

FROM THE HORSE'S MOUTH – September 2019. Edition No 57.



Hello. I hope you're in a good place when you're reading this magazine.

Recently, a friend of Brenda and mine, and of the magazine, called Kitty Lynn unfortunately passed away at the age of nearly 74. Kitty contributed many excellent recipes and a couple of well-written articles, but more importantly, she was well-loved by her family and many friends, and will be sadly missed.

If you feel you want to contribute to this publication (in a non-racist, non-sexist and non-homophobic way) please send your material to be considered for publication to: dean@fthm.org.uk Thanks, Dean, Robert and Brenda.

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Publication Costs

Dear Reader, it does cost some substantial sum to keep From The Horse's Mouth up and running and you can read more about that here

If you can gift any amount to FTHM for it's continued growth then that would be most appreciated.

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Many thanks,

Dean and Robert

MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

You have been vegetating too much recently and are in danger of turning into a permanent couch potato. A French woman will give you more than an eyeful but beware as her motives are not honourable. Someone's toilet humour may appal you but keep your trap shut or you may say something you later

regret. Drink less alcohol as you are becoming the talk of the office.

Sagittarius 23 Nov – 21 Dec

A man who always seems stoned may show you that he is not a complete waste of space through an act of great kindness. Money is heading your way but don't spend it like an imbecile. Also don't make a fool of yourself with someone who doesn't wear a wedding ring. It is a good time to learn a foreign language as it will open many exciting doors for you.

Capricorn 22 Dec – 20 Jan

Christmas is fast approaching so don't do anything that will cost you dearly in December. Good times are ahead for you, but don't put your umbrella away just yet as you will still experience showers of misfortune. Don't be offended if someone offers you a mint as they only have your oral hygiene at heart. Turn to gin if you think you need a quick tonic.

Aquarius 21 Jan – 19 Feb

A drunken fling is on the cards but will you wake up with more than the usual hangover? Someone with long legs will smile at you but they are just being friendly. This month you lack common sense and stupidly keep making the same mistake time and time again. You are clearly overweight but do remind yourself that you are no longer a spring chicken.

Pisces 20 Feb – 20 Mar

Someone may invite you to a game of darts but be careful as your affections are really their target. Some nice melons may seem very attractive but make sure you are not just being attracted to another bad apple. A lady in a wheelchair will impress you with her social skills

and teach you not to prejudge anyone. Stop thinking charity begins at home, as if it does, it's not charity.

Aries 21 Mar – 20 Apr

This month you should cut down on your gambling as you are clearly not the lucky kind. A tattooed person may make you an offer you should, but can't, refuse. An event in the park will introduce you to a side of life you had not considered. Start making plans for your demise as do you really want to leave loved ones with lots of expense? Take up spear fishing.

Taurus 21 Apr – 21 May

Be careful how you conduct yourself this month and watch out for unexpected banana skins. Don't look a gift horse in the mouth just because it is not very valuable. It would be stupid to continue worrying which came first: the chicken or the egg? so just get on with leading your short life the best you can. The village idiot will shock you with their wisdom and objectivity.

Gemini 22 May – 21 Jun

An attractive person may ask if they can share your table in a busy restaurant, but don't say 'yes' otherwise the writing may be on the wall for your already rocky marriage. A TV programme may shock you with its content but remember you always have the option of channelling your attention elsewhere. It's time to face up to your problems before it's too late.

Cancer 22 Jun – 23 Jul

A trip to Germany may prove to be an eye-opener and enable you to start to rebuild your shattered confidence. A person who is usually chilled out will shock you with their inhospitable behaviour. You are usually a creature of habit but will do something that is totally out of character which will pay dividends. Start to follow a healthier diet.

Leo 24 Jul – 23 Aug

You are so ugly that it is a waste of time spending any more money on makeup – instead try developing your dour personality. You are a slave to fashion but that's okay as you should do it before father time destroys your figure. A lady with a wart on her nose will reveal a secret to you that will completely change your life. Start shopping more at charity shops.

Virgo 24 Aug – 23 Sep

Now is the time to start eating frogs legs every other Thursday. You spend too much of your time being a perfectionist which will only lead to unhappiness in the long run. A religious person will shed some light on a long-standing problem and allow you to move on. Your mind is in good shape at the moment but do keep feeding it with positivity.

Libra 24 Sep – 23 Oct

An invitation to a glamorous party will leave you wondering whether the expense of a new outfit is really worth it. In general, you are spending far too much money on silly things and

should discipline yourself to following a budget. You're out of tune with your emotions at the moment so you should look for a more harmonious path. Consider training to be a clown.

