

FROM THE HORSE'S MOUTH – October 2020. Edition No 70.



Hello again. I hope you are coping with these difficult times. We have managed to keep this publication going although it is difficult to get out and interview new people.

This magazine is open to everyone in a non-homophobic, non-racist and non-sexist way. If you fancy contributing through writing, advertising or by making a small donation, you can 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

You seem to spend a lot of your time being envious of other people whilst failing to realise how much you have going for you. Now is the time to walk confidently in your own shoes. Also, before you start to consider Christmas, why not present yourself with something that you've always wanted, but

couldn't afford until now? Stop acting like a demented butterfly.

Sagittarius 23 Nov – 21 Dec

A woman with a young baby may express an interest in you, but think carefully before you engage with her as there could be some negative consequences for all involved. Music may be of great comfort to you at the moment and make you think of happier times – which will return. A quizzier may impress you with his huge general knowledge but have strange views.

Capricorn 22 Dec – 20 Jan

You may not be currently seeing eye-to-eye with someone close to you, but you must be blind if you can't see how much they care about you and only have your interests at heart. It is a good time to look up an old flame who has the potential to re-light your fire. Some people view you as a bit of an idiot but now show your true colours and play a more mature role.

Aquarius 21 Jan – 19 Feb

A beautiful person will turn your head this week and you may think you're in love with them, but exercise caution as they will clean you out financially given half the chance. Many people question your sexuality, but does it really matter? – now is the time to be who you are. Don't comment on his bad breath as you don't want to offend and risk losing his friendship.

Pisces 20 Feb – 20 Mar

A deaf, older lady, will say something this month which suggests she doesn't miss a trick and still has much to offer. Something you read in a magazine will shock you and make you question if everything written down is really true. Some people will be friendlier to you since you came into a bit of money – but remember who was there for you when you had nothing.

Aries 21 Mar – 20 Apr

Something will happen this month which prompts you to see how shallow the world of celebrity really is, and how some ordinary people tend to be more genuine and interesting. A person with a black wig will shock you with their age, but be careful, as they could still eat you up and spit you out. Stop worrying what people you don't know think about you.

Taurus 21 Apr – 21 May

Now is a good time to take stock of your life as you are at a crossroads and need to proceed with caution. A rich driver with many miles on their own clock will offer you a new life that is hard to resist – but will you sell out and go along for the ride? Also, a sage old man will offer you some advice but will your ego be too big to accept that he is right after all?

Gemini 22 May – 21 Jun

Although you were hoping to hear wedding bells next year, something you learn about your partner's past may make you have second thoughts about everything. You are extremely blinkered when it comes to anything to do with money and seem unaware that your cash/debit/credit cards won't have any value when the reaper comes for you. Lose weight.

Cancer 22 Jun – 23 Jul

An opportunity to better yourself will present itself in the near future but will the probable cost of success be too high a price to pay? You seem to think you are far too good for anyone of the opposite sex, but in reality, you are no great shakes and will be left alone on the shelf – if you're not careful. Why not splash out on some new clothes and give yourself a makeover?

Leo 24 Jul – 23 Aug

This month, a tall, handsome stranger may initially overlook you as a possible partner, but don't worry as your warm personality and sense of humour will soon win them round. A windfall will come your way and you will soon find yourself with more money than you know what to do with. Be careful not to confide in a gossip unless you want it broadcast.

Virgo 24 Aug – 23 Sep

Soon you will see just how bad first impressions can last when someone you first met when you were blind-drunk, gives you the cold shoulder and treats you with contempt. However, the extent of your vanity is worrying and your obsession with yourself may put off someone with whom you would have got on well if you had been more considerate. Be a vegetarian.

Libra 24 Sep – 23 Oct

You may have been feeling lonely recently, but it's okay as love and companionship is just around the corner for you. A change of scenery would also do you the world of good as the world is obviously much bigger than your immediate surroundings – remember travel broadens the mind. A good time to think about changing your career if you have one.

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NANCY'S STORY – OUT OF AFRICA



Firstly, can you tell us a little bit about yourself?

When I was small, I came from a very poor family. My parents were very poor.

