

FROM THE HORSE'S MOUTH – February 2021. Edition 74.



Hello again. I hope you are well when you are reading this and think that your life is ok.

On February the 17th, it will be 23 years since I was beaten up in Leeds - when I was too drunk to defend myself and consequently, this is the last time that I consumed any alcohol.

When I look back at my life, I can't say that it's been very easy and when people have said "don't you realise that this is not a dress rehearsal" it has not been very helpful and illustrated their ignorance of my suffering. Recently, I have felt extremely anxious but at the time of writing I feel a lot better.

I created this magazine as a platform for myself and others, so if you want to contribute any work, please contact us at: dean@fthm.org.uk but make sure it is not homophobic, sexist or racist please. You can also use this email address if you fancy making a small donation towards the running costs of this publication or want some cheap advertising. Best wishes, Dean.

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MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

Your New Year resolutions may now be a distant memory but don't worry as you can fail again big-style next year. However, a wave of optimism may roll over you this month, but don't let it wash away your grasp on reality. Your bad times will diminish in the near future and you will start to lead the kind of life

you've always dreamt of. Consume more vitamins.

Sagittarius 23 Nov – 21 Dec

Self-doubt has raised its ugly head again, but don't do anything drastic as you will soon feel confident again. Last year you made some bad mistakes, but, as you are aware, no-one has walked on this Earth without flaws. A French woman with je ne sais quoi will bowl you over this month and inspire you to experiment with French cuisine. Buy some good, strong boots.

Capricorn 22 Dec – 20 Jan

A silly joke will land you in hot water and teach you to be more sensitive about other people's feelings. Someone close to you may also upset you with their poor manners but criticism from you is a bit rich as you can be ignorant as a pig when you want to be. Try to eat better as you have the potential to be eye-candy for members of the opposite sex.

Aquarius 21 Jan – 19 Feb

A lately, you have been feeling very low but it's far too early to throw in the towel as you will soon realise how much you have still left to offer. A beautiful person (inside and out) will soon appear in your difficult life and give you the assistance you badly need. There is now light at the end of this long, painful tunnel, so hang in there. Stop eating dog biscuits.

Pisces 20 Feb – 20 Mar

The receipt of a long-distance phone call will delight you this week and it will be good to hear the voice of someone who means a lot to you. It's a good time to try that special recipe that you have been putting off. Christmas now seems a long time ago, but now that you have some spare money, you should treat yourself to something nice that you've always wanted.

Aries 21 Mar – 20 Apr

You've clearly put on some weight this winter, but don't fret about it as you will soon have the opportunity to add some new physical strings to your bow. It is also really time you stopped being envious of that attractive young thing down your road – you have had your day in the sun and now it's time for them to shine. Remember an old dog can learn new tricks.

Taurus 21 Apr – 21 May

A man of the cloth will do something in the media that clearly illustrates we are all the same under our different uniforms. Your IT skills are quite poor so why not find a cheap way to improve them so you don't get left behind in the technological rush. You are passing a hell of a lot of wind at the moment which may prevent you finding romantic heaven. Walk more.

Gemini 22 May – 21 Jun

This month you may experience a crisis of faith but just continue to be good. Now that your sexuality is resolved just get on privately with your life and enjoy yourself! You are basically a lovely person but (easy to say) you need to be more confident. You may worry about your weight but is this so important when you look at the state of our world? Start being daft.

Cancer 22 Jun – 23 Jul

An older friend may encourage you to be more intimate with them, but only do what you want to and be aware that all actions have consequences. You may come across a rare antique in a charity shop and you will have to decide whether to cherish it or flog it on for the best price. It is a good time to get a rescue pet as long as you think you can care for it properly.

Leo 24 Jul – 23 Aug

Now that we seem to be turning a corner, it is the perfect time to get out the holiday brochures or look online and start to make plans... A wealthy relative will leave you a small fortune so you will now be in a position to do things you have dreamed of doing. So, bad times are over for you (for now) and you can steam ahead and start to have fun again.

