

FROM THE HORSE'S MOUTH – July 2018, edition No 43.



Hello. I hope you are well – if not, remember [everything eventually passes](#). Personally, I've been okay both physically and mentally except for the odd pain in my legs.

In this edition, we talk to a man who used to live in a cave in India and also hear from a postman about how privatisation of the Royal Mail has changed his job.

The photography competition has just closed and there was a good response to it. The results will be published in the August edition of this magazine. Also, there will be news of our new themed, short story competition which will run for two months. Our Last Short Story Competition Winner was Helen Somers and you can read her story in the [February 2018 Edition of FTTHM](#)

This magazine always depends on you and your co-operation. We therefore welcome contributions that are not racist or offensive. Please email your contributions to us at: dean@fthm.org.uk – the website address is: www.fromthehorsesmouth.org.uk Thanks, Dean.

Table of Contents

[MY NOT VERY SERIOUS STARS](#)

[SUDHIRO TALKS ABOUT HIS EXPERIENCES IN INDIA](#)

[SUMMER THOUGHTS](#)

[KATE CULLEN'S MONTHLY QUIZ](#)

[JUAN CERRUFFO TALKS ABOUT HIS PASSION FOR STONE-BALANCING AND HIS LIFE IN ENGLAND](#)

[JUNE CHARLTON REMINISCES ABOUT A PAST HOLIDAY EXPERIENCE](#)

[A WORKING-CLASS MAN'S VIEWS ON LIFE IN MODERN BRITAIN](#)

[TURNIPS](#)

[LETTERS PAGE](#)

[MORE LOVELY RECIPES FROM JUNE CHARLTON](#)

[A POSTMAN'S PERCEPTION OF THE
PRIVATISATION OF THE ROYAL MAIL](#)

[WOBBLING](#)

[ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH](#)

[ADVERTISING WITH From The Horse's Mouth](#)

MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

Now is the time to move to a bigger house that will put you into more debt and mean you're tied to the job you hate for even longer. You are eating a lot of sweet stuff at the moment, so maybe cut down a bit or be ready to take diabetes on the chin at a later date. Someone shady may ask you to be in a movie but ask what colour before you commit yourself to anything.

Sagittarius 23 Nov – 21 Dec

You may be the victim of a petty crime this month, but maybe you should view this as karma for all the bad things you did in your past. A monk who has preached non-attachment for years may surprise you by giving it all up for a woman. Your bottom is getting far too big and you may start to fall over, when you walk, if you're not careful.

Capricorn 22 Dec – 20 Jan

A window cleaner who loves to gossip may give you a vital clue that enables you to solve a local mystery. A fat lady may come into your life and astound you with her generosity and kindness – and may make you look at things through more enlightened eyes. It is time you gave up your e-cigarette and gave up nicotine for good. Eat lots of roughage unless you enjoy being constipated.

Aquarius 21 Jan – 19 Feb

Something you did years ago will come back and bite you, but just grit your teeth and you will get through this tricky episode and things will soon return to normal. Why not buy yourself a skateboard and have some fun? A smart man will try and sell you something you don't need, so just say "no" and stick to your guns. Try to avoid eating so much fried food unless you want to die young.

Pisces 20 Feb – 20 Mar

If your anxiety levels allow it, try and finally stop biting your nails - but do remember there are much worse things you could do if you fail to stop this annoying habit. The ugly person who wanted a relationship with you will soon leave your life and leave you in peace. Try to work hard so your boss with the bad breath doesn't bother you all the time.

Aries 21 Mar – 20 Apr

You don't like some people very much so admit this to yourself and try to clean up your heart, otherwise you will never be truly happy. On the bright side, your popularity will soar this month and you will be the one that people want to spend time with. Listen carefully to what the 'experts' say about food and lifestyle and then make up your own mind how you want to live and what you want to eat.

Taurus 21 Apr – 21 May

Someone will give you an unwanted gift this month, but don't refuse it or you will upset and offend someone who greatly admires you. An annoying old neighbour shows no sign of changing his odd behaviour so just continue to ignore him and get on with your own life. Remember if your partner asks how they look, be sure to lie and tell them they look fabulous as this will avoid another argument.

Gemini 22 May – 21 Jun

You are passing too much wind again and need to take a close look at your diet. A younger member of the opposite sex, with a young child, wants a romantic relationship with you but do you want to have to babysit two people? – act your age! It is time you stopped buying unnecessary things on credit otherwise you will never be out of debt. Be nice to someone less fortunate than yourself.

Cancer 22 Jun – 23 Jul

Someone from the past will try and come back into your life now that things are starting to look good for you, but don't allow them access as they are only looking for something for nothing. It is a good time to start hugging trees. Flowers will also feature a lot in your life this month and may make you realise how wonderful nature really is. You need to consume more B-vitamins.

