

FROM THE HORSE'S MOUTH – March 2020. Edition 63.



Hello. I hope you are well and not too depressed about the recent bad weather in the UK. Me and Brenda were recently lucky enough to spend a week in the Spanish resort of Torremolinos and the change in climate gave my bad chest the opportunity to improve – I may write about the town in the next edition.

Anyone can contribute to this publication as long as it is not racist, sexist or homophobic in nature. Please contact us about this/to donate/to advertise at: dean@fthm.org.uk Dean

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MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

Weed out the keen gardener from your life who is full of promises but will only lead you up the garden path and to disappointment. Now is the time that you acted more like your fearless, younger self and threw caution to the wind as the results will blow your mind. Be more tolerant of a friend who is tone deaf as she constantly overlooks all of your many flaws.

Sagittarius 23 Nov – 21 Dec

A man with letters after his name will do something which will clearly illustrate how stupid some academic people can be. You may sometimes wish that you had a higher social status but remember we all sit on a throne and are all heading in the same direction. A woman who seems to be very playful at first, may turn out to be manipulative and tie you in knots.

Capricorn 22 Dec – 20 Jan

Don't encourage the postman who would like to slip more than mail in your letter box and tell him exactly where he stands. You may feel like you are in a cultural desert at the moment, but if you look around hard enough, you will discover an oasis of creativity and feel more fulfilled. You have had a tough time recently so take time to be nice to yourself.

Aquarius 21 Jan – 19 Feb

It is time you stopped criticising everything and everyone, stepped out from the safety of the crowd, and put your neck on the line for once. A ghost may appear in your bedroom next week but don't be afraid as she has come to guide you. A woman in orange may titillate you and get your juices flowing and make you feel alive - but she will ultimately betray you.

Pisces 20 Feb – 20 Mar

You are quite the dilettante and are going nowhere fast – why not build something of substance that will last and give you a sense of satisfaction? You may want to get away from

your horrible neighbours but don't jump from the frying pan into the fire. You may go on a blind date this month, but don't expect much as you are no oil painting yourself.

Aries 21 Mar – 20 Apr

It is time you stopped fooling around and put down some roots otherwise you will find yourself rudderless in the sea of the life. You need to stop acting like a corrupt African country and start to treat people around you with honesty and fairness. This month is very important as you are at a crossroads in your life and need to make the correct decisions.

Taurus 21 Apr – 21 May

A pretentious older man bored you to death this week, but tolerate him as he hasn't much going for him. You are one of those people who blow their own trumpet and it's getting on your friends' nerves a lot – can't you be modest? Your gambling is getting out of control and you risk losing everything if you're not careful! Why not seek help now? Eat more yoghurt.

Gemini 22 May – 21 Jun

An older woman will ask you for money this week, and though she may seem genuine, she will be just another one trying it on so be careful. A holiday later on in the year would do you the world of good and definitely put some lead back in your pencil. A friend will let you down and disappoint you but remember you are not perfect and have let others down in the past.

Cancer 22 Jun – 23 Jul

You are getting to be quite obese so think about taking some exercise and cutting out those chip butties. A dodgy man may try and sell you something in the pub but don't be taken in by his patter and keep your money in your pocket. Something amazing will happen to you this month and make you wonder if someone is looking out for you – is this all there is?

Leo 24 Jul – 23 Jul

You really do excel at most things but your people skills are pathetic so do something about it. You have spent most of your life in roughly the same part of the country, so why not spread your wings a little and explore the world. A visit to the doctors would be a good idea if you still have that problem – better to be safe than sorry. A telephone call will spoil your day.

Virgo 24 Aug – 23 Sep

Now that you are single again – or about to become single again, shop around carefully before you commit to anyone in particular as time is on your side. You may be shocked by being stopped by the police this month, but don't worry as it will only be because he fancies you! It is a good time to buy a scratch card as it could possibly change your life for good.

Libra 24 Sep – 23 Oct

Your life may seem crap at the moment but don't worry as money is coming your way and consequently, your opportunities will multiply tenfold. A political friend will become unbearable with her views, so either become more interested in politics or give her a wide berth in future. A lady with large assets may make your day by sharing them with you.

