

FROM THE HORSE'S MOUTH – October 2019. Edition No 58.



Hello. I do hope you are okay when you're read this publication and if not, that things soon improve for you.

This edition of the magazine contains many colourful articles including: a look at the city of Manchester, a nod at reggae music and a look at the best way to diet. There is also an interview with a nice young man called Harvey Morgan.

If you are interested in contributing (in a non-racist, non-sexist and non-homophobic way) to the magazine, want to donate to its running costs or advertise, then please contact us at: dean@fthm.org.uk Best wishes, Dean, Brenda and [Robert](#).

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MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

Platonic love may be just around the corner and, what with its lack of complications, may be just what the doctor ordered. Someone close to you may become very ill and need your support and understanding. A ghost will appear to you on the last Tuesday of the month, and if you're lucky, will

give you some life-changing information. Why not take up ballroom dancing and widen your circle of friends?

Sagittarius 23 Nov – 21 Dec

Someone who clearly likes you may not be your cup of tea but let them down gently. Be careful what you do after a belly full of ale or you may soon have another mouth to feed. You spend too much time in front of a computer screen and should let someone else have a go with your mouse. A stranger with a crazy moustache will bring joy into your life.

Capricorn 22 Dec – 20 Jan

You should stop acting like a wet lettuce and come off the drink before you sink into obscurity. You may think you are well-liked but is this only because you lend out a lot of money. People may think you are academically a half-wit, but you are okay and know how to navigate the rough seas of life. A trip to Austria would be a very good idea at the moment.

Aquarius 21 Jan – 19 Feb

Now is the time to buy yourself something nice as you deserve it. A woman you admire will disappoint you and make you reconsider what you think of her. You are creatively dead at the moment so do other things until your creative spark returns. A bossy woman at work may try to make your life difficult, but just focus on the other nice people there. Buy a new car.

Pisces 20 Feb – 20 Mar

A holiday would be beneficial to your health which has been poor this year. Sometime this month, a mobile hairdresser will try to caress more than your hair. If you are a young person, think twice before having a wild party while your parents are away – you may live to regret it. A good time to have some work done as small children are afraid of how you look.

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Aries 21 Mar – 20 Apr

You may be down in the dumps at the moment but remember clouds don't hang around forever and sunshine will soon follow. An archaeologist may inspire you to dig deep and make a donation to a worthwhile charity. Someone may come into your life and transport you emotionally to a place you've never been to before. Grey will be an important colour this month.

Taurus 21 Apr – 21 May

This month someone will ask you for forgiveness for something that they did to you in the past, but you will have to weigh up if too much water has gone under the bridge. You have so much dandruff on your shoulders that people may start to think they are ski jumps. A friend will cheat on a partner but is it really your business? You may be caught short this month.

Gemini 22 May – 21 Jun

Someone at work is often 'away with the fairies' so you will have to decide if you want to constantly carry them. An old friend may stab you in the back soon and leave you wondering who you can really trust. If you want to please your partner then give them some money to buy some new shoes. Do you really have a bad back or are you just too lazy to work?

Cancer 22 Jun – 23 Jul

A person with a nice figure will interest you and make you wish you hadn't let yourself get so fat. There is a huge amount of conflict in your life at the moment, so take positive steps to resolve it. Don't get hung up on the class system and instead try and live in your own creative bubble. You should spend less time on housework and more time enjoying yourself.

Leo 24 Jul – 23 Aug

A good time to send your mother some nice flowers. It is time you started doing more sport as your life is unbalanced and you are becoming very obese. An old man will give you something that is of great sentimental value to him, and you should respect this. Someone who drinks a lot will offer you a lift but will you accept? Buy yourself a warm, winter coat.

Virgo 24 Aug – 23 Sep

If you think you're boring, then why not become a white witch and attract a certain kind of person to you. A younger person will do something incredibly stupid this week and make you think that youth is indeed wasted on the young. Your personal hygiene continues to be a problem so just tell people you are not a full shilling and can't do much about it.

Libra 24 Sep – 23 Oct

You are such a drama queen that people won't recognise when you have a genuine problem. A good time to buy a random rail ticket and visit somewhere you've never been to. You are short of bread at the moment and a promised pay rise will make little difference to your standard of living. Show you have balls by giving your partner the child they crave for. Eat less sugar.

HARVEY MORGAN TALKS ABOUT THE ORANGE BOX AND HIS LIFE



Can you talk a bit about yourself? I am a member of the Square Chapel kitchen team plus I also work in the kitchen at Ricci's Tapas in Halifax.

How old are you? I am 22 years old.

Where do you live? I live above King Cross in Halifax. I live with my parents and my sister.

What's it like working at the Square Chapel? It's nice to work with different and diverse people; it's nice to see happy customers returning. It also shows some good films and has an all-round good reputation.

Did you used to work for something called the Orange Box? Yes, I did a traineeship there in 2017.

