

FROM THE HORSE'S MOUTH – November 2018, Edition 47.



Hello. I hope you are well. Another month has quickly passed and it's now not far from Christmas – I have been saving £2 coins to pay for my Christmas presents!

In this edition, there is a fascinating interview with a young man who cycled through over twenty countries in Europe and Northern Africa. I have also decided to write about a physical problem I've had for years but have now come to terms with. In addition, there are various other articles which you may find interesting, quizzes, recipes and the usual Letters Page.

Anyone can send in things to be considered for publication (non-racist, non-sexist or not homophobic) to: dean@fthm.org.uk The website address is: www.fromthehorsesmouth.org.uk

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MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

You may think a younger person has the hots for you but get real! – you are haggard and have more wrinkles than a new tyre has tread. A good time to get a dog as you could do with more exercise and some company in the evening. The planets all point to you entering a

very creative phase of your life so capitalise on it.

Sagittarius 23 Nov – 21 Dec

Your laptop may need repairing this month but do be careful who you take it to! It's a very good time to join a gym in preparation to cope with your Christmas bingeing. A new relationship is on the horizon so do invest in some new underwear. You may need to go to the opticians soon if you don't cut down on close work. Buy yourself some nice and expensive chocolates.

Capricorn 22 Dec – 20 Jan

Someone with no morals will try to lead you astray this month and take you down a disastrous hedonistic path. Be more careful when shoplifting this month as your luck is running out and you don't want to spend Christmas behind bars do you? You will manage to lose some weight this month so don't waste this progress by eating like a pig in late December and early January.

Aquarius 21 Jan – 19 Feb

It is a good time to buy a new camera and develop your interest in photography. A spotty teenager will look to you for support now so don't let them down. You must really start to reduce the amount of sugar in your diet as you consume far too much. Now is a good time to accept that you are probably the ugliest person you know.

Pisces 20 Feb – 20 Mar

You will come across some business people who will bore you with their constant talk of money and making money. A single mother may seem very attractive to you at the moment but do you really want to take on seven children with seven different fathers? A good time to take on board more roughage and make your bowels do some work.

Aries 21 Mar – 20 Apr

It's a bad time for money matters so be prepared to make a loss on a financial deal. A new person will seem too good to be true and you will discover much to your embarrassment that they are too good to be true as they will dupe you. An offer of a second-hand car will also seem attractive but don't be tempted. Date a hairy, available, female.

Taurus 21 Apr – 21 May

Your partner may question your fertility if you are a man and you may indeed wonder if you've been shooting blanks all these years. Encourage a friend who is a 'dreamer' to do something practical with their life before they end up in serious debt. You really ought to do something about your puny limbs. Cut down on the legal drugs.

Gemini 22 May – 21 Jun

You have been hard to live with recently so do something nice for those around you to show them that you do appreciate them. A musician will impress you with his chord structures and inspire you to start your own band or at least learn an instrument. If you decide to go to a bonfire then be ready for fireworks in your private life.

Cancer 22 Jun – 23 Jul

Someone with a nice bottom may ask you out in the near future but you will soon realise that they talk a lot of it. The introduction of more fresh fruit in your diet would probably yield health dividends. You are far too selfish so consider giving blood – but make sure all the drugs are out of your system before you do so. Drink more black coffee.

Leo 24 Jul – 23 Aug

Be respectful and considerate to a church-going friend even if it is not what you want to do and religion is not your cup of tea. Also, be honest with your partner and don't go out looking for rings if you are not ready for such a commitment. A handsome man will impress upon you how good he is with his hands this month. A winter holiday would be a great idea and allow you to recharge your batteries.

Virgo 24 Aug – 23 Sep

An overweight IT expert may surprise you with his grasp of racket sports this week. You are wasting too much of your precious time watching TV and should do something more with your short life. You have been far too promiscuous this year but at least you've not been alone all of the time. Start wearing your partner's tights under your trousers.

Libra 24 Sep – 23 Oct

This month you learn that a friend's sperm count is very low so encourage him to look closely at his diet. A phone call from someone in the past will trigger bad memories. A change of job would do you the world of good and may open up new social opportunities for you - so start looking! Begin treating your parents with more respect.

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ALCOHOL AND ME



I drank alcohol on a regular basis for seventeen years. My first exposure to alcohol was when an irresponsible aunty gave it to me when she was babysitting me.

I was a binge drinker but it was not until I was about 20 that it became a problem, and on occasions, I was violent towards other men.

When I was 20 I was studying at Bristol Polytechnic and everyone I knew seemed to drink

alcohol. At this time, I once again became ill with my undiagnosed Bi-Polar which was married to a form of OCD. I was acutely aware of my working-class background and was surrounded by other students who I perceived to have been privately educated - and who I found to be obnoxious on the whole. In reality, I had a big chip on my shoulder and became violent when provoked by some insensitive and malicious male students. I was very ill and didn't handle the situation at all well.

Consequently, I ended up as a day patient at a psychiatric unit in Bristol. Also, after one too many unsavoury incidents at the Fishponds Campus where I lived, I was banned from every student bar in Bristol, for a month – you would have thought this would have made me reevaluate my life and behaviour, but I was ill, and it didn't.