Virgo 24 Aug – 23 Sep

Someone from another country may need your help now so do put yourself in their shoes and act accordingly. You will soon start to feel optimistic again and pick up on trains of thought that you thought had long left the station. If you and your partner still want to have a baby now is a good time to try as the position of all the planets mean you are at your most fertile.

Libra 24 Sep – 23 Oct

A geek will turn out to be your knight in shining armour when he rescues documents on your laptop that you thought you had lost. This month something will happen that will encourage you with your difficult and seemingly fruitless work. It is good that you have started to shower more often and maybe now someone will pity you enough to go out with you.

TIPS TO ALLEVIATE TENSIONS AT HOME DURING THE PANDEMIC

Written by Emma Grace Brown

If you're like most households in the age of COVID-19, you've been holed up at home more often for the past six or seven months — and you may be experiencing more family conflicts and tensions than ever before. Whether you've been arguing over politics, coronavirus face coverings, or you're simply bored and tired of spending so much time at home, the pandemic has put a strain on many self-isolating households — and it's taken a physical, mental, and emotional toll on kids and adults alike. For some tips on alleviating these tensions and boosting your physical, mental, and emotional health during this challenging time, read on.

Ease Boredom at Home

Among self-isolating households, [boredom](#) is one of the most common complaints — which may lead to increased tensions and conflicts between families, roommates, and couples. To ease boredom and alleviate tensions at home, however, there are some things that can be done. Activities like [decluttering your home](#), organizing the garage, and starting a new project such as composting can help to keep your mind active and ease pandemic-induced boredom. Moreover, [gaming](#) is another great boredom alleviator for kids and adults alike. However, you'll need a fast and reliable internet connection if you're going to play Fortnite or other online multiplayer games. If your internet speeds are lacking, now could be the perfect time to upgrade your [internet](#) connection if you live in a multi-person household, or if you and your family will be working and schooling from home indefinitely.

Ramp Up Your Wellness Routine

In addition to easing boredom at home while self-isolating during the pandemic, now is an excellent time to ramp up your wellness routine — especially if you've been gaining weight after so many months of inactivity, or you're feeling more stressed and anxious than usual. By [improving your diet](#) and following a solid exercise routine, you'll feel better physically, mentally, and emotionally — and you'll reduce some of the tension and stress you may be experiencing in your mind and body.

If you're looking for some other ways to reduce stress and anxiety while self-isolating during COVID-19, it may be worth trying cannabidiol (CBD) — a chemical compound found in the cannabis plant. CBD has been scientifically shown to alleviate stress, anxiety, and depression in some users, and it doesn't intoxicate you as marijuana or THC would. Plus, [cannabidiol-infused](#) honey is just one great way to reap the benefits of CBD — as this type of product can be drizzled over toast or added to tea. To find the right CBD product for you, however, be sure to read customer reviews and compare product strength and pricing information before making a purchase.

Turn to a Professional

If you've tried everything you can think of and are still walking on eggshells at home, don't be afraid to enlist the help of a trained professional. [Online therapy programs](#) are available to help you and your family during COVID-19, whether you're looking for couples' therapy,

counselling for your teens, or free peer support. Whatever support or guidance you need during self-isolation, help is available to you.

The Bottom Line

The coronavirus crisis has challenged most of us physically, mentally, emotionally, and financially, and these difficulties have caused tensions to rise in many self-isolating households. But fortunately, these issues aren't permanent — and there are some things we can do to alleviate them. By easing boredom, keeping our minds and bodies active, focusing on our health and fitness goals, and seeking professional help if we need it, we'll reduce conflict and stress in our households and make our homes happier, more enjoyable places to be throughout the remainder of the pandemic.

From health to spirituality, you can find useful articles at [From the Horse's Mouth magazine](#)

BRISTOL



I spent about three years in the 1980s in Bristol when I was a student at Bristol Polytechnic. Unfortunately, I did not complete my degree course due to illness, and sadly, this also meant I was not in a state to appreciate fully the wonderful city of Bristol. However, this article has given me the opportunity to take another more objective look at the city.

