

MARCH
2022

BOUNCE BACK PHILLY CREATIVE CORNER

VOL. 2
NO. 3

For Philadelphians, by Philadelphians

A monthly newsletter provided by the Bounce Back Philly Program
at the Philadelphia Department of Public Health

Hello March, and welcome to the new season- Spring! It's starting to warm up again after several weeks of cold weather. Take some time this month to say your goodbyes to winter by creating an elegy for it (see page 4 for instructions). Start your self-care journey by reading some pointers on how to get started. To learn a new West African meal, turn to page 15! We hope you have some time to reflect and prepare for spring while you are safely separating at home. Let's get started!

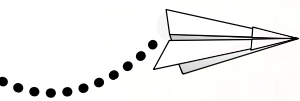


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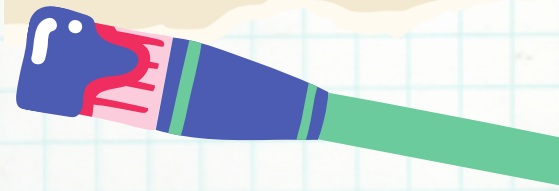


WWW.PHILA.GOV/COVID19

[BIT.LY/BBP-CC-1](https://bit.ly/bbp-cc-1)



march events.



March 1st to March 31st, 2022: Free Art Show - Ginger del Rey*

Wednesdays through Saturdays | 1:00-6:00 p.m.

18 East Lancaster Avenue, Ardmore, PA 19003

Friday March 4th, 2022: Family Art Night*

6:30PM to 8:00PM @ Cherry Street Pier

121 N Columbus Blvd, Philadelphia, PA 19106

Cost is \$20 per family

Saturdays in March 2022: The Black Journey:

African-American History Walking Tour of Philadelphia*

@ Independence Visitor Center

599 Market Street, Philadelphia, PA 19106

Tickets range between \$20 and \$35

bit.ly/3BeNR1C

April 8th to 10th, 2022: Subaru Cherry Blossom Festival

Organized by the Japan America Society of Greater Philadelphia*

Celebrate the arrival of spring while appreciating the beauty of the cherry trees as they bloom throughout the city

Shofuso Japanese House and Garden - Lansdowne Dr &, Horticultural Dr, Philadelphia, PA 19131

<https://japanphilly.org/programs/festivals/subaru-cherry-blossom-festival/>

April 16th, 2022: Trinity of Terror Tour*

The Fillmore Philadelphia - 29 E Allen St. Philadelphia, PA

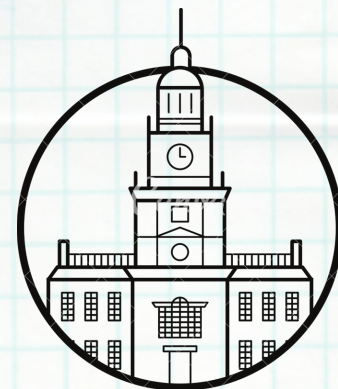
<https://www.ticketweb.com/event/twiddle-brooklyn-bowl-philadelphia-tickets/11375385?pl=bbowlphilly>

Tickets are \$30, (ages 21+)

April 20th, 2020: Lorde: Solar Power Tour

The Met Philadelphia - 858 N Broad St, Philadelphia, PA

Lorde: Solar Power Tour is on Facebook. To connect with Lorde: Solar Power Tour, join Facebook today



***Note**

We highly encourage participation in the virtual events while you are safely separating and joining the in-person events when you are feeling better and can be outside.



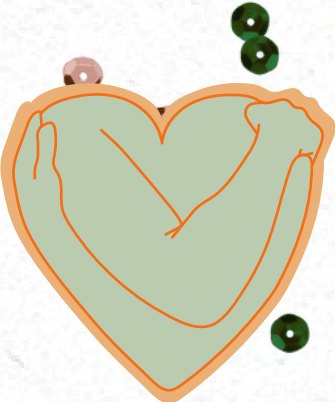
Spring into Self-Care

Written by Zenia Lauw

Give yourself a pat on the back because you made it through the long and unbearably cold days of winter! With springtime right around the corner, it is time to get out of hibernation and start your self-care process for a happy and healthy Spring. Here are three steps you can take to get on the path of springtime readiness while you are safely separating at home.

Clean your Physical and Emotional Space

The first step to renewing yourself is to get rid of any unwanted clutter—whether it be in your physical space or emotional space.



Physical space: Go through each space in your home (ie: drawers, closets, cabinets, and desks) to find the clutter that you've been putting off all winter. Put away the holiday decorations if you haven't already done so and store the Christmas cards away. If you are holding onto items (that you know you don't use, haven't used, or won't use) give some thought as to why you might want or need to hold on to them.

