

FROM THE HORSE'S MOUTH

May 2019. Edition No 53.



Hello. I hope you are well. In this edition there is a wide variety of articles and interviews – in particular, there is a very interesting interview about life in Zimbabwe. I would like this magazine to continue evolving so if you fancy being interviewed or want to submit anything (not sexist, racist or homophobic) to be considered for publication, please contact us at: dean@fthm.org.uk Best wishes, Dean.

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A Note From One of Sponsors Pennine Provisions

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MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

You always want to have your cake and eat it but this month you will find that there is more than a calorific price to pay for your greed. It is a good time to howl at the moon like a demented weir wolf. Some people may think

you have a face like a slapped arse – whatever that means. Why not take up cooking shepherd's pie on a regular basis? Buy a new electric car.

Sagittarius 23 Nov – 21 Dec

A bus driver may be rude to you this week, but do make allowances for him as he may find his work extremely tedious. A trip to Paris would do you the world of good and be a much, deserved treat. It might be worth your while taking your motorcycle test at this time. Someone will really need your help so don't shun them as you were once in the same position.

Capricorn 22 Dec – 20 Jan

This month your partner will realise that you are not really deaf but that you have selective hearing. A person you fancy will start to give you the 'glad' eye but consider their reputation and the consequences of getting involved with them. If you are feeling down and need a lift, tell someone you're much older than you are so that you're pleased when they tell you how young you look.

Aquarius 21 Jan – 19 Feb

A large lady will steal your heart and money – but you will still benefit from the arrangement. A stranger will come into your life and astound you with their kindness - but don't abuse them. You are dwelling too much on the past so take a look at your life now and how it used to be. You have been too hard on yourself recently so now is the time to party!

Pisces 20 Feb – 20 Mar

You may not be impressed by the people who govern you, but don't let them grind you down and spoil your life. It is a good time to buy your partner a new wig whether they need one or not. You are eating too many chips and crisps so do something about your poor diet. A disabled person may impress you with their lust for life and make you re-evaluate yours.

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Aries 21 Mar – 20 Apr

Now you are at a crossroads in your life and must decide whether to leave your partner or continue in a loveless marriage. Why not begin to train to be a train driver. Someone you don't fancy will declare their love for you, so let them down gently – you have been, there haven't you? Consider your humour as some people don't find you funny at all. Stop eating meat.

Taurus 21 Apr – 21 May

You are a very ugly person and now would be the perfect time to apply for a face transplant. Buy yourself a painting-by-numbers kit if you're feeling creative but are limited in that way. If your partner can still bear to look at you, then why not spice up your love life with a bit of role play? It is also time you stopped burying your head in the sand and faced your debts.

Gemini 22 May – 21 Jun

If you are still waking up drunk in a graveyard, then consider quitting alcohol immediately – unless you want to soon be there permanently. A famous person may be very rude to you in the near future, but remember they are under constant scrutiny and fail sometimes. Buy some nice flowers for a loved one to show that you appreciate them. Consider doing some acting.

Cancer 22 Jun – 23 Jul

Just when things seem as if they couldn't get any worse, a former one-night stand may give you some unwelcome news. You may wish you were dead at the moment but remember that everything passes and is of a temporary nature. A family member will really irritate you, but you know that blood is thicker than water and that you may need their help in the future.

Leo 24 Jul – 23 Aug

Your hair looks dreadful at the moment – are you going to audition for the role of a scarecrow? It is a good time to try and quit smoking as all the planets are in your favour. Work may be difficult at the moment but don't give up the ghost as there's plenty of life left in you yet! A single mum's son will annoy you but remember what you've to gain from the situation.

Virgo 24 Aug – 23 Sep

Food is a major problem for you at the moment, so maybe you should seek some specialist advice from a dietician. Why not take up a new hobby and meet some interesting people? Also put your mouth where your money is and do something instead of just talking. Someone will be horrible to you but it is them who has the problem not you. Do something about your terrible appearance.

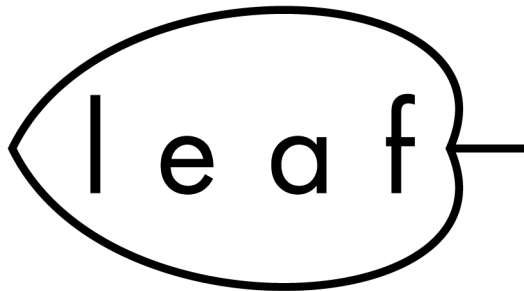
Libra 24 Sep – 23 Oct

This week treat your partner, or good friend, to a slap-up meal to show them how much they mean to you. You may become well-known soon but always remember your roots. Invest in a

decent camera and join a photography class if you're bored. Time seems to be passing quickly so work hard but also remember to be kind to yourself. Book an exotic holiday.

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AIDRIENNE SANDY TALKS ABOUT HER VEGAN SHOP 'LEAF'



Can you tell me a bit about yourself? I'm Aidrienne Sandy. I moved to Yorkshire from a village in Mid Wales called Machynlleth, where I lived for 27 years.

What did you do there? For the last six years I co-ran a vegetarian shop with friends. Prior to that, I worked in another veggie shop for ten years

before it closed down. So, three of us opened up a new shop, in nearby premises, and it was very successful.

So why did you leave Wales? For various reasons, but mainly because of my partner, who lives near Halifax, in Brighouse. Before this we had a long-distance relationship over seven years.

How did you meet your partner? Through work as he used to be a delivery driver for a local company called Suma. I moved up to Yorkshire once my kids were all grown up.