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INTERVIEW WITH MARGARET CHAMBERLAIN



What are all you lovely ladies doing in Hebden Bridge today? We are Red Hatters and we're having what is called a Hoot – a sort of fun flash mob!

What does this mean? We are part of an international organisation which started in America twenty-one years ago. It is for ladies of all ages who want to find their inner girl. We are enjoying ourselves after a lifetime of responsibility. In the words of the poem that inspires us – Jenny Joseph's "Warning" which starts "When I am an old woman, I will wear purple with a red hat" – we are "making up for the sobriety of our youth".

So, it's all about having fun? Absolutely. Fun and friendship. We have what we call groups or chapters in over 100 locations throughout the UK. I'm from the Cleckheaton chapter of Ladies 'Aving Fun and I'm their Queen Lovely Legs. Each chapter has a Queen and we adopt Royal Names that reflect something about ourselves or how we like to be. We have Hatters here today from all over the country: Shrewsbury, Wrexham, Blackpool, Liverpool, Manchester, Stockport, Tyneside, London, York and of course Cleckheaton and we're literally just meeting up to enjoy ourselves.

What are you going to do here today? First of all, we're having a photo shoot on The Pack Horse Bridge, then we're going to go into the park and having a game of welly-wanging. It's going to be Lancashire versus Yorkshire with it being Yorkshire Day – The War of The Roses is not dead!

Is there a charitable theme to this activity? Normally no as we are just about fun, but on this occasion as Yorkshire Cancer Research is having a fundraiser to coincide with Yorkshire Day, we will be supporting this charity and giving it lots of welly.

Why have you chosen to meet here in Hebden Bridge? Because it's between Yorkshire and Lancashire, it's easy to get to, and it's a nice place to visit.

Are most of your members from Lancashire and Yorkshire? Most of the members in the UK are from down south. We're very short of chapters in the North of England.

Why do you think this is so? It may be through a lack of publicity. It is also more established down south and so Red Hatters enjoy more visibility.

How are you funded? We individually pay an annual subscription to America so that we are members of the International Red Hatters and many chapters levy a nominal sub to cover such things as stationery for newsletters, greetings cards etc. Each chapter is independent and completely self-funded – we pay as we go for things such as meals out, theatre tickets, or entrance fees to places of interest. Our favourite activity is charity shop shopping for red and purple outfits and accessories!

Is it big in America? Very, very big and also in Australia. It is literally all over the world. It's all about fun and friendship – we've done the grown-up things in life, we've had careers, marriages and brought up families. Now is **our** time, our playtime. For example, we go on slides in parks and visit museums – all just for fun.

How can someone contact you if they want to know more about your organisation? They can go on the internet and type in **British Red Hatters** and they will find a contact point.

Do you accept anyone? Ours is a women's organisation and it is all inclusive so long as you're female or recognise yourself as having a female gender. We welcome all women.

Is there anything you would like to add? Our motto is: Live Laugh and Love and that's what we're about. We are enjoying ourselves in the company of like-minded women by being positive and living life to the full.

Our website address is: <https://britishredhatters2.weebly.com/>



Silly Billys Toy Shop
Old Gate House, Old Gate
Hedben Bridge HX7 6EN

Tel: 01422 843304
Web: www.sillybillystoyshop.com
Email: info@sillybillystoyshop.com

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KITTY'S RICH SCONE RECIPE



Ingredients:

1lb of flour
1 tsp of salt
3 oz of lard
1 or 2 tsps. of sugar
Milk (half pint, including the egg)
3 tbsp of currants or sultanas
1 egg (beat and put aside a tablespoon for the tops)

Method:

Mix the flour and salt in a basin, and rub in the lard with the fingertips. Mix in the sugar and the currants. Then stir in with a knife the beaten egg and milk, making a soft dough (handle lightly, do not over-knead). Roll out to thickness of about half an inch, and cut in rounds with a scone cutter. Place on a greased baking sheet and brush over the tops with the beaten egg. Bake in a hot oven for about 10 minutes.

Make a cup of tea, sit back and enjoy! x

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If you want to find all [Kitty's Recipes then click here](#)

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YORK

York is a city in North Yorkshire which is 22 miles north-east of Leeds. It has a population of about 210,000 and incidentally, is very prone to flooding.

Recently, Me, Brenda and a friend called Margaret spent a few hours in the centre of York as we knew what an interesting place it is to visit.

