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ISSUE 217



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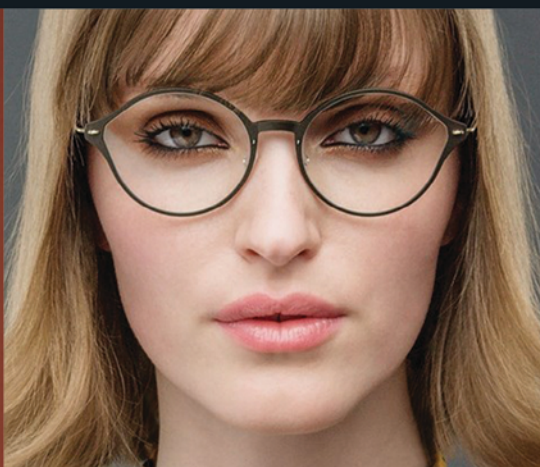
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As we welcome in 2021,
we find ourselves in Lockdown
and the restrictions that it brings.

So this month we encourage you
to stay safe and look to what can
be achieved within the guidelines.
Whether it's home improvements,
staying healthy or helping others.
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**Please note all we believe all information given
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MEET SANDRA

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During Lockdown take some healthy tips from Heart Research UK...

After sitting down to enjoy Christmas dinner, many of us headed straight to the sofa to spend the remainder of Christmas Day watching TV, playing board games, snacking or taking a nap.

It is estimated that the average person in the UK consumes two to three times their recommended calorie intake on Christmas day, so why not get off the sofa, get moving and burn off some extra calories.

It's also easy to give up on your routines if you are working from home, or shielding yourself. Enjoying some time out of doors or enjoying some of your favourite tunes are just a few ways to keep moving and burning up those indulgences over the festive period.

Get on your bike

In 2020, there was an increase in bicycle sales. If you own a bike, why not get out for a cycle and make the most of the fresh air. If your kids received bikes for Christmas, why not join them for a cycle around our local area.

Walk the dog

Dog ownership increased in 2020. If you own a dog, try not to miss out on your usual walks. If you normally do two walks, try to stick to the plan and don't skip one of them. You could increase the distance of your walk to burn off a few extra calories.

Dance the day away

Dance floors may have been out of bounds in 2020, due to COVID-19, but don't let this stop you from getting your groove on! Why not put on your favourite tunes and dance around the kitchen as you prepare dinner. You could put your favourite music on and get your household dancing in the living room after dinner.



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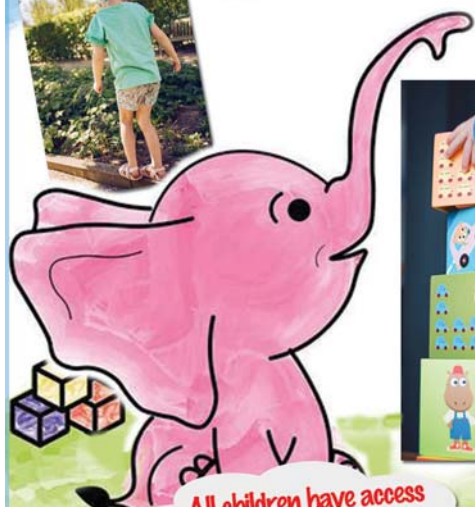
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emotional support

for youngsters in the pandemic

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The global pandemic and lockdowns on top of all the usual life challenges can affect children just as much as adults. Former primary school teacher Catherine Lynch of education resources experts 'PlanBee' provides six stepping stones, and free downloadable resources, to help parents support youngsters to develop good mental health. Download resources from <https://planbee.com>

1. Name emotions and feelings

Until someone has the vocabulary associated with emotions and feelings, they will not be able to explain how they feel or identify how others are feeling. Name emotions when your child experiences them, it might feel like you are stating the obvious, but you are giving your child an important tool to becoming emotionally intelligent.

2. Explain the physical sensations linked to emotions and feelings

Help children to recognise how different emotions present in their bodies. Do they normally feel a bit sick when they are anxious? Do their shoulders feel tight when they are stressed? Do they become very busy when they are avoiding something? By helping them notice these physical representations of emotions they will begin to recognise when they are starting to feel something and might be able to react before their brains get flooded with the stress hormone cortisol.