Are you originally from Wales? No. I'm originally from Essex.

How did you come to be living in Wales? After I'd had my first child at 20 and my partner at the time had been made redundant, we decided to move in with friends who were renting a 4-bedroomed house there. I stayed in Wales for 27 years, so I must have liked it!

How do you make a living now? I've opened up a new shop in the Piece Hall, in Halifax. It's one hundred percent vegan.

Why did you want to open a vegan shop? Well I turned veggie when I was 15 and now, I've been vegan for 5 years. So, I thought if I was going to start a business on my own, it would have to be vegan because that's what I believe in.

Why are you vegan? Essentially from an animal welfare point but these days environmental concerns come into it too. I am happy being vegan and feel healthy.

What do you sell in your shop? Frozen foods, chilled items – lots of vegan cheeses and treats like vegan sweets and chocolate. In addition, we also sell bulk-packaging free dry foods, gifts, dog treats, hot drinks and hot pasties in the middle of the day. We also have a range of personal care items like soaps and bamboo toothbrushes.

How do bamboo toothbrushes differ from ordinary toothbrushes? Standard toothbrushes are all plastic, but the handles of the bamboo ones, once the nylon bristles are removed, can be composted. It's one small way of reducing the amount of plastic we use. Similarly, we sell

eco cleaning products which are kinder to the environment and don't contain any chemicals. I also do refills at the request of customers, and this reduces the amount of plastic waste.

Do you think you have to be quite well off to follow this lifestyle? Possibly, it's a tricky one, as small independent shops are never going to be able to compete with supermarkets on prices. There are ways to do it on a budget.

Would you say your customers are quite middle-class? I really don't know. What I have really loved about being here so far is the diversity of people who have come into the shop.

What are your hopes for the shop, are you hoping to expand the business? No. I don't have any plans for expansion.

Is it hard working for yourself? It can be really hard. I'm working seven days a week at the moment. It's very difficult to start something from scratch without an existing client base.

Why is the shop called 'Leaf'? My partner's daughter came up with the name and I like its natural connotations and that it's simple.

When do you open? Monday to Friday 10 – 5. Saturday 10 – 6. Sunday 11 – 4.

If people want to know more about your shop, how can they contact you?

Tel: 01422 414453

leafhx@yahoo.com

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Do you like the regenerated Piece Hall? Yes. But I think it could do with more greenery.

What are your personal hopes for the future? For the business to be successful and to be healthy.

Do you want to live a long time? Yes. If I'm healthy.

Are your ethics linked to a belief system? No. I don't follow any religion, I just have faith in nature. I believe in being a good person and looking after the planet.

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RAISING CHILDREN, THE GREEN WAY



Vegans exclude animal products from their lifestyle. This is easy enough for committed, older vegans, but how do you raise a kid with no milk, ice cream, sweets, or chocolate? In today's, animal and mainly meat-dependent world, it is certainly a challenge for vegan parents to raise their children in a vegan way. Fortunately, there is now an abundance of

information available about vegan fashion, vegan shoes, vegan dishes, vegan lifestyle, and veganism. All that vegan mums and dads need now are a determination and an imagination to motivate their kids to follow the vegan way of life.

A major obstacle vegans face is how to feed their children. There is a great deal of vegan food available today. Vegan dishes are not just salads; they extend to casseroles, baked dishes, and even desserts. Vegan ice smoothies, sweets, and creams are now also on the market. These items taste as good as conventional dairy products but without the abuse of animals.

Kids raised on a vegan diet will not feel any different from non-vegan kids. An effective method is to include substitutes for popular kid treats so vegan kids will not feel as if they are missing out. Vegan dieticians advise using tomato sauce with meat substitutes to replace common meat sauces. There is a wide range of soya cheeses and flavoured soya milk drinks that are completely vegan without compromising the taste. Fruit juices and waffles are arguably the most appreciated treats.

Meat substitutes are available for pork, poultry, beef and fish. Also, vegan kids will not miss out on the delights of processed food and will be acne-free and much healthier as a result. "Junk" foods like popcorn, baked potato and vegetable chips, sweetened dried fruits, raisins, and fruit chips are popular choices. Drinks like fruit healthy smoothies and fruit juices are delightfully wicked and readily available.

Vegan teens are easier to cope with when they're vegans. There is of course, fashion to consider: that fashionable leather jacket, the fur headscarf, or the chic leather boots everybody is talking about. Some teenagers think they should have them. If they're truly up to wearing dead animal skins on their body then buy them some alternative excellent vegan-style items, and also talk to them about the different options that are now available.

There are shops that offer solely vegan clothing. Vegan online shops also have comprehensive and trendy, economical options for things like vegan shoes, vegan clothing, vegan coats, and even vegan accessories. Vegan cosmetics are also available and they have been shown to be much better than the ones that are animal-tested and made with animal oils. Slim and healthy vegan bodies are worthy of fashionable, stunning. vegan clothing.

A vegan family support system can provide the necessary education and information about animal rights and animal abuse. Understanding the vegan way of life makes handling and raising vegan kids easier. When they understand and are informed, kids are surprisingly easy to deal with. They can however, make their own choices - but usually they choose the vegan path!

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TAROT

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BRENDA'S WILDLIFE CORNER



Otters

The gestation period of the otter is about 60 to 86 days. The new born pup is cared for by the female of the species and their home is built under tree roots or a rocky cairn which is common in Scotland and is lined with moss and grass.