What is the Orange Box about? It is a young people's centre for 13-19 years of age. People can come in if they have any issues and talk to a youth worker. You can also do activities there like: arts and crafts, cooking and they can go into the recording studio and record some music. There is also a drop-in centre for people between the ages of 13 to 25.

Is it run by the Square Chapel? Not anymore as the council took over the running of it. The Square Chapel did not have enough funding to continue running it.

Are you still involved with the Orange Box? Yes. I'm in a choir there and we perform things by people like Katie Perry, Billy Joel and the Beatles. We have performed at different venues across the country like Wakefield Cathedral.

What are your kitchen duties at the Square Chapel? I wash up, prep veg, clear tables, take bins out and sometimes serve food. I do similar things at Ricci's but unfortunately, both jobs are on a Zero Hours contract so my hours can vary.

What do you like to do when you're not working? I like to see musicals and films, go bowling and I like to go out drinking.

Do you like watching sport? I'm not a sports fan but my dad plays a lot of golf and cricket. We go as a family to church on a Sunday.

Which church do you attend? I go to St. Andrews Methodist church.

Have you any ambitions? I don't have any ambitions but I would like to be involved with the setting-up and preparation of big social events.

What do you think you will be doing in five years' time? I would like to be in my own home. I would also like to have a non-Zero Hours contract.

Would you like to travel? Yes. I've been to Tunisia, America, the Isle of White and various places in the south of England. I particularly like the south of England and Scotland.

Would you be interested in getting married in the future? It would be fantastic if I could get married but I think it takes time to meet the right person.

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If it's wet outside [Silly Billy's Toy Shop](#) has a huge selection of **LEGO**.



To find out more about the products Silly Billy's Toy Shop Stocks, [visit this LINK](#)

LETTERS PAGE



their limited money?

Steve Arkwright, Manchester

Dear Editor

Whilst I think that homophobia is something that needs stamping out completely, I don't understand people making a song and dance about being different. Why don't people just

Dear Editor

I think it is a bit rich of a huge coffee chain to ask people to donate to a foundation that they have created to arguably make themselves look good. If they really care about less fortunate people elsewhere, then why don't they use some of their vast profits to help them, instead of wanting ordinary people to give yet more of

accept how they are and get on with it? If I was gay, I would just continue to conduct my affairs in a private manner and not shout about them from the rooftops.

Freda Olsen, London

Dear Editor

Many people dislike the police in Britain, but wouldn't we be in a mess without them on a day-to-day level? However, it is obvious to me that they and the army are fully entrenched in the establishment and show their true colours in a crisis. They are supposed to serve the public after all!

Jane Horbury, London

Dear Editor

I am of the opinion that the price of alcohol should be reduced not increased! Alcohol is one of the few sources of pleasure for the ordinary man and it is already too highly taxed. I know that alcohol causes many problems, but it should still be affordable to ordinary people.

Stan Rogers, Glasgow

Dear Editor

I welcome the fact that Britain is becoming a less sexist place to live. But I still don't think there is anything wrong with a man being respectful and courteous to a woman. You can call me old fashioned, but I will continue to put women first and open doors for them.

Simon Derby, Birmingham

Dear Editor

Mental health has become a more approachable subject with more people being prepared to talk about their experiences. I think it is a good thing but would argue that more money, and not less, should be invested in mental health services, as people are definitely more important than money.

No-one knows what life has in store for them!

Sherman Wilks, Leeds

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Pennine Provisions are a premier health and wholefoods store in Hebden Bridge, you can also find them on

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MANCHESTER



On Wednesday 21st of August, 2019, me and Brenda decided to go to Manchester as we didn't know it very well and I wanted to write this article. We travelled directly by train from Halifax to Manchester Victoria and the journey took about fifty minutes.

On arriving in Manchester, we called in Costa Coffee to have a soya hot chocolate in a pleasant environment, but I was shocked that you had to

enter in a code to access a toilet!

From looking on the internet, we had discovered that we could get a tour bus from opposite the Town Hall and so, because of time and because of Brenda's lack of mobility, we caught a bus at 12 pm. The tour around the city lasted for 90 minutes and cost £12 for adults and £6 for OAPs. The ticket was valid for two days and you could get on and off as you wanted at designated stops.

Let's now have a brief look at the history of the city of Manchester:

The name originates from the Latin name Mamucium, and its recorded history began in AD79, when the Romans built a fort near the rivers Medlock and Irwell to protect their interests from the major Celtic tribe called the Brigantes. Once the Romans had withdrawn the Saxons came next and the Normans arrived after 1066.

Around the fourteenth century, there was an influx of Flemish weavers who established the region's textile industry.

Manchester really came into its own in the Middle Ages when it became an important centre for the manufacture and trade of woollens and linen. However, after 1600, production of pure cotton fabrics overtook production of wool. The number of cotton mills peaked at 108 in 1853.

