced by Wyldwood Arts



COLOUR ME IN!

Hello

Welcome to the winter festive edition of

The Meeting Post

We've had some lovely feedback from our Autumn edition.

If you received one, we hope you enjoyed it.

If you are new to The Meeting post, a big HELLO

and welcome to our community!



This edition is full of festive features, winter memories, fun activities, and games. Look out for cosy winter recipes, a delicious Christmas table, jolly jokes, and plenty of seasonal activities to keep us warm as we welcome in the darker nights and frosty mornings. We hope this edition delivers you a cosy feeling, wherever you are!

If you feel inspired to send a response to a feature, or to get in touch with us with any feedback, news, or photos of your activities from the paper, we would absolutely love to hear from you. All of our contact details are on the pages towards the back.



We hope to hear from you soon!

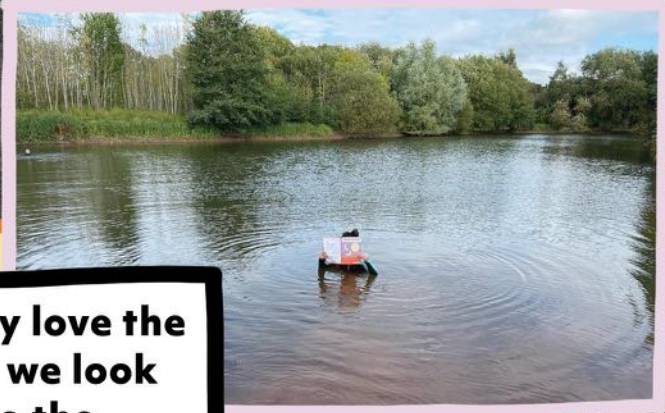
With love,

WYLDWOOD
ARTS

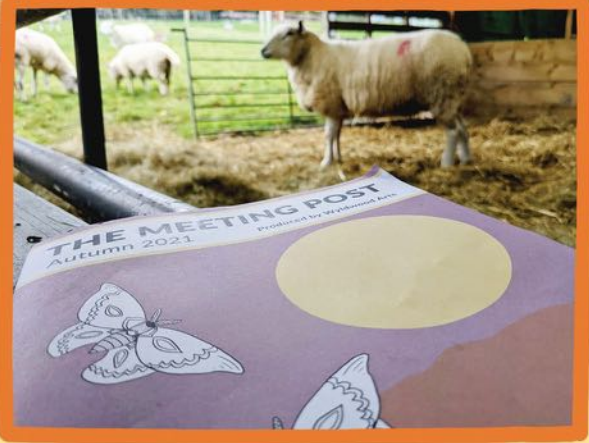
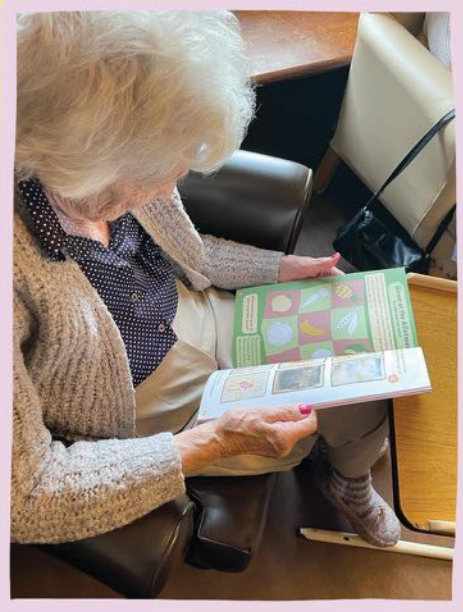


The Meeting Post

In The Wyld!



**"We absolutely love the magazine so we look forward to the winter edition."
Orchard Grove, Bristol**



**"Some people in our community look & read the paper, whilst many others complete the activities & this starts conversations."
Deerhurst House, Bristol**

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.



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Worried

Afraid

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Anxious

Angry

Sad

Bored

Toys through the Decades

Can you match these iconic toys from Christmases past with the decades when they first came into the world?



GI Joe

1980s



Slinky

1920s



Cabbage Patch Doll

1960s

Yoyo



1940s

Answers on page 28

What was the most memorable Christmas present you ever received?
What do you think is the best Christmas present you've ever given to another person?
Which iconic toys were on your wish list as a child?