3. Understand when and why a feeling or emotion is felt

The better children become at naming and spotting their emotions the easier it will become for them to notice the triggers for their emotions. If they always get a knot in their stomach on the way to school and know it is because they feel anxious you can start to explore where the anxiety comes from. Are they worried about the moment of goodbye, is it walking into a formed group of people or is it something else? By pinpointing the cause of the feeling, you and your child will be able to understand it better.

4. Develop strategies to regulate emotions

When you and your child are able to notice, name and understand the source of a feeling or emotion you can begin to work out ways to help them regulate. Is a big calming and focusing breath needed? Or maybe a few star jumps? There isn't one route to regulating the child's emotions, what works best for your child will be something you need to figure out together.

5. Maintain boundaries to keep everyone safe

Rules that maintain safety should be non-negotiable. These will vary depending on the age and developmental stage of a child. When a child is feeling a big emotion, their brain will not be working in the same way it does when the child is calm. Expectations and language may need to be adjusted to help the child stay safe. Rather than seeing a rule as something that a child should be punished for breaking, work with your child to help them succeed in staying safe and maintaining the boundary.

6. Relate with your child

Once they have calmed down and are able to listen, empathise with your child. Talk to them about a time you felt the same way and what happened. This will help them to understand their own feelings and feel like you understand and care about them.

HERE ARE A FEW PRACTICAL EXAMPLES OF THE STEPS

Name, explain, understand, regulate, boundaries, relate

Excited

1. "I can see you are really excited."
2. "You can't stay still!"
3. "I am wondering if you are excited about seeing your friend."
4. "Take a deep breath with me."
5. "I can see you are finding it tricky to stay close by. Hold my hand as we cross the road to keep us safe."
6. "One time I was so excited I had so much energy that I thought I might be able to fly."

Angry

1. "I can see you are really angry."
2. "Your face is scrunched up and your fists are clenched."
3. "I am wondering if you are angry because someone didn't let you play."
4. "Take a deep breath with me."
5. "I cannot let you hit me. If you need to get your angry out try hitting this cushion or blowing away the clouds in the sky."

Sad

1. "I can see you are really sad."
2. "Your eyes are hidden and your shoulders are hunched."
3. "I am wondering if you are sad because it is time to leave."
4. "Would you like a hug?"
5. "It is ok to feel sad. We need to go home now to have dinner."
6. "I sometimes feel really sad about things ending too. Shall we make a plan to come back here again?"

As the saying goes, you can't pour from an empty cup, so make sure you are getting the support you need to help you support the people around you.

Catherine Lynch is an experienced teacher, play therapist and senior manager at PlanBee, which creates teaching resources for primary school aged children (aged five-11). The resources have been created to meet the English National Curriculum objectives.



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How Slimming World got me to a Weekly Curry Night and a 4 Stone Loss!

Since September 2018, Caroline had lost 4 stone 1.5 pounds and has dropped 3 dress sizes after her weight ballooned due to treatment for a rare auto-immune condition which also caused pulmonary fibrosis.

Caroline's condition has been stabilised and even though she has had a recent flare up and back on medication she has been at target since August 2019 and is a Diamond member for being in target for a year.



"I want to be an example to anybody who is taking medication that doing Slimming World's Food Optimisation 100% that they too can lose weight, you can still eat your favourite foods moving away from fried to oven cooked and instead of store bought jars make your own either using Slimming World recipes through the amazing books and website or recipes from the friendly group members. **One of my favourite meals is the easy chicken curry and for my sweet tooth the Fruity Tea Loaf which tastes exactly like the Bara Brith my mum used to make, lovely with a cup of tea in the afternoon.**

