

# FROM THE HORSE'S MOUTH – March 2021. Edition 75.



Hello. I hope you are coping during this terrible pandemic. Lockdown in England has been a necessary but tedious affair although I have been fortunate enough to have had my close friend Brenda shielding with me all the time.

The magazine continues to evolve although it always needs new blood, so, if you want to contribute in any way (write, send photos, advertise or donate towards running costs) you can contact us at: [dean@fthm.org.uk](mailto:dean@fthm.org.uk) but please make sure that anything submitted is not racist, sexist or homophobic in any

way. Best wishes, Dean.

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## MY NOT VERY SERIOUS STARS



### **Scorpio 24 Oct – 22 Nov**

An unexpected gift from a musician will strike a good chord with you and there will be no strings attached. Your mental health may be poor at the moment but you will soon strike a rich vein of well-being and things will seem much better. A friend has been taking you for granted so it's time to put your foot down and kick them out of

your life. Work hard.

### **Sagittarius 23 Nov – 21 Dec**

Now that we are in the third month of this year, it is time you stopped looking back and began to try and live more in the present moment. Things have been difficult for most of us but there is now light at the end of the tunnel, so, start making plans for later this year. A stranger may not be all they seem, so, be careful not to give them too much information.

### **Capricorn 22 Dec – 20 Jan**

A woman with red glasses may try to convince you that she has your interests at heart, but she is a charlatan who is only seeking to feather her own nest. Your secret stash of alcohol in the garage is about to be discovered so quickly move it to a new, safe place. A man who is obsessed with litter may surprise you with his rudeness if approached. Plant a new tree.

### **Aquarius 21 Jan – 19 Feb**

Your level of suffering has been sky-high in the last year, but don't worry, as the dark clouds are lifting and the sun will soon shine on you and your loved ones. A close friend may be moving on to new pastures so once you have kissed them goodbye adopt a stiff upper lip. A great new opportunity will present itself this month, so, exploit it the best you can.

### **Pisces 20 Feb – 20 Mar**

It is a good time to eat more sardines and to consider sponsoring a donkey to show people you are not the tight, stupid ass you seem. You may have been short with your children recently, so why not go online and buy them a nice gift each? You are ageing rapidly but don't worry as your ugliness remains the same. Stop thinking about death and live!

### **Aries 21 Mar – 20 Apr**

Money will be heading your way this month so don't act your usual foolish self and be prudent with it. You may have started to bite your nails again, but don't be too hard on

yourself as we all need a safety valve sometimes. Now is the perfect time to start making your own soups if you want to impress the chef you will meet online in the near future.

### **Taurus 21 Apr – 21 May**

A beautiful woman with loads of money but the personal hygiene of a dirty skunk will ask you out this week – what will you do? Money is at the forefront of your mind at the moment but don't be tight and treat your loved ones right. A trained boxer will threaten you soon but you will be okay if you can run fast. Now you should treat yourself to some nice chocolates.

### **Gemini 22 May – 21 Jun**

You are spending far too much time in front of a computer and need to spend more quality time with your loved ones. Someone may issue you with a Scarborough warning, so, take this seriously and stop coasting selfishly through life. A well-endowed woman will also offer to make your dreams come true but will the price be too high to pay? Start washing regularly.

### **Cancer 22 Jun – 23 Jul**

The money you saved for a rainy day will save you when a disaster strikes. It might be a good idea to start making your own peanut butter. You may not be feeling very creative at the moment so concentrate on doing some mundane tasks until your creativity returns. A long unwanted trip may be necessary in the future so just plough ahead and get it over with.

### **Leo 24 Jul – 23 Aug**

You are an extremely ambitious person, but now is the time to start enjoying the journey to your destination and then you can only win. An artist will astound you with his devotion to his sick wife and show you the power of love. Someone you respect as a logical thinker will explode and show that we are all really emotional beings. Give a stranger a small gift.

### **Virgo 24 Aug – 23 Sep**

A doctor may prescribe you some new medication to help you with your problem, so, give it a go and see what happens. You have been very retrospective of late, but while you are being that, your life is ebbing away - so concentrate on today and tomorrow. A letter from the authorities may surprisingly please you this month. Your bowel movements will improve.

### **Libra 24 Sep – 23 Oct**

Your dream of becoming extremely wealthy will come true for you when certain numbers become meaningful in your life. You may also become obsessed with making coconut tarts but don't worry about this. A tree surgeon may declare their love for you but will your political differences prove an obstacle to romance? Start farting only in private.

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## INTERVIEW WITH MATT KEIR ABOUT HIS LIFE IN ITALY

**How old are you Matt and where were you born?** I am 52 years old and was born in Kippax, Leeds

**Where did you grown up and where were you educated?** I grew up in Kippax and attended Brigshaw Comprehensive School

**When did you leave school and what did you do then?** I left school at 16 and worked in a number of different occupations including retail and warehousing before spending over 20 years in the lighting industry most of which were spent as a lighting designer.

**Did you enjoy your work in England?** Most of my earlier jobs were simply a means to an end, although I did enjoy my time as a lighting designer which I found could be quite rewarding. However, after I met my partner, Julia, my life changed completely. She is an alpaca breeder but also had a number of other animals including dogs, chickens, ducks and turkeys. I would help out with looking after her animals when I spent the weekends at her house. