

FROM THE HORSE'S MOUTH – July 2019, Edition No 55.



Hello. I hope you are okay and not suffering in any way. The magazine continues to evolve but it is a challenge each month to bring new and interesting things to the table so any input from you would be most welcome. If you want to enquire about advertising or put something forward to be considered for publication – that is not racist, sexist or homophobic – please contact us at: dean@fthm.org.uk We look forward to hearing from you!

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MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

You have been through a very rough patch recently dominated by self-doubt, so take it easy and be kind to yourself – everything will be okay in the long run. A nice,

young, Vietnamese man will impress you with his command of English and his charm. Now is the time to show appreciation of your parents who only ever want what they perceive to be the best for you.

Sagittarius 23 Nov – 21 Dec

You must stop being a joker and be more serious about your life. A younger person will show interest in you and make you wonder if there is no fool like an old fool. You have very few ideas at the moment, but don't worry, as you will soon be back to your creative best. Try and be more diplomatic as some people are easily offended. Keep your naughty dreams to yourself.

Capricorn 22 Dec – 20 Jan

A woman in a red top will start your pulse racing and make you question what you really want out of life. You have the Midas touch this month but be careful as too much of a good thing is a bad thing. Do stop judging people who are only trying to do their best in life. Why not start using proper shampoo instead of the cheap washing up liquid you like to use. Don't be so mean.

Aquarius 21 Jan – 19 Feb

You really need to get a filter and think about what you say to those around you. You may feel carefree at the moment, but be careful as every action has a consequence. It is not a good time to open a shop in town as the internet is dominating everything. Money is slipping through your fingers far too quickly and when your rainy day arrives your wallet will be barren.

Pisces 20 Feb – 20 Mar

A holiday would do you the world of good as you have been working too hard for scant reward. A stranger may seem very attractive but listen to your intuition. The child you so badly want hasn't arrived, so why not consider fostering as a short and valuable short-term alternative? Someone you consider to be stupid will shock you with an insight you had not even thought of.

Aries 21 Mar – 20 Apr

Life is very good at the moment, so do make hay while the sun shines and share your good fortune with others. A yummy mummy may surprise you with her hidden depths. It is a good time to change your hairstyle to cover up your ever-expanding bald patch. Cut out chocolate, crisps, cheese and chips if you want to be the healthiest but most miserable person you know.

Taurus 21 Apr – 21 May

A baby would be a good idea as it would give you a purpose in life – which is clearly lacking. Someone with a glass eye will pay you a compliment, but do they really see you as you are? Consider growing a beard if you want to impress someone who likes beards. You are an obese pig so think about doing some exercise and watching less meaningless television.

Gemini 22 May – 21 Jun

You always seem to be preoccupied with what is going to happen in the future, but don't you realise we only have now and memories of the past? You have been acting like a lunatic recently and will never feel over the moon whilst this strange behaviour continues. A holiday in Britain would be a good idea and help the economy as well as the environment.

Cancer 22 Jun – 23 Jul

A small inheritance will cause you a dilemma this month – should you blow it in and live for the moment, or save some of it for a rainy day? It is a good time to start keeping racing pigeons so that you always have something to look forward to. Someone you've known for quite a while will show you what a good friend, they really are, to you this month. Eat more fruit.

Leo 24 Jul – 23 Aug

A large unexpected bill will provoke you to consider paying everything by direct debit. Someone will try and buy your affections – but can you be bought if the price is right? Stop caring what insignificant people think about you and get on with living your short life. If you are feeling doubtful just continue ploughing forward and things will work out. Smoke less dope.

Virgo 24 Aug – 23 Sep

You have a pathetic tendency to feel sorry for yourself so you must get a grip and change. It is a good time to get a pet that all the family can cherish. You must choose whether to reduce your consumption of alcohol or your lifespan. A person with MS really inspires you with her never say die attitude to life. Start doing things on your bucket list. Shave more often.

Libra 24 Sep – 23 Oct

This month the creative side of your personality will come to the fore and bring you unexpected pleasure. A good time to do a DIY course which will save you lots of money in the future. Someone may offer you some drugs but politely tell them that you're happy with your chosen drugs of alcohol and tobacco. Tackle your lack of regular bowel movements.

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HALIFAX

As I now consider Halifax to be my home, I thought I would choose the town as the initial focus for my new series looking at different places around the world.

Halifax has a rich and varied history and also has much to offer the modern visitor. It has been the administrative centre of the Metropolitan Borough of Calderdale in West Yorkshire,

England, since 1974. It is located near Bradford and Huddersfield and is about 65 miles from Hull and Liverpool. There is now even a direct rail link between Halifax and London!



In the recent past, the Piece Hall (a former cloth hall where pieces of woollen cloth were traded and which opened on the 1st of January, 1779) has undergone a £19 million conservation and transformation programme, completed in July 2017. Many people come from all over the world to view the magnificent Piece Hall which is now the home of many arts, crafts and independent shops.



