

FROM THE HORSE'S MOUTH – May edition 2018, No 41



Hello. I hope you are well.

I had a health scare this month but fortunately I am okay.

Please remember that anyone can contribute to this publication and to do so, you can send us your contributions to:

dean@fthm.org.uk

Contents

PHOTOGRAPHY COMPETITION	1
MY NOT VERY SERIOUS STARS	2
CREW (Cardiac Rehabilitation, Exercise, Walking)	5
FACEBOOK	6
POEM: WHISPERS – NEVER TO VANISH	9
KATE CULLEN'S MONTHLY QUIZ	10
HOW THIS MAGAZINE HAS HELPED ME	11
LETTERS PAGE	12
LAST ORDERS	13
CAFÉ OF THE MONTH: CAFÉ SOLO	15
IF YOU WANT TO SEE THE WONDER OF GOD'S CREATION LOOK IN A MIRROR!	17
MORE RECIPES FROM JUNE CHARLTON	18
MORE TRUE MEANING OF RHYMES	20

PHOTOGRAPHY COMPETITION

Running until Midnight 30th June 2018

Rules are Simple:

Each person can submit up to three photographs by email to dean@fthm.org.uk

Photographs should be unedited so straight camera shots and **not photoshopped**, only cropping to resize and image file reduction allowed. Any other image manipulation through software will be disallowed. If we suspect your photo is manipulated and you have tried to hide the meta data it will be disallowed.

Photographs should be no more than 6MB in File Size, if you have problems sending them then [get in touch with FTTHM](#)

The Subject of the Photograph's is **PEOPLE**

Please send any photo's you have taken of people, unusual, faces, or anything else involving people

The prizes are:

£100 1st Prize

£50 2nd Prize

£25 3rd Prize

MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

Now is the time that you should finally branch out and be more independent. You must now accept you are only ever going to be mediocre at anything you do. A text message may upset you but bear in mind that the sender has issues. A crazy old man will give you some advice that proves to be invaluable in the near future.

Sagittarius 23 Nov – 21 Dec

You have been acting in a very strange manner recently – are you taking your medication on a regular basis? A financial windfall is about to come your way so be patient and don't spend it before you get it! Someone who has never liked you will suddenly change their behaviour towards you and make you wonder what they are after to. Cut down on the cottage cheese.

Capricorn 22 Dec – 20 Jan

Someone close to you will totally get on your nerves but don't take your eye off of the bigger picture, and keep on doing what you are doing. It is a good time to start eating tomato soup. You really need to improve your IT skills if you are going to achieve the career success you crave. Be wary of someone who offers to do you a really big favour – are there strings attached?

Aquarius 21 Jan – 19 Feb

You should think of cutting and dyeing your hair this month as it currently looks terrible. Your love of biscuits is getting out of hand so do cut down or face the possibility of an early death. A woman with fishnet stockings may try and sell you double glazing but don't be taken in by the added incentives she offers you. Think twice before you share a secret with a close friend.

Pisces 20 Feb – 20 Mar

This month you should start playing the mouth organ as it will stop you putting your foot in it with a loved one. An attractive person will come into your life and make you question your sexuality once more. Live a bit dangerously and choose white bread over brown when you do your shopping. Those hairs in your ears need seeing to as they make you look much older.

Aries 21 Mar – 20 Apr

Now is the time to be practical and put food on your plate rather than paint on your palette. The hair on your chin is not endearing so do something about it. You must start to drink more water – and not in the form of beer! Your financial circumstances will change for the worse so be more prudent in your spending and put something away for a rainy day.

Taurus 21 Apr – 21 May

The planets all point to you having a sensitive part of your body enlarged – but be careful and don't do it on the cheap or you will regret it. A cat would make a huge difference to your life. A beggar may constantly get on your nerves bothering you for money when you both know he receives financial help from the state. Try eating more prunes.

Gemini 22 May – 21 Jun

Someone in black will offer you something that may result in you having to visit a clinic. A child may innocently shine a light on a truth that you have overlooked. A café you frequent may increase its prices, but before you complain, think of all the other things it gives you. It is a very good time to get a pet monkey so someone is waiting for you when you get home from work.

Cancer 22 Jun – 23 Jul

You may be fat, but don't worry too much, as a lot of people like you as you are. A pompous old woman will astound you with her rudeness but just ignore her. It is good time to embark on a new project but don't expect success overnight. You will soon be popular when the rumour that you are a recent lottery winner does the rounds.

Leo 24 Jul – 23 Aug

The weather may be inclement this month but don't let it dampen your spirits and do go ahead with your plans. Your fear of flying is great, but don't let that deprive you of experiencing a new country. Don't be impressed by seeing someone competently using an expensive laptop, as he will probably not be as good as you are at crocheting.

Virgo 24 Aug – 23 Sep

An alien bearing chocolate may contact you this month so you may be tempted to get into his spaceship and leave your life and family on Earth behind. This month you will be shocked by the amount of meat an animal-loving friend consumes but keep your mouth shut. It may be the right time to nag your children into breeding so you can become a grandparent.

