

## FROM THE HORSE'S MOUTH – March 2019, Edition No 51.



Hello. I hope you are okay. Anyone can have things published in this magazine if you send it to us at: [dean@fthm.org.uk](mailto:dean@fthm.org.uk) But please make sure it is not offensive e.g. homophobic, sexist, racist etc. Dean.

### THE MAGAZINE AND THE 50<sup>TH</sup> EDITION CELEBRATION PARTY

As I write, the 50<sup>th</sup> edition party is looming so I thought it would be apt to write something about the history of the magazine and then about the party itself.

#### The magazine

The magazine first started life as a paper copy over 25 years ago – I can remember it well as I was always stressed about paying my printing bills and quite inadequate when it came to selling advertising space. Every month I would get further in debt to my printer in Pontefract, West Yorkshire. At this time, I was having treatment for a cancer called Hodgkin's Disease, and through events I organised through the magazine, was able to raise some money for Cookridge Hospital where I was being treated.

Unfortunately, my printing debts resulted in my printer justifiably taking me to court with the consequence that I had to take out an Administration Order as I owed my creditors under £5,000. The result was that I had to pay them a nominal amount each month through the court. I felt humiliated and crushed as a person.

I then spent three months in Brittany, in [France](#), living in a friend's caravan but with access to a toilet and a shower. I passed my time gardening but my occasional bouts of drunkenness gave a bad impression to the people in the local village. All the time that I was there, I was suffering badly with a form of OCD. I tried to find work but the locals I asked said there was not any work for themselves.

When the opportunity arose to return to England, I was lucky enough to be given food and shelter by my friend Johnnie St George, in [Featherstone, West Yorkshire](#). I was badly in need of money so I got work as a Food Operative through an agency in [Pontefract](#). I was set on working for peanuts at Golden Wonder Crisps in Scunthorpe and travelled there each day in the agency minibus. The work itself was not too bad but came to end and then I was sent to work for Homepride in Rotherham. After this I did ten weeks working in a wire factory in Featherstone which was tedious but enabled me to buy [Christmas presents](#).

After my foray into factory work ended, I started the next phase of From The Horse's Mouth and wrote a collection of basic songs, but not being a very good musician, I hoped to find someone to arrange them for me. It was years later that I met Darren Harper, who with some other musicians, kindly arranged my songs for me. The result was [two albums which can be listened to on my website](#).

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Some years passed (with my illness continuing) and then one day I realised that I could resurrect the magazine as an e magazine thus eliminating any monthly printing costs. Obviously, it cost money to set up the project and I still have operating costs, but I manage to finance it with the help of my parents and my best friend Brenda Condoll.

So, this version of the magazine was born and so far, it has lasted for 51 editions. At first, I was helped to set it up by [Michael Conneely](#) who taught me how to use a programme called Weebly and introduced me to Mail Chimp which enables you to send your work out to subscribers. A bit later on, I met [Robert A Williams](#) who convinced me it was better to use something called WordPress. This has dramatically improved the appearance and accessibility of the magazine. Robert has been a great help to me and is now a good friend.

The magazine itself is evolving gradually and growing all the time. When I first started interviewing people, I concentrated on alternative therapists but now I interview anyone of apparent interest. I am happy to say that I receive material to publish from all over the world which shows the power of the internet. Can I also add that I feel grateful to the people who take the time and trouble to read From The Horse's Mouth – there would be no point without you.

The magazine has been quite easy to produce when I've felt well, but obviously difficult when I've not felt so good. In any case, with help from others, I've managed to keep going.

Just to remind you, anyone can contribute to the magazine in a non-racist, non-sexist and non-homophobic way by sending any writing, audio or video files to [dean@fthm.org.uk](mailto:dean@fthm.org.uk)

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## Now let's hear about the party!



### The Party

The party itself was a big success with about 80 people attending. If I'm honest, I was a bit disappointed that some people who had assured me that they were coming, didn't show their faces. However, 80 people on a winter's night is not too bad!