Pudding Club

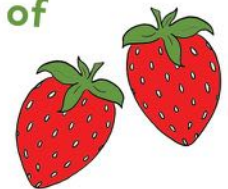
The Christmas Trifle from Joy

Thank you to everyone that sent us a recipe!
Here is a very special, triflicious recipe, sent us by Joy.
It sounds superbly indulgent. Let's all get making...

This recipe is from my family, my mother handed it down to me
and every Christmas I make our delicious Christmas trifle.



Trifle Ingredients
6 sponge fingers, halved
Strawberry Jam
3/4 tablespoons of Sherry
1 packet of strawberry jelly
3/4 cup of custard
3/4 cup whipped cream
Top off with your choice of
strawberries, almonds,
and grated chocolate



Spread the jam on the sponges, and line the glass bowl with them.
Pour Sherry on to the sponges, and let it soak for 10 minutes.
Slowly pour 1/3 of the liquid jelly, and place in the fridge.
Once the jelly is set, pour over the rest of the jelly and leave
in fridge to set.
Once this is set, spoon on the custard.
Spoon on a thick layer of whipped cream and decorate!



Thank you to Sarah, in Clevedon, for this food memory...

As a child, maybe around 8 years old, I remember going
blackberry picking with my Mum and siblings. We would
bring them back, boil the berries up and mix in double
cream, this made a kind of blackberry creamy coulis and
we loved eating it like yoghurt on cold days in front of the
fire. Then we'd take some of our blackberries to my Nan
and Grandad's house and Nan would make blackberry and
apple crumble using the apples from their garden, too.

Window Bingo

The clocks have changed and the days are getting shorter. Take a peek out of your window and see how many things from our wintry window bingo you can spot!



Paintings by Josie Rogerson

Christmas

Crackers!

Can you match these wintery one-liners with their perfect punchlines?

Q: Why was the snowman looking through all the carrots in the supermarket?

A: By icicle!

Q: How did Ebenezer Scrooge win the football game?

A: Ice bergers!

Q: Why are Christmas trees so bad a sewing?

A: They wear snow caps!

Q: How does Jack Frost get to work?

A: Swarm

Q: How do mountains stay warm in Winter?

A: The ghost of Christmas passed!

Q: What do polar bears have for dinner?

A: Because they always drop their needles!

Q: How do penguins make a decision?

A: He was picking his nose!

Q: Why do bees stay in the hive during winter?

A: They flipper coin!

Extraordinary Lives

I grew up in a north Herefordshire town.

I lived with my Mum and grandparents, always calling my grandfather Dad.

Then when I was about twelve years old, my Mum told me about my real Dad - a GI who she had met while he was hospitalised after being wounded in the Battle of the Bulge, fighting the Germans in WW2.



As I grew older, I got two younger brothers, who were great company for me, but I often wondered why my GI dad never got in contact with Mum.

I had all his army details, and the letters that they both wrote to each other, but I never tried to contact him as he never contacted Mum. Mum passed away at just 55 years of age.

I have had a very wonderful marriage of 52 years, with two children (a boy and a girl) and three wonderful grandsons.



In 2015 my kids and grandkids wanted to know about their grandad and great-grandad. So, I started the process of contacting him first through the US military archives, and found out that he had passed away at the age of 78 in 2003.

Through his obituary notes, we found out that he had four children (two boys and two girls). His wife had passed away 2013, so I went about contacting my four siblings.

I found the address of three of them, and wrote letters and sent a photo of myself. Waiting in anticipation, my sister Ann was the first to contact me. Then things really moved fast, and we swapped emails with each other. Within weeks my brother Ron flew over to check me out, it was very emotional.



Rudolph Finger Puzzle

Can you use your finger to help him find his way to the carrot?



The first story book about Rudolph the red-nosed Reindeer was published in 1939!

There are over 100 species of edible carrots today.

In North America reindeer are also called caribou.

Their noses are specially designed to warm the air before it gets to their lungs.



A Moment of Calm

Winter can be a happy and heartening time for lots of reasons – it's the holiday season, presents are exchanged and well wishes are sent.

But for some of us it can be a time of uncertainty too, where we might be looking for a little comfort and reassurance along the way.