Libra 24 Sep – 23 Oct

Suicide may be on your mind sometime this month, but it will soon pass and your fear of death will kick in. It is a very good time to make a sherry trifle and be merry. A holiday somewhere in Europe would do you the world of good – but can you afford it? Your sweet tooth is taking you down a very unhealthy path so do make some nutritional changes before it is too late.

ADVERTISING WITH FTHM

Advertising with us is simple. The costs are £5 per month or £50 per year. Your Advert will appear in the Magazine content, there is an example below this Article.

There is a limited offer of £50 for two years, **be quick if you want to get in with this as spaces are limited and they are getting filled fast.**

20% of our Advertising revenue will go to the [Watermark Fund in Calderdale](#)

PETER SUTCLIFFE TALKS ABOUT HIS PASSION FOR VINTAGE CARS



Peter, can you tell me a bit about yourself? I'm Peter Sutcliffe. I am 76 years of age. I was born and live in Todmorden. I did an engineering apprenticeship in Todmorden.

Where exactly did you do your apprenticeship?

I started work, aged 15 for a machine tool company called Kinghorn's and then for a company called George Whitehead and Sons who were general engineers, for the rest of my apprenticeship- so I covered a wide range of skills although I was never particularly good at any of them!

I understand you're interested in vintage cars, can you speak a bit about that? I got an interest in vintage cars and motor bikes when I was about ten as I had a neighbour who restored motor bikes and I used to help him.

In 1973 I bought locally, a 1925 Citroen 4-seater tourer which I fully restored but it is not a practical vehicle to use in modern traffic. Whilst I still have the car it gets very little use.

I've just finish restoring a 1959 MGa which I again bought locally as the previous owners did not want to put all the time and effort into the restoration. This was my first foray into the

restoration of semi-modern vehicles and a relatively simple restoration compared to 1920's and 30's cars. Most of the parts for this car can be bought from specialist suppliers.

All my cars are in nice condition. I do show them a bit at shows like the Hebden Bridge Vintage Weekend but the prime interest is in the restoration and then the use of them. I am not really interested in keeping them polished just for show. I always have two of my five cars on the road every year and alternate them each year to get the pleasure from driving them. All the cars are either sports cars or tourers and I get the enjoyment out of open top motoring in summer time.

Although I only worked on the shop floor until I was 22 I gained a lot of skills, therefore I make body panels for my cars, I re-bore engines and can straighten and re-condition chassis.

My other cars are a 1933 6cylinder MG which was the prototype of the model and owned by the MG Car Company being used for the publicity photographs for the launch in 1933. In the late 70's a friend of mine found the car in a scrap yard in Barnsley in a very bad state but more or less complete. I bought it and spent 5 years restoring it.

I also have a replica 1940's supercharge racing car which is road legal and I use it from time to time.

Do you restore the cars on your own premises? Yes, I am fortunate to have the space for an engineering workshop at home and have a garage facility with a high lift ramp. All my equipment is old as I collected it over a long period but I worked in engineering in a period when most of the equipment was old.

I have one car that has been under restoration for 20 years but makes very little progress as I can always find a more interesting project to spend my time on.

Is pleasure your main motivation for restoring cars? Yes, I do it as a hobby. With the large amount of time it takes to restore a car I don't think it would be feasible to do it for a living.

Is it an expensive hobby? Yes, it can be if you have to buy all the replacement parts but I tend to buy parts that are damaged/broken and bring them back to a useable condition and that keeps the cost down.

Is it expensive to tax and insure all your cars? Funnily enough it's not as none of my cars require an MOT Certificate as they are of an age where they are exempt. They are all Historic Vehicles and therefore are zero rated for road fund licence. I keep them all insured but that is relatively cheap with the whole lot costing less than the cost of a single modern car.

Do you prefer vintage cars to modern cars? I have a modern car for convenience but I couldn't repair it if my life depended on it. It needs specialist computer equipment to maintain today's cars. Vintage cars are very basic and with good engineering, electrical and

painting skills you can get hours of pleasure restoring and running vintage cars. It does help to have a good theoretical knowledge of the workings of automobiles.

What do you mean by theoretical knowledge? There are many old text books around which over the years I have used to gain knowledge. I can developed supercharge engines and have designed special vintage engines. Most of the knowledge came from old text books written when motoring and motor racing was in its infancy.

Do you think you will buy any more cars? No, I have decided that I should concentrate on looking after the ones I have.

Pennine Provisions

Suppliers of health and vitamin Supplements and quality food ingredients. Unusual world foods and wholefoods available too. Plus quality locally produced flapjacks and cakes.

Visit [Pennine Provisions on Facebook](#)

Visit [Pennine Provisions on Instagram](#)

CREW (Cardiac Rehabilitation, Exercise, Walking)



Charity Registration Number: 1163338

CREW is a Calderdale registered charity which provides support for people with heart/circulatory problems and any other conditions which can affect the heart and circulation.

