

FROM THE HORSE'S MOUTH – February 2020. Edition 62.



Hello again. I hope you are okay and that this year has started off well for you. At last my chest has started to improve after more than six months of coughing and, in the near future, me and my best friend Brenda are going to Spain for a week to hopefully complete my recovery.

The magazine continues to develop but there is always room for 'new blood' and if you think you would like to contribute something to it, please send your items to us at: dean@fthm.org.uk but please make sure that it is not homophobic, racist or sexist in nature. Best wishes, Dean.

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MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

Now is the time to consider whether someone is making a fool of you behind your back. You really ought to try and quit smoking again even though your New Years' resolution was a failure. A gay friend will do something very nice for you which will take your breath away. Maybe buy

some new glasses as you clearly don't perceive the world as it is.

Sagittarius 23 Nov – 21 Dec

A woman with a small beard may pester you for a date so you will have to decide what to do. Spring is just around the corner so start making positive plans to change your life. You seem to be one of those people who always wants jam on everything but now you will have to learn to cut your cloth accordingly. You are consuming too much sugar so be careful!

Capricorn 22 Dec – 20 Jan

At the moment, you may feel socially excluded so why not start scattering social seeds that will hopefully bear fruit in the near future. A good time to learn to play the guitar if you are fretting about not being a very interesting person. Think twice about the surgical operation you are planning as it may not be the answer to your problems – and you may regret it.

Aquarius 21 Jan – 19 Feb

You may be feeling old and this is because you are getting old! It would be a good time to invest in a good, warm coat if you are planning to paint the town red this month. Many people think you're very ugly, but don't worry, as there will be a desperate person somewhere out there for you. A good time to have the dental work you so badly need.

Pisces 20 Feb – 20 Mar

You are too obsessed with finding a partner and are boring everyone around you with your constant moaning about being single. Some may say you watch too much TV but if it gets you through the night then it's okay. Christmas may seem a long time ago, but why not try and be kind-hearted to everyone you meet and improve the world in a very small way?

Aries 21 Mar – 20 Apr

You're love of caffeine is as great as ever but maybe you should cut down a bit this month? Someone very attractive will come into your life, but don't try and attract them as they are

way out of your league. You seem to be preoccupied with death at the moment, but whilst you pondering, life is passing you by, and anyway, nobody can really answer the big questions.

Taurus 21 Apr – 21 May

A trip to Scotland would be a great idea at the moment. A drunkard will make a pass at you next Friday evening – but what will you do as you have not seen any action for quite a while? A man in a skirt will change your life through his kindness and make you realise that you should be less judgemental. A good time to try alternative medicine for your ‘problem’.

Gemini 22 May – 21 Jun

A big change will soon occur in your life and it will make you very happy. Money will also cease to be a problem but that doesn't mean that you should spend it like water. Someone will want to argue with you, but be diplomatic, otherwise they may knock you out. An engagement ring will be coming your way, but are you ready for a serious commitment?

Cancer 22 Jun – 23 Jul

You may be in an accident this month if you continue to drive whilst exhausted. A friend will give you some home truths that you may not want to hear, but that will greatly help you in the future. It is a good time to take up ice skating, which you will enjoy, but never be great at. The government may annoy you, but just continue to function in your own little bubble.

Leo 24 Jul – 23 Aug

Love is written in the stars for you this month and you will fall madly in love with someone who is just as nice as you. Maybe try the lottery this week as you are going through a very lucky phase of your life. You will also soon be moving in higher social circles so you may have to compromise. Buy someone you appreciate a big box of quality chocolates.

Virgo 24 Aug – 23 Sep

Your bald patch is getting bigger but don't worry as people will like you just the same. Do not continue planning going into business as you have the business acumen of a lemming. An animal lover may get on your nerves in the pub, but they may have something to say that is worth listening to. This month, someone may offer you something to make you feel high but think twice.

Libra 24 Sep – 23 Oct

You are too confident at the moment and are getting on peoples' nerves with your constant bragging. Be kind to a nice friend who has started looking like mutton dressed as lamb as she just craves some attention. It is a good time to start a new hobby if you have energy to spare and are feeling creative. Why not change some of your diet so you don't smell so bad?

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LEAP YEAR



Written by Francis Tait

We are now into February of 2020 but do you know what is special about 2020? The reason why this year is special is because it is a Leap Year.

A Leap Year is a year in which an extra day is added to the Gregorian Calendar which is used by most of the world.

An ordinary year consists of 365 days but a Leap Year has 366 days in total. An extra day is added to the month of February, therefore, instead of the usual 28 days,

every 4 years a day is added. This results in February having 29 days - so every 4 years February 29th appears on the calendar.

Just imagine being born on February 29th. It could be tricky celebrating your birthday because this day only occurs once every 4 years!