Leo 24 Jul – 23 Aug

You may feel lonely this month and it is a good time to admit to yourself that you are a selfish, manipulative person who no one wants to be around – time to change! It is a good time to buy a lottery ticket for although you won't win anything, you will enjoy the anticipation of the draw. Treat yourself to some white bread if that's what you prefer. Stop worrying about 'that' small problem.

Virgo 24 Aug – 23 Sep

A holiday would really benefit your health at the moment. An Iman may offer you some invaluable advice. Someone with more money than sense may try and win your affections – but can you be bought? A song you hear this month may trigger memories of a past lover who you allowed to get away. Eat less dairy. Don't worry about shaving under your arms as no one expects very much from you.

Libra 24 Sep – 23 Oct

You are trying too hard to find love instead of letting it find you. A friend really needs your help this month but can you stop thinking about yourself long enough to oblige. You may feel bored and down a lot this month – but remember you wouldn't appreciate the highs if you had not experienced the lows. Consider keeping a horse in your kitchen.



[Aegis Martial Arts](#)

Aegis Martial Arts

Aegis is a system rather than a style of martial arts that incorporates kick boxing, boxing, grappling and personal protection. It is dedicated to teaching self-defence in any situation so we are teaching people techniques of how to defend themselves...[read more](#)

Aegis have branches all over the North of England with one in Hebden Bridge as well as , simply check out the [Aegis Contact Page](#) to find out more.

SUDHIRO TALKS ABOUT HIS EXPERIENCES IN INDIA



Sudhiro, can you tell me why you recently went to India? Because I'd been thinking about doing it for a while and decided to go when my beloved dog Harry died. I had Harry cremated and I'd said to him before he died, that I would scatter his ashes in the Ganges, in India. So that's why I went.

Why did you want to do this? Because I believe in reincarnation and Harry, in my opinion, was ready to be reincarnated as a human being so I felt this would give him a lift as it's said if you immerse yourself in the Ganges you come back sin-free. I thought this was a good idea for Harry.

Are you glad you did it? Oh, yes. I recommend anyone to do it. I promised myself and Harry that I would do it and I fulfilled that promise. I also took the ashes of Helen Holden's husband who was affectionately known as 'Tom the busker' in Hebden Bridge.

When you departed from Hebden Bridge, how did you get to India? I took a train to Manchester, a plane to Oman where I changed and then I flew on to Delhi. I stayed the first

night in a flea-bitten hotel and then I got a train the next morning which took me to Hari war, in the Himalayas.

Why did you go there? Because that was the closet place to meet Manda who was my ex and who had heard that I was going to India. She was living in Thailand at the time and suggested we meet up in India where she found us a nice place to stay – separate rooms. So, I was able to arrive without worrying about accommodation.

Other than going to the Ganges, what other things did you do while you were in India? I did a lot of walking and visited Hindu and Sikh temples.

Are you Hindu or Sikh? No, I'm a Sannyasin because I had an Indian master called Osho with whom I was initiated 38 years ago – he gave me the name Sudhiro.

What does Sudhiro mean? The wise one.

Did you do any travelling alone in India? Yes, and I found it wonderful as it's better to travel alone as being with someone else takes away the spontaneity.

Was India cheap? It's not as cheap as it used to be.

How much did an average meal cost? A good, vegetarian, evening meal cost 300-400 Rupees which is about £4.

Were there a lot of beggars there? Yes, but I'm used to beggars and deal with them like I deal with most people. I say "hello" respectfully and I feel my way through - and if I like them, I'll give them something.

How would you describe India to someone who's never been? It's dirty although it's cleaner than it was. The cities are very crowded and the countryside is empty.

What are the people like? They are nice like English people but much friendlier.

Are Indian people becoming more materialistic? Yes. When I was there, there was a bit of cheating going on with people trying to charge more for food than the price on the packet. When you pointed this out they just shrugged and charged you the correct price. But I don't blame them as they are very poor and just trying to make a few extra Rupees here and there. They're just trying to survive.

Is it true that you met an old friend when you were in India? Yes. I'd lived in India when I was 24 in a cave in the Himalayas. When I returned this year to look whether the cave was still there, I found it had been bulldozed and a bridge had been put in its place. Next to the bridge was a big temple and I enquired there whether my old friend was still around. Miraculously, I found him and he remembered me though he was then 78.

What do you mean when you say you lived in a cave? When I arrived as a 24-year-old, there was a deity on the side of the cave and the people looking after it were moving on and asked me to take responsibility for it i.e. putting fresh flowers on the deity and keeping the dogs away. These people initiated me into their way of being and said I must wait there until they sent for me. So, I went for it as I was impressionable and really liked these guys. In the

meantime, two other friends came to stay with me and liked it so much that they remained there.