Now I can't look back easily at certain parts of my past with any sense of happiness as one or more drunken incidents had destroyed my whole credibility and standing in the community. The problem with alcohol is that it is a legalised drug that is involved in most social rituals in England – but this is no excuse for my behaviour.

When I was drinking excessively, I was aware that the ruling classes are always happy that working-class people dim their minds with alcohol and therefore are easier to control and less of a threat to them. But this didn't stop me from drinking as it was linked to my dire mental health. Also, when I think how complicit I was in my friends' drink driving, I feel ashamed.

Another factor in my excessive drinking is that due to mental illness, I have spent much of my life in poverty, reliant on benefits. Therefore, when I got paid I went out on a 'session' as I didn't know when I would have money to go out again.

I finally stopped drinking (to me parent's relief) on February 17th, 1998, when I was savagely beaten up when I was too drunk to defend myself. I ended up in a hospital, in Leeds, overnight – THIS WAS A BLESSING IN DISGUISE and scared me. I realised I didn't want to follow this lifestyle anymore.

Since I stopped drinking I am better off in every way and my health, finances and social life have all improved. I no longer have to apologise for my bad behaviour after a night out. I am also more stable.

I also no longer sleep in strange places like graveyards!

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CELEBRITY



Written by Phil Brooksbank

People in the western world seem to be obsessed with the idea of celebrity.

Celebrity seems to be something that a lot of people want to attain but which is in many ways, in my opinion, is a waste of time and energy as we are all basically the same – who in their right mind wants their privacy constantly invaded and to be pestered by members of the public?

Many modern celebrities are arguably manufactured and possess little if any talent – it would be no use to provide examples as the way that the British legal system works, means I would soon be in court for libel even if I was telling the ‘truth’.

Many celebrities come across as shallow and obsessed with being famous, and remaining famous, at all cost. But you don’t see talented people like Nicholas Lyndhurst on television except when he is doing what he is doing, and he never prostitutes himself by advertising products that he probably wouldn’t use anyway.

Programmes are created as a vehicle for talentless (but often ‘pretty’) people and possess no real cultural value. The sad thing is that the masses tend to lap up what they are given and even look up to these superfluous celebrities.

Of course, there are some very talented people (not presenters and game show hosts which many people, with training, could replace) in the media but are, in reality, a rare commodity.

I think it is great to strive for excellence and if fame comes as a result that is okay. However, I think doing the work well is more important than fame and shallow celebrity. Be true to yourself!

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A TALE OF TWO GIGS

Gig 1. From behind the mic.

Written by John Shipman

Saturday September 8th, 2018

Alleygator at The Weavers, Luddenden Foot.

It's 7.30 and we're unloading the van and cars from the tiny apron of pavement behind the traffic lights at the front of the pub. We have a ridiculous amount of gear and it's all got to be crammed into the small performing space at the corner of the bar. We stash the vehicles in the car park by the canal and begin setting up. It's not exactly a well-oiled machine, we've done it hundreds of times before but there can still be a few terse words if we get in each other's way.

People are still eating in the restaurant area whilst others at the bar are preparing to watch England v Spain on the big screen so we're careful not to block sight lines and access to the kitchen, the toilets, the smoking area and most importantly, the bar. By 8.30 all the bags, cases, drum and amp covers and spare gear are hidden away in a back room and Dave the roadie is taping down loose cables and other trip hazards.

We're ready. Normally, we'd soundcheck now but because of the football and a baby sleeping in a pram in the restaurant we decide to leave it till later and settle down to chat to friends and watch the game.

We're Alleygator, a five piece covers band playing blues, rock, r n b, and, in recent years some songs with more of a country feel. Four of us, Chris the singer, Coz on lead guitar, Jamie on bass and me on harmonica and rhythm guitar, have been playing together for nearly 28 years. Colin is the newcomer, he joined us 6 years ago but he's played drums all over the North since the 60s. He's originally from Todmorden but we don't hold that against him. Much.

The football goes on way past 10.00 on account of injuries and extra stoppage time but we eventually crack up at about 10.10, apologising to the mother of the still sleeping babe. She

says we shouldn't have worried - "He'll love it" and sure enough, he's up and bouncing on her lap after the first few bars - the first dancer of the night. We miss out our usual starter, Thorogood's Madison Blues, as Coz has left his slide at home, and head off into the rest of the set with some enthusiasm.

I play harmonica on Jimmy Reed's Shame Shame Shame. A friend from Haworth has just repaired an old hand-held harp mic that hasn't worked for years. I have a modern equivalent which fits more neatly into the palm of my hand but the tone of the old one is just gorgeous. All fat and rich and slightly distorted. Consequently, I let rip with some extended howls, wails and trills and by the end of the song I'm red faced and gasping as if I've just run to Stoodley via Daisy Bank. We play our usual mix, ZZ Top, Thin Lizzy, Muddy Waters, Van Morrison, JJ Cale, Eagles, Doors, Creedance, etc.

The second set starts with a Johnny Cash like version of Personal Jesus which I think shows Chris's voice at its best, Coz playing the rhythm part and me filling in some subtle harmonica, trying not to tread on Chris's toes. The old mic showing its versatility at quieter tones too.