This support follows on from the NHS/BETTER LIVING TEAM REHAB programmes and comprises:

Special Exercise classes

Weekly walks programme

Social events, with excursions, entertainment and quizzes etc.

Information/education on the conditions via talks

All of these activities are also open to anyone who wants to improve their own health and so reduce the risk of heart/circulatory diseases.

Our weekly walking programme and other information about CREW is on our website:

www.crewheartsupport.co.uk

You can email us at: crewpartners.hsg@gmail.com

Or you can telephone us at: 07599080666

And we are on Facebook at Crew Hsg

We look forward to hearing from you!

FACEBOOK



Written by Robert Williams

Facebook is a Social Media Phenomenon that has grown to encompass, as it stands on 4th quarter of 2017, **2.13 Billion monthly active Facebook users**.

Of that just over 50% are via some sort of mobile platform, be it mobile phone or tablet. So, no doubt the likelihood is that most of you that read this will either be on Facebook as active users or may have had a Facebook account at some point historically.

With so many users the Facebook Software and learning capabilities of it have become immense, which means, in short, that controls can be implemented by Facebook's Software into what you see on Facebook and what you don't see. Although as an end user you can block other Facebook accounts, unfollow, and not see posts from X, Y or Z for 30 days it is always Facebook that will call the shots as to what you see on your timeline. You may think you have some control. It may even appear that you are allowed some controls to make the software appear to work for you!

Their advertising and analytics tools are great for people who want to market products and services as you can with a little knowledge get very focused as to who your target audience is. Also advertising with Facebook is not that expensive really, it costs a lot more on Google's Search Platform.

For one I try not to advertise with Facebook too much, even though I help to manage over eight Active Facebook Pages. The main reason being that I resent giving them any more money. If I was not in the industry I am in, that is one of Social Media Marketing and Search Engine Optimisation, I would deactivate my Facebook account as I find it quite invasive and giving away my own personal data for free irks me quite a lot.

The amount of Data Facebook gleaned from anything you do on their software platform is incredible, an innocent click as a like or a smiley face, sad face helps to build Facebook's learning capabilities and its ability to sell on specific data about individuals and populations in geographical areas. Facebook played a part in Trump gaining power in the USA.

I bet you thought when the ability to put sad emoticons and angry emoticons on posts as well as the traditional thumbs up that it was a nice touch by the Facebook Software developers? Well yes, it gives more ability for you to perhaps define an emotional response to a post and that in turn gives Facebook greater ability to analyse you.

In fact, recent changes to the Facebook algorithm have made it harder for businesses to get a reach with their posts because if the audience does not interact with what you are putting out there as posts then the software on Facebook does not display the posts to much of an audience if any.

This knock-on effect has also made it harder for people to see other people's posts and you may have noticed this. The main reason for this, although Facebook would try and argue it is for UX (User Experience), is for money. Remember how I said Facebook advertising was quite cheap? Well, it's getting more expensive. By changing the algorithm to effectively penalise posts that have low interest rates, low reactions and low shares, means that business pages with low likes will find it increasingly difficult to reach their audience without paying Facebook some money in Advertising.

So please like the posts that are put on Facebook Pages like [From The Horse's Mouth](#) and [Silly Billy's Toy Shop](#) as it really helps them a lot, and takes hardly any time for you to click a laughing face, sad face and so on.

For those that like statistics here are some for you to ponder on:

1. 1.40 billion people on average log onto Facebook daily and are considered daily active users (Facebook DAU) for December 2017, which represents a 14 percent increase year over year (Source: Facebook as at 31st January 2018).
2. There are 1.74 billion mobile active users (Mobile Facebook MAU) for December 2016 which is an increase of 21% year-over-year (Source: Facebook as of 02/01/17).
3. On average, the Like and Share Buttons are viewed across almost 10 million websites daily. (Source: Facebook as of 10/2/2014), I would imagine that now by 2018 that has increased to 14+ million websites daily
4. In Europe, over 307 million people are on Facebook. (Source: Search Engine Journal)
5. Age 25 to 34, at 29.7% of users, is the most common age demographic. (Source: Emarketer 2012)
6. Five new profiles are created every second. (Source: ALLFacebook 2012)
7. Highest traffic occurs mid-week between 1 to 3 pm. (Source: Bit.ly blog)
8. On Thursdays and Fridays, engagement is 18% higher. (Source: Bit.ly blog)
9. There are 83 million fake profiles. (Source: CNN)

[Robert A Williams](#) is Social Media Marketing Expert and Web Guru, if you need any help with anything like that then get in touch with him at: seo@rawilliams.co.uk

JOHN ELLIS TALKS ABOUT THE ROYAL ANTEDILUVIAN ORDER OF BUFFALOES



Hello John. Can you talk a bit about yourself? Yes, I'm John Ellis, I'm 51 years old, I'm a bus driver with First Bus in Halifax and I'm also Provincial Grand Secretary of the Buffs in Halifax.