After one month, the pup can leave the holt and is able to swim after two months. The otter pup lives with its family for up to one year.

Otters can live up to 16 years and are very playful and frolic in the water with their pups. They feed on fish, and further downstream, on eels and even frogs and birds. They have long slim bodies and shorts limbs.

To be contd.

Ref. Wikipedia

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HOW THE OTHER HALF LIVE

By **Robert A Williams**

I was brought up in my formative years within West Sussex, down South, first on the Coast and then in Chichester. My parents still live in Chichester, though like many places it has become increasingly gentrified over the past few decades. Chichester has never been a poor place and was originally a large affluent Roman Town with good Trade links, there is a canal that runs down to the sea that was capable of carrying 100 Ton Ships, an inland estuary that is sheltered from the weather and navigable; and a great deal of very affluent folk and a lot of old money.

My mum and Dad like going to a pub for lunch called the Horse and Groom at East Ashling. East Ashling is a small and rather wealthy village and not a million miles away from Goodwood. We went there the other day for lunch, sadly their vegetarian selection is extremely wanting and I inevitably end up having an omelette, which is good, but a tenner for an omelette is a tad expensive in my opinion. You can read more about the Horse and Groom on TripAdvisor if you ever choose, it is a very old Pub, built around 1750, I think. Read more about the Horse and Groom here <https://ra-w.uk/2T46ltD>

Whilst we are having lunch there was a table of four elderly folk, maybe in their seventies, two men and two ladies and they are chatting quite loudly with extremely posh accents, the plum in mouth type scenario and the sort of people that, by the sound of their voices, seem to think they are the only ones that are present in a space.

Overhearing part of this conversation it goes something like this,
Person A “Oh we had a great time in Australia, we saw so many sights, it was fantastic”
Person B “The only thing left on my bucket list now is having a bacon sandwich (pronounced saaaandwich) from a van by the side of the road. I have never visited one of those”
Person A “Oh, how exciting, I have never been to one of those vans either”
Person B” Oh I expect it will be so delicious!”

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LETTERS PAGE



Dear Editor

I now there have been other letters on the subject of free bus passes but I want to add my opinion.

I agree with those who say that wealthy people should not have free bus passes as they can easily afford to pay for their bus journeys.

Also, I think it is ridiculous that wealthy people still get the Winter Fuel Allowance as they clearly don't need it and this money could be better spent.

Sara Wilkinson, Leeds

Dear Editor

I think it is wrong that sportswomen should demand to be paid as much as sportsmen when they do not play for as long e.g. tennis. I also think women are inferior in sports like football and therefore should not be rewarded in the same way. In addition, I believe women will be justified to receive equal pay only when they bring in the same sort of revenues as men.

Annette Duval, Leicester

Dear Editor

Breast feeding is the most natural thing in the world and should be allowed wherever a woman needs to do it. It is not disgusting and far more natural than milk formulas. We should all try and lead a more natural life.

Yasmin Yates, Blackburn

Dear Editor

As I get older, I realise more and more how material wealth can only bring temporary happiness. It seems to me that things like love, relationships and quality of life are much more important than having a lot of money and/or possessions.

Trevor Burns, Glasgow

Dear Editor

The whole Honours System in the UK should be abandoned as it favours the rich and privileged with prestigious awards that are arguably superfluous. Also, we should vote to get rid of the Royal Family who are nothing more than parasites and who serve no real purpose except in the subjugation of the masses.

Malcom Turner, Hereford

Dear Editor

Recently, I was a passenger in a taxi when the driver did not use his meter and charged me more for my usual journey. Is this legal?

Libby Green, London

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DAZE OF MY LIFE (Part 10)

Written by Bill Pearce



Phil Pearce – Test Pilot

Rawson Wood ran from the back of Newlands Avenue and ended at a field we called the Delph. At some point in its history there had been a stone quarry there. The field rose steeply and was a magnet for children in the fifties. It was used for sledging in winter, and bogeying when it was fine.

Some of the bogeys were held together with sticky tape and string and not much else. They seemed to defy the laws of gravity. We were trying to emulate the feats of the speed merchants of the day. Names like Fangio, Sterling Moss and Jack Brabham, brought to life in our imaginations by Peter Dimmock of BBC television. Making the bogeys was as much fun as riding on them, and called for a high calibre of team work.

Step up then, the Pearce / Clarke gang!

On this occasion, we also brought in Kevin Hutchybum as technical advisor.

Old wheels from any conveyance were quickly seized upon and it paid to keep a lookout for the dustbin wagon when it came around. Some people left it to the last minute to put out their rubbish. Two big wheels at the back and small ones at the front was the usual design, but it depended to a large extent on what wheels were available.

With what pieces of wood, we could find, our vehicle was progressing nicely. We were helped by the find of an assortment of screws and nails in our Dad's shed. We found a strong cardboard box and cut one side off, which was attached to the bogey and passed for a reasonable cab. Lastly, a piece of string was attached to the front axle to allow for steering. Kevin assured us that the construction was sound and thus our vehicle was complete. I don't remember any of the bogeys having brakes, so you needed strong feet and quick reactions.

One Saturday afternoon, the five proud constructors dragged their vehicle to the Delph, accompanied by admiring glances. There were several other crews with their vehicles already on there. All we had to do was decide who would be the pilot for the initial test drive. After much discussion, it was decided that the honour would go to our Phil, chiefly because Kelvin and Pip didn't have much experience, and I had fallen off our previous vehicle when the steering locked. Kevin had only an advisory role, and anyway, he hadn't finished sucking his Oxo cube.