Because of the late start we forgo the usual encores and finish with two crowd pleasers. La Grange - Col rattling the rhythm on the rim of the snare, Coz softly finger picking the signature riff, big drum roll and then we all pile in full volume, full distortion. It's just a two chord Texas boogie but great fun to play and gets everyone dancing. Lovely.

We finish with Fleetwood Mac's The Chain which allows Jamie to showcase the bass part made famous by Formula One.

All done. A quick drink to settle ourselves and then it's time to tidy up. The rest of the gang order kebabs from the takeaway next door but I just pack away and head home for a shower and bed.

I know our stuff is not everybody's cup of tea, some of the lyrics are not that politically correct for a start, and some people can get a bit snobby about covers bands, but we have a lot of fun and as long as we enjoy it and people keep coming to see us we'll keep lugging all that gear in and out of the pubs that will have us.

If you like grumpy old men playing grandad rock we've 8 or more gigs coming up before the New Year. Gig list on the website: <http://alleygator.co.uk/gig-guide.html>

Gig 2.

Semaphore Workers Club, South Australia

Sunday September 30th.



Lyn and I are in Adelaide visiting family and as it's a public holiday there's a local music festival in Semaphore where my son lives. Joe and Adrienne take us to the Workers

Club where there's a couple of bands on. It's a great club, a cross between The Trades Club and The Parkside Social Club in Haworth where Alleygator play regularly, but it certainly wears its politics on its sleeve.

There's a big banner behind the band saying it's the home of the Port branch of The Australian Communist Party, portraits of Che and Lenin and a painting of The Battle of Eureka in 1854 which is an equivalent of Peterloo and seen as the birth of Australian democracy and worker's rights. Joe grins at me as I'm taking it all in. "We thought you'd like this place" he says.

We sit at the back on benches behind two huge pool tables but with a good view of the stage, and drink bottles of Cooper's Pale and Corona. No trendy hand pulled craft beers in here. The bands are great. The first playing an Australian version of Southern country rock. The singer has a great voice and looks remarkably like Rag and Bone Man. Lyn and I get up and squeeze on to a corner of the crowded dance floor for a little bop. Great stuff.

The second band, The Streamliners, are even more to my liking. Think JJ Cale but with guitar solos pinched from early 70s Allman Brothers. Both bands did all their own material but the advantage (if you like it) of this sort of music is that it's comfortably recognisable even when you've never heard it before. The crowd and atmosphere are great, the same people you'll see at these sorts of gigs all over the world. Leather jackets, Docs, band t shirts and thinning long hair. Lyn and I brave the dance floor a second time and then it's out onto the street, a brilliant kebab from a Greek takeaway just up Jetty Road from the beach and then taxi home. Top night number two.

All the best to everyone in Solo. We'll be back soon!

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DOWN SOUTH, UP NORLAND AND A NEW ROLE IN LIFE



Written by Bill Pearce

Mom would often send me on errands as both of Sowerby's shops, the Post Office and Co-op, were very close by. One day, for whatever reason, mother entrusted me with the Family Allowance book and I set off for the Post Office to collect the money. I was easily distracted in those days and my mind would wander

everywhere. After stopping to pick a buttercup to see if I liked butter, I circumvented the dandelions because they made you pee the bed. Next, I would watch a few flies circling round some freshly deposited dog poo and I would absent-mindedly wish that I could fly.

Arriving at Sowerby Post Office, I handed the book over to Mr Haigh, the owner. He tore out the token and gave me the thirty-five shillings. "Keep it safe, Billy", he said. So, gripped safely in my hand was the family allowance book, a one-pound note, a ten-bob note and two half crowns (*That was such a lot of money back then!*).

Heading home, I turned on to Newlands Avenue and spent a little time weaving in and out of the two metal posts that held the street sign – a 'must-do' for all children!

Checking my hand, I was horrified to see that the pound note and ten bob note were missing. Setting off back on shaky legs, I found the ten-bob lying in the gutter. Speeding up, I turned the corner and there, to my relief, I spotted the pound note nestled in the doorway of Sluggo Jack's chip shop. The man himself was coming across the road and a few seconds later I would have lost the quid and maybe my life. Squeezing the money tightly, I headed for home and deposited the money on the kitchen table. I never told anyone about this until I reached adulthood, when I realised how lucky I had been!

It was that summer, 1955, when we made the journey south to Surrey to visit Aunty Dot and family. Dot was my mom's sister and she had met and married Uncle Jack whilst working in a munitions factory during the war.

Our transport down was a small flat back Ford that dad used for delivering milk. I can even recall the registration number – CCP 499, registered in Halifax. A tubular metal frame with a

khaki coloured, waterproof sheet tied over it was to be our shelter against the elements. A few old car seat bases thrown in and we had our own version of a charabanc. Mom and Dad with Lorraine were in the cab, John, Phil and my good self in the back. No health and safety back then. No Motorways either. I think Dad pointed the vehicle south and then followed his nose. I don't recall much of the journey but we all arrived unscathed.

I think Uncle Jack must have been working as I only remember Aunty Dot and our cousins, Jean and Jacqueline, being with us in the day. One day we went to Windsor Castle and I had my photo taken with one of the guards. He wore a red tunic, black trousers and a busby on top. Unfortunately, that photo has gone missing from the family archives.

