

FROM THE HORSE'S MOUTH – August 2020. Edition No 68.



Hello. I hope you are okay and have been looking after yourself. My health has been good and it's been a pleasure to do this edition without any real problems. I do however, think it is essential we all continue to be very careful and do what we need to do to keep well.

I think this is a very strong edition of the magazine, but 'new blood' is always very welcome so if you want to get involved, please contact us at: dean@fthm.org.uk Best wishes, Dean, Brenda, Robert and

Graham.

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MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

Recently, you have felt like you have had a black cloud over you, but don't worry, as your life will soon be full of sunshine and you will appreciate the good times once more. It is however, time you stopped the woman with the sharp tongue from walking all over you – just because she's well-heeled.

You are looking very hot at the moment so capitalise on it!

Sagittarius 23 Nov – 21 Dec

A sedentary life doesn't really appeal to you so now is the time to show off your sporty side and your lovely legs at the same time! Unfortunately, your dress sense is laughable and you often look like you're in a pantomime. If you are tired of apologising after each heavy drinking session, then why not cut down or stop drinking altogether? Eat more radish daily.

Capricorn 22 Dec – 20 Jan

This month you may find yourself in hot water due to a bad mistake you've made, but it's okay as things soon blow over and your popularity will rise again. A person who you liked for a long time will illustrate how high-maintenance they are and leave you thinking that you have had a lucky escape. A friend will introduce you to some delicious foods in the future.

Aquarius 21 Jan – 19 Feb

It is a good time to express your love towards your partner on a physical level. But you must stop putting yourself down as you are a very special person who will soon come into their own. Don't listen to the idiots who tell you not to aim above your station as you have trained long and hard for success. A stranger may be nice in an effort to get his feet under your table.

Pisces 20 Feb – 20 Mar

It may seem as if all your prayers have fallen on deaf ears, but this will not prove to be the case, as a flow of good fortune will start to trickle your way soon. A friend with a mental illness may appeal to you for help so don't let them down. A neighbour may be green with envy when you buy yourself something new, but let it be as they would do nothing for you.

Aries 21 Mar – 20 Apr

You may be having the time of your life at the moment, but be careful how you treat people now as you may need their help in the future. Something that appears to be a bargain will

attract you but exercise caution as it may turn out to be yet another expensive mistake. Take it easy with the perfume as you are driving people wild. Try cutting the lawn with scissors.

Taurus 21 Apr – 21 May

Now that life is picking up again, why not express yourself by doing something that is totally outrageous? A married man may seem extremely attractive to you at the moment, but don't do anything silly, as he won't be all he is cracked up to be. A friend who was single for a long time will drop you now that she's met someone new – but she'll soon be back.

Gemini 22 May – 21 Jun

A friend will soon do something you don't agree with and you may decide you no longer want them in your life. Someone said that life is a long and winding road, but that's not the case for you as you are destined to quickly reach the dizzy heights of success. A nasty neighbour may annoy you again but hold your tongue as he will soon move on. Smile more.

Cancer 22 Jun – 23 Jul

This month you will be suspicious of your partner's behaviour, and if they continue to act this way, maybe it's time to consider moving on without them. It is a good time to eat more haddock. Things have been difficult this year, but now is the time to take stock and realise what is actually important in life. Consider giving up the day job and training to be a juggler.

Leo 24 Jul – 23 Aug

Until now you have possessed a heart of ice and had no time for romance, but all that is going to change when love walks into your life unexpectedly. Money has always been your passport to pleasure but now you will realise that you can buy things you want but not always what you need. Think about stopping chewing gum as many think it's a disgusting habit.

Virgo 24 Aug – 23 Sep

Now is a good time to try and have a more balanced approach to life so that you're not heading for a fall in the future. A nice woman will come into your life and lift your serious mood with her excellent, dry humour. You must keep on with your creative work as you will make a difference when it trickles into people's consciousness. Your breath is still bad.

Libra 24 Sep – 23 Oct

Money is extremely important to you but soon you will have to choose between hoarding more of it or investing time in a wonderful new person you are about to meet. Christmas is not far away, so why not plan to have one as if it was going to be your last? Remember you can be any way you want as long as you are good. Consider treating yourself to a new printer.

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PART TWO OF DEREK GREENWOOD'S LIFE



So, as I faced my 'entry to the real world', I was confident that my experiences over the previous years, good and bad, had perhaps surprisingly prepared me more than adequately for my future.

My support and understanding from the nurses during my stay in hospital for three months at the age of 15, and its subsequent positive impact on my emotional and social development dragging me cautiously into an adult world, enabled me to plan a level of participation which 4 years previously I could not have imagined.

Suddenly, I felt eager to actively pursue opportunities which previously I had maybe suspected would be out of reach. I found myself trying to remember and put in some kind of order ideas and vague plans that had merely sidled across my consciousness on tiptoe.

When I left Garvald, the Rudolf Steiner School where I had profoundly enjoyed my time as a housefather, I was, quite literally, emotionally exhausted and knew I needed to maybe exercise other skills to release some of the emotional pressure I had been feeling.