Here are some facts about York (with help from Wikipedia):

It is located on the rivers Ouse and Foss and was founded by the Romans as Eboracum in 71AD. It then became the capital of the Roman Province of Britannia Inferior, the kingdoms of Deira and Jorvik – the Danish army conquered the city in 866 and Jorvik became its new name as it became a major river port and made up the extensive Viking Trading route throughout northern Europe.

In the middle ages, York became a major wool trading centre and also the capital of the northern ecclesiastical province of the Church of England.

York merchants imported wine from France, cloth, wax and canvas and oats from the low countries, timber and furs from the Baltic and exported grain and wool to the low countries.

In the nineteenth century, it became a major hub for the railway network and a centre for the manufacture of confectionary. The railway was developed by George Hudson and was also instrumental in the expansion of Rowntree's Cocoa Works which was founded by the brothers Henry Isaac Rowntree and his brother Joseph. It is now known as Nestle York and

famous for brands like KitKat and Yorkie bar. In addition, Terry's of York also produced confectionary but was ultimately moved to Poland by its owners Kraft Foods.

Today, the economy of York is reliant on the service and tourism sector. In 2016, it became a sister city to Nanjing and this partly explains the large number of visitors from China and Asia. York was voted European Tourism City of the year in 2007 and this has greatly helped tourism.

There are many places of interest in York, the centre of the city is actually enclosed by the city's medieval walls. There are the Shambles which is a fascinating place to relax and shop. It is also worth visiting the National Railway museum where you will find the Mallard which is the world's fastest steam locomotive and also the world-famous Flying Scotsman.

If you have time, it would also be worth visiting the Yorkshire Museum and its Museum Gardens, the Jorvik Viking centre, the York Art Gallery and the Richard the Third experience. If you're into sport there's York Racecourse which also accommodates Yorkshire's largest beer festival every September run by CAMRA. York hosts the UK Snooker Championship at the Barbican Centre.

Christianity is the main religion practised in York, but other religions like Islam, Quakerism and Buddhism are represented.

When we visited York, we paid £15 each to go around the city landmarks on a tour bus which is good value if you are intending to spend time in York and get on and off the bus.

So, all in all, we had a great time in York and I would recommend it to anyone for an interesting and enjoyable day out – but be warned, it is not a cheap experience!

For more interesting Place Reviews by Dean, please visit [Dean's Places](#)

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BRENDA'S WILDLIFE CORNER



Elephants (Part Two)

Hunting for elephant ivory in Africa and Asia has led to natural selection for shorter tusks and tusk-lessness. An elephant skin is very tough at 2.5 cm (1 inch) thick on the back and parts of the head. The skin around the mouth and inside of the ear is considerably thinner. Elephants have grey skin, but African elephants look brown or reddish after wallowing in coloured mud. Asian

elephants have patches of depigmentation, particularly on the forehead, ears and the areas

around them. Normally, the skin of an Asian elephant has more hair than its African cousin. The skin of an elephant is very sensitive and they usually have regular mud baths to protect it from burning, insect bites and moisture loss. Also, they have been witnessed lifting their legs in order to expose the soles of their feet to the air. Interestingly, as many as five toenails can be found on the front and hind feet.

Elephants are also capable swimmers. The throat of an elephant appears to contain a pouch where it can store water for later use. A large amount of an elephant's food-intake goes undigested despite the process lasting up to a day. Elephants are herbivorous and will eat leaves, twigs, fruit, bark, grass and roots. African elephants are mostly 'browsers' while Asian elephants are mainly 'grazers' but all elephants try to stay near water sources.

Ref. Wikipedia

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DAZE OF MY LIFE (Part 14)

Written by Bill Pearce

New school, new address.

The Blob

After being told I had passed for the Grammar School in spring of 1959, the initial euphoria had turned into a gnawing anxiety for me. As I said in a previous story, most of my friends were going to Ryburn School in Sowerby. They seemed to be looking forward to it.

In my last year at Newlands School, my form master and principle teacher was Mr Tasker. His forenames were Dennis Paul. We used to sing a song about him. It was to the tune of 'John Brown's Body'. The lyrics were, 'DP Tasker needs a rope around his neck, and we'll all give a bloody good pull!'



Newlands County Primary School in later years. (Photo thanks to Jean Hutchison)

It was a bit unfair. In reality, he was a good teacher, firm but fair. Teaching wasn't suffering from all the rules that apply these days. I think all of his pupils left junior education with the ability to read and write. We also had manners and a modicum of respect for authority and our elders.

In those days, we still used dip pens and an inkwell. On one occasion, we were writing about geography. The work had to be handed over to him when we had finished. As he told us to stop writing, a big blob of ink fell from my pen and landed on my paper. There was nothing I could do. I just had to hand it in.