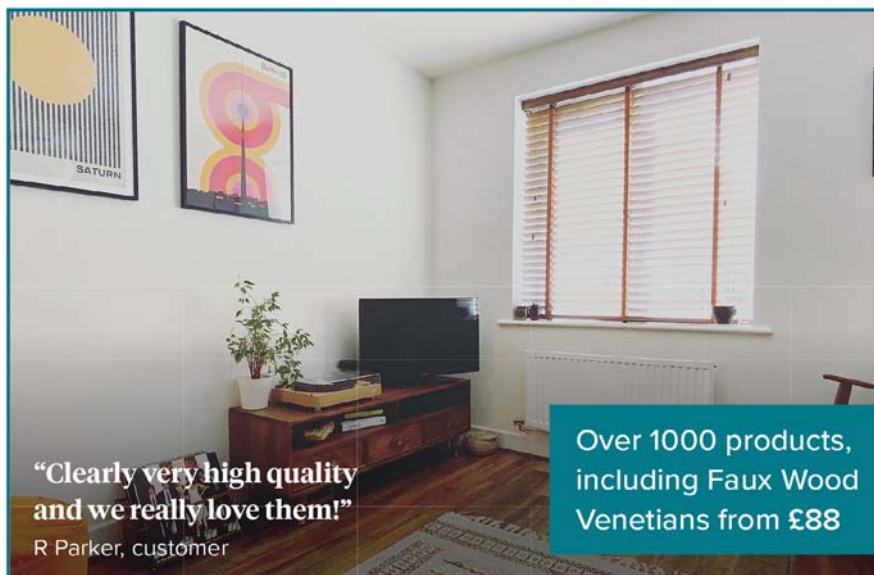
When I joined Slimming World as a member, I never dreamed that I would end up helping other people to lose weight. Obesity is becoming such a huge issue across the UK especially with the Covid-19 lock downs.

Caroline has now trained as a Slimming World Consultant at the national training academy in Derbyshire and is getting ready to run a new group at Middle Street Resource Centre, Beeston on Thursday Afternoon/Evening.

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Offered to the market for the first time in some years, this stone built character cottage needs to be viewed internally to be fully appreciated. Accompanied viewing via Robert Ellis at Beeston 0115 922 0888.

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The Year 2 children at Bramcote Hills Primary School have been busy fundraising for the Marie Curie charity.

Earlier last year, the children's topic 'Everyday Heroes' focused around 'everyday' people who have done extraordinary things for others. They started off learning about Captain Tom Moore and his brilliant fundraising during the pandemic.

After this, they explored the work of Marie Curie, a famous female scientist who made some significant discoveries for medicine and science. They also looked at the wonderful work that the Marie Curie charity do in helping support families who are caring for someone with a terminal illness.

Knowing that charities are struggling at the moment due to Coronavirus, the children decided they wanted to do something to help. After discussing what they could do safely, they decided they would follow in Captain Tom Moore's footsteps and complete a sponsored walk.

Their aim was to complete twelve laps of their school running track; the equivalent of three miles and a total of 177 miles across the year group!

On Monday 7th December, the children (and staff) wrapped up warmly, got their walking shoes on and headed down to their running track.

Unfortunately, due to social distancing measures, parents weren't able to watch but they were kept informed on the children's progress via a live school Twitter feed.

Despite the muddy track, the children remained in fantastic spirits during their challenge, helping to spur each other along. After a quick refuel fruit break half way around, the walk continued albeit with a few tired legs!

The final lap was finished with cheers from all and a big well done everybody!

Initially, the children set their target at raising £300 but thanks to the incredible generosity of all their families and friends, they have raised a staggering £1750!

The children and staff would like to thank all those who sponsored them and the Year 2 teachers want to reiterate how proud they are of each and every child for their efforts.



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Recognition awards for our wonderful CAREGivers at Christmas

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During these challenging times our CAREGivers continue to work hard to ensure that our clients are kept safe and that their routines stay as normal as possible.

As we continue to find ourselves in lockdown visits to our clients are even more important. Making sure that they are safe and helping them to remain as independent as possible in their own homes. Having a familiar, friendly face that they see on a regular basis, especially when their loved ones are not able to visit, provides much needed emotional support and reassurance.

If you would like to make a difference why not consider becoming a CAREGiver. Whether you are available full or part time, during the day or night we would like to hear from you.

Give us a call on 0115 9226116 to find out more.

Take a look at the wonderful gift that one of our lovely CAREGivers Lisa designed and made for us to describe the qualities of everyone who works for Home Instead Nottingham.

She told us that it took her ages to find all the letters and that she ran out of space so couldn't include all the words that she came up with.



All of our CAREGivers have gone above and beyond this year, here are just a few of them out supporting our clients in the lead up to Christmas.

From top to bottom left to right Gillian, Doreen, Chantelle, Rachel, Paula, Debbie and Michelle.