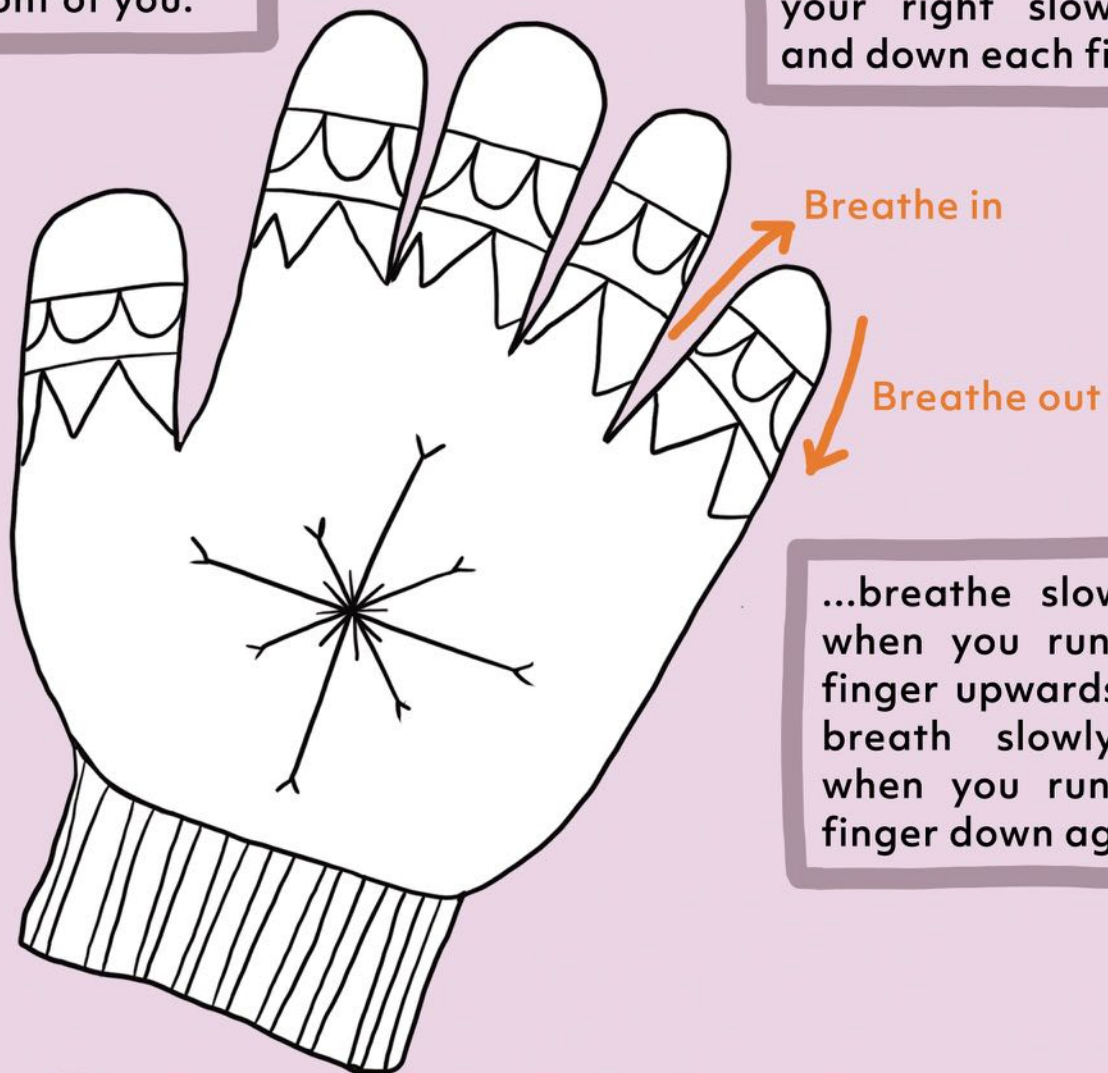
Here is a quick and easy breathing exercise that you can do anywhere, to bring you a moment of calm where ever you are.

1

Hold up your left hand open, in front of you.

2

Run the index finger of your right slowly up and down each finger...