But there are also many other reasons to visit Halifax like Wainhouse Tower (a late Victorian folly constructed between 1871 and 1875 – it is actually the tallest folly in the world), the Shay which is home to F.C. Halifax and Halifax RLFC – and Eureka! The National Children’s Museum. It is also notorious for its gibbet (guillotine used to execute criminals by decapitation) which was last used in 1650 – its original blade is on display at Banksfield Museum.

Halifax’s wealth really came from the cotton, wool and carpet industries in the 19th century as well as from numerous weaving mills. Many of these mills no longer exist or are now being used for other things. It is important to note that Dean Clough (which is in the north of the town) was one of the largest textile mills in the world and has now been converted into many different

businesses. A special mention must go to the successful Crossley family who were involved in carpet manufacture and who shared some of their wealth through the construction and endowment of alms-houses for their workers. These are now run by volunteer trustees.

Another family who helped put Halifax on the world map was the Mackintosh family who produced confectionary which became popular throughout the world e.g. Rolo, Toffee Crisp and Quality Street. Ironically, their factory is now owned by Nestle.

Although there is no university in Halifax, there is the successful Calderdale College which is a further education college and two selective schools i.e. Crossley Heath School and North Halifax Grammar School.

So, all in all, I would recommend you come and see Halifax for yourself and remember that it is also the home of ‘From The Horse’s Mouth’!

* With help from Wikipedia

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LES BILBROUGH TALKS ABOUT HIS LIFE AND LOVE OF ARCHERY



Les, can you talk a bit about yourself? I've lived in Halifax just about all my life. I'm one of four children. I'm 62 and married to Diane with whom I have three children who are now in their thirties. In June, it will be our 40 years wedding anniversary.

What did you do as a job? I've worked in the computer industry, in Halifax, for over 30 years. I worked for Halifax Building Society/Bank and took early

retirement when it merged with Lloyds Bank, as I was suffering from ME/CFS.

What did you actually do? I started off as a Systems Programmer then moved in to Applications Programming, which involved writing software applications for the mortgages business. I then became a Project Manager and looked after various teams of people in different application areas. It was very stressful work, working long hours and to tight deadlines.

How are you spending your retirement? When I first retired, I spent 18 months working on my daughter's house to make it in to a fit enough state to put on the market. The house was in Doncaster, and I spent a couple of days a week over there, and it was good for me as it didn't involve any stress or with anyone looking over my shoulder. It was the beginning of my recovery from ME/CFS.

What's it like living with ME? It's a bit like having flu symptoms; the problem is that some days you feel better but if you do anything physical, you can feel very tired, very quickly. If you overdo it a little, you suffer the consequences for several days.

Do you have any interests? Yes. Field Archery. Field Archery is set in woodland; this provides a wide variety of terrain and shooting conditions. The archer is competing against the woodland, the design and layout of the ground with the natural objects and obstacles that have been included. Targets are placed at varying unmarked distances (unmeasured/unknown) and are either paper animal faces or 3D animals. The skill is not only being a good shot but being able to judge distances accurately.

What are these figures made of? The 3D animals are made of a foam solution and the paper faces are pictures of animals pasted on to card. They are all life sized from as small as a stoat to as big as a Bear.

To simulate hunting? Yes. Field Archery is simulating hunting and goes back to the days of merry old England which was all about putting meat on the table. It's really a sport and it doesn't involve live animals, which is illegal in this country.

Are there different categories? Yes. Within our society there are 11 different categories, these range from primitive bows (home made using natural materials) to recurve bows, longbows, crossbows to compound bows (which are popular with the Americans). Some categories are allowed sights but I use a wooden recurve bow which is a bit like an Olympic bow but with no sights, and I prefer to shoot wooden arrows rather than carbon arrows.

Do your arrows easily break? Sometimes – if you miss the target and hit a tree or a stone they can break. You can shoot carbon arrows which are lighter and don't break as easily but they cost about £10 each, whereas wooden ones cost a couple of pounds.

Where do you do this? I'm the chairman of a club near Birstall, in Leeds. We have about forty members, men, women and children of varying abilities. Since I've been at the club, we've had 5 national champions and others who have won national medals. I started at the club as a novice and have been lucky enough to win 6 national medals.

Is it an expensive hobby? Not really, once you've bought the equipment it's just replacing broken arrows. However, once you get the bug many people like to try different types of bows before they decide on a favourite.

How much does a bow cost? You can pay anything from £100 to £2,000. It depends how serious you are and what type of bow you want. Archers often buy/sell bows so you can get a used bow at a good price.

How long have you been doing Field Archery? I've been doing it for twelve years and it's helped me cope with my ME/CFS as it's something to focus on and isn't too physical. I belong to the National Field Archery Society (NFAS), it has over 6,000 members and 160 clubs in England and Wales. These clubs arrange shoots on Sundays and we mainly go to shoots in the Midlands area. Shoots typically have about 100 attendees. Most members enjoy the social-side as well as shooting, and it's very much family orientated. We also have two national championships a year (which are 2-day events), usually attended by 500-600 members, but I don't attend these anymore as I have a little arthritis in my hands so am not as competitive.