Another day, we walked by the Thames and then wandered into a park that had an open-air swimming pool. How it happened I don't know, but somehow, I fell, fully clothed, into the pool. I don't think my parents had even noticed and it was a passing stranger who grabbed my arm and pulled me out. I got told off for being gormless and was told my clothes would soon dry.

Aunty Dot said she was going to buy us all an ice-cream wafer from a parked van. Trying to get some sympathy for my unfortunate occurrence, I said, "I could only manage half of one". "Well that's good", said Dot, "that's all you were bloody getting anyway". (*That didn't work did it?*).

We probably only stayed down south for a few days, as it was difficult for dad to get cover for the milk round.

Another regular escapade that we undertook in those days, was the long trek for a picnic up on Norland moor. It was probably only about three miles away but it seemed much farther for little legs, especially in light summer sandals. Each excursion followed the same pattern as previous ones. We would wash out an old pop bottle and fill it with water; mother would wrap up several slices of jam bread in greaseproof paper and off the intrepid explorers would go. There weren't any concerns about health and safety back then and we'd never heard of paedophiles.

We'd set off and cut through Gracie fields, this time avoiding the 'killer' well – the scene of Pip's recent mishap – and down the lane into Triangle village. Lots of fun was had along the way. Making mischief was a speciality of our gang. Knock-a-door run would provide a few laughs. Over the main road in Triangle, down the little lane that passed by the local cricket field and then, the long climb up to Norland.

Passing over the old railway bridge that led to Rough Hey Wood, it was easy to imagine the steam trains of bygone days. The old track was still there. We took it in turns to make the noises the old trains would make. 'Choo-Choo' wasn't anywhere near the mark, although the circling of our arms by our sides more than made up for that.

Ever upward we trekked and by halfway Pip, the youngest of our gang, was feeling the heat and we unanimously decided to rest and take on board some refreshment. Half the jam sandwiches and the same amount of water was consumed. We weren't anywhere near the summit, yet we were already low on rations. Another half an hour and all four of us were

feeling a bit drained. It was so blinking hot, we needed another swig of water each and further rations to give us strength.

Last push now and most of the fun had evaporated. Whose bloody idea was this? Suddenly, Norland moor and our target, Ladstone Rock, came into sight. We were overcome with relief and there was a cooling breeze up there. With no more energy left, we decided to have the last of our rations and set off back home.

The return journey was easier as it was later in the day and cooler. A disheartened Pearce-Clark gang eventually arrived home. Phil and I flopped on to the back lawn, relieved and wondering what was for tea.

As that summer passed, a terrible realisation was troubling me. I would be leaving the other three members of our gang behind at the infants' school. To make matters even worse, my older brother John would be leaving to attend Bolton Brow Secondary School in Sowerby Bridge. So – no gang and no older brother to protect me! Things couldn't get much worse.

The day finally arrived. The summer holidays were over and a miserable looking Billy Pearce turned right instead of left and headed towards his new school. I wasn't accompanied, like a lot of the kids were, as mother could watch me all the way from our front door. Along with the other new kids, I was ushered into the assembly hall and told to sit down. After a lot of talking from the headmaster, we were allotted teachers and taken off to our classrooms. I can't remember the lady teacher's name but can vaguely recall some rules and regulations being talked about.

My gloom was suddenly lifted when 'Miss' made me milk monitor. Me? Milk monitor? I was immediately two inches taller and my chest was expanding. It was a very responsible position. I had to ensure that all the children in our class got their thirds of a pint each.

After school that first day, there were still a few hours of daylight left, so our gang met up for a pow-wow. I told the others about my new role in life and the responsibility that went with it. I was sure my experience as a gang leader was what had swung it.

I spent the next couple of weeks telling anyone who would listen about my promotion. In truth, I found it quite easy combining both roles.

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MY TRIP TO CLEETHORPES



Written by Brenda Condoll

On my trip to Cleethorpes we had a lovely time with a fresh sea breeze in our faces. The trip down the motorway to Cleethorpes was smooth and part of the way it was raining.

The trip cost £12 and was organised by the Richmond Hill Community Centre Friendship Group, in Leeds.

When we reached our destination, some people went into the town centre to use the public toilets and to cafes for a cup of tea; I went with my friend Dean for a drink, a muffin and a cookie. We then had a walk up and down the promenade and after a while, we stopped at a café on the front and I had a tuna salad sandwich, a diet coke followed by a lovely ice cream.

We had a drive on the mini train which cost £1 each, each way, and saw more of the bay front. After that we had another walk and more refreshments before sitting down on a bench in the sunshine. Soon it was time to come back to Leeds.

All-in-all, we had a lovely time and I would recommend that other people visit Cleethorpes for a day out.

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JOE QUIGLEY-JONES SHARES SOME OF HIS TRAVEL EXPERIENCES



Joe, can you tell me a bit about yourself? Yes. I was born in Todmorden and raised in Halifax. I went to Huddersfield University where I studied Software Development. I became a programmer and worked two years, full-time. This didn't really gel with me so I sacked it all off and got on my bicycle.

Where did you go? I cycled through the majority of Europe and a bit of Africa – 22 or 23 countries in all.