What's the Buffs about? The easiest way for people to understand is to see it as the working-class version of the Freemasons. It operates on an international level and it's there primarily to support and provide meetings for the members. However, we also support local and national charities through our fundraising activities.

What sort of things do you do? We raise money for different worthy causes. There are three levels to the organisation: The Grand Lodge, The Provincial Grand Lodge and The Minor Lodge. The Grand Lodge is made up of delegates from Provincial Grand Lodges and administers the Order nationally. The Provincial Grand Lodge collectively administers a group of lodges known as a Province. Then, there are The Minor Lodges of which there are ten in the Halifax Province and which meet on a weekly basis.

You meet at Arden Road Social Club? One of the Lodges meets here and a couple at Sowerby Bridge Working Men's Club, at Belgrave Club and three others meet at the Bramwell Club in Bradford – they're fairly well spread about. Those are weekly meetings but the Province meetings are monthly and the Grand Lodge meets once a quarter.

How long have you been involved with the Buffs? For just over 20 years.

Why did you join? I initially received an invitation from a friend and after some badgering I agreed to get involved. It is worth pointing out that the R.A.O.B. in our form, is a male only society but that there is a female equivalent called The Ladies Glades.

Who have you raised money to help? And how did you go about it? We do all sort of daft things like bed and pram pushers and pushing a wheel barrow of black puddings from Lancashire. Also raffles and concerts.

Each Minor Lodge will raise money predominantly for charities in their local area. We do a lot for Overgate Hospice, The Maurice Jaeger Centre in Halifax and for a children's hospice called Forget Me Not. With it being Easter, I have to take some Easter eggs to the children's ward this week. At Christmas, we gave seven or eight DVD players to the children's hospice so the kids had something to occupy themselves with. The Grand Lodge tends to support national charities.

Do you know how the Buffs started? The R.A.O.B. was founded in the 1820s and is a Charitable Organisation which is active at all levels of Society. It came out of the Freemasons and is non-political and it doesn't look to religion to inspire participation.

Do you have a figure head? Yes, his title is Grand Primo and he represents the Order on a national level. The Province also has a Primo who is head of the Province. Both are elected annually while 'financial' officers tend to serve a five-year term.

Do you have any problem getting the financial support of the public? No, as most people know people or family members who are/have been Buffs – in its heyday there were over forty lodges in Halifax.

How many members are there now in Halifax? About 100.

Do you have any problem recruiting new people? Yes. Because of the changing times with youngsters having things like the internet – they don't seem to want to take on another weekly commitment.

What are your personal hopes for the Buffs in the future? Survival at least. We are decreasing in size as the membership is getting older and dying and not enough young members are coming along to replace them.

If someone is interested in getting involved with the Buffs, how can they contact you? They can email me at: jeatcomet@aol.com

POEM: WHISPERS – NEVER TO VANISH

By Alexander Duncan

A touch of whispers
that sear the skin
and rip the soul

Too many memories
whispering -
This was
and is always
beneath the skin

Laced underneath, seared
Whispers -
Murmurs -
Memories -

Never to Vanish
always a shadow
that touches
nerves
and soul

Whispers -
Murmurs -
Memories -
A shadow
never to vanish

KATE CULLEN'S MONTHLY QUIZ



Questions:

1. Who claimed to be able to recognise about 140 different forms of tobacco ash?
2. To which island was Napoleon first exiled?
3. By what name is East Pakistan known?
4. What was William Tayton's claim to fame?
5. Who was known as the King of Swing?
6. Who cut off Samson's hair?
7. What is so peculiar about an avocet's beak?
8. From which fruit is Kirsch made?
9. Which craft was Kaffe Fassett famous?
10. On which coast of Australia is Perth?
11. What is a fresco?
12. If you ate something 'en croute', what would it be like?
13. Who was known to her fans as 'Our Gracie'?
14. After what is Fleet Street in London named?
15. In which country is the fishing port of Stavanger?
16. Who was driving a Porsche Spyder when he was killed on 30th September 1955?
17. Who wrote 'Wuthering Heights'?
18. Which sport takes place in a velodrome?
19. When did Elvis Presley die?
20. Who said, "You can have it any colour you like, so long as it's black?"

Answers:

1. Sherlock Holmes
2. Elba
3. Bangladesh
4. He was the first person to appear on TV – at J. L. Baird's demonstration
5. Benny Goodman
6. A soldier ordered by Delilah to do so
7. It curves up at the end
8. Cherries

9. Knitting design
10. West coast
11. A painting on plaster, usually on walls or ceilings
12. Enveloped in pastry
13. Gracie Fields
14. The Fleet river
15. Norway
16. James Dean
17. Emile Bronte
18. Cycling
19. 16th August 1977
20. Henry Ford

Silly Billy's Toy Shop



Visit Silly Billy's in Person on Old Gate in Hebden Bridge, HX7 6EN, or online

[Silly Billy's Blog](#)

[Silly Billy's on Facebook](#)

HOW THIS MAGAZINE HAS HELPED ME



Written by Brenda Condoll

This magazine has helped me in many ways. It has helped me develop my writing skills and introduced me to lots of new people that I would never have known otherwise.