There was a dry-stone wall at the bottom of the run with the woodland behind it. Phil's instructions were to get up as much speed as possible and then turn sharply to his right with twenty yards to go. This would allow him to 'coast' to a gentle stop. We gave him a push start and off he went.

"Go, Phil! Go!", we shouted, as he gathered speed.

Oh no! Oh shit!

"Turn, Phil! Turn!", we yelled, as he neared the wall at an incredible speed.

At that very moment, our Phil disappeared!

He had hit the wall full on and the momentum carried him over the wall and into Rawson Wood. The wheels had literally come off our project, and one of them even joined our Phil in the wood.

The four of us ran down the field in search of our test pilot. As we neared the bottom, Phil's head appeared over the top of the wall. In one hand was a wheel. He looked a bit dazed and had suffered a few scratches. We asked him why he hadn't turned. He said he tried, but nothing happened.

Sod! Bugger! Damn!

Dejectedly, we threw the remnants of our bogey into the wood, and decided we might have more luck building a sledge.

There was obviously a design flaw, and we would be better leaving it to others.

Or, should we just replace the bloody useless driver?

The ginger beer plant

The council houses of the fifties only had basic kitchens, and none of the fitted units we see today. We had a Belfast sink and mom had fitted a curtain round the front of it. You would then usually have a larder and a kitchen cabinet of some sort.

What fascinated me and our Phil, was the mysterious bubbling thing she kept in a bucket under the sink. We would pull the curtain back and stand there, transfixed.

What could it be?

We were told it was a ginger beer plant, which seemed ridiculous, as there were no leaves! It consisted of brewer's yeast, sugar, ginger, lemon and other ingredients. The end result was a refreshing, tasty drink at a fraction of the cost it would have been in the shops.

Another thing that we couldn't understand, was the fact that Mom would break the bubbling, soggy lump in half and drop one half in a neighbour's bucket, who was then told they would have to 'feed' it themselves.

Whatever the science behind it, we children were very happy to drink it!

Heavy petting!

In the summer of 1958, our John was fourteen, and was interested in animals. Along with Nobby Hibbert, he had a hen pen on the corner of Butterworth Lane, between Sowerby and Triangle. There, they kept chickens and made a few shillings selling the eggs. They also had a nomadic goat, which escaped at every opportunity. John and Nobby were often to be seen in nearby fields searching for the damned thing.

Once, they got an urgent message about the horned nuisance. It had escaped and settled itself on a nearby cottage roof and couldn't be coaxed down. John and Nobby went to see their goat in this strange position. John climbed on to the roof and carefully passed the errant animal down to Nobby's waiting arms.

Shortly after that, the goat was got rid of. It was a mistake, anyway – they thought it was a Nanny and were going to breed and milk it. The milk would be turned into goat's cheese and sold at a vast profit!

It turned out to be a Billy, and their plans were dashed!

John also had some domestic pets back home at The Newlands. In a four-day period, he also lost two of those – 'lost', as in 'dead'!

First off, he wanted to clean out his hamster cage and asked our Loll, aged six, if she would like to assist him. Loll was eager, and agreed straight away. John removed the furry creature from its home and gave it to sister dear to hold.

“Don't let it escape!” he told her.

He set about cleaning the cage and changing the bedding.

When the cleaning process was complete, he turned around to retrieve the animal from his sister. The sight that met him was straight out of a horror film. He had told Loll to hold it tightly so it wouldn't escape. She had taken him literally. She squeezed the hamster so hard that she had forced its innards out of its mouth and the poor creature was dead, and subsequently buried in the back garden.

Loll was never again asked to help with any of our pets!

John's next bit of bad luck involved one of his favourite creatures, the grass snake. I seem to remember he had three of these, and he liked to make girls and young children scream as he held one of the snakes to their faces.

One day, he showed off a little too much. He hung one of the grass snakes over a nail on our garden shed doorway. He turned around to see if anyone was impressed. At that precise moment, the wind blew and the shed door slammed shut.

The snake's head was crushed and the poor thing was dead!

Another improvised funeral took place, and the snake was buried not too far from the hamster.

So, this is romance?

As an adult, I'm well aware of the term 'school boy crush', but back in the fifties I was as naïve as everyone else. In many ways, it was a time of innocence.

I was ten years old when cupid fired his first arrow at me. My mother had a friend called Joan Holroyd, who had two daughters – Ruth, the younger one and Sandra, who was in the same form as me at primary school.

One day, I decided it would do my reputation a lot of good if I had a girlfriend. At morning play time, I walked up to Sandra and asked her if she would like to be my girlfriend. To my surprise, she agreed. So began my first romance!

For the next few days, she would stand by me as I displayed my prowess at marbles. When we played 'tig', I would always chase her, and I stood watching as she was skipping. After school, I would push her on the swings and let her have a go with my catapult. Things were going well and we soon celebrated our 'one week' anniversary.

On the tenth day, my world fell apart!

Sandra approached me and said she was sending me a 'finishing' letter. There was worse to come. She informed me she would be going out with Geoffrey Thorpe. Not only was he a class mate, but he was from Beechwood!

How could she?

Oh, the shame, the humiliation!

Not long after that, I turned my attention to another girl, Cathy Geraghty, who lived across the road from our house. She was a dark-haired beauty who went to a Catholic school. This time I had a plan that would make her fall for me.

