



Special points of interest:

- **Christmas traditions around the world.**
- **New: Poetry corner.**

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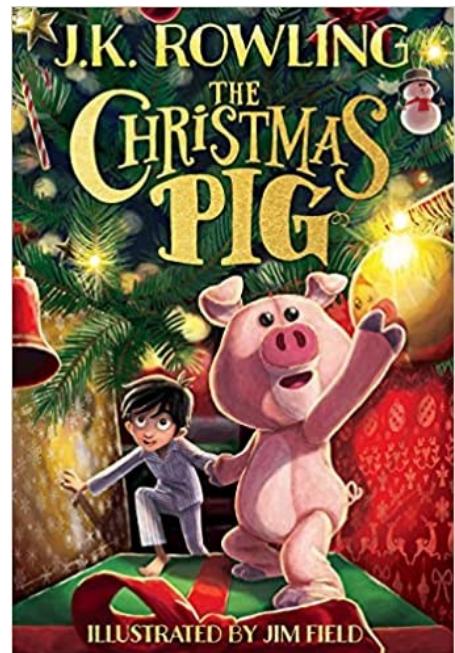
Created by People with a Learning Disability for the Learning Disability Community.

Edition 76 – December 2021

The Christmas Pig - By Tracy Roberts

I enjoyed this book. This is the book description: Bursting with festive charm and imagination, this magical adventure written by J.K. Rowling and illustrated by Jim Field, revolves around a boy's determined quest to find his missing toy pig before Christmas Day.

One boy and his toy are about to change everything. Jack loves his childhood toy, Dur Pig. DP has always been there for him, through good and bad. Until one Christmas Eve something terrible happens – DP is lost. But Christmas Eve is a night for miracles and lost causes, a night when all things can come to life... even toys. And Jack's newest toy – the Christmas Pig (DP's annoying replacement) – has a daring plan: Together they'll embark on a magical journey to seek something lost, and to save the best friend Jack has ever known.



Christmas in Herefordshire

If you are looking for good things to do over the Christmas period try these links to search for fun activities and places to go:

[Home » Eat. Sleep. Live Herefordshire \(eatsleepliveherefordshire.co.uk\)](http://eatsleepliveherefordshire.co.uk)

[Christmas In Herefordshire 2021 | Festivities & Xmas Events \(guide2.co.uk\)](http://guide2.co.uk)

[Home - The Courtyard](#)

[ODEON - ODEON Hereford Cinema](#)

[Herefordshire Entertainment news, what's on, films and events from the Hereford Times](#)

Update from the editors



Thank you for all your support through the year. We hope you have a joyous Christmas and a peaceful new year and stay safe and well!

In this edition lots for you to see:

- Christmas traditions around the world.
- Lovely recipes and Christmas crafts.
- Poetry, quiz and crosswords.
- Mythological creatures, history of months, Disney and panto.

**Our News Our
Views
Editorial Team.**

• Book and restaurant reviews. And more!

See you in February — deadline 12th January.

Dough Boy Pizza restaurant review - By Laura Joliffe

So last Saturday I went to dough boy pizzas dough at Unit 8/9, Foley Trading Estate, Hereford, HR1 2SF. They say the dough is made daily, “We make it fresh and keep it simple”.

An example on the menu you can have:

Meat / chicken/ seafood £12

Ham &cheese –Heggie’s ham and mozzarella £8 .95

Hawaiian –Heggie’s ham pineapple and mozzarella £8.95

Anchovy olives and mozzarella £8.95

American pepperoni and mozzarella with fresh basil leaves £9. 95

We went last weekend. it was very good and clean, and Trudy and I had cake and a coffee there as well.



History of Disneyland - By Adrian Phipps

The concept for Disneyland began when Walt Disney was visiting Griffith Park in Los Angeles with his daughters Diane and Sharon. While watching them ride the merry-go-round, he came up with the idea of a place where adults and their children could go and have fun together. The earliest documented draft of Disney's was sent as a memo to studio production designer Dick Kelsey on August 31, 1948, where it was referred to as "Mickey Mouse Park", based on notes During his trip to the Chicago Railroad Fair the same month.

When people wrote letters to Disney to inquire about visiting the Walt Disney Studios, he realised that a movie studio had little to offer to visiting fans, and began to get various ideas about building a site near the Burbank studios for tourists to visit.

Difficulties in obtaining funding prompted Disney to create a show named "Disneyland".

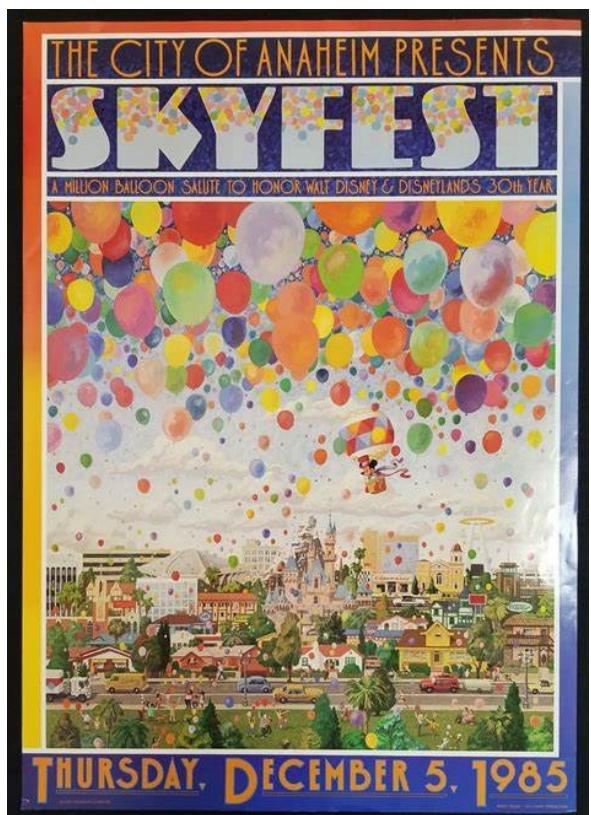
It was on then-fielding ABC. In return, the network agreed to help finance the park.