A person born on February 29th may be known as a 'leapling' or a 'leaper'. It is common for 'leaplings' and 'leapers' to celebrate their birthday on either February 28th or March 1st. Others observe their birthday on the authentic date of February 29th.

So why do Leap Years occur?

The answer is that the earth completes one revolution around the sun in approximately 365 days and 6 hours. Over a period of 4 years the 6 hours total 24 hours. This makes an additional whole day. Therefore, the additional day made every 4 years becomes February 29th.

Nowadays, it is perfectly normal for anyone to ask their partner to marry them but traditionally on Leap Day: February 29th, a woman can ask a man to marry her. In some European Countries, tradition dictates that if a man refuses the Leap Day proposal then they should pay a penalty!

This year a well-known UK 'Pound Shop' is selling bargain 'standby rings' which is a simple faux silver band. It is a 'standby' engagement ring for those who are 'taking the leap' to 'pop the question' on February 29th. It is assumed that the £1 bargain ring will be replaced, perhaps by a sparkling diamond ring!

To all who are planning to 'take the leap' to 'pop the question' on Leap Day, I wish you good luck!

However, whatever you are doing on Leap Day, remember it is an additional day which only occurs every 4 years. The next one will not be until 2024. Enjoy!

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INTERVIEW ABOUT MENTAL HEALTH WITH SARAH STONE



Can you talk a bit about yourself? I was born in Stockton-on-Tees, County Durham. We lived in village called Hutton Rudby in North Yorkshire until I was seven before moving to Cumbria. In my early 20s I moved back to Yorkshire do my nurse training in Leeds.

What kind of nursing did you train to do? I began by starting to train as a children's nurse, but after spending regular study time at High Royds Hospital, I became fascinated and interested in mental health care and changed my mind half way through the course. I was able to change path and I did my first placement on an acute

admissions ward at High Royds. It was an eye opener on many levels.

What attracted you to this kind of work? Before my nurse training I had already been working with a group of people with learning difficulties who had moved out of an old institution in Cumbria. This had given me a valuable insight into the effects on long term hospitalisation on an individual. I had seen first-hand how people who had been basically 'binned' ('Bin' is a horrible term which was commonly given to the old Victorian Asylums) could flourish and completely exceed societies expectations of them given the right care, environment and opportunities. High Royds was a similar kind of hospital. I found the people and the culture there extremely interesting and wanted to learn more about the causes and effects of mental distress, and how to help people to get better and recover their lives.

What was a typical day nursing like? It depended on where I was working, but generally it starts with a handover from the previous shift, administering medications, making sure all basic care needs are met. Patients will have a key nurse allocated to them to plan their care and when they are not on duty it is the responsibility of other team members to make sure that care is delivered. The role is varied and can range from quite simple tasks such as helping someone to write a shopping list to managing intense situations such as suicide.

Nursing generally involves shift work, earlies, lates and nights. Nurses have to be prepared to work all of these shifts plus weekends and bank holidays.

What was rehab? Working with people that had had severe mental health problems, who generally had been in hospital and were getting to grips with life in the community again, either into their own homes or in a residential setting. I was helping people to re-habilitate and learn life skills that they may have lost through a period of mental illness and institutionalisation.

Do you think mental illness can happen to anyone? Yes. Absolutely anybody. It could happen to any of us as we all respond to stress in different ways.

Do you think that drugs play a part? I do think drugs have a role. I've questioned that a lot in my work and training as well. I did study the anti-psychiatry movement which is against medication, but in my experience, medication can play a really important role and keep people alive and well.

What do you think of ECT (Electro-Convulsive Therapy)? I think it has been overused historically, but I think it is misunderstood. I had an interesting conversation with an ECT nurse just a few weeks ago. ECT suites exist in many mental health hospitals and it's still commonly used. When prescribed responsibly and with the correct aftercare I have seen it be really effective for people with very serious, debilitating depression. It's a short-term measure and it does have side effects – one of the most common being memory loss, but I think there is a place for it.

How long were you a psychiatric nurse for? I qualified in 1997 and left nursing completely in 2014.

Why did you leave nursing? I left because I'd had my son. I'd been burnt out with mental health nursing for quite a long time. There were a lot of things about the system I didn't agree with and there was a lot of pressure which only seemed to be increasing. My last job was a community psychiatric nurse in Huddersfield.

Did you like that job? I was part of a great team and I did enjoy working with patients. Unfortunately, caseloads were huge and it was difficult to do a good job. So, I think for me this was the last straw. Also, my own mental health was beginning to be affected and my priorities changed when I had my baby and no longer wanted to be sat at a desk updating a risk assessment at 6 o'clock at night when I should have been home with him.

You'd had enough then? Yes, I'd had enough. I left my job in Huddersfield and started working for myself doing interior design and decorating. I'd had a break from nursing a few years previously and had studied interior design and done an art degree. So, I set up my own business. I kept my nursing registration but then about a year later, I decided I really didn't want to do nursing anymore and thus came off the nursing register.