Despite the comments of my French teacher at grammar school, 'Greenwood, you will never learn another language', I knew I wanted to travel and experience life in another culture. My experience in Edinburgh, mixing regularly with Scandinavians, pushed me willingly in the direction of this part of the world for my next opportunity, willed on by my Danish friends in Scotland constantly telling me not to worry about learning the language as 'most Danes speak English!' - not totally true but succeeded in incentivising me further. With my father's help through his connections in the book trade, I was put in touch with the North European representative for publishers Macmillan. He managed to secure me an interview with the largest bookshop in Copenhagen for a job working in their English/American accessions department.

Three weeks later, I found myself staggering up the gangplank on the Newcastle to Esbjerg ferry with an overloaded suitcase, most of my precious LP's strapped to the outside! Apart from the strap on my suitcase breaking as I made my way up onto the ship at Newcastle, I arrived safely in Copenhagen on the train at teatime on a sunny late May evening.

My interview took place on Monday morning, and in preparation I spent the weekend sourcing a possible bed-sit. Extraordinarily, in a room agency on the Saturday morning I was 'acquired' in the nicest possible way by a lovely Danish veterinary nurse from the provinces about to start work at the Veterinary High School in Copenhagen and also looking for accommodation in the capital.

Together we found a place to live for the next three months, my first VERY positive example of Danish hospitality! One of the most attractive aspects of life in Denmark is the people – they are very spontaneously friendly, kind, supportive, interesting and good company. After the UK, it did take a bit of getting used to as Danes are more open, gentle, more positive with no edge. It won't therefore be too much of a surprise to know that I remained there for several years. And guess what! – within approximately four weeks I was speaking Danish and after two months was pretty fluent! I was working with and spending time with Danish speakers and discovered that, despite my French teacher's comments, I had a very accurate ear for language. This served me well, together with, on my return, learning and speaking German alongside all my existing skills in imitation and my absolute obsession with communication.

In all my time in Scandinavia, travelling across Denmark, Norway and Sweden learning and speaking the languages without ever going to classes or lessons – well done young man. As I have said, I had an instinctive ear for language and have always been a good listener with an intense need to communicate. Let this truly be an encouragement to anyone fearful that learning a language would be impossible – if you want it enough, you can do it!

Now at 75, next birthday, I am told that I am still fluent in Danish and German!

My early bookselling experiences in Copenhagen were eye-opening and provided a steep learning curve and after two months I was managing the small English/American accessions department and supervising and training two Danish apprentice booksellers in the department (at 18 I was responsible for my two apprentices, one male, one female, who were just a year younger than me!).

I was eventually head-hunted by a small paperback bookshop close to my original place of work, where I was also managing a young female apprentice and jointly managed the operation of the shop.

From here, onto something a little different: a large book wholesaler selling over the 'phone to bookshops and libraries all over Europe. Challenging, different but good for my language and selling skills.

Diverting to my life outside work, I had developed friendships with many Danes and many others.

I also became close to someone who eventually became my wife. She had a miscarriage of a baby conceived with her previous boyfriend. We then had a son, Benjamin, together. She never really got used to having a son, monogamy or being at home. Until he was eleven months old, I looked after his every need, at which point she parted from me to live with someone else.

I held myself together largely through the support of friends and colleagues and also through the supportive nature of Danish society as a whole. I found the community of which I was

now part to be quietly involving, understated and one in which I was comfortable as a participant.

Leaping ahead, after years of no contact (and some heartache) and after several attempts to make contact without success, at the age of 71, my partner, of the last 30 years, Gail, received a message on Messenger, from somebody she did not know, claiming to be the partner of my son, Benjamin, and that my son had said he was very keen to get in touch with me! A shock and a surprise – Gail immediately got in touch and a couple of days later told me about this. I was excited as, deciding when he was a young child that I should not complicate his life by making contact, I attempted to find him when he was in his late teens but did not find him in those pre-Facebook days. Of course, I hoped he would try and find me! My efforts to find him under the name he had when I separated from his mother, Lars (his mother's choice) Greenwood-Larsen did not register anywhere. After his partner made contact with us I discovered that aged 18, and detesting his mother's choice of first name as well as somehow being aware that I had always thought of him as Benjamin, he decided to change his name by deed poll to Benjamin Greenwood! – the name he has lived with for the last 36 years or so! I felt so proud of him and we talk regularly, and from the first conversation it strangely felt that we had known each other continuously over the last 50 years. Pandemics and finances permitting we are hopeful we can meet up this year.

My time in Denmark was memorable for many good reasons as well as the odd dubious one: to this day, I still feel a powerful affinity to Denmark and the Danish people and look forward to seeing my son again and also the grand-daughter I didn't know I had who is called Miamaja and is now aged 19!

I remained in Denmark for some years, not least because I felt so at home there.

Returning to England was a culture shock and, strangely, a way of life that I found quite difficult to relate to. In other words, during my time away from this country I had assimilated Danish life, culture, language and emotions to an almost irreversible degree and all these years later, in so many ways, I STILL feel somehow more Danish than English! – strange but true.