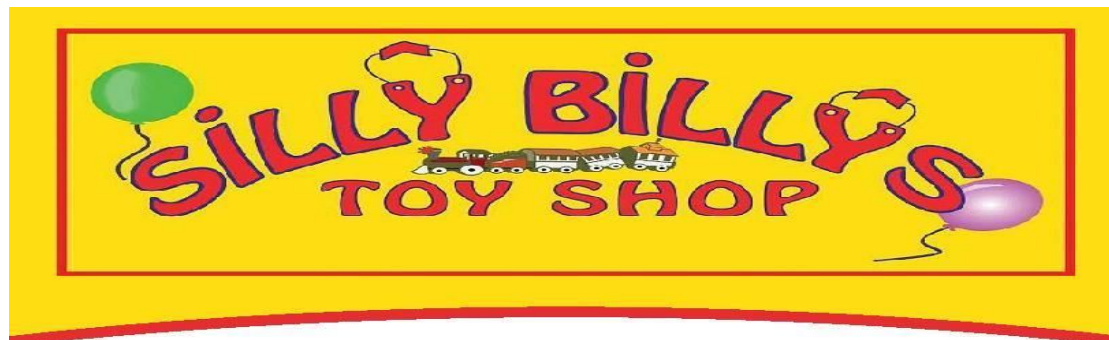
The party started with the DJ playing an assortment of music (I would recommend him, he's called Joe and be contacted on: **07496909930**) that was quiet enough so that people could talk to each other. The food, which was superb, was ready an hour before planned but everyone enjoyed it. The Indian dancer who is called Srikant Subramaniam (Tel: **07599819108**) was appreciated by everyone and was the focal point of the evening. The evening was rounded off by a raffle and I think everyone left having enjoyed the evening.

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## MY NOT VERY SERIOUS STARS



### **Scorpio 24 Oct – 22 Nov**

You may have had a rocky start to the year but don't worry as the rest of the year will be fabulous and many good things will come your way. A gambler may take a shine to you but don't get involved with them as they will probably turn out to be yet another mug. It is a good time to

book a holiday so you've something to look forward to in the near future.

### **Sagittarius 23 Nov – 21 Dec**

A nosy woman may get on your nerves but she may have little in her life of interest - so don't be too hard on her. Christmas seems a long time ago now, but why not start saving for the next one so it's not such a struggle this year? Spring is just around the corner so don't take all of your tablets at one go as you will soon feel better. Do something about your constipation.

### **Capricorn 22 Dec – 20 Jan**

A bargain that is too good to be true will prove to be just that – so keep your money in your purse or buy yourself some new good quality underwear. Promotion at work looks likely so keep your head down and continue working hard – unless you don't want it. If you are lonely, why not join a club or society where you will meet lots of new and interesting people.

### **Aquarius 21 Jan – 19 Feb**

An alien may come into your life this month and highlight how greedy and selfish humans can be. Why not buy a new mobile phone that matches your eyes? You are looking very bloated so why not use the gym membership you bought and discarded in January? An unhappily married person may express an interest in you but do act in a prudish manner.

### **Pisces 20 Feb – 20 Mar**

An intelligent person will try and manipulate you to do what they want you to do, but do resist and follow your own mind. It is a good time to buy a cockatoo or a cuddly, white, rabbit. If you like to be the centre of attention, then why not join a local amateur dramatic society rather than being a constant pain to your friends and family. Have a facelift.

*Would you like to read an excerpt of the Not So Serious Stars from March 2016? If you would then [click here](#)*

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### **Aries 21 Mar – 20 Apr**

You may find the love of your life this month, but don't immediately wear your heart on your sleeve and do proceed with caution. A new car may be an attractive idea, but do you really want all the debt that comes with it? Be careful of paying a member of the opposite sex a compliment as they may accuse you of being 'inappropriate'. Shave off your moustache.

### **Taurus 21 Apr – 21 May**

People near to you think you smell rancid so why not give the garlic a miss when cooking? You may feel down at the moment, but do remember that breakdowns come and go. It is a good time to stop chewing gum and looking like a job. Try not to feed on flattery and look for meaningful things in life. A stranger will do something that pleases you.

### **Gemini 22 May – 21 Jun**

If it is your birthday this month, then let everyone know as you give so much in life and deserve to be spoilt. A shy person may hold the key to future happiness, but approach them in a gently way and don't scare them away. Your teeth are dreadful so go and see a dentist immediately if you can afford to do so. Someone will find your lazy eye attractive.

### **Cancer 22 Jun – 23 Jul**

An older woman may promise you a good time but there will be strings attached. Times may seem hard but you have been through worse in the past. If you feel underpaid and undervalued at work, choose your moment carefully to discuss this with your boss as she has problems too. Your narcissistic behaviour is unbearable to those who care about you.

### **Leo 24 Jul – 23 Aug**

You really must stop feeling sorry for yourself and just get on with things. A stranger you meet on a train may become a friend if you remain open-minded about things. Think twice before agreeing to a reconciliation with a former lover who hurt you in the past as they will do the same again given half a chance. Remember to cherish your mother who always has your interests at heart.

### **Virgo 24 Aug – 23 Sep**

Although you may not be gay, this month you will start to appreciate the vast contribution that gay people make to society. A person you have fancied for ages will show their true colours and you will realise that they are not the one for you. Your immediate future looks bleak but a dramatic change of circumstance will greatly benefit you. Take up knitting now!