During the Industrial Revolution, lots of cotton spinning occurred and, for a while, Manchester produced the most cotton goods in the world. Significantly, the opening of the Bridgewater Canal in 1761, halved the cost of coal and also the cost of transporting raw cotton. Ironically, the Industrial Revolution brought not only wealth to Manchester but also squalor for many. It is also worth noting that the Manchester Ship Canal opened in 1894 creating the port of Manchester and directly linking the city to the Irish Sea.

Unfortunately, the First World War interfered with export markets and this trend continued after the Second World War when cotton processing and trading continued to fall.

There was a big effort to regenerate the city in the late 1980s with work on the Metrolink, the Bridgewater Concert Hall, the Manchester Arena and the Salford Quays.

Tragically, on 15 June 1996, the IRA bombed part of the main shopping centre and caused a final insurance pay-out of over £400 million. Happily, since this time, Manchester city centre has experienced extensive regeneration and this was helped by the hosting of the Commonwealth Games in 2002.

In recent times, we have witnessed more terrorism at the Ariana Grande concert, at the Manchester Arena, when 23 were killed and over 800 people were injured. Let's hope this wonderful city does not suffer again in this way.

If you like shopping, you can visit the splendid Arndale Centre which is the UK's largest shopping centre. In addition, there are plenty of nice venues to dine and be entertained in like the renovated complexes in the Printworks and the Corn Exchange.

Manchester is rich in architectural styles which range from Victorian to more contemporary architecture. One of the most important Victorian buildings in England is Manchester Town Hall which was built in the Gothic revival style. It is currently closed until 2024 for refurbishment.

The city is celebrated for producing some of the top music acts in the world like: Simply Red, 10cc, Joy Division, The Smiths, Oasis and many more. There are numerous venues to visit including Manchester Apollo, the Albert Hall, Manchester Academy, Manchester Opera House, the Palace Theatre and the Royal Exchange Theatre.

If you have time, you might like to visit the reconstructed Roman fort of Manucium which is to be found in Castlefield. If you like history, it might also be a good idea to visit the Manchester Museum which contains collections of Egyptology and natural history. Also, if you like the work of the artist Lowry, you can see some of his work in the City and Whitworth Manchester galleries.

The city has six designated local Nature Reserves which are: Chorlton Water Park, Blackley Forest, Clayton Vale, Chorlton Ees, Ivy Green, Boggart Hole Clough and Highfield Country.

It is very easy to travel from and to Manchester as you can use the train, Metrolink, the bus, canal and also Manchester Airport which serves Manchester, Northern England and North Wales.

If you are mad about football, you will be aware of the fierce rivalry between Manchester City and Manchester United – both of whom are highly successful in their own right.

Manchester has also hosted the FIFA World Cup (1966), Olympic Football (2012), various FA Cup finals and League Cup finals.

I found the city to have a lovely ambiance and I noticed that the main streets were very clean.

This article has provided a superficial look at the city of Manchester but I hope you will make time to visit it yourself and discover its many treasures.

- With a lot of help from Wikipedia.

[Dean's Places can be found on FTHM here](#)

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ADVERT

[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](#)

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TWO POPULAR EXPRESSIONS EXPLAINED BY JUDY PARKINSON

To Come out of the closet

To declare one's homosexuality, to come out into the open about it. The term was used by the American gay rights organization the Gay Liberation Front from about 1969, but the idea of 'coming out' had first been encouraged by German gay-rights advocate Karl Heinrich Ulrichs (1825-95) in 1869.

In the days when homosexuality was a criminal offence, gay men had to hide the nature of their preferences.

(Lesbianism had never been criminalized in Britain, since at the time the legislation was formulated, Queen Victoria, 1819-1901, refused to believe that sexual relations between

women could ever occur.) They became known as closet queens, the closet being a private room.

When anti-homosexual laws were repealed, the need for secrecy receded and gay men were able to 'come out' – although many, fearful of society's disapproval, remained 'in the closet'.

The expression is now often used generally to mean 'to declare one's real position'.

Kiss of death

This phrase derives from Judas Iscariot's kiss given to Christ in the Garden of Gethsemane before he betrayed him (Luke 23:48 and Mathew 26:49). It's also known as a 'Judas Kiss', meaning an insincere act of courtesy or false affection.

In Mafia circles, a kiss from the boss may indeed be a fatal omen.

The phrase is often used today in political or business contexts, meaning that certain associations or actions may prove to be the undoing of a person or organisation, or the downfall of a plan or project.

To read more from Judy Parkinson, contact Michael O'Mara Books Limited, 9 Lion Yard, Tremadoc Road, London. SW4 7NQ

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SOME MORE NICE RECIPES FROM JUNE CHARLTON



All in one cake

Ingredients:

4oz of margarine
4 oz of sugar
2 eggs
¼ pint of milk
12 oz of mixed fruit
8 oz of flour

1 tsp. of mixed spice
Walnut halves

Method:

Place all ingredients except the walnut halves in a mixing bowl. Beat with a wooden spoon until well mixed for 2-3 minutes.