Bristol is a city and county in the South West of England and has a population of about 463,400. It lies between Gloucestershire to the north and

Somerset to the south and South Wales is located across the Severn estuary. Today, the city has a modern economy which is centred around electronics, aerospace industries and the media but in the past, it had strong links to the slave trade – on the 7th of June 2020, a statue of British Slave Trader Edward Colston was pulled from its plinth by protestors and thrown into Bristol Harbour. It was recovered four days later and will now become a museum exhibit.

The name 'Bristol' dates to the beginning of the 11th century to a settlement known as Bryegstow which in Old English means "the place at the bridge".

The city's history is indeed very colourful and deserves to be briefly looked at here. The discovery of flint tools, dating back 300,000 to 126,000 years, indicates the presence of Neanderthals in the area. The remains of two Iron Age hill settlements, two Roman settlements, Roman villas and small forts have also been found in the location.

In the Middle Ages, Bristol had a mint producing silver pennies bearing its name, and under Norman rule, it had one of the sturdiest castles in southern England. By the 12th century, it had become a major port, handling much of England's trade with Ireland, including slaves. In the late 12th century to late 13th century, it also had a thriving Jewish community before it was expelled from England.

By the 14th century, Bristol had become an important manufacturing and shipbuilding centre and was one of England's major medieval towns after London. But significantly, the Black Death (1348 - 49) wiped out much of Bristol's population leaving it with a population of only between 10,000 and 12,000.

Importantly, during the first part of the 16th century, Bristol's merchants formed a commercial organisation called "The Company Adventurers to the New Found Land" and undertook a series of exploration voyages to North America. During this time, much effort was made to develop trade with Spain and its American colonies which included the smuggling of prohibited goods such as food and guns during the Anglo-Spanish War (1585 – 1604). It is also worth a mention that during the English Civil War, the city was occupied by Royalists.

In the 18th century, Bristol's increase in the Atlantic trade meant that it, and Liverpool, became deeply involved in what is known as the Triangular Trade i.e., manufacturing goods were exchanged for slaves in West Africa which were then transported across the Atlantic to the Americas. Plantation goods such as tobacco, rum, rice, sugar and some slaves were then transported back across the Atlantic to England. Bristol was a major supplier of slaves to South Carolina before 1750. The slave trade was abolished in the UK until 1807 following the intense efforts of campaigners like William Wilberforce and, to some extent, John Wesley who had founded the first Methodist Chapel in Bristol in 1739.

In the 19th century, the Victorian engineer Isambard Kingdom Brunel had a huge influence on Bristol, as he designed the Clifton Suspension Bridge, two Bristol-built ocean-going steamships, and also the Great Western Railway between Bristol and London Paddington. At this time, traditional industries involving copper and brass diminished whilst the importation of tobacco increased. The population of Bristol vastly increased and in 1901 was 330,000.

The twentieth century saw the emergence of the aerospace industry and the financial service sector in Bristol, and it now also relies heavily on them and defence, information technology, media and tourism for employment. Interestingly, the population for the city peaked at 428,089 in 1971. It is ironic that the Luftwaffe killed 1,300 people and damaged 100,000 buildings during the Second World War.

Bristol city centre was rebuilt in the 1960s and 70s when skyscrapers were erected and roads like the M4 and M5 were constructed and connected Bristol to London and other major UK cities. A £500 million shopping centre, Cabot Circus, was opened in 2008 and The Bristol Temple Quarter Zone was opened around Bristol Temple Meads Railway Station in 2012. Although importing tobacco has ceased, there is still a healthy import business of wine and spirits.

Modern Bristol is steeped in culture and actually possesses 51 Grade I buildings, theatres such as The Theatre Royal and The British Old Vic, as well as many music and sporting venues. It has the British Museum and Art Gallery and also the Watershed Media Centre and Arnolfini Gallery.

If sport is your thing, you could normally go and watch football teams like Bristol City and Bristol Rovers, Bristol Bears RUFC or maybe go to Gloucestershire County Cricket Club. There is so much to see and do in the city.