What was your favourite country that you visited? I have lots of favourites really. Morocco was a complete culture trip and the people there were incredibly friendly;

you hear a lot of things in the news about Islam and how it's such a threat, but I didn't feel any of that when I was in the country.

Were they hospitable towards you? Yes. If I was finding somewhere to camp they would invite me into their house and let me sleep in their bed; they would make me a meal and wanted nothing in return even though they were quite poor. The people who had the least money were the most giving. When I was in richer countries, I didn't experience as much of that – it's quite eye-opening.

How did you finance your trip? When I worked full-time, I saved up half of my wage a month and lived very simply as I had that goal in mind.

Did you have enough money? Towards the end I didn't have so much money, so I had to be very creative and do some paid work.

What kind of work did you do? I did some work online and also some busking.

Was your busking successful? Yes, especially in the richer countries. And in countries in Scandinavia they give you money for plastic bottles, so I collected quite a few of them for money.

Did you meet any interesting people? Yes, hundreds. I cycled with people for months and I met a woman in Portugal from Kansas, in America, and we cycled throughout Morocco together. I also met another guy from Germany and he was very interesting. He studied philosophy and shared a lot of wisdom with me. It felt like we were brothers.

Was there romance involved? Yes, a small amount.



Are you still in touch with him? Yes, we're definitely going to meet up but he's currently cycling around the world. When I get enough money, I'm going to get back out there.

So, nothing bad happened to you on your trip? No. I didn't meet a single negative person; at the end of the day everybody in this world is a human being past all societal and cultural differences.

Most people are also a lot more

hospitable when they see you travelling around on a bicycle as you're putting in a great effort.

How do you feel Britain differs from the countries that you visited? One of the main reasons I wanted to do the trip was Brexit, as I wanted to see what we're missing if we actually leave the EU.

Europe feels different to Britain as all the countries share a sense of unity and are very connected; they all try and learn each other's languages and share culture. But once you get to England it feels very detached and insulated. When I got back to England I experienced a bit of a downer coupled with the fact that it was the end of my trip.

Did you end your trip due to financial considerations? Yes. I would have gone on for longer if I could.

Are you working now? I work doing some freelance work.

How did you go on linguistically when you were travelling – did everyone speak English? An incredible amount of people spoke English, but I also know quite a bit of Spanish and I've been learning German as I've been going along. You can generally just use hand signals. If you go up to somebody holding a water bottle, they know what you need!

Did you like the food in any particular places? The Moroccan food was very good: a lot of soups and pulses.

Do they eat meat in Morocco? Yes, they eat a lot of chicken and goat as well as small amounts of beef. They are very resourceful with the meat.

Have you been in a desert? Yes, we cycled through the Western Sahara, the whole time I was very worried as my bike would always break down. But it was OK.

Did you buy a special bike for your trip? No, the bike was a 1980s, old, steel bike that cost £50 – it was older than me. It just shows you can do it no matter what bike you have.

Did you miss anyone whilst you were away? Not really as I was really well-connected with social media and skype. The only thing I missed was playing guitar.



Do you think you will settle down in another country other than England? Yes, but we will have to see how Brexit goes.

Were you against Brexit? Yes. I am still against it. I don't see Brexit as logical and it's no good for young people. But I would love to live in another country.

Where would you like to settle down? Germany is very nice and financially very rich. I'd

love to live in Spain but the employment crisis there would make this difficult. I wouldn't want to go there and take a Spaniard's job.

Going back to talking about food, I must commend East Europe, especially the Czech Republic and Slovakia where they eat a lot of hearty broths like Goulash; all of their food is grown locally – if you see someone cooking at the side of the road, you know they will have got it from their back garden. I think that is the kind of eco system we should try and employ in England.

Were you aware of being in different political climates? Yes, for example in Slovakia, I spoke to someone who said their government was currently very corrupt. Also, in Germany they have a right-wing government but seem to be doing well. Whenever I met a German person, they wanted to know why we are leaving Europe and what is wrong with us?

Have you anything you would like to add? When I was working full-time I was stuck in a rut and felt myself sinking. I'd not had a girlfriend for quite a while and seemed to have no meaning and was just doing the same 9-5 job that wouldn't benefit anyone. That's why I needed to do the trip and consequently, it turned my life around.

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TESTICULAR TORSION



According to Wikipedia:

Testicular torsion occurs when the spermatic chord (from which the testicle is suspended) twists, cutting off the testicle's blood supply. The most common symptom in children is rapid onset of severe testicular pain. The testicle may also be higher than usual and vomiting may occur. In new-borns pain is often absent and instead the scrotum may become discoloured or a testicle may disappear from its usual place.

Most of those affected have no obvious prior underlying health problems. Occasionally a tumour or prior trauma may be present. Risk factors include a congenital malformation known as a “bell-clapper deformity” wherein the testis is inadequately attached to the scrotum allowing it to move more freely and thus potentially twist.

Treatment is by physically untwisting the testicle, if possible, followed by surgery. If done within six hours it is often good, however, if delayed for 12 or more hours the testicle is typically not salvageable. About 40% of people require the removal of the testicle.

It is most common just after birth and during puberty. It occurs in 1 in 4,000 to 1 in 25,000 males under 25 years of age each year. Of children with testicular pain of rapid onset, testicular torsion is the cause of about 10% of cases. Complications may include an inability to have children. The condition was first described in 1840 by Louis Delasiauve.