Who owns the land you use? We rent a small wood from a farmer who also runs a stable, so we are restricted to a maximum of 40 members.

Is Field Archery unique to England? No. It's very popular all over the world; the Americans are very into it. Some of our members go to the European Championships which take place in France, Austria, Italy etc. These are 5-day events.

Do you think it will ever become an Olympic sport? No. Target Archery is already an Olympic event so I can't see Field Archery also being included.

Do you do it in all weathers? We do it all year round but there are fewer shoots organised in winter due to the weather, and arrows can be lost if you do it in the snow.

What does your wife think of your hobby? She thinks it's great and she is happy for me to go as she knows I enjoy it and it gives me a break. She has tried it herself, but unfortunately it aggravated her shoulder.

Have you any other interests in life? I used to play a lot of chess when I was younger and actually won the Calderdale Men's Championship when I was 18! I also used to play for Calderdale in the Yorkshire league. I started going to Yoga classes about 18 months ago which I really enjoy and have found very beneficial. I don't have as many aches and pains as I used to and I can tie my shoe laces without groaning anymore!

What are your hopes for the future? Me and my wife hope to travel more to places like the Greek islands as she benefits from the warm climate. I'd like to spend more time with family and hope to have grandchildren to spoil at some stage. I have a big list of things I want to do, and I also want to concentrate on looking after Diane who has health/walking problems.

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A LOVELY RECIPE FROM KITTY LYNN



Clementine Pound Cake

Ingredients:

4 oz of softened butter
1 ½ cups of sugar
2 cups of self-raising flour
1 tsp of baking powder
1 tsp of salt
1 tsp of cinnamon
4 eggs

Zest and juice of 2 clementines
½ cup of milk

Method:

Cream together butter and sugar. Mix flour, baking powder, salt and cinnamon together. Add eggs gradually, zest and juice of clementines and add milk.

Mix all together and add dry ingredients to wet.

Pre-heat oven to gas mark 3. Bake for 1 hour 10 minutes.

JUNE CHARLTON'S INTERESTING RECIPE



Chocolate Cherry Bars

Ingredients:

6 oz of chocolate
2 oz of butter or margarine
4 oz of caster sugar
1 beaten egg
4 oz of desiccated coconut
2 oz of glace cherries chopped
2 oz of sultanas

Method:

Line a tin (11" x 7") with oiled cooking foil, keeping it as un-creased as possible. Melt the chocolate over a bowl of hot water. Pour it in to the tin and spread evenly. Leave to set.

Cream together the butter and caster sugar. Add the beaten egg and mix before stirring in the rest of the ingredients. Spread carefully over the chocolate.

Cook at 375 and allow to cool completely before slicing into fingers or squares.

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DAZE OF MY LIFE (Part 12)

Written by **Bill Pearce**

The 'Magic' Green

Across from our house at The Newlands was a piece of land planted with grass and mature trees, which we always referred to as 'The Green'. The Green was a magic place for us, and would become part of whichever game we were playing.

Sometimes it was the surface of some distant planet. We visited there in one of our space rockets, after the style of Flash Gordon. A Flash Gordon series was being shown at the Roxy Picture House in Sowerby Bridge.

Most of us went to the 'Junior Club' on a Saturday morning, a rich source of ideas for us to enact on The Green. One day, it would become Wembley Stadium. We could usually muster about ten or twelve players, which was about right for the available area. Once the teams were decided on – they almost picked themselves – the game would begin. You were allowed to bounce balls off the trees to get around the defenders.

Our usual source of information relating to football was David Coleman on Grandstand. Today's match, on The Green, was between Wolverhampton Wanderers and Burnley, two of the best teams back then. We kept the score at the beginning, but when it got to 43 – 36, it became a bit difficult to remember.

Some of the games would last all day, only breaking for dinner or tea.

Another day, The Green would become the setting for cowboys and Indians – a scorching desert full of murdering redskins. Our wagon train was under permanent attack from marauding Apaches.

I was usually trying to defend the wagon train, and our Phil liked to be a redskin. He would hide behind a tree sending pretend arrows in my direction. Occasionally, he would run forward tapping his mouth and making ‘whooping’ sounds.

I would eventually raise my rifle, take careful aim and then ‘BANG’, Phil was dead!

Or was he? It was hard to tell! No instant death for him! It was a slow, lingering and torturous death – especially for us who were watching.

He would stiffen his body, let out a groan and clutch the area around his heart. He would then spin around and bounce off a tree. He carried on for ages, with various bodily contortions, eventually dropping slowly to one knee.

At last, the brave warrior was dead!

No! He wasn’t! He got back up and was staggering forward, holding one arm towards me. He dropped once more then, making one final attempt to get back on his feet, he spun round and dropped again – dead, at last!

Talk about over-acting!

I decided that whatever game we played in future, I would never shoot Phil again. His death was more torturous and painful to me than it ever was for him!

Some days, our Green became Headingly Cricket Ground, and we would try and emulate our heroes of the day – Colin Cowdrey, Frank Tyson, Peter May and especially Freddie Trueman. We all wanted to be Fiery Fred, as he was known back then.