Where did you live? I lived in Guinea, in West Africa, in Guinea-Conakry. It was a French Colony. I lived with my parents there in poverty. I was ten years old when my dad died. My mum was left to bring up five children, two boys and three girls. She cared for us, she provided food for us but we were unable to go to school. At that time, she was sick and we used to struggle along on our own. After my dad died, I also became very sick.

Why were you sick? I don't know. It came on after the burial of my father. My older brother went and became a picker in the village but I don't know why I became sick. They took me to Nzerekore, the next largest city to Guinea-Conakry. They took me to

hospital but it was God that saved me. With the help of my mother, my brother and my uncle and the use of natural remedies, as opposed to traditional medicines, we used to put, for example, leaves on the fire and boil it. These herbal medications made me better. I was twelve years old by the time I was better.

So, what happened when you were twelve years old? I was working for a company in Guinea-Conakry. We planted palm trees. We planted rubber. I was working with the palm tree company. People were cutting the palms and I was picking the seeds. I eventually left the job because it was too difficult for me.

What did you do after this? I got a job in a house selling food for someone, selling water, I got paid monthly. I was cleaning the house and getting paid per month.

Did you go to school at all? No. I did not go to school. We all suffered but my brother he went to Liberia. They had wars in Liberia but after the end of the wars he came and took us to Liberia.

How old was your brother? He was thirty-six years old at the time. When me and my little sister went to Liberia we eventually went to school. We stayed at my father's sister's house. She was a doctor. Her name is Nancy, the same as me. My real name is Nancy.

Where did the name Agnes that you also use come from? In Guinea-Conakry I was known as Agnes but my real name is Nancy.

Tell us a little more about your father's sister? She worked at the hospital. She didn't have a lot of time for us. She was working and she had lots of children staying with her. We didn't have money. My brother was working but he didn't earn enough money to send us to school full-time.

How did you earn money in Liberia? I was trying to find work but there were no contracts. I worked in a restaurant to try and earn some money every month. I earned fifty Liberian Dollars per month.

Was that a lot of money? No. It was not a lot of money. It would be like ten pound per month here in England. It was just about enough to keep me away from living on the streets. My aunt was not doing anything to help us. She was treating the kids as slaves.

Did she have any children of her own? Yes. She had her own daughter in Ghana. Any money she had she would send it to her daughter in Ghana. We would end up harvesting rice to have enough to eat. We tried to get enough for two or three cups of rice to eat.

It sounds like your life has been very difficult? It was very difficult. My aunt just didn't care about us, only her daughter. She would make contract for work but we didn't benefit from it.

Why did you come to England? To look for a solution because of the poverty.

How did you get here and where did you get the money from? After my mother heard that we were suffering too much in Liberia she got us to go to Gambia. Gambia is a tourist country. People visit Gambia to meet girls and take them away. When I went to Gambia, I met my son David's dad. When I met him, I explained my problems to him, I had no passport, nothing. We had a secret marriage; my mother does not know this man. He paid for my travel to England.

Why did you choose England? Because we heard that when you come to the United Kingdom there are jobs and you will be able to work. You will have money and your family will be happy.

What happened when you got to England? My husband, he is from Bulgaria, he started hitting me. He started being violent towards me and beating me, when I was pregnant with David.

Is he still here in England? No. They have sent him back to his own country because of what he did. He was in prison here at one stage. We went to court and everything. They even reported it in the newspaper. He could not work here anymore and they deported him.

How do you find England, is it everything you hoped for? I just need to sort out my documents, that is making it difficult for me. If I had my passport now, I could be on Universal Credit and then when David starts walking and then going to school, I could get a job and start working to earn some money.

Do you like the English people? I find them interesting and good. They are very kind especially after what happened with my husband.

Why did he want to come here? It was me who wanted to come here. To get a job here and help my family back home. You can work in Africa but not get decent amounts of money.

To finish the interview, what are your hopes for the future? I want to stay in England. I want to get a job and eventually bring my family here with me.

Would you like to get remarried? Not at this time. I would get a divorce if he agrees to sign the paperwork for it.

What helps you whilst you are in England? My belief in God helps me. I believe all things are possible. Knowing that I can get my passport reissued helps. If I can get my passport back everything will go back to normal. I am strong and I can work.

Is there anything else you want to add that we have not spoken about? I am looking to get an immigration adviser to help me with my documents. I have asked my social worker to help me.