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ANDY MELLOR TALKS ABOUT THE LOVES OF HIS LIFE



Andy can you talk a bit about yourself? I have been married for 33 years to Deb; I'm what I would call a Sowerby Bridge bloke through and through.

What does that mean? It means I have a strong sense of loyalty to my town, and it comes out in a lot of aspects of my life. I'm very much involved in sport; I have been since my younger days. I have represented Sowerby Bridge Cricket Club for over 40 years. I played for Sowerby Bridge Football Club for about 30 years and now I've joined the running club that's connected with Sowerby Bridge, The Snails. I've never been one

for looking elsewhere, other than my local town. That's a big part of my life.

Have you travelled anywhere else in the world during your life? Only with regards to holidaying, family holidays abroad. Menorca was a favourite holiday destination. Once we found a place we liked as a family we would go because it's like home from home. We were comfortable and we went 12 years on the trot.

And what have you done for work in your life? After being an art student at Percival Whitley College in Halifax, where I studied graphic design and silk screen printing, I worked as a printer, a silk screen printer, and then I moved into a silk screen printing job in Halifax as a manager of the printing department, a supervisor. Then in the early 90s the recession hit and when looking for work I found a position at Royal Mail as a postman, thinking it would only be temporary and I ended up being there 28 years!

What was that job like? Was it enjoyable or did you feel frustrated doing that? Not at all! There was such a cross-section of people at Royal Mail and you make many friends working alongside them, both in the office and out alongside them delivering. It kept me fit and alert. There were a lot of functions which encouraged socialising. After 28 years I retired to look after Deb.

Was there a particular reason for doing this? Yes, Deb has Multiple Sclerosis. She was first diagnosed three years after we got married. It started with a squint, an infection in her eye, she was treated for that, and then within a few months she began to drag her foot so she went on to have tests which a few months later revealed she had MS. Despite this she continued to work for another 20 years. She coped very well with the condition during that time but in recent years she had to stop working and I then retired to look after her.

What is a typical day like for the both of you? Preparing for the day ahead can take some time, almost like a military manoeuvre. Once we have managed to get out and about, we like to do our routine things, we have a routine that is comfortable for Deb to manage with and one that I can build/add some structure to my life. So, we get the best out of everything, I can look after Deb and I can have the opportunity to enjoy something for myself as well, such as joining the running club recently.

Do you have any other interests? I am crazy about music; I love my music.

Which artists do you like? I was brought up to listening to all sorts of rock n roll music but mainly The Beatles, they were like the backdrop to my life as I grew up. I listen to Led Zeppelin, Pink Floyd and The Rolling Stones, but The Beatles are the biggest musical influence on me. I also play guitar.

Do you play it well? Deb might not think so (chuckles), but seriously, I am a reasonable player, I've played for wedding functions and at my local cricket club for example, but I don't play in a group, I just play for my own enjoyment mainly and I have a collection of about six guitars.

What's your favourite guitar? My favourite guitar is one I purchased recently after selling my Royal Mail shares. I decided that I wanted to have a guitar I could treasure and be able to pass down as an heirloom. It's an acoustic guitar; it's a Gibson J-45 Standard. I keep it in its case and it's polished after every use. It sounds wonderful.

Was it expensive? It was expensive, it cost over £2,000. But it's well worth it, like anything you get what you pay for!

Have you ever tried to write a song? I have tried and I find the process really difficult. I think you get advice from famous singer/songwriters, who give you various ways of finishing or completing a song, whether it's words first or music first, there's no strict rule, but I've not found a formula where it would roll off, so I stick to playing other people's music.

Going back to the art influence in your life, is that still something that's relevant? Do you still draw and the like? I am regularly drawing, but possibly not as often as I would like to. I have a collection of art work that is stashed away, and I did get into watercolour caricatures in particular. I developed a reputation for drawing and painting caricatures at work and I've often painted people close to me, in celebration of birthdays, anniversaries etc. I get a lot of pleasure from that.

Do you ever regret not having made music or art the centre of your working life?

Painting for a living would have been a wonderful thing, but it would have had to have been on my terms. Painting to order is not something that comes naturally to me. Painting for the love of it is something that is more important, so I don't know if I would be able to produce the volume of work that could have made it into a career for me. I like to dip in and out of it rather than working constantly at it.

What do you think of us leaving Europe? I've got mixed feelings about it. Everybody should consider it for how it will affect them personally. I've definitely have had concerns about how we would cope financially with regards to medical treatment, treatment of MS for example, research and cost of medicines. I think like everyone else, we're in a state of limbo at the moment as we're unsure about what lies ahead, so time will tell.

What are your hopes for the future, say the next five years or so for you and Deb?

That's a good question. Over the last year or so, we've managed to get on the map regarding what's helpful for both Deb and me in leading our daily lives. That means that we've been able to have adaptations done to the home which has included a floor to floor lift and a large wet room being installed to help make home life easier and we've definitely made some strides forward in that respect. Just the thought of being able to get up in a morning without any worries lying ahead is a massive thing and then that means we can have a quality of life, spending time with friends, eating out, socialising etc.

Can you go on trains? Deb hadn't been on a train for ten years until we decided to go on a shopping trip at Christmas to Leeds. We found the experience a lot better than we thought it would have been. That broke down a barrier. So, we fully intend to start using the train a lot more in the future.

Do you think that Halifax is wheelchair friendly? I would have said a few years ago no, but there have been many new developments, including the Piece Hall which have taken disability into account much better than before with ramps etc. It's an old town so it's going to take many years for it to become the perfect environment for people with disabilities or wheelchairs, but it's improving all the time.

Are you hopeful for the future? I am. Both for Deb's health and myself. I feel mentally stronger by being able to be at home to look after Deb and Deb definitely benefits from that. So yes, I am definitely hopeful for the future and we plan to enjoy it as much as possible.

Is there anything else you want to add that we've not covered? Is it true you are involved with a cricket club? Yes. Sowerby Bridge Cricket Club is the club I first started to play for at the age of about 14 and I'm still involved there to this day, although I did retire a couple of seasons ago. I have continued as a committee member and I'm a Level 2 coach.

What does Level 2 Coach mean? It's a coaching qualification that allows you to coach both juniors and seniors. It also enables you to coach yourself to improve your own game, but I've also been able to pass on coaching techniques to all my fellow club players including players older than myself with more experience.

Were you a good player? I was a reasonable player.

Were you an opener? I found that over the years I played in all aspects of cricket. I've been an opening batsman, a left arm spinner and later in my career I played as a wicketkeeper. I've been head coach of the club for the last eight years and I find it very rewarding, even more so after I stopped playing.

After Deb is cricket the love of your life? I would say so yes. Being without cricket in my life would leave a massive hole. The involvement is not just during the summer months, it goes on throughout the year. It's a big commitment but we have a wonderful club down at Sowerby Bridge and I'm extremely proud to be a member of it.

Thanks for your time today Andy. Thanks Dean.

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LET'S HAVE A LOOK AT SELBY



Selby is a lovely commuter town which is situated near York and Leeds – it is actually 14 miles south of York on the River Ouse. According to the census of 2011, its population was 14,371 though recent immigration must surely have swelled this figure.

It can be argued that Selby's main attraction is the fabulous abbey which was reputedly founded by Benedict of Auxerre in 1069 – the official crest is three swans which Benedict apparently saw on a lake and said they signified the Father, Son and Holy Ghost. Significantly, in 1539, the abbey was closed as part of the Dissolution of the Monasteries under Henry VIII and subsequently, some of the buildings have been demolished.

Selby is interesting from an historical point of view, as it was there that the important English Civil War battle called the Battle of Selby took place. Also, there is the cholera burial ground on the north side of the abbey and the market place which was moved away from the monastery churchyard in the early fourteenth century.

Notably, Selby was a centre for shipbuilding with vessels launched side-on into the river due to a lack of space for a conventional launch. One main shipyard was that of Cochrane and Sons who produced well-known vessels like the Ross Tiger. The last launch in the Ouse was in 1998. Once the shipyards closed, they became the home to many small businesses. Selby Canal was also important as it brought trade from Leeds.

The town's origin dates from the establishment of a Viking settlement on the banks of the River Ouse. It is originally believed to have been called Seletun according to an Anglo-Saxon Chronicle in AD 779.

Selby is also reputed to be the birthplace of King Henry I (in 1068/69) who was the fourth son of William the Conqueror.