Dean's magazine has been an education to me as I have read interesting articles and interviews about subjects I had not considered before. It has made me feel happy and laugh through

reading the many short stories and poems submitted for the competitions.

I am happy to contribute to the magazine and hope to do so in the future.

LETTERS PAGE



Dear Editor

Can I just say how fed up I am of hearing of the forthcoming Royal Wedding between two extremely privileged young people who have no idea about the lives of ordinary people.

For those people who are not royalists, such an occasion is a blatant waste of money and could be spent on much more deserving people who were not born with a gold spoon in their mouth.

Of course, some people will point to the revenue that the event will stimulate - but I doubt whether any of this money will trickle down to the man on the street.

In this day and age, the Monarchy is superfluous and it is ridiculous that that certain people have everything and consider other people to be their 'subjects'.

Dave Green, Leeds

Dear Editor

I was pleased to see a lovely photo of Prince Harry and his future bride in a recent edition of your magazine. Though I am not big on the Royal Family, I think it is good that you try to cater for everyone's tastes and views. Your magazine is becoming a real melting pot!

Steff Herriot, Holmfirth

Dear Editor

I think it is time that more people campaigned for the reduction of VAT which disproportionately hurts the poorer members of society. I recently bought a black coffee and was amazed how much of the cost went to VAT.

One could argue that there should be no VAT on food and drink and that it is time we started to look after the poorer members of society better. Everyone deserves to be able to buy the basic things in life.

Maria Jones, Manchester

Dear Editor

I was one of those people who foolishly voted to leave the EU but now regret it as we were so obviously lied to about things like the NHS – and how much better off we would be out of the EU.

I now think there should be a second referendum and that the result would differ this time. Most people who voted to leave will not even be around when the consequences of leaving the EU kick in.

Do the decent thing and give us all one more final and binding vote!

Charlotte Evans, Liverpool

Dear Editor

Does anyone else think that the world would be a much better place without manmade religions?

Let's just get on with living our lives now (guilt-free) until we die and discover if there is anything after this life.

Simon Peterson, Surrey

Dear Editor

Yet again I turn on Teletext and read about some 'religious' man being convicted of historic sex offences. Heterosexual men and women should be together and that would arguably stop a lot of deviant behaviour, and if others were allowed to be openly gay this would also alleviate this serious problem.

Jane Thornton, Leicester

Dear Editor

Can I just say what a wonderful job the Salvation Army does to help the weaker members of society. Although I am not religious, I do recognise the excellent work they do and how they deserve our support. I wish there were more people like these people around.

Freida Horner, County Durham

Dear Editor

What a wonderful article about atheism by Kate Cullen in the last edition of From The Horse's Mouth.

Although I like your magazine I sometimes get annoyed by the amount of space given to religious themes.

Kate's article was like a breath of fresh air! Thank you.

Ruth Halfpenny, Cardiff

LAST ORDERS



Written by Kate Cullen

"Any particular sort Sir?" said the gentleman in the uniform.

"What sorts 'ave yer got mate?"

"Instant, fresh, ground, decaffeinated, latte, cappuccino, americano, espresso, strong, weak and any other combination you could wish for, Sir "

"Give mi five minutes an' I'll 'ave decided mate."

" Yes, Sir."

Robert thought long and hard, trying to remember the names of the vast options available. He'd always been used to the cheap ones tasting of Bisto, or some other weird substance which had only the most tenuous link with the genuine coffee bean.

His palate had been conditioned to associate that strange, artificial taste with what the world calls ' coffee ' simply because he had never had the chance to sample the real thing.

He remembered some of the words on the list and tried to imagine their flavours. What, made them different? What special qualities did they have? Why, were they given those names? Was there a clue in the names? Not much of one, he decided. The only one which meant anything was ' instant '. Decaffeinated sounded as though it had had its coffee guts removed, so was of no interest.

Maybe he should take a gamble and dive into the 'coffee unknown'. At least that would concentrate his thoughts on the flavour and take his mind off other things.

The uniformed gentleman returned, pen and notepad at the ready.

"I'll 'ave the biggest yer've got. Milky. Sweet. Strong, an' lots o' flavour ter linger on the tongue ."

" Very good, Sir. I'll bring that for you. Would you like a selection of biscuits with that, Sir?"

"Yeah.! Why not! Anything chocolate coated an' plenty of 'em !"

"Very good, Sir."

The man in the uniform disappeared with his order.

"Easily pleased!" he mused, handing over the paper.

Five minutes later, a pint pot of steaming hot coffee appeared, accompanied by a large, inviting selection of chocolate biscuits.

Robert looked at the clock. He had almost an hour to relish, savour and thoroughly delight in what lay before him. Never were coffee and biscuits so thoughtfully devoured!

Small sips of the milky drink were alternated with tiny nibbles of the widest selection of biscuits Robert had ever been offered.

After rather a brisk start, he slowed the process down and managed to ration them into the time he still had available for this indulgence.