Place in a greased bottom lined 2lb loaf tin. Smooth top, place on walnut halves. Bake in oven (325 or gas mark 3) on middle shelf for 1 1/2 to 1 3/4 hours. Leave for 10 minutes. Turn out and cool on wire tray.



Savoury Pudding

Ingredients:

¼ lb of fine oatmeal
¼ lb of stale bread
¼ lb of finely chopped suet
1 large onion
½ tsp of salt

1/8 tsp on pepper
¼ tsp powdered sage
1/8 tsp of mixed herbs
2 eggs

Method:

Soak bread in hot water for half an hour. Drain away any unabsorbed liquid. Break out lumps with a fork. Boil the onions and salt for half an hour and chop them coarsely, mix all the ingredients, adding the beaten eggs last.

Melt some dripping in a pudding tin, it will form a very thin layer. Put the mixture in a tin and spread evenly.

Bake for about 1 hour in a moderate oven. When done cut into squares and serve with good brown gravy. Serves 4 persons.



Filo Prawn Parcels

Ingredients:

4 oz of butter
12 sheets of filo pastry
12 oz of peeled prawns
(6-8 oz) of Roule cheese or garlic and soft herb cheese
Sesame seeds.

Method:

Melt butter. Halve sheets of filo pastry. Place a few prawns in the middle towards the edge of the pastry. Place a teaspoon of the cheese on top.

Fold the left and right sides of pastry to the centre. Roll pastry starting from prawn end to form a sausage shape. Brush with melted butter and roll in the sesame seeds.

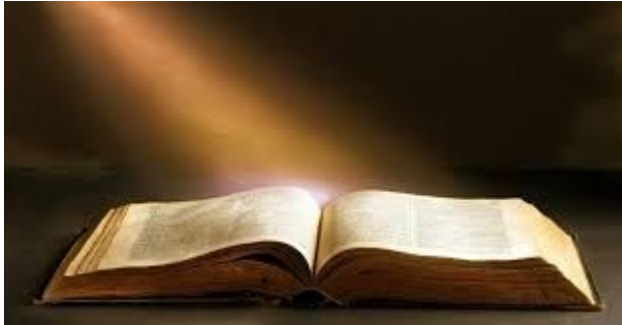
Transfer to a baking sheet and cook.

There are a lot more recipes on the [FTHM Website Here \(Recipe Category\)](#)

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BIBLE STUDY

Sent in by Peter Smith



John 6.29

So, God created great sea creatures and every living thing that moves, with which the waters abounded, according to their kind, and every winged bird according to its kind. And God saw that it was good. And God made the beast of the earth according to its kind, cattle according to its

kind, and everything that creeps on the earth according to its kind. And God saw that it was good.

Then God saw everything that he had made, and indeed it was very good.

(Genesis 1:21,25,31)

The Creator, if he exists, has a special preference for beetles. (JBS Haldane, 1951)

There are 350,000 kinds of beetle in the world. Why did God create so many? What are they for?

Genesis 1:27 is mind-boggling: "So God created man in his own image". How can we be in the image of God? It must be that in a very small way we think and feel as God does.

Men and women can create: a beautiful painting, an intricate model, a sculpture, etc. And our creation gives us pleasure. We enjoy it for what it is; it doesn't have to be useful. And so, it is with God, with his creation, with his 350,000 beetles.

Conversely, we are very upset if someone vandalises our creation: throwing ink over our painting, or smashing our model / our sculpture. And, again, so it is with God.

If we trash the planet - not thinking about the impact on the environment of what we do - this is grieving to God.

The Bible does tell us that before Jesus' second coming the earth as we know it will be devastated (see Isaiah 24:1-6), and that after Jesus returns it will be remade as something far, far better (see Isaiah 11:1-9).

But this is NOT a reason for a person to grieve God by needlessly damaging the planet.

(Bible quotations: New King James Version)

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REGGAE MUSIC



Reggae music goes back a long way in Jamaica. In the late 1960's, people started to take notice of it around the world. Some people were influenced by reggae when they visited Jamaica. Also, people originally from Jamaica took it to other countries. As the disco age was beginning to emerge, reggae was also developing its own following. While it never exploded like disco did, it has remained a popular style of music.

Many individuals like reggae music due to the fact that it has a genuine feel to it. The lyrics are also very touching because they are about real things that real people experience in their own lives, and this explains why many people are prepared to pay to see their favourite reggae bands live on stage. If you have never listened to reggae music before, you need to find some online and give it a listen!

Some people believe that reggae music is a thing of the past but that just isn't true. They simply do not realise how many people actually listen to it. There are dedicated radio stations out there, particularly on satellite radio, and there are also lots of well-known artists who continue to emerge on the reggae scene.

Despite the fact that reggae isn't as popular as other forms of music that come and go, it does have a really strong following. You can be sure that it will continue to be around for a very long time. Reggae music might be different from what you are used to listening to, but it is very sincere and also really interesting if you give it time to grow on you.