Emotional space: Similar to clearing out physical items from your life, clearing out the emotional weight you may be carrying around from last year will make space for new life experiences, relationships, and feelings. Spend some time reflecting on what you may be holding onto emotionally that could be holding you back!

Get Healthy

Spring is the perfect time to revive your diet and exercise plan!

It's easy to fall into the habit of eating a lot after the holidays, so this is a good time to reflect on what foods make you feel good and what does not. You can take this step by setting small goals for yourself, such as drinking more water or eating more vegetables in your diet. Set yourself a bigger goal that will benefit your overall health!

There are many ways that you can exercise while safely separating at home. Simply follow an online (or prerecorded) virtual exercise class. Try yoga, Pilates, or lightweight exercises at the comfort of your home without having to buy any equipment. Remember to be kind to yourself and only do what is comfortable for you and your body!

Get Creative

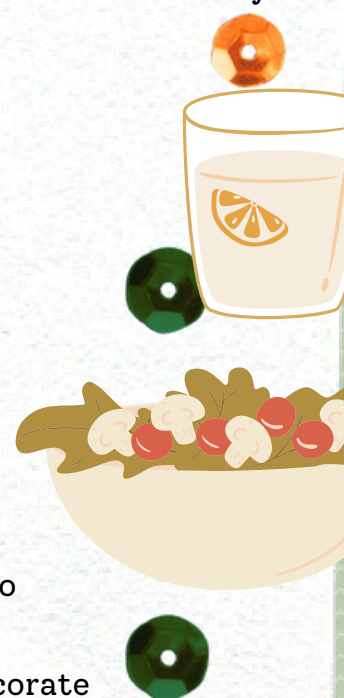
Let new energies and ideas come to you this Spring. Find different ways to play with your creative spirits that will bring you happiness!

Artistic: take an online art class, create a vision board, or redecorate your home

Literary: creative writing, discover new books to read, or try a new genre to read

Movement: sign up for an online exercise class, online dance class, or online yoga

Culinary: try a new recipe or online cooking class



An Elegy for Winter

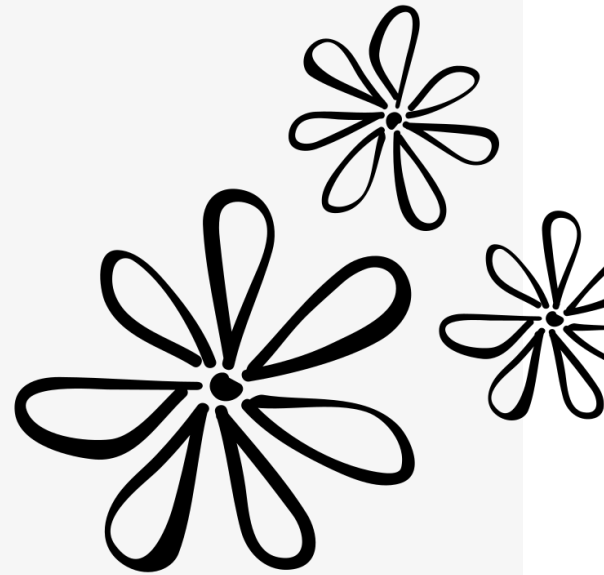
Written by: Sam Raines

DIRECTIONS: March is here—spring is coming, and winter is going. As we move through the seasons, let's reflect on the winter through an Elegy: the story of a person going through feelings of grief after experiencing death. Elegies don't always have to be serious. We will write an elegy for our feelings as we move through winter and into spring. You can write about the weather, the holidays, or any personal challenges/successes you had through the season.

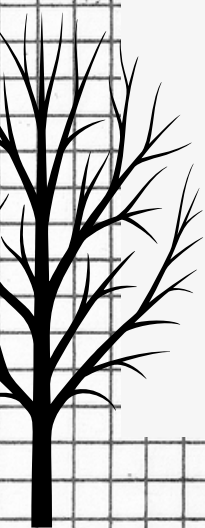
Elegies usually follow an ABAB pattern, but you can use any rhyming scheme you are comfortable with, including free verse.

Example

It wasn't too long ago-
When we were sipping hot cocoa
Now we watch the leaves grow-
From Bucks County down to Delco.
As the frost melts and icicles fall.
No more Christmas village around city hall.
I'll miss the window displays, and colorful lights-
But I am thrilled to welcome the new spring delights.