— CAREGiver Recognition Awards —



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breezers in pictures

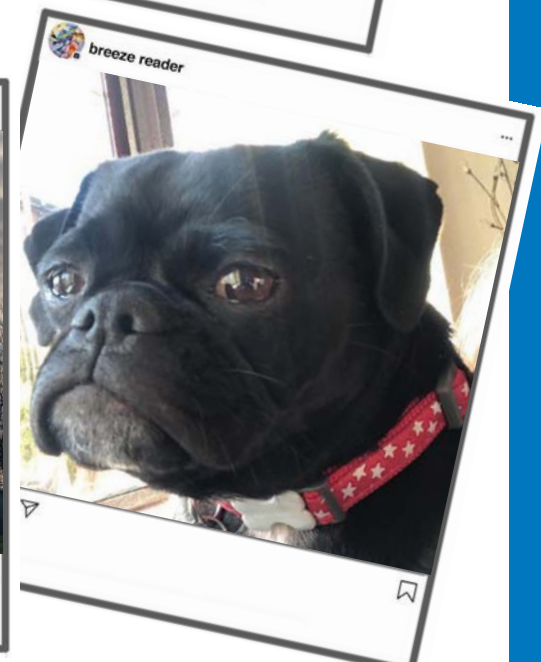
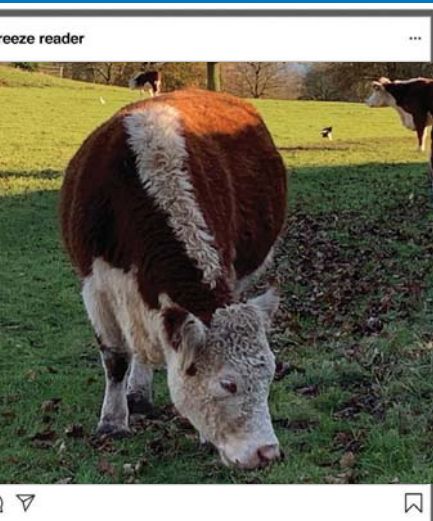
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Take a look at some of the wonderful things happening in our area through the eyes of readers cameras. From new-borns, beautiful local scenery to chickens! We're so lucky to have all this on our doorstep. Please keep sharing your pictures with us. Email info@breeze-magazine.co.uk or share on our social media





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happy new year

to all our customers...

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2020 proved a very difficult year and 2021 offers hope for a better future as vaccinations become more widely available so hope everyone is staying safe.

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Finally thank you to everyone who supported us last year and here's to a hopefully much better 2021.

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We have learned something about micro-climate in our November 2020 issue and now, at the start of a new year, we can look into what we might be doing as we get ready to plant and grow once again. Here are a few trends which have been picked up for 2021:

Small spaces, wildflowers and raised garden beds

With Covid19 (there, we said it again!) being a big factor both last and still, this year, there is a real appreciation for some nearby greenery to see and touch and care for. This is perfectly understandable and actually a good thing as it impresses further upon us the importance of the natural environment which is an ever pressing issue in itself.

By setting up a planting area, even on a balcony, we can choose the soil type and provide semi sheltered conditions for our plants. In short: it's more controllable and easier to care for if you are not an intensive gardener. This is the joy of our hobby, that anyone can enjoy it from the small to the large garden, from the inexperienced just starting out to the seasoned hoe expert. Just a few simple tips are a big help in getting started in successful plant cultivation and it's such a good feeling of being able to control and manage something in our lives when we grow a plant we have chosen and understood, knowing it's requirements through information gained here and other sources.

With a balcony setting you do have to choose a bit more carefully, but in any case, why not make things as easy as possible to get started? Try looking at these if you are utilising a balcony type space:

• Jasmine • Lavender • Foxglove • Bamboo • Eucalyptus • Snake plants • Peace lilies

Wild garden spaces

Now, these can be truly lovely once they get going. This environmentally friendly process of gardening is one of the easiest and gives you back not only beautiful and intriguing looking flowers but also will draw in butterflies and other flying insects which hover around the flower heads seeking nectar and a place sometimes to rest. They become an ever changing haven of life. Importantly it can help compensate for damage to our habitat elsewhere. Having lost almost all of its wildflower meadows in less than a century, the UK has seen a vast decline in the number of bees, and with three quarters of all food crops requiring pollination, the rapidly declining bee population has been cause for serious concern. Just think about the good you are doing as you sow your wild seed box in to the newly roughed up soil that you've prepared.

It's best to sow these in the spring or early autumn, but this can vary so check each species of flower or the seed box mixture. If you plant seeds in the autumn, it will tend to lie dormant until the next spring. The location of your meadow is likewise incredibly important so if you can then look for a sunny and flat space for the best results.