What did you do in the cave? We lived there. We cooked just outside of the cave entrance. In the daytime, I foraged for wood in the jungle but there were no wild animals though I had adventures by myself. I also climbed hills and met people with whom I stayed with for a few days.

How did you go on for food? When I wasn't getting fed by other people I went into town for provisions.

This time when you were there, did you buy your food ready-made? Yes. I went into cafes and restaurants and bought fruit to make fruit salads. I also bought yoghurt which the Indians are famous for.

Do you think you will return to India? Yes, I'll probably go there every year from now on. Now I'm retired and don't have Harry anymore, there's nothing to stop me.

Will you get another dog? No, as though they are very lovable, they hold you back. I want to travel more and can't really do that with a dog.

Have you anything you want to add? I had a fantastic time and a great time with Manda. I not only scattered Harry's and Tom's ashes, but I swam in the Ganges nearly every day and I loved it.

Do you love India? Yes, I love India and would recommend travelling there to anyone.

If you are interested in Reading more about Sudhiro he gave us an interview in the [November 2016 Edition of FTHM](#)

SUMMER THOUGHTS



Written by Brenda Condoll

The weather in England is looking up – good for hanging out the washing and lazing about in the garden in the lovely sunshine. I do hope the weather remains good this summer as we have had a long, hard winter.

Many people will enjoy going out for walks if the weather is good and some will enjoy the experience of a canal ride and seeing the lovely British countryside. Others will decide to have a barbecue and vegetarians and meat-eaters alike will find pleasure tucking into some tasty food.

Let's all pray for a long and good summer!

KATE CULLEN'S MONTHLY QUIZ

Questions:



- (1) In 1979, which close associate of the British Royal family was killed by an IRA bomb during a fishing trip in Ireland?
- (2) A cygnet is the young of which animal?
- (3) Which monarch died on 1st of January 1901?
- (4) Which cheese is traditionally grated and sprinkled on spaghetti?
- (5) On which ill-fated transatlantic ocean liner was William Murdoch first officer?
- (6) Who in the Bible performed the dance of the seven veils?
- (7) In which northern English town was Harold Wilson born?
- (8) What is the name of the Japanese dish of vinegared rich with raw fish?
- (9) In which city was the Titanic built?
- (10) Mohammed Ali famously changed his name from what in 1964?
- (11) Which British novelist wrote 'Rebecca'?
- (12) Who wrote 'Elegy written in a country graveyard'?
- (13) Which work by Shakespeare do superstitious actors refer to as 'the Scottish play'?
- (14) What is the collective name for a group of geese?
- (15) Which is the largest island in the Mediterranean Sea?
- (16) Who was the five and a half inches tall boy in the stories by the Brothers Grim?
- (17) Which Indian river is the Hindus' most sacred river?
- (18) During the Falkland War of 1982, which Argentinian warship was sunk by a British submarine?
- (19) Football star Edson Arantes de Nascimento was better known by what name?
- (20) Which is the northernmost American state?

Answers:

- (1) Lord Mountbatten (2) A swan (3) Queen Victoria (4) Parmesan (5) Titanic
(6) Salome (7) Huddersfield (8) Sushi (9) Belfast (10) Cassius Clay (11) Daphne du Maurier
(12) Thomas Grey (13) Macbeth (14) A gaggle (15) Sicily (16) Tom Thumb (17) Ganges
(18) General Belgrano (19) Pele (20) Alaska

Which sports do these mixed up letters make?

- (1) AEB LLBSA
- (2) UGYRB
- (3) KOYCHE
- (4) LTSCAEIH
- (5) WGNMSMII
- (6) AIDNTBMNO
- (7) QHSUSA
- (8) EINTSN

(9) IETCCRK
(10) ONKRSEO

(1) baseball (2) rugby (3) hockey (4) athletics (5) swimming (6) badminton (7) squash (8) tennis (9) cricket (10) snooker



JUAN CERRUFFO TALKS ABOUT HIS PASSION FOR STONE-BALANCING AND HIS LIFE IN ENGLAND

Juan, can you say a few things about yourself? I'm Ecuadorean and came here to Hebden Bridge about nine years ago. My passion is balancing stones in the river.

Why did you come to Hebden Bridge? Because I met my wife in Ecuador and she lived here.

What did you think of Hebden Bridge when you arrived here? It looked very familiar to me but everything was a struggle to start with – particularly the language, and the clash of cultures. I didn't interact with many people for a while, but I felt connected with the Hebden spirit.

Did you study English then? I started to learn by listening and talking to people around Hebden. That was my school. I also went to Calderdale College and studied English for foreigners. It was all a great experience and my life changed when I began to understand the language, the people and the culture. That is the most beautiful thing.