REGGAE LYRICS

The majority of people who listen to reggae music do so as they enjoy the sound of it. They take pleasure in the tempo and the beat that are distinct from other kinds of music. They also appreciate the lyrics that accompany the music as they can relate to what they say. The lyrics of reggae are also timeless in their meaning.

Some of the basic themes you will find in reggae music are love, loss, relationships, faith, and society. Lots of people find that reggae music is very relevant to their lives.

It appears as if absolutely nothing is taboo when it comes to the lyrics of reggae. These lyrics can make individuals consider their own lives and what is going on around them in the world. Some reggae lyrics even discuss political issues. This is an avenue that other musicians tend not to go down as too many famous artists do not want to risk losing fans through expressing their politics.

Some reggae lyrics also encourage adults to play a bigger role in making the world a better place for future generations. This is why reggae lyrics are extremely effective and influential.

JEWISH REGGAE

Jewish reggae is a mix of different sounds that were established by a Jewish man called Matisyahu. He integrated conventional reggae sounds with rock-and-roll. Faith is greatly discussed in its lyrics. People are mindful of the Sabbath and consequently no performances take place on this sacred day. Although Jewish reggae was around long before Matisyahu, his work has made it readily available to everyone and in 2006 he was named the leading artist in this genre of reggae.

Some sorts of Jewish reggae are very appealing to younger generations as they have a rap concept to them. Rap is a type of music that grabs attention of the young.

There are definitely some people who believe that Jewish society has actually been exploited by reggae music. They don't think it is a good idea to mix it with such styles as rap. Yet others argue there is no real difference between this combination of sounds and that of Christian rock and Christian rap.

Jewish reggae is simply another form of reggae that has continued to develop and thrive in modern society. It is a cultural type of music that is influenced by the beliefs of Jewish people. There are a lot of ways you can hear this kind of music and many popular artists have CD's on sale. You can also listen to Jewish reggae sounds online and listen to the lyrics.

This music is one of many ways that Jewish culture attempts to get the rest of society to understand it. They also use it as a way to pass on their heritage to their kids and future generations. Jewish reggae is very interesting and if you haven't heard this type of music before, you should check it out!

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BRENDA'S WILDLIFE CORNER



Meerkats

Meerkats live in all parts of the Kalahari Desert in Botswana, in the Namib desert in Namibia, southwestern Angola, and also in South Africa. A group of meerkats is called a “gang” or “clan” and can contain about 20 meerkats, although bigger families have 50 or so members.

In captivity, meerkats can live up to 12-14 years but less in the wild. They have a body length of 35 to 50 centimetres and have binocular vision with both eyes on the front of their face. Claws are used to help them climb trees.

A baby meerkat is called a pup and is allowed to leave the burrow when it is two to three weeks old. Meerkats are social creatures and live in colonies and regularly groom each other.

Interestingly, they are known to share their burrow with the yellow mongoose and ground squirrel.

Ref. Wikipedia

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REFLECTIONS OF JUNE CHARLTON



When I was about 10 years old, I asked my mother if I could go into town on my own. She replied “no” as I was not old enough and should wait for another year. I was unable to persuade her to back down, so I had to wait until I was 11 years old to go into town on my own.

When I finally went alone into Castleford, I thought I was really grown up. I saw market stalls with lovely clothes and shoe shops not far away from the market.

I can't remember ever having new shoes as I always seemed expected to wear other people's hand-me-downs from people whose parents were better off than mine – but when you are young you just go along with it. There were a lot of people down the Potteries who couldn't afford new shoes. Having said that, I did get the occasional pair of new shoes like I did at Easter when I was 11 or 12 when my mother got a Provident cheque from a shop in Castleford. So, me and my sister Iris went to Hopton's shoe shop and tried on some new shoes. We were both very excited at the prospect of having new shoes and we also got new coats so it must have been a big cheque!

The man from the Provident called every Saturday to our house but we weren't always able to pay him and asked him to come back the next week. Anyway, after some weeks the Provident cheque was paid back with the necessary interest.

When I started work a few weeks later, it was much better for my mother because she got my wage every week and gave me pocket money. Also, we visited a furniture shop in Castleford and ordered a three-piece suite which I paid off when I got my wage every Friday. This made my mother very happy as my dad wasn't able to provide enough money for everything.

She did very well on the money I gave her and things got even better when my sister started work and so there were two wages coming in and my mother could get on her feet. Also, I loved buying myself new clothes and shoes and a handbag to match my outfits. This was a happy time in my life.

DAZE OF MY LIFE (Part 15)

Daze of My Life Part 1 starts in [FTHM issue 44, August 2018](#)

Written by Bill Pearce

Record Breakers

In 1961, my older brother John was now earning a decent living as a van lad at Ripponden and District Motors. It was the start of the sixties and people were feeling a little better off than in the fifties. He came home one day feeling quite excited, he told the family that he had been and got measured for a ‘Teddy Boy’ suit.