The Green wasn’t all that big, so we could place some of the younger players, or the girls, on the road to retrieve the well struck balls for us. They were crap at batting anyway! Unusually, Joan and Marie Hitchcock from Newlands Avenue would often join us for a cricket match. They weren’t usually the sporty type, but I think Marie had a crush on our Phil.

There was also a cross – eyed girl from Dean Lane who wanted to join in. I won’t name her, but we only let her play the once. She confused us, because we couldn’t work out which way the ball was going to go when she bowled.

Whatever game we were playing, we would stop if a car went by and write down its registration number. Collecting car numbers was a popular hobby back then. Not many people had cars and each number was precious.

The Green will always have a special place in my memory as a magic place. It gave us the space – mentally and physically – to really stretch our imaginations.

Malham Madness

When I was ten years old, I went on my first school trip. The destination was the village of Malham in the Yorkshire Dales. It couldn't have cost that much as I usually missed out on anything that incurred a cost. Money was tight back then, especially as we now had five children in the family.

The day of the trip was sunny and warm. There was lots of giggling and chattering as we all rolled up at school. The school bell rang and we had the usual morning assembly. Mr Mills, our head teacher, then announced that the coach had arrived. Our class, mainly ten-year olds, were told to go outside and line up by the coach. After the head count, it was all aboard.



Typical fifties coach

I shared a seat with David Baines, who lived in Kingsley Avenue, Beechwood. I don't remember too much of the journey, so I assume there was little opportunity for mischief. I do remember getting off in the village and thinking there didn't look as if there were any swings or a play area. The day was getting hot and my dislike of warm weather was apparent even back then.

After we had a drink of water, or orange squash, we were told to use the toilets before we set off on our adventure. Almost sixty years ago, the village was devoid of anything remotely modern. I have a memory of looking over a stone bridge and seeing a few fish moving on the bed of the river.

I can't remember in which order, but we were taken to see Malham Cove and Malham Tarn. I had drunk so much water before we set off that I was now desperate for a pee. One teacher asked if I could wait. I told him, 'No!'. Luckily for me, a couple of other lads, Stuart Horner and Christopher Templeton, were wanting to go too. We were told to hang back until the rest of the group were a suitable distance away, and then were allowed to relieve ourselves behind a limestone wall.



Destination Malham

The heat of the day and the lack of drinking water spoiled the day for many of us. Once, we passed a moorland stream and I asked if we could drink from it. Mr Mills said if we did, we would get ‘collywobbles’.

Eventually we returned to where the coach was parked and were ushered into what seemed like a large scout hut. We were given salad type sandwiches and a plain bun. More importantly, we had access to drinks again.

Once home, Phil asked me how things had gone and I told him I never wanted to go on another school trip. Many of the other kids felt the same. In those days, the teachers were in charge and parents rarely questioned what they did.

I’m sure that nowadays, there would be a furore about many aspects of the trip.

11+ = a minus

Back in the fifties, school life was so different to today’s high tech, high testing regimes. We learned in a different way, but we did learn. Our end of term reports were based almost wholly on teacher assessment.

The only test I can remember taking at school was the eleven plus. Pupils with high scores would get a ‘pass’ and be offered a place at Grammar School. The rest would go to secondary school.

I took the eleven plus test, along with all my form-mates, in the spring of 1959. It wasn’t a nervy experience, but was a welcome diversion from the usual routine. It took place in the school hall, where there were single desks in rows. Stuart Horner sat in the desk directly next to me. After we had settled into our places, the teacher explained the procedure to be followed. He then came around with the exam papers which were placed, face down, in front of us.

Eventually, we were told to begin.



Fifties school desk.

I can't remember how long it was or any of the questions. Once it was over, the papers were handed in. By the next day, it was mostly forgotten and life got back to normal very quickly.

A couple of months later, the headmaster came into our class with the results. Three pupils had passed for the Grammar School and I was one of them. I didn't realise at the time just what a negative influence this would have on my life. The other two who passed were Sandra Holroyd, the girl who had sent me the finishing letter, and David Baines, who was a Beechwooder.

Wandering home, I passed Mr and Mrs Manning in their garden at 70 Dean Lane. I told them my news, to which they replied, "Well done!", but they already knew. I went in to tell my Mom, but she already knew. I don't know to this day who told everybody.

It eventually dawned on me that all of my pals would be going to Ryburn School in August, whilst I would be going to Sowerby Bridge Grammar School, without one single mate.

All aboard!

My older brother John was a constant fixture in my life, and there are a couple of things from the late fifties I think people may find interesting.

John was one of the first group of pupils to attend the newly built Newlands school in 1954. Prior to this, pupils stayed at St Peter's School until they were eleven. John was only at Newlands for one year until he was eleven, after which he went to Bolton Brow Secondary School in Sowerby Bridge. Ryburn School wasn't opened until 1959, by which time John had left school.

John was never interested in education. His attendance was patchy at best. He was often at Sowerby Bridge Railway station collecting names and numbers from the passing steam trains.