Did you meet some nice people on your course? Yes, especially my teacher who was very patient and kind.

What is the main difference between your life in Hebden Bridge and your life in Ecuador? The perception of time.

Tell me about your work with stones. Where do you do it? It's a passion which came to me when I lived for ten years, in a monastery/school of yoga, in Ecuador. After meditation, we tried to balance various materials. It's about focusing, relaxing your mind and finding alignment. It's an art form that I now practise in the river in Hebden Bridge.

Are you an artist then? Like Pablo Picasso said: everyone is an artist.

How long have you been balancing stones in the river here? For about seven years. I have a gentle interaction with the community and tourists. I enjoy being part of the environment. It's important not to destroy to create.

Do you meditate while you're balancing stones? When you are giving attention to the stones and focusing on them, you are meditating. You need to focus on your breath. You can download all your emotional issues and relax your mind. It's a type of therapy. You can definitely find magic.

Stone-balancing is something simple but very powerful and through it you can feel good and find freedom. It's also a good interaction with nature.

Do you teach other people? Sometimes I run workshops to give people the opportunity to meditate, find inner balance, and interact gently with nature.

What else do you do in Hebden Bridge? I take photographs of my work in the river and other places and sell postcards and prints locally. I also work as a part-time cleaner.

What are your hopes for the future? I don't think long-term, I live in the present and, in my everyday life and through stone balancing, I try to connect people to create a harmonious vibe to send to the planet.

JUNE CHARLTON REMINISCES ABOUT A PAST HOLIDAY EXPERIENCE



When I was younger I went to Poland and it was a very long journey to get there. It took about 18 hours although we had quite a few toilet breaks as some people suffered from travel sickness. During the journey the tour guide pointed out things of interest and inadvertently made us laugh e.g. she said some swains (swans) were on the water in a very strange accent. But she was a very good tour guide. After we arrived, we went to a barbecue which was very nice and everyone seemed to

enjoy themselves. Then when all the food had been eaten, we all helped to clear up.

The following day was Christmas eve and we all sat in the dining hall waiting to be served. When they finally brought out our meal it was carp! – which we kept in our pond at home. Everyone complained. On Christmas morning we exchanged presents that we had brought from home. Everyone seemed happy and jolly.

The evening of Boxing day, we had a lovely English meal of turkey with all the trimmings, we pulled crackers and people were dancing to a record player. We all were enjoying ourselves but it ended too soon as it had been a long day and people were getting tired.

The next morning everybody was excited because the tour guide announced we were going to Krakow. Krakow was a lovely city with very tall buildings in a big square. Whilst we were there, we went to a market where we bought some lovely gifts to take home. I bought some

pictures which had been painted by street artists. There were also some beautiful vases, glassware and lots of leather goods such as handbags and wallets.

But soon we had to set off back for England as the snow was coming down fast and in no time at all the roads were covered and the snow was quickly getting deeper.

After a few miles, the snow was so thick that the wheels were sticking and could not rotate. Lots of people got off of the coach to try and push the coach out of the thick snow which had piled up in places. Eventually, the men cleared all the snow away and we were able to carry on with our journey home though everybody was tired.

Once in England, people were dropped off at their destinations. After what seemed an eternity, we arrived in Castleford and then after a few more miles, we arrived back in our home village of Kippax. It was a good experience but as they say: there's no place like home!

In the mid nineteen eighties, my dad developed emphysema and became a respiratory cripple. I started writing amusing verse in the local dialect to keep him amused. One day he asked if I could write poems on any subject, I said yes and he gave me the word 'turnips'. I came up with this.

A WORKING-CLASS MAN'S VIEWS ON LIFE IN MODERN BRITAIN



Written by Andrew Stones

The Royal Family

As a financially poor individual in Britain I am a little annoyed that a royal family still exists in this day and age. To me, the Royal Family epitomises inequality and a lack of real social mobility in Britain. On the other hand, I feel sorry for them as they are trapped in a very

limited life and can't enjoy the simple pleasures we all enjoy like going to a café for a favourite drink.

I consider myself to be a world citizen and reject the notion of being the subject of another human being, but I accept that most people are so brainwashed that we will see them around for a long time to come.

Religion

Religion is still prevalent in modern British life though I think it is something that should be superfluous – I find it hard to believe that there exists a supernatural being that has created us and now sits in judgement of our every action. I think individuals should be free to believe what they want to believe but should not have the right to impose their views on other people

e.g. visiting people's homes to try and convert them to their religious viewpoint in the street. It is obvious however, that religion can provide people with a sense of hope and community.

But it is not for me.