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FEAR CULTURE

Written by Robert A Williams



There is a lot of fear surrounding the current coronavirus pandemic and this is more a part of the problem than the small and heavy virus itself. If you consider how other people have manipulated the public with fear and media from one of the most

effective, Mr Adolf Hitler, in an era where there was nowhere near the technology and media that we have today.

People, myself and others call them sheeple, and they are overtly manipulated by the fear in the pandemic that is demonstrated on Facebook, Twitter, BBC News and many other sources. The statistics on deaths are manipulated and open admission by the UK government has already stated earlier statistical reports were skewed marking people dying very indirectly from Covid.

Now I come across more and more people thinking about wearing masks because masks have been stated to be so effective. When you look at websites like <https://masks4all.co/> and the people behind them you can see more that the manipulation to wear masks is about financial power and not public health. Their strap line now of "Take action to save lives" is one that drives fear into sheeple.

This is crazy, sheeple are not getting all of the story, they are just getting a part of it and believing that part to be the truth. Sadly, the government in the UK and other major nation state governments and players within those governments are forcing this fear into the poor sheeple.

Today I had an interaction with a woman in a car dealership and when I asked her about trade, she brought up the fact that wearing a mask would be law. I asked her if she would not let people in the show room if they were not wearing a mask, she said that they would have to wear a mask because it was law. I pointed out to her that there was not a legislation in place to make Covid Mask wearing a legally punishable offence. It does not exist. The Queen has not stated this should be law which is the quickest way to make something legislative in the UK. Her response to that was: "I will do whatever my company or the government tells me to do to keep me safe"

Oh my God, what a sheeple. How many other people are thinking like this, a hell of a lot I would think? Be careful, open your eyes and look at all the information rather than being force fed what you think you should believe.

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OTLEY



Before the lockdown, the historic market town of Otley in Yorkshire, England was a vibrant place full of positive energy.

Otley is situated at a bridging point on the River Wharfe and is 10 miles north-west of Leeds and is 10 miles north-east of Bradford. According to the 2011 census, it had a population of 13,668.

Interestingly, the town is made up of two parts composed of the town of Otley and, to the north,

Newall which used to be a separated township. The name Otley is derived from the Saxon word Otto/Otho/Othe or Otta plus Leah which means a woodland clearing in Old English.

Before things drastically changed with Covid-19, Otley had a diverse array of cultural organisations like: five active Morris dancing sides, successful drama groups Otley Community Players, Otley Youth Theatre and a thriving arts centre in the former courthouse. It also has churches of various denominations like Anglican, Roman Catholic, Methodist, Quaker etc.

In addition, Otley normally has a Poetry Society, Brass Band, a folk festival (Sept), a carnival in May and June, and arguably the oldest one-day agricultural show in England. The town used to have “a pub on every corner” and still had many before the lockdown. Also, a Beer Festival was held every November and was organised by the church. Otley has regularly appeared in various television soaps like Emmerdale and Heartbeat.

The people love Otley like their sports and this is expressed through Otley Athletic Club, Otley Angling Club, Otley Cricket Club and Otley R.U.F.C. There is also Otley Town Football Club (which runs junior teams including two girls’ teams) and Otley Cycle Club. Interestingly, on the 5th July 2014, Stage I of the Tour de France, from Leeds to Harrogate, passed through the town and it has also featured in the Tour de Yorkshire.

It is now time to take a brief look at the history of Otley. Bronze age carvings on rocks, flint tools and Iron Age earthworks have been found in the area. In medieval times, forest park was used as common pasture land and as a source of sandstone and wood used in the construction of buildings and walls.

Initially, the development of the town (because of the water supply) dates to Saxon times but the Norman conquest made its own impression on the area like replacing the Saxon church with a Norman one. It is true to say that in the 11th and 12th centuries, Otley would have been a loose collection of buildings centred around the manor house by the bridge and the church.

The layout of the streets of Otley today is largely the result of the triangle of plots (burgages) which were offered by the archbishops to attract merchants and tradespeople in the first half of the 13th century. It is important to mention The Chevin (a gritstone escarpment overlooking Otley) was significant in the development of the town as it provided stone for building and for millstones, bracken, wood and common grazing – thatching for housing was provided by reeds from the river.

During the Industrial Revolution, with the mechanisation of the textile industry, mills were built using water and then steam power. 500 inhabitants were employed, by mid -19th century, in two worsted mills, a paper mill and other mills and trade was increased through the opening of the new Leeds Road and Bradford Road.

At this time, and onwards, many houses were built and a railway was opened in 1865 connecting goods to Leeds and Bradford in 1875 – but closed in 1965 under the Beeching cuts.

Significantly, the printing trade (the Wharfedale Printing Machine was developed in Otley by William Dawson and David Payne) in 1900, employed 2,000 people and was the town's major employer.

After the First World War, there was a shortage of housing in Britain and there were also many slums; inspirationally, Otley Council was one of the first to subsidize building schemes. Then after the Second World War, in the 60s and 80s, house building was revived although the printing industry all but collapsed.