Now try it yourself! Write your own elegy below:



Marching Cadence

Written by Sam Raines

DIRECTIONS: Poets use words and phrases like musical instruments: each word chosen for its sound over its dictionary definition. In some poems, poets emphasize words for their pleasant sound, like a piano playing a gentle melody. In other poems, a poet may use words like a drum-- building a strong rhythm to hold the poem's sound. Writing a marching cadence call can be a good exercise for building skills in poetic rhythm. A marching cadence call is a song sang in the army to keep the pace of a march or a run.

In poetry, a rhythm is set with stressed and unstressed sounds. To understand stressed and unstressed, read this sentence out loud:

"Let's go to the park today".

Now read it out loud again with your hand under your jaw. A stressed sound is whenever your jaw pushes against your hand, and an unstressed sound is when your jaw is more relaxed. Here is the example again, with the stressed sounds underlined:

"Let's go to the park today".

The rhythm of a poem is set by the pattern of stressed and unstressed sounds in each line. Here are three different rhythms:

"Let's play today."

"She is away, she can't play."

"Yes, she can play, she came back."

We can play with rhythm to set a pace for a marching cadence. Typically, the last line repeats the first line and the song repeats.

Here is an example:

Let's go to the park today!

Come if you want to play!

Everywhere we go,

people want to know:

"Could we play?"

So we say:

"Let's go to the park today".



Now you try! Imagine thousands of people marching down the street to the pace of your poem. Go to the next page to write your own marching cadence.



Marching Cadence

Use the space below to create your own marching cadence:



After creating your poem, submit it for a chance to be featured in the next newsletter. Have other original poems you'd like to share? Send them our way! Submit your poems at bit.ly/bbp-cc-forms

Poem Submission

Walking down the block
I didn't look at the clock
The sun is up in the sky
And I just ask myself why
After walking along this mile
I see you and I smile
I feel helpless
Knowing you are homeless
I do what I can to help you
Then continue the mile
As you turn and smile



--

Eugene Burke
2022

Journaling & Mindfulness

How to Start a Mindfulness Journal

As we continue to navigate around COVID-19, here are some ways you can begin to keep a mindfulness journal. What do you think of when you think about mindfulness? Do you picture yourself sitting next to the Schuylkill soaking up the sun? Or maybe you think about that special corner in your home while counting your breaths to de-stress. Mindfulness can look like many different things, but it has one thing in common, and that is paying attention to your surroundings and life.

Journaling shares many mindfulness features as a practice. Developing a habit of writing down what you see and feel will help you practice being more aware of your thoughts and surroundings, increasing your creativity. As you start to journal, you will notice that you are becoming more present in your daily life and paying more attention. This will make writing appear less of a task and more of a hobby because you will have already accumulated inspiration from things you see in your daily life.

With just a pen and paper, we can create the habit of being there for ourselves and begin to be more aware of our thoughts and surroundings.

Here are three ideas to help you get started on your mindfulness journal. Also, don't feel like you need to buy a fancy new journal or pen – any notebook or notepad you already have will do!

Go for a long, mindful walk (when you are done safely separating at home)

Once you are feeling better, take a walk around your neighborhood or make your way into the city. Pay close attention to your body and everything around you. How does the ground feel? What can you hear, taste, smell, touch, or see? There's no need to jot down anything just yet. Simply be in your body and feel what you're feeling. Get your notebook out when you get home. Make a list of what you noticed. Allow your imagination to run wild. Use whatever words come to mind, and don't worry about spelling or punctuation for a second. Just write!

Think about your favorite memories.

Think about a memory from your past and bring it to the surface. It doesn't have to be extremely significant, but if it is, that is okay too. Put yourself back in your past self's shoes and explore this memory again with all your senses. What can you hear, taste, smell, touch, or see? In your journal, write about this memory using specific descriptions and paying attention to all the details of that memory.

Set an alarm every day.

Try to journal every day at a specific time in your day. Perhaps you could write some thoughts down for 10 minutes after breakfast or set aside some time at the end of each day to write about what you've been noticing. By setting an alarm or a set time every day to journal you will start to build this habit and will eventually become a regular task.

Now Try it Yourself!

Use the space below to write about your day. Try to pay attention to everything you are currently feeling and let it all out on the space below:

A large sheet of white lined paper with horizontal ruling, intended for writing. The paper is mounted on a yellow background with torn edges, secured by pieces of brown tape at the top right and bottom left. A yellow pen is positioned at the bottom right corner of the paper.