Construction began on July 16, 1954, and cost \$17 million to complete. The park was opened one year and one day later.

Disneyland was dedicated at an "International Press Preview" event held on Sunday, July 17, 1955, which was open only to invited guests and the media. The following day, it opened to the public, featuring twenty attractions.

Fantasyland was closed for refurbishment in 1982 and reopened to the public in 1983 as "New Fantasyland." On December 5, 1985, to celebrate Disneyland's 30th year in operation, one million balloons were launched along the streets bordering Disneyland as part of the Skyfest Celebration.

Me and my friend Julie are saving to go to Disneyland in Paris. If we can, we would like to go in October to see all the Halloween Festivals.



Christmas Traditions around the world - By L. Perkins

Whether you're celebrating a religious festival, like Hanukkah or Christmas, or a more secular (not religious) occasion, you're sure to have your selection of rituals or customs that make the season so special. Our favourite Christmas traditions around the world are loud, proud, and guarantee Oodles of festive fun.

The Giant Lantern Festival is held each year on the Saturday before Christmas Eve in the city of San Fernando-the Christmas Capital of the Philippines. The festival attracts spectators from all over the country and across the globe. Eleven barangays (Villages) take part in the festival and competition is fierce as everyone pitches in trying to build the most elaborate lantern.



Originally, the lanterns were simple creations around half a metre in diameter, made from (Japanese origami paper) and lit by candle. Today, the lanterns are made from a variety of materials and have grown to around six metres in size. They are illuminated by electric bulbs that sparkle in a kaleidoscope of patterns.

Sweden. Since 1966, a 13-metre-tall yule goat has been built in the centre of Gavle's castle square for the Advent, but this Swedish Christmas tradition has unwittingly led to another tradition of sorts - people trying to burn it down. Since 1966 the goat has burnt. If you want to see how the goat fares this year when it goes up on 1st December you can follow its progress on the Visit Gavle Website through a live video stream.



Krampus, Austria. A beast-like demon creature that roams city streets frightening kids and punishing the bad ones-nope, this isn't Halloween, but St Nicholas's evil companion Krampus in Austrian tradition st Nicholas rewards nice little boys and girls while Krampus is said to capture the naughtiest children and whisk them away in his sock. In the first week of December young men dress up as the Krampus (especially on the eve of st Nicholas day) frightening children with clattering chains and bells.

Japan. Christmas has never been a big deal in Japan. Aside from a few small , secular (non religious) traditions such as gift giving and light displays, Christmas remains largely a novelty in the country. However, a new quirky tradition has emerged in recent years a Christmas day feast of the colonels very own Kentucky fried chicken. The festive menu will soon be advertised on the KFC Japan website and, even if you don't understand Japanese, the pictures look delicious with everything from a Christmas themed standard bucket to a premium roast bird fest.

Norway. Perhaps one of the most Christmas Eve traditions can be found in Norway, Where people hide their brooms. In a tradition going back centuries, to when people believed that witches and evil spirits came out on Christmas eve looking for brooms to ride on. To this day, many people still hide their brooms in the safest place in the house to stop them from being stolen.

Continued page 6

Christmas Biscuits - By Peter Crum

Ingredients

100g/3½oz unsalted butter, softened at room temperature
 100g/3½oz caster sugar
 1 free-range egg, lightly beaten
 1 tea spoon vanilla extract.
 275g/10oz plain flour
 1



Yummy pretty biscuits to serve or make as presents

To decorate

400g/14oz icing sugar
 3-4 tbsp water
 2-3 drops food colouring
 Edible glitter

Method

1. Preheat the oven to 190C/375F/Gas 5. Line a baking tray with greaseproof paper.
2. Cream the butter and sugar together in a bowl until pale, light and fluffy.
3. Beat in the egg and vanilla extract, a little at a time, until well combined.
4. Stir in the flour until the mixture comes together as a dough.
5. Roll the dough out on a lightly floured work surface to a thickness of 1cm/½in.
6. Using biscuit cutters or a glass, cut biscuits out of the dough and carefully place onto the baking tray. To make into Christmas tree decorations, carefully make a hole in the top of the biscuit using a straw.
7. Bake the biscuits for 8-10 minutes, or until pale golden-brown. Set aside to harden for 5 minutes, then cool on a wire rack.
8. For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture. Stir in the food colouring.
9. Carefully spread the icing onto the biscuits using a knife and sprinkle over the glitter. Set aside until the icing hardens.