Mr Tasker looked at the paper and then looked back up at me, then back at the paper. He did this a few times and succeeded in making me feel embarrassed.

He slowly looked back up at me and said, "This isn't grammar school work, Pearce".

"No, sir", I replied, fidgeting and looking down.

"You'll have to do much better than this".

Not only did he make me feel embarrassed, he had increased my anxiety and doubts about attending the grammar school.

The Roller

At the back of our house at the Newlands, was a large, concrete garden roller. Being an astute child, I noticed that it was never used. I thought it would be a good idea to hide secret things behind it, away from prying eyes.

One day, my Mom sent me on a shopping errand up to Sowerby Post Office. I set off with a shopping list, a ten bob note and a string bag. On arriving at the Post Office, I handed my list to Mr Haigh. He was a very familiar face, as he was also a preacher and teacher at the Methodist Chapel in Rooley Lane, where I attended Sunday School.



An early photo of Sowerby Post Office. It hadn't changed much by the fifties.

He located the things Mom had asked for and put them in my bag. I think the shopping came to something like three shillings and seven pence. As I handed over the money I said, "Mom also told me I could have a gobstopper". She never told me any such thing and I don't know why I said it. I probably thought she wouldn't miss the halfpenny that it cost.

I walked happily along Newlands Avenue sucking my gobstopper, taking it out occasionally to see if it had changed colour. It would be impossible to suck it down before I got home, so I decided to hide it behind the roller. I wouldn't tell our Phil about it in case he decided to have a suck himself. He just couldn't be trusted!

Walking across the rec, I entered our back garden and looked around, making sure nobody was watching. One last suck, then I licked the spit off and placed the gobstopper carefully behind the roller.



The Roller

Walking into the house, I handed over the shopping and the change to Mom, then went and sat in the dining room. Tea shouldn't be too long. Not even a minute had passed when Dad said, "Come and give me a hand, Billy. I'm going to give the back lawn a roll".



Gobstoppers lasted so long.

Panic immediately set in!

He's going to find my gobstopper and then I'm in trouble. I followed him into the garden, hoping he wouldn't see it. He pulled the roller away from the wall and revealed my hidden object. I looked the other way and tried to look innocent.

"What's that?" he asked.

"What?"

"It looks like one of those gobstoppers that you and Phil like".

"Oh, yes! It is! I wonder who put it there?"

"Stop lying, William. I saw you put it there!"

He never, ever missed a trick!

Mom and Dad were concerned that I had stolen it from the shop. They wouldn't believe me when I said I had bought it out of Mom's shopping money. Mom frogmarched me up to the Post Office where Mr Haigh confirmed I had paid for it. He was instructed not to let me spend any of the shopping money in future.

When we got back home, Dad gave me a clip round the ear and I was sent to bed and told I wasn't allowed sweets for a month.

That's what he thought!

I would get the gang to smuggle them to me!

Open and Closed

About a month before we broke up for the summer holidays of 1959, I was given a letter to take home. When Mom opened it, the letter said there was going to be an Open Night at the Grammar School and that it would be advisable to attend. She said, reluctantly, that she would go with me. This was the only time that either of my parents attended anything during my school days.



Sowerby Bridge Grammar School 1910 – the day it opened

On the appointed evening, we mingled with other pupils who looked every bit as perplexed as I felt. Mr Beaumont, the headmaster, gave a lengthy talk about the ethos of the school and what was expected of the pupils.

We were given a list of all the things, uniform and equipment, I would need as a pupil. I think Mom was worried about how much it would all cost.

The last day of term at Newlands School came and Mr Mills, the headmaster, gave a talk in assembly about the benefits of education. Then he wished the leavers well for the future and said that after a morning of games and fun, we could leave school after lunch. If both your parents worked, you would have to stay until the normal time. Not many families had both parents working back then.

When saying goodbye to some of my school chums, I never realised there were many that I would never see again. I walked home and an important chapter of my life was closed.

Nuts to you!

Phil and me got up to our usual antics in the holidays, wandering through the woods and fields, climbing up trees and the occasional visit to the pictures. Mom was working her way through the list of things I would need for the new school.

Blazer with badge, house or school tie, new shoes, shirts (blue, white or grey), satchel, geometry set, pens and pencils, sports bag for PE, new pumps and a school cap. Quite a list and quite a cost. She must have had to cut back on many other things to pay for them all. I was afforded a bit of relief from things when John came home from work one night. He asked if I would like to go with him and Albert the next day on their Ripponden and District run. I jumped at the chance.