Puzzles

Sudoku

EASY #010

2	4			5				
3				2	4	6		9
	9		3			5		
	6		5			9		
7	3					4		1
				7	8			
		8	2			7	4	5
		5	8	3	1	6	2	
1								

MEDIUM #010

5		3		6	8			9
9	6			7		2		8
8								
	4	9		1				5
						8		
3				9	4			1
						5		3
1			6		5			
7	8	3	2	9				

HARD #010

1				6	8			9
	8	4	9					
	3			4	2			
				5				7
7	9			3		4		
	5				4	9		
	4				3			
		6			7			4
		2		8	6			3

Word Search

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

Spring
Clean
Healthy
Elegy

Winter
Park
March
Sun

Journal
Memory
Walk
Alarm

Escape
Balloon
Code
Moon

Illusion
Chicken
Peanut
Oil

DIY Escape Room

Written by Beweh Willor

Can you imagine creating your own escape room? It's more like turning your home or living space into an amazing experience that your friends and family will remember forever. Escape rooms are exciting for all ages, and you can easily create one with things around your house. The ultimate goal doesn't necessarily have to be escaping a room, it could be finding hidden, mysterious treasure in another room in your house.

For Valentine's Day, I bought my wife some nice gifts I thought she would like, but I also wanted to do something different and exciting this year. So, I created a mystery hunt for her to find the gifts using the same methods and examples for a DIY escape room. I asked her to go to the store, and I knew it would take her at least 30 minutes before she came home (enough time to set up). When she walked in the door, the game began! The first thing she saw was a note, stating she had to play a game by figuring out and finding clues that would lead to a surprise. I set up a cryptex code with cups and a popsicle stick cipher, hid a QR code near our fireplace, and placed a key with a note in a balloon. It took her about 45 minutes to an hour to find her surprise. She said it was extremely fun, and the best Valentine's Day she's ever had!



DIY Escape Room

Make Your Own Cryptex

A cryptex code denotes a portable vault used to hide secret messages. Simply find a set of stacking cups and write a message down one side by placing one letter on each cup. This is the 'unlocked' state. Add a bunch of other symbols and letters to the cups to hide the solution. Place a small key/clue inside the top cup along with a rolled-up note saying "Can't be accessed until the cup cipher is aligned. You'll know when."

Popsicle Stick Cipher

Start by writing a message on aligned popsicle sticks as well as a keyword along the top. The message is only readable if they're aligned the right way. With even only 1 stick out of place, the message may be unreadable. Players will need to work out the Keyword in order to solve the cipher.

Hide a QR Code Message

You can link a QR code to anything online, which makes them great if you want to hide clues anywhere on the internet. Cut your QR code into puzzle pieces (test it and make sure it still works after you do so!), hide it under an object or in a secret compartment, or leave it out in plain sight and wait for your players to ask themselves "What does this do?"

Message Hidden in Balloons

Simply hide a clue, key, or prize inside one balloon. Then, inflate a bunch more and leave them all over the room as decoration so players think they're just part of the theme.

Leave a Secret File on USB

Putting a clue or puzzle on a USB stick and hiding it somewhere in your escape room gives you a number of fun options.

- An audio file of a conversation could provide a clue or puzzle (you can make one easily using the voice recorder on your phone).
- Make a short video showing a corner of the room that the players are in but include one extra object with a number on the side (again you can make the video using your phone).
- If you're making a harder escape game, create a Word document and store an important clue or solution inside the author's properties.

The Moon

The tarot card for the sign of Pisces is The Moon. This season is full of illusions, not everything is as it seems, and you may find yourself a little lost. It makes sense because this card is a symbol of the subconscious. Something deep inside of us is trying to send us a message and it is our job to listen. Sometimes our thoughts manifest in our dreams and sometimes in our bodies, are you listening to what your body is trying to tell you? Pay attention to your cycles and your patterns. Explore how the cycles of the moon affect yours, for example, do you have more energy around the full moon or the new moon?

The light of the moon represents your intuition, your need to attune with yourself and listen to what your gut is trying to tell you. This may mean tuning out distractions and making intentional time to connect with yourself. The Moon can also symbolize your fears and how they are interfering with your daily life. Sometimes our past experiences get the best of us, and we act from a place of hurt and distrust. The moon invites you to trust yourself first to move past your deeper fears. The answer will always be inside of you.

Because this card has to do with illusions and the subconscious, it tends to be a time of confusion, lack of clarity. Information may seem chaotic, and you can receive mixed signals. Take deep breaths when you are getting overwhelmed. This time of confusion will pass, and the answers will come later. It is okay to not know.