Have you any other interests? I've got a lot of interests though my main focus is my son. However, I am involved in a community pub in Sowerby Bridge called the Puzzle Hall. I've been volunteering there for the last year which has been really good. The focus of the pub is to enhance the well-being of the community, to give people somewhere to go, combat loneliness etc. It's somewhere you can go for social contact and a cuppa, not just for a drink.

What other things do you now do? I like to do a few different things. So, as well as working at The Square Chapel, I do a few shifts at the Puzzle and last year I did a teaching and training qualification and gained a Certificate in Education. Through this I recently started working for the museums and libraries service as a workshop leader which I really enjoy.

What are your hopes for the next few years? Just to be happy in what I do and keep growing. I like to do a variety of things in my life and it is important to me to be creative. I will continue to try to be a good mother and a good friend. Good relationships with the right people are the key to feeling happy and content, I think. I have no clear path, preferring to follow my instincts and see how things unfold.

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ROBERT WILLIAMS UPDATES US ON KETOSIS

As part of the ever growing web site that is [From The Horse's Mouth](#), as a reader perusing the site you will notice Keto Recipes popping up here and there. Here is a [Keto Recipe Example](#) Follow our Recipes and have a look now via [this link](#)

If you want to stay current with the latest posts then follow the [FTHM Facebook Page](#) here.

The quickest way to get your body into Ketosis is to fast (not eat). Fasting is something that I undertake sporadically. I struggle with the idea of 5:2 life style though as I find one day fasts quite tough. Keto diet is a way of accomplishing a number of things. This includes a reboot of your own physical systems. The benefits of Ketosis are written about in numerous places including the book [the Hybrid Diet](#), check it out, here is a small customer review:

I've been a fan of Patrick's ever since we wrote 'Natural Highs' together some years ago. He's an innovative thinker and excellent synthesizer of diverse and complex information. In "The Hybrid Diet," rather than staking a claim on "the best diet", or cherry-picking their studies, the brilliant authors sift through the scientific evidence, and explain it in simple, readable terms. They then give you an eating plan that is quite do-able and satisfying- no big sacrifices here! It allows for biochemical individuality and incorporates our evolutionary need for cyclical eating patterns— and most of all, yields the desired result.

You can [buy the Hybrid Diet here](#)

Fasting in the Winter in the North of England is about as much fun as falling in stinging nettles. It is hard. The weather is stacked against you with damp and cold abounding and there is a longing for warm food in the belly; comfort food and many other factors that put Winter Fasting as a pretty bloody hard path.

Today I went to Leeds in the rain and cold and whilst travelling on Public Transport saw Two food places 10 metres away from each other which were absolutely not Keto in any way and also which are very tempting to the mind and body.

For me the psychology of Fasting holds more interest than the positive effects. When you don't eat then your awareness becomes more focused on the addictive qualities and natures of food stuffs, notably wheat and sugar-based products.

Ketosis in turn can help with Weight Loss and Better overall Health and there is a really good documentary on Netflix about how changes to your diet can affect your health called

[The Magic Pill](#), you can probably watch it in other places - search Google or another search provider for the Magic Pill or just [click here](#). The Magic Pill discusses many of the health benefits of stopping the addictive and modern created foodstuffs.

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HARROGATE



Harrogate is a spa town with a very interesting history which is to be found 13 miles from the Yorkshire Dales National Park, 10 miles from Leeds and Bradford airport, and it has a good road network connecting it to: Leeds, Ripon, York, Skipton and Wetherby. Harrogate was actually voted “the happiest place to live in Britain” during the years 2013 – 2015.

The town grew out of two settlements which were High Harrogate and Low Harrogate in the seventeenth century and were both within The Royal Forest of Knaresborough. It was attested in the 1330s as Harwegate, Harougat and Harrowgate though the origin of the name Harrogate is unclear.

Harrogate is well-known for its rich mineral springs which were discovered in 1571 by William Slingsby who realised that water from the Tewit Well in High Harrogate had similar properties to that from the springs in the Belgian town of Spa – its medicinal properties were written about by Edmund Deane in his book ‘The English Spa Fountain’.

In the seventeenth and eighteenth centuries, discoveries of chalybeate and sulphur springs in High Harrogate and Low Harrogate were made. Many visitors flocked to both places with the result that many inns opened to cater for this influx of people, the Georgian Theatre opened in 1788 for entertainment and also the Royal Bath Hospital opened in 1826.

Of course, Harrogate is most famous for its spa waters which contain iron, sulphur and common salt and it has contributed significantly to the local economy as it attracted many wealthy, sick visitors to the town.

But there is more to the town than its spa waters, so let’s take a look at other aspects of the place.

In the past, the Central Electricity Generating Board, the Milk Marketing Board and ICI were big employers in the town – Crimplene was invented at Hornbeam Park in the 1950s.