I saw Dad give him a disgruntled look.



A similar suit to John's

A week later, undeterred, John brought his new suit home. He put it on and gave us our first glimpse. I thought it looked great. It was black, with black velvet trim on the pockets. The button fastenings at the front were on little gold chains. I was only thirteen but was still very jealous.

“Don't wear it when you come out with us”, was Dad's derisive comment.

Matters were made a little worse when John came home a week later with tattoos. Love and hate were tattooed across his fingers, two bluebirds adorned his hands between each thumb and index finger. Finishing his outfit off with a pair of beetle crushers, John cut a dashing figure.



Johns were similar

Next, John bought himself a nice little record player on legs and was starting to amass a good collection of records. This was in the days when 78 rpm records still sold as well as the newer 45 rpm ones.

I can recall some of the titles, I Go Ape by Neil Sedaka, Lovin' Up - A Storm by Jerry Lee Lewis and even a couple of early Cliff Richard.

His pride and joy however were his collection of [Elvis Presley](#) 78 rpm singles. Some of these were originals on the HMV label, others on RCA records. We had been warned never to touch any of his records.

On the day in question, Phil and I had been playing footie in the field to the side of our house. For some reason we couldn't work out, there were always fewer piles of cow clap in this area. No more team sport for us, it was one a side. One shooting, one in goal. We eventually tired of this and decided to go in home for a drink of water.



After quenching our thirst, we went into the living room where John was playing some of his music. Shattered from all the running around, I flopped on to our old settee. There was an almighty cracking sound and then our John exploded.

“You bloody idiot”, he shouted. “You’ve broken one of my Elvis records, why didn’t you look before you sat down you stupid fool”?

“Why did you leave one of your records on the sofa”, I responded.

John had a 78-rpm record in each hand, he was so cross he started shaking. Then, without a word of warning, he smashed the records over my head, thus breaking two more of his collection.

“That bloody hurt - you bastard” I shouted back at him.

The argument was about to escalate, when Mom walked in from the kitchen and got us to stop. After listening to both of us, she decided we were both equally at fault, which neither of us agreed with. She suggested that in future, John played his records upstairs. He wasn't happy because, like all teenagers, he liked inflicting his musical tastes on everybody else.



As for me, I thought John could have taken some advice from one of the records he smashed over my head – ‘Don't Be Cruel’.

First Class Delivery

One day in 1961, Dad had been for a drink in The Alma Inn, which was just across the fields from us. He had heard that the local Halifax Evening Courier paper round was up for grabs, would me and Phil be interested? After a short discussion, we said we were interested and how much money would we get? It was twelve shillings and sixpence per week for six nights. Sixty- two and a half pence in today's money.

We were shown the round for three night and then we were on our own. There were only 42 papers to deliver, but the round covered a large area. There could be half a mile between some of the farms and cottages.



The papers were brought by the single decker, Millbank bus and dropped off for us by the Alma Inn. The landlord at the time was Benny Riley, assisted by his partner Nellie. He let us sort out the papers in the pub doorway. We had split the round in two to get it finished more quickly.

The longest route was begun at Wicking Lane, by the bus terminus, and went in a large circle. You delivered to many isolated farms and cottages, eventually coming down Greave Road, Ash Lane, Eccles Parlour eventually exiting to Lighthazels Road. If it was your turn on this lengthy part of the round, you got the use of our old bike. It didn't have any brakes or saddle but we managed. We usually tied a rolled up old sack to where the saddle should be.



The other part of the round went up Clay Pits Lane, the full length of Lighthazels Road, ending up at Clough House. This was done on foot delivering to properties on both sides. It

was a difficult round to do in winter, but we managed. Those of you who know the area will appreciate the logistics of the job.

Six shillings and three pence each seemed a pittance for the time it took.

Complaint

I have to interrupt this blog to deal with a complaint. My uncle, Terry Goulden, has suggested that I have hardly mentioned him in the stories I have been relating. What can I say?

Terry has always been there in the background as I grew up. He is still there; he is now the eldest of my relatives. When Terry married for a second time, to Aunty Carol, he even asked me to be his best man. It was a task I was delighted accept.



The man behind the complaint, the many faces of my uncle, Terry Goulden

As a young man, Terry liked to participate in many sports, rugby league being his favourite. In later years, he started to play crown green bowling and became very proficient at it. He has played for several local clubs, winning many competitions along the way. He is currently playing as a veteran with Hill Crest Bowling club in Sowerby Bridge.

As a tribute to his prowess, and to entertain the wider family, I wrote the following poem about him in the late eighties.

Golden Goulden

Heroes come and heroes go.

History dictates this is so.

But I know one, who is the best,

Stands shoulders high above the rest.

The finest sight I've ever seen

Is when this legend's on the green.

People come from miles in shoals

When 'Golden' Goulden flicks his bowls.