Small Garden Spaces

These are more important than ever to us as an escape from the feeling of being 'trapped indoors' during our intermittent lockdowns. But even at other times we all value sitting out, perhaps of an evening and relaxing with a drink maybe, as the stars slowly brighten to our eyes.

With a tiny garden it's all about making the space look bigger. Options include growing upwards to use your vertical space, laying borders, having clear pathways, and creating specific zones or outdoor rooms.

White and Dark Tones Gardening

Dazzling white flowers and bright white furniture have been growing in popularity recently. To create a 'white garden', include a dark backdrop (fence panelling painted a slate grey or dark blue for instance), vary up the foliage and change up shapes and sizes, repeating form, and finally add some eye-catching white flowers to fill the space.

Windowsill Gardening

This will add a little something extra to your cooking as well as being attractive in itself. Parsely is especially lovely in texture and colour. Larger window boxes can cultivate kale, baby beetroot, pea shoots and onion.

So here's to a better 2021 and now let's look forward, through our growing endeavours, to spring and all that will sprout up in our lovely little patch. Stay safe, keep well and most of all.... **Enjoy!**

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caribbean-style new year

Here's some ideas to see you through the next few months...

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For all of us it's important to embrace our heritage, and after 2021 never more so. Join our Caribbean community in keeping the legacy of Caribbean heritage alive, with some great suggestions for a better year.

shape up

To exercise more why not forget traditional gym-style workouts and try reggae aerobics or soca aerobics depending on your Caribbean musical taste. Whichever one you choose, it's a great way to get active, keep moving and literally get more life! **There are plenty of options on line to get you going. Locally find out about the the hilarious 'Patty Dumplin'.** <https://pattydumplin.com/reggaerobics.html>

eat well

We've all become more health-conscious and want healthier lifestyles. Eating nourishing wholefoods is one sensible way to eat and enjoying traditional Caribbean dishes like grandma used to cook-up is an easy and delicious way to do it!

Iconic Caribbean recipes are naturally packed full of veg, pulses and flavour, along with fish, meat and plant-based ingredients like jack-fruit.

For inspiration visit www.tasteofhome.com/collection/caribbean-recipes

put the kettle on

People of Caribbean descent often turn to bush teas to help with a range of health and wellbeing issues. Considered a great cure-all by many Caribbeans, bush teas can be quite bitter, but with age comes an appreciation of their value and they seem to go down easier! Our tip: if you're not a fan of bush teas, try adding a teaspoon of Manuka honey to your drink or hold your nose! From Fever Grass and Cerasee, to Soursop Leaf and today's 'it' tea Moringa, Caribbean bush teas are making waves, with Moringa now championed on Gwyneth Paltrow's Goop website and on Kourtney Kardashian's Poosh. The little black seed inside the Moringa pod is super bitter and even better for you than the leaves.

save with Pardner Hand

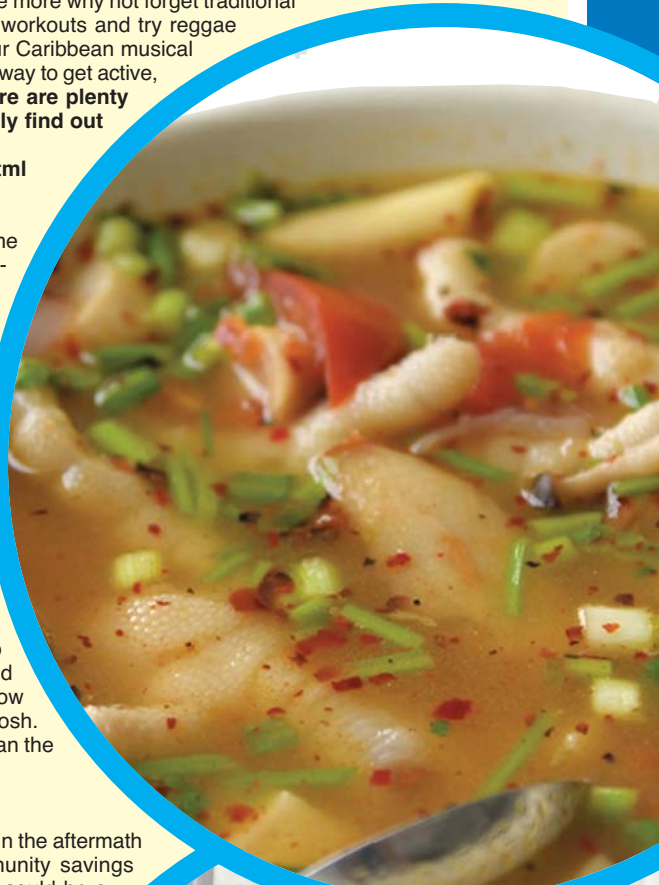
Many of us are struggling financially at the moment in the aftermath of 2020, so why not turn to the traditional community savings scheme of the Caribbean – the Pardner Hand? It could be a good way to save for those expenses that seem to creep up on you, or something to look forward to like a post-Covid holiday. Seek out a good, responsible Pardner Hand group and get saving for a rainy day. Or, to put it another way, 'get on wid it!' Why leave for tomorrow what you can do today? It's easier to think 'I'll do it later' but this year, why not try and break that habit and don't procrastinate. It won't be easy, but you'll soon reap the benefits of getting tasks done more quickly, giving you more time and headspace for other things. **For more information on how this works visit** <https://www.moneyadvice.service.org.uk/en/articles/rotating-savings-and-credit-associations>