Today Otley is still a town with a very positive outlook and when things have returned more to normal, you can visit and discover the town for yourself.

* with a lot of help from Wikipedia

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THE GIRL: THIRTY-FIVE YEARS OF SADNESS

A personal memoir of a moment in time from the mid 80's by Gail Waddington



The girl was so happy. She was sitting with her Dad in what was one of their favourite places - the stand at Valley Parade, home of their beloved Bradford City. The atmosphere was, to the girl 'electric', the best yet. Their team had just been crowned Division Three Champions and the players had come out onto the pitch holding up white cards which spelled out 'Thank you fans' - to loud cheers from the gathered crowd.

Celebration!

The girl had been looking forward to this all week. She was well known amongst the boys in her year for being as fanatical about Bradford City as they were. During a very dull maths lesson a few of them had even talked about a half time pitch invasion to celebrate the promotion to Division Two. On Friday lunchtime she had chatted to a fifth former, who the girl knew as she was in the school hockey team with some of her friends. The girl liked her. She said she was going to the match with her Dad and younger brother who was in the third year. They talked about their mutual excitement and moaned about having to endure a full Friday afternoon of school first.

The jubilant atmosphere continued to grow, and the sound system continued to blast out music designed to enthuse the crowd and help the celebratory carnival atmosphere. A song started playing 'You'll Never Walk Alone'.

"I don't know this one Dad", said the girl, "I'm going to buy the single".

Like a large proportion of teenagers at the time, the girl was obsessed with buying singles!

Dad gave her an indulgent smile and said it probably wasn't available as a single. Neither of them could imagine that within a week the shops of their city would be full of them!

A couple of minutes before the game started, the girl saw her hockey playing friend. She was just a couple of rows away. They waved and cheered and smiled. The girl yelled, "See you on Monday".

The match started and a few minutes before half time the girl declared she was going to head back to the kiosk to buy a drink.

When Dad grinned and told her she might miss a goal it was enough to keep her in her seat. His words were probably enough to save her life.

Only moments later they both noticed the slight wisp of smoke coming up through the wooden floor.

What transpired in the next four minutes doesn't need documenting here - it is well recorded elsewhere.

Suddenly, the girl and her Dad found themselves on the pitch. One of the boys from the maths class walked over neither of them smiled. They had never really meant to invade the pitch at half time: teenage bluster was all it was. Neither of them could have imagined this in their worst dreams.

The girl went to school on Monday, but she didn't talk to her hockey playing friend. Neither her nor her brother ever came to school again.

Dedicated to the 56 friends who lost their lives on 11th May 1985. You'll Never Walk Alone.

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MORE ABOUT COVID-19

Written by June Charlton



When is this Coronavirus going to end? – it's gone on for over 14 weeks now and just when it seems to be getting better something else comes along. Most people however, do seem to be sticking to the rules as far as I can see, keeping their distance from other people which has been up to now 2 metres apart and, has now been reduced to 1 metre,

which seems a little bit more positive. So, hopefully, if everyone follows the guidelines things should improve.

Yesterday's edition of the Daily Mirror showed hundreds of holidaymakers basking in the red-hot sun in Bournemouth which is alarming and surely only asking for more trouble from the virus. Worryingly, no one was wearing a mask and it was as if everyone had forgotten that we are in the middle of a pandemic.

With the easing of restrictions, some people have already booked cheap holiday deals to go abroad; even if you stay in England to holiday, it would be wise to continue to follow the guidelines.

A good thing about the isolation, has been that many people have found time to do jobs in the home and maybe to just have a rest from the hustle and bustle of normal life.

Although some businesses like pubs are due to re-open on the 4th of July in England, I still think we should be very careful concerning Covid-19 and be on our constant guard as it is not over yet.

Last week, we were fed up of being in isolation and went to Scarborough; it was a lovely sunny day and it was marvellous to have a change of scenery. We visited Peasholm Park and observed all the squirrels running busily about and saw ducks on the water. There wasn't a lot of people about so it was easy to keep our distance from other people, and the only thing there was an ice cream van as everything was quiet. We had a lovely walk around the park but couldn't go on the boats which were shaped as dragons.

When we walked down Marine Drive, we were able to buy a drink from the side door of a business, so all in all, it wasn't a bad day. We are now looking forward to getting back to normal and being able to visit all the places we love.

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BRENDA'S WILDLIFE CORNER



Zebras are African horse-like animals with black and white striped coats. There are three species: the Grevy's zebra, the Plains zebra and the Mountain zebra. Their stripes differ from individual to individual and are a form of protection from biting flies. Zebras can be found in Eastern and Southern Africa, and inhabit a variety of places like savannahs, woodlands and mountainous regions.

Zebras are mainly grazers and exist on inferior vegetation. Lions prey on zebras which defend themselves by biting and kicking when threatened. Interestingly, Plain and Mountain

zebras live in hareems with an adult male or stallion, several adult females or mares and their young foals. Social bonding in zebras is strengthened by group grooming.