### **Libra 24 Sep – 23 Oct**

Chocolate is your dietary weakness so either cut down or face a future of being overweight. This month you will see first-hand that 'who you know' trumps genuine ability. Your aversion to housework means you will end up living in a pig sty. Someone with a nice bottom will prove to be a pain in the arse and is best avoided. Try again to stop smokin



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## MURRAY CHALMERS SPEAKS ABOUT HIS LIFE AND SHARES HIS THOUGHTS ON EUROPE



**Murray, can you talk a bit about yourself?** I'm 56 years old and have lived in Hebden Bridge for 18 years. We moved from Scotland and about 10 years ago, I got a job with the National Trust as caretaker of [Hardcastle Craggs at Gibson Mill](#).

**Where were you born?** In Edinburgh and I grew up in Galloway in South West Scotland. Before we came down here, we were looking after a youth hostel on the North West coast of Scotland called Tongue. We were there for 6 months.

**What did this work entail?** A lot of cleaning! Taking payments and looking after visitors who were on holiday trying to enjoy themselves.

**Who owned the youth hostel?** [Scottish Youth Hostel Association](#).

**Why did you initially move to England?** My partner Christine was doing a course at Leeds University.

**What were your first impressions of England?** I'd been down here before you know! I think England is alright.

**What do you do at Hardcastle Craggs?** I look after buildings and that covers looking after the [renewable energy](#) set-up including the batteries. I log the energy that we're using and how much we're generating. I also clean, look after visitors, deal with money and look after the volunteers who do a lot of the work for us. Occasionally, I cross over into other people's jobs.

**What happens to the power you generate?** We use it all; it all goes into a battery and so if we generate more than the battery can hold, it goes into heat. We're not connected to the grid so we can't sell excess energy but the heat helps to heat the buildings which are very damp and cold in the middle of the woods.

**What is there at Hardcastle Craggs?** There's a lot of woodland walks, a café, toilets and a small visitor centre. It's also a flexible community space for art exhibitions, weddings and occasional conference.

**What attracted you to the job?** It sounded interesting as I've always been keen on alternative means of creating power and I'm also an outdoor person. Before this job, I had done jobs that I didn't particularly enjoy like working for Rochdale Council – it was okay but

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I was sitting at a desk, going to lots of meetings and I generally find that kind of thing quite tedious.

**Do you still live at Hardcastle Craggs?** No. About a year ago, we moved back into [Hebden Bridge](#) as ten years living off-grid in the middle of the woods was enough. We were also fed up of having to empty a compost toilet every day and continually having to light fires on which we could cook. Our son was also 15 at the time and a lot of his friends and social life was in town, so it made sense, at the time, to move back.

**What do you do when you're not working?** I go out on my mountain bike around Hebden Bridge and upon and over the moors.

**Have you any other interests?** Mostly outdoor things like walking. I used to be part of the Calder Valley Search and Rescue Team but I stopped doing that about 3 years ago – I did it for 5 years but I was finding it difficult to keep being available for the amount of calls you get. Also, my mother lives in town and she's getting old so I need to spend a lot of time with her. I just didn't feel I had enough time to devote to the job, but it was a very valuable thing to do and I got a lot out of it.

**Are there any major differences between life in England and life in Scotland?** I don't think so. Some people say the weather is worse in Scotland but I'm not really convinced it is. The weather can be pretty grim around here at times! In general, where I lived in Scotland, it was quite conservative and not necessarily as broad-minded as places like Hebden Bridge where people are arguably a lot more accepting. I still miss living in Scotland though.

**Do you think you'll ever move back there?** I don't know. I've been here for 18 years so it's very difficult to move plus I think a lot of people make mistakes about moving and disassociate themselves from their friends and contacts. Ideally, I'd like to spend a few months of every year in Scotland and the rest of the time here.

**Do you think the UK should stay in the EU?** Yes. Because I think the EU has been a force for good in Europe and has given it a lot more stability. It's also brought us a lot of legislation that is positive e.g. worker's rights and environmental legislation. I also think it is important that people can move around, and that to isolate and limit people's right to move, is a mistake.