Our moon moves in phases every 28 days around the planet. She is always transitioning from one stage to the other, waxing and waning with the days and the seasons. Allow yourself to align with this energy and let go of your fears and insecurities as you transition from one stage of your life to the next. Just like nature, we are always growing and expanding. Embrace the new moment with grace and love yourself through the process of transformation.

To amplify the energy of The Moon this month you can: keep a dream journal, make moon water, follow the cycles of the moon, take a walk at night

Keywords: *subconscious, intuition, fears, illusion*



XVIII the moon



taste of home

Ground Pea Chicken

Recipe provided by: Beweh Willor

Preparation Time: 20 minutes

Total Time: 1 hour and 20 minutes

Cooking Time: 1 hour

Number of Servings: 4

INGREDIENTS

- 2.5 to 3 pounds of chicken (wings, legs, or thighs)
- 2 to 4 cups of oil (canola or vegetable)
- 1 to 2 large white onions finely minced or pureed
- 2 teaspoons of soup base boullion or 2 bouillon cubes
- 1 teaspoon of cayenne pepper (if you want to add some spice)
- ¼ cup of water
- ¼ cup or 4 tablespoons of peanut butter

INSTRUCTIONS

1. Clean chicken in warm water and rinse.
2. Season chicken to your liking and set aside.
3. Heat 2 to 4 cups of oil in a large pot on the stove to about 350 degrees or high heat.
4. When the pot is nice and hot, fry 4 to 5 pieces of chicken in the hot oil until you see a nice brown color (reduce the temperature as needed). When all your chicken is fried, set them to the side.
5. In a large skillet pan, heat up 1/6 cup of oil to about 250 degrees or medium heat (you can use the oil from the fried chicken).
6. After 5 minutes, add the finely minced or pureed onions and 2 teaspoons of soup base boullion or 2 bouillon cubes to a skillet pan (you can add 1 teaspoon of cayenne pepper if you want some spice) and stir for 3 minutes.
7. Add ¼ cup or 4 tablespoons of peanut butter to the skillet.
8. Add ¼ cup of water.
9. Bring the skillet to a boil, stirring evenly for about 3 to 5 minutes.
10. Add fried chicken to sauce, then stir and steam for about 5 minutes.
11. Put chicken in a serving dish and spread sauce over the chicken.

Why does this recipe remind you of home?

One of the things I love about the City of Brotherly Love and Sisterly Concern (Philadelphia) is the openness to try great food! I have friends from several ethnic backgrounds that love trying new foods, especially African food. A few months ago, we had a birthday party for my wife at our home, and my mom who comes from Liberia (West Africa) made her famous "ground pea chicken". It was amazing! It was very tasty and had incredible flavor. It was the talk of the party.

In West Africa, peanuts are called "ground peas" or "ground nuts." Sometimes they add peanut butter to stews, sauces, and soup for a richer flavor. Below is the recipe for my mother's "ground pea chicken".

Share your recipe with us! Submit your recipe online at bit.ly/bbp-cc-forms to be featured on the BBP Creative Corner Newsletter or Blog!



Puzzle Answers

Sudoku

EASY #010

2	4	6	9	8	5	3	1	7
3	5	7	1	2	4	6	8	9
8	9	1	3	6	7	5	2	4
4	6	2	5	3	1	9	7	8
7	8	3	6	9	2	4	5	1
5	1	9	4	7	8	2	3	6
6	3	8	2	1	9	7	4	5
9	7	5	8	4	3	1	6	2
1	2	4	7	5	6	8	9	3

MEDIUM #010

5	7	3	4	6	8	1	9	2
9	6	1	7	3	2	4	8	5
8	2	4	9	5	1	7	3	6
2	4	9	8	1	6	3	5	7
6	1	5	2	7	3	8	4	9
3	8	7	5	9	4	2	6	1
4	9	6	1	8	7	5	2	3
1	3	2	6	4	5	9	7	8
7	5	8	3	2	9	6	1	4

HARD #010

1	2	7	3	6	8	5	4	9
6	8	4	9	1	5	7	2	3
5	3	9	7	4	2	6	8	1
4	6	1	5	2	9	3	7	8
7	9	8	6	3	1	4	5	2
2	5	3	8	7	4	9	1	6
8	4	5	1	9	3	2	6	7
3	1	6	2	5	7	8	9	4
9	7	2	4	8	6	1	3	5

Word Search

. C L E A N . W . . P
 . I L L U S I O N . S U N . A . . E
 M A R C H P A R K . L H O A
 . J . . . W I N T E R L . . K E I N
 . O . M B C . . A . . A L U
 . U . E E A . . . O . M . R . L . T
 . R . M . S L . . D . O . . M T . .
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