The Grevy's zebra is an endangered species and it is also not looking too good for the Mountain and Plains zebra

The name zebra in English goes back to the 1600s and comes from Italian, Spanish or Portuguese. The real origin of the word is unclear and may actually come from the Latin word Equiferus which means wild horse. In ancient times, the zebra was also known as Hippotigris or horse tiger. However, the name originated, it is clear that we must do more to protect such a lovely creature as the zebra.

Ref. Wikipedia

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GRAHAM TOWNEND'S MONTHLY QUIZ

Questions:



- (1) A flamboyance is the collective name for which wading bird?
- (2) "School's Out" was a UK number 1 hit single in 1972 for which rocker?
- (3) Which pomegranate syrup is used to make cocktails such as Russian Kiss and Vodka Sunrise?
- (4) In France what is a 'maison d'arret'?
- (5) Accra is the capital city of which West African country?
- (6) Which founding father of the USA, as a teenager, started writing under the alias "Silence Dogood" for his brother's weekly newspaper called the "New England

Courant"?

- (7) The Hacienda was a nightclub famous for Acid House music in the 1980s/1990s in which English city?
- (8) Who wrote the 1946 play "The Winslow Boy"?
- (9) Which baseball team won the first World Series in 1903?
- (10) Which Kevin Costner film was, upon release in 1995, the most expensive ever made at that point?
- (11) In which ocean do narwhals live?
- (12) Which band had a 1989 hit single with "Love in An Elevator"?
- (13) The Ring of the Fisherman is part of the official regalia worn by which religious figure?
- (14) Which South American capital city stands on the shore of the River Plate?
- (15) Which toy line and media franchise mainly targeting girls, developed by American toy company Hasbro, were first produced in 1981?
- (16) Helen Rose of MGM designed the iconic wedding dress of which actress for her wedding in 1956?

- (17) The chemical element Uranium was discovered in 1789 by which German chemist?
(18) Which British supermarket, owned by the John Lewis Partnership, has its headquarters in Bracknell, Berkshire?
(19) In Greek mythology, who turned the Pleiades in to stars?
(20) TV presenter Christine Bleakley married which former England Footballer in 2015?

Answers

- (1) Flamingo (2) Alice Cooper (3) Grenadine (4) A prison (5) Ghana (6) Benjamin Franklin (7) Manchester (8) Terence Rattigan (9) Boston Red Sox (10) Waterworld (11) Arctic Ocean (12) Aerosmith (13) The Pope (14) Buenos Aires (15) My Little Pony (16) Grace Kelly (17) Martin Heinrich Klaproth (18) Waitrose (19) Zeus (20) Frank Lampard

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MORE LOVELY RECIPES FROM JUNE



Chocolate Coconut Bars

Ingredients:

- Small tin of condensed milk
- 2 oz of butter
- 2 oz of icing sugar
- 8 oz of coconut
- Block of chocolate

Method:

Melt the chocolate in a basin over a pan of hot water. Add the tin of condensed milk, butter and icing sugar in a pan and stir until melted, and then add the coconut. Put a layer of chocolate in the bottom of a swiss roll tin, lined with greaseproof paper. Spread the coconut filling over the top of the chocolate and then cover with the remainder of the chocolate.



Blackcurrant Jam

Ingredients:

- 4 lb of blackcurrants
- 6lb of sugar
- 3 pints of water

Method:

Remove the stems, wash fruit if necessary and put into a preserving pan with water. Simmer gently until the fruit is tender and the contents of the pan have reduced considerably. As the pulp becomes thick stir frequently to prevent burning. Add the warmed sugar, stir until it is all dissolved. Bring to the boiling point and boil fast until setting point is reached. (should make about 10 lb of jam)

**Spicy Potato Fries****Ingredients:**

4 large waxy potatoes
2 sweet potatoes
¾ oz of melted butter
½ teaspoon of chilli powder
1 teaspoon of masala salt

Method:

Cut the potatoes and sweet potatoes into slices about ½ inch thick, then cut them into chip shapes. Place the potatoes in a large bowl of cold salted water and leave to soak for 20 minutes. Remove the potato slices with a perforated spoon and drain thoroughly. Pat with paper towels until completely dry. Pour the melted butter on a baking tray and transfer the potato slices to it. Sprinkle with the chilli powder and garam masala turning the potato slices to coat them with the mixture. Cook the chips in a preheated oven 200 C/400 F/gas mark 6 for 40 minutes, turning frequently until browned and cooked through. Drain the chips on paper towels to remove the excess oil and serve at once.

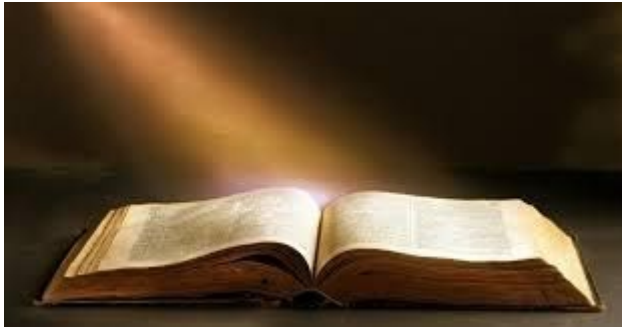
* Tip: I find it's best to rinse the potatoes in cold water before cooking to remove the starch as this prevents them from sticking together. Also soaking the potatoes in a bowl of cold water makes the cooked chips crispier.

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BIBLE TALK



From Peter Smith

John 6.29

'No longer do I call you servants, for a servant does not know what his master is doing; but I have called you friends, for all things that I heard from my Father I have made known to you.'

John 15:15 (NKJV)

If we ask Jesus into our heart, he becomes our friend. Not someone to be afraid of. Not someone to talk to in a funny voice.

John 6.29

But you do not be called 'Rabbi'; for one is your teacher, the Christ, and you are all brethren. Do not call anyone on earth your father; for one is your Father, he who is in heaven. And do not be called teachers; for one is your teacher, the Christ.

Matthew 23:8-10 (NKJV)

Jesus is saying that we must not give someone a religious TITLE. A title implies that the person holding it is closer to Jesus than the rest of us.

John 6.29

"I believe in aristocracy though, if that is the right word and if a democrat may use it. Not an aristocracy of power based on rank and influence, but an aristocracy of the sensitive, the considerate and the plucky. Its members are to be found in all nations and classes and all through the ages, and there is a secret understanding between them when they meet. They represent the true human condition, the one permanent victory of our queer race over cruelty and chaos."

E M Forster (1944)

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RELAX, CARRY ON COLOURING – IT MAY BE GOOD FOR YOU!



It could be presumed that colouring is an activity for children but actually it is an activity for adults too. Colouring books are great for all ages. Although colouring books have always been popular with children, over the past years, adults have got more involved in this activity. Adult colouring has indeed become a huge trend.

SO HOW DID COLOURING EVOLVE?

The McLoughlin brothers are credited as the inventors of the 'colouring book'. Until the 1930's, colouring books were designed with the intent for them to be painted rather than coloured. With crayons coming into wide use in the 1930's it was then, when the books were designed to be coloured. Of course, they could be painted if preferred.

Adult colouring books have now become a 'form of therapy' that has grown in great popularity in the 2010s. They have since appeared on the best sellers list. With the countless benefits of colouring, in these uncertain times, this might be the very time to pull out the crayons!

SO WHAT ARE THE BENEFITS OF COLOURINGS?

Colouring goes beyond a fun activity. Colouring is relaxing and an electronically free activity. Colouring requires focus. It allows you to put everything else aside and live in the moment. Perhaps a form of quiet mindfulness allowing the mind to switch off for a while. It is thought that colouring may help to facilitate the replacement of negative thoughts and images to that of pleasant ones.

Because colouring is a hands on hobby, it can help maintain manual dexterity, something that can diminish with age.

Researchers in New Zealand carried out studies and their findings suggest anxiety may be reduced by 'colouring in' as little as ten minutes a day.

It is also suggested that colouring can help in getting rid of those circles under our eyes. It's simple! Just swap your mobile or laptop for a colouring book before bedtime. This avoids exposing yourself to the sleep sabotaging lights emitted by electronic devices. It is suggested people who use electronic devices at night have greater difficulty falling asleep. So, get colouring and you may enjoy a good night's sleep!

So, if you think spending hours of colouring was only a childhood pastime - think again! It's still here to benefit you in adulthood. How fantastic is this! An inexpensive accessible self-help tool - especially in these uncertain times that we are presently living in.

If you are interested in colouring put this date in your diary: 2nd August 2020 is National Colouring Book Day. Get out those crayons and enjoy this colourful day!

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IS THERE STILL A STIGMA SURROUNDING MENTAL ILLNESS?



Sarah Stone

In a word...sadly... 'yes'.

Unfortunately, our society is obsessed with achievement and productivity, with high and unrealistic expectations of its members. Mental ill health can happen to anyone, and it is often brought on by the pressures placed on us by others, and ourselves.

It takes a strong person to live with and/or overcome a serious and debilitating episode, it takes amazing courage every day to keep going for many people. Very often others would be shocked if they knew the extent of what a person is dealing with. To me they are the most interesting folk and the ones I like to be around. It gives them empathy, sensitivity and a depth of character which I admire.

Out of these altered states of mind there often flows sublime beauty and creativity, a world without madness would be utterly barren.

These are just my thoughts, without a conclusion or any words of wisdom...

Patricia Green

The stigma of mental illness appears in various ways. All the human race has some form of mental illness however, it is not always apparent at first.

Depression is the beginning due to upsets via nature and intervention. My personal experience began a long time ago i.e. not being good enough regardless of my efforts.

Mistakes were made and punishment was overstated to prove I was wrong. This did not prove that all acts were premeditated by me. Others' actions occurred through hate of not only my mistakes, but because of judgement via other people. My life was ripped to pieces arguably through my behaviour and because of some sort of admittance that all my life I had made incorrect decisions – which was incorrect. Medication has allowed me to recognise hate more than ever before. The only stigma is that of people abusing their position and people who have never liked me anyway, mocking and laughing at me. This experience has obviously driven my mind into overdrive. I know I am not liked. I feel no hate towards those who want to destroy me – a waste of energy.

It is important to recognise your own mistakes before judging others who have often been made a scapegoat by others. Two wrongs do not make a right. Do not do to others what they do to you in order to make themselves feel better about themselves.

So, the answer to the question is that some people feel they have a perfect mind to judge those of us who haven't and thus, yes, there is still a stigma around mental illness.

Those who can relate to my point of view should take time to listen to 'What a Wonderful World' by Louis Armstrong and then you will realise that we have all made a contribution to this planet.

Graham Townsend

My opinion is that there is much less of a stigma attached to mental illness in 2020 than there was when I was growing up in 1970s and 1980s.

Whilst social media has regularly been lambasted in recent times, one of its positives, again in my opinion, is that it has allowed people to highlight issues they may be going through. Additionally, groups such as "Andy's Man Club" have actively encouraged people to talk about their mental health, often using social media as its vehicle. TV advertising for organisations such as MIND have also raised the profile of mental illness.

I can honestly say that when I was a teenager you would see people walking around making derogatory comments to others who were clearly suffering from mental illness. Whilst society has perhaps deteriorated in other areas, I feel it has improved massively in this area since that time.

I think one of the main reasons for this is the acceptance that mental illness can impact anyone at any time.

Zena Charlton

I believe that there is still a stigma surrounding mental illness in some circumstances. Some people have different views on mental illness - some of them are not so nice! The way that people see mental illnesses now, compared to in previous decades, has however, improved drastically. Consequently, people are a lot more supportive and understanding now about how mental illness affects people and the issues it brings up. There are now a lot more ways to get support with a mental illness which has resulted from people having a better understanding of how mental illness works and what it involves.

Now that mental illness has less of a stigma around it, many more people have come to terms with it, and the percentage of people with a recognised mental illness has increased due to the fact that people have become more open about it.

Overall, I think that there is still a small stigma surrounding mental illness, but that things have improved massively in recent years.

Doreen Green

People with **mental health problems** say that the social **stigma** attached to **mental ill health** and the discrimination they experience can make their difficulties worse and make it harder to recover. **Mental health problems** are common. They affect thousands of people in the **UK**, and their friends, families, work colleagues and society in general.

I think society needs to be more mindful and compassionate towards people suffering from mental health illnesses. Speaking from experience it is difficult to get people to understand when family members are unwell as opposed to gossiping. Society needs to educate itself as this is an illness which could happen to anyone at any time.

Robert A Williams

To fully understand this question as a proposal I had to look up the definition of the word stigma. This is what it says on the interweb "a mark of disgrace associated with a particular circumstance, quality, or person."

Is there a stigma? I would say "yes" and that is because Social Media portrays disabilities in various contexts and as a result disabled folk would have labels associated with them that would form some sort of negativity or disgrace. This is because the world as it is, is consumed with people digesting information from social media services and web services online and being manipulated by such services. The fact that people label others means that they sadly fall into easily manipulated streams of people. Examples, those that pick up the BLM banner can be manipulated and those that pick up the right-wing banners can also be manipulated. People being manipulated in such ways unknowingly could be considered as having a mental illness!

My own mental health problems have been sometimes acute. As a young boy I always tended to hear things that were quiet, like a dripping tap as being a really loud noise. I didn't tell anyone and just lived with that strange sensation until it passed. I am an alcoholic and that is partially a mental health problem, but as AA will tell you alcoholism covers, physical, mental

and spiritual and that is why it is so all pervasive and encompassing. I have been sober 12 years now, not as long as Dean though.

I have taken Prozac and other SSRI's in the past and have been diagnosed by a GP as being depressed enough to warrant having such medicine prescribed to me.

A long time ago I went out with someone that was bi-polar and that was quite a challenge. Although she did not have that much stigma associated with her illness and held down a good job there were challenging times when she missed taking her medication or when she was extremely manic.

I certainly think there is still some stigma surrounding mental illness, but thankfully it is not as extreme or pervasive as it used to be.

Ruth Minich

The first time I encountered mental illness I was 12 years old and it was my mum who was affected. She had had a full hysterectomy (including removal of ovaries) in 1967: there was no hormone treatment follow up in those days and she suffered from depression due to lack of the vital hormones necessary for a woman in her 40's. The doctor prescribed Librium - according to Wikipedia, a trade name for chlordiazepoxide, a sedative and hypnotic medication used to treat anxiety, insomnia and symptoms of withdrawal from drugs, alcohol etc. She soon found out that many of her friends were being prescribed the same, or Valium - a similar drug.

There was no shame or stigma, they were treated as "mother's little helper", modern drugs approved by the medics. I don't think Mum and her friends would have said that they had a mental illness, a lot of mental illness was not recognised as such in my close working class world; the ill person would be called lazy, or alcoholic, shell shocked, shiftless or a slut, or tired from some mystery illness, or aggressive, unpredictable, or simply inexplicably weird (that covers most people really). I think people just lived with conditions in those days and family and neighbours just shrugged, ignorance being bliss. I remember in the 1960's it was the "C" word that was always whispered with hushed voices and feared more than anything, cancer was a death sentence.