John woke me early the next morning. After a quick breakfast of toast and tea we walked down to Triangle and caught the number sixty-two bus to Ripponden. This was all very exciting for me as nobody travelled very far in those days. Going to Barnsley and Rotherham was like visiting another country!



KP factory girls in the fifties.

When the lorry was loaded, we set off, Albert driving, John in the passenger seat and me in the middle. Once in South Yorkshire, they had only delivered two big parcels when Albert said it was time for breakfast. We parked up and went to a café they used regularly. Bacon sandwiches and a pot of tea each were ordered. I was liking this 'grown up' world!



The high spot for me was when we did a delivery to Kenyon's Peanut factory. One of the ladies there started to make a fuss of me and asked if I would like to take a few things home. Of course, I said yes. She walked into different parts of the factory filling a large cardboard box with goodies – peanut brittle, popcorn, crisps, peanut butter, salted and roasted peanuts. Albert dropped me off at home before he and our John took the vehicle back to the depot.

Walking in with my big box of treats, I was surrounded by Loll and Phil, both wanting to look in the box.

They couldn't believe their eyes! Peanuts were a welcome addition to our diet for many a week to come.

Also, we could show off a little in front of all the other estate kids!

First day blues

The day finally came when I had to don my uniform and catch the bus into Sowerby Bridge. It was the first day at my new school. Prefects shepherded the new boys into a certain section of the school yard. I felt a bit of a prat in my uniform – ties have never been a favourite of mine. Boys and girls had separate playgrounds in those days. A bell was rung and the prefects led us, in an orderly manner, into the assembly hall. We went to the front.

The teachers were on the stage facing us. Most wore gowns, and a few had mortarboards. The room was almost silent and it made me feel quite uncomfortable. After a short wait, Mr Beaumont, the headmaster, made his appearance and stood behind the large lectern on the stage.

His voice boomed out and after the Lord's Prayer and one hymn, he announced that today's assembly would be shortened. This was to allow the new intake to be sorted into their allotted forms. My form master was Mr Rowden. His main subject was chemistry and the chemistry lab was to be our form room.



Left to right are me, Sandra Holroyd and David Baines – former Newlands pupils now in the first year at Sowerby Bridge Grammar School 1960

Nothing much was achieved that day. There was a lot of form filling and Mr Rowden went through a lot of school rules. I was relieved when the first day was over.

Later that week, I was given my first detention for not wearing my school cap on the way home. Detention was for an hour and included having to write a hundred lines.

Thus, began my uneasy relationship with Sowerby Bridge Grammar School, but worse was yet to come!



Another moving experience!

It was early 1960 and Phil and I were aware that there was something afoot. We just didn't know what. Eventually, we gathered from overheard conversations that Mom was pregnant again. This would be her seventh child. We didn't think it would make much difference to us, so that was that as far as we were concerned. I got back to reading Dan Dare in my Eagle comic. Phil went outside and was kicking a ball against the back of the house. He could be annoying sometimes!

But that WASN'T that!

The next day we were all called into the dining room just before tea. Mom announced that we were moving house. Not to anywhere else in Sowerby, but to Soyland, very close to Cottonstones and Millbank.

I wasn't quite sure where it was, but it sounded to be in the middle of nowhere. Dad said they would be taking us all to have a look at the weekend, there was no consultation. We were just

told we were moving. What about the Pearce/Clarke gang? We had sworn an oath that we would never be parted. We would also be moving away from the friends we had made all through our childhoods.

Protest was pointless. They wouldn't listen!



Waterhouses, in the middle of nowhere. Our house was on the right.

The weekend came and only served to confirm what I had feared. Number one Waterhouses was a semi-detached, cottage type property, slap bang in the middle of a field.

The couple next door, Mr and Mrs Sharp, had one son, Frank, who was two years older than me. Other than that, our nearest neighbours were a mixed herd of Ayrshire and Friesian cows.

It was all very quick and within a month we were gone from Sowerby.

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JOHN MUNDEN TALKS ABOUT HIS LIFE, THE HONEY BEE AND THE ENVIRONMENT



John, can you talk a bit about yourself? I'm slightly over 50. I live in Mirfield. I have three children – Two children in France, daughter lives in Bordeaux and my son lives in Pau. I also have a 13-year-old daughter, two cats, three chickens and several beehives and a puppy dog.

Where do you work? I work at the Square Chapel in Halifax. I spend most of my time thinking how to encourage people to think more positively about the Honey Bee. I was a beekeeper for twenty-five years until

last year when I began to focus my efforts on helping save and encourage the Honey Bee and all the other pollinators. I think it is important to do this.