**Do you think British people are inward looking?** Some of us are, some of us aren't.

**What are your hopes for the next five years?** I hope to travel more on my mountain bike and on foot.

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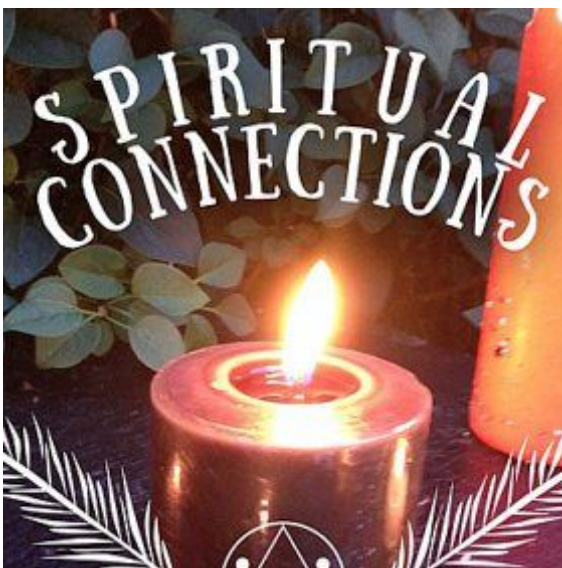
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## DAZE OF MY LIFE (Part 8)



Written by **Bill Pearce**

### The Cow Boy

In March 1957, the Pearce family took up residence at 1, The Newlands, Sowerby. As we were only just around the corner from Dean Lane, nothing much changed socially. Of course, we had the tragedy of losing our little brother Martyn in December, as previously related, but there were still incidents

which turned into memories to treasure. Looking back, they still bring a big smile to my face all these years later.

We hadn't been in our new home very long when I suffered another traumatic experience. The field across from us had been planted with kale as a fodder crop for the cattle. I had discovered that the inside of the stem had a nice nutty flavour and was sitting on the wall happily munching away.

My elder brother John came sauntering past.

"Are you eating that stuff?", he asked.

"Yes".

"You bloody fool! It's meant for cows and if humans eat it they start to grow horns".

I was horrified. The kale was quickly discarded and I began to feel both sides of my head. John swore blind he could see little bumps developing and with that I ran home in tears.

I blurted out my story to Mother, emphasising that I didn't want, or need, a pair of horns. I'm sure I spotted a slight smirk on her face as she bustled past me. She went to the door and shouted to John to stop tormenting the younger ones.

He never did stop, and remained a tormentor for the rest of his life!

This would be the last year that this field was used for agricultural purposes as the building of the Ryburn Secondary School was about to begin and my source of free kale became the sports field.

### Jim

When we lost our little brother Martyn, we children weren't aware that Mom was pregnant again. Looking back, I am convinced that this helped both Mom and Dad as they tried to cope with the death of Martyn.

On the 19<sup>th</sup> April, 1958, and several weeks early, Mom gave birth to a boy child. The pregnancy had been difficult and Mom had spent several weeks in hospital. Amongst other things, she suffered a deep vein thrombosis.

The new baby was named Rory, as Mother was very fond of a singer called Rory McEwan, who appeared on TV in the old 'Tonight' programme, hosted by Cliff Michelmore.

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Early on, for whatever reason, Dad was referring to the new baby as 'Jim'. It stuck, and most people now know him by that name.

### Less than an over, and out!

Kelvin and Pip's dad, Dennis Clarke, was a member of Sowerby St Peter's Cricket team. The cricket ground was down the back lane, not too far from the church. Kelvin had persuaded me and our Phil to go to watch one of the matches as his dad was on the team that day and he was convinced that his dad was a wonderful player.

I don't recall anything very exciting happening and me and Phil didn't even have any money to buy an ice cream. Mr Clark came out to bat at number six or seven, accompanied by a little polite applause. On reaching the crease, he asked the umpire for middle and off. After a bit of digging about he was happy with the crease mark. He took some time surveying the scene, familiarising himself with the field placings.

The bowler started his run up and sent down a reasonable delivery. Mr Clark swung and connected, hitting the ball for a four. Applause! Applause!

Down came the second delivery. Mr Clark gave it the same treatment. Unfortunately for him, it went straight into the hands of a fielder on the boundary!

All that time waiting to see him and he was out on the second ball!

"Hard luck!", the folk shouted in sympathy, as he headed back to the pavilion. Not me and our Phil, though. We thought he was crap and that we had wasted an afternoon. On the way home, we gave each other a cheeky nudge as we stopped to look at some of the girls in short skirts on the tennis courts.

Not a complete waste of time then!

***Footnote.** In a recent conversation with a friend who lived on Newlands Avenue in the fifties, she recalled the following story. Along with her many brothers and sisters, she also spent warm summer afternoons at Sowerby cricket ground. Their mother would send them off with a quart pop bottle filled with tap water. They also took along a package of 'sugar bread'. This consisted of a slice of bread, thinly spread with margarine, then sprinkled with a teaspoonful of sugar. Another slice of bread was placed on top – a sugar sandwich, in effect.*

*I sometimes forget how poor most families were back then! However, we survived and it made us appreciate what we have today.*

### A bit of a s-t-r-e-t-c-h

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The Stansfelds, from whose estate we used to raid fruit and conkers, opened their gardens to the locals once a year in the fifties. It was very much a community garden fete and any money raised went to St Peter's Church, Sowerby.