When my parents were out, I put a bit of lard from Mother's chip pan on to my hands, and rubbed it into my hair. Then, borrowing my Dad's comb, I styled my hair into a parting. I was now irresistible – or so I thought! I went and stood outside Cathy's house, whilst pretending to look the other way. I kept changing my position, offering her different angles of looking at me and my 'new' hair style. I was sure she wouldn't be able to resist.

When she eventually came out to play, I walked up to her.

"Cathy, would you like to be my girlfriend?"

"You must be joking! Who would want to go out with you?"

Crestfallen, I walked back across the road, head bowed, and went to my bedroom. But that wasn't the end of it. There was still more trouble to come!

My Dad came home and called me downstairs.

"Have you been using my comb?" he asked, laughing. "Come in here, Mother! See what Billy looks like when he's in love!"

It wasn't funny and I started to leave the room.

“Before you go, take my comb to that sink and wash all that bloody fat out of it!”.

Begrudgingly, I did, and returned, desolate, to my room.

If this is romance, I thought, you can bloody forget it!

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SARAHJOY LEITCH TALKS ABOUT HER EXPERIENCES OF ZIMBABWE



Sarahjoy, can you tell me a bit about yourself? I'm 48. I still teach and started teaching music but now teach English in state secondary schools. The last job I had was a couple of years ago at Todmorden High School where I taught years 7,8 and 9.

Before this, I lived in Oxford for about 15 years and came up north in 2008 to do a Masters Degree at Bradford University. Before that, I had spent two years in Ethiopia doing VSO training teachers. When I returned to England, I decided to study African politics. I moved to Hebden Bridge in 2011.

Why did you move to Hebden Bridge? Friends of mine told me I would like it. I live on a boat so I am always limited in where I can live.

What's it like living on a boat? I really like it and have done it for 26 years. A lot of women live alone on a boat. I've travelled all round England in it. When you travel around you meet a lot of women on their own.

Is it true that you're now doing a PHD? Yes. My Master's dissertation was about democracy in Zimbabwe in the period when they had a Government of National Unity just after 2008 when there was an economic meltdown and hyperinflation. I am interested in Zimbabwe as my mother were from there – my mother came to England in the 60s to go to university. I used to go there when I was a child. So, I'm very familiar with the country.

So, what are you studying now? My core study is looking at the land that has been taken off the white farmers and to see if the traditional chiefs have any power over distributing it to the local population. In Africa, in general, rural and urban areas are governed in very different ways with the cities having western institutions like the British Legal System. The British basically took our system, and imposed it on the country when the cities were built, about 120 years ago. They ran it like a part of Britain.

The rural areas were still run in a traditional way when it was a colony, and they negotiated the law in the countryside through traditional chiefs. Law in the countryside was different and each chieftaincy had its own way of governance.

What I'm looking at it is how the chiefs now manage the land that has been taken off the white farmers.

Do you visit Zimbabwe often? Yes. I go there every couple of years for a few months. I went there last year for six months from April to October. But because I didn't get the necessary visa, I didn't get some of the crucial work done that I wanted to. At this time, I could have changed the direction of my studies but realised that my area of study was much, much, more interesting than I had imagined. I realised there is a battle going on between the chiefs and the government to control the land.

When I was there last time it was just after the coup where Mugabe had been deposed. It was a really interesting time to be there because there was a very positive atmosphere and people were far more open than I had experienced before. Under Mugabe people were scared to talk about politics so it was difficult to get information. When I first arrived last year, about a year ago now, politics was being discussed openly on the streets and even the street vendors would talk to me about the upcoming election and their political views. There were meetings held to meet the candidates which I was able to go to and I saw people openly challenging their MP, which would have been impossible in the past. I was amazed at the change in the atmosphere. Of course, all that changed after the violent crackdown after the election. There was a

massive sense of disappointment when it came out that the government had cheated and they reacted in the way that they did.

It was a difficult time to be there. In the 2000s there was hyperinflation and life got very difficult. Money was worthless - they had the largest denomination of note ever printed in any country, a hundred trillion dollar note. But it was worthless before it was released. People got money in blocks of notes, called 'bricks', and never split them. They used them as door stops and things. If you went to a restaurant you went to pay your bill in a cardboard box so you could fit all the money in. There are still notices up in bars telling people not to use the local currency as toilet paper as it blocks the system. When things get that bad it turns into a barter economy. When you get paid you have to spend the money as soon as possible because a few hours later it will be worth half as much so you run to the nearest shop and buy whatever is there. Then you go and barter with your neighbours for food. You might end up with all the bleach or all the mosquito coils and then you have to find someone with food to swap who wants bleach or mosquito coils. One person from each household just spent all day looking for food - they were called the 'forager'. It meant that a fifth of the workforce was continuously out looking for food and production went right down. They only stopped hyperinflation when they abandoned the Zimbabwe dollar and started using the US dollar instead.