Ok well thank you for your time today. No problem, you're welcome and if anyone would like to know more about my story please feel free to contact me via email at abeyleguinea@gmail.com

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SCARBOROUGH



Scarborough is a coastal town in the North Yorkshire, England that I have had the pleasure of visiting on many occasions, as both an adult, and as a child. The town has a population of about 61,000 and is the largest holiday resort on the Yorkshire coast; it possesses a fishing industry and also has a growing digital and creative economy. People from the town are known as Scarboroughians.

Scarborough has a South and North Bay which are linked by a Victorian promenade called Marine Drive and both bays are overlooked by the castle. The South Bay is the main tourist area with a lovely sandy beach, amusements, arcades, cafes, theatre and other entertainment facilities. The North Bay is the quieter end of the resort and has Peasholm Park, the North Bay Railway (miniature railway) and Northstead Manor Gardens. The harbour has recently been renovated with nice features like the new Albert Strange Pontoons, a pedestrian-friendly promenade, seating and street lighting.

Normally, Scarborough is a delightful place to visit, especially during good weather, but there has definitely been a shift towards people taking more mid-week-breaks and weekend excursions than longer stays. The modern commercial town centre is often bustling and provides: transport hubs, principal services, shopping and a popular nightlife. There are major shopping chains adjacent to independent traders. Leading large manufacturers like the Plaxton Company (coach and bus construction) and McCain Foods have traditionally been based in the area.

The town is very accessible as it is served by four major roads which link it to: Malton, York, Leeds, Filey, Bridlington, Hull, North York Moors, Thirsk, Whitby and Middlesbrough.

The railway station is also close to the town centre and offers services from: York, Leeds, Manchester, Liverpool and Hull.

Because of its wonderful location, Scarborough has been chosen as the location of some very popular T.V. Series like The Royal and The Royal Today.

Scarborough was allegedly founded in 966 AD as Skaroaborg by a Viking raider called Thorgils Skarhi and has an interesting past including the construction of an Angevin stone castle by King Henry II. Then Edward II gave the castle to Piers Gaveston who was later captured and executed. Scarborough and its castle actually changed seven times between Royalists and Parliamentarians during the English Civil War of the 1640s including two lengthy and violent sieges. From the thirteenth to the eighteenth century there was a popular trading six-week festival, called Scarborough Fair, involving merchants from all over Europe.

Significantly, in 1626, a Mrs Thomasin Farrer discovered a stream of acidic water running from one of the cliffs to the south of the town and this resulted in Scarborough Spa becoming Britain's first seaside resort - and somewhere nice for wealthy people to visit. The Crown Spa Hotel (designed by John Gibson) was Scarborough's first purpose-built hotel and, in 1867, The Grand Hotel was completed which was one of the largest hotels in the world. During the First World War, the town (including the castle) was heavily bombarded by German warships.

In more modern times (5th of June, 1993) Scarborough experienced a landslip as part of the Holbeck Hotel, and its gardens, fell into the sea. It has since been shored up by rocks.

There is usually plenty for residents and visitors to do in the town, for example: there is the ornamental lake called Scarborough Mere, the annual Jazz Festival, Sci-Fi Scarborough, Seafest (annual festival at West Pier and around the harbour with singers, shanty men and musicians all celebrating the region's fishing industry, Scarborough Amateur Rowing Club, Scarborough Yacht Club, two main golf courses, and of course local football and rugby teams. If you just want to relax you can take one of the bus routes along the seafront and Marine Drive which link the South and the North Bays.

Interestingly, the Dramatist Alan Ayckburn and singer Robert Palmer have both lived in the town.

So, I think it's fair to say that Scarborough is well-worth a visit as not only does it have historical interest, it also has much to offer to everyone today.

* With a lot of help from Wikipedia

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WALKING

Written by Francis Tait



"The most ancient exercise and still the best modern exercise" Carne Latet.

The Coronavirus pandemic has urged people to grab a pedometer and set their fitness tracker to check their daily walking routine. Even in the midst of the pandemic the simple act of walking has renewed its importance for physical and mental wellbeing.

Naturally the current pandemic has caused stress levels to rise in many individuals. It is only to be expected but the good news is walking may help to keep stress levels under control.