Christmas Traditions around the world - By Lisa Perkins

Germania and Bavaria. Not to be confused with Father Christmas Nikolaos travels by donkey in the middle of the night on the 6th of December and leaves little treats like coins, chocolate, oranges and toys in the shoes of good children all over Germany and particularly in the Bavarian region. Saint Nicholas also visits schools or at home and in exchange for sweets or a small present each child must recite a poem, sing a song or draw a picture. in short he's a great man but it isn't always fun and games. Saint Nick often brings along farmhand Rupert, a devil-like creature dressed in dark clothes and a dirty beard – Knecht Ruprecht- carries stick or a small whip in hand to punish any children who misbehave.



Hanukkah. The Jewish holiday of Hanukkah is celebrated with much fanfare across the United States with of the most elaborate events taking place on a national stage. Since 1979, a giant nine metre Menorah has been raised on the White House grounds for the eight days and nights of Hanukkah. The ceremony in Washington DC is marked with speeches, music, activities for kids and of course the lighting of the Menorah. The lighting of the first candle at the White House takes place at 4:00 PM rain or shine and an additional candle is lit each successive night. The event is free to attend.



Caracas Venezuela. Love Christmas but think it could be improved by a spot of rollerblading? If yes, visit Caracas Venezuela this year! Every Christmas Eve the city's residents head to church in the early morning - so far so normal - but for reasons known only to them they do so on roller skates. This unique tradition is so popular that roads across the city are closed to cars so that people can skate to church in safety before heading home for the less traditional Christmas dinner of a wrap made of cornmeal dough and stuffed with meat then steamed.



Colombia. Little candles day marks the start of the Christmas season across Colombia in honour of the Virgin Mary and the Immaculate Conception. People place candles and paper lanterns in their windows balconies and front yards. The tradition of candles has grown and now entire towns and cities across the country are lit up with elaborate displays. Some of the best are found in Quimbaya where neighbourhoods compete to see who can create the most impressive arrangement.



Toronto. In wintry wonderful Toronto the annual Cavalcade of lights marks the official start to the holiday season. The first cavalcade of lights marks the official start to the holiday season. The first cavalcade took place in 1967 to show off Toronto's newly constructed city hall and Nathan Phillips square. The square and Christmas tree are illuminated by more than 300,000 energy -efficient Led lights that shine from dusk until 11 pm until the new year. On top of that, you'll get to witness spectacular fireworks shows and engage in some outdoor ice skating.

Poetry corner

Auld Lang Syne

Robert Burns

Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot,
And days o' lang syne!

Chorus:

For auld lang syne, my dear
For auld lang syne,
We'll tak a cup o' kindness yet
For auld lang syne!

We twa hae run about the braes,
And pu'd the gowans fine,
But we've wander'd mony a weary foot
Sin' auld lang syne.

We twa hae paidl't in the burn
Frae morning sun till dine,
But seas between us braid hae roar'd
Sin' auld lang syne.

And there's a hand, my trusty fiere,
And gie's a hand o' thine,
And we'll tak a right guid willie-waught
For auld lang syne!

And surely ye'll be your pint' stoup,
And surely I'll be mine!
And we'll tak a cup o' kindness yet
For auld lang syne!

There's A Jungle On My Head



© TONY ZHOU

Published: June 24, 2020

**Here is a poem about lock down hair...
Let's hope 2022 sees the back of Covid 19!**

There's a jungle on my head.
My hair's gone absolutely wild.
It looks like the Amazon rainforest.
I really don't like this style.



It's been ages since I saw a barber.
I've been stuck at home for weeks.
My hair is like a thicket;
I think it's growing weeds.



There is a jungle on my head;
it feels untamed and beastly.
I think a tiger lives in there;
getting him out won't be easy.

There is a forest on my head.
It's getting kind of funky.
Animals swing from the vines to and fro;
I think my head has monkeys.

Snakes are in the undergrowth.
They slither and hiss and slide.
I think they must be huge,
At least four inches wide.



Next time I see a barber,
I hope he has a machete.
He'll have to cut right through my jungle.
I look just like a Yeti!

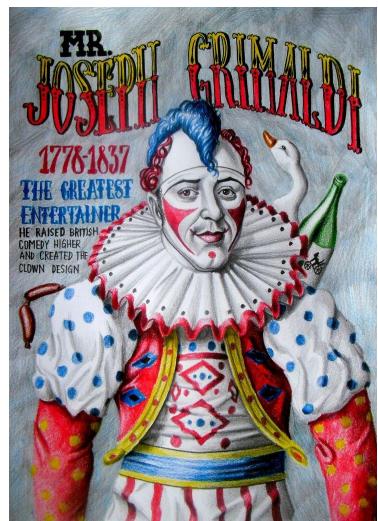
Source: <https://www.familyfriendpoems.com/poem/theres-a-jungle-on-my-head>

Panto – By Peter Crum

16th century Panto is born in Italian street theatre, with stories of the old man Pantalone, the clown Pierrot, and Columbine - the girl in love with the naughty servant Arlecchino.

MID 1600s - pantomime spreads across Europe from Italy to France and began to be popular in England.

1788 - the first recorded performance of Aladdin was at the theatre Royal Covent Garden.