Capitalism

I think capitalism is the best of a bad bunch of economic systems. Of course, it would be terrible if everyone was exactly the same and had the same amount of money. However, the gap between the rich and the poor in Britain is actually growing and us at the bottom are viewed as work horses by those at the top. It is true that the minority of people who have most of the wealth in Britain perpetuate this state of affairs through their elite public schools and that they are very, selfish, greedy people who will not share anything – would a loving god really allow them to carry on in this way?

A mixed economy is the best economic balance for everyone with public services being provided for and by the public – it is ridiculous that shareholders can make money out of these services by expending no labour. But there is definitely a need for the private sector as without competition we would be ripped off even more.

Lottery

The lottery has been a huge success in Britain and has raised millions of pounds that should arguably have been raised through greater taxation of the rich. People have hardly any chance of winning meaningful amounts of money and it is really just a voluntary taxation scheme. I do however, have a friend who gets great pleasure from anticipating the draw and whether she will win anything on a scratch card.

The media

The media is a very important tool used by the ruling classes to maintain the status quo. Most of the media is ironically foreign-owned and has no interest in portraying the world as it is - but rather how they want it to be. Unfortunately, people tend to believe what they read even if it is diametrically opposed to what is actually good for them and not in their interest.

The media is excellent at divide and rule tactics so that the common man never actually comes together to be the powerful force that it could be.

Most presenters who work for the BBC seem to have come from the public-school circuit and I find it hard to relate to them in many ways.

Immigration

Immigration is obviously essential and healthy for any country as it can fill in labour requirements, and on a more basic level, can strengthen the human gene pool. Unfortunately, some people stick to people of their own race and religion and this causes social problems like racism.

It is true that some immigrants do jobs which British people do not want to do, but there is always the danger that employers take advantage of the situation and also get skilled labour at a very cheap price whilst putting skilled members of the British workforce out of work.

All-in-all, immigration is a good thing but it must be controlled. However, it is not right that people in Britain have paid thousands into the NHS over the years, must now stand by and watch immigrants come and get free, expensive NHS treatment.

Education

The same education should be available to everyone in Britain regardless of one's class and income. Private education is wrong and only serves to highlight and perpetuate the differences between people and the unfairness of the system. You only have to look at how many Tory ministers (and Tony Blair) were privately educated to see how the game is rigged.

If we want a true meritocracy (with a sound social safety net) then people should have to compete on a level playing field. I have often found privately educated people to be out of touch with many people's reality and to be very arrogant.

I do think also that grants should be reinstated so that people from poorer backgrounds are not saddled with huge debts by going on to further education. How to pay for this? = tax the rich more as they don't need all the money that they have.

Sport

Sport is excellent for one's well-being and socialisation. But I am of the opinion that it is used by the ruling classes to distract people from things that really matter in society e.g. inequality and unfairness. If people were not going religiously to support their team each weekend, then they would all have much more time to appreciate how poor those at the bottom really are – the irony is obviously that some sportspeople 'earn' ridiculously large amounts of money for doing relatively very little in life.

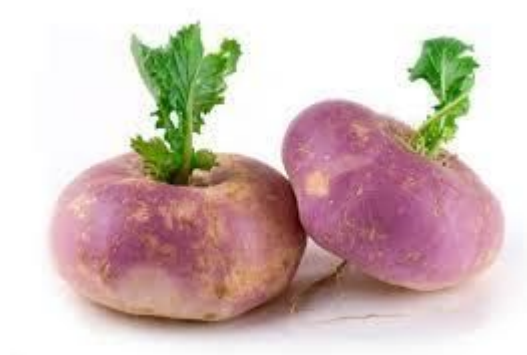
Minimum Wage

Any affordable increase in a working person's wage is welcome, but it is important to remember that those at the top of society would not be prepared to work for such money and only agreed to pay it because they were forced to by law. Human beings are by nature very selfish and greedy and we need further legislation to ensure that the economic pie is more evenly distributed. If everyone put down their tools at the same time then changes would immediately emerge once that the rich realised that we had stopped serving their every need and whims.

Summary

I have shared some of my thoughts with you on how I see modern Britain. I could write much more but I think I have said enough! I am sure that there will be things you disagree with, and if so, you should express yourself here instead of keeping them to yourself.

I don't think the outlook for working-class people looks like improving anytime soon regardless of which political party is in power, as it is the fat cats who control the money and them who stop fairness and inequality from happening in Britain and any other capitalist economy.



TURNIPS

Written by Bill Pearce

I love ter look at turnips,
So big an' rough an' round.
They look reight good wi' t'leaves in th'air
An' t'bottoms stuck in t'ground.

I also like the feel of 'em,

I love the colour too.

If there weren't no turnips in the world

I don't know what I'd do.