There were the usual amusements such as 'hook a duck', a bran tub lucky dip, lemonade stand, apple dipping and several tombola stalls. The WI usually provided the refreshments.

Another attraction at the fete one year came in the form of my Uncle Ernie Goulden, one of my Mom's younger brothers. A childhood incident had left Uncle Ernie badly crippled from the waist down. He more than made up for this by developing his upper body strength. He was a member of Sowerby Bridge Weightlifting Club and became the Great Britain Champion at Strand Pulling.

He was appearing at the fete to demonstrate his weight lifting and strand pulling prowess. He lifted the heavy weights whilst lying on his back and the strand pulling was performed from a sitting position. It was very impressive!

Uncle Ernie received much applause and admiration. Even as a child, I was in awe of him and was so proud to tell everybody that he was MY Uncle Ernie!

Another surprising thing that I witnessed at the fete may be hard for many of my friends to believe. There was a children's dance troupe appearing on the bill and people started to applaud as they were announced.

I didn't know if it was a private dancing troupe, or if they came from Tuel Lane Primary school. What I did know was that at the front of the stage and tapping away was Paul Holt. Many of you will know Paul, but did you know of his toe – tapping past?

Paul went to Tuel Lane school, so it may well have been their contribution to the day.

### Smoking can be dangerous

Kelvin and Pip had two older sisters, June and Denise, and an older brother called Norman, aka Nobby. I always thought he had an inflated opinion of himself. He was roughly the same age as our John, about fourteen.

He got himself a new bicycle. I don't know if he'd saved up and bought it or if it was a gift from his parents. Either way, it had five gears and I desperately wanted to have a ride on it.

I had recently, and clandestinely, observed Norman and a few other older lads puffing on cigarettes behind a wall in a nearby field.

This gave me the idea of carrying out my first attempt at blackmail.

Sitting on our garden wall, looking as casual as possible, I asked him if would let me have a ride on his new bike.

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“Bugger off, you little runt!”, came the reply.

“Well, if you don’t, I’ll tell your Mom and Dad you’ve been smoking”.

“You do, and I’ll ‘ammer you!”.

Just then, I spotted his mother in their garden, four doors away. Being so close to home and feeling I was safe, I shouted, “Mrs Clarke, did you know that your Norman’s been smoking?”.

With that I ran up our garden path and to what I thought was the safety of our house. Norman was running after me and heading for our front door.

“Come here, you little bastard!”, he shouted, as I set off up our stairs.

He caught hold of my ankle.

“Mom! Nobby Clarke’s getting me!”.

My mother came and told him to get out of our house. I was both relieved and smug, at the same time. I stayed home the rest of that day and I was even anxious about going out the next morning.

There had to be a resolution to this situation and it came in the form of my older brother, John. He had heard about the threats to my life from one of his mates, David Kelly, I think it was. Norman had told everybody that he would get me and wring my neck the next time I went out.

Our John knew that it was HIS job to get me, not Nobby Clarke’s!

“You lay a finger on our Billy and I’ll lay more than a finger on you, you weedy git!”, threatened our John.

“And that’s not all!”, he added. “I’ll take your bike and turn it into scrap metal!”.

I never did get a go on that bike. On the other hand, I never got beaten up either!

Older brothers can come in really useful at times!

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## LETTERS PAGE



### **Dear Editor**

I think that people who follow an organised religion with a deity are on the wrong track. I believe we should all accept the power of the universe which is constantly positive and working on our behalf – if we ask and appreciate everything it does for us. I believe that the universe is the power behind everything

and has been for millions of years before humans came along and started to destroy everything.

**Sandra Stone, Cardiff**

### **Dear Editor**

My friend recently lost her hand bag on the bus which contained money, her passport, bank and building society cards and much more that is important to her.

Happily, some kind and honest person handed in the bag to the bus driver and my friend was reunited with her possessions.

How reassuring it is to know that there are still some decent people out there in the modern age of greed and selfishness.

**Frank Welbeck, Manchester**

### **Dear Editor**

The other day I was crossing a minor road near my home when a motorist angrily sounded his horn to tell me to hurry up.

I just thought how sad it is that we are all expected to do everything at top speed and wondered if the driver had lost sight of the fact that he is also a pedestrian.

**Janice Bell, Leeds**

### **Dear Editor**

I was pleased to read the recent letter praising our emergency services who do a wonderful job in looking after us at all times of the day. I just wish, when the chips are down, that they would side with ordinary people instead of the ruling elite e.g. the Miner's Strike in 1984.