When I was out last year there was a shortage of dollars and the government had introduced bond notes - like an IOU from the government. They were meant to be worth the same as the US dollar but people didn't trust it at all and saw it as introducing the local currency again by the back door. The government needed US dollars for the election campaign so they started this illegal money changing scheme where they would buy dollars on the black market for more bond notes than they were worth. They also have this phone currency thing going on where you can get a mini bank account on your phone and pay for things using this phone account. It's actually really good - you call a number and plug in the number of the phone you want to transfer money to. It's really easy and a lot of transactions in shops are done this way. They call it Eco cash and the government decided that if you had US dollars the rate, they would buy them from you was more in Eco cash than in bond notes. So, they had this triple currency thing going on where you could change dollars for bond notes or Eco cash at different rates on the streets. There were a lot of these illegal money changers in certain places and you could go and change your dollars there. The rate was fairly steady for a long time - about 150%. If you had \$100 you could change it for \$130 in bond notes or \$150 in Eco cash. Then after the election when other countries pulled out of agreements to give the government money because of the cheating and violence, the illegal exchange rate started going up and up and by the time I left it was about 700%. That caused inflation and people started panic buying because they got worried about it all going back to 2008 where there wasn't any food in the shops. Just living there was difficult. Getting money was difficult - I had to get it through Western Union as there is no money in the banks. A friend of mine queued for 8 hours to get money from his bank and then they gave him \$20 in 5 cent pieces. Once I got money, I had to find someone to change it to bond notes or Eco cash for me. Sometimes I would get in a car with a stranger from the street to change \$1000 and drive to someone else who could change that amount. Fortunately, Zimbabwe is so friendly that I never felt worried that I would be robbed. People get the wrong impression - they think that

because there is government violence it is a violent country but actually the crime rate there is much lower than it is here and people are really lovely.

But getting money would take all day. And petrol was in short supply and I had to queue for it - usually about two hours but by the end of my stay it was more like four hours and then they would only give you 20 litres. If I had to drive to Harare, the capital, I would have to queue four hours, and then join the end of the queue again to get another 20 litres. So that would be another day just to get a full tank of petrol. I was always very conscious of how much petrol I was using and cycled as much as possible.

Just before I left the government announced that the money in bank accounts was no longer in US dollars and wasn't worth anything. Everyone lost everything literally overnight. And then they put the cost of petrol up so now it is the most expensive petrol in the world. The cost of food has gone up 350% - I don't know how people live in conditions like that.

Do you think the black farmers know how to manage the land as well as the white farmers did? They manage it in a different way. The white people managed it on a very large scale and a lot of the money was held in foreign bank accounts. Now people are farming on a very small scale and it's all much more local. They are trying to build up local markets although some big transnationals are buying from the small-scale farmers. The tobacco companies buy from these small-scale farmers but they exploit them in horrible ways. They pay a pittance for the tobacco and they make the farmers wait up to three weeks for the money. The farmers have to take their tobacco to the tobacco auction floors in the capital when it is harvested and it is weighed and sold. The companies pay them a pittance and the farmers then sleep on the streets while they are waiting for the money. Often, they have had to hire a truck with other farmers from their area and they have to pay for that. Then they are finally given two or three hundred dollars for their whole years' crop and they have to survive another year on that and buy more seeds and pay for fertilizer out of that too. It is one way that these big multinationals are exploiting the peasantry from the developing world. The multinationals then process the tobacco and sell cigarettes at a huge profit and their shareholders get rich.

Is it true that Zimbabwe mines a lot of diamonds? Yes. In 2006 they found some of the largest diamond fields in the world. But it is the government and their friends who have benefitted from this – not white people as some may think. They reckon that \$13 billion in diamond money has disappeared into the coffers of the ministers.

Where do you get your information from? I know a lot of it from family and being out there and I get information from people who are involved with the country. I also read newspapers coming out of Zimbabwe and as they all have a different bias, I read between the lines to get to the truth.

What do you think of Mugabe? Initially, he was quite good in the 1980s when he put a lot of money into developing the state education and health service. It's true to say that he started off with a lot of good intentions although at the same time, he ensured he built up his own personal empire from which he knew he was going to make a lot of money.

He also permitted genocide to happen when 20,000 of opposition supporters were murdered when he had a massive clamp down on opposition supporters just after independence. He

annexed off part of the country and there was a systematic campaign to intimidate the opposition until they finally gave in and the two parties were merged. Although in reality the opposition was subsumed into ZANU-PF. That is the part of the country that my research is in. It's interesting because of that time - the ruling party is mistrusted there and they think that the farms are being given out to different ethnic groups in order to dilute the area. I don't know if that is happening or not - it's one of the things I am investigating.

What are your interests when you are not studying? As a part-time student you don't get much spare time! I used to play the violin and would like to do that again. In the past, I have been a triathlete too but again that takes a lot of time that I don't have at the moment.

Is doing a PHD much harder than studying for other degrees? Yes. It's more concentrated and you have to design your own project. Every PHD is different and there's no formula to follow. It can be quite challenging like not having any financial assistance. Also, as I study in Leeds and am based in Hebden Bridge, it can be quite a lonely experience - this is why I recently started a PHD group here to support each other.

Do you get any support from the university? I go and see my two supervisors once a month but you only get academic support. I'm paying for it myself and it's turning out to be a lot more expensive than I had thought because I have to go back for a second time. I've spent all my money now and am having to rely on loans for the next research trip. The most common reason for giving up a PhD is a lack of money and I can see why now. There are too many unexpected things to deal with when you are a mature student - life just gets in the way a lot.

What do you hope to achieve my doing a PHD? I would like to produce a big document which will be read by other academics. By doing a PHD, you end up being an expert in a very narrow field. My study has evolved a lot and I now appreciate the different sides of the argument.

What are your general hopes for the future? I would love to see their economy being built up again and more investment going into the farms. The problem is that the British government won't fund anything to do with land reform and I would like to see that change. In addition, they are refusing to fund any school or hospital built on reform land. The land reform has happened now and there is no point in trying to reverse it, I don't think that would be possible. There is a lot of potential in the small-scale farms though and I think that more should be made of them now. I think the British government should try and build up Zimbabwe as they owe it a lot. They got a lot from the country before independence and now they have just dropped it like a hot brick. They will only help it if the government does what they want. In the 1990s the IMF stepped in to a lot of African countries and lent them money in a time of crisis which was caused by the rise in the price of oil on the international market. The IMF then insisted that these countries impose austerity on their populations to get these loans and the results were devastating for the African economies, including Zimbabwe.