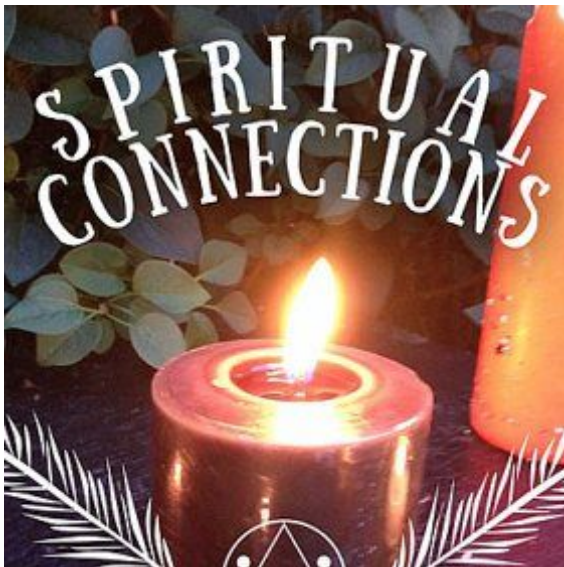
THE PROBLEMS THIS CONDITION HAS CAUSED ME:

I have included this subject as it is one that is close to my heart and which I think has happened to me.

When I reached puberty, I realised that only one testicle was growing while the other one stayed the same size. It has always been of concern to me, and when I was much older, I consulted a GP who told me that I had suffered testicular torsion. This was not the end of my worries however, as for years I have been conscious of the situation and feared being ridiculed by people.

Now I have decided to share information about this condition in the hope that other people with it do not feel unique or worried about it. I feel by writing about this publicly, I can also finally purge myself of feelings of physical inadequacies and move on.

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ADVERT

Discover Spiritual Connections Shop in Todmorden. Located on Water Street, Spiritual Connections is a place where you can chill and have a chat with the owners plus buy lots of interesting products, from incense to handmade Witch Dolls.

Also you can get the most amazing Tarot Reading from Barry, you need to Book First. Get in Touch: [Spiritual Connections on Facebook](#)
[Spiritual Connections Etsy Shop](#)

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[ROBERT A WILLIAMS' WRITES ABOUT INITIATIVE Q](#)

There is a brand new transactional initiative, started by some people who have been heavily involved in economics. This is likely to be bigger and taken up by far more people than Bitcoin.

The main folk involved are [Saar Wilf](#) and [Lawrence H. White](#)

The primary idea is to create a currency and economic model based on new technologies as have sprung up in the latest digital currencies. If you want to get involved early on, and I would strongly suggest that you do, then sign up via [this link](#)

If you want to read some more about this then you can do that via the [post I wrote here](#)

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LETTERS PAGE



Dear Editor

I came upon your magazine completely by chance and thought I would contribute to your Letters Page.

I am aware that what I'm going to talk about is a very emotive subject, but I think some things need saying. I am talking about the educational and residential provision for young people with

special needs.

Of course, the vulnerable in society need to be protected, but I am of the opinion that parents (who can afford to) should contribute more towards their education and care – it should not be left to the taxpayer to foot the total bill.

I also believe steps should be taken to avoid the genetic replication of such people.

N Dawson, Dover

Dear Editor

I would like to say that I am sick and tired of living in a capitalist system where the strong and smart constantly abuse the weak and the poor.

It is time people realised that they can do something through the synchronised withdrawal of labour and their refusal to play this rigged game any longer.

Of course, the ruling class perpetuates the idea that anyone can join them if they work hard. The truth is that the only way you can progress significantly in this system, is to be selfish and exploit/rip off other people.

Diane Rogers, Rochdale

Dear Editor

In a previous issue, someone commented on older people and their driving.

I am 80 and believe I can still drive as well as anyone, but I agree that I should have to take another road test to prove I am fit to drive.

I know how many older people (and young people!) are unfit to drive but they get ever so annoyed if you suggest this to them!

Jim Crofthouse, Manchester

Dear Editor

I am a young person in Britain and would like to thank older people who voted for Brexit, and who have left us in a mess with an uncertain future.

You can trade outside of Europe it's true, but what about the environmental cost of doing so? America is far too strong and a united Europe is imperative if we are ever to live in a peaceful world.

Thanks for nothing you older, selfish people.

Harry Smart, Doncaster

Dear Editor

Is anyone else fed up of people saying "bless"? Bless what? What do they mean?

Fred Little, Leeds

Dear Editor

I have a friend who is 'self-employed' but only declares so much income in order to receive government assistance.

Does anyone else think that this is wrong and is taking advantage of other people who have to work full-time?

Malcolm Turner, Bolton

Dear Editor

Whilst I believe in excellence in education, I cannot say I agree with private schools or even grammar schools.

The private school system produces people like those in power today who clearly don't care about other, less fortunate people.

The modern grammar school is arguably just a private school funded by the taxpayer – wealthy parents have their children coached so that they can pass the entrance exam.

Education is not just about academia and involves learning to socialise and be compassionate towards others.