At five minutes to six the gentleman returned to remove the drained mug and empty plate.

Robert sat back, closed his young, blue eyes and let his thoughts linger on all the wonderful flavours and textures of the past hour. He was calm and contented. Not a worry in the world!

One minute later, the guard led him, handcuffed, away to face his punishment. The mellow flavours remained to his last breath and Robert died a happy man.

CAFÉ OF THE MONTH: CAFÉ SOLO



An interview with Pam Shaw and David Houlihan

Can you tell me a little bit about yourselves, what you did before you had the café? (Pam)

We were both civil servants. We were there for 25 years and did various jobs between us.

Did you meet at work? (Pam) Yes. We worked on different projects; in my case it was benefit fraud. (Dave) I was involved in digital projects - the last one I worked on was bringing scanning technology into departments in order to reduce the amount of paper in the office.

Why did you take over this café in Hebden Bridge? And how did you find it? (Dave)

We're from Preston originally and I had travelled through Hebden to work in Leeds. Initially, we searched around the Preston area as we were looking for something quite specific – somewhere rural and rustic. We knew we both wanted to leave the Civil Service so we decided to apply for exit packages that enabled us to buy somewhere.

Did you know of Café Solo before you bought it? No, we didn't know the café existed

before we came across it.

How did you find it? We couldn't find what we were looking for around the Preston area, so we extended our search to the Ribble Valley area and Clitheroe with no success. We then extended our search to about an hour around Preston, which encompassed Calderdale. We came to Hebden and immediately liked it.

What do you like about Hebden Bridge? It has a completely different feeling to other places. (Pam) The people are very friendly and most people know each other. (Dave) It's a complete mix of all different kinds of people.

People say you make them feel very welcome in your café and that it has its own identity. When you were looking for a café, what were you actually looking for? (Dave) I was always interested in the coffee side of things and Pam was always keen on cooking and baking. Our original idea was to find somewhere and put our own stamp on it from the outset, but when we came here we found that the previous owner Gloria had already found an excellent coffee and had done much of the groundwork.

(Pam) We liked the café straightaway and were able to build on what was already there. The café had a friendly, homely kind of feel to it. (Dave) We just want everyone, wherever they come from, to feel welcome. We have tried our best to personalize this café over time and we are also supported by an excellent team of staff.

How do you think you differ from other cafes in Hebden Bridge? (Pam) We possibly have more of the local community coming in. (Dave) I think others have their own special features fulfilling a different need for different people.

What do you actually offer as a café? We offer very good quality coffee, a wide selection of tea and home cooking. (Dave) We try and do as much home baking as we possibly can. (Pam) We make food to order using fresh ingredients which are locally sourced where possible.

Do you try and cater for everyone? (Pam) We cater as much as we can for individual needs including vegetarianism, veganism and gluten free.

Do you have any problems with dogs coming into your café? (Dave) We like dogs coming in and we've never had a problem with any of them. (Pam) We're dog lovers ourselves. (Dave) Dogs are such a big part of some people's lives and are constant companions to them. No one has ever complained about dogs being in the café.

How many staff do you employ? (Pam) there are six members of staff as well as us two. One of them is my daughter Steph who works 4 days a week and the others work 2-3 days each.

Are you hoping to make anymore changes to the café? Are you hoping it will continue to evolve? We always try to vary the food we offer so that people do not get fed up of it. We are

always looking at how we can improve and evolve, taking into account the needs of our customers and staff.

Where do you get your produce from? Is it locally sourced? We try and buy local when and where we can as we ourselves like to support other local businesses. It is always a loss to the community when a local business ceases trading such as the greengrocer in Hebden Bridge.

What are your hopes for the café in the next five years? (Dave) We love the area and we love the café but the one thing we crave is outside space. (Pam) Yes, people like to sit out when the weather is good in the summer.

Would you move then? We like Hebden Bridge and are happy here – but you never know.

Is it hard work running the café? (Dave, Pam) Yes! (Pam) It's more physically demanding but ultimately more rewarding than being a civil servant. (Dave) You can't just switch off at the end of the day especially with the home baking and doing everything ourselves but we wouldn't want to change back.

Is there anything you would like to add? We like to exhibit the work of local artists on our walls. It's something that has evolved and it's good because it showcases the work of local artists. Hebden Bridge is a very creative area. (Pam) We not only have artists coming in but writers and poets etc. People have been nice enough to say that they find the café a very inspirational place where they get lots of ideas.

IF YOU WANT TO SEE THE WONDER OF GOD'S CREATION LOOK IN A MIRROR!



Written by Michael Blackburn

Which brings us to the subject of glass of which many mirrors are made.

What is glass made of? Mainly sand mixed with other minerals at very high temperatures 1700 C. (3090 F). Glass is made in the mouth of volcanoes where intense heat produces a hard, black glassy type of stone. Ancient man first used it as tips for spears. When US scientists tested an atomic bomb in New Mexico in 1945 the explosion turned the sand in the immediate area into glass.