catch up on reading

There is so much wonderful Caribbean literature out there so please support black authors who are sharing their stories of the black experience – by buying their work for yourself or others. You'll find loads on offer, from novels, thrillers and poetry, to non-fiction including self-care books to support you through the year. Immerse yourself in the world of words and catch up on a wealth of cultural experiences.

get creative

Why not learn a traditional Caribbean craft or develop a new hobby? Or learn to play a musical instrument like the steel drums? We're going to learn pottery with our good friend Madge Spencer, a renowned Jamaican potter who now lives in the UK. Hopefully by this time next year, we'll have made our own set of crockery or an impressive platter for a New Year's Eve Party in 2021! Fingers crossed!



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make this a wild winter!

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Despite having short cold days, winter can be a wonderful time to see and connect with nature and as long as you wrap up warm there is simply no excuse for following the lead of the much loved hedgehog and hibernating until the warmer days of spring.

Letting nature into your life is one of the best ways of brightening the dark days and one of the simplest ways to do this is by taking a trip to a park or local nature reserve with a loved one or a close friend – which is thankfully still allowed under lockdown to breathe deep on fresh air and take in the view.

You take things a step further and get up early to catch the sunrise or if you are not an early riser you could pop to a favourite spot to watch the sun go down. If you're lucky, the end of the day might just surprise you with a mesmerising starling murmuration or a raucous performance as corvids such as rooks and crows return to their evening roosts.

If the weather is particularly inclement you could choose to watch wildlife through your window or as dusk falls you could perhaps shop online for a new bird feeder or a nest box for your garden. As well as tuning into nature through wild activities you could also consider a tech detox and plan to switch off your gadgets and stay away from social media for 24 hrs or more if you can manage it.

For many people 2020 was a year when they discovered a new passion for wildlife and the natural world. If that was the case for you then you could kick off 2021 by fundraising for wildlife or seeking out volunteering opportunities so you can give something back. To see you through the latest lockdown you could dream up a bucket list of all the wild places and wild species to experience later this year.

A wealth of winter wildlife is waiting to be discovered and our parks, public gardens and nature reserves are waiting to be explored but do remember to stay local and get to know your local patch whilst restrictions are in place.

You could also commit to wild acts to help nature, such as remembering to recycle your Christmas tree or planting a native tree in your garden. A new tree will create habitat for a range of wild creatures and absorb carbon from the atmosphere for years to come.

Don't let wildlife pass you by this winter or you'll be missing out on a range of experiences that have the capacity to warm your heart despite the cold at a challenging time of year.

Whilst spring is just weeks away that shouldn't be seen as an excuse to wait until it arrives to seek out your next wild fix.

stay connected

Details of Nottinghamshire Wildlife Trust nature reserves across the county as well as events, campaigns and volunteering opportunities can be found at nottinghamshirewildlife.org/volunteer



Nottinghamshire Wildlife Trust Online Rewilding Lecture Series



In recent years, rewilding has gone from the folly of a criticized minority, right to the top, with people like Sir David Attenborough and the UK prime minister entering the discussion! The question is no longer 'if', but 'when' and 'how'.