1801 - Joseph Grimaldi invented many of the gags we see in panto to day in his role as the clown.

1806 - The first pantomime version of Sleeping Beauty was at Drury Lane, " The Sleeping Beauty. A grand legendary melodram".

1814 - The first recorded pantomime version of Dick Whittington.

MID 1800s - The amateur theatre movement took off with pantomime becoming one of their biggest fund raisers!

1819 - The first pantomime of Jack and the Beanstalk at Drury Lane.

1886 - The great, late Victorian star, Dan Leno first plays a Dame in pantomime.

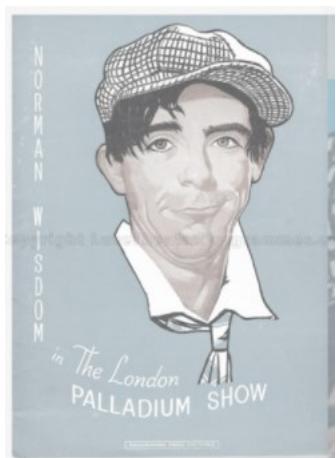
1914 - The first ever panto at The Palladium was "Dick Whittington and his cat".

1956 - Norman Wisdom played principal boy in Aladdin in the London Palladium - the first time a woman had not taken this role.

1971 - After 15 years of male principal boys, The Palladium cast Cilla Black in the role in Aladdin.

Christmas 2016 - panto returns to The London Palladium for the first time in 30 years, with a record breaking production of Cinderella. Panto is very definitely on the up.

2021- After a break in 2020, due to covid, pantomime returns to Hereford Courtyard Theatre with Jack and the Beanstalk.



Sausage roll wreath - By Peter Crum

Ingredients

Puff Pastry
 300g/10½oz sausage meat
 1 tsp salt
 ½ tsp chilli flakes
 1 orange, grated zest only
 small bunch sage, finely chopped
 1 free-range egg, beaten



200g/7oz cranberry sauce, to serve



Method

For the filling, mix the sausagemeat thoroughly in a bowl with the salt, chilli flakes, orange zest and sage. Roll into a ball, coat with flour to stop it sticking and set aside.

Preheat the oven to 220C/200C Fan/Gas 7 and line a large baking tray with parchment paper.

Lightly flour a work surface and roll out the sausagemeat to a 60cm/24in long sausage. Set aside.

Flour the work surface again and quickly roll out the chilled pastry to a 15x60cm/6x24in rectangle. Place the sausagemeat in the centre of the pastry and brush a 2cm/1in strip of beaten egg along the long edge of pastry closest to you. Roll the dry edge of pastry over the sausage meat until you have one 60cm long sausage roll, stuck together with the egg wash.

Shape the sausage roll into a circle, making sure to keep the pastry seam at the bottom and gently lay on the baking sheet. Use a little more egg to stick the two ends together.

Using kitchen scissors cut 16 sausage rolls, leaving the inner circle of pastry (about ¼ of the thickness of each roll) connected, creating a wreath shape. Liberally egg wash the whole wreath, then slash the pastry quite deeply diagonally a couple of times on each sausage roll.

Bake in the oven for 25-30 minutes, until golden-brown and cooked through. Eat warm, serving with a bowl of cranberry sauce in the middle of the wreath.

The months of the year – By Adrian Phipps



January: Named for the Roman God Janus, protector of gates and doorways. Janus is depicted with two faces, one looking into the past, the other into the future. In ancient Roman times, the gates of the temple of Janus were open in times of war and closed in times of peace.



February: From the Latin word “februa”, “to cleanse.” The Roman calendar month of Februarius was named for Febroalia, a festival of purification and atonement that took place during this period.



March: Named for the Roman God of war, Mars. This was the time of year to resume military campaigns that had been interrupted by winter. March was also a time of many festivals, presumably in preparation for the campaigning season.



April: From the Latin word “aperio”, “to open (bud), because plants begin to grow in this month.



May word “maiores”, or “elders” who were celebrated during this month. Maia was considered a nurturer and an earth goddess, which may explain the connection with this springtime month.



June: Named for the Roman goddess Juno, patroness of marriage and the well-being of women. Also from the Latin word “juvenis”, “young people.”

July: Named to honour Roman dictator Julius Caesar after his death. In 46 B.C., Julius Caesar made one of his greatest contributions to history: With the help of Sosigenes, he developed the Julian calendar, the precursor to the Gregorian calendar we use today.

August: Named to honour the first Roman (and grandnephew of Julius Caesar), Augustus Caesar. Augustus (the first Roman emperor) comes from the Latin word “augustus”, meaning venerable, noble, and majestic.

September: September comes from the Latin word “septem”, meaning “seven” because it was the seventh month of the early Roman calendar.

October: In the ancient Roman calendar, October was the name of the eighth month of the year. Its name comes from “octo”, the Latin word for “eight”. When the Romans converted to a 12-month calendar, they tried to rename the month after various Roman emperors, but the name October stuck!

November: From the Latin word “novem”, “nine”, because this had been the ninth month of the early year.

December: From the Latin word “decem”, “ten”, because this had been the tenth month of the early Roman calendar.



Have you heard the one about.....