Where do you do this? I look for sites in either trees, woods or walls primarily in Mirfield – some of my places have had swarms in.

Are they all in public places? Yes. Public in the sense that the Honey Bee doesn't discriminate between private and public.

Do people mind? No. Generally people have been really engaged and want to help without being a beekeeper. The pollinator boxes are sealed so there's no removable frame.

The honey, wax, pollen, propolis, royal jelly that is produced is just for the Honey Bee.

How do people view what you're doing? Generally, they want to help. People are becoming more aware that there is a major global issue and we use so many chemicals that are marketed as being helpful to us, when in reality, they cause huge problems to insects and to us. I find it really scary that every household uses these dangerous chemicals in their home and garden. Part of my role is to encourage people to look at alternatives that are effective unlike cleaning products and weed killers that they currently use.

People in the know are well aware of the problems caused by these chemicals but do nothing. I have started to give talks about the subject to anyone who will sit down and listen.

Where do you give these talks? I have just had a marquee at an open day called Ogden Water Goes Wild where I talked to people about protecting the environment and how they can safely keep their homes and gardens clean. To be honest, as an ex-beekeeper, I am discovering that some things I held to be true aren't true and that I'd only been seeing things from a beekeeper's point of view.

Where do you source your information from? Mainly the internet and from DEFRA. In addition, I go to beekeeper's meetings and to talks about beekeeping. Everyone realises there is a problem and wants to help. In the wild, the Honey Bee has been decimated by chemicals and the way that we live our lives today.

Is honey good for us? It is much better for us than processed white sugar as the way that it metabolises in our body is a really smooth process. The advent of white sugar caused our brains to think in a slightly different way as it speeds everything up and some people even think that it helped drive the Industrial Revolution. Honey is filled with amazing nutrients, vitamins that our body absorbs in a really slow and interesting way – it's obviously more natural than processed sugar. We have used honey and other bee products for thousands of years.

What do you do at the Square Chapel? Initially, I was a volunteer here and then four years ago, I became Duty Manager.

What does being a Duty Manager entail? I try to make sure everything and everyone in the building is safe. I oversee the shows. I liaise with everyone who works here and with tradesmen.

I am also Fire Marshall and first aider, which involves co-ordinating any evacuation or sorting out any incident in the building.

What do you think you will be doing in five years' time? I don't really think that far ahead. I would hope that I am working or volunteering at the Square Chapel as everyday here is different, continually changing, wonderful and beautiful. We have some amazing staff and volunteers who it's an absolute pleasure & honour to help.

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HERBAL HIGHS



The definition of “high” is to be in a state of ecstasy. The word originates from the Greek word ekstasis, which means to be outside of oneself. To be high therefore, is to be in a state where you experience another level of perception and of thoughts.

In early history, the very first humans who attempted to attain high states of consciousness were the shamans, monks, or other spiritual leaders who used this state to become more spiritual. Some shamans used drugs made from plants in order to reach this state, while others relied simply on meditation, music, dance, and other ascetic practices.

Cannabis is an herb that grows every year. It is illegal in many countries yet its consumption is on the increase. It is commonly known as hemp and has actually been used by people throughout history. It is one of the earliest known drugs used by shamans as an herbal high to achieve trance-like states.

The effects of using cannabis depends on how much is consumed, the technique used, the individual and the environment. The results include a change in perception, mild ecstasy, relaxation, improvement in mood, awareness of music, more powerful connection of body and mind, holistic awareness, introspection, physical pleasure, and sleepiness. Other unwanted consequences may be fear, paranoia, loss of memory, stress and a vulnerability to the use of other more serious drugs.

This herb has also other acknowledged physical effects. A few of these are pain relief (especially headaches and cramps), increased appetite, a reduce in queasiness, dilation of alveoli (air sacs) in lungs, dilation of blood vessels, dry mouth, headache, confusion, and light-headedness.

No fatal overdose through using cannabis has ever been recorded, although it has been blamed for the onset of some mental illnesses like schizophrenia.

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ALTERNATIVE MEDICINE



You go to the doctor when you get ill. And he/she will, obviously, recommend some medication. You will then go and buy medication. You take it, and ideally, you recover.

If anyone were to offer you herbs instead of medicine, you would most likely think that person was a quack.

Nowadays, studies are being conducted to see if there are any benefits to what is called alternative medicine.

Alternative medicine involves using natural methods, natural medications, and traditional practices to recover from ailments. Every culture has its own system of alternative medicine. In ancient cultures, older men were the doctors in a village, passing down medical knowledge to the apprentices that followed them.