Our Terry stoops to bend his back.

Sends out, of course, the perfect jack.

He rolls 'em long, he rolls 'em short.

"By gum ! Good wood!" the crowd retort.

Each perfect wood brings much applause,

The only sound this lad adores.

For thirty years he's not been beat.

The world's a football at his feet.

Ask our hero and he will,

Demonstrate his chosen skill.

He even does it in the dark,

In wintertime at Crow Wood Park.

Each game's worth more to him than life.

He even does it with his wife!

All opponents get the 'scares',

When Terry and Carol play the 'pairs'.

So, when people ask who's gotten class?

Of all the folks who play on grass,

The pundits are obliged to say,

'Golden' Goulden rules! ... OK?



A very young Terry with Loll and Phil

So, there we have it, a bit of writing, some photos and a poem. Is that enough for you Uncle Terry?

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Pointed toe shoes

Often when I was at school, if I was going to commit a bit of mischief, I would weigh up the situation first. Was it worth the punishment it would undoubtedly attract? Mostly, the answer would be yes. I don't know why, I just loved the adrenalin rush it brought.

I remember one particular incident involving the school uniform, or the lack of it. Dad was off on his milk round and Mom was bothering with the other, younger children. Here was my chance.



Sowerby Bridge Grammar School badge

I had been saving up my paper round money and, eventually, I saved enough to buy myself a lovely pair of winkle pickers with Cuban heels. The side panel of each shoe was silver. I decided I would wear them for school, not a massive breach of the rules but, pretty daring in those days.

I then decided to go a bit further and borrowed a black shirt out of our John's wardrobe. I finished off my fashion statement by adding a red tie. I shouted goodbye hurriedly and headed for the bus stop.

There were three more SBGS pupils at the bus stop, Angela Cox, Trevor Smith and our neighbour, Frank Sharp. Frank was a Prefect and said they probably wouldn't let me stay at school dressed like that. I told him that they would get the chance.

I got a few looks and comments on my way up Albert Road. About fifty yards away from the school gates, another Prefect approached me and said I would have to go to the detention room. He said he would fetch a teacher.

"I'm not at school yet, so you can't tell me what to do", was my dismissive reply.

Eventually, I had to enter the school yard and was led to the detention room by the Prefect. Lots of other pupils were looking on. Mr Hallows, the deputy head was waiting there for me. I had got the response I expected, now for my pre-planned excuse.

“Why aren’t you in a full uniform Pearce”?

“I only have one Sir and got it covered in mud last night, my Mother is washing it”.

“Well, go home and come back tomorrow, in full uniform!”



Auntie Olga

My Auntie Olga lived nearby on Clifton Street, so I headed for her house. She smiled when I told her what had happened and then made me a cuppa and some toast. I stayed there all day, listening to the radio and eating her biscuits. I went for the bus home at the usual time.

When I got home, I went straight upstairs and got the offending clothes off. My parents never knew and Auntie Olga never dobbed me in.

It was a good ‘non-uniform’ day, and I survived unscathed!

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DIETING MAKES YOU FAT

From Peter Smith



'Dieting makes you fat' is the title of a book by Geoffrey Cannon published in 2008.

The human body is programmed to stay healthy. But if we want good health, we have to listen to our bodies and to give

them the right amounts of what they need: sleep, exercise, good food, etc.

We should live in harmony with our bodies, and not fight against them. A dieter fights their body. The body says, "I'm hungry, please feed me". The dieter responds, "NO!"

THE DINING DOUBLE ACT:

- ghrelin and CCK

Ghrelin is made in the stomach. It makes us feel hungry when the body needs food.

CCK (cholecystokinin) is made in the small intestine just past the stomach. It makes us feel full when we've eaten enough.

By listening to these two 'voices' we can arrive at a healthy weight and stay there. But we have to let our bodies decide what this weight should be: NOT the scales or an image in our mind.

However, two things are crucial:

- WHEN we eat, and
- WHAT we eat (baddies or goodies?).

WHEN SHOULD WE EAT?

Very often people who are overweight (Body Mass Index 26 - 30) or obese (BMI 31+) do not eat three meals a day. But we should eat three meals a day.'

Our weight is affected both by what we eat and by how fast this is 'burned up' in the body. If we skip a meal, the body 'thinks' there is no more food around, and slows down the speed at which it uses what's left from what we ate earlier. That is: our 'metabolism' slows, and we burn fewer calories and store more fat.

Breakfast (as long as it's not an 'English' full of saturated fat) is particularly important.

THE BADDIES:

- saturated fat, free sugar, alcohol

We can eat these in moderation, but we have to see clearly that these are the foods that will make us fat if we eat a lot of them.

Saturated fat: the fat of meat, milk, butter and cheese. In the body this forms LDL, a low-density combination of cholesterol, other fats and protein, too much of which can clog up the arteries and cause heart attacks.