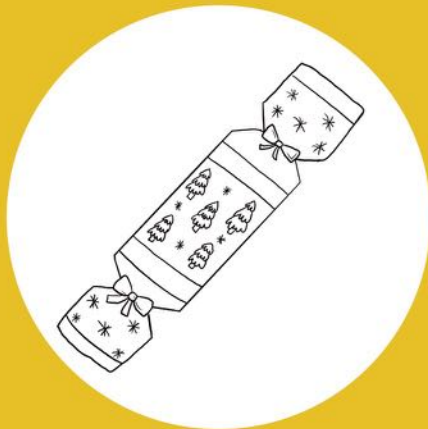
3

You can just do this once around all your fingers, or repeat as many time as you like.

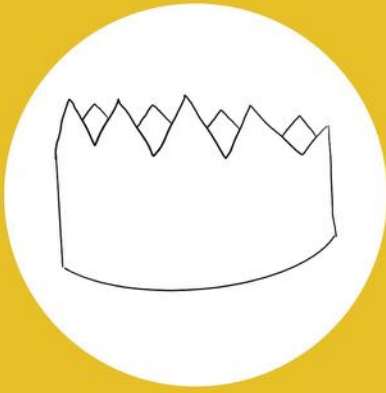
Taking a moment to pause what we are doing and focus on our breathing is one way to bring a little peace and mindfulness to our day!

Christmas Table Cut-outs

On the centre fold pages is an empty Christmas table, waiting for you to lay it with a delicious Christmas dinner! Cut out the foods that you would choose for a festive feast with your nearest and dearest, and stick them onto the table. Fill it with the colours and decorations of your choice. Please do send us photos of your finished creations!



More Cut-outs!

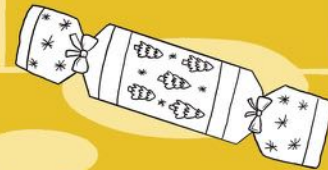
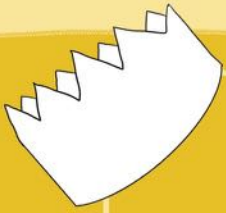


Your Festive Table!

Which festive foods will you lay the table with, for your ideal Christmas dinner?

There are plenty of popular festive foods on the previous page for you to cut out and stick on to your table.

You could also draw some extra items that would appear on your dream table! What colour will you choose for your tree and table decorations? Will you add crackers? Paper hats? Who would you invite, if you could invite anyone in the world to eat Christmas dinner with you?



Winter Wassail!

Can you complete the lines to these festive songs?

"The Holly and The Ivy, when they are both full grown....."

"Oh, the weather outside is frightful. But the fire is so delightful....."