Lots of healing techniques fall come under the umbrella term of alternative medicine. But usually, alternative medicine refers to medical practices that came before modern medicine like Phyto therapy, which prevails in Chinese, Ayurvedic (or Indian), and Greek medicine.

With the invention of modern medication, lots of specialists stopped making use of herbs in favour of manufactured medication.

But opium, digitalis, quinine, and aspirin all have their roots in conventional medication.

Alternative medicine can be considered to be a lost art. In some cases, natural methods are in fact more effective than modern medication.

It is also important to state that only medicines which have been studied and are relatively risk free should be used. If you want to take an herbal medication, there are lots of well-known products available. Nevertheless, only those that cater for small conditions such as cough, colds, fever, skin rashes are most likely to be recommended by health professionals - they are often suggested as a supplement to more modern medication.

Nowadays, there are many organizations which study and advocate the use of alternative medicine—which includes herbal medicine. Some governments and health agencies freely promote the use of alternative medicine which are fairly risk-free and cheap.

As more studies are carried out, more herbs and treatments are being added to the list of accepted medicines. However, lots of herbs and treatments have turned out to be ineffective.

Today many effective alternative and successful medical treatments exist like: homeopathy, aromatherapy, and acupuncture.

It is important to realise that alternative medicine is a holistic approach which considers all aspects of the individual and it is ironic that science is now looking to the past to improve modern medicine.

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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](#)

BIBLE STUDY



John 6.29

Sent by Peter Smith

The words of his mouth were smoother than butter,
But war was in his heart.
Psalm 55:21 (NKJV)

Beware of false prophets, who come to you

in sheep's clothing, but inwardly they are ravenous wolves.

You will know them by their fruits. Do men gather grapes from thorn bushes or figs from thistles?

Matthew 7:15,16 (NKJV)

So, we cannot decide whether to trust a speaker just by listening to what they say. We have to look at their life, their 'fruits'.

Do they bring hope and happiness to those they influence?

Do we see in them the 'fruit of the spirit', (as outlined in Galatians 5:22,23): "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control".

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ONE HUNDRETH BIRTHDAY



Written by Andrea Hill

Recently my husband's granny died at the age of one hundred. Born shortly before Armistice Day in 1918, Monica loved south Wales and spent many happy years there. By the end of her life, Monica had been married three times, had two children, eight grandchildren and twelve great-grandchildren. At the garden party held for 100th birthday, surrounded by family, she was overwhelmed. "I'm not quite sure why everyone is here but I feel very special" she said. The highlight of her day was undoubtedly receiving her birthday card from the Queen. In the past centenarians could look forward to a telegram from the monarch. These days a card is received in the post, and needs to be applied for online three weeks in advance. The card had a photograph of the Queen, and the message read "Dear Monica, I am pleased to know that you are celebrating your one-hundredth birthday. I send my congratulations and best wishes to you on such a special occasion."

Although I am not a monarchist myself, I appreciated how much the card meant to Monica. Many countries celebrate their centenarians in a similar way, with a card or certificate from the monarch or president. In Japan the recipient also gets a silver cup, and in Ireland you would also receive a €2540 "Centenarians' Bonus."

Becoming a centenarian is for many a cause for celebration, something to aspire to. In many countries, a blessing given to a person may include a wish that they reach one hundred years old. For example, in Poland, the song "Sto lat" (One Hundred Years) is sung at birthdays to express good wishes, good health and longevity. In Greece, the expression "may you make it one hundred birthdays" is used to wish someone a happy birthday. The UN estimates that there were 316,600 living centenarians worldwide in 2012. Japan currently has the greatest number of centenarians of any nation, with 67,824 in 2017. The Japanese credit a healthy diet, a low stress lifestyle, a caring community, and high levels of activity and spirituality for the high levels of longevity. In the UK currently only 21.7 people per 100,000 are centenarians. However, life expectancy has been increasing rapidly. A third of babies born in the UK in 2013 are expected to live to 100.

In interviews, centenarians attribute their long life to a variety of factors:

“Stay away from men. They’re just more trouble than they’re worth” (Jessie Gallan, 109, Scotland)

“Plenty of cups of tea” (Margaret, 108, England)

“Cigars, whisky, bourbon, ice cream” (Richard, 112, USA)

“Three eggs a day, two of them raw” (Emma, 117, Italy)

“Don’t worry about the little things” (Jo, 103, USA)

“Smoking, wine, chocolate, olive oil” (Jeanne, 122, France)

We do not have the answer to what causes longevity. It may be high levels of vitamins A and E play a part, and also certain red blood cell characteristics. Some research from the USA shows that centenarians are likely to be extroverts, with many friends and a high self-esteem. However, inherited genetics seem to play a large role - if your parents live a long life, you are also likely to live to healthy age - and there’s not much you can do to influence that!