In summer, along with some of his pals, he could often be found swimming in Finkel Dam in Boulderclough. If it wasn't the dam, it would be the canal in Sowerby Bridge.

One of his adventures took him much further afield. John and one of his friends, Ken Beaumont (aka Gully), decided they were running away and emigrating. On the chosen day, and without telling anyone, they hopped on a train in Sowerby Bridge, and headed for Liverpool. They were both fourteen at the time. They had decided they were going to go and live in Australia.

After arriving in Liverpool, they asked for directions and found their way to the docks. They noticed that the gang plank of a large ship was down, so they decided to go aboard.

Halfway up the gang plank, they were stopped by a man in uniform.

“Where are you going, lads?”, he asked.

“We’re going to live in Australia”, John replied.

“Not on this ship!”, said the man, smiling. “This is a cargo ship, and it’s going to America”. Disheartened, John and Gully were escorted back to the dockside and decided to return home, vowing to try again in the future.

They arrived back in Sowerby Bridge at about 4.30 pm. Hungry, they both headed home for tea. Nobody even suspected they had been away for the day.

John only told me this story when he was in his fifties.

John got his wish and left school at Christmas 1958, when he was fifteen. He got a job at Ripponden and District Motors as a van lad. His driver was Albert Stott and they were on the Barnsley / Rotherham run.



A Ripponden and District vehicle. John loved his job as a van lad.

Next Time: New School, new house.

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LETTERS PAGE



Dear Editor

Whilst I am pleased that Womens football now has a higher profile, it just shows the true power of advertising which has changed it from a minority sport to one now on national T.V.

However, I think it is an inferior product to Mens football but it is **good** that women are being more equally represented in the media.

Gregory Hancock, Leeds

Dear Editor

I have just been in a taxi in Leeds and thought it was wrong that the driver's identification badge had been turned around so that I could not see it. Surely this defeats the point of the badge?

Fiona Drake, Manchester

Dear Editor

Can I just congratulate you on keeping the magazine going and interesting as it must be difficult to constantly find new things to put in it.

However, one thing I would like to see is a bit of background about the people who contribute as this would add to the human-interest element.

David Cole, Lincoln

Dear Editor

I am fed up of foreign athletes suddenly changing their nationality to British – I agree with the person who said your place of birth should be your nationality.

Why does everything have to be about money?

Diane Formby, Manchester

Dear Editor

I believe that gambling companies should be prevented from advertising at all in the media – never mind nonsense like 'stop when the fun stops.'

Gambling is a worldwide problem and causes many problems throughout the world. I don't though think you will ever stop the adverts and it making immoral people even richer.

Sarah Chandler, Southport

Dear Editor

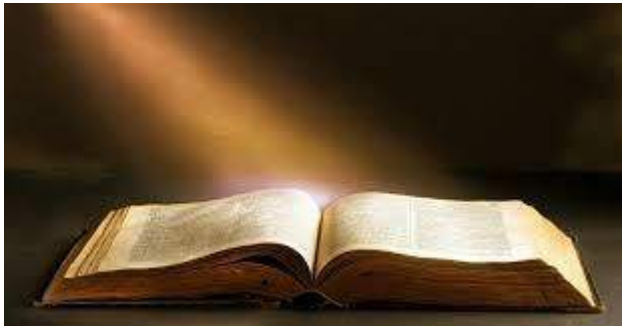
Some actors are clearly very talented people but should they be feted like heroes?

Surely other jobs in public service are much more important than being on a stage or T.V.
Let's put things in some kind of sensible perspective.

Brian Thompson, Southend

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BIBLE STUDY



From Peter Smith

John 6.29

"Whoever has been born of God does not sin, for His seed remains in him; and he cannot sin, because he has been born of God". 1 John 3:9

Not a verse popular with priests and preachers! And not one that can be wished away by quoting passages that refer to the time before a person accepts Jesus, (e.g. 1 John 1:8-10).

To understand it, we first have to be clear about what is and is not sin. 1 John 3:4 says, "sin is lawlessness", or "sin is breaking the law". And the crux of the 'law' is the Ten Commandments.

Preachers can make people feel guilty by condemning things that are not sins - such as enjoying oneself, being tempted, speaking one's mind, or becoming justifiably angry. Even the 'lustful look' implies intent.

And they can make someone feel guilty about a 'sin of omission' - NOT having done something the preacher thinks they should have done. This phrase is not from the Bible.

Still, how is it possible that someone "born of God does not sin"?

I cannot break the law of Russia because I am not under the law of Russia. Sin is "breaking the law". But Paul wrote in Galatians 3:24,25, "The law was our tutor to bring us to Christ, that we might be justified by faith. But after faith has come, we are no longer under a tutor".

Moreover, being born again by asking Jesus into our hearts changes us. We no longer want to do bad things. This fulfils God's promise in Ezekiel 36:26,27: "I will give you a new heart

and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put my Spirit within you and cause you to walk in my statutes, and you will keep my judgements and do them".