In more recent years, Selby was the leading coal mining area in the UK, and, in 1995, Wistow Colliery set a record of 200,743 tonnes of coal mined in one week. Unfortunately, the Selby Complex closed on Friday 14th of May, 2004, despite rising demand for coal in the UK.

Happily, the town centre and its outskirts have seen the development of new shopping areas like The Abbey Walk Shopping Centre and The Three Lakes Retail Park.

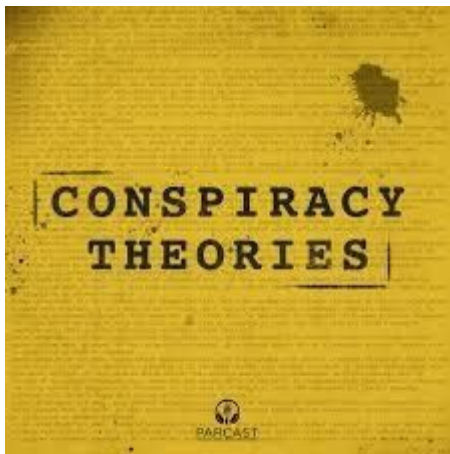
Selby is well-connected by rail and road to destinations like Leeds, York, Manchester and Hull etc.

It also has good football, rugby union and cricket teams and if for no other reason, as stated, it is worth visiting solely to see the magnificent building that is Selby Abbey!

* With a lot of help from Wikipedia

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CONSPIRACY THEORIES – MY THEORY ABOUT THE RISE IN THEIR POPULARITY



Written by Graham Townsend

First of all, what is a conspiracy theory? Well according to Wikipedia “A conspiracy theory is an explanation of an event or situation that invokes a conspiracy by sinister and powerful actors, often political in motivation, when other explanations are more probable”

The Oxford English Dictionary defines conspiracy theory as “the theory that an event or phenomenon occurs as a result of a conspiracy between interested parties; spec. a belief that some covert but influential agency (typically political in motivation and oppressive in intent) is responsible for an unexplained event”

Some of the more well-known world events that have lent themselves to the idea of a conspiracy theory being in play include, the assassination of John F Kennedy in 1963, the moon landings in 1969 and the 9/11 terrorist attacks in 2001.

Looking at other more general examples of perceived conspiracy theories, people often cite the idea that the earth may be flat or that certain power groups exist with the main purpose of achieving world domination,

So why has there been a rise in their popularity? In the UK, if people were asked about conspiracy theories, one of the first names likely to be mentioned is that of David Icke. Icke is a former footballer and sports broadcaster, who is now a professional conspiracy theorist.

Icke combines New Age philosophical discussion about the universe and consciousness with conspiracy theories about public figures being reptilian humanoids and paedophiles. He argues in favour of reincarnation; a collective consciousness that has intentionality; modal realism (that other possible worlds exist alongside ours); and the law of attraction (that good and bad thoughts can attract experiences). He has also been accused of being a holocaust denier.

In the USA, the mass media has been viewed as the chief vehicle for an increase in popularity of conspiracy theories. They have become a cultural phenomenon during the latter part of the last century and throughout the 21st century to date.

Having discussed conspiracy theories with friends in the past, I have formed the opinion that some people actually believe them to be true simply because of the way they have consumed news stories, or because they believe everything they read or hear from certain media outlets.

One such discussion also touched upon the idea that you would only believe a theory to be true if it fitted in with your political beliefs. There have also been suggestions that people who believe certain theories are mentally ill, although it would be extremely difficult and somewhat controversial to try and validate that argument.

You could certainly argue that social media has played its part in the rise in popularity of these theories. There are even You Tube videos out there which try and explain the reasons why it might actually be easier to believe a theory is true even when you know for a fact that it isn't!

As the global population continues to grow, surely it means there will be a further increase in the number of people who believe conspiracy theories. Also, as the world develops there will be fresh opportunities to create new theories.

The purpose of this article is not to criticize people for their beliefs but to raise awareness of what actually constitutes a conspiracy theory, how people become exposed to the theories, what types of theories are out there and whether new types of theories will crop up in the future.

I hope you have enjoyed reading my thoughts on this subject and feel that it has been in the very least slightly educational.

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LETTERS PAGE



Dear Sir

At the time of writing, Prince Andrew is refusing to co-operate with American lawyers concerning his friend Geoffrey Epstein – the convicted sex offender.