**David West, Bangor**

### **Dear Editor**

Whilst I think we should all try and get along with everyone, I think that that it is impossible to do so as some people are so horrible and self-centred. I would love to be able to say that I am friends with everyone but this is just not the case.



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**Maria Hart, Todmorden**

**Dear Editor**

Can I just say that I am fed up of people using the UK like a big dustbin i.e. throwing litter everywhere. I get so annoyed when people throw their rubbish on the floor without thinking about it.

We should all respect the environment we live in and look after it!

**Julia Wheaton, Hartlepool**

**Dear Editor**

Your magazine has developed in an excellent manner but have you thought about having a lonely-hearts part to connect people with each other?

I know this would be a lot of work and difficult to do, but maybe you could consider this suggestion in the future?

**Beth Arkwright, Rochdale**

**Dear Editor**

I think you have done amazing refraining from drinking alcohol for 21 years! Alcohol causes so many problems (I work in a hospital) for everyone so maybe it might be an good idea if more people followed your example.

Realistically, I don't think some people will ever stop drinking alcohol, but it is definitely worth considering at least cutting down and then your health will be better and you will have lots more money!

**Steven Robertson, Leeds**

**Dear Editor**

I just want to say how wonderful it is to see a young mother happy with her baby – as it is meant to be. There are so many things wrong with this world, and such a small and natural sight really cheers me up.

**Simon Doyle, Norwich**

**Dear Editor**

Like you I live in Halifax and love living here! I think the town has much to offer the visitor like the wonderful Piece Hall, the brilliant architecture and parks etc.

More people should come to Halifax and they wouldn't be disappointed.

**Trever Bright, Halifax**

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**Dear Editor**

What a wonderful thing your magazine is for many people. It is great that ordinary people have been giving a platform for their talent and views. I also like the fact that it is a free publication which means it is accessible to anyone with access to the internet.

Keep up the good work!

**Harriet Moorcroft, London**

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**Aegis Martial Arts**

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Aegis have branches all over the North of England with one in Hebden Bridge as well as Halifax and other areas, simply check out the [Aegis Contact Page](#) to find out more information. This is a great introduction to Martial Arts for both young and old with qualified instructors in a relaxed setting.

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## BIBLE STUDY

**From Peter Smith**

'The hour is coming, and now is, when the true worshippers will worship the Father in spirit and in truth; for the Father is seeking such to worship him.' John 4:23 (NKJV). Think about the last part of this verse: God is seeking - actively looking for - people who will worship him. The creator of the universe cares about us - loves us - so much that it matters to him whether you and I choose to worship him.

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## KATE CULLEN'S MONTHLY QUIZ



### Questions:

- (1) Faith and hope are the first two of the three virtues. What is the third one?
- (2) What is studied by a dendrologist?
- (3) Cherry and plum are each varieties of which fruit?
- (4) The English Channel was first swum in 1875 by whom?
- (5) Charles Lindbergh made the first solo non-stop flight across which ocean?
- (6) In which Italian city is the gondola a popular form of transport?
- (7) Which British travel agent organised his first excursion, a train journey from Leicester to Loughborough in 1841?
- (8) What is the river sacred to Hindus?
- (9) Which American mountain range contains The Yosemite National park?
- (10) What piece of classical music was used as the theme tune for TV's, 'The Lone Ranger'?
- (11) Who won the Best Actor Oscar for his performance in the 1975 film, 'One flew over the cuckoo's nest'?
- (12) Which large water bird has a pouch underneath its long bill in which it stores fish?
- (13) In which year was the Cuban missile crisis?
- (14) Which American university is in Newhaven, Connecticut?
- (15) Which French Impressionist artist was famous for his many paintings of water lilies?
- (16) Who wrote the horror novel, 'Dracula'?
- (17) What title was formerly given to the Emperors of Germany and Austria?
- (18) Before the Euro, what was the currency unit of the Netherlands?
- (19) Shades of which colour can be described as 'Cobalt' and 'Prussian'?
- (20) Liverpool Speke airport was renamed in 2002 to what?