Archaeologists have found evidence of glass making in 3,500 BC in Asia/Mesopotamia. Some think that first glass was made in Egypt and the skill passed to Mesopotamia. Others think the opposite with the skill passing the other way. In either case, the first glass was probably used for making beads. The Egyptians are said to have discovered how to make red glass which would have been used to adorn statues and the clothes of the Pharaohs.

Today's manufacturers from drugs to cars are ever improving their products so 3,000 years ago man was intent on making glass stronger, less breakable and also malleable. By experimenting it was discovered that by adding various minerals to sand viable products were made.

In the 1st Century AD the Romans started large scale manufacturing of glass in Alexandria and it would have been them who brought glass making to Britain.

Techniques in glass making advanced and in the 11th century AD, a Persian-Arab chemist Jabir ibs Hayyan described 46 recipes for making coloured glass.

In 1835, a German chemist Justus von Liebig discovered a process by which mirrors can be made. The nature of mirrors is not much different from seeing yourself in a pool of water. When light strikes any surface, some of it will be reflected. Mirrors are simply smooth surfaces with shiny, dark backgrounds that reflect very well. Mirrors are made from glass with a backing - probably aluminium.

The ultimate in glass making is in the production of lenses for telescopes. There are two main types of telescope: refractor and reflector. In both cases they need glass and lots of it. The Giant Magellan telescope is currently in production and plans to be working by 2023 at the top of mountain in Chile. The total weight of the telescope will be 1,100 tons. The weight of the optical lenses will be 21 ½ tons.

Finally, in these days of 'cops and robbers' bulletproof glass is a necessity. Making thick glass does not overcome the problem. A bullet would shatter thick glass as well as thin glass. What is necessary is the building up of several layers of glass plus laminates of acrylic and polycarbonate. When struck by a bullet the outer glass will break but the laminates absorb the shock and the bullet is stopped. Top grade Bulletproof Glass can be 1 ¼" thick.

The Shard building in London has 11,000 panes of glass and could not have been made without sand.

MORE RECIPES FROM JUNE CHARLTON



Caramelised New Potatoes

Ingredients: 1 1/2 lb of scrubbed new potatoes
4 tbsp of soft dark brown sugar
2 oz of butter
1 tbsp of orange juice
1 tbsp of chopped fresh
parsley/coriander, salt and pepper,
orange rind curls to garnish

Method: Cook the new potatoes in a pan of boiling water for 10 mins or until almost tender. Drain thoroughly. Melt the sugar in a large heavy-based frying pan (skillet) stirring over a low heat. Add the butter and orange juice to the pan stirring the mixture as the butter melts. Add the potatoes to the orange juice and butter mixture and continue to cook, turning the potatoes frequently until they are completely coated in the caramel. Sprinkle the chopped parsley or coriander over the potatoes and season to taste with salt and pepper.

Transfer the caramelised new potatoes to a serving dish and garnish with the orange rind. Serve immediately.



Cherry Crumble Muffins

Ingredients:

- 8 oz of brown rice flour
- 1 tsp of bicarbonate of soda
- 2 teaspoons of baking powder
- 4 oz of golden caster sugar
- 10 oz can of black cherries, drained
- 3 oz of melted butter
- 2 beaten eggs
- ¼ pint of buttermilk

Topping:

- 1 tbsp of soft light brown sugar
- 1 tbsp of brown rice flour
- ½ oz of butter

Method:

Line a large 12-hole muffin tray with large muffin cases. Sift together the flour, bicarbonate of soda and baking powder into a large bowl, then stir in the sugar. Mix together the cherries, melted butter, eggs and buttermilk in a separate bowl, add to the dry ingredients and stir gently until just combined.

Spoon the mixture into the muffin cases. Place the topping ingredients in a food processor and whizz until the mixture resembles fine bread crumbs. Sprinkle over the muffin mixture and place in a preheated oven at 180 C (350 F, Gas Mark 4) for 20 mins until golden and firm to the touch. Remove from the Oven, transfer to a wire rack and leave to cool.



Broccoli and Potato Soup

Ingredients:

- 2 tbsp of olive oil
- 2 diced potatoes
- 8 oz of broccoli florets
- 4 ½ oz of crumbled blue cheese
- ¾ pints of vegetable stock
- ¼ pint of double heavy cream
- pinch of paprika
- salt and pepper
- 1 sliced onion

Method:

Heat the oil in a large pan and add the diced potatoes and onion. Sauté gently for 5 mins, stirring constantly. Reserve a few broccoli florets for the garnish, and add the remaining broccoli to the pan. Add the cheese and stock. Bring to the boil then

reduce the heat and cover the pan simmering for 25 mins until the potatoes are tender.

Transfer the soup to a food processor or blender in two batches And process until the mixture is a smooth puree.

Return the puree to a clean saucepan and stir in the cream with a pinch of paprika. Season to taste with salt and pepper.

Blanch the reserved broccoli florets in a little boiling water for about 2 mins, then drain with a perforated spoon.