Free sugar is found in foods to which sugar has been added, and in 'juiced' drinks where the cells of fruits have been broken up to release sugar. It is absorbed (passes into the blood) very quickly when it reaches the intestine. When moderate amounts of sugar are absorbed, they are used up in keeping the body at 37 degrees, in keeping the brain, heart and muscles working, and so on. But when a large quantity of sugar enters the blood in a short time it cannot all be used up, and the surplus may be turned into fat.

Alcohol: fermented sugar. We all know someone with a 'beer belly'.

THE GOODIES:

- unsaturated fat, complex carbohydrate, fibre

We can eat these freely when we are hungry, and they will not make us fat.

Unsaturated fat: the fat of olive and other oils, sunflower spread, soya 'milk', and fish. In the body this forms HDL, a high-density combination of cholesterol, other fats and protein which actually protects the heart.

Complex carbohydrate: principally starch. This comprises chains of sugar molecules. When it reaches the intestine, the chains have to be broken down (digested) into single sugar molecules before absorption. So, the sugar enters the blood slowly, and much is used up instead of being turned to fat. This is why (contrary to popular myth) potatoes, wholemeal bread and brown rice are not fattening.

Fibre (or 'roughage'): the part of a plant that cannot be digested in the small intestine. Fibre mostly comprises different kinds of carbohydrate (such as cellulose), but also includes lignin - a substance that makes plants more rigid. Good sources are wholegrains (e.g. wholemeal bread, cereals), pulses (e.g. lentils), and dried fruit.

Eating enough fibre protects us against bowel cancer and heart disease (the advice is 30 grams of fibre a day). This is one reason why a 'low carb diet' is a very bad idea. The great thing about fibre is that it helps to fill the stomach and relieve hunger, while the calories it contains do not enter the blood. This is one reason why 'counting calories' is a very bad idea.

SUMMARY:

- deciding what to eat is helped by asking three questions about any food item.

1. Does it come from a mammal or a bird?
2. Does it contain ADDED sugar or alcohol?
3. Has it been debased (e.g. juiced fruit, white bread)?

If YES to any question, don't eat much of it.

If NO to all three, eat as much as you need to satisfy your hunger.

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ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



Questions:

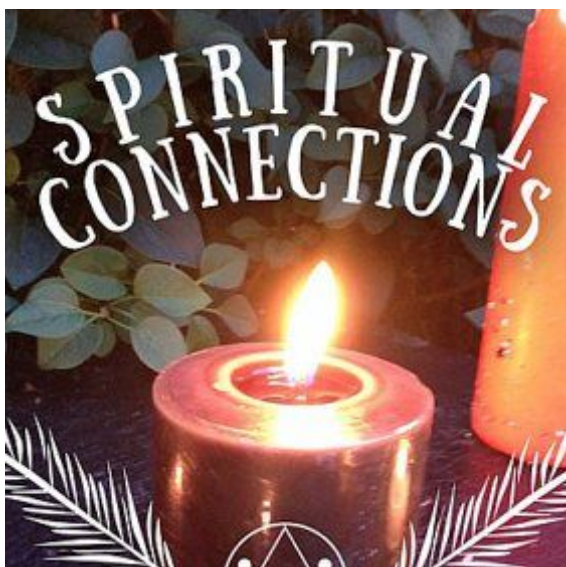
- (1) What is the capital of Iceland?
- (2) Who is the patron saint of Wales?
- (3) Which languages are spoken in Jamaica?
- (4) What is the French word for 'mouth'?
- (5) Who wrote the song 'Blue Suede Shoes'?
- (6) Which party does Bill Clinton belong to?
- (7) What is in a Cosmopolitan cocktail?
- (8) What nationality is the footballer Cristiano Ronaldo?
- (9) How many players are in a lacrosse team?
- (10) Where is Philadelphia?
- (11) Where is Penzance?
- (12) What is the German word for 'windmill'?
- (13) Who played the lead female role in the film Titanic?
- (14) What is Tempeh?
- (15) Who wrote 'Peter Pan'?
- (16) Who played the original Miss Marples?
- (17) What does the term 'broiling' mean?
- (18) Where do oranges traditionally come from to make marmalade?
- (19) What is a spurtle?
- (20) Who won the Scottish Premiership for the season 2018-2019?

Answers:

(1) Reykjavik (2) Saint David (3) English, Jamaican creole or patois (4) Bouche (5) Carl Perkins (6) Democratic Party (7) Vodka, triple sec, cranberry juice and freshly squeezed or sweetened lime juice (8) Portuguese (9) 10 (10) In Pennsylvania, the USA (11) In Cornwall, UK (12) Windmühle (13) Kate Winslet (14) A cake-like substance made from cooked and slightly fermented soybeans (15) James Matthew Barrie (16) Margaret Rutherford (17) extremely hot; scorching (18) Seville, Spain (19) A wooden Scottish kitchen tool, dating from the fifteenth century, that is used to stir porridge, soup, stew and broths (20) Celtic

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