

## **FROM THE HORSE'S MOUTH – February 2019, Edition No 50**



**Hello. I hope you are okay and in good physical and mental health.**

**I am dedicating this FIFTIETH EDITION to my mam and dad who have helped me in many ways over the years.**

**I am proud of two things this month i.e. that I will have reached twenty-one years of abstaining from alcohol and more importantly, that we have managed to reach fifty editions of this ever-evolving e-magazine. This milestone has been achieved through the kindness of everyone who has been involved with this publication, and I hope you will all be able to continue giving your much-appreciated support in the future.**

**To show our gratitude to the people who have contributed to the magazine during just over four years, we are holding a 50<sup>th</sup> Celebration Party on Saturday 2<sup>nd</sup> of February, at Hebden Bridge Town Hall (HX7 7B7), from 7 pm – 11 pm. There will be a free Indian buffet and free entertainment. There will also be a bar. In addition, there will be the opportunity to make a small donation to the running costs of the magazine if you think this is appropriate.**

**Anyone can contribute to this publication as long as it is not racist/sexist/homophobic, and you can send your ideas to us at: [dean@fthm.org.uk](mailto:dean@fthm.org.uk) and our website is at: [www.fromthehorsesmouth.org.uk](http://www.fromthehorsesmouth.org.uk) Best wishes, Dean.**

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## MY NOT VERY SERIOUS STARS



### **Scorpio 24 Oct – 22 Nov**

A woman with an umbrella may rain on your parade but just dust yourself down, and carry on with your other plans, regardless. You may soon think you have found the perfect partner at last, but time will show that they have more flaws than a skyscraper. A taxi driver may try to deceive you but keep your calm and stand your ground. Be more discreet when picking your nose.

### **Sagittarius 23 Nov – 21 Dec**

It is a good time to try your hand at being an author as you are an expert at telling tall tales and this seems a natural progression for you. A neighbour may ask you to trim her bush but as she has ulterior motives, stick to working in your own garden. A winter break would do you the world of good, but not if it leaves you badly in debt. Quit smoking weed.

### **Capricorn 22 Dec – 20 Jan**

Now is the time to take a good look at your psychological problems as they won't just resolve themselves if not tackled soon. Someone may try and break into your home, so maybe it's time to improve your home security. If you're not bald, let your hair down and enjoy yourself as you've been working too hard. Someone will stare at you but only because they find you odd.

### **Aquarius 21 Jan – 19 Feb**

Music will provide you with immense solace at the moment during a very difficult time in your life. The death of someone you have known for years will shock you, and leave you feeling very vulnerable – but don't worry as your time is not up and you've plenty of hangovers to look forward to. Consider a trip to Plymouth as it's such an exciting place to visit.

### **Pisces 20 Feb – 20 Mar**

Something nice and simple will happen to you this month which will really give you the heart to persevere through a difficult patch. Be strong if you're single as it's better to have this status than settle for second best. An older person will show you that many a good tune is played on an old fiddle. Bring colour to your life by keeping tropical fish.

### **Aries 21 Mar – 20 Apr**

A foolish old man whose toilet humour appals you, may hang around like a bad smell – but just continue to ignore him. Something will happen which will make you realise just how short life is, but carry on even though things will be difficult for a while yet. Why not consider joining a cult and getting out of the rat race? Do something about your horrible beard.

### **Taurus 21 Apr – 21 May**

Someone in a yellow coat has the potential to break your heart so avoid them if you can. Another person who you dislike will have a breakthrough in their life, but don't spend your time being envious as envy is cancerous and will eat away at your well-being. Be especially nice to a woman who does so much for you – but spend time on her not money.

### **Gemini 22 May – 21 Jun**

A person you fancy will soon give you the 'green light', but do not rush in like a bull in a china shop and destroy things before they've even started. Now is the time to restart communicating with people face-to-face instead of on a mobile phone. Try to consume less plastic to protect our seas. It is a good time to consider consuming syrup of figs.

### **Cancer 22 Jun – 23 Jul**

You must stop thinking that everyone is talking about you – no one finds you that interesting. You must also stop thinking that you are the most attractive person since sliced bread – you are clearly deluded! On a brighter note, you will come into some money this month so you will be able to treat yourself to some of life's little pleasures – but be careful!

### **Leo 24 Jul – 23 Aug**

You will realise that the flirty actress you fancy is only playing with your heart and if you ask her out, you will certainly be left with egg on your face. A musician who also works in a café, will show you just what a nice person he is this month. It is a good time to start using boil-in-the-bag rice. Why not start walking around your home naked. Drink some sweet cider.

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### Virgo 24 Aug – 23 Sep

A film you will see by chance may inspire you to do something more creative with your life. Now is the time to try and be more honest with yourself and others – if you are ever to really experience peace of mind. An ex-jailbird proves he is worth giving the chance to fly again amongst the flock. Take your medication on a regular basis. Eat more fresh vegetables.

### Libra 24 Sep – 23 Oct

Someone who is clearly too big for his boots will really put his foot in it and cause you many problems. The cola you drink a lot of is doing you no favours so consider switching to soda water. Start acting your age. A special woman will come into your life soon and show you that things aren't so bad and your life is worth living after all. Address you B.O.

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We will change images and any text in each monthly issue if you buy 12 months with us.
3. We are the most competitive Advertising Service locally we feel and we have approximately 15 places of the 20 left that we originally allocated as **buy one year and get another free. That is two years of advertising for only £50**

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## CHRIS FAIRLEY TALKS ABOUT GUITARZONE AND HIS PASSIONS



**First of all, can you just talk a bit about yourself?** I'm 56 years old, from Rochdale originally and have lived in Halifax for many years. I have two grown up children and have been running Guitarzone for 12 – 13 years and have been at these current premises for 9 ½ years. We have added Cafezone to the guitar shop and it

complements it well. I've only been playing guitar for about 14 years but I've been into music from an early age.

**What did you do before having Guitarzone?** I taught science and physics.

**Why did you stop doing that?** I was too grumpy! I taught for 7 years and I'd had enough. Before that I'd been in sales so it made sense to start selling guitars for a living. In reality, I was ground down by the education system.

**How did Guitarzone come about?** At the time I had started playing guitar and looking through magazines and decided I could sell them.

**Have you been successful at it?** I think so. We're still here!

**What do you actually sell in the shop?** Guitars, amps and accessories. We also offer tuition and repairs. We sell stringed instruments including ukuleles.

**Is there a big enough market for you in Halifax?** When we started out there were three shops and now there's only us left. The business has changed massively.

**In what way?** Kids are not playing music in the same way, there's no music in schools. The kind of music kids listen to is not organic as it's all manufactured and computer generated.

**Do you think children should study music at school?** Yes. They should have a music education even if it is not a formal one. It would be good if children learnt to play an instrument or be involved in music in some way.

**What kind of music do you listen to?** Classic Rock like Led Zeppelin and Deep Purple. I'm also massively into Nickelback.

**Do you think music today is inferior to music of the past?** There's not much around that I can access but that's probably because I'm of a certain age.

**When do you listen to music?** In the gym on my MP3 player and also at home.

**How do you think you could improve your shop?** It's hard to say as it's a really tough market now with big companies dominating everything on the internet.

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**Is it hard to make a living now?** Yes. It is now but it wasn't always the case. It's so expensive being on the high street and there's constant pressure from the internet.

**Have you done a lot of travelling?** Not much. I don't feel that confident about it as I have a poor grasp of foreign languages. I love Italy but don't have the aptitude to learn Italian. I would love to speak it.

**What are your other interests besides music?** Football. I love Leeds United and think everyone should. I am happier about them than I've been for years.

**What are your hopes for the next five years?** To work less. To have more personal time. I'd like to be working less by the time I'm 60.

**If people want to contact you about the shop, how can they do so?**

Tel: 01422 355668

Website: [www.guitarzone.co.uk](http://www.guitarzone.co.uk)

Email: [guitarzone.cf@gmail.com](mailto:guitarzone.cf@gmail.com) or: [chris@guitarzone.co.uk](mailto:chris@guitarzone.co.uk)

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## WATER VOLES (Part Two)



**Written by Brenda Condoll**

Water voles will eat grass and other vegetation near the water, but will consume fruit, bulbs, twigs, buds and roots when given the chance.

In Europe, rich harvest periods can cause water vole damages during which the voles eat ravenously, destroying entire fields of grass and leaving the field full of burrows.

Water voles in some parts of England have been known to occasionally prey on frogs and tadpoles – it has been speculated that this is to make up for a lack of protein in the voles' diet.

The mating period for the water vole lasts from March until late autumn. The gestation period for a female water vole lasts for up to 21 days. Up to 8 baby voles can be born, each weighing around 10 grams and they open their eyes 3 days after their birth.

Water voles are also expert swimmers and divers.

Unfortunately, the rarely monitored invasive population of American mink has caused a decline in the number of water voles in the UK. In fact, the water vole is the UK's fastest declining mammal and all efforts are being made to protect it and its habitat from more



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destruction. Across the UK, the Wildlife Trust and other organisations are undertaking many practical projects to help and restore the water vole population.

Ref. Wikipedia

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## **BARRY SHAW DISCUSSES HIS LIFE, MENTAL HEALTH AND WELL-BEING**



size.

**Barry, can you talk a bit about yourself?** I'm in my late seventies and when I left school I trained as an apprentice engineer. I did that for twelve years. Unsettled and having a desire to get into sales I left engineering to go into the gym business as a salesman and I've been there ever since.

**What made you go into the gym business?** A runner when at school I also started weight training when I was about 15/16. My uncle was one of the founders of a well-known amateur weight lifting club in Sowerby Bridge in the '50s. He encouraged me to train because as Ernie Wise used to say: "I 'm only little!" I took his advice and eventually started to compete and although I only weighed eight stones, I was quite strong for my

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In the '60s, a job opportunity arose to combine my interest in fitness with my desire to enter sales i.e. a salesman/gym instructor vacancy at Olympic Health Clubs. I jumped at the chance and began a total change in my life.

**Is it true that you owned your own gym at one time?** Yes, I worked for twelve years with Bob Sweeney's Olympic Health clubs initially as Manager and finally as Area Manager. On leaving, I joined Olympic's ex-sales director as co MD and we created a chain of 13 gyms only to be overtaken by the early '80s recession and over expansion. A management buyout left me owning the Huddersfield branch for ten or eleven years. Moving on I did consultancy and sales/marketing work alongside staff training in the psychology of member results/motivation etc.

**Have you had a family?** Yes, we have a son who's 52 and a daughter 37.

**Have you any grandchildren?** Two great kids a 12-year-old granddaughter and a 7-year-old grandson.

**Do you like being a grandparent?** Yes. It keeps us young and it's great to see them developing.

**Why were you interested in psychology?** As a youngster I was an avid reader and spent a lot of time in the library. After reading a book on the psychology of criminals and murderers, I got fascinated with what made people do what they did and the psychology behind it. This led me to what was behind people's behaviour in general and then persuasion skills and how it was used both positively and negatively.

**Was this your hobby?** Yes, alongside weight training, running, music and chess (in 60's/70's).

**How did you follow your interest?** Back in those days, it was through the library and I also got into personal development books as I attempted to get a sales job. Once in the gym business my interest became more around behaviour because of my involvement in sales/marketing and the motivation of the members. All gym members need help or persuasion at some time to make changes or to meet their goals. Because I worked on the gym floor as well, I got more involved with helping them achieve results.

**Do you think that having an understanding of people's behaviour has enriched your life?** Yes. It definitely has helped me to achieve success in business, build teams and relate better in all aspects of life. When I had the gym in Huddersfield, I not only helped members but also the staff with their relationships, confidence and ambitions. It was very satisfying work and I was quite proud when they reached a level where they left me and the job to progress towards their goal. I even took them to Firewalks, when I did some work for a Firewalk's events company, to boost their confidence.

**In the last edition of this of magazine you had an article published. Can you talk a bit about this?** Yes. For hundreds of years psychology had no set principles, no constant way that we work as human beings. This is why there are over 400 methods of treatments listed.



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Nearly 50 years ago a man called Sydney Banks realised that the intelligence and logic behind all life works as a paradigm to create our experience of life moment to moment. Never varying because the paradigm is based on principles that are universally constant.

He realised that the mind only works one way from the inside-out and not as we have believed for hundreds of years outside-in. And that we are only ever feeling thought in the moment, and not our circumstances. This “new” paradigm is not new but has always been there waiting to be revealed, just like gravity or our sun-centred solar system was. This understanding is often referred to as subtractive psychology because it takes away unnecessary thinking and everything else puts more thinking in. It’s descriptive not prescriptive.

**Do you think this sort of approach can replace medication for some people with mental health issues?** Yes. The initial success that Sydney Banks’ talks had on people was very much on the mental health side. Quite a few psychologists/psychiatrists have decreased their use of conventional interventions as a result of correcting this misunderstanding. People have come off of their medication but it is usually only after consultation with mental health professionals. Once you have learnt something you can’t go back. The motto is: “nobody’s broken, nobody needs fixing”, because at our core we are all okay.

**Do you think there is any link between this kind of work and faith?** I think there are two answers, first do you have to believe it for it to help? No. Many people don’t get it but change still happens and two, and does it matter if you are of a particular religious faith? The answer is also no as it’s spiritual energy and all faiths can teach it alongside their faith teachings. Because we all create our experience using this paradigm the same way every time, there are no exceptions.

**Have you got any other interests in your life?** Family, children and grandchildren. Also, physical training, reading, music of all genres with country and western being my favourite.

**What are your hopes for the near future?** Staying well. To hopefully share this understanding of how the mind works, especially with the younger generation. Interestingly, I was recently on a Virtual Conference “Resilient Young Minds” which focussed on individuals and groups teaching this understanding to young people to improve mental health and around resilience and well-being, and quite a few of them were running courses in schools and sports clubs.

**Can you suggest any reading about psychology for anyone who is interested?** Yes. For a 3 Principles **general** description “Instant Motivation” by Chantal Burns, for **Business-** “Invisible Power” by Ken Manning, Robin Charbit and Sandra Krot. For **General/Business** “Results” by Jamie Smart (one of my mentors), **wellbeing** focussed “Coming Home” by Dr Dicken Bettinger and Natashe Swerdloff and **Sport** Pressure Myths, “Understanding the Psychology of Performance” by Rich Hudson. All available on Amazon and Kindle also **free web** info: [www.threepinciplesmovies.com](http://www.threepinciplesmovies.com) any books by Sydney Banks Enlightened Gardener – The Missing Link etc Amazon.

**How can people contact you if they want to further information?**

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E: [barryshawcoaching@hotmail.co.uk](mailto:barryshawcoaching@hotmail.co.uk) mob/text: :07711823897

Or if you prefer your info' direct FTTHM try a - Pop Up **Resilience & Well-being** Conversations available at any local (Hx SB) coffee shop. Fee 1 coffee no further obligation.

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10% of FTTHM Advertising Revenue will be donated to the [Watermark Fund in Calderdale](#)

With Thanks to [Silly Billy's Toy Shop](#) for their Continued support:



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Email: [info@sillybillystoyshop.com](mailto:info@sillybillystoyshop.com)

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

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**KATE CULLEN'S TWENTY IS PLENTY QUIZ AND ANSWERS**

**Questions:**



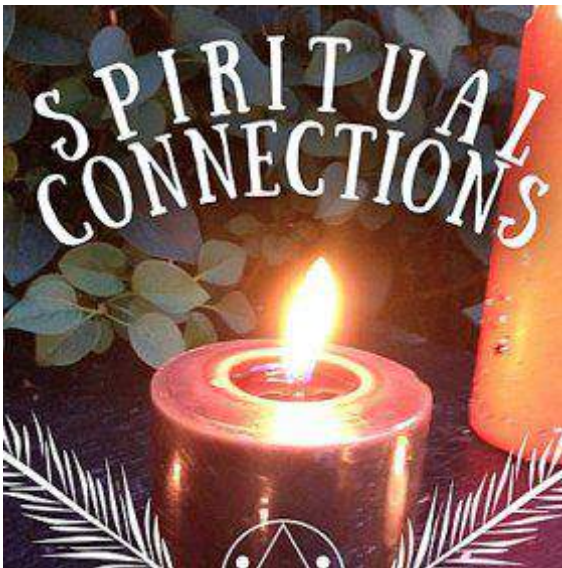
- (1) What type of dessert with a slip of paper inside is served at the end of a Chinese meal?
- (2) Which is the only country to end with the letter K?
- (3) Which was the 50<sup>th</sup> state to join the USA?
- (4) Which meat is traditionally used in Shepherd's pie?
- (5) In which city is 'Ghostbusters' set?
- (6) What letter represents 50 in Roman numerals?
- (7) Which politician was nicknamed 'the iron lady'?

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- (8) A nanny is an adult female animal of what kind?
- (9) How many sides are there on a 50 pence piece?
- (10) What did 'Starburst' sweets used to be called?
- (11) Who is the 'Naked Chef'?
- (12) How many years of marriage represents a Golden Wedding?
- (13) In which fictional town do The Flintstones live?
- (14) Which type of creature is a Tarantula?
- (15) In which year did Elizabeth 2<sup>nd</sup> celebrate her 'Golden Jubilee'?
- (16) How many points is a black ball worth in snooker?
- (17) What is the most-eaten food in China?
- (18) Which British couple won Olympic gold for ice dancing in 1984?
- (19) What animal was 'Sea biscuit'?
- (20) How old was singer Michael Jackson when he died?

**Answers:**

(1) A fortune cookie (2) Denmark (3) Hawaii (4) Lamb (5) New York (6) L (7) Margaret Thatcher (8) Goat (9) 7 (10) Opal Fruits (11) Jamie Oliver (12) 50 (13) Bedrock (14) Spider (15) 2002 (16) 7 (17) Rice (18) Torvill and Dean (19) Horse (20) 50



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## EVENTS OF 1968 – 50 YEARS AGO

### From Kate Cullen

Neil Armstrong was the first man to walk on the moon.

The 50p coin replaced the 'ten shilling' note.

Capital punishment was abolished in Britain.

The voting age was lowered from 21 to 18 years of age.

'The Godfather' by Mario Puzo was published.

The Beatles recorded 'Abbey Road' – their final album together.

Robin Knox-Johnston became the first person to sail solo around the world.

Richard Nixon became the President of the USA.

The first ATM / Cash machine was installed in America.

Judy Garland died.

The first colour 'commercial' was seen on British Television – Bird's Eye peas.

Paul McCartney married Linda.

John Lennon married Yoko.

The Open University began

It was the maiden voyage of the cruise liner, QE 2.

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## LETTERS PAGE



**Dear Editor**

Whilst I worry about the safety of cyclists on British roads, I do think that if they are going to use our road network, they should adhere to the rules of the road i.e. stopping at red lights and avoid riding on the pavement.

**Fiona Pinto, Wolverhampton**

**Dear Editor**

It's not long since we celebrated Christmas and can I just say that I feel sorry for people who did not celebrate it. I know that it is about the birth of Jesus Christ to Christians, but I also think it's an absolutely brilliant time for children and wonderful opportunity for people to get together and just have a break. Long live Christmas I say!

**Sean Metcalfe, Manchester**

**Dear Editor**

Congratulations on reaching fifty editions of this good magazine. I like how the magazine has progressed and diversified and that it has given a voice to the man on the street.

I hope people (who can afford it) will make a financial contribution to the running costs of this publication, and that the magazine will last for a long time to come.

**Roger Bruce, Glasgow**

**Dear Editor**

I think the magazine covers a wide range of subjects and includes many people's point of view. However, it still has not contained anything about Islam and I would appreciate it if you would do so in the future as it is so important to many people out there.

**Peter Collins, Rochdale**

**Dear Editor**

Can I just take this opportunity to thank the emergency services who gave up their Christmas to be there for us, and if needed, to serve us so well whilst others were enjoying themselves. I am proud of these people and will be forever grateful to them for what they do.

**Maria Dagleish, Glasgow**

**Dear Editor**

Whilst the USA has been a superpower that has done many great things, I think they should stop being so selfish about the environment and acknowledge that we only have one planet



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that we should cherish. Climate change is a fact and they should stop burying their head in the sand and address it before we completely destroy this wonderful world.

**Pauline Oakes, Leeds**

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## TWO INTERESTING RECIPES FROM KITTY LYNN



### Cranberry Fruit Preserve

Ingredients:

300 grams cranberries  
1 cup of water  
1 ½ cups of sugar  
1 Bramley apple  
1 pear  
Juice of an orange  
Juice of a lemon

### **Method:**

Cook cranberries, water and sugar together until cranberries are softened. Add apple, pear, orange juice and lemon juice. Cook for 15 mins or until mixture has reduced and thickened. Place in sterilised jar. Makes 2 lb.



### Low Fat Fruit Tea Loaf

1 teabag  
400 ml of boiling water  
1 lemon  
500 grams of dried fruit  
3 tsp of mixed spice  
1 ripe banana  
4 large eggs  
4 tbsps. of milk

300 grams of self-raising flour  
½ tsp of baking soda

### **Method:**

Put teabag in a jug and add the boiled water. Leave for 5 minutes. Finely grate lemon and add it to the lemon juice into a large pan. Squeeze the teabag and discard. Pour tea into the pan with juice and zest of lemon. Add fruit and spice. Stir well. Simmer over low heat for 5 mins then tip the mixture into a large bowl and leave to cool for 40 minutes.



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Peel the banana and cut into pieces before putting it into a processor with the flour, milk, eggs and baking soda. Blend until smooth.

Add cool mixture of fruit and pour into a tin and bake for 30 minutes on gas mark 3. Leave to cool. It keeps well for a week.

## JUNE CHARLTON SHARES TWO MORE RECIPES



### Chocolate Chip Cookies

#### **Ingredients:**

3 oz of softened butter plus extra for greasing  
3 ½ oz of caster sugar  
3 oz of soft, light brown sugar  
1 beaten egg  
5 oz of brown rice flour plus extra for

dusting

½ teaspoon of bicarbonate soda  
1 tablespoon of cocoa powder  
3 dark chocolate chips

#### **Method:**

Grease 3 baking sheets. Put all the ingredients except the chocolate chips in a food processor and whizz until smooth or beat together in a large bowl. Stir in the chocolate chips then bring the mixture together to form a ball.

Turn the dough out on a surface lightly dusted with rice flour and divide into 30 balls. Place on the prepared sheets, well-spaced apart, pressing down gently with the back of a fork.

Place in a pre-heated oven (180 C/350 F/gas mark 4) for 8- 10 minutes. Remove from the oven, leave for a few minutes on the baking tray or sheets to harden. Then transfer to a wire rack to cool.



### Welsh Rarebit

#### **Ingredients:**

2 large slices of hot buttered toast  
4 oz cheese (grated)  
1 oz of butter or margarine  
1 tablespoon of milk

Pinch of dry mustard, salt and pepper

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**Method:**

Melt butter. Add cheese, milk, mustard, salt and pepper. Heat gently until cheese has melted. Pour onto the prepared toast.

Place under grill to brown. Serve immediately.

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## MATT LUPTON-LEVY DISCUSSES MUSIC, DRAMA AND HIS VIEWS ON LIFE



**Matt, can you tell me something about yourself?**

I'm starting up as an online musician: a singer-songwriter, composer and music teacher. My music is described as psychedelic progressive rock although I do use world instruments and the computer in my work. It's based around my interest in drama and storytelling and I like to make my songs exciting and climatic with

spiritual themes; control, non-dualism, nature and the environment. There are many influences; the Beatles, Talking Heads, Kate Bush, Genesis and 10 CC but with some unusual instruments and a strong sense of the ridiculous.

**What have you been doing up till now?** I trained as an actor in the '80s. I have a diploma in acting from the Academy of Live Recording Arts in London. After a brief stint in acting during which time I found that music came more naturally, I enrolled on a Pop Music degree at Bretton Hall College in Wakefield, where I was asked to join a seven-piece rock band called 'bolo'bolo as joint vocalist and songwriter, working with some of the best musicians I have ever met.

**Are there any recordings of this band that people can access?** This is a live recording of a song we did back about 1993:

<https://soundcloud.com/matt-lupton-levy/fabuloso-baby>

**What happened after 'bolo' bolo?** After college, we all went our separate ways and I completed eight months of the PGCE (Post Graduate Certificate in Education) course to become a qualified teacher. Although I couldn't complete the whole of the course, I did learn

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a lot and went on to teach in schools and then in adult education – I did a lot of work with people with learning and physical disabilities.

**How do you think music helped these people?** Hugely. Music is an enormously therapeutic thing and helps people develop mentally. It can give confidence, listening skills and has all sorts of benefits.

**How was music presented to them?** In one group we had a choir and, in another group, we used drama. For example, because I worked with people who were predominantly autistic or had Downs Syndrome, we made videos with them and created live performance shows.

**Did people contribute solely on a vocal level, or did it involve percussive work?** It was mostly vocal but I think some people contributed percussion. At one place I worked, the people all had special needs and I used a loop recorder to record lots of instruments that they could bang along to. At this time, I was also teaching guitar, singing, piano and bass privately and working for Calderdale Council as a guitar tutor in primary schools.

At that point, I realised it would financially be worth completing my PGCE and I started doing that again through the Open University. Then I ended up supply teaching for the next ten years.

**How can people listen to your music?**

<https://soundcloud.com/matt-lupton-levy/albums>

<http://mattluptonlevy.com/>

**What do you hope to achieve through your work?** I like to explore things creatively. I love stories and drama and ideas and working these into songs or music. It's just something I've always done. It helps lift me up. I would just like to carry on developing and learning as a musician and a teacher.

**What first attracted you to music?** Both my brother and sister were musicians and I started playing the piano when I was 7 and learnt many other instruments during my childhood like recorder, violin, trumpet, trombone and digeridoo.

**Have you had time for any other interests in life?** I met my wife and got married in 2000 and she introduced me to non-dualism i.e. the idea that there's only one kind of life force that we are all part of. We all have so much in common and our personalities are the result of what has happened to us in our life.

**Do you believe in a divine being then?** Yes. But I don't think there's a separation between us and God. I think we are all everything and don't believe we should see ourselves as something that is subject to God. We are God. We are all exchanging energies and are interlinked.

**What do you make of organised religion?** I think they have their place; personally, I wasn't brought up under an organised religion, so I'm open to ideas rather than doctrines and separatism. There was a huge amount of progress made through organised religion, but it's coming to the point now where we need to raise consciousness through other means.

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**What can ordinary people do about this state of affairs?** I think we have to realise that we are all dependent on each other and essentially are one person. If we do bad things to each other, we are doing it to ourselves.

**What are your hopes for the next five years?** I don't know about the next five minutes! I think you have to accept what is going on now.

**Do you believe the future exists?** We create the future by planting its seeds now. Recognise our commonality and respect the environment, then we might get one.

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## CONGRATULATIONS TO THE HORSE'S MOUTH

**Written by Mandi Solk**

Three cheers! Well done to the Horse's Mouth  
Spreading huge benefit from North to South  
A compendium of marvellous interviews,  
Recipes, stories and Therapeutic News  
Such inspiration right from the start  
From this Magazine that comes from the heart  
Its pages radiate love and light  
And new information of great delight  
It's so interesting to hear what other people do  
And their caring procedures, that help me and you  
A big thank you to Dean for sharing your passion  
Of creating a mag in a unique fashion  
Your open-hearted invitation to answer your call  
For contributions of articles that benefit all  
Congratulations on creating this great platform  
Which offers stories that can transform  
Wishing you many years of having your say  
To the Horse's Mouth a BIG Hip Hooray!"

Visit Mandi's website at [www.healingbyrevealing soul.com](http://www.healingbyrevealing soul.com)

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## DAZE OF MY LIFE (Part Seven)



Written by **Bill Pearce**

### Snowman and Snowballs

1956 – A Winter's Tale

In the fifties, snowfall was almost guaranteed in most winters. This year, we had a fairly decent fall of snow on the last Friday of November. It started whilst we were still at school and continued well into the evening.

In those days, snow wasn't the dramatic event it is now. Schools didn't close, roads were made manageable wherever possible and motorways hadn't even been thought of. Life went on pretty much as normal, although our footwear changed from sandals to wellies. People used to throw ashes from the coal fires on to the footpaths and roads to give us a bit of extra grip. There were a few snowball fights on the way home, but it got dark early, and even back then, we weren't allowed out after dark. Never mind. Saturday held so much promise.

Saturday came, and although it had stopped snowing, there were a good six inches of snow. The inside of the bedroom window was covered in beautiful frost patterns, which we melted into our own shapes with our fingers. After breakfast, it was on with the wellies, balaclava and mittens – usually made out old socks. We were off!

The first thing was to try and slide down the pavement, but this wasn't easy in wellie bobs. Me and Phil would lob a few snowballs at each other as we waited for the others to appear. Kelvin and Pip were greeted by a barrage of snowballs that we'd stockpiled in anticipation of their arrival. They tried to retaliate, but were overwhelmed by the sheer number of icy missiles raining down on them.

We all agreed that the main order of the day was to build an impressive snowman. This was interrupted by passing kids tossing snowballs in our direction, which we returned with great enthusiasm and deadly accuracy. We started to roll a snowball down the path until it was as big as we could handle, eventually steering it on to the grass. Another rolled snowball was used for the head, although we struggled a bit to lift it into place.

Our Phil hadn't put much effort into the lift and had to be punished, which took the form of stuffing snow down his jumper! There was much screaming and laughter all round.

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When we'd added the usual details and features to the snowman, we decided it had a strong resemblance to Kelvin's dad, so christened it 'Dennis'.

We'd been at it a couple of hours when hunger started to kick in. We were hoping for a biscuit or two. Mom told us we didn't have any, but she did make us both two lovely slices of jam bread, which were relished and washed down with a glass of milk.

"Don't wander too far.", said mother. "It's starting to snow again".

Starting to snow again? Starting to snow again! What a delight! We couldn't believe our ears! Loads of kids were laiking out now. Our snowman was much admired until a big lad, Tony Gothard, from the far end of Dean Lane, walked past and knocked his head off. He shot a look our way with a sneering grin on his face, and walked away.

Bastard!

Repairs were undertaken immediately and 'Dennis' was soon his old self again.

The snowflakes were getting bigger and we all pretended to be planes flying though a snowstorm. I didn't care what the others thought, I just knew I was making the best plane noise.

The snow was starting to accumulate, which gave us the opportunity to make patterns in the fresh snow. It was late afternoon, and we knew we would be called in before long. There were about ten of us playing together, so we decided to split into two groups and have a snowball fight. I don't think anybody won but we all had great fun.

The big lad, who had decapitated our snowman, was coming down the lane again but fortunately, Kelvin's dad had come to their door to call them in.

"Touch that snowman again and I'll knock YOUR bloody head off!"

What a way to end the day! Dennis protecting Dennis!

Once inside, mother gave us the usual stand up wash in the sink, followed by a lovely tea of potato boats – shaped roast potatoes filled with mince and onion. I can remember cold fingers



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and toes and mother saying, “Don’t sit too near the fire or you’ll get chilblains”. What on earth are chilblains? I wondered.

The snow seemed to last forever in those days, and winter pursuits seemed to go on for a long time. Although there was no further snowfall, the cold, icy conditions remained for several weeks.

“What are you getting for Christmas?”, was the question on everybody’s lips. Christmas wasn’t the big, commercial event that it is now. Most families were relatively poor and presents were usually one toy, some sweets, fruit and nuts. It didn’t stop us speculating though. Imagining what we might get was great fun.

Although Health and Safety warnings are seen as a modern development, mother wasn’t averse to issuing her own back then. Along with the chilblain warning, we were advised not to eat the snow or we would get diphtheria!

Being a child could be dangerous in the fifties. You also had a chance of catching whooping cough, scarlet fever, TB, chicken pox and in our case, measles. In the days before the MMR vaccine, Sowerby was experiencing a measles epidemic. I remember our Lorraine, Phil and myself lying in a darkened room, covered in a rash and not feeling very well. Mom and Dad popped in from time to time, but all you could do in those days was to rest and wait until it passed.

Even our Dad got a day off on Christmas day and it was very much a family time. Dad’s day off was achieved by delivering double milk the day before.

Although we were desperate to go downstairs and open our presents, we weren’t allowed to do so until either mom or dad came in for us. Unwrapping gifts wasn’t the marathon that it is nowadays, but we still enjoyed what we got. Colouring books and crayons were a favourite and we weren’t often disappointed.

Mom always seemed to magic up some bacon for Christmas breakfast and it was enjoyed by all of us.

Before Christmas dinner, we were allowed to go outside, so that we could compare gifts with other kids on the lane, although we knew that our presents were definitely the best. Then, it was back home for Christmas dinner which Mother had to work hard to produce on the poor

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gas cooker we had then. Although there were six of us, Mom always came up with a meal fit for a king.

Working class people drank very little at home back then and Dad was always happy with his pint pot of tea. It wasn't long before he slipped into a deep, noisy sleep, while Mother sorted out the kitchen. TV didn't start until 5.00 pm, so we were allowed to play in our rooms with our presents.

We had to be quiet though, and careful not to disturb the old man, as he was up early again the next day for the milk round. Christmas came and went with not much fuss and the only trimmings in our house were home made from crepe paper and cardboard. Mother usually managed to get hold of a sprig of holly to hang in the window.

Close on the heels of the Yuletide festivities came another important occasion – my birthday on the 29<sup>th</sup>. Again, birthdays weren't the big deal they seem to be now – not much fuss. I usually got a card, signed on behalf of all the family, by Mom. I also got some sort of plastic or tin toy and some sweets. One year, I got a plastic rifle from my Aunty Thelma, which she advised me was for both my birthday and Christmas. I would have loved a summer birthday like our Phil had, guaranteeing two presents! The sweets would be fruit gums or, my particular favourite, Spangles.

The gang members would stand a little closer if sweets were to be had. I'd let them have one each but the rest were mine – or were they? My sister also had to have one or she would cry and tell Mom. For such a little girl, our Loll could be a right pain!

The festivities, such as they were, soon passed and it was time to go back to school. Playing out was limited to weekends on those cold, dark winter days.

By the way, some of the birthday sweets were reserved for later in bed. Me and our Phil lay in the darkness and silently sucked our fruity Spangles.

What a sweet way to end the day!

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## SWANSONG



Written by Michael Blackburn

“Aren’t you going to stop?” It’s my wife speaking. I reply “Why should I?” My wife again “There is a red traffic light a zebra crossing and a lady on the crossing”. A quick foot on the brake pedal of my Vauxhall Corsa brought my car to an abrupt stop followed by my words “I’m stopping driving”. I was only 76 and my family thought I was mad to stop

driving at that age. But I had obviously lost my concentration and it was time to stop. Within two weeks the car was sold and I moved to a new phase in my life.

That was the phase of using buses. At that time in Skircoat Green there was only one bus an hour. If I tried waiting for it at the bus stop on Dudwell Lane it would often go past full the driver not willing to stop. So, the bus stop of choice, where some passengers would be dismounting, was at the top of Godfrey Road by All Saints Church Hall.

With only one bus an hour there was a large gathering of passengers waiting. I started to talk to two of them. One was 44-year-old Yorkshire-man Dean Charlton and the other a 57-year-old small stout lady with a Caribbean appearance. This was Brenda Condoll who was from the Commonwealth Country of St Christopher and Nevis. Brenda had not been born in England her family having previously come from Nevis for a better way of life. Nevis is a poor place to life.

Dean was at college all set for a successful academic life when he was overcome with illness. He suffers from Bi Polar, OCD and depression and is unable to work. Brenda is also unwell and has hearing problems. They were both patients at a hospital when they first met. Dean is a very caring person and he saw in Brenda someone who needed TLC which would also give him a purpose.

Dean lives in Halifax, Brenda in Leeds so this means that at his own expense Dean travels backwards and forwards several times a week to care for Brenda. This is ‘care’ of the highest quality and Dean’s determination to improve is further illustrated by the fact that as a younger man he had a drink problem until one day he said ‘enough’ and from that day (21 years ago) he has never had any alcoholic drink.

Dean’s ‘care’ extends to animals and he is vegetarian (or should this be vegan?). The thought of calves being taken away from their mothers so we can drink their milk is unacceptable to Dean so he uses soya milk. The sight of meat in butchers’ shops is an anathema to him.

In the early days after his illness he started to write ‘From the Horse’s Mouth’ which you are reading now. I was privileged to become involved by researching and writing articles for him and I am pleased to present this article for the 50<sup>th</sup> Edition.

Dean understands that I am not well enough to continue which is the reason for the title of this my final article.

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## MY MALTA HOLIDAY



**Written by June Charlton**

In November, I went for a holiday to Malta with my husband. We left the car in the long stay car park just outside of Leeds and Bradford Airport. We then waited in the freezing cold for a shuttle bus which

took us to the main airport terminal. It was nice to get out of the cold and we began to look forward to our break in the warm Mediterranean.

We sat in the lounge and ate sandwiches with some nice tea whilst reading our books to pass the time. It was two hours before our flight was due. Eventually, we saw our gate number arrive on the board and made our way into the aeroplane. The flight went smoothly after the usual safety instructions, the tea trolley and the duty-free gift trolley.

Before long we had a bumpy landing at Malta Airport and after we collected our cases, we were greeted by the hotel rep who guided us off to our various hotels. Our hotel was a pleasant little hotel on the Sliema front looking over the bay to Valletta. We were then shown to our room which turned out to be in a good position, looking over the harbour where there were lots of small boats bobbing on the blue water. On the skyline, was the great dome of St. John's Cathedral. A little balcony with chairs and a table completed the cosy little set up.

It's always nice to find out what the rooms are like, and this one was clean, roomy with ensuite. This fitted the bill.

Soon we were getting ready for dinner which was very good. It's always a good start to a holiday to have a nice meal. After this, we had a fairly early night and it seemed a long time since we left home.

After breakfast, we went out for a stroll and decided to go on a boat ride which took us round Manoel Island, then into the Grand Harbour visiting all the places of interest.

My husband pointed out a place called Tigne Point which used to be the barracks where he was stationed in the army – it's now an enormous shopping mall surrounded by tall hotels and flats. He told me that he had heard some of the young soldiers used to swim across the harbour entrance, which I thought was quite a distance, but I suppose they were fit with all the training and with youth on their side.

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Another day, we took a bus round the bay to Valletta which is a lovely city with lots of shops, cafes and places of interest. We bought a few gifts for the grandchildren then sat on the battlements in a beautiful garden overlooking Grand Harbour.

One day it rained so heavily the drains couldn't cope and the street outside the hotel was flooded. We were stranded inside the hotel for a while, I can't remember seeing rain so heavy. Eventually, it drained away and the sun shone once again. It was a sort of two-hour monsoon and then people returned to the roadside cafes.

On Sunday the eleventh of November, we took the bus to Valletta and walked down to Floriana where the Cenotaph is situated and stood amongst the crowds to watch the tribute to soldiers who had died a hundred years ago. It was quite a moving parade and march past by the different forces of Malta including the police and various military groups followed by a brass band. At the eleventh hour, there was a two-minute silence, a canon fired from nowhere and plane flew over very low, dropping thousands of poppies.

We chatted to a Maltese man from a place called Marsashlox who had a brother killed during the Second World War. He was a lovely man.

The next day we took a bus to Marsashlox on the south of Malta which is a very picturesque little place with dozens of little fishing boats and a market along the waterfront. A church which is open to the public is incredibly beautiful with lots of gold leaf and chandeliers. Then further along the road was a tourist guide office and a rare commodity i.e. a public toilet!

All too soon our week was over and it was time to say goodbye, but we agreed we would like to maybe return in April before it gets too hot.

When we returned to Leeds and Bradford Airport, it wasn't too cold but our lovely blue Malta sky now gave way to the familiar grey one.

Soon we were driving back home and Malta became a memory.

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## IN THE MOMENT

by

**Alexander Duncan**

It is quiet  
It is still  
The actor,  
waits in the wings.  
Contemplating:

Waiting in the dark  
Imagining  
Wet streets,  
and street lights  
Heart pounding  
My love and I,  
What was it about?  
Why did we fight?

Need a drink  
Numbing, soothing  
Escape  
Nothing matters  
All is in tatters  
Dancing over splattered  
Pooled water



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Head spinning

Catch my balance

Open the door

Up the stairs

Ready to tutor

A young hair dresser

Climbing up

Advancing

Improving

Do my best

Open the door

There she is

Stalwart

Uncertain

And young

Take a breath

Lights are on

Audience seated

The moment begins

The play begins

## ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



### Questions:

- (1) What nationality is tennis player Andy Murray?
- (2) Who won the 1970 World Cup?
- (3) What was the first adhesive postal stamp called?
- (4) What nationality is pop group ABBA?
- (5) What does the Spanish word 'dinero' mean in English?
- (6) Who invented the pinhole camera?
- (7) What is a hernia?
- (8) Where did the Pharaohs rule?
- (9) Who won last year's Ryder Cup?
- (10) What was the name of the suffragette who died at Derby?
- (11) What is a jacuzzi?
- (12) Which is the biggest airport in the world?
- (13) A bassoon is what sort of musical instrument?
- (14) Who wrote the musical 'The Phantom of The Opera'?
- (15) This month makes how many editions of this e-magazine?
- (16) What was the Beatles' final studio album called?
- (17) Where is it thought that tattooing originated?
- (18) Who invented the first coffee machine?
- (19) Who wrote the song 'Homeward Bound'?
- (20) What nationality is Lady Gaga?

### Answers:

- (1) Scottish (2) Brazil (3) Penny Black (4) Swedish (5) Money (6) Ibn al-Haytham (7) A condition in which part of an organ is displaced and protrudes through the wall of the cavity containing it (8) Ancient Egypt (9) Europe (10) Emily Wilding Davison (11) a large bath with a system of underwater jets of water to massage the body (12) Hartsfield-Jackson Atlanta International (13) a bass woodwind instrument of the oboe family (14) Andrew Lloyd Webber – lyrics by Charles Hart (15) 50! (16) Abbey Road though Let It Be was released later (17) Ancient Egypt (18) Melitta Benz (19) Paul Simon (20) American

**Editor's Final Word:** Thank you once again for taking the time and the trouble to read what is a very significant edition of this magazine. If you want to contribute in any way to this publication, please contact us at: [dean@fthm.org.uk](mailto:dean@fthm.org.uk) Best Wishes, Dean, Brenda and [Robert](#).