

Meet me Spring Zine 2020

Hello everyone
and welcome
to our Spring Zine!
We wanted to share
and celebrate all the amazing, creative
things we've been working
on since we've been apart...
Well done everyone for
your strength and
positivity this year and for staying connected with us,
we have got through this together!

Poems

Distortion
Distorted and unreal
the world has taken on a dark hue
Tears have fallen, blurring the edges
The colours once so vivid
have run into each other
Just the distorted view now
Nothing looks real
no defined edges
Just a jumbled up view
Distortion and a misshapen world and life
Distorted by grief
BY JOYCE

Failure: A nature poem from my sitting room window

There is no sun but neither is there rain
Only the dullest grey of blanket cloud
Not even room to lighten up a bit, a day when nature failed when waking up
The iron railings prop the laurel hedge and old dead roses bald with orange heads,
with dull green leaves which bush to nothingness
and old dead roses fall with orange heads

A heathy bush forgetting how to flower,
Bare trees that do not understand the leap
Plagued by thick crows which try at least to perch but fail and flap and fall and toppling off
Instead of nesting with their brood of young
This is not Spring, it's just a winter's gap
there might as well be snow to bury it and wash it clean
Cold water at the roots

Till then the earth is barren, nature's dead.
BY JANET

Spring is finally here
Very peaceful and relaxing in the garden
Birds singing loud and lovely
BY STELLA

Spring is like a gentle breeze
Sitting calmly enjoying beautiful trees
Enjoying the moment, enjoying the time that passes by.
BY JEANIE

Most mornings as I look out the window, what do I see?
a fox that's asleep in a box looking at me
Indoors I have a cat asleep on a favourite mat

I sent away for some flower seeds to sew
the lawn out the back is ready to mow
I like this time of year as we near the spring
and if you're quiet you can hear the birds sing
In the evening the parakeets fly by
Way up high in the night sky
BY PHILLIP

Calypso in the park

I don't really go outside these days
But I look out of the window instead
There's a little pear tree
And that's enough for me
I can go to the park in my head

A child picks (a ripe?) fruit from the tree,
From its seed another tree grows tall,
There's a fountain that dances
With circles of water,
And father time, he moves it all.

Calypso in the park!
You can listen for free!
Calypso in the park!
That's enough for me!

Calypso in the park!
You can listen for free!
Calypso in the park!
That's enough for me!

For in my head I can see
How a park would be
Cause I remember . . . when I'd go walking there
And these are the things that I'd see

There'd be children playing with their friends

And birds up in the trees
People walking their dogs
Life is all around
Calypso in the park

Calypso in the park!
You can listen for free!
Calypso in the park!
That's enough for me!

Calypso in the park!
You can listen for free!
Calypso in the park!
That's enough for me!

I see squirrels climbing up the tree
And birds flying all around
The colours of the sky are blue and white
In the lovely summer time

Calypso in the park!

You can listen for free!
Calypso in the park!
That's enough for me!

Calypso in the park!
You can listen for free!
Calypso in the park!
That's enough for me!

Original songwriting by Meet Me Phone Choir

SPRING RECIPES

PAULINE'S DUMPLINGS

Fried dumplings, for one 1 person, 8 ozs, self-raising flour, in a bowl tip of salt, add water sparingly or else it will be saggy. Add a 1/4 tsp, baking powder to the mixture of the fried dumplings. Make a dough using your clean hands, knead it until it becomes smooth, cover with cling film inside fridge or outside, after 20 minutes knead again, make small balls then flatten a little, put your frying pan on with oil, not too much, when hot put your dumplings in, turn as they get brown all over, enjoy. For boiled dumplings, it's plain flour, do the same but in boiling water for 20 minutes, enjoy!

Kurban's Butter infused with herbs

Add flavour to jacket potatoes served at lunch and to make the most of the wonderful herbs that grow in the garden. They're full of flavour, full of nutrients, and old folks like us can do with plenty of this.

Ingredients:

Fresh Herbs, Parsley, Rosemary etc.
Butter
Sealable container

Chop herbs finely.
Melt the butter in a pan.
Add the chopped herbs to the butter
and pour into a container.

Springtime

Where has all the colour gone?
No blossom for now but don't forget
You cannot keep spring from coming

Come the springtime
We'll blossom into life and then
Come the springtime
We'll see each other there again
In the garden

Come the springtime
We'll be planting seeds of life and then
Come the summer
We'll hug and smile and laugh again
In the garden

The flowers there will bloom
Sweet aromas fill the air
We'll be together soon
I feel it here

In my heart

We'll be so happy to be together
I've missed you so
Come the springtime
We'll be together
That much I know
Original songwriting by Meet Me Phone Choir

Meet me on the Radio
Every Tuesday 11.30am-12pm

Our themes and topics
Migration and travel, Windrush, The Sea, Letters, Trees, Food and recipes, Exchange and sharing, Music,
Poetry, Hope, Home and domestic space
Creativity, Protest and positive social action,
Walking and imaginary walking, Learning,
Wellbeing, Connectivity, Knitting stories.
If you have any ideas for shows please let us know.

Available via
Resonance FM 104.4FM and online

Remembering our special Meet Me members, Jacquie and Jean who both left us this year.

Flower in vase: Moira
Self portrait: Rosemary
Fish: Dahlia

Rosalines Gnome
Gnomes at Home
Katie on Albany Connects delivery bike

With thanks to members, artists: Malcom, Seiwa,
Celia, Rachel, Tim, Adam, all our volunteers
and meet me team.