Education-wise, there are two universities in the city and many other places of learning including several leading independent schools.

I would like to visit Bristol again when it is appropriate to do so, and this will not be difficult as it is well-served by road, rail and air.

Interestingly, Bristol is twinned with the following places:

Porto, Portugal
Hanover, Germany
Bordeaux, France
Tbilisi, Georgia
Beira, Mozambique
Puerto Morazán, Nicaragua

* With a lot of help from Wikipedia

GRAHAM TOWNSEND'S MONTHLY QUIZ

Questions:



- (1) Author David Cornwell, who died aged 89 in December 2020, was better known by what pen name?
- (2) What name is given to the procedure, often performed after a heart attack, which widens the coronary arteries that are blocked or narrowed?
- (3) What nationality is darts player Krzysztof Ratajski?
- (4) According to the Doctor Hook song, who is “Mrs Avery”?
- (5) Vodka, triple sec, cranberry juice, and freshly squeezed or sweetened lime juice are the traditional ingredients of which cocktail?
- (6) What name is given to the manuscript record of the "Great Survey" of much of England and parts of Wales completed in 1086 by order of King William the Conqueror?
- (7) What is the county town of the ceremonial county of Rutland in England?
- (8) What unusual facial feature inspired the name of the proboscis monkey?
- (9) Who created the cartoon character “Tweety Pie”?
- (10) You will see a QR code in a square box on many products these days, what does QR stand for?
- (11) Which English football league team play their home games at Pride Park?
- (12) Countess Vera Rossakoff, a Russian jewel thief, is the love interest of which fictional detective?
- (13) Which American company, known mainly for its footwear and sporting apparel, are associated with the slogan “Just do it”?
- (14) Which Canadian musician married Hailey Baldwin in 2018?
- (15) Which Conservative politician served as Foreign Secretary from 2018-19, he became Member of Parliament for South West Surrey in 2005 and lost the 2019 leadership election?
- (16) Who Became Queen Elizabeth II's daughter in law in 1986?
- (17) Lake Xochimilco is in which Latin American country?
- (18) In what type of building will you find a Nave, an Apse and an Ambulatory?
- (19) Which UK children's TV show, which ran from 1972 – 1992, featured characters called “Geoffrey”, “Bungle”, “Zippy” and “George”?

(20) During 1963, in Washington DC, Martin Luther King Jr gave his famous ‘I have a dream’ speech on the steps of which famous landmark?

Answers

(1) John Le Carre (2) Angioplasty (3) Polish (4) Sylvia’s Mother (5) Cosmopolitan (6) The Doomsday Book (7) Oakham (8) A big nose (9) Friz Freleng (10) Quick Response (11) Derby County (12) Hercule Poirot (13) Nike (14) Justin Bieber (15) Jeremy Hunt (16) Sarah Ferguson (17) Mexico (18) A Church (19) Rainbow (20) The Lincoln Memorial

JUNE CHARLTON SHARES HER THOUGHTS



I’ll start off by wishing everyone a happy New Year. I hope you all enjoyed Christmas even though it was a lot different to the way it usually is. Surprisingly, our Christmas was very nice considering what’s been happening with the lockdowns etc. Let’s all hope that this year will be a happy and a healthy one for everyone!

This year has started very well weather-wise and, in fact, it is glorious today which is

Saturday 2nd of January, 2021. At the moment, we’re deciding where to go when we’re ready to go out, we’ll most likely go for a walk and then perhaps on to a café to get a takeaway which will be a change as I’m always cooking dinners. Hopefully by the spring (with the vaccines) things will be getting back to normal and we will be able to do the things that we used to do.

We haven’t booked a holiday for this year although we are hoping to if things improve and it is safe to do so. I think everyone could do with one after last year.

The roofs of the houses opposite us are covered in white frost which gleams in the sunshine making them appear festive, and the lawns also look lovely with the frost glistening.

We’ve taken our decorations and Christmas cards down and now the lounge looks very bare and spacious. It has just started snowing but I’m unsure whether it will settle which is a shame as it’s nice for children to be able to have fun and games in it.