I think it is disgusting that the Prince thinks he is immune from giving evidence and I find it hard to believe that he was unaware of

Epstein's activities.

No-one should be above the law.

Frank Whitworth, Preston

Dear Sir

I am writing to say how pleased I am that women's sport is now getting the recognition it deserves – it doesn't matter that it has inferior viewing figures to men's sport, the main thing is that more women's sports are being televised – I am so pleased about this.

Byron Johnson, Wakefield

Dear Editor

I am sick and tired of some of your contributors to this page disrespecting cyclists.

Cyclists have every right to use our busy roads and should be respected on our roads.

However, I can understand people being annoyed when they are nearly knocked down by cyclists on the pavement and you have to ask the question why are they actually on the pavement in the first place?

Barbara Scott, Leicester

Dear Sir

So, we have left the EU with a fanfare - much to the dismay of the rest of Europe.

I think we have made a grave mistake which will only benefit the rich who will no longer be shackled as a result of less workers' rights legislation.

I predict people will want to re-join the EU when the severity of our actions sinks in – the sooner better in my opinion.

Shirley Bates, Great Yarmouth

I am of the opinion that too many people have become too money-orientated. I understand that money is a useful tool but the lengths that some people go to to obtain it, is frightening.

Of course, we all need some money but do we really need to exploit and rip off others to get more for ourselves. I think we need to aim for more harmony in the world.

Brian Kennedy, Southport

Dear Sir

I have travelled a lot in my life and feel incredibly lucky to have done so.

One thing is that people are the same everywhere and so there is no need to fear anyone. What we need to do is to respect all customs and languages (and ignore our leaders) and then we will all get on fine together.

Lyndsey Poole, Skipton

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NATIONAL FEET AWARENESS WEEK



Written by Francis Tait

Are you aware that the 9th to 15th of March is National Feet Awareness Week?

National Feet Awareness Week encourages people of all ages across the UK to look after their foot health.

We book regular check-ups at the opticians or dentist but how often do we consider the benefits of an annual foot examination?

Why do we ignore common complaints when our feet are so important?!

Did you know?

The average person walks approximately 100,000 miles in a lifetime and that's a lot of stress placed on our feet.

For some reason many of us end up forgetting about our feet and it's hard to believe isn't it that our feet have to last us a lifetime.

Our feet might be described as the most overworked and under-appreciated parts of the human body. On average, we put them through 10,000 steps in a single day.

In our youth we may well have often sacrificed pain and function for style but as we age a trend can be seen in a shift towards comfort and function over that of style regarding our footwear.

Bad fitting shoes can cause:

Corns

Calluses

Blisters

In-growing toe nails

Many other sources of irritation

But yet many of us tend to not prioritise our 'soul' but our 'soles' are often seen as the window to our overall health. You may be aware of this if you have had Reflexology treatment.

Just think about some facts in the FOOT NOTES below:

Nearly one quarter of the bones in our body are in our feet – 26 bones in each foot

Our two feet have 250,000 glands. From these glands we are capable of producing half a pint of sweat in a single day

Our two feet can differ in size so always buy shoes for the larger foot

Afternoon is the optimum time to shop for shoes because our feet tend to be at their largest at this time

Walking is the best exercise for our feet. Walking may also contribute to general health improving, circulation and perhaps weight control!

The pressure on our feet when running can be as much as four times the runner's body weight!

With 26 bones and 33 joints our feet serve the foundation for the rest of our body. If our feet are not mechanically sound, it can affect our knees, hips and even our lower back.

So why don't we always prioritise our foot health?

If you don't prioritise your foot health you might consider the benefits of a foot health check. Don't forget about your feet. They are important features of our human body! Don't take your feet for granted.

Ref. N.H.S.UK, Awareness days.com, Goodbody.com, S Panne 2018

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MORE FROM JUNE CHARLTON



Once a month I go to Halifax with my husband and meet our son Dean and his friend Brenda. We like to visit the Piece Hall and The Square Chapel, and have a hot chocolate or milky coffee. It makes a lovely change going there and meeting some of Dean's friends. We met some of them on Dean's 50th edition party for the magazine which was held in the town hall in Hebden Bridge.

Halifax has some beautiful buildings with lovely carved figures, when you go through the big gates of the Piece Hall.