Pour the soup into warmed bowls and garnish with broccoli florets and a sprinkling of paprika. Serve immediately.

I find this soup freezes well.

MORE TRUE MEANING OF RHYMES



Nursery Rhymes

Jack be nimble,

Jack be quick,

Jack jump over

The candlestick.

This rhyme refers to Black Jack Anderson who was an African-American seal hunter who was also known as ‘The English Pirate’ although all his exploits were in Australia, where in 1826, he arrived on a whaling ship. After a drinking session a fight broke out and Anderson was accused of murder. Anderson and several crewmates fled the scene and set up a camp from where they robbed vessels, committed more murder and abducted women as sex slaves.

He was eventually murdered by his own fellow pirates, even they didn’t trust him! The term ‘jump over the candlestick’ refers to a tradition that is was believed that it was good luck to succeed to clear the candle and not damp down the flame.

Ladybird, Ladybird fly away home,

Your house in on fire and your children are gone,

All except one,

And her name is Ann,

And she hid under the baking Pan.

The English word ‘ladybird’ is a derivative of the Catholic term ‘Our Lady’. The tradition of saying this rhyme was believed to have been used as a seemingly innocent warning cry to Catholic recusants who refused to attend Protestant services as required by the Act of Uniformity (1559 & 1662). The law forbade priests to say Mass and forbade anyone to attend it. Laymen were subject to fines and priests to execution by either being burnt alive or hung drawn and quartered.

I have been unable to find any explanation for the mention of ‘Ann hiding under the baking pan’. It can only be considered to have a secret underlying meaning.

Jack Sprat could eat no fat

His wife could eat no lean

And so between the two of them

They licked the latter clean

Jack Sprat in this rhyme is reputed to be King Charles I (1625-1649) and Henrietta Maria, his Queen. Apparently when King Charles (Jack Sprat) declared war on Spain, parliament refused to finance him (leaving him lean). So, his wife imposed an illegal war tax (to get some fat) after the angered King (Jack Sprat) dissolved Parliament.

Little Tommy Tucker sings for his supper,

What shall we give him? Brown bread and butter.

How shall he cut it without a knife?

How shall he marry without a wife?

'Tommy Tucker' described in this rhyme were orphans often reduced to begging 'singing for their supper'. The reference to 'marrying' reflects the difficulty of any orphan being able to marry due to their low standing within the community.

A little Boy Blue come blow your horn,

The sheep's in the meadow the cow's in the corn,

But where is the boy who looks after the sheep?

He's under the haystack fast asleep.

Will you wake him? No, not I – for if I do, he's sure to cry.

This rhyme is thought to refer to Cardinal Wolsey during the Tudor reign of Henry VIII. He was an extremely rich and arrogant self-made man. The phrase 'blowing one's horn' meaning to brag was certainly practiced by Cardinal Wolsey. He transformed a medieval manor into the magnificent Hampton Court Palace. It was an ostentatious display of his wealth giving rise to the rhyme uttered by his enemies who spoke against him. It worked and in 1529 Henry declared all Wolsey's lands and possessions forfeit and they became the property of the Crown.

The words 'where's the boy blue who looks after the sheep?' could refer to Wolsey's Blazon or Arms which included the blue faces of four leopards.

Eventually his inability to arrange a divorce for Henry VIII from Catherine of Aragon led to his downfall. He was arrested in York, accused of treason, and died on his way south to face trial.

Researched by Little Bo-Peep

ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



- (1) Where do St Helens RLFC play their home games?
- (2) Who plays Roy Cropper in the soap Coronation Street?
- (3) What is the chemical symbol for plutonium?
- (4) What is the capital of Andorra?
- (5) What is the official currency of Bangladesh?
- (6) Who invented 'Cat's Eyes'?
- (7) What is the German word for motorway?
- (8) Charlestown is the capital of which small Caribbean island?
- (9) Who invented the dishwasher?
- (10) Which major religion is the Pope Head of?
- (11) What is another term for baldness?

- (12) What is a parapluie in English?
- (13) What is a transsexual?
- (14) What is the American word for tap?
- (15) Who play Robert in the comedy Everybody Loves Raymond?
- (16) In which country is Duisburg?
- (17) What is the fear of open spaces called?
- (18) Roger Taylor was the drummer of which successful pop group?
- (19) What is the gestation period for a horse?
- (20) Which squirrel is the most common in the UK?

Answers:

Totally Wicked Stadium (2) David Neilson (3) Pu (4) Andorra la Vella (5) Bangladeshi Taka (6) Percy Shaw (7) autobahn (8) Nevis (9) Josephine Cochrane (10) Catholic (11) alopecia (12) umbrella (13) a person who emotionally and psychologically feels they belong to the opposite sex (14) faucet (15) Brad Garrett (16) Germany (17) agoraphobia (18) Queen (19) 11-12 months (20) Grey

Editor's Final Word: Thank you for taking the trouble to read this publication. I do hope you will feel inspired to contribute something to a future edition at: dean@fthm.org.uk