At the moment, we are sat lovely and cosy by the fire looking out of the window, however, the snow has already stopped falling which is disappointing.

* Since I finished writing this article, it’s been snowing very fast which is very reminiscent of the fifties when I was about 12 years old – I remember I helped my uncle Tommy to build an igloo which lasted a couple of weeks before it melted!

ADVENTURES OF A MAN SITTING DOWN

Part One

Written by Krishna Francis

I hate having expectations put on me. Good, bad, indifferent they still sculpt who I am before I am and that makes me tetchy. For example, a good expectation would be that I'm a good writer and can express things well. That's why I'm writing this. My friend Robert thought something regular from me would be a good thing to go in [From the Horse's Mouth](#). If you're reading this in From the Horse's Mouth you understand that it's an online magazine if you're reading it elsewhere then you now know what it is. Robert makes it run smoothly on-line with his coding skills. He also works in [Silly Billy's](#) a toyshop I frequent occasionally due to having children. Anyway, that's a good expectation.

A bad expectation might be something like the fact that I can't see those children for reasons that are difficult to go into here. However, what has fundamentally happened is having an expectation placed on me. I'm expected to behave in a certain way based on past behaviour. There isn't any room left that allows for the possibility of change without a great deal of regulation.

An indifferent expectation would be placed on me by someone who sees me wheeling my way through the town where I live. Due to being in a wheelchair I tend to move more slowly than I used to. It exposes me to judgement by others who might feel they need to position themselves in relation to my condition rather than to me.

How then to out-manoeuvre these expectations? My friend Dave who's also in a wheelchair moves through town at such a speed that by the time you notice him, he's already moved on before you can form an expectation of him. Through patience and recognition of social norms we can outrun our past, at least, I hope so. Good expectations? They're in many ways the most difficult. You have to rise to those. If Robert sees me as a worthwhile participant in the pages of FTHM then I have the difficulty of making a regular effort to rise to that expectation. What if I have no adventures to write about one month? What if I really can't be bothered or have no time? Then the expectation seems to point out my inadequacy. This is a thing I really don't like having pointed out. The good expectation is, then, the hardest expectation to have to deal with.

That's it. The first adventure of a man sitting down. Very cerebral, not much action, maybe a sense of the people around me...? As it's going on-line, let me know what you think. Hopefully, it will make me do more of the good expectation, challenge the indifferent one and override the bad one. Here's hoping.

Buy Dean and Brenda a Cup of coffee when Lockdown is over !!

[Click here](#) for more information

BRENDA'S WILDLIFE CORNER



Penguins:

Penguins live almost exclusively in the Southern Hemisphere with the exception of the Galapagos penguin which is to be found north of the equator. They are not however, exclusive to cold climates and are to be found in warmer climates.

Penguins are flightless birds and tend to feed on squid and fish which they catch whilst swimming in the sea – which is what they do

half of their time.

The largest living species of penguin is the Emperor penguin which can be up to 3ft 7 tall and weigh 35kg (77lb). The smallest species is the little Blue penguin (which is also known as the Fairy penguin) which stands around 11” tall and weighs 1kg (2.2lb).

It is true to say that larger penguins inhabit colder regions whilst smaller penguins are to be found in more temperate and even tropical climates. Male penguins are known as cocks whilst female ones are called hens and a group of penguins on land is known as a waddle and a group in the water is known as a raft.

Interestingly, some prehistoric species were enormous, being as tall and heavy as an adult human!

Ref. Wikipedia

IS BOXING ETHICAL?



Robert A Williams

To understand this and attempt to answer the question it would be necessary to understand what "ethical" means in this context. Ethics are a principle of morality that is subject to the person concerned.

As it is me that is answering this question then it is my "ethics" that would be called in

to answer the question. I try not to have concrete belief systems as this limits further understanding of life, the universe and everything; well, from my own point of view boxing is a sport and sports are entertainment. It is down to the individual as to whether they wish to involve themselves in the sport of boxing or not. The sport has no ethical considerations from my point of view.

What could be called into an ethical debate are some of the purses of money distributed and made through the sport. Those high up in boxing can make a lot of money, far more than most and should this be allowed when so many people are suffering in the world due to a lack of money?

This could call into question the ethics of the sport, as could gambling upon the sport of football, horse racing or anything else?

Is gambling ethical? Well, that's a whole other question.

Read about me at

<http://robertawilliams.net/>

Sarah Stone

Violence of any kind generally makes me feel uncomfortable, however, I have always felt ambivalent about boxing. The day before Dean sent this month's topic, I happened to listen to an extremely thought-provoking documentary about a young boxer which helped me to form a clearer opinion of the subject.

In order to write this piece, I hoped to find the programme again, recorded as a radio podcast, but I struggled to do so. This is how I remember it.

The programme documented the story of a young man (I'll call him Paul) who as a child was badly bullied at school. To try to help him, his mum took him down to their local boxing club one day and basically pushed him through the door. Having little other structure and positive connection in his life, the boxing club became somewhere where he started to feel that he had a purpose and where he belonged.

As a young person with low self-esteem, at first, he just used to 'hang out' there observing what went on, then he started to do little jobs around the place to make himself useful. Eventually he was encouraged to have a go at boxing. To, cut a long story short, he was very good at it.

Initially, his mum had directed him to boxing to help him to protect himself. Boxing is considered a martial art, so it teaches self-defence as well as self-control. The other positives which came hand in hand were fitness, focus, confidence, respect and social development. Some would advocate that boxing directs aggression away from the street into a controlled environment which makes fighting safer.

Over time Paul became so skilled that he was entered in competitions which he began to win. Eventually he became a professional boxer and was able to make a living from it. Along the way he met his lovely long-term partner.

The negatives of boxing are well documented and there is no doubt that it is a dangerous sport. However, in Paul's case, the risk of continuing along the path he was on, having a negative experience of school and having his self-confidence eroded by bullies, was greater to his long-term wellbeing than a life in boxing.

So, is boxing ethical? As with all controversial areas, the answer is never black and white. You, could say that it is grossly unfair that the only opportunity a young man had to improve

his situation in life is to risk brain damage or even death in the ring. You might also say that a well-educated middle-class child being pushed by his parents into a well-paid but stress inducing career is just as risky to health.

His journey was tough. Paul came from a very deprived background, struggled at school and had no financial backup whatsoever but I can say with confidence that he came across as someone who had overcome many challenges in life and is now a happy man.

Paul spoke of several acts of kindness which had helped him and I would like to finish with a couple of them: Early on in his career Paul had to make a journey to one of his first fights which was many miles from home. He had no choice but to set off in an unroadworthy old car and without any money. He soon broke down on the motorway with a flat tyre, all four tyres were illegal. He was approached by a traffic patrol officer, who after hearing his story, instead of booking him, made sure he got to a garage and gave him some money to buy lunch. At the garage, on hearing his story, the mechanics had a whip round to buy Paul four new tyres which they fitted for him before sending him on his way...

Graham Townsend

I love sport but boxing is something of an exception.

Let's put it this way. If a friend told me they didn't think boxing was ethical, I would find it difficult to construct a valid argument to disagree with them.

I remember a time when I was younger when I would enjoy watching the big fights, especially the British boxers like Eubank and Benn. At that stage of my life, I didn't really consider whether punching another person in the head, in the name of sport or entertainment was ethical. My interest has waned massively in the last twenty-five years or so, although it wasn't that great in the first place.

If I look at it now, as a somewhat older and wiser person, I would say no. Maybe the evolution of women's boxing has helped me put this into perspective. Anyone involved in the sport would argue that they are professionals who entertain the masses. You could argue that they are seeing the pound signs (or dollar signs) and this is clouding their view. The money on offer to the top boxers is phenomenal.

If there was no more boxing in the future, it wouldn't bother me to be honest. The only problem is whether other sports might fall into the same category, thus opening up a can of worms, but that is a conversation for another day.

Ruth Minich

In 1983, we long-term fostered my two half cousins Simon and Robert. Robert was 7 and Simon was just 12. Their mum had died 2 years earlier from stomach cancer, she had been ill for a long time with no energy for bringing up 3 boys (older brother Steven was 15 when Pat died) but because she had learning difficulties it was not detected until after her death. One February morning when the boys were at school, their dad had a heart attack in his armchair and died. He was an older dad Neil - in his 50's and he had a withered arm and leg due to contracting polio as a young child, he loved his children and had tried his best but he was not equipped physically or mentally for bringing up 3 young energetic lads. Steven wasn't Neil's son and had asked to go into care months before this, Robert had learning needs and at age 7

he couldn't speak, he was a very placid child, used to being loved but ignored. 12-year-old Simon was a young fire cracker and ran wild day and night, he thought it was his job to look after the family and was in constant flight or fight mode - literally.

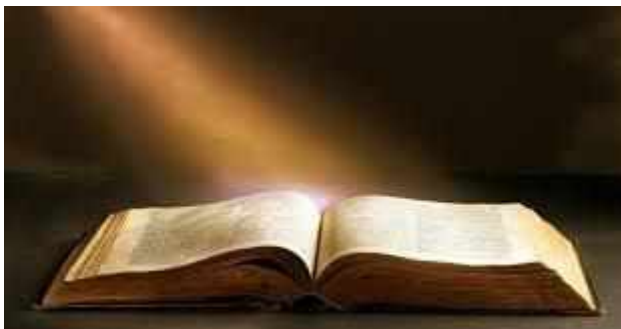
The boys came to our house from school that same day, we only lived a few streets away from them. Simon lectured me on the correct way to fry chips, moved my furniture around to his own design and "play" fought hard with my very young children - "mmm - what to do next Ruth?" Luckily at age 28, I was quite loud and bolshie myself but my biggest Godsend was that some thoughtful soul had previously directed Simon to the White Rose Boxing Club in Wakefield.

Simon had found structure and discipline at the boxing club from tough patient blokes who quite possibly had had a difficult start in life themselves. He found a caring but strict family place where he could safely release the steam from the pressure cooker that constantly built up inside of him. He learned how to follow rules and for a while he was in a warm safe place - this was especially important as Simon was small for his age and I soon discovered that he was bullied by older, bigger lads at school and around where he had lived, mainly because he would happily give them verbal abuse, and they had quickly learned that there was no adult to challenge them, he hadn't wanted to be at home and he wasn't safe on the streets.

When Simon came into our family a friend of ours bought him all new kit and I supported Simon's boxing, going to junior matches to cheer him on - this was completely alien to my way of thinking but I wanted to honour his achievements and skill. He hadn't been with us very long before Simon himself was questioning whether boxing was ethically good and actually a safe sport in which to participate and he didn't box for very long afterwards.

Is boxing an ethically good sport? Simon eventually decided for himself that it wasn't, but it was there for him when there was nothing else.

BIBLE TALK



Sent in by Peter Smith

John 6.29

"This is my beloved son, in whom I am well pleased." (Matthew 3:17, NKJV)

"You are greatly beloved".

This was God's message to Daniel. (Daniel

9:23, NKJV)

Before the world was created, God had one son who brought Him joy. But this was not enough. So, He created men and women to give Him a vast family of sons and daughters - each of whom (like Daniel) is greatly beloved, and each of whom is a source of joy to God.

Just as a human parent loves their child for their personality, and their character, and despite their mischief, so God loves us.

And the joy of being a parent is when their child returns their love. So, Peter, speaking to believers about Jesus, writes, "Whom having not seen you love" (1 Peter 1:8, NKJV). But this love must be freely given by choice. One cannot love a robot.

Therefore, humans had to be given free will: we had to be able to choose either to love God or to reject Him. (And the results of rejecting His love we see throughout history to the present day).