We also like to go to Pearsons (on Union Street) fish and chip restaurant in Halifax. The Italian lady who serves us is very nice – she says she would like to go back to Italy one day, but that she is settled in Halifax and has met lots of nice people since coming here.

The market is very good and sells lots of nice things like clothes, vegetables, sweets, hardware and bags etc. When I buy sweets there, I have to be careful as I am gluten free.

Getting back to the fish restaurant, my mother used travel from Castleford, to go to help her aunty in the shop – what a coincidence!

I've just had a break from writing this article to walk round the water at St Aidans at Woodlesford – it's about 2 ½ - 3 miles all around but it was lovely and refreshing. It was however, cold and windy but when you're well wrapped up, you hardly feel the cold. There weren't many people around so it was very nice.

Sometimes when its cold weather you see people swimming and I usually say that they are either foolish or brave.

It's a lovely train journey to Halifax which takes an hour from Garforth train station, and the scenery through the train windows, is lovely. Sometimes we're lucky to get a new train, because the older trains are real boneshakers.

Where Dean lives is overlooking the Nestle sweet factory and also a well-known nursery called Eureka where you can see children playing outside in the playground. In my opinion, the downside to living in Halifax is that you always see people begging. Having said that, it seems to happen everywhere in towns these days.

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ANOTHER GUEST QUIZ FROM GRAHAM TOWNSEND



Questions:

- (1) Which team won Superbowl 54?
- (2) Which British comedian and gameshow host has appeared alongside son Barney in road trip TV series “Breaking Dad”?
- (3) Which King of England was born on 4th November 1650 in Binnenhof, South Holland, Netherlands?
- (4) Which ground-dwelling lizard naturally found in the highlands of Asia and throughout Afghanistan, to parts of Northern India, has the scientific name “Eublepharis macularis”?
- (5) Which chocolate bar, launched in the UK in 1970, has a shape which resembles three flattened, intertwined serpentine strings?
- (6) Which British decimal coin was introduced into circulation in 1971 and withdrawn from circulation in 1984?
- (7) Who was leader of the UK Liberal Democrats after Nick Clegg and before Jo Swinson?
- (8) Which Scottish singer-songwriter reached number one in the UK Singles Chart and US Billboard Hot 100 in 2019 with the song “Someone You Loved”?
- (9) Which fashion house was founded on 16th December 1946 in Avenue Montaigne, Paris, France?
- (10) Rain, Steam and Speed is a painting from 1844 by which British artist?
- (11) Charlestown is the capital and largest city of which island in the Caribbean Sea?
- (12) According to the Chinese zodiac, 2020 is the year of which rodent?
- (13) Which sauce is an emulsion of egg yolk, melted butter, and lemon juice. It is usually seasoned with salt, and either white pepper or cayenne pepper?
- (14) Which actor won the Best Actor award at the 73rd annual BAFTA ceremony in February 2020?
- (15) Which Scottish Premier League football team play their home matches at Pittodrie?
- (16) What is the sum of the number of dots that appear on a regular six-sided die?
- (17) What is the French word for a male duck?
- (18) Complete the well-known saying, “a nod is as good as a.....”?
- (19) La Traviata is an opera by which composer?
- (20) Who became the first Protestant archbishop of Canterbury in 1533?

Answers

- (1) Kansas City Chiefs (2) Bradley Walsh (3) William III (4) Leopard Gecko (5) Curly Wurly (6) Half Penny (7) Tim Farron (8) Lewis Capaldi (9) Dior (10) J M W Turner (11) Nevis (12) Rat (13) Hollandaise Sauce (14) Joaquin Phoenix (15) Aberdeen (16) 21 (17) Canard (18) Wink (19) Giuseppe Verdi (20) Thomas Cranmer

TIPS FOR HOSTING AN INCREDIBLE EASTER EVENT



Commemorating Easter as a non-religious holiday is all about things like the Easter Bunny and Easter eggs. However, whether you are a spiritual family who celebrates Christ's resurrection, or you choose the day to be about Easter egg and basket hunts, here are ten suggestions for making your Easter get together a success:

Tip 1: As with the preparation for any party, you will want to prepare your Easter Sunday get together as far in advance as possible. People often make plans for holiday celebrations many months beforehand, and the last thing you want to happen is to organise a party and then find out that all of your potential guests are unavailable.