1. Why did the Christmas tree go to the barber? It needed to be trimmed.
2. What do you call an elf wearing earmuffs? Anything you want - he can't hear you.
3. How do you help someone who has lost their Christmas spirit? Nurse them back to elf.
4. What do snowmen eat for breakfast? Snowflakes.
5. What happens if you eat Christmas decorations? You get tinselitus.
6. What do you call Santa when he stops moving? Santa pause.
7. What happened to the thief who stole a Christmas calendar? He got 12 months.
8. What do you call a greedy elf? Elfish.
9. Why are Christmas trees so bad at knitting? They drop all their needles.
10. What did the judge say to the angry advert calendar? Your days are numbered.



Panto Quiz — Answers page 12

- 1 What is the name of the cow in Jack and the Beanstalk?
- 2 What is the giant's name in Jack and the Beanstalk?
- 3 What did Jack steal in jack and the Beanstalk?
- 4 What is the giant's catch phrase?
- 5 Why did Jack's mother ask him to sell the cow?
- 6 What was at the top of Jack's beanstalk?

Riddles

1. **Riddle:** A woman shoots her husband. Then she holds him underwater for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?
2. **Riddle:** I am something people love or hate. I change peoples appearances and thoughts. If a person takes care of them self I will go up even higher. To some people I will fool them. To others I am a mystery. Some people might want to try and hide me but I will show. No matter how hard people try I will Never go down. What am I?

2. **Answer:** Age.

1. **Answer:** The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry.

Vegetable Soup – By Peter Crum

Ingredients

85g dried red lentils
2 carrots, quarter length ways then diced
3 sticks celery, sliced
2 small leeks, sliced
2 stbsp tomato puree
1sbsp fresh thyme leaves
3 large garlic clove, chopped
1 tbsp vegetable bouillon power
1 heaped tsp ground coriander



Method

Step 1

Tip all the ingredients in to a large pan. Pour over 1\2 litres boling water, then stir well.

Step 2

Cover and leave to simmer for 30 mints until the vegetable and lentils are tender.

Step 3

Ladle in to the bowls and eat straightway, or if you like a really thick texture blitz a third of the soup with a hand blender or in food

Panto Quiz Answers

- 1 Milkey-White
- 2 Blunderbore
- 3 A hen or goose, then a bag of money, then a harp
- 4 Fee-fi-fo-fum
- 5 Because they had no money to buy food
- 6 An enormous castle

Herefordshire Council advises residents to follow the latest government rules on Covid 19

Herefordshire Council is advising residents across the county on the measures government has introduced in response to the Omicron variant of coronavirus. From today, **Tuesday 30 November**, wearing face masks in shops and on public transport becomes compulsory.

Secondary schools and childcare settings Pupils, staff and visitors to secondary schools and childcare settings are being “strongly advised” to wear face masks in communal areas. Schools may contact parents about their specific arrangements.

Isolation for close contacts of omicron COVID-19 cases

Close contacts of suspected or confirmed cases of Omicron variant will be required to self-isolate for 10 days even if vaccinated or under 18 years. If you are informed by NHS test and trace that you need to isolate and are not exempt, you *must* self-isolate.

Stay safe

Dr Rebecca Howell-Jones, acting director of public health for Herefordshire Council, says:

“Coronavirus is not going away and we are now facing the additional challenge of a new variant, Omicron. However, there are actions we can each take to help protect ourselves, our families and Herefordshire from Covid-19, and other infections, this winter.



I would ask everyone to follow the advice including testing regularly and getting vaccinated. If you are eligible for a booster dose book online (if there are no slots check back as more regularly become available)*.

And remember, to help prevent the spread of Covid-19 hands, face, space, ventilation – Regularly wash your hands, wear face coverings, keep your distance from others and ensure indoor spaces are well ventilated.”

You can find out more about what you can do to keep safe by visiting herefordshire.gov.uk/safehere. This includes links to important information on how to test against Covid-19 and how to take up the offer of a vaccination”.

***Note from ONOV: If you find websites difficult you can ring the National booking service on 119.**

My birthday - By Laura Joliffe

I Went to the Rose and Crown on the Ledbury road I went there for my birthday yesterday as I was 41.

We had macaroni cheese and garlic bread it was very good food.

I was really excited to eat my food and get back home to open my presents!



Fireworks -

By Laura Joliffe
The annual Tupsley Quarry Fireworks bonfire event returned on Friday 5th November and Sunshine Radio were there, providing the music. It was a good show and there was a big bonfire as well.

On Saturday 6th November I went to another firework display in Dilwyn. It was only £1 to get in and I had two yummy hot dogs. The firework display was a bit smaller than the night before but still good and there were lots of people there.

On Sunday 7th November I went to my third fireworks display, this time at the Rowing Club. This was the best one of all because the fireworks were bigger and went on for longer. It was a good weekend for fireworks!



Learning disability partnership board - by Tracy Roberts

Tracy introduced everyone to the meeting.

Laura Ferguson talked about communications between board members.

Rob and Gill talked about the Citizenship group and what they have been doing.
Rose and Tracy talked about the Citizenship film.

We then talked about the bill of rights, Paul, Mike and Tracy have a meeting coming up with the communications team to talk about this.

Kath Wood from West Midlands Stakeholders came to talk to us and how the board can help with this.

John Gorman talked about Day Activities and what feedback they got from the survey they sent out.