### Answers:

- (1) Charity (2) Trees (3) Tomato (4) Captain Matthew Webb (5) Atlantic (6) Venice (7) Thomas Cook (8) Ganges (9) Sierra Nevada (10) The William Tell Overture (11) Jack Nicholson (12) Pelican (13) 1962 (14) Yale (15) Claude Monet (16) Bram Stoker (17) Kaiser (18) Guilder (19) Blue (20) John Lennon Airport

## JUNE CHARLTON SHARES TWO MORE OF HER OLD RECIPES WITH US



### Carrot Cake

#### Ingredients:

8 oz of grated carrot  
4 Fl oz of oil  
4 oz of soft brown sugar  
2 tablespoons of clear honey  
1 teaspoon of vanilla essence  
2 beaten eggs

4 oz of plain flour  
4 oz of wholemeal flour  
1 teaspoon of bicarbonate of soda  
2 teaspoons of cinnamon  
Pinch of salt

#### Method:

Grease a 2lb loaf tin. Mix the grated carrot with oil, brown sugar, honey, vanilla and beaten eggs. Sift together all of the dry ingredients and mix into the carrot mixture. Spoon the mixture evenly into the loaf tin. Cook at about 375 degrees.



### Hazelnut Biscuits

#### Ingredients:

4 oz of hazelnuts  
6 oz of butter  
3 oz of caster sugar  
9 oz of plain flour  
Melted chocolate

#### Method:

Brown the hazelnuts by placing them in a hot oven until the skins begin to peel off and the nuts are turning golden brown. Rub off the skins with a clean, dry, tea towel and leave to cool. Chop or grind finely – if grinding the nuts, be careful not to over grind, or the nuts become too oily.

Cream together the butter or sugar until pale and fluffy. Knead in the hazelnuts and flour until the mixture is smooth. Wrap in cling film and chill in fridge for 1 hour.

Roll out biscuit dough to ¼ inch thickness and cut into about 2-inch diameter circles.

Bake on a greased tray until pale golden.

## TWO MORE DELICIOUS RECIPES FROM KITTY LYNN



### Date and Raisin Loaf

#### Ingredients:

9 oz of self-raising flour  
6 oz of castor sugar  
2 oz of margarine or butter  
1 tsp of bicarbonate of soda  
2 tbsp of milk  
8 oz of dates

2 good handfuls of raisins

#### Method:

Scald dates and raisins in hot water – just enough to cover. Prepare a 2lb loaf tin.

Mix flour and sugar and rub in butter or margarine.

Mash dates and raisins with a fork and then mix with flour, bicarbonate of soda and milk.

Mix well.

Pour into the loaf tin and bake on gas mark 4 for approximately 45 mins. Test to see if it is baked.



### Lighter Lemon Cupcakes

#### Ingredients:

200 grams of self-raising flour  
1 tsp of bicarbonate of soda  
75 grams of golden castor sugar  
100 grams of blueberries  
Zest of one lemon  
2 large eggs  
150 ml of low-fat natural yoghurt  
2 tbsp of semi-skimmed milk  
50 ml of sunflower oil

#### Method:

Mix flour and bicarbonate of soda and add blueberries, sugar and zest of lemon. Beat eggs for two minutes then add yoghurt, milk and oil. Stir in the flour. Mix well and divide into muffin cases. Bake gas mark 6 for 16-18 minutes. Ice if desired.

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## DEFORESTATION DATA



Ecological matters impact on all life on the planet, from the negligible parasites to mankind. Small disturbances in the Earth's delicate balance can indicate particular damage of the environment on which we all depend on for life.

It's getting harder to respond to the perilous situations that we are all facing more and more often. In addition, logging stats require additional research and consideration.

Deforestation data is needed by federal governments, and ecologists need to conduct more studies. More steps also need to be taken if we are to become more environmentally friendly. It requires everybody's efforts!

### WHY FORESTS ARE NEEDED

Deforestation is such an important issue as forests play a vital role in each of our lives.

The natural world is the home of 50-90% of all kinds of flora and animals. Without it, the world cannot go through the different cycles of life.

Undoubtedly, this is the very reason why the natural world needs to stay untouched by human hands. People's work and activities cause disturbances to the natural world and a natural disaster can occur in little or no time at all.

Primarily, the forest is the living source for nearly all the species on the planet. However, it is not just their extinction that we should be afraid of. Research studies show that 25% of the human medicines are derived from natural sources, including remedies for rare illnesses. Our production of carbon dioxide is dealt with by trees which make up our forests. Without them safeguarding us, the world might quickly be completely filled with hazardous gases.

### THE EXTENT AT WHICH DEFORESTATION HAS EATEN INTO THE WORLD'S RESOURCES

Countries with larger populations such as those in Europe have had about 90% of their forests developed into urbanization. Other less developed countries have also gone the same way too. In fact, all over the world, governments have actually allowed logging to the extent that almost 80% of the overall forested areas in the world have been compromised.

The effects differ from nation to nation. Some have had issues with greenhouse gases, soil erosion, limitless floods and other human catastrophes. The rate of catastrophes due to deforestation is now sky high. The need to reverse the situation is acknowledged by most of

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the world's leaders. If things do not change, even humans risk becoming extinct in the near future.