Mugabe built up the welfare system in the 1980s - by 1990 Zimbabwe had the best education and health systems in Africa - but in the 90s it was destroyed by the IMF imposing these outrageous conditions on the country. By the end of the 90s the IMF conditions had caused massive unemployment and poverty and that's why the people responded by taking the land. They weren't being paid enough to survive and that was their fallback. I would like to see it

supported by the international community but it's basically an attempt to break out of the neoliberal system so the international community won't support it because it doesn't benefit them.

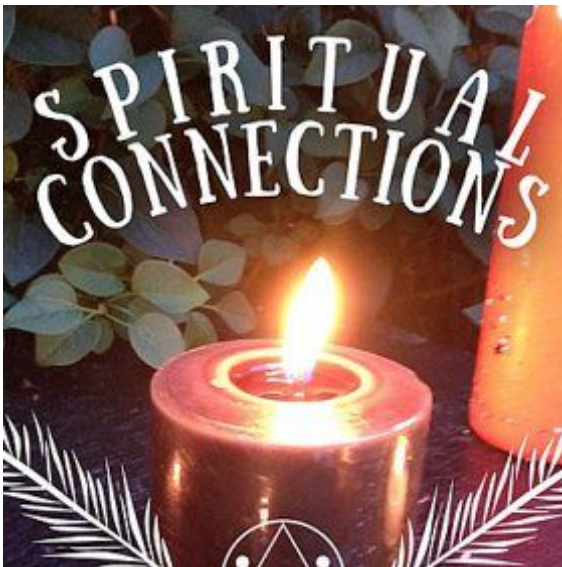
One problem is that the international community won't lend Zimbabwe any money because of the cheating in the last election, but as usual, it is ordinary people who are suffering. Food and petrol are very expensive so living there is very difficult.

Are you hopeful for the future of Zimbabwe? Sometimes I am, sometimes I'm not.

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Discover more about the hostmaster / webmaster and all round Internet Guru of From The Horse's Mouth & many other websites by visiting robertawilliams.net

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Discover Spiritual Connections Shop in Todmorden. Located on Water Street, Spiritual Connections is a place where you can chill and have a chat with the owners plus buy lots of interesting products, from incense to handmade Witch Dolls. Also you can get the most amazing Tarot Reading from Barry, you need to Book First. Get in Touch: [Spiritual Connections on Facebook](#)
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AIR POLLUTION – Which Purification System?



Wherever you go today, you will be faced with constant pollution; not just from the air, but also from water and sound. Let us concentrate on the basic causes of air pollution.

There are practically as many kinds of air pollution as there are solutions. No matter what kind of air purification system you're looking for, you must be aware that there is no one product on the market today that can solve every problem.

To find which type of air purification system is the most appropriate for you, you need to understand what kind of air contamination exists.

Radon Gas Pollution: Radon is a completely odour-free, tasteless and colourless gas, and is the heaviest of all known gasses. It is caused by the radioactive breakdown of uranium inside the Earth. When radon is cooled below freezing, it turns a brilliant phosphorescent shade of yellow, which turns orange-red as it gets colder. Radon is also the second highest cause of lung cancer as smoking also exacerbates the impact of radon. Radon is found all around us, in our houses, our yards etc.

Advised Solution: The best way to deal with this form of contamination is to test your home (a basic test is readily available at the majority of hardware shops) and after that to seal all cracks and openings in your home's foundation. You may need to use a certified specialist to install a ventilation system inside your home if the problem persists.

Chemical fumes: This type of pollution comes from chemicals like benzene and formaldehyde, the chemical fumes that are constantly leaking from carpets, upholstery, furniture, draperies, home cleansing items, beauty products such as nail polish, cleaners, etc. They also come from pipe and cigarette smoke and construction, etc.

Recommended Solution: Currently the best solution on the market for this kind of problem are items that produce catalytic oxidation.

Microbial Causing Pollution: Microbials like to live in warm, wet places, or under your carpet, in your walls and in heating and air conditioning ducts.

Suggested Solution: Currently the best products on the market for this kind of pollution are those that produce oxidation, which eliminate microbials.

Smell Causing Pollution: Smell comes from various places - food, animals, human bodies, cigarettes, pipe smoke, sports shoes, clothes and devices, and so on.

Suggested Solution: Currently, the best products on the market for this type of pollution are odour sponges, ozone and oxidation.

Particulate Causing Pollution: Particulates are those little floating things you see when the sun comes shining in through your windows, and include dust, dust mites, allergen faeces, family pet dander, skin flakes (what allergen eat), pollen, smoke particles and irritants.

Recommended Solution: Currently the best way to deal with this problem is to buy products that infiltrate and contain negative ions.

With this basic understanding about air pollution you are now in better position to decide which air purification system is going to be best for you. The choice is yours!

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Did you know that as well as hosting websites, advising small business on web presence and many other internet related activities, [Robert A Williams](#) is also an accomplished [Tarot Reader](#) ??