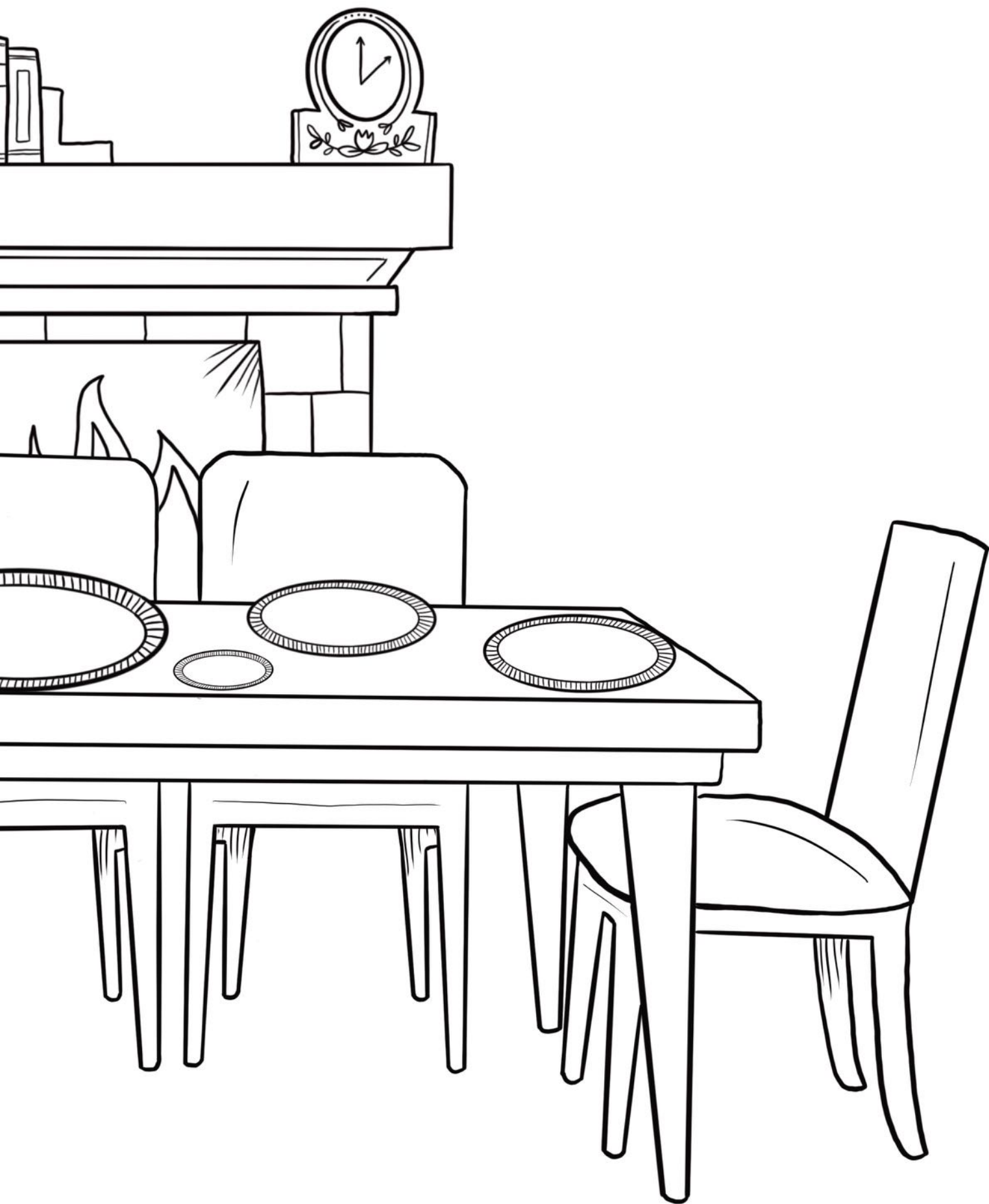
"Rudolph the red-nosed reindeer, had a very shiny nose....."

Find the answers on page

COLOUR ME IN!

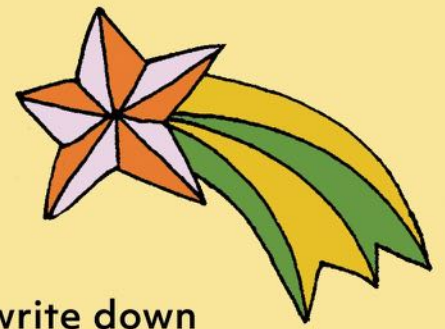


Create your Christmas Feast!



'For Auld Lang Syne!'

As we approach the end of 2021, some people like to take a moment to look back over the year past, and forward to year ahead.



Here are some prompts for you - if you would like to write down (in the white spaces) or chat to your friends about your joys and sorrows from 2021, and your hopes and dreams for 2022.

The thing (or things) that brought me the greatest joy in 2021 was...



Something I'm looking forward to leaving behind in 2021 is...

The most delicious meal or snack I ate in 2021 was...

My dreams for the year ahead are...

A worry that I would like to share for the year ahead is...

Something that I really hope to happen for someone I love this year is...



Even though Winter is upon us, there's still plenty of wildlife about in our parks and gardens, if you know what to look for!

Moving and Growing



December

WHO'S MOVING?

Starlings, flying together in huge murmurations (the best time to spot them is on cold, still, clear evenings).

WHAT'S GROWING?

Evergreen trees like holly and yew, with glossy green leaves (though most of their bright red berries will have been eaten by birds by now!)

January

WHO'S MOVING?

Grey squirrels, chasing each other noisily through the trees (it's courtship season so they are especially active at this time of year).

WHAT'S GROWING?

Snowdrops, peeping out from the frosty ground (they don't mind the cold weather – it helps keep them in flower for longer!)