I too was prescribed with antidepressants as a young mum in the 1980's and I remember going to a different chemist with my prescription, where they didn't know me, as by then mental illness was recognised more. Mental illness then felt like an admission of not being strong enough, unable to cope with life, being less than perfect when we were constantly being bombarded by images of perfect people in a perfect world, and yes, I was afraid that I might be stigmatised.

Is there still a stigma surrounding mental illness? I don't feel qualified to answer this in general terms, however, I know that within my own family we discuss our mental health as we do with any health issue, and the drugs and therapy we may be having, or coping strategies that help. I have several dear friends with bi-polar, one with schizophrenia, a couple have had breakdowns, some have anxiety issues, 2 suffer with alcohol dependency

and we have freely shared experiences together. Dealing with a "post stroke" brain has been an interesting challenge for my husband and myself.

There is much more knowledge and understanding about mental illness, and indeed all illness today; we know that we have to nourish and care for all of our mind, body and soul for our total well-being.

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WHAT A MESS!

Written by Derek Greenwood

Or is it? After three months of substantial lockdown and all that has implied for so many people, anybody and everybody, almost, is still somewhat in shock from the difference this has meant to our everyday lives.

The extreme impact for many people has provoked questions of culpability and blame, not helped by a divisive and often incomprehensible response from politicians in power.

Inevitably, everybody wants to know how long the uncertainty will continue and also who will foot the bottom line. The Treasury, having initiated a relatively extensive scheme of furlough and support, is now having to consider the gaps in their plan.

Facing substantial economic instability and uncertainty on a scale not seen for generations, but with a slowing down in the rate of new infections of Covid-19, the government has begun its attempt to loosen lockdown, not least to 'get the economy moving'.

In the situation created by the last three months of inertia the population at large has found itself, generally vacillating uncertainly in a day to day existence guaranteed to promote impatience, anger and uncertainty, not least because of misplaced response and perceived unnecessary deaths.

Most of us struggle with finding positive responses to things which are no longer part of 'the norm'. We are often impatient for things to 'return to normal', whatever that now is or will be.

Many people are not ready to appreciate that a 'new normal' is unlikely to be anything remotely like the 'old normal'. In fact, a condition of being able to face and deal with the 'new normal' is to exercise a patience, tolerance & understanding to all to promote a possibility of greater community spirit and a desire to succeed in fundamentally changing the way we do almost everything, both at work and out of work.

We can see token examples of individual commitment and generosity rising to the surface and often setting an example for others to follow. However, certain sections of society are still following their selfish nature which dictates that a decent generosity of spirit is the last thing on their agenda.

People must accommodate fully the idea that most things large and small WILL change as the worst impact of Covid-19 retreats and rushing into a reverse of conditions which created the lockdown will only compromise people's ability to keep up with new ways and new restrictions.

What is required is three-fold: One, that the government stops confusing the population with late, inadequate and occasionally misleading information, relaying instead trust and honesty. Two, the population at large understands that the NEW normal cannot and will not be anything like the old normal and Three, people invest in developing their most positive interpersonal skills to enable them to co-operate fully with those around them in their professional AND their personal lives. Patience, tolerance, understanding, kindness and generosity are now an absolute pre-requisite for the swift establishment of a 'NEW NORMAL'.

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ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



Questions:

- (1) Which country normally produces the most coffee?
- (2) What symbolises one year of marriage?
- (3) Who is the most capped female footballer?
- (4) How do you say 'food' in French?
- (5) Who currently holds the men's 100 metres record?
- (6) Who invented the electric guitar?
- (7) How do you say 'door' in Spanish?
- (8) How old was Ronald Reagan when he died?
- (9) What is the capital of Slovakia?
- (10) When was the Labour Party formed?
- (11) Who makes the breakfast cereal Cheerios?
- (12) What is Eggs Benedict?
- (13) What is the currency of the Netherlands?
- (14) What nationality was the inventor Sir Richard Arkwright?
- (15) Where in the body is the spleen situated?
- (16) Who wrote the song 'matchstick cats and dogs'?
- (17) What was Fred Dibnah's initial main job?
- (18) How old was Mozart when he started composing?
- (19) Who plays Kim Tate in the long-running soap Emmerdale?
- (20) What is German for dog?

Answers:

(1) Brazil (2) Paper (3) Kristine Lilly – 354 caps for the USA (4) Aliments (5) Usain Bolt (6) George Beauchamp and Adolph Rickenbacker (7) Puerta (8) 93 (9) Bratislava (10) 27 February 1900 (11) Nestle (12) An open-faced sandwich of two halves of an English muffin topped with a poached egg, hollandaise sauce and bacon (13) Euro (14) English (15) Under the ribcage and above the stomach in the left upper quadrant of the abdomen (16) Brian Burke and Michael Coleman (17) Steeplejack (18) 5 (19) Claire King (20) Hund

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Editor's Final Word: Thank you so much for taking the time and trouble to read this edition of the magazine. If you think you would like to get involved, please contact us at: dean@fthm.org.uk Best wishes, Dean.