With big changes afoot, how can we overcome entrenched views of nature conservation methods? Do we have space for it? And can we really bring back species like Beavers, Elk and Lynxes to the U.K? Is rewilding just wishful thinking or a silver bullet in the conservation toolbox?

These questions, and many more, will be addressed in "Rewilding", our series of 10 live interactive Zoom webinars, including polling and Q&A sessions.

The series of talks is as follows -

1. The Landscapes of the Past
2. What is Rewilding?
3. Benefits & Barriers
4. Have We Got Space?
5. Before Reintroduction
6. Missing Herbivores
7. Missing Predators
8. Missing Birds
9. Beaver Reintroduction
10. Successes So Far

Join the whole series by purchasing a series ticket, giving you access to all 10 webinars.

Or just join us for the events that interest you most. Tickets are £4.68 per lecture or £37.74 for access to all 10 (just one ticket needed per household).

For more information and to purchase tickets, please head to the Nottinghamshire Wildlife Trust Website.

Please send any questions to engagement@attenboroughnaturecentre.co.uk.

memory lane

keeping it

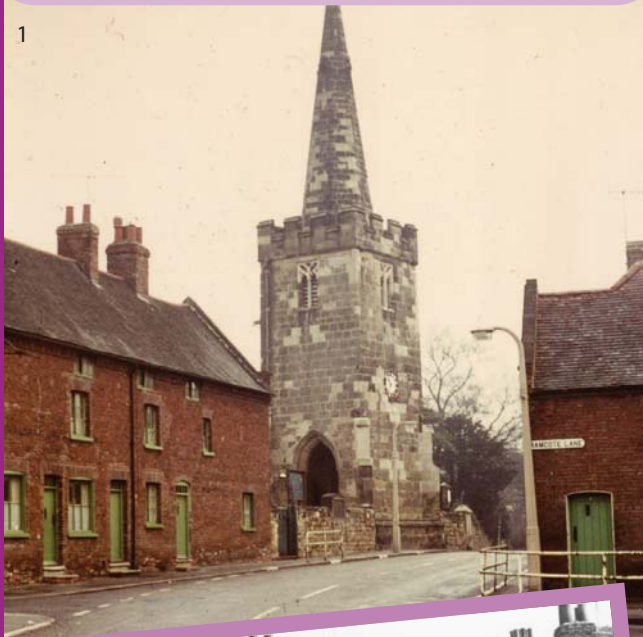
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Images of a by-gone time - can you spot where it is?



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local community news

Meet locals that have been making a difference in our area

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Sarah Hampton, the Secretary of Friends of Beeston Station has received national recognition from the Community Rail Network for the work she and FOBS have done in improving Beeston Station.

Beeston Station also received a Silver Award in the 'It's Your Station' category. The work of FOBS in upgrading the look and feel of the Station was recognized by the national judges. "This was a real credit to the hours of work that our dedicated members have put into the Station" said Trish Roberts-Thomson the Chair of FOBS.

Sarah Hampton received third place in the Outstanding Volunteer category at the national award ceremony held on the 9th December. This award recognised the significant contribution that individuals have played in supporting improvements to their Station and its environment.

Sarah said, "I am thrilled to have been awarded third place. It is a tribute to the hard work, support and friendship of the Friends of Beeston Station, who nominated me. No-one ever does anything alone".

Sarah's award also recognizes her commitment to disability issues. Sarah and FOBS are passionate about the need to make Beeston Station accessible to all who want to use rail travel.

With the announcement earlier in the year that Beeston Station has been awarded Access for All funding for lifts, FOBS is now looking forward to their installation at the station. They are expected by 2024.

This will mean that the Station is so much more accessible to those who have disability or health issues, or have buggies or heavy luggage, and cannot manage the stairs.

FOBS are delighted to celebrate Sarah's success. In addition they would like to thank all those who have supported their work including both private individuals as well as businesses who have made public donations.

Contact: Trish Roberts-Thomson, Chair, Friends of Beeston Station

Email: friendsofbeestonstation@gmail.com

Tel. 0115 925 9725 or 07762 907 652

To the North Pole and back.....22 Million Steps for Santa.

The Rotary Club of Wollaton Park has, for the past 30 years and more, toured the local area during December with its Santa Sleigh but this year Covid 19 prevented that happening. This annual activity has always been to raise funds for local charities and good causes and the need was just as great in 2020. So the club embarked on a new strategy and "Steps for Santa" was born.