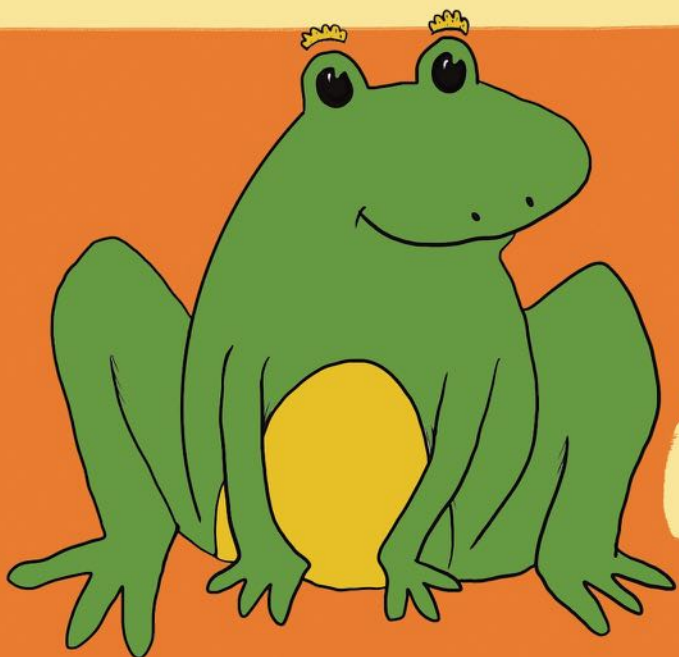
February

WHO'S MOVING?

Frogs, heading to their breeding grounds (you might even spot some early frogspawn).

WHAT'S GROWING?

Hazel catkins, also called 'lamb's tails' (look out for the tiny, red female flowers that grow above the larger, yellow male flowers on the catkin)



Ice Sun-catchers!

Brighten up your garden on a frosty morning with some home-made, fruity ice decorations!

You will need:

- A plate or shallow dish
- Some natural materials and fruit
- String or garden twine
- A knife and chopping board
- A jug of water



Step 1

Gather some natural materials, such as leaves, berries and twigs, from your garden or outside space.

Step 2

Carefully slice your fruit and arrange it roughly on your plate along with your natural materials. Tie a knot in your string and place one end of the loop over the edge of the plate.



Step 3

Fill your plate with water, deep enough to cover the end of the string. Don't worry if your arrangement moves around a little!

Pop the whole lot into the freezer
for a few hours

(if you don't have access to a freezer,
you could leave it out on a very cold night,
and it will be frozen by the morning).



Hang your frozen decoration
outside and enjoy watching it
sparkle in the winter sunshine.

How long will yours last
before it melts?

Let us know and send us a
photo of your beautiful creations!



Movement to Music

"Rockin' Around the Christmas Tree"



First spread your fingers and bring your thumb in towards your palm and release. Do this eight times.



Next, make a globe with your arms and hands, starting from the top. Move your hands to the middle and then put your hands below. Make 5 globes with these movements.

Now with both your hands curl your fingers and release. Do this eight times with both hands at the same time.



Raise the left hand first with the right hand down and then swap over so the right hand is at the top and the left hand is at the bottom. Repeat this eight times.



Repeat all these movements three times and this will be for whole song "Rockin' Around the Christmas Tree."

Winter Festivals

Up Helly Aa Shetland Viking Festival

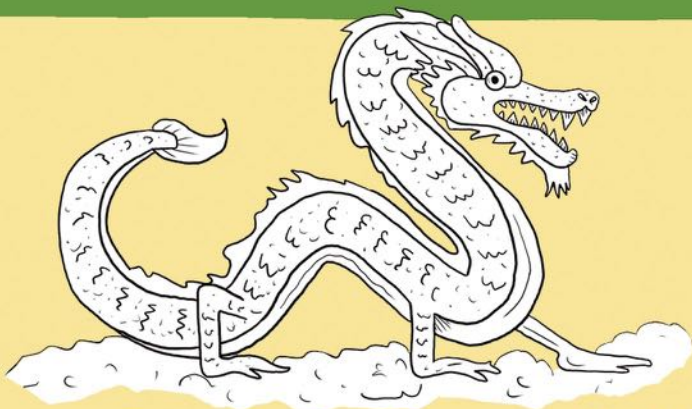


Up Helly Aa (meaning Up Holy Day) is a huge spectacle, a celebration of Shetland history, and a demonstration of Shetland islanders' skills.

Most of the local community takes part, spending hours each winter getting ready for the big event, building the huge Viking longship that is at the centre of the festival. The events last all day and involves a series of marches and visits, ending in a torch-lit procession of people dressed as Vikings, and the burning of the Viking longship.