During this pandemic many people have taken up walking who may not have done so before.

During lockdown daily exercise rules certainly got people moving. As many people are aware, the pandemic and lockdown has been difficult for people in different ways. However, what got people going during lockdown was the allowed daily exercise.

Boris Johnson emphasised the importance of 'daily exercise' described as one journey outside the house for up to one hour. Of course, there were no gyms open so many people took to cycling and walking. Although 1.3 million bicycles were sold, many people took up walking to keep fit.

Walking can be a simple free way to get active, in addition to being safe, inexpensive and an enjoyable form of exercise. It is an excellent way to develop and maintain overall fitness. The good thing is you don't have to walk for hours! Just 30 minutes walking everyday can increase cardiovascular fitness. It may also strengthen bones, reduce excess body fat and boost muscle power. It may also reduce the risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers.

Did you know?

There are 5 types of walking

- . Intermittent
- . Strolling
- . Fitness
- . Power
- . Race

Intermittent walking is a technique where the walker takes a break during walking rather than walking at the same speed. This technique allows long distances to be undertaken with less

accrual of fatigue. Intermittent walking is made up of 'intervals'. The first interval is a 'brisk walk' and the second interval is a 'slower pace'. For best effect the intervals can be timed.

'A brisk walk' is about 3mph but it is faster than a 'stroll'!

Strolling is walking at a leisurely pace. Strolling can be a pastime enjoyed as a leisure activity. Strolling can be described as 'walking at a slow pace'. Perhaps taking in the scenery along the way!

Fitness walking is similar to that of 'power walking'. Fitness walking is walking at a pace of that of 'everyday walking' resulting in breathing, muscles and endurance being worked out.

Power walking is walking at speed. Power walking is measured at approximately 4.5 - 5.5 mph. At least one foot must be in contact with the ground opposed to that of jogging or running.

Race walking is a competitive highly technical style of walking. It is usually performed at track meetings. Power walkers do use this technical style of walking but it is used for fitness rather than competition as with race walking.

So, what are the benefits of walking?

In fact, there are many and varied benefits. Walking may:

- . Improve heart health
- . Support weight loss
- . Regulate blood pressure
- . Improve circulation
- . Strengthen muscles
- . Strengthen bones
- . Improve digestion
- . Up-lift your mood
- . Increase lung capacity
- . Reduce stress levels

HOW AMAZING! A good walk may do wonders for your physical, mental health and wellbeing. Walking may improve positive mental health including improved self-esteem and happiness.

HOW CAN WALKING BECOME A HABIT?

- . stairs can be used instead of the lift
- . a walk to the shops rather than take the car
- . the car could be parked a little further away from the workplace or destination and that little extra walk can be taken

Walking does not have to be done for hours. Perhaps a 10-minute brisk daily walk can start bringing lots of health benefits. A brisk walk is approximately 3mph - this is faster than a stroll!

And lastly one main benefit of walking is that it does not require a gym membership.

References

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Medium ten benefits of walking

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GRAHAM TOWNSEND'S SPORTS QUIZ



Questions:

- (1) Orlando Magic play which sport?
- (2) Which cricketer became the first pace bowler to take 600 test wickets in August 2020?
- (3) Which English Football League team are nicknamed "The Grecians"?
- (4) Tennis player Milos Raonic was born in Montenegro but which country does he represent?
- (5) With which sport would you associate Oisin Murphy and Jim Crowley?
- (6) Golf was invented in the 15th century in which country?
- (7) Australian Neil Robertson was World Champion in which sport in 2010?
- (8) Who did Bayern Munich defeat in the UEFA Champions League Final in August 2020?
- (9) The Stanley Cup is the championship trophy awarded annually to the playoff winner of which sport?
- (10) What is the name of the highest score a fighter can achieve in a Japanese martial arts contest, such as kendo, judo, karate or jujitsu?
- (11) What colour are the three-point and four-point ring on an archery target?
- (12) Who became the first British Formula One Motor Racing World Champion in 1958?
- (13) What name was given by the media to Team Europe's comeback to beat the USA in golf's Ryder Cup in September 2012?
- (14) Roger Federer completed a Career Grand Slam (winning all four major tournaments) when he won which event for the first time in 2009?
- (15) Schladming, Saalbach and St Anton have all hosted the World Ski Championships, in which country are these venues?
- (16) Which horse racing classic is traditional held at Doncaster Racecourse annually in the month of September?
- (17) If you were stood in the Holte End, which English football ground would you be visiting?
- (18) Fidel Edwards, Tino Best and Keemo Paul have represented which cricket team at international level?