Tip 2: It is crucial to prepare your menu for Easter early. You will come across lots of good deals on foods such as ham and roasts near the Easter holidays.

Tip 3: Make sure that when you are preparing your Easter get together, or any other celebration for that matter, that you give yourself sufficient time to plan and shop. You will not want to be in a grocery store the week before Easter because the whole of your town will seem to be there.

Tip 4: If you wish to use dyed eggs as decoration, make sure you colour your eggs a couple of days before your get together. You may be hosting your party with odd coloured fingers if you don't!

Tip 5: If you are having an Easter Egg hunt for the kids who are present, you may want to consider purchasing some plastic eggs in which you can put little toys and sweets. This makes it less likely you will lose an egg which will smell if you don't discover it in time.

Tip 6: If you will be cooking a big meal, try cooking everything you can the day before. At the least prepare anything you can the day before. This will save both you time and energy on the day. Also, when your home is jam-packed full of your friends and family, accept their help if they offer it.

Tip 7: Remember, the celebration is for you too and by allowing people to help you, you can actually enjoy your own party!

Tip 8: If there will be a lot of kids at your Easter celebration, make sure you have some fun activities which will occupy them and keep them out of trouble. You can always offer a prize for the very best craft work, or whatever, to give them a sense of competition.

Tip 9: If you will be making Easter baskets, the very best place you will find the baskets are in discount stores. These stores will offer a good selection of baskets. You can give the baskets to the kids or they can construct their own baskets and then give them to a regional charity or homeless shelter afterwards.

Tip 10: Don't forget the less fortunate at Easter time. If you have excess food in your pantry, take some of it to your regional food bank so that those who are hungry in your community can enjoy an excellent meal during the holiday period.

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EVERYTHING ABOUT HOLIDAY TRADITIONS

Holiday customs vary from country to country, faith to faith, family to family. Some holiday traditions are universal, and practiced all over the world. There are holiday traditions for Independence Day, Christmas, Hanukkah, Easter, Thanksgiving, Mother's Day, Father's Day, Valentine's Day, St. Patrick's Day etc.

Holiday dinners on Christmas Day are normally composed of turkey and stuffing, ham, or lamb with lots of tasty sides, things like mashed potatoes, yams, and other special foods. Possibly the biggest and most popular Christmas tradition is sending out cards to friends and family.

Hanukkah is an important holiday for the Jewish faith, and generally includes a big family supper and gift-giving.

Thanksgiving holiday traditions in America consist of a turkey, and football games. Since we all now lead such hectic lives and family members cannot not always be present at get togethers, a new custom has arisen. Thanksgiving holiday cards are now readily available to send to all of your loved ones who can't come to your Thanksgiving dinner and watch the games with you.

Easter holiday traditions usually consist of an Easter egg hunt, baskets full of sweets left by the Easter bunny, and church services when people are dressed in their finery. When a family member cannot be present for this important holiday, send them an online card from the Easter bunny to raise their spirits.

Independence Day is a really important holiday to Americans, especially in light of recent world events. With the war on terrorism in full swing, those who must most commemorate this holiday are not actually in America, but in the Middle East. Cheer up our soldiers with a holiday greeting card, letting them know that you appreciate their efforts for our nation and the flag for which they fight.

The most important thing about any holiday is family. A card and a special phone call spreading holiday cheer can make it feel like you are together, no matter how many miles might separate you.

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SOME MORE RECIPES FROM MY MOTHER JUNE



Vegan Lemon Cake

Ingredients:

100 ml of vegetable oil, plus extra for the tin
275 g of self-raising flour
200 g of golden castor sugar
1 tsp. baking powder
1 lemon, zested, ½ juiced (for the icing)
150 g of icing sugar
½ lemon juiced (squeezed)

Method:

Heat oven to 200C/180C fan oven, gas mark 6. Oil a 1lb loaf tin and line it with baking parchment. Mix the flour, sugar, baking powder and lemon zest in a bowl. Add the oil, lemon juice and 170 ml of cold water, then mix until smooth.

Pour the mixture into the tin. Bake for 30 min or until skewer comes out clean. Cool in the tin for 10 minutes, then remove and transfer the cake to a wire rack to cool fully. For the icing, sieve the icing sugar into a bowl, mix in just enough lemon juice to make the icing thick enough to pour over the loaf.