Today, Harrogate is the home of Yorkshire Tea (exported by Taylors of Harrogate), Harrogate Spring Water, Farrah’s Toffee, Harrogate Blue Cheese, not to forget Debbie & Andrews Harrogate sausages! It is also the venue for the Great Yorkshire Show which is hosted by the Yorkshire Agricultural Society – not to forget the Harrogate Flowers Shows.

It is important to state that the town's conference and exhibition industry play a major role in attracting business to the town e.g. The Harrogate International Centre brings in over £150 million a year and pulls in more than 350,000 business visitors annually, who in turn, sustain a number of large hotels.

It is also worth mentioning that, in 2007, two metal detectorists found a hoard of tenth century Viking treasure which consisted of nearly 700 coins and items from as far away as Afghanistan.

If you are partial to a spot of retail therapy, you will find many shops on Cambridge Street, Oxford Street, Beulah Street and James Street. There is also a wide range of boutique and designer outlets on Parliament Street, in the Montpellier Quarter as well as in Commercial Street.

People interested in architecture will appreciate the Grade I listed building St Wilfrid on Duchy Road which was designed by Temple Lushington Moore and the Royal Hall Theatre which is a Grade II listed building designed by Frank Matcham. You might also like to visit the Royal Pump Room which houses a museum showcasing the town's spa history.

If you fancy spending time in a park, then why not visit Valley Gardens in Low Harrogate? – it's the town's main park and contains many facilities including a children's play area, a skate park and crazy golf etc.

Some people may also be unaware that Harrogate International Centre hosted the Eurovision Song Contest in 1982 and that the town has two orchestras: Harrogate Symphony Orchestra and Harrogate Philharmonic Orchestra – so it is not short of a bit of culture!

Interestingly, the town served as the finish line of the first stage of the Tour de France on 5 July 2014. It has since been the focal point for the finishing stages of the Tour de Yorkshire in 2017.

If you fancy living in the Harrogate area (and can afford to!) and you have kids, then there is Harrogate High School and many private schools in the town centre and surrounding areas like Queen Ethelburga's.

To conclude, I would recommend a visit to Harrogate as it is such a vibrant and interesting town.

* With a lot of help from Wikipedia

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BRENDA'S WILDLIFE CORNER



Giraffe

The giraffe's chief distinguishing characteristics are its long neck, long legs, the horn on its head and its coat pattern.

It exists in north Chad to South Africa in the south and Niger in the west to Somalia in the east. Giraffes inhabit savannahs and woodlands.

A giraffe's food mainly consists of leaves, fruits and the flowers of woody plants. They are preyed upon by lions and leopards etc. Giraffes live in herds of related females and their offspring. However, they are still found in national parks and game reserves. In 2016, there were 97,500 giraffes living in the wild, and in 2010, more than 1,600 were kept in zoos.

Climate changes have caused the extinction of the Asian giraffes, while the African giraffes appear to have arisen a million years ago in eastern Africa during the Pleistocene period.

In the early 19th century, Jean-Baptiste Lamarck said giraffes long neck evolved to reach the leaves of tall trees and were thus better equipped to survive and pass on their genes.

In 2016, a study showed that living giraffes fell into four species which are Northern, Southern, Reticulated and Masai.

Ref. Wikipedia

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SOME NICE RECIPES FROM JUNE CHARLTON



Rich Chocolate Cake:

Ingredients:

- ½ lb plain chocolate (melted)
- 5 eggs (separated)
- 1 ½ self-raising flour
- 3 oz of ground almonds
- 6 ½ oz of granulated sugar
- 4 oz of butter or margarine
- ½ lb icing either plain or chocolate

Apricot jam

Method:

Melt the chocolate. Separate eggs, beat up whites until stiff and lightly beat yolks. Cream butter and sugar until light and fluffy.

Add egg yolks and melted chocolate, ground almonds and flour. Loosely fold in egg whites. Put all in a well-greased 8-inch cake tin and bake for 1 1/4 hours in a moderate oven gas mark 4 (350F). The cake should be moist and gooey – don't overbake. When cold cut through middle and sandwich together with thin layer of apricot jam. Ice with melted chocolate if desired.



Orange Cake:

Ingredients:

½ of butter
½ lb of caster sugar
4 large eggs
½ plain flour
Grated rind of 1 orange
½ lb of icing sugar

3 dessertspoons of orange juice

Method:

Grease and line 7-inch cake tin. Cream butter and sugar together and light and fluffy. Beat in eggs one at a time, adding 1 tablespoon of flour with each, gently fold in remaining flour and orange peel.

Transfer to prepared tin and bake at gas mark 3 (325F) for 1 ¾ - 2 hours. Leave in tin for five minutes before turning out. Make orange icing by mixing together icing sugar and sufficient orange juice to give coating consistency. Spread over top of cake to cool.



French Hazelnut Slice:

Ingredients:

2 large eggs
4 oz of sugar
2 ½ oz of self-raising flour
¼ pint of single cream
2 ½ oz of ground hazelnuts

1 teaspoon of baking powder
Melted dark chocolate to glaze
Whole hazelnuts

Method:

Mix eggs, sugar and cream well. Add sifted flour and baking powder, and lastly ground hazelnuts. Bake in buttered and lined 9-inch square tin for about 30-25 minutes at gas mark 5 (375F).

When cool turn out and cut into two halves (oblong). Glaze with melted chocolate and decorate with a few whole hazelnuts.



Oat Cookies:

Ingredients:

- 1 egg
- 4 oz of porridge oats
- 2 ground almonds
- 3 oz of butter or margarine
- 3 oz of raisins
- 3 oz of golden syrup

Method:

Melt butter and golden syrup, pour into dry ingredients and stir. Add raisins and eggs and mix well. Pour into a shallow greased 7-inch tin for 15-20 minutes. Leave in tin and cut into pieces in tin. Turn onto a wine-rack to cool.

Apple Lemon Surprises:

Ingredients:

- 1 lb of cooking apples
- ½ lb of caster sugar
- 1 oz of butter
- A little ground nutmeg
- Juice and grated rind of a lemon

Method:

Peel to core and stew apples. Rub through sieve and add sugar, butter, nutmeg and grated rind and juice of lemon. Stir all together over heat for a few minutes.

Whip up thoroughly until the mixture is stiff and drop in dessertspoons onto a greased oven tray. Bake in a cool oven gas mark ½ (250F) until set in about 15-20 minutes. Can be kept like biscuits in airtight tin.

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THE BERLIN WALL



On August 13, 1961, the Communist federal government of the German Democratic Republic (GDR, or East Germany) began to build a barbed cable and concrete "Antifaschistischer Schutzwall," or "antifascist protection rampart" in between East and West Berlin. The official reason for this wall was to keep Western "fascists" from entering into East Germany as well as to avoid undermining the socialist state. However, it mostly served the purpose of stemming mass defections from

East to West. The Berlin Wall stood till November 9, 1989, when the head of the East German Communist Party encouraged people of the GDR to cross the border whenever they pleased. That evening, overjoyed groups try to climb over the wall. Some crossed easily into West Berlin, while others brought hammers and began to knock it down. Even today, the Berlin Wall continues to be one of the most effective as well as enduring icons of the Cold War.

The Division of Berlin

As World War II came to an end in 1945, Allied peace talks at Yalta and Potsdam determined the destiny of Germany. They divided the defeated nation into four parts. The eastern part of the nation was controlled by the Soviet Union, while the western part the United States, and by Great Britain and also (eventually) France.

But problems did arise like on October 22, 1961, when a quarrel between an East German border guard and American authorities nearly led to what one onlooker called "a nuclear-age equivalent of the Wild West Showdown at the O.K. Corral." That day, American as well as Soviet tanks faced off at Checkpoint Charlie for 16 hours.

Although Berlin lay entirely within the Soviet part (it rested 100 miles from the border in between the eastern and western occupation zones), the Yalta as well as Potsdam agreements divided the city into designated sectors. The Soviets took the eastern half, while the other Allies took the western sectors.

The presence of West Berlin, a notably capitalist city deep within communist East Germany, "stuck like a bone in the Soviet throat," as Soviet leader Nikita Khrushchev called it. The Russians began manoeuvring to drive out the United States, Britain and France from the city for good. In 1948, a Soviet blockade of West Berlin aimed to freeze the western Allies out of the city. Instead of retreating, however, the USA and its allies reinforced their parts of the city from the air. This effort, called the Berlin Airlift, lasted for more than a year and supplied more than 2.3 million units of food, fuel and various other items to West Berlin. The Soviets called off the blockade in 1949.

After years of peace, trouble flared again in 1958. For the next 3 years, the Soviets encouraged by the successful launch of the Sputnik satellite during the "Space Race" and also embarrassed by the seemingly limitless flow of refugees from east to west (almost 3 million at the end of the blockade, with a lot of them young skilled workers such as physicians, instructors and designers). Summits, conferences as well as various other negotiations reoccurred without resolution. Meanwhile, the flood of refugees continued. In June 1961, some 19,000 individuals left the GDR via Berlin. The following month, 30,000 left. In the very first 11 days of August, 16,000 East Germans crossed the border into West Berlin, and also on August 12 some 2,400 defected - the biggest number of defectors ever to leave East Germany in a solitary day.

That night, Premier Khrushchev gave the East German federal government authorization to stem the flow of emigrants by closing its border completely. In just 2 weeks, the East German army, police force and also volunteer building and construction employees had actually completed a makeshift barbed cable wall that divided one side of the city from the other.

Before the wall was developed, Berliners on both sides of the city could move around rather freely. They went across the East-West border to work, to shop, to the cinema etc. Trains and also subway lines carried passengers back and forth. After the wall was developed, it became difficult to get from East to West Berlin except through 3 checkpoints: at Helmstedt ("Checkpoint Alpha" in American military parlance), at Dreilinden ("Checkpoint Bravo") and in the centre of Berlin at Friedrichstrasse ("Checkpoint Charlie"). (Ultimately, the GDR built 12 checkpoints along the wall.) At each of the checkpoints, East German soldiers checked diplomats and various other authorities before they were permitted to go into or leave the sector. Other than that, except under extraordinary situations, tourists from East and also West Berlin were rarely permitted across the boundary.

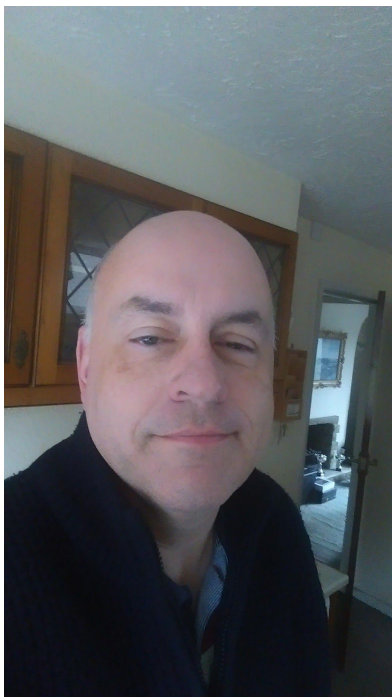
The Berlin Wall: 1961-1989

The building of the Berlin Wall did curb the flow of refugees from East to West, as well as calming the situation concerning Berlin. (Though he did not like it, Head Of State John F. Kennedy acknowledged that "a wall is a hell of a lot better than a war.") Almost two years after the Berlin Wall was erected, John F. Kennedy also made one of the most famous addresses of his presidency to a crowd of more than 120,000 gathered outside West Berlin's city hall, just metres from the Brandenburg Gate. Kennedy's speech was appreciated for one specific phrase. "Ich bin ein Berliner."

In all, at least 171 individuals were killed trying to get over, under or around the Berlin Wall surface. Escape from East Germany was possible, however. From 1961 till the wall came down in 1989, more than 5,000 East Germans (including some 600 boundary guards) managed to cross the border by jumping out of house windows next to the wall, climbing over the barbed cable, flying in hot air balloons, crawling through the drains and driving via unreinforced parts of the wall at high speeds.

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GRAHAM TOWNSEND DISCUSSES THE CHASE, MATCHED BETTING AND HIS OTHER INTERESTS



Can you tell me a little bit about yourself? Yes, I was born and raised in Halifax. I've lived in Halifax, pretty close to the Town Centre for the whole of my life. I went to Holy Trinity Junior School and on to Highlands Grammar School. I completed my A-Levels and at the age of 18 got a job for the first time.

What was your job? It was working at an insurance company called Bradford Pennine.

What did you do there? I was initially a New Business Clerk, then an Endorsement Clerk and eventually an Underwriting Clerk, I followed that up by becoming an analyst in later years when the company, which was part of

Sun Alliance, merged with Royal Insurance to become Royal Sun Alliance and ultimately the RSA Group.

How long did you work in insurance for? For 22 and a half years, until I was made redundant in the summer of 2009.

What did you do then? I took about three months out to decide what I wanted to do with my future and then took up a post as a freelance catalogue distributor for a company called Kleeneze. I started in October 2009 and did that for about 7 or 8 years.

Was it financially beneficial to you? Initially it was, but over a period of time due to the nature of the business it got to the point where I needed to pick up a side-line to supplement my income so I could afford to pay my bills

You say “my bills” have you always lived alone? I lived at my parents’ house until I was 30 and then I purchased my first property in 1999, I still live there today.

Have you always lived there alone? I have, it’s like my own little bachelor pad!

Is it true you’ve got an interest in quizzes? Yes, it is true and I have taken part in a few TV quizzes

What like? I’ve appeared on 15to1 a couple of times, a quiz called Number 1 which was very short lived (it was on Channel 5) and then more recently The Chase in 2013.

And have you actually won any money on any of these shows? I did, I mean you can’t really win any money on 15to1 but I did win on The Chase, myself and one of the other guys on the team split £50,000 worth of prize money.

What was it like taking part in The Chase, what was the day like? It was really enjoyable, it was all paid for, the travel expenses, the hotel etc.

So, you stayed in a hotel? Yes, a hotel in Teddington.

Where is Teddington? It’s in South West London; I only met my team mates for the first time in the hotel bar when we were preparing to travel to the studio on the morning of the recording. The studio was also in Teddington.

How long did the show take to record? About 3 or 4 hours, there were a few delays due to some technical issues.

What was Bradley Walsh like? He was really friendly, I talked to him about football, he came across as a genuinely nice man who was interested in the people who were taking part in the programme.

How did you get paid? I got a cheque through to my bank about a month later, it was all explained in the contract that I signed. I still have the contract!

Do you intend to go on any more quiz shows? I’m looking to apply to be on Tipping Point, Mastermind and maybe Cash Trapped as well so watch this space.

What are you doing with yourself nowadays? I have a side-line which I started whilst I was still doing Kleeneze, it's called matched betting. I've been doing that on and off for about 8 years, I started in September 2011. I've tried to make as much money out of that as I can. I'm at a stage now where I possibly need to get a part time job as well.

Can you tell people what matched betting actually entails? Are you a gambler? No, there is a difference between betting and gambling. Basically, I only take on bets where there will be a small controlled loss which leads to an overall profit or there is an immediate profit. Basically, you are backing an outcome on an event, for example a football match, and then what you are also doing is going to the exchange and laying the same outcome.

What is an exchange? It's somewhere where you can bet against other people. For example, you might have already backed Manchester United to win a match with a bookmaker. At the exchange you can bet against them actually winning the match at a price offered by other people. Effectively with matched betting you are covering all potential outcomes.

How do the bookmakers view you? They must hate you? It's all legal; it's just that they don't like someone that is prepared to take them on and takes value bets. They just really want mug punters that throw money at them and don't put any thought into the bets they are putting on. We're looking at specific opportunities where we can make money. There in business to make money but so am I.

Do you think you could make yourself rich doing this? It depends; you have to dedicate a lot of time to it. As the bookmakers catch up with you and restrict your account from receiving promotions it makes it more difficult. On the positive side there are always new bookmakers springing up however, you have to check to make sure those new bookmakers are legitimate as some of them appear to have shady practices.

You probably won't earn enough to pay any tax anyway? No, I don't and because it is classed as gambling by the HMRC, contrary to what I said previously, there is nothing to declare anyway as it is classed as a hobby, not a trade.

What are you hoping happens to you in the near future? Are hoping to get married? Are you hoping to change jobs? Would you like a relationship with somebody? What are your priorities? Yes. I would love to meet somebody; we'll just have to see what happens. At the moment I'm just looking to get my life in order and try to make myself comfortable again as I've been struggling a little bit financially in recent times. I want to be able to enjoy the hobbies and social events I have enjoyed previously, and maybe get a part-time job to supplement my matched betting and that will allow me to do that.

Have you got anything else you'd like to add that we've not touched upon so far? I like watching Halifax Town; I've been watching them regularly since I was 13 or 14 years old. I like watching speedway, I like most sports. I like music, 80s music and indie rock is amongst my favourite type of music. I like spending time with my friends at places like The Square Chapel and The Old Bakehouse.

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LETTERS PAGE



Dear Sir

Whilst I am sceptical about there being a supernatural being watching our every move and judging us on Judgement Day, I must admit that I witness first-hand the comfort that praying gives my partner – and in a way, I am envious of the solace she finds in her faith and sometimes wish I had something to turn to for

comfort when I feel down and lost.

Edwin Clitheroe, Newport

Dear Sir

I know that people often have a go at cyclists in the media, but I do think something must be done about their antics like riding on pavements. They argue that this is okay when no one is about, but isn't this like the motorist who goes through a red light when there is no one else on the road? Cyclists are not above the Law, are they?

Janice Truelove, Castleford

Dear Sir

Today there seems little room for freedom of speech, and I feel the current situation is unbearable – it is all very well protecting people's feelings but should this be at the expense of telling the truth? Surely, there is a way that one can express oneself in a genuine way without interference from do-gooders? Stop censoring what people can or cannot say!!

Paul Goodwin, Carlisle

Dear Sir

I am writing to say how I think it is wrong that people are forced to do voluntary work to continue getting their benefits. This is not a healthy situation and people should not be forced to work for nothing – would those at the top of society work for nothing? I think not.

Debbie Ellsworth, Tadcaster

Dear Sir

I am pleased that one Labour MP has suggested a referendum on the monarchy, but I think this is a waste of time as people are totally influenced by the media and would therefore, not

vote to get rid of it. Also, many people think that the Queen does a great job of representing us to the wider world and what we need at this time is some stability.

Georgie Westwood, London

Dear Sir

We all obviously need one another and should therefore show each other more respect and consideration e.g. For example, when you run for a bus and the driver sees you yet pulls away anyway – it would not kill them to wait for another minute or so!