(All Bible quotations: New King James Version)

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BRENDA'S WILDLIFE CORNER



Grizzly Bears (Part two)

The gestation period for grizzly bears is around 180 – 200 days with the size of a litter ranging from one to four cubs. Occasionally, twins and triplets are born in the mother's winter den while she is hibernating.

Female grizzlies are very protective of their cubs and are even capable of driving off predators as large as male bears if they have to defend them. Initially, the cubs feed on their mother's milk until this is later complemented by solid foods. The weight of the young cubs increases rapidly during the two years they are with their mother from 10lb to around 99lb. In later years, mothers and their cubs avoid each other.

The average lifespan for a male grizzly is 22 years whilst females may live longer to 26 years.

Ref. Wikipedia

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MARGARET GOUGH'S DESERT ISLAND DISCS



Being a castaway for 'From The Horse's Mouth' has given me the opportunity to think about music that has had a meaning in my life, some of which have been happy and nostalgic for me.

Songs:

Silence is Golden (The Tremeloes)

I remember sat in the kitchen with my mother when this song came on the radio (wireless in those days). I remember my mother asking me if I knew the meaning of 'silence is golden'. I was too young to know the term so she explained it to me i.e. to listen and not say anything. I also remembered this parental teaching and it has served me well in life. Thank you, mum.

A Couple More Years (Dr Hook)

This song is a beautiful ballad with great lyrics. Dr Hook was the first live group I went to see. They appeared at the Victoria Theatre in Halifax. Two friends went with me. We declared the day 'National Dr Hook Day' – unofficial of course.

Waterloo (Abba)

In 1974, the Eurovision Song Contest was held in Brighton. Abba emerged into the music world after performing and winning the contest. Waterloo was a great song that made things happen for this talented group. In recent years, Mama Mia and Mama Mia Here We Go Again became block buster movies. Thank you for the music Abba.

Never Forget (Take That)

I am a fan of Take That in their later years rather than in the early days. This song is written with an aspect of gratitude for as the song states:

We are not invisible
We are only people
Never forget where you have come from
Someday it could be someone else's dream

I had the opportunity to see 'Take That' live and what an amazing show it was. You could feel their gratitude for having success the second time around.

Bohemian Rhapsody (Queen)

Although I appreciated the music of Queen and this song in particular, it was different to the music of its time. I remember hearing Bohemian Rhapsody for the first time and thinking that it was going to be the best or worst song ever – it was a song you needed to listen to again – did you really hear that?!

I went to see the film Bohemian Rhapsody by chance and it was amazing and moving about Freddie Mercury. I now have much affectionate for Freddie and appreciate his genius.

Waltzing Matilda

This ballad is Australian and has been described as the country's unofficial national anthem. The title is slang for walking through the country looking for work with one's goods in a matilda (bag).

I have had several opportunities to visit Australia. Waltzing Matilda was playing in the background in a shop and I remember thinking I'm actually in Australia, the other side of the world. It brought home the reality of how far away from home I was. But how amazing to have had the opportunity to visit such a beautiful country. I hope I will have many more visits there.

Night Fever (Bee Gees)

Night Fever is a song written and performed by the Bee Gees and appeared in the iconic movie Saturday Night Fever. When the movie was released, I remember sitting in the cinema mesmerised by the sound track.

I had the opportunity to see Barry Gibbs in concert and watched him perform Night Fever live many years later. It took me back to being a young girl watching the movie, never imagining I would later see song performed live.

I'm Gonna Be (500 miles) – The Proclaimers

The Proclaimers are a Scottish duo composed of twin brothers. The song 'I'm Gonna Be' is a great song which always uplifts me – if someone walked 500 miles for you, how amazing would that be!

I had the privilege of seeing the twins perform at St George's Hall in Bradford. The duo left the best song until last and all the audience was stomping to the 500 miles part – what an experience! It left me singing the song for days.

Book:

The Magic (Rhonda Byrne)

This book is about gratitude and how we have to practice it in order to experience the magic of gratitude. The book encourages you to think and say the magic words THANK YOU. The book takes you through 28 days of small activities for each day to practice gratitude. It surely helps to put you on the path to a grateful life – even for small things. Simple things like enjoying a coffee with friends can be an amazing and gratifying experience. To be grateful

for the coffee you are drinking, you can consider all those involved in producing it from the planting of the beans to the serving of it in the café.

This would be a fantastic book to keep me positive whilst on the island and it is a book that can be read and used many times.

Luxury Item:

A swiss army knife

This would give me plenty of tools for a variety of jobs on the island. The tools include a wood saw, scissors, a hook, pliers and fish scaler (which would be very useful on the island). It would be great to have with you as it is a handy size which can be held in the hand and could easily be carried from place to place on the island. The tool kit also has a magnifying glass which would be useful for starting a fire for cooking or to attract passing aircraft or ships.

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PROBLEMS ASSOCIATED WITH THE USE OF ORAL BIRTH CONTROL PRODUCTS



Research studies have been carried out on the effectiveness and risks of using orally administered birth control products, with results differing as much as the variety of products available on the market today.