Country Vegetarian Pie

Ingredients:

1lb of potatoes boiled
4 oz of mushrooms, wiped and sliced
4 oz of cooked peas
4 hard-boiled eggs, sliced
¼ pint of milk
4 oz of cheddar cheese, grated
1 oz of butter

Salt and pepper

Method:

Slice the potatoes ¼ inch thick. Cook the mushrooms in butter until tender. Grease a pie dish, and place the potatoes, peas, mushrooms and sliced eggs in layers, adding salt and pepper to taste.

Add the milk, cover with grated cheese and bake in a hot oven 400F (200C) gas mark 6 for 20 to 30 minutes. Serve piping hot.



Cheese and egg pie

Ingredients:

1 lb of peeled potatoes
4 eggs, hard boiled
 $\frac{3}{4}$ pint of white sauce
4 oz of grated cheddar cheese
Salt and pepper

Method:

Slice the potato thickly, and parboil for 5 minutes. Grease the bottom of an ovenproof dish and sprinkle with half the cheese. Slice the eggs, then arrange alternative layers of sliced potatoes and eggs, starting with the potatoes. Cover with the sauce, then sprinkle with grated cheese. Cook until top is brown at 375F (190C) or gas mark 5 for approx. 35 minutes.



Mango Sorbet

Ingredients:

2 large ripe mangoes
Juice of 1 lemon
Pinch of salt
4 oz sugar
3 tablespoons of water

Method

Using a sharp knife, thinly peel the mangoes, holding them over a bowl to catch the juices. Cut the flesh away from the central stone and put in a food processor or blender. Add the mango juice, lemon juice and salt and process to form a smooth puree. Push the mango puree through a nylon sieve into a bowl.

Put the sugar and water in a heavy-based pan and heat gently, stirring until the sugar has dissolved. Bring to the boil, without stirring, then remove from the heat and leave to cool slightly.

Pour the syrup into the mango puree and mix well together. Leave to cool, then chill the mango syrup in the fridge for 2 hours or until cold. If using an ice cream machine, churn the mixture in the machine following the manufacturer's instructions. Alternatively, freeze the mixture in a freezer proof container, uncovered, for 3-4 hours, or until mushy. Turn the mixture into a bowl and stir with a fork or beat in a food processor to break down the ice crystals. Return to the freezer and freeze for a further 3-4 hours, or until firm. Cover the container with a lid for storing.

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ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



Questions:

- (1) What is a fez?
- (2) What is French for bald?
- (3) What is the capital of Denmark?
- (4) What is autism?
- (5) What is the currency of Zimbabwe?
- (6) What is the official language of Quebec in Canada?
- (7) Who invented 'Cats Eyes'?
- (8) What is mal de mer in English?
- (9) Where is Tangiers?
- (10) How many times have Manchester United won the UEFA Champions League?
- (11) Who was the first player to score 100 Premiership goals?
- (12) What is a gecko?
- (13) Who was the first person to navigate the world in a hot air balloon?
- (14) Who was considered to be Hitler's right-hand man?
- (15) Who played the lead female role in the original Sound of Music?
- (16) How many babies make up a quintet?
- (17) How old do you have to be to marry in the UK?
- (18) How many points is the green ball worth in the game of snooker?
- (19) Where is Notre Dame?
- (20) What is a peloton?

Answers:

- (1) Also called tarboosh is a felt headdress in the shape of a short peak-less hat usually red in colour (2) Chauve (3) Copenhagen (4) A lifelong development disability that affects how a person communicates with and relates to other people and how they experience the world around them (5) United States Dollar, RTGS Dollar (6) French (7) Percy Shaw (8) Seasickness (9) Morocco (10) 3 (11) Alan Shearer (12) Small lizard (13) Steve Fossett (14) Himmler (15) Julie Andrews (16) 5 (17) 16 with parental consent otherwise 18 (18) 3 (19) Paris, France (20) In a road bicycle race, the peloton is the main group or pack of riders

Editor's Final Word: Thank you so much for taking the time and the trouble to read this edition of our e-magazine. If you want to get involved with this publication, please contact us at: dean@fthm.org.uk Best wishes, Dean, Brenda and Robert.

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