Laura talked about what is happening in the ICS meeting.

Updates from board members - Rose gave an update about Stay up late and Laura gave an update about supported living.

Accordion Christmas Tree Craft - by Tracy Roberts

Tools and materials

Green card

Trim and score board (or cardboard to protect table)

Stapler

Colourful card (for the ornaments and star)

Star punch

Circle punch

Hot glue gun



DIRECTIONS:

Cut green card stock to 4 1/2" x 7".

Score long ways at every 1/2".

Fold like an accordion.

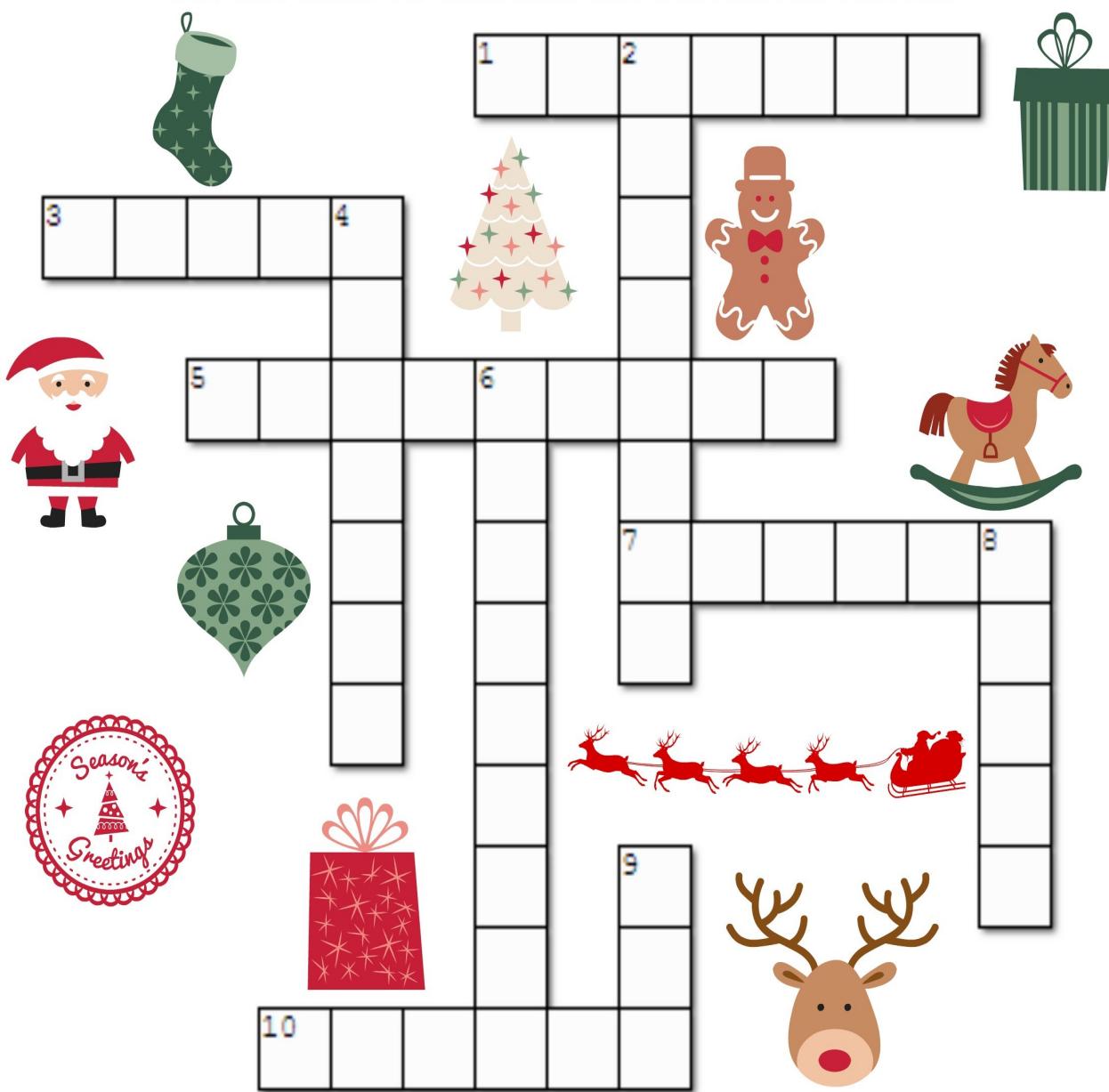
Take one end and staple it closed.

Punch a star and a few round ornaments.

Then hot glue the pieces to the tree.

CHRISTMAS CROSSWORD PUZZLE

USE THE CLUES TO COMPLETE THE CROSSWORD PUZZLE.



Across

1. One of Santa's Reindeer
3. Santa's Helpers
5. December 25th is _____.
7. Christmas Drink
10. The name of a popular snowman.