I like ter see t'wife peelin' 'em,

Tearin' off their skin.

That's when I know it won't be long

'til I 'ave some for mi din'.

She mixes 'em wi' carrots,

An' mashes 'em wi' butter,

An' when they're served upon mi plate

A lovin' sigh I utter.

I could ayt 'em all till t'cows come 'ome,

They fill mi wi' such greed.

I wish that they were English,

But a turnip is a swede.

LETTERS PAGE



Dear Editor

Royal wedding: I live and work in Yorkshire and can honestly say that the wedding between Harry and Meghan meant nothing to me and that the money would have been better spent on deserving causes.

Of course, there is the argument that the wedding will have brought vast revenue into the

British economy, and even if this is true, I doubt if the man in the street will see any direct financial benefit.

Similarly, people said that the Tour de Yorkshire helped the local economy, but I don't think I will be receiving a cheque as my share, any time soon! The event was a great spectacle for cycling enthusiasts, but for those like myself who aren't interested, it was just a big inconvenience with public roads and services closed.

Kate Newman, Todmorden

Dear Editor

I think the level of racism has rocketed since the EU referendum and made Britain a much less welcoming place to international visitors than it used to be. I also think many people regret voting 'leave' now that they are starting to see the consequences of such a decision – I naively thought we would be able to 'cherry pick' the parts of being in Europe we wanted to be part of, whilst being totally independent – other member states understandably have other ideas!

Frank Howson, Manchester

Dear Editor

Whilst I think the Eurovision Song Contest is a bit of a joke, I think it was good that a woman from Israel, who didn't look like a supermodel, won. Good for her!

Steve Wilson, Cardiff

Dear Editor

What a great success the Tour de Yorkshire was with the weather enhancing the great spectacle. I think such events help to put Yorkshire firmly on the map.

I do hope we stage part of La Vuelta as this can only do the local economy good and give positive exposure to a part of the world that I love.

Maria Morrison, Thirsk

Dear Editor

I am writing in to say how much I enjoyed the royal wedding and how privileged I feel to be British. It was a wonderful advert of everything that is great about Britain and clearly showed the humanity and humbleness of the royal family. Welcome Meghan!

Andrew Blackstock, London

MORE LOVELY RECIPES FROM JUNE CHARLTON

And have you seen our [Amazing Recipes page](#), if you would like to submit a recipe for publication in the magazine then please send your favourite recipe to [Dean Charlton](#)



Coffee Coconut Cookies

Ingredients: 3 oz of cooked sieved potato
 2 oz of butter
 3 oz of castor sugar
 1 egg
 4 oz of self-raising flour
 2 oz of desiccated

coconut
1 tbsp of liquid coffee

Method: Cream together the butter and sugar and beat in the egg. Stir in the dry ingredients and the coffee. Place small spoonfuls on a greased tin and bake at 400 F/200C/gas mark 6 for 10-15 minutes.



Potato and Avocado Pear Soup

Ingredients: 8 oz of peeled, diced potato
 1 peeled, chopped onion
 1 clove of garlic, crushed
 2 oz of butter or margarine

2 ripe avocado pears, peeled and de-stoned
1 teaspoon of curry powder
1 pint of stock
2 tsps. of lemon juice
salt and pepper

Method:

Prepare the vegetables. Lightly fry the onions, garlic and potatoes in the melted butter. Add the chopped avocado pears to the pan with a little of the curry powder. Cover with stock, bring to the boil and then simmer for 20 minutes. Pass through a sieve or liquidise. Reheat and season to taste and add the lemon juice. Serve garnished with croutons or fried bread.



Brussel Sprouts and Potato Soup

Ingredients: 8 oz of potatoes
 8 oz of Brussel
 sprouts
 1 onion
 1 pint of water
 ¼ pint of milk
 salt and pepper

Method: Prepare the sprouts, toss into boiling water and strain after 2 mins.

Peel and cut up the potatoes and onion and place in a pan with the water and seasoning and bring to the boil.

Add the sprouts and simmer gently for 20-25 mins. Pass through a Sieve or liquidise. Add the milk and colouring if needed. Adjust seasoning. Reheat before serving. Serves 4.

Pennine Provisions

As well as helping to sponsor us here at FTHM, [Pennine Provisions](#) is also a foremost supplier of Health Supplements in the Calder Valley.

You really must visit their great shop in Hebden Bridge, West Yorkshire, HX7 8EH

Find out more information on the [Pennine Provisions Local Listing Page](#).

They also have an [Instagram Account here](#)

A POSTMAN'S PERCEPTION OF THE PRIVATISATION OF THE ROYAL MAIL

How long have you been with the Royal Mail? About 15 years.

Why did you apply to work for the Royal Mail – did you just need a job? Yes, I was out of work at the time.