These products really should be

taken seriously because there are now about 100 million women worldwide who currently use the contraceptive pill. Since its introduction in 1960 as a brand-new approach of birth control, these tablets have influenced how society, and women in specific, see the issues of sexual health, recreation, and population control. The large use of this method of birth control

means that we should monitor its safety and the possible health dangers posed by some products that only underwent really short, inconclusive field screening and which make more research really imperative.

According to research in Belgium, the long-term use of the contraceptive pill can increase accumulation of particles or plaque in the arteries, making the user of the drug more susceptible to the risk of heart disease. Another study claims that 1,300 healthy women aged 35 to 55 had a 20 percent to 30 percent rate of arterial plaque for each 10 years of contraceptive pill use. While this amount of arterial plaque is not large enough to obstruct an artery, any plaque is thought to raise your risk of heart problems. Many women in the study had used older, first-generation birth control pills, which had twice the oestrogen levels as a lot of oral contraceptives in use today. As negative effects of contraception may not be obvious during the early years of use, women should monitor their health carefully.

If a woman only uses birth control pills for managing menstrual cycles, irregular bleeding, cysts, or endometriosis, then they are not addressing their underlying condition. Rather, they might simply be increasing their risk of other conditions such as cervical and breast cancer, and of an increase in high blood pressure. If these products are used without a prescription or a medical professional's approval, some women may also experience side effects such as a faster thinning of the bones and a greater danger of osteoporosis. Some contraceptive pills consist of the synthetic hormonal agent Desogestrel which doubles a woman's danger of having fatal blood clots.

Because the side results of birth control cannot be taken underestimated, it is best to speak with a doctor or visit online pharmacies that provide important information about various oral contraceptives.



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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](#)

A COUPLE OF OTHER BIRTH CONTROL OPTIONS

People are now more aware of the different choices that exist when planning the size of their family – if they want one. Different types of birth control are now accepted as a part of daily life.

But not everyone agrees with the use of contraception and various anti-family planning groups say it is wrong as we should not interfere with nature and God's plan of creation.

There has much been discussion about contraception in the past, but it remains a popular choice with people who want to plan and control the size of their family.

But what are the advantages of some modern types of contraception?

It's true that most birth control techniques can help prevent sexually transmitted diseases as well as unwanted pregnancies.

The Condom

Condoms can be either for males or females. The majority of those used are the male type of condom. There are many types of condoms available in various shops, they are simple to use and need no expert advice or help whatsoever - but do ensure that you pinch the air out once it has made contact with the base of your penis.

A condom is amongst the easiest and most effective ways to avoid sexually transmitted diseases and unwanted pregnancies.

Due the simplicity and effectiveness of the male condom, it was inevitable that a female version would be invented. The principle of the female condom is the same as the male condom, and essentially is as effective for birth control and prevention of disease.

Natural Forms of Contraception

For those who do not like artificial kinds contraception, there are other alternatives. One of the alternatives of artificial birth control is natural family planning or birth control. But natural techniques include a lot of effort and hard work and a lot of planning!

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WRITTEN BY KRISHNA FRANCIS

Somewhere in the Garden District of New Orleans a young man observes a puddle broiling with frogs mixing his reflection into something that makes him feel uncomfortable. His mind takes a snapshot of the image to preserve it for posterity. He hates frogs, yet somehow, seeing so many, so small, though disagreeable, feels prescient. These moments don't repeat themselves often.

Across the road is a park that seems a more appropriate venue for this amphibious orgy. The park takes its name from a man whose garden was the wilderness. Audubon was his last name. His first name is unavailable at the current time. Years later the young man would be privy to a tale about Audubon from an older man whose two key interests were Northern Soul and zoology.

For the purposes of this story the park is encased in the bounds of 1994. The older man existed in a timeframe around 2014. By the time the frog starrer had travelled forwards in time to the moment he could meet the older man he had become bound in so many memories that they writhed around inside his mind climbing over one another producing stories and facts just as the frogs in that puddle had creation of another sort on their mind. The nature of stories is that they drip in small pieces from the heavens like raindrops and eventually create puddles that are visible and comprehensible. All of these elements have fallen into this puddle creating a story of sorts with lots of living things still writhing in it and writing out other possibilities.

This older man, let's get back to him before we wander off too far, whose name was Tim lived in a small town in West Yorkshire. A place named Todmorden. Tim from Todmorden. He'd lived there all his life but wasn't bound by the geography of the place. Through having a keen mind in the midst of the dissolving economy of the mid-eighties and finding himself governed nationally by a woman whose good intentions for the country she ruled was paving the road to a hell of service economics, Tim came up with a way to make a living for himself. Improved communication systems gave him access to global markets so he was able to use cheap labour in China to produce ironmongery and undercut manufacturing costs of making the same things in the local economy. He positioned himself as middle man between Chinese manufacture and European need thereby making himself enough of a fortune to be able to sell his business in the burgeoning global marketplace at the beginning of the new millennium and indulge his two key interests of zoology and Northern Soul.