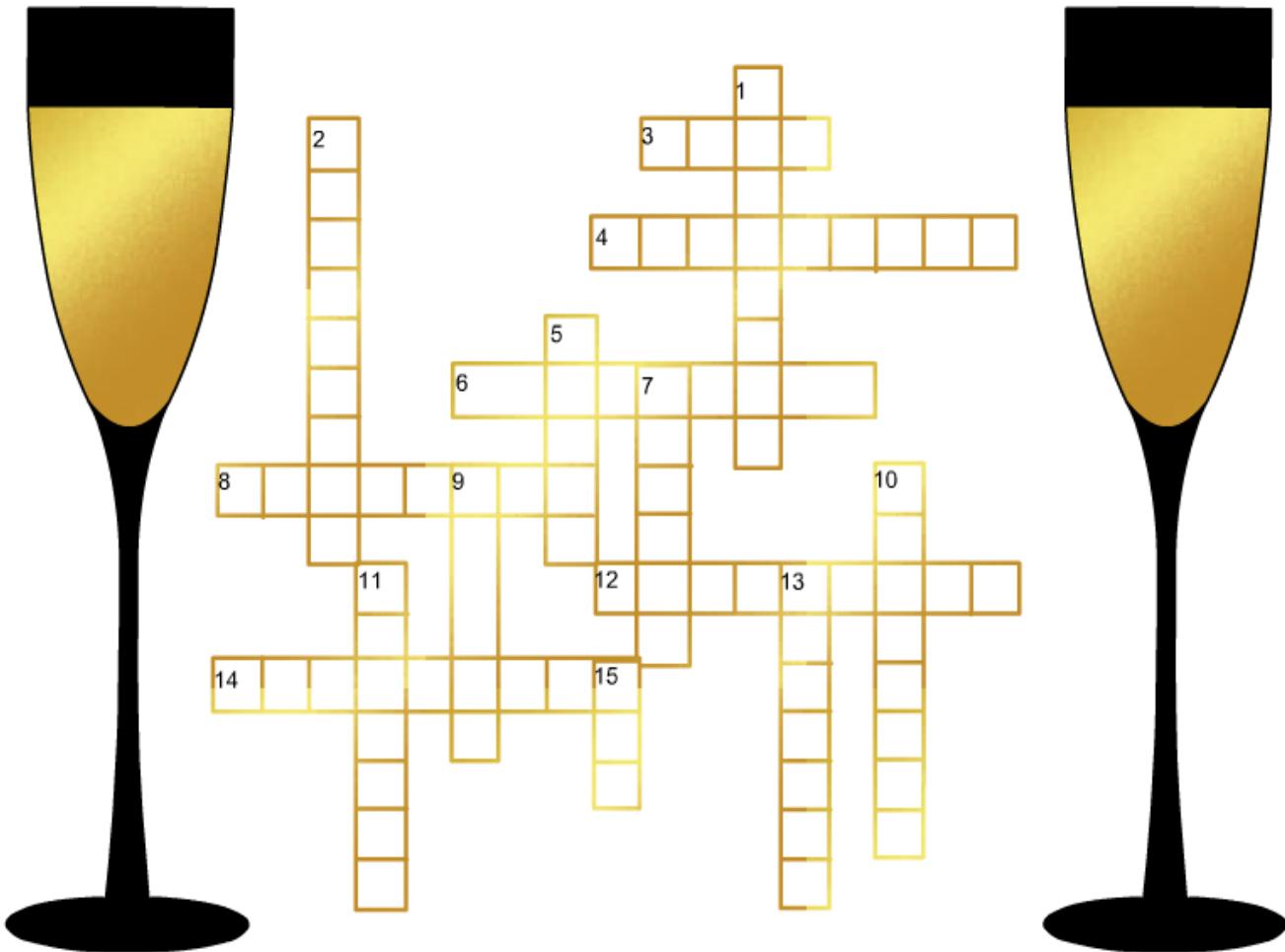


Down

2. Christmas Month
4. He hates Christmas!
6. You hang them by the chimney.
8. On Christmas morning we unwrap our _____.
9. _____ to the world!



New Year Crossword Puzzle



Down:

1. a chart with days weeks and months
2. a white sparkling wine
5. beautiful vocal instrumental or combined sound
7. a drinking glass with a foot and a stem
9. a man's dinner jacket.
10. a handheld firework that emits sparks.
11. the first month of the year
13. round rubber bag that is inflated with the air
14. opposite of old to zero
- and used as decoration or a toy.
15. an act of counting numerals in reverse order

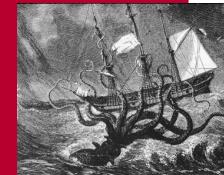
Across:

3. the period of 365 days
4. a device containing gunpowder and other combustible chemicals which causes spectacular effects and explosions when ignited
6. a timing device with two connected glass bulbs containing sand
8. small bits of paper usually colored
12. observe
14. an act of counting numerals in reverse order



www.MyPartyGames.com

Top ten famous mythological creatures - by Alex Rodgerson



10. the loch ness monsters: Aquatic Sea monster said to have inhabit the shores of Scotland.



9. Unicorns: Beautifully divine white horses with a horn on its head, known as the most graceful creature with pure of heart.



8. Composite species: Hybrids that have parts of a human and animal such as centaurs, minotaurs, satyrs etc.



7. Bigfoot: A giant ape like beast said to have roamed parts of north America.



6. Mermaids, sirens, succubus and incubus: Beautiful looking beings of the sea, with the bottom half of a fish and the top of a woman and can use their enchanting voices to manipulate men into their clutches.