Venice Carnevale

Venice Carnevale is an annual festival held in Venice, Italy. The Carnevale ends with the celebration of Lent, on Shrove Tuesday (also known as Mardi Gras). The festival is world-famous for its elaborate masks. The people in Venice take to the streets. They wear elegant and detailed masks, feast on decadent food, and toast the good life!



Japan's Sapporo Snow Festival

The Sapporo Snow Festival (Sapporo Yuki Matsuri in Japanese) is held every February in Sapporo, Japan.

The festival features giant, spectacular snow and ice sculptures of things like castles, animals, and dragons. It attracts more than two million visitors every year, from Japan and across the world.

It is one of Japan's most popular winter events. The Sapporo Snow Festival was started in 1950, when high school students built a few snow statues in Sapporo's Odori Park.

As we say goodbye to harvest time and hello to winter, we asked you to send us in pictures of things you grew in your gardens this year!

Garden Delights



From window ledge tomatoes grown by people living in fourth-floor flats, to rows and rows of pumpkins from an organic nursery in York, we were delighted to see what you've all been growing!

Here is a selection of our readers' garden triumphs, thank you so much to everyone who send in picture.



Guess The Gift!

Here is a simple game that you can play, perhaps on one of those cosy, quiet days between Christmas and New Year, to bring a few laughs and keep your mind active!

Take it in turns to mime opening up a present.

Think of the gift that could be inside the present, and mime that so that your friends can have a go at guessing what you've opened.

When someone has guessed what you're miming, it's the next person's turn to 'open' their present.





Many thanks to our friends at our 'Playing Together' sessions and at Credenhill Court Care home for all your help in modelling for these photos!



Spot The Difference



Can you spot the 8 differences between these two snow-folks?



And can you decorate or colour them in with your favourite winter colour scheme?

Snow Stories

What is your earliest memory of snow?

If you could make any animal out of snow, what would you make?

Fun fact: The biggest snowman of all time was created in Maine, USA in 2008. The snow-woman was a whopping 122 feet tall in height, and was called Olympia.

Winter Wordsearch

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

WREATH
HOLLY
SNOW
ADVENT
NOEL
YULE

SOLSTICE
TINSEL
STOCKING
MAGI
SPROUTS
CRACKER

Winter Wassail Answers

**"The Holly and The Ivy, when they are both full grown...
of all the trees that are in the wood, the holly wears the crown."**

**"Oh, the weather outside is frightful. But the fire is so delightful...
and since we've no place to go, let it snow, let it snow, let it snow!"**

**"Rudolph the red-nosed reindeer, had a very shiny nose...
and if you ever saw it, you would even say it glows."**

Marley & Oz's Doggy Cupcakes!

As we all prepare for Christmas, let's not forget our canine friends! Our reader Marley has kindly shared this recipe for delicious doggy cupcakes.

Ingredients

Eggs x 2
Oats
Doggy peanut butter
Honey
Banana
Turmeric
Baking Soda
Doggy treats for toppings



1. Break the eggs into a bowl, and mash up with the banana.
2. Add the dog-friendly peanut butter and honey, and mix into a smooth paste.
3. Add the flour, oats, tumeric, and baking powder and combine. Add small amounts of water until the mixture forms a dough-like consistency.
4. Spoon the mixture into paper baking cases, filing each about two-thirds full.
5. Bake for 12–15 minutes, or until golden brown.



6. Decorate the top with dog treats, and let them cool before letting your dog friends eat them!

"YUM!" says Oz.





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.

We'd love to see how you get on with activities like the nature table and fireworks 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.

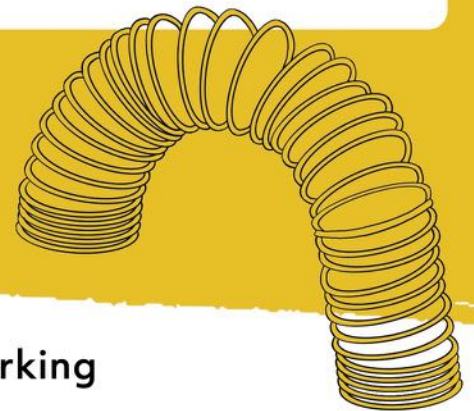


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