- (19) Which event is scheduled to take place in the Raymond Jones Stadium on 7th February 2021?
(20) With which sport do you associate Daryl Gurney, Gerwyn Price and Rob Cross?

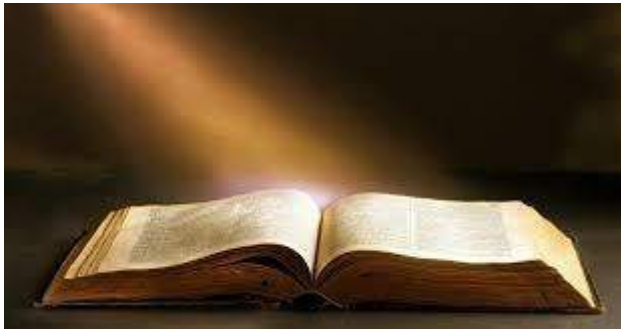
Answers

(1) Basketball (2) James Anderson (3) Exeter City (4) Canada (5) Horse Racing (6) Scotland (7) Snooker (8) Paris St Germain (9) Ice Hockey (NHL) (10) Ippon (11) Black (12) Mike Hawthorn (13) The Miracle At Medinah (14) The French Open (15) Austria (16) The St Leger (17) Villa Park (18) West Indies (19) Super Bowl LV (20) Darts

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BIBLE TALK

Sent in by Peter Smith



John 6.29

Many will say to me in that day, "Lord, Lord, have we not . . . done many wonders in your name?" And then I will declare to them, "I never knew you; depart from me, you who practise lawlessness."

Matthew 7:22,23 (NKJV)

Jesus never spoke against homosexuality or abortion. So 'Christ-ians' who actively condemn homosexuality and abortion need to do some serious soul-searching.



BRENDA'S WILDLIFE CORNER

Kangaroos

Kangaroos are indigenous to Australia and in 2011, it was estimated that 34.3 million of them lived within the harvest areas of the country.

“Wallaroo”, “Wallaby” and “Kangaroo” refers to the same grouping of species.

The largest species in the group are called “Kangaroos” and the smallest are known as “Wallabies”. It is true to say that many of the smaller species are endangered whilst “Kangaroos” are more plentiful.

The kangaroo is a symbol of Australia and appears on its Coat of Arms and on some of its currency.

Male kangaroos are called bucks or boomers and females are known as does – the young ones are known as joeys.

Interestingly, the hopping speed of a kangaroo is about 16-20 mph although 43 mph can be reached over short distances. They are also good swimmers.

Different species of kangaroo follow different diets e.g. the eastern grey kangaroo is a grazer and consumes different types of grasses and the red kangaroo eats varying amounts of shrubs.

A kangaroo lives on average 6 years in the wild and 20 years in captivity.

Ref. Wikipedia

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MORE LOVELY RECIPES FROM JUNE



Advocaat

Ingredients:

6 large eggs
1 oz of castor sugar
 $\frac{3}{4}$ - 1 bottle of brandy

Method:

Put the egg yolks and sugar into a bowl. Stand this over a pan of hot water. Beat until thick and of a creamy consistency. Continue beating until cool then gradually add the brandy stirring continuously. Bottle.



Gooseberry Wine

Ingredients:

4 lb of ripe green gooseberries
3 lb of sugar
1 gallon of boiling water
Yeast

Method:

Top and tail the gooseberries and put them in a bowl. Pour over the boiling water and when softened and cool enough, mash with your hands. Cover and leave for 48 hours, stirring frequently. Strain through muslin on to the sugar and stir well.

Pour into the fermentation jar and add the previously activated yeast and insert an airlock. Leave to ferment to a finish before syphoning off into a storage jar. Leave for a further month before syphoning into bottles.

If possible, leave this wine until gooseberry bushes comes into bloom again.



Chocolate Potato Cake

Ingredients:

3 oz of mashed potatoes
4 oz of butter or margarine
6 oz of caster sugar
2 eggs
6 oz of self-raising flour
1 ½ of melted chocolate
4 level teaspoons of milk
½ level teaspoon of salt

Method:

Cream the fat and sugar thoroughly with the mashed potato. Add melted chocolate to the creamed mixture. Beat the eggs and stir in. Add the sifted dry ingredients and mix well. Add the milk to the mixture until a soft dropping consistency.

Divide the mixture evenly between two 8-inch tins and bake in a moderate oven at 375 F (190 C) or gas mark 5, for 25-30 minutes. Make sure it is quite firm and springy on top when pressed lightly. Turn out on a rack to cool and then sandwich together with any fillings before icing and decorating if desired.

This cake keeps well as the potato holds moisture and prevents it from drying out.

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PENCIL CASE SEASON

Written by Gail Waddington

As someone who was obsessed with stationery from an early age (I am a printer's daughter!) the purchase of the new pencil case towards the end of August and the turning of the calendar to September 1st has always been a more significant marker of 'New Year' for me than the sweeping up of pine needles on January 1st.

This 'new Year', 'Back to School' takes on even more significance as for many students and staff alike it marks a return after nearly six months away. It remains to be seen how successful this will be and whether the measures in place will be enough to see those schools and colleges stay open.

Of course, there are some who insist that Coronavirus is an artificial construct, a ‘plandemic’. Wherever one stands in this debate, it is undeniable that walking through those doors with that shiny new pencil case will be a significant moment for most children this year.

There will be those who have thrived during this time and for whom learning at home and the freedom it has given them has been an altogether enriching experience. For some children who struggle in school, for whatever reason, this has been a welcome respite and some will dread that first school bell in September.

For a significant number of children, it will have been a scary time. For families that struggle and rely on school to create stability and feed children it will have caused untold misery and stress.

Teachers will find children with huge gaps in their learning and there will be a pressure to ‘catch up’ whilst coping with the frustration of children who have found new confidence and learning independence and do not want to be reined in.

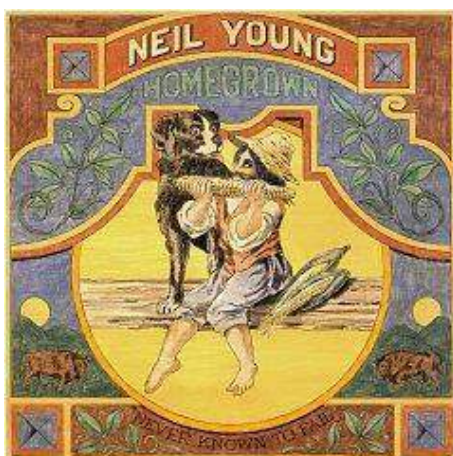
Older students who have been caught up in the debacle of cancelled exams and results decided by government algorithms will have to find their way in a potentially uncertain educational future.

For too long education has been a victim of too much governmental control across nations. The loss this week of Sir Ken Robinson seems deeply poignant. I draw people with an interest in the state of education to view his TED talk on ‘Changing Education Paradigms’.

This ‘Pencil Case Season’ offers us a chance to rewrite the rules and bring in greater flexibility and creativity for our children but I fear the powers that be, no matter what political colour, will seize the opportunity.

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ALBUM REVIEW: HOMEGROWN: BY NEIL YOUNG



By Graham Townsend

This album is part of the Neil Young archive series of albums, meaning it is a new release of music that was originally recorded some time ago, in this case between 45 and 46 years ago. It is a relatively short album with a running time of just over 35 minutes.

The opening track “Separate Ways” is a pleasant enough song. Having listened to the full album I would go so far as to say it is one of the better tracks here. It is

what fans would probably consider a typical Neil Young track.

Next up is “Try” a song about relationships. There is certainly more melancholy about this one. There is also a bit of humour thrown in to liven up proceedings a little.

Track three is “Mexico” the shortest track on the album at a running time of a little over one and half minutes. It’s a piano ballad that mentions “daddy being a travelling man”. Difficult to say much else about this really.

Next, we have “Love Is A Rose”. I like this one. A bit more upbeat than the previous three tracks. The harmonica plays a strong role here. A bit Dylanesque perhaps.