The "Steps for Santa Challenge" certainly caused sparks of enthusiasm in the club as 75 members, family and friends registered to walk in aid of raising funds for Treetops Hospice Care, Framework Nottingham and other local causes.

The walkers were required to submit a daily log of the number of steps that they had done in and around their local area. The original goal was to walk the equivalent of the North Pole and back, about 11 Million steps but this proved an easier challenge than expected as 5.5 Million steps were registered just 8 days after the start from Wollaton Hall on the 17th November.

A decision was taken to return the scenic route through Scandinavia and parts of Europe reaching as far south as Rome with the goal of making Wollaton Hall by the 23rd December. As the walkers progressed along the journey social media was buzzing with news of the challenge and it was pleasing to see Treetops and Framework getting involved.

Treetops wrote an article that was picked up by a number of UK news agencies who also posted the article whilst locally Radio Nottingham set up an interview that was broadcast live on the Drive Time Show.

The club's Facebook page was updated regularly with contributions from members and the news was shared with other local social media forums. The challenge captured the imagination of many who donated through various means including Just Giving pages. Contributions are still coming in but at the time of writing we are close to £4,000 which has helped to offset the loss of funds usually registered from Santa's Sleigh going around the local area.

The challenge came to a timely conclusion, as predicted, on the 23rd December when a good number of the intrepid walkers were marched to the finish at Wollaton Hall by the ever popular Rotarian piper, Bruce Liddle. A fitting finale to a fundraiser like no other which has also raised the fitness level of many contributors as they collectively clocked up an amazing 22 Million steps covering over 10,000 miles.

"We hope to have Santa's Sleigh out next December as it is a recognised start to Christmas for many but another walking challenge looks a real possibility. To keep up to date with our news visit our Facebook page, Wollaton Park Rotary."



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breeze puzzler

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SINCE 2002

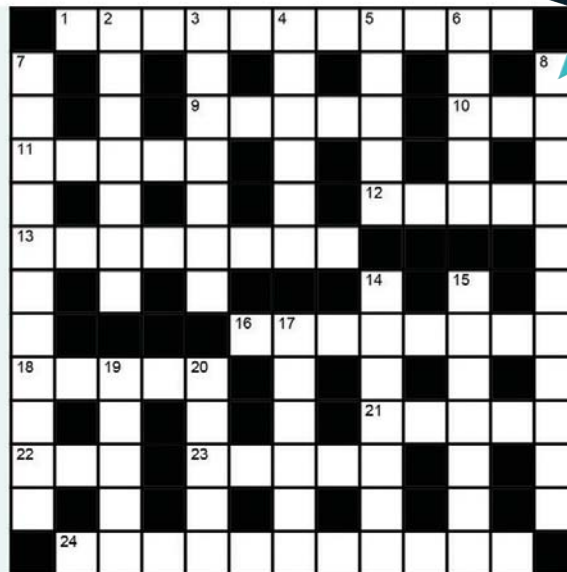
CROSSWORD

Across

- 1 Curved section of seats in a theatre or opera house (5,6)
- 9 Protective garment (5)
- 10 In the past (3)
- 11 Burn with steam (5)
- 12 Asian water lily (5)
- 13 Firm in purpose or belief (8)
- 16 Early Christian church (8)
- 18 Snares (5)
- 21 Hindu religious teacher (5)
- 22 Strange (3)
- 23 Name (5)
- 24 Digitally encoded recording, smaller than a phonograph record (7,4)

Down

- 2 Regress (7)
- 3 Wrap (an infant) tightly in strips of cloth (7)
- 4 Floor covering (6)
- 5 Relating to the kidneys (5)
- 6 Slightest (5)
- 7 Blockage (11)
- 8 Plant grown for its pungent, edible root (11)
- 14 Oil extracted from the flax plant (7)
- 15 Illegally seizes a vehicle in transit (7)
- 17 Acid found in vinegar (6)
- 19 Relating to sound (5)
- 20 Assemble (3,2)



WORDSEARCH THINGS THAT FLOW

Can you find the listed words in the grid below? Words may run either forwards or backwards, in either a horizontal, vertical or diagonal direction, but always in a straight line.

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

BEER

BLOOD

EDDY

GEYSER

GRAVY

LIQUID

MAGMA

MILK

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