Has your job got harder since privatisation? Yes, it's got much tighter and stricter.

What happened when privatisation was introduced? We didn't have a choice and weren't consulted in any way. They did give us some shares which you could



keep for a bit and then cash in – but if you did this before the stipulated time, then you had to pay tax on them. So, I decided to keep hold of them.

Were you happy about the Royal Mail being privatised? No. we knew that things would change for the worse once it had happened.

What did you expect would happen? To be honest, more than has actually happened. I thought the pay might change and in fact, they've given us a small pay rise. I also thought that after the 5-year agreement, that they might sack everyone and rehire them on minimum wage – but they haven't done that.

But do you work harder for your money now? You have to work harder and they are always trying to make everyone do as much as possible. The managers have become more severe and put people under increasing pressure to reach targets and figures.

Do you believe that public services should be privatised? When you look at public services that have been privatised, they don't seem to have improved a lot. An example is British Rail, which may not have been run very efficiently, but since it was privatised it's not running any better and is heavily subsidised by the government. In addition, trains are still running late and prices increase on a regular basis. Cartels seem to have been created to artificially inflate prices and reduce competition.

Have Royal Mail prices increased since privatisation? I'm not sure as we don't really get told how much certain services cost.

Do you feel that your job's secure? At the moment, it seems secure but you never know what will happen further down the line – will they want to be like Amazon who only have self-employed people working for them with allegedly no benefits?

Do you think that the Royal Mail still provides a good service? Yes, it still works quite well as a company but people feel under much more pressure all of the time. People are always looking at what you're doing and how fast you're doing it. It's always been a culture of managing by bullying and this has got worse. Since privatisation, the targets are not achievable as they don't take into account human error.

Can you still do overtime? No, not like before. But if you go over your time on your round then they grudgingly have to pay you overtime. Also, you are hassled much more about things like sick leave.

Do you see yourself staying with the Royal Mail in the near future? If I had the chance of another reasonably well-paid job, then I wouldn't – just to have a change. However, as I've no qualifications my options are limited. So, I'm just going to stay in this job as I have family commitments so can't just pack it in with no job to go to.

WOBBLING

Written by Kate Cullen

“Put yer foot on it, Graham. I’m wobblin’!”

“Mi foot is on it, Irene!”

“It can’t be! Why am I wobblin’ then?”

“Ow do I know? I’m not a friggin’ wobble consultant!”

“There’s no way you can ‘ave your foot on it, Graham Birkhead. I wouldn’t be going from east to west like this if you ‘ad!”

Getting no sense out of her husband of thirty-five years, Irene decided to check things out for herself and risked looking down from the great height of the roof guttering.

“I knew you bloody ‘adn’t! What’s yer foot doin’ on t’ floor? What’s under yer damned foot? I’m riskin’ mi life up ‘ere fer a bloody ball an’ you’re supposed to be tekking precautions down there!

Why did yer tell me yer foot was on it when it’s nowhere bloody near? Der yer want mi ter brek mi bloody neck?”

Graham glance up at the not insubstantial figure of his wife clinging to the gutter and decided it wasn’t a bad suggestion. How those rungs had supported what appeared to be an enormous coffee bean in those clinging brown leggings was a miracle he wasn’t overjoyed to have witnessed.

“For god’s sake Graham, ‘ave yer gone cross-eyed or something? Yer foot is nowhere bloody near! Lift yer foot up!”

Graham obeyed meekly and innocently raised the offending foot.

“You stupid, thick, brainless twit! What ‘ave you ‘ad yer foot on, idiot supreme?”

“Slug, of course! I know yer don’t like ‘em in t’ garden. Thought mi instructions were ter stop it in its tracks”.

“If ever I needed proof of your empty skull, this is it! Put yer bloody, stupid, foot on the ladder prune-head! I could ‘ve come a right cropper. No wonder I’m bloody wobbling!

Yer’ve been wobblin’ fer decades yer fat-arsed cow!” Was Graham’s silent comment.

“Is it on?”!

“Is what on?”

“Yer foot, jelly-brain!”

“Course it’s on! Yer should give proper instructions. Now t’ flamin’ slug’s on the move again! I’d better put mi foot on...”

“Don’t you dare move that bloody, idiotic foot of yours! I’m nowhere near t’ ball an’ I’m gettin’ quite shaky – it’s an ordeal up ‘ere fer me. I remember avin’ a funny turn goin’ over t’ suspension bridge”.

“I’ll get yer a tot o’ whiskey. That’ll calm yer down. Just a mi...”

“STOP where you are you total feather-brained twit!”