Beth Stones, Carlisle

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SOME MORE LOVELY RECIPES FROM JUNE CHARLTON



Christmas Cake

Ingredients:

12 oz of currants
2 whole almonds
4 oz of glazed cherries
10 oz of sultanas
4 oz of mixed chopped peel
6 oz of caster sugar

6 oz of raisins
10 oz of plain flour
8 oz of margarine or butter
1-2 teaspoons of mixed spices
½ lemon rind (finely grated)
½ orange rind (finely grated)
¼ teaspoon of salt
1-3 tablespoons of liquid (spirit liquid or juice or milk)
4 eggs
Vanilla, rum, almond and coffee essence (a few drop of each)

Method:

Line tin. Prepare the fruit, wash and dry if necessary. Chop glazed cherries, blanch, skin and chop almonds.

Cream margarine with sugar until light and fluffy. Gradually add lightly beaten eggs. Add a little at a time, beating well between each addition. Beat in the essences, liquid and rind. Add almonds and cherries. Beat.

Sieve flour, salt and spice together. Add half quantity of flour and fruit to creamed mixture and fold in. Add the remainder of flour and fruit. Continue to stir until all ingredients are blended together.

Place mixture in prepared tin, smooth top of cake. Bake at electric 100.

When cooking very large Christmas cakes reduce the temperature by 25 degrees after first 4 hours cooking time. Alternatively, cook at 25 degrees lower for the entire cooking time.



Apple Charlotte

Ingredients:

6 oz of white breadcrumbs
3 oz of suet

3 oz of caster sugar
1 lb of apples
4 oz of sultanas
Rind of lemon (finely grated)
Method:

Mix together breadcrumbs, suet and sugar. Grease dish and coat sides with crumb mixture.

Prepare apples and sultanas. Mix with lemon rind.

Place crumb and apple mixture in layers, starting and finishing with a layer of crumbs. Bake at 350 degrees until nicely browned but not too browned.

If you think it is baking too fast, turn the heat down slightly.



Baked Custard

Ingredients:

3 eggs
1 oz of sugar
Nutmeg
1 pint of milk
Vanilla essence

Method:

Mix milk with sugar and beat until dissolved. Pour onto lightly beaten eggs. Mix in the vanilla essence. Strain into lightly greased dish, sprinkle with grated nutmeg. Bake at 300 F or until it looks set.

For other recipes please check our dedicated recipes channel where new and exciting [recipes are posted daily](#)

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KATE CULLEN'S MONTHLY QUIZ

Questions:

1. In Cockney rhyming slang, what is a 'porkie'?
2. What does a 'chandler' make or sell?
3. Which 1960's TV series featured Clint Eastwood as Rowdy Yates?
4. What alcoholic drink is made from crushed grapes?



5. Which cartoon character was a sailor who loved spinach?
6. What part of a bishop's clothing is his mitre?
7. Who plays the lead part in the Vicar of Dibley?
8. In which city would you find Madison Square Garden?
9. Who led the Knights of the round Table?
10. In which TV series did Dirty Den appear?
11. Which precious stone is red?
12. How many 5p's are there in a pound?
13. What substance made Superman lose his special powers?
14. How many sides does a dice have?
15. What boy band did Robbie Williams used to be in?
16. What was the name of the sheep in 'Wallace and Grommit'?
17. What substance makes bread rise?
18. According to the old phrase what did curiosity do to the cat?
19. In which film did Tommy Lee Jones and Will Smith fight aliens?
20. Who hosted the TV show, 'Blind date'?

Answers:

1. A lie.
2. Candles
3. Rawhide.
4. Wine.
5. Popeye.
6. Hat.
7. Dawn French.
8. New York.
9. King Arthur.
10. EastEnders.
11. Ruby.
12. 20.
13. Kryptonite.
14. Six.
15. Take That.
16. Shaun.
17. Yeast.
18. Killed it.
19. Men in Black.
20. Cilla Black.

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CREATURE QUIZ BY KATE CULLEN

Questions:

- (1) What is the fastest land animal?
- (2) Which elephant has the biggest ears, African or Indian?
- (3) From which fish do we get caviar?
- (4) Which animal takes part in the sporting event 'dressage'?
- (5) What is the name of an eagle's nest?
- (6) What class of animal eats only meat?
- (7) Where do penguins live, North pole or South pole?
- (8) From which animal do we get venison?
- (9) Which is the only insect that produces a foodstuff eaten by humans?
- (10) What is the young of an elephant called?
- (11) The height of which animal is measured in 'hands'?
- (12) What is the collective name for saddles, bridles, reins etc.?
- (13) Which is the only bird that can fly backwards?
- (14) How many humps does a dromedary camel have?
- (15) What is the colour of a tarantula's blood?
- (16) Which animal is known as a feline?
- (17) What type of animal is a 'silverback'?
- (18) How many legs does a scorpion have?
- (19) What is a female fox known as?
- (20) Is a dolphin a fish?

Answers:

- (1) Cheetah (2) African (3) Sturgeon (4) Horse (5) Eyrie (6) Carnivore (7) South (8) Deer
(9) Bee (10) Calf (11) Horse (12) Livery or Tack (13) Hummingbird (14) One (15)
Blue (16) Cat (17) Gorilla (18) Eight (19) Vixen (20) No

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TO ABORT OR NOT TO ABORT?



The thoughts of Sean Kennedy

I realise that this is a very emotive subject which I have tried to look at from different angles and in a sensitive way.

Sex

Sex is natural and is something that should be enjoyed by two consenting adults as long as no one is hurt. It is important however, to teach people to

respect the great force that is sex and accept full responsibility for its consequences. Children are obviously necessary to keep the human race in existence on this planet and sex is needed to achieve this. I would however argue that parents are jointly responsible, financially, for their children.

Rape

Rape is an absolutely terrible thing and there is a strong argument for a woman (of course men can also be raped) to have the choice whether to abort if she falls pregnant. Imagine being faced by a child who constantly reminds you what happened to you. On the other hand, it can be argued that many great people have been born as the result of rape.

The Catholic Church

The Catholic Church is absolutely against abortion at all costs and believes once a life is started it must be born into the world. It is, as I understand it, also against all forms of contraception.

Predicted Disability

This is a difficult subject as some people think that it is wrong to bring a disabled life into the world when you are aware of its condition. Of course, some people who believe in Karma would say that a person must be given the opportunity to purify his/her Karma. Also, although it doesn't sound very nice, it must be stated that caring for people is a very expensive business. I think the final decision rests with the prospective parents.

The Right to Have Children

It can be argued that people who have long term illnesses like Schizophrenia or other such conditions, should be discouraged from having children when there is the risk that their offspring may have the same condition. I am of the opinion that some vulnerable people who struggle to look after themselves, should be discouraged from having children and encouraged to accept long-term contraception.

Too Many People Already on The Planet

I believe that children are precious but I think more sex education is needed especially in third world countries where there is extreme poverty. I also think contraception should be free to all everywhere so that abortion is less of an issue.

To summarise I don't think abortion is a desired outcome but surely there are some circumstances where the final decision is down to the woman who is carrying the foetus.

Please be aware that these are only my thoughts and I am open to being educated.

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JUNE CHARLTON DECIDES TO REMINISCE A BIT MORE



When I was in my teens, I enjoyed working and going out dancing. I also liked going to the pictures, or cinema, as it's called today. I also liked sitting with my grandma and grandad; I used to go to the bookies to put for them, but because of my age, I always asked someone to put the bet on for me.

My grandma liked going to Stockton-on-Tees where her second family lived. My auntie Chrissie had moved there when she met my uncle Jim, who was from there and worked there.

I suspect, now that I'm older, that she had a fellow there because she was always going there every other week – my grandad must have known but it didn't seem to bother him.

I lived next door to my grandparents so I spent quite a lot of time with them. Then, when I started working, I met people who I got on well with, and socialised with, so I didn't see my grandparents as much. I was busy going out and enjoying myself! However, I still visited them on a weekend and had bets placed for them then.

When I was 17 years old, I met someone and started going out with him but it didn't last as we didn't have much in common, and he lived quite a distance from me. Afterwards, I met someone else who I got on with really well and he only lived four or five miles away. After a year, he proposed to me and as I said yes, and we went to Leeds to pick out an engagement ring. I picked a lovely solitaire ring with a diamond in the middle and a cluster of small diamonds around it.

Then one day we decided to get married and went to live in a lovely house which had a very long garden. We grew vegetables such as carrots, cabbages, cauliflowers and many other things.

I liked baking my own meat and chicken pies and making soups. When there was a glut of peas and runner beans, I used to freeze them as they were convenient to use when I came home from my full-time job. I have had a good life!

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ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



Questions:

- (1) What nationality is Humphrey Bogart?
- (2) What is a Mocha?
- (3) Where did ice cream originate?
- (4) What is the longest anyone is reputed to have lived for?
- (5) What is the longest ever marriage?
- (6) What is the capital of Sierra Leone?
- (7) What is Septicemia?
- (8) Who played James Bond in Dr No?
- (9) Who owns Costa Café?
- (10) What is the square root of 81?
- (11) Where is Jersey located?
- (12) What is the capital of Jersey?
- (13) Who played Les Battersby in Coronation Street?
- (14) Who played Maria in the Sound of Music?
- (15) What is 1pm on the 24-hour clock?
- (16) Where is the sternum situated?
- (17) What is the French word for motorway?
- (18) What is the second letter of the Greek alphabet?
- (19) How many rings are there on the Olympic sign?
- (20) Who created Spider Man?

Answers:

(1) American (2) A chocolate-flavoured variant of a café latte (3) China (4) 122 years 164 days – Jeanne Louise Calment 1875-1997 (5) 84 years (6) Freetown (7) Blood Poisoning (8) Sean Connery (9) Whitbread (Coca Cola) (10) 9 (11) In the English Channel, 12 nautical miles from Normandy, France (12) Saint Helier (13) Bruce Jones (14) Julie Andrews (15) 13 00 hours (16) In the centre of the chest (17) Autoroute (18) Beta (19) 5 (20) Steve Ditkol and Stan Lee

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Editor's Final word: Thank you for reading this edition of FTHM. It would be great if you could give us some feedback on how we are doing by sending your comments to: dean@fthm.org.uk and it would also be lovely if you would consider sending something in for publication. Best Wishes, Dean.

If you would like to help support the magazine financially, a must needed requirement then please click on this link where you can safely and securely donate to the magazine www.paypal.me/FTHM