5. Vampires: Humanoid creatures of the night that drink blood, have charismatic qualities, can transform into either a bat, dog or clouds of mist and are vulnerable to garlic, sunlight, holy water, wooden or steel stakes through the heart, crucifixes and other holy weapons.



4. Werewolves: ordinary humans that are either bitten or scratched by a ravenous, upright wolf like creature and will transform into a one at the sight of the full moon. They are also sometimes in competition with vampires. Their weaknesses include silver bullets and any silver related.



3. Kraken: Cephalopod like crustacean known for attacking boats, ships and other vessels that are out at sea.



2. Griffin: winged creature that has the front part of an eagle and the back part of a lion. Said to have connections with Christianity, Judaism and Islam.

Top ten creatures continued....

Honourable mentions:

Chupacabra: A demonic monster native to Mexico rumoured to have snatched little children from their parents and preys upon goats.



Phoenix: A fire like bird known for dying by bursting into flames and are reborn from the ashes afterwards. Experts say it has a connection to Christianity, resembling Jesus's crucifixion and eventually resurrection.



Aliens: Little beings from another planet that look like humans but are slightly different. Infamous for being at the centre of conspiracy theories, said to have captured people across the world, mainly parts of the US, and experiment on them for scientific research. They have cemented themselves in pop culture by appearing in classic sci fi and horror movies.



Basilisk: An evil creature that is the offspring of a cockatrice and a snake that was incubated by a toad. Legend says that if anyone or anything stares into its eyes will die. The two things that can kill it are weasels and tricking it to look into a mirror.



Harpies: Grotesquely looking winged human females that swoop down and eat anything that is in their way. They usually feature in poems by the Greek writer homer.



Pegasus: A winged horse from Greek mythology known for joining Perseus to take down the kraken.



Cyclops: one eyed giants that live in caves in greece and can eat intruders entering their caves.

Trolls: Huge, Ugly looking beasts known for their lack of intelligence and hiding underneath bridges.



Goblins: Small, repulsive looking creatures that have a resistance towards gold.



1 Dragons: Massive, winged reptiles that can breathe fire, destroy villages and kidnap and eat princesses. Usually, they live in caves near mountains guarding piles of gold and depicted fighting knights.



Australia Facts - by Lisa Perkins



Only Country that covers a continent.

Official Name: Commonwealth of Australia.

Form of Government: Federal parliamentary.

Democracy.

Capital: Canberra.

Population: 23,856,103

Official Language: English.

Money: Australian dollar.

Area: 7,692,024 square kilometres.

Major Mountain Ranges: Great Dividing Range, MacDonnell Ranges.

Major Rivers: Murray-Darling, Murrumbidgee, Lachlan.



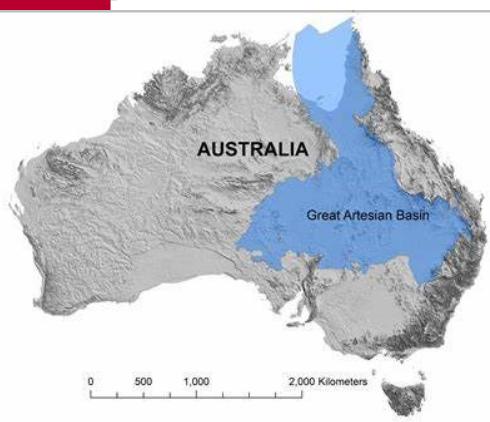
Australia geography and landscape.

Australia is one of the largest countries on Earth, and the only country that covers an entire continent.

Although it is rich in natural resources and has a lot of fertile land, more than one-third of Australia is desert.

Most Australian cities and farms are in the Southwest and Southeast, where the climate is more comfortable.

The famous outback (remote rural areas) contains the country's largest deserts, where there are scorching temperatures, little water and almost no vegetation.



In the Northeast, there are dense rainforests where lush vegetation grows.

Running around the eastern and southeastern edge of Australia is the Great Dividing Range. This 3,700 kilometre stretch of mountain sends water down into Australia's most important rivers and Great Artesian Basin, the largest ground water source in the world.

Australia Facts continued....

Australia's amazing nature!

Australia's ecosystem is an unusual one. Because of its remote location, many animal species that occur here are found nowhere else on Earth, such as the platypus, kangaroo, echidna and koala.

Australia has 516 national parks to protect its unique plants and animals.



There are several types of rainforests in Australia.



Australia also boasts the world's largest sand island, Fraser Island.

One of Australia's most amazing sites is called Uluru (Or Ayers Rock)-a sacred natural rock which rises like an enormous whale's back from a flat red-soil desert called the Red Centre.

Standing a massive 335 metres tall, it's one of the largest rocks in the world!



Did you know Australia is home to many of the deadliest species of animals on the planet?

There are 36 species of poisonous funnel-web spiders found in this incredible country and 20 species of venomous snakes, including the world's most venomous snake-the Taipan. This slithery reptile releases enough venom in one bite to kill 100 people.



Our News Our Views

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Created and run by adults with a learning disability.

“Our News Our Views” is a pioneering initiative run by adults with a learning disability who have pooled their personal budgets to set up an accessible newsletter for the Learning Disability Community of Herefordshire. We were seven years old in June 2021!

The deadline for articles and adverts for the February edition is 20th January.

(The editors reserve the right to edit all copy.)

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