His was a truly Northern Soul. He refitted his warehouse to make it suitable for storing records and began selling huge amounts of seven-inch singles to a hungry group of consumers driven by the need to find songs by artists forgotten in their own time. Like a pool of frogs producing more frogs to no perceivable end there had been his mind reflected back in amongst the writhing creating through the mere noticing of this world a coherent understanding. If I enjoy it and buy it, they'll buy it to enjoy it and if I have enough of it to sell, I'll earn enough back and it'll make me comfortable.

It was the zoology that brings this tale together. Next door to his warehouse worked a joiner named Dan. Here lies a small diversion. Tim was worried about Dan's smoking whilst surrounded by wood shavings, what with his stock being so valuable and all. It was the one indication that his playful nature and keenness of mind was not without care. From time to time he phoned the fire authorities about the safety of Dan's workshop. Invariably the authorities would investigate, find Dan's premises above reproach and notice some small

problem with Tim's warehouse which had a tendency to cost him an unsavoury amount to fix. Still Tim asked Dan to do odd jobs and one of these odd jobs, when finished required Dan to take the finished article, a sideboard up to Tim's house. Dan needed help and he called on the young man we left watching frogs in New Orleans to help him. When they arrived at Dan's house and having installed the furniture, Tim showed our once young hero around his collection of zoological treasures. They included a pair of stuffed duck-billed platypus (platypy?) and the skeleton of a snow leopard and a six-foot-tall book with only ten leaves featuring giant etchings of rhinoceri (rhinocerus?). The frog-fearing hero was astounded at the variety of Animalia related objects.

As Dan waited patiently, the pair diverted into a discussion of zoos. Which led to the recollection of a visit to Audubon zoo in New Orleans. The young man with his girlfriend had visited during their visit one day when it wasn't raining. He had been impressed by the bison, the like of which he'd never seen.

“Do you know that all the wild bison alive in America today...” Offered Tim.

“...Came from the Bronx zoo?” Said Frogfear.

“Okay.” Tim didn't even pause in defeat. “But did you know it was John Audubon who was responsible?”

“The man the zoo's named after?”

“He was given the job of restocking the plains using the remaining known herd of twelve animals.”

“He managed then?”

“Luckily. He wasn't sure of his chances so his first act on being given this opportunity to save a species was” Pause for acknowledgment, a nod in response and. “He had one shot and stuffed to ensure that he had a healthy specimen to record the existence of the species.”

Which is what happens when you ponder the nature of the wilderness in the Garden District of New Orleans though possibly it isn't a given.

If Dan's wife is reading this, any reference to his smoking dates from the days before you met him. He is smoke free and fire conscious now.

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ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



Questions:

- (1) Which horse won the 2018 and 2019 Grand National?
- (2) What is the longest river in Europe?
- (3) What is the capital of Trinidad and Tobago?

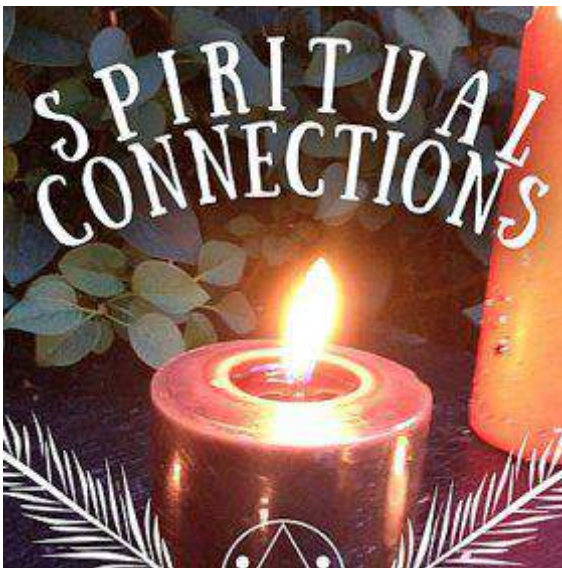
- (4) Where are the headquarters of Samsung?
- (5) What is the German word for 'mother'?
- (6) How old was Napoleon when he died?
- (7) What is the capital of Japan?
- (8) Where is the cheese Camembert produced?
- (9) Where is the optic nerve situated?
- (10) What does the French word 'soutien-gorge' mean in English?
- (11) What do you call a male buffalo?
- (12) Where was glass invented?
- (13) What currency is used in Tasmania?
- (14) Who wrote 'A Tale of Two Cities'?
- (15) Which football club did Glenn Hoddle mainly play for?
- (16) What is a Calzione?
- (17) What is the highest rank in the British Army?
- (18) Who was American President when America entered the Second World War?
- (19) What nationality was Leonardo da Vinci?
- (20) The footballer Mo Salah is what nationality?

Answers:

(1) Tiger Roll (2) Volga (3) Port of Spain (4) Seoul, South Korea (5) Mutter (6) 51 (7) Tokyo (8) Normandy, France (9) In the back of the eye (10) Bra (11) Bull (12) Egypt (13) Australian dollar (14) Charles Dickens (15) Tottenham Hotspur (16) A type of pizza folded in half before cooking to contain a filling (17) Field Marshal (18) Franklin Delano Roosevelt (19) Italian (20) Egyptian

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