Track five is the title track. The opening sounds like someone just messing around in the studio. Once it gets going it is a pretty good song and as he sings “Homegrown is a good thing”.

“Florida” is basically Neil just talking about what it is like in Florida! It is a story that probably belongs in an audiobook as opposed to an album.

Track seven “Kansas” takes us back to more like what you would expect from a Neil Young album. Plenty of melancholy again here. I’d say this track will appeal mainly to his hard-core fans.

“We Don’t Smoke It No More” is comfortably the longest track on the album. It has a nice honky tonk/blues style opening which grows stronger throughout, a bit like something from a jam session. There are no vocals until we are more than two minutes in. I’m guessing the song is about weed/cannabis. This is one of the best tracks on the album in my opinion.

Up next is “White Line”. The harmonica is back here in a strong fashion. A pleasant track about love and life improving again. Another what I would class as a typical Neil Young song. The track features an appearance from well-known guitarist Robbie Robertson.

We move on to what I feel is the best track on this album. “Vacancy” is up-tempo and has a rockier feel. Along with “Try” it has been released as a single exclusively to “The Neil Young Archive”. There are some fantastic guitar riffs here. You can see why this track might have been considered for a wider public single release, epitomised by the repetitive utterance of the title around two-thirds of the way in.

The penultimate track is “Little Wing” featuring more harmonica and more melancholy. It’s a gentle story about a girl they call Little Wing. This song is just ok, a bit of a filler.

The final track “Star of Bethlehem” features the vocals of country songstress Emmylou Harris. This is another ok track, a little better than the previous song. It seems to have a little more structure to it.

So, there we have it. An album that will certainly appeal to Neil Young fans. Some of the tracks have been available in the public domain previously (e.g. the title track was released as part of a double A side single in 1977).

MY RATING = 3 ½ out of 5

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DO YOU THINK FREEDOM OF SPEECH EXISTS?



Doreen Green

The power or right to express one's opinions without Censorship, Restraint, or Legal Penalty.

Everyone has the right to freedom of speech and expression. We have the right to voice our opinions and to freely receive and give out information however freedom of speech in this day and age can sometimes be harmful, cause

unrest, whether political, racial or to offend. I think it is correct to have freedom of speech laws. If we did not have censorship, there would be too much hate never the less we have the right to protest for anything one believes in. I think there is a fine line between protesting for positive beliefs as opposed to negative beliefs. Everyone has the right to be treated as equals as opposed to privileged rights!

Graham Townsend

There is plenty to consider before giving an answer to this question. For starters I think that people who use social media on a regular basis may have a different opinion to those who don't.

If you don't use social media, your argument may be that we are lucky to live in a society where we can say and do pretty much what we want, although some people may feel, rightly or wrongly, that the recent lockdowns, of varying degrees, have restricted both their freedom of speech and rights. Something else to consider is the composition of your peer group. The people you associate with may impact on whether you feel freedom of speech exists or not. If some of them have strong views, political or otherwise, depending on your personality you may feel intimidated. This may lead to you not expressing your true opinion, in fear of recriminations. This could be construed as a restriction of your freedom of speech.

As a social media user and I refer particularly to Twitter, in my experience you could feel you are at risk of a similar situation of feeling intimidated by someone you may have never even met! Alternatively, you may find yourself being reported by someone who takes offence at something you say. Why did they report you? Because they can! They say they want freedom of speech, but only when it suits them.

In my opinion, I feel you should always be allowed an opinion. Others may argue that you have crossed a line with a comment you make. The problem is establishing where the line is that you have allegedly crossed!

I believe we do have freedom of speech to some degree but it is governed to some extent by which platform you use to express your view. Censorship is not the way to go I would say.

Sarah Stone

This is a tricky question to answer....

It depends who you are really as to how much freedom you have to say what you really think. There are always risks with speaking one's mind as there is always the chance that you could offend or alienate others in doing so. So often we have to 'bite our tongue' in order not to cause damage which could have a detrimental effect on ourselves or others.

The only people we can truly speak our minds in front of are our close friends who we have generally chosen because they have similar views and belief systems to ourselves.