Sadly, logging stats are not always precise. Still, we can however, see from our day to day lives that the world has actually changed in a lot of ways. It would be good if the world could progress without destroying the environment.

While it is preventable and still in a reversible stage, deforestation activities need to be stopped. Let nature get on with its business without humans interfering!

The rate of disasters due to logging is only going to increase. True enough, as I have said, deforestation statistics are not perfectly accurate. However, what is taking place now is something that must be stopped even if it means people must stop profiting from deforestation.

### **LOGGING IN LATIN AMERICA: AFFECTING THE WORLD IN COUNTLESS WAYS**

Latin America is the main culprit of land clearing in the whole world. Forests in Latin America deal with 53% of the released CO<sub>2</sub> in the air. But logging in the area has actually become so prolific that it risks causing environmental problems for us all.

In over a period of 5 years, the world has lost 100 hectares of forested lands, and about half of that was in Latin America. It is a fact that logging has actually provided work for many people, for many years, and it is a difficult problem as many people have also benefited from it.

It could be argued that if things do not change in Latin America, then all of us could face extinction in the not so distant future.

To combat and counter deforestation, Latin American governments have enforced laws which could help stop all these unlawful activities. But it is still a worry how this state of affairs is allowed to continue.

### **FORECASTS FOR LATIN AMERICA**

Recently, Latin America itself has experienced great climatic change, and this could be the result of the cutting down of its forests and the abuse of its land.

Environmentalists and experts all predict that by 2050, the world will be affected in many ways if we do not stop logging and look after the environment better e.g. human diseases will increase and there will be the emergence of new types of illnesses. Also crop disease and destructive bugs will increase in number and there will be more drier spells and scarcity of water – especially in developing countries. The majority of the Earth's glaciers will also melt which could lead to disaster for everyone.

## KEY ISSUES OF DEFORESTATION IN LATIN AMERICA

Latin America is currently coping with all of the following issues: gradual increase in environmental temperature which causes much modification of their environment, tropical forests - particularly those of the Amazon which are experiencing drought and fire occurrences, and there are also shortages of wheat yields caused by drought and other ecological factors.

The accessibility and quality of water which once was so plentiful has changed, seaside areas are profoundly affected by the increase in sea levels and problems still exist even though infrastructure has been implemented to counter them. Upsurges in illness have been reported and lastly, a lot of animals and plants are now threatened with extinction. Immediate procedures need to be implemented to save Latin American forests.

Developmental methods need looking at and decisions need taking which will affect how people can benefit from the land without destroying it. The world might experience more natural disasters if deforestation in Latin America is allowed to continue.

Latin America is responsible for most of the land clearing in the world. What makes the situation even more difficult is that the economies of Latin America countries continue to rely on their natural resources to bring in money.

One thing that we should all be aware of is that if deforestation continues in Latin America, we all face an uncertain future!

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## ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



### Questions:

- (1) Who did Matt le Tissier spend his entire footballing career with?
- (2) When was the Eiffel Tower constructed?
- (3) What is the capital of the Philippines?
- (4) Who was the US President before Barack Obama?
- (5) Who is the current Formula One champion?
- (6) What is the chemical symbol for zinc?
- (7) What is the French word for railway station?
- (8) Which world boxing belt did Frank Bruno once hold?
- (9) What is a broadsheet newspaper?
- (10) South African President F.W. de Klerk was the leader of which party?
- (11) Where did the Christmas tree originate?
- (12) What was the first species of humans called?
- (13) What is mozzarella?
- (14) What represents thirty years of marriage?

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- (15) Who played Oliver Twist in the original film in 1933?
- (16) What is a parapet?
- (17) What is the capital of Massachuttes?
- (18) Who won last year's BBC Sports Personality of the Year?
- (19) What is the capital of Tasmania?
- (20) What is a vegan?

**Answers:**

(1) Southampton (2) 1887 (3) Manila (4) George W. Bush (5) Lewis Hamilton (6) ZN (7) Gare (8) WBC in 1995 (9) A newspaper with a large format, regarded as more serious and less sensational than tabloids (10) National Party (11) Germany in the 16<sup>th</sup> century (12) Homo erectus (13) Italian cheese made for buffalo or cow's milk (14) pearl (15) Dickie Moore (16) a barrier which is an extension of the wall at the edge of a roof, terrace, balcony, walkway or other structure (17) Boston (18) Geraint Thomas (19) Hobart (20) person who does not eat meat or use animal products

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**Editor's final word:** Thank you for taking the time and trouble to read this publication. You can be part of the magazine if you send stuff to: [dean@fthm.org.uk](mailto:dean@fthm.org.uk) or contact us to be interviewed or to advertise. Best wishes, Dean.

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