Amber Rogers, Halifax

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MORE FROM JUNE CHARLTON



From being about 5 - 7 years old, I liked to play in the yard which contained six or seven houses. As I got older, I liked to go around to the back of where I lived. Behind the house there was a big barn where I used to play, with shelves everywhere. Of course, I had to climb up to get to the shelves although the first time I tried, I fell and hurt my hands as I tried to break my fall – but it didn't stop me from trying again! I soon got used to climbing

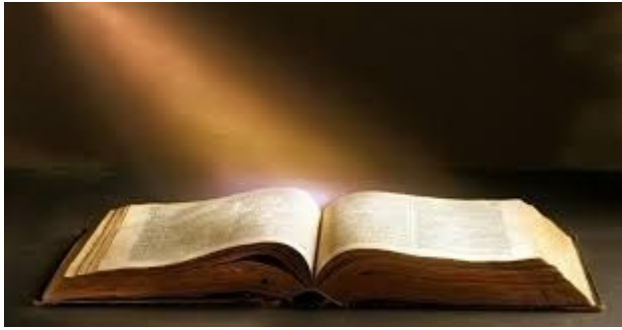
up and really loved sitting up high where no one could find me. Obviously, I had to come down eventually when my mother came to look for me to tell me my tea was ready.

My grandad had a scrap yard which I like to visit. He had three horses which he kept in stables in his yard and, at first, I was nervous about stroking them. The nearby fish shop gave him bags of scraps and I used to take them cold out of the sacks and found that they tasted very nice. My grandad wouldn't have a car and preferred instead to have a horse and cart. He used to go to big houses where they gave him nearly-new clothes which he sold to make a living – he loved his way of life. His sons would say that he was miserable as he wouldn't go to the pub with them although I think he liked going when he was younger.

Unfortunately, I could tell my grandad was ill as he kept coughing all the time and he got worse every day – it was awful to see him struggling to breath. One day after work, I went around to see him and after a few hours with him, he just slipped away. I was devastated and it was so sad. I really missed him for a long time, but eventually started going out and began to get over him.

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JEREMIAH'S LAMENT



Sent by Peter Smith

John 6.29

Why have they provoked me to anger?
With their carved images --
With strange vanities?

The harvest is passed,

The summer is ended,
And we are not saved!

For the hurt of the daughter of my people I am hurt.
I am mourning;
Astonishment has taken hold of me.
Is there no balm in Gilead?
Is there no physician there?
Why then is there no recovery
For the health of the daughter of my people?

Oh, that my head were waters,
And my eyes a fountain of tears,
That I might weep day and night
For the slain of the daughter of my people!

Jeremiah 8:19 - 9:1 (NKJV / KJV)

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GRAHAM TOWNSEND'S GUEST QUIZ



Questions:

- (1) Who played Jane Hudson in the 1962 Horror/Thriller film "Whatever Happened To Baby Jane"?
- (2) Which King of England has had the longest reign to date?
- (3) "Babylon And On" featuring the single "Hourglass" was the 7th album release by which British Band in 1987?
- (4) Which sauce/condiment producing company was founded in 1869 in Sharpsburg, Pennsylvania?

- (5) Fenerbahce are a football team from which country?
- (6) The Angkor Wat Temple Complex, the largest religious monument in the world, was built in which country?
- (7) Which global multimedia messaging app, initially released in September 2011, was created by Evan Spiegel, Bobby Murphy & Reggie Brown?
- (8) Which British dame & actress is married to Greg Wyse?
- (9) Who was elected the new Speaker of the House of Commons on 4th November 2019?
- (10) Which town is the county seat of North Yorkshire?
- (11) Who was named BBC Sports Personality of the Year in December 2019?
- (12) Stephen Hester is the CEO of which British Multinational General Insurance Company?
- (13) Which former president of Egypt was born on Christmas Day?
- (14) Which agricultural pioneer, who lived from 1674-1741, perfected the horse drawn seed drill in 1700?
- (15) “Where The Streets Have No Name” is a song originally released by which Irish band?
- (16) Daisy is a perfume created by which fashion designer?
- (17) Which poet wrote the poem “Tam O’Shanter”?
- (18) Which country’s National Day is also known as “Foundation Day”, “Survival Day” and “Invasion Day”?
- (19) Denali, the highest mountain peak in North America, was officially known by which name until 2015?
- (20) What name is given specifically to the act of making a false spoken statement, damaging to a person’s reputation?

Answers:

- (1) Bette Davis (2) George III (3) Squeeze (4) Heinz (5) Turkey (6) 12th Century (7) Snapchat (8) Emma Thompson (9) Sir Lindsay Hoyle (10) Northallerton (11) Ben Stokes (12) RSA Insurance Group (13) Anwar Sadat (14) Jethro Tull (15) U2 (16) Marc Jacobs (17) Robert Burns (18) Australia (19) Mount McKinley (20) Slander

Editor’s Final Word: Thank you so much for taking the time and the trouble to read this edition of the magazine – you can contribute to it/donate/advertise at: dean@fthm.org.uk
Best wishes, Dean, Brenda and Robert.

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