THREE MORE FABULOUS RECIPES FROM JUNE



Cheese and Onion Roast

Ingredients:

2 large onions
2 oz of margarine
2 oz of porridge oats
1 egg
1 teaspoon of marmite
1 teaspoon of mixed herbs
4 – 6 oz of grated cheese
Seasoning

Method:

Peel and chop the onions until they are finely diced. Cook in the margarine until soft and add the marmite and stir in. Add oats, herbs, cheese and seasoning and stir well. Finally, add the beaten egg. Bake in a greased dish for about 30 minutes at 375 F. Serve with baked potatoes and vegetables. This dish can be served cold or with a salad as an addition to a main meal, but it is sufficient to be the main course on its own.



The Poor Man's Roast

Ingredients:

1lb of lean minced beef
1 chopped, onion
1 egg
1 tablespoon of semolina
Salt and pepper

Method:

Mix all ingredients together in a bowl then turn out the bowl and shape into a flattish loaf. Roast in the oven with potatoes for 1 hour 15 minutes at 350 F and serve with gravy.



Raspberry/Strawberry Sponge Puddings

Ingredients:

- 1 ½ oz of melted butter plus extra for greasing
- 5 ½ oz of jam
- 2 eggs
- 5 oz of caster sugar
- 8 oz of self-raising flour

- 6 Fl oz of milk
- 1 teaspoon of vanilla extract
- 3 oz of frozen raspberries/strawberries crushed

Method:

Preheat oven to 200 C/Fan oven 180 C/Gas mark 6. Grease six ¼ pint individual pudding basins and line the bases with baking paper. Divide the jam between the basins.

Using an electric mixer, beat the eggs and the sugar together in a bowl until thick and creamy. Fold in the flour and milk in two batches, then fold in the butter, vanilla extract and raspberries. Divide the mixture evenly between the basins. Cover each with a square of greased foil and scrunch the edges to seal.

Place a folded clean tea towel in the base of a large baking dish and sit the basins on top.

Pour in enough boiling water to come half way up the sides of the basins.

Bake for 30 minutes. Remove the basins from the dish and stand for 2 minutes then carefully turn out into serving bowls. Serve with hot custard if desired.

ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



Questions:

- (1) What is a croque monsieur?
- (2) Who won the 2020 Champions League final?
- (3) What is the French word for dizziness?
- (4) What is a pedalo?
- (5) Who invented the corkscrew?
- (6) What is 15:32 on the twelve-hour clock?
- (7) Who makes the breakfast cereal Cheerios?
- (8) Who was British Prime Minister prior to Theresa May?
- (9) What is the German word for spectacles?
- (10) Which is the largest lake in Africa?
- (11) Which is the largest bird in the world?
- (12) Who holds the men's 100 metres world record?
- (13) Where do Huddersfield Giants play their home games?
- (14) Which is the smallest state in the US?

- (15) Which mental conditions is Lithium usually prescribed for?
- (16) What is the currency of Taiwan?
- (17) Who is the leading wicket-taker in international tests?
- (18) Who did boxer Mike Tyson recently fight in an exhibition bout?
- (19) Who wrote the ballet Swan Lake?
- (20) Which is the longest motorway in the UK?

Answers:

(1) A hot sandwich made with ham and cheese (2) FC Bayern Munich (3) Vertiges (4) A small pedal-operated pleasure boat (5) Reverend Samuel Henshall in 1795 (6) 3 32 pm (7) Nestle (8) David Cameron (9) Brille (10) Lake Victoria (11) Ostrich (12) Usain Bolt, 9.58 in 2009 (13) The John Smith's Stadium (14) Rhode Island (15) Mania, hypomania, recurrent depression and bipolar disorder (16) New Taiwan dollar (17) Muttiah Muralitharan (18) Roy Jones Jr. (19) Pyotr Ilyich Tchaikovsky (20) M6

Editor's Final Word: Thank you once again for taking time to read this publication. If you would like to get involved in any way with the magazine, please contact us at: dean@fthm.org.uk Best wishes, Dean, Brenda, Robert and Graham.

Buy Dean and Brenda a Cup of coffee when Lockdown is over !!
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