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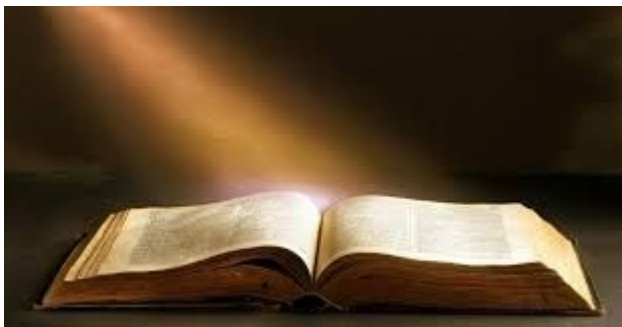
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Read more about A Course In Miracles [in this post](#)

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BIBLE STUDY

Sent in by Peter Smith



Jesus said to him, 'You shall love the Lord your God with all your heart, with all your soul, and with all your mind'. This is the first and great commandment. And the second is like it: 'You shall love your neighbour as yourself'. On these two commandments hang all the Law and the Prophets.

Matthew 22:37-40 (NKJV)

('Neighbour' means a person near to you).

An entire Christian life flows from these few verses. Worshipping God shows our love for him. Violence hurts those close to us, so we reject it. And so on.

Now, Jesus never mentioned homosexuality (or abortion!), and a loving gay relationship hurts no-one. So, Paul should not have lumped homosexuality with wrongs that hurt others (e.g. in 1 Cor 6:9,10).

Anyone tempted to criticise what loving people do in private would do well to ponder something that Jesus did say: 'Judge not, that you be not judged' (Matt 7:1)

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I LOVES ME

Written by [Mandi Solk](#)

I, the Presence of God, loves me
'I' this Presence loves what it sees
At last I AM free
I can let myself BE
All's good, because 'I' love me
I feel the Presence of Love's embrace
As I - God, looks upon my innocent face
Yes innocent! Pure and so cute
As it's only God-consciousness which I constitute
This is who I actually AM
Not a guilty, offending woman or man
I let go of all self-condemnation
And deeply feel God's appreciation
And more besides - His adoration
Right here is 'I' - loving its own beloved creation
I am Sprit's eternal song
Untouched by anything I think I've done wrong
Everything I've done or said
Whatever it is, I just put it to bed
It's only when I've listened to my mortal mind
That I've ever lied, cheated or been unkind
All the things for which I've self-blamed
In my real God-Self are not contained
There is no sin in this One, a pure goodness reservoir
I AM the dazzling Light - as a pristine shining star
Utterly untouched by the contents of my mind
Forever at peace when I am aligned
Every single moment is power supreme
When I break free of my mental stream
Every single moment offers a brand-new chance
Whatever the situation or circumstance

Just imagine! How generous Love is - how forgiving
When I choose awareness over thinking and access the living
Perfect aliveness - that is this happy child
No matter what history my memory's compiled
No matter what I've done or am doing
I stop - relax - cease thoughts accruing
And rest as the Self which awareness pervades
Letting awareness shine through the me that's displayed
I, the Presence of God, loves me
'I' - this Presence - *loves* what it sees
At last I AM free
I can let myself BE
All's good, because 'I' love me
I feel the Presence of Love's embrace
As I - God, look upon my innocent face
Yes innocent! Pure and so cute
As it's only God-consciousness which I constitute



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[Aegis Martial Arts](#)

Aegis Martial Arts

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

Aegis have branches all over the North of England with one in Hebden Bridge as well as 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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ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH

Questions:

- (1) Where is Gretna Green located in the UK?



- (2) What is the French word for stadium?
- (3) Who played the main male role in 'Saturday Night Fever'?
- (4) Who were the original members of the group 'Take That'?
- (5) What is the German word Spulmaschine in English?
- (6) What were the first names of Abbot and Costello?
- (7) What is the capital of the state of Texas?
- (8) What was Katie Price first famous for?
- (9) Where did Samurai warriors come from?
- (10) Who produces the perfume 'Daisy'?
- (11) How many days are there in a leap year?
- (12) Which company makes the chocolate bar 'Yorkie'?
- (13) What nationality is the former footballer Lucas Radebe?
- (14) The Amazon river flows through which countries?
- (15) What are the ingredients of the cocktail 'sex on the beach'?
- (16) Where are the headquarters of NASA located?
- (17) Who has won the World Footballer of the Year award the most times?
- (18) What is a pom pom?
- (19) Who wrote the play 'Othello'?
- (20) Who was the first Doctor Who?

Answers:

(1) The southern county of Dumfries and Galloway, Scotland (2) Stade (3) John Travolta (4) Gary Barlow, Jason Orange, Robbie Williams, Howard Donald and Mark Owen (5) Dishwasher (6) William Alexander Abbot and Louis Francis Costello (7) Austin (8) As a glamour model (9) Japan (10) Marc Jacobs (11) 366 (12) Nestle – originally Rowntree's of York (13) South African (14) Peru, Bolivia, Venezuela, Colombia, Ecuador and Brazil (15) Vodka, Orange Juice, Cranberry Juice and Peach Schnapps (16) Washington, D.C., United States (17) Cristiano Ronaldo and Lionel Messi – both five times (18) A small woollen ball attached to a garment, especially a hat, for decoration (19) William Shakespeare (20) William Hartnell

Editor's Final Word: Thank you for taking the time and the trouble to read this publication. If you want to contact us about advertising, being interviewed and/or submitting content then please do so at: dean@fthm.org.uk Dean, Robert and Brenda.

If you haven't yet read the massive landmark Fiftieth Edition of From The Horse's Mouth yet, please [click here](#)