In 2017, Julia Hawkins (101) became the oldest woman ever to compete in the USA Track and Field Outdoors Masters Championships, running 100m in 40.12 seconds. The reality for many people however is not a healthy old age. At the end of her life Monica was incredibly frail, and her memory was failing. Her death, although sad, was also a relief and a release for her family, as in her final year Monica had often expressed her wish to die. Whilst attaining a great age may be an ambition for some, others may think “there is no way I want to live to one hundred!” After all who wants to live to one hundred in a care home, with dementia, or a failing body, without friends or family? Lack of funding for the NHS and social care leaves old age a worrying and frightening prospect for many. And the current predictions of climate chaos if we do not act radically now might leave us wondering if the human race will continue at all in 30 years’ time.

So, for now I will celebrate Monica’s life, and the great strides we have made in the last one hundred years. But then we need to act to protect our NHS and public services. We must campaign against the policies that have led to increased poverty, rising homelessness and food bank use, the rising inequality that has led to life expectancy stalling since 2014. And we must also make radical changes to our lifestyles so that a world exists in which my 4 and 2-year-old sons have a chance of reaching one hundred years old.

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A RECIPE FROM JUNE CHARLTON



Orange Animal Biscuits

Preparation time 10 minutes. Cooking time 10 minutes. Makes 20.

Ingredients:

7 oz of brown flour, plus extra for dusting
½ teaspoon of xanthan gum
1 teaspoon of baking powder
2 oz of cubed butter
2 oz of soft light brown sugar
Grated rind of 1 orange
1 beaten egg
2 tablespoons of golden syrup

To decorate:

5 oz of icing sugar

Method:

Line two baking sheets with non-stick baking paper. Place the flour, xanthan gum, baking powder and butter in a food processor and whizz until the mixture resembles fine breadcrumbs. Alternatively, mix together the flour, xanthan gum and baking powder in a large bowl. Add the butter and rub in with fingertips until the mixture resembles fine breadcrumbs. Stir in the sugar and orange rind.

Add the egg and golden syrup and combine to form a firm dough. Turn the dough out on a surface lightly dusted with rice flour, roll out to a thickness of ¼ of an inch and use animal cutters to cut 20 biscuits, re-rolling the trimmings as necessary. Transfer the biscuits to the prepared baking sheets.

Place in a preheated oven (325 gas mark 3) for about 10 minutes until golden brown. Remove from oven and leave for a few minutes on the baking sheets to harden, then transfer to a wire rack to cool. Decorate with the icing sugar.

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ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH

Questions:



- (1) Who was the lead singer of the group 'The Who'?
- (2) Which programme was the entertainer Roy Castle best known for presenting?
- (3) What is the German word for 'glasses'?
- (4) Who is the most capped England goalkeeper?

- (5) Who played the lead female role in the film 'Rebel Without A Cause'?
- (6) How many players are in a hockey team?
- (7) Where was the artist Pablo Picasso born?
- (8) What colour is a sapphire?
- (9) Where was the first atom bomb dropped?
- (10) Who played the lead female role in the original 'West Side Story'?
- (11) How many minutes are there in a day?
- (12) Who sang the original song 'Silence is Golden'?
- (13) What is the most common gas in the earth's atmosphere?
- (14) Who publishes the 'Daily Mail, newspaper'?
- (15) What is the chemical symbol for Copper?
- (16) Who is the Duchess of Cambridge?
- (17) What is the Spanish word for 'love'?
- (18) What is a root beer?
- (19) What is a clematis?
- (20) Where is Bournemouth situated?

Answers:

(1) Roger Daltry (2) Record Breakers (3) Brille (4) Peter Shilton – 125 (5) Natalie Wood (6) 11 (7) Malaga, Spain (8) Blue (9) Hiroshima, Japan (10) Natalie Wood (11) 1440 (12) The Tremeloes (13) Nitrogen (14) The Daily Mail and General Trust – chairman and controlling shareholder is Jonathan Harmsworth, 4th Viscount Rothermere (15) Cu (16) Catherine (17) Amor (18) An effervescent drink made from an extract of roots and bark of certain plants (19) A climbing plant of the buttercup family which bears white, pink, or purple flowers and feathery seeds (20) On the south coast of England

Editor's Last Word: Thank you so much for taking the time to read this publication. I do hope you may feel inspired to contribute something to it in the future. You can send things for consideration to: dean@fthm.org.uk Best wishes, Dean.