“If yer’d wanted to ‘elp yer should’ve come up ‘ere in t’ first place. Always did avoid owt tricky, yer lily-livered coward! Fetch me a stick. That ball’s a good yard away. NO...don’t! Stay where you are and keep yer fartin’ foot on that ladder. This is a delicate manoeuvre. I need time to think an’ if you’ve any remotely sane suggestions, which I doubt, let me ‘ave ‘em”.

“I’ve some suggestions alright”, muttered Graham, as silence reigned above.

Graham took advantage of the lull in the proceedings and thought back over the past thirty-five years. Why he’d succumbed to the constant mental batterings he’d never know. What a fool he’d been!

He looked up at the woman at the top of the ladder, uncannily silent for the moment. The sight of her drew a total blank. Not the faintest whisper of a positive emotion. If anything, it was repulsion. Thirty-five joyless years. And now he was enjoying her vulnerability and the power he felt which could decide her fate.

He could easily stage an ‘unfortunate accident’. The likely verdict would be ‘Death by Misadventure’. But there was a worse case scenario which troubled his soul.

No, it wasn’t his style and he could end up exchanging one prison for another. Yet it would be so easy! He’d still have the house and a comfortable, peaceful life at last.

But what if the police got wind of the rows and smashing pots that the neighbours must have heard? That would set alarm bells ringing. Which way to go?

Seconds ticked away and he knew that the silence would soon be over, and with it, his resolve.

“Right. I’ve got it. There’s a bit of a stick in all this mud ‘n’ muck. I’ll try to flick that damned ball out with it.

“Did you ‘ear that Graham?”

“I ‘eard it alright”.

“Right, ‘ere goes! It means a bit of a stretch ter t’ left, so keep yer foot on that ladder. Nearly! Just a bit further. I’m going for it now. Bit further”

Flick! No movement. Flick again. But the only sound was a crack from the rotten twig.

“Effing Nora! That’s all I needed”.

Pause.

“Right I’m ‘avin’ one more go with t’ other bit. It looks a bit stronger, ‘ere goes...”

Irene delicately levered the ball over the edge of the gutter, then lowered her head on to her arms to recover from all the effort. Her eyes closed until her breathing had settled down and some strength had returned.

The ball bounced and eventually came to a halt near the base of the ladder.

“Put yer foot on it, Graham. I’m comin’ down! An’ yer can get that kettle on and put t’ladder away, while I ‘ave a sit down.

But there was no Graham.

A silvery trail showed the slug’s escape route and a soft breeze blew the ball into the drain, where it remained, unused.

Graham had taken his leave a good ten minutes before and his wobbling days were over.

ANOTHER FUN QUIZ FROM THE HORSE’S MOUTH



Questions:

- (1) Which is the furthest south, New York or Rome?
- (2) How long does the sun’s heat take to reach the Earth?
- (3) Why was Yma Sumak famous?
- (4) What were the names of the three boats which took Christopher Columbus to

the New World?

- (5) What was the area of the moon called which had the first manned space landing?
- (6) How fast does light travel in 1 second?
- (7) When does Christmas Day and New Year’s Day fall in the same year?
- (8) Who was the first man in space?
- (9) Where did the first crossword appear?
- (10) Where is Anne Bronte buried?
- (11) Why was captain Matthew Webb famous?
- (12) On which product did he appear for many years?
- (13) Where are both Sherlock Holmes and Doctor Watson buried?
- (14) How many sculptures did Leonardo da Vinci make?
- (15) Who painted the Sistine Chapel?
- (16) How many time zones does Russia have?
- (17) Which is the largest American state?
- (18) What is the collective noun for flamingos?
- (19) What is the collective noun for owls?
- (20) What is the collective noun for baboons?

Answers:

New York (2) 8 mins 20 secs (3) Her voice could cover five octaves (4) Pinta, Nina and Santa Maria (5) Sea of Tranquillity (6) 186,282 miles (7) every year (8) Yuri Gagarin (9) New York World on Sunday (10) Scarborough, N. Yorkshire (11) He was the first to swim the English Channel without the use of artificial aids on 25/08/1875 (12) boxes of matches (13) nowhere as they are fictitious characters (14) 0 (15) Michelangelo (16) 11 (17) Alaska (18) quora (19) parliament (20) congress

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Silly Billy's Toy Shop has been established for 21 Years Now in Hedben Bridge and 2018 is there Big 21st Birthday year, they would really appreciate it if you would [review Silly Billy's On Trip Advisor](#) if you have visited their fantastic toy shop in Hedben Bridge

Editors Final Word: Thank you for reading this edition of the From The Horse's Mouth magazine. I do hope you enjoyed it, but we would always welcome ideas to improve it. We always need 'new blood' so if you want to send your contribution(s) to us, you can do so at: dean@fthm.org.uk Talk to you soon. Best wishes, Dean