If a person is an influential figure, they must take responsibility for the effects their words could have on the behaviour of others. When this happens in groups of extremists the consequences can culminate in catastrophe as we know.

We see extreme movements being criminalised for these very reasons and they would argue that their freedom to speak has been stamped upon. Unfortunately, there are many hateful people in the world and they just go underground when this happens.

On a lesser, but more everyday level, some would say that operating in very P.C. environments grinds away at our need to be able to express ourselves freely. Some would argue that these cultures can actually result in greater offence to those they are trying to protect, and that individuals feel like they are 'walking on eggshells' which can be very stressful.

There are shades I think - when murderous extremists are rallying their followers to commit atrocities then their hate speech must be stopped by law. When a colleague voices some views that are opposed to your own perhaps try to have a dialogue with them first instead of running to the boss.... I don't know, it's tricky....

Robert Williams

It used to be that in some sense it would depend where you were as to how "free" your speech was. In Cold War USSR you could be imprisoned for life for speaking out against the state, same was true in China and other countries.

No more in the rest of the world we see that freedom of speech is being eroded. For myself, living in the UK and in my 6th decade of existence, it would appear that more and more the media is controlling what we see, what we do and often how we feel. This is a psychological control.

Any control of psychology thwarts freedom of speech. Furthermore, recently in the UK we have seen the imprisonment of very established and honest people, school teachers for instance, in the name of Extinction Rebellion. The Extinction Rebellion movement became very big very quickly and that is no wonder when it is apparent now how we are changing the nature of the planet by pollution, most recent Siberian wild fires and Californian wild fires attest to that.

The leaders of this movement were imprisoned for inciting others to basically stand up against multinationals and nation states that are polluting our Mother Earth! In no way does

this support freedom of speech. Read more at:

<https://www.bbc.co.uk/news/uk-england-london-53919846>

Now Covid rules are also being cited to control protestors against polluters, is that freedom of speech?

<https://www.bbc.co.uk/news/uk-england-53987662>

It may be that many of us think that there is "freedom of speech" in the UK, we are not controlled in the way North Koreans are, however we are controlled in often more subtle ways. Through what we see online and on the various media channels available to us. We are arrested if we go against those organisations that are involved in the subtle control methods.

So, to conclude, personally "freedom of speech" in the UK exists, but only because such freedom of speech is also controlled by some other more subtle methods.

Therefore, as it is controlled, we can say that it does not really exist.

What do you think?

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ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



Questions:

- (1) How many metres is a furlong?
- (2) Who played John Walton Sr. in 'The Waltons'?
- (3) What is the French word for cake?
- (4) What is the capital of Sicily?
- (5) Who was Adolf Hitler's wife?
- (6) Who invented the steel conveyor belt?
- (7) What is the main language spoken in Morocco?
- (8) Who won The Champions League in 2019?
- (9) What is 10.15 pm on the 24-hour clock?
- (10) What is the Spanish word for 'yesterday'?
- (11) Where is Torremolinos located?
- (12) Who was the presenter of the game show 'Strike It Lucky'?
- (13) Who played Compo in 'The Last of The Summer Wine'?
- (14) What is the most poisonous snake in the world?
- (15) Where do Middlesex Cricket Club play most of their home games?
- (16) Who played the main two male lead roles in 'Gunfight at The OK Corral'?
- (17) What is a marsupial?
- (18) What is the currency of Sicily?
- (19) Who produces the most oil in the world?
- (20) Who was the original lead vocalist for 'The Who'?

Answers:

(1) 201.168 metres (2) Ralph Waite (3) Gateau (4) Palermo (5) Eva Braun (6) Sandvik (7) Arabic (8) Liverpool F.C. (9) 22:15 (10) Ayer (11) Spain – West of Malaga (12) Michael Barrymore (13) Bill Owen (14) Inland taipan (15) Lord's Cricket Ground (16) Burt Lancaster and Kirk Douglas (17) A mammal of an order whose members are born incompletely and are typically carried and suckled in a pouch on the mother's belly (18) Euro (19) United States (20) Roger Daltrey

Editor's Final Word: Thank you once again for taking the trouble and time to read this magazine. Please feel free to donate/advertise/write for the magazine by contacting us at: dean@fthm.org.uk Best wishes, Dean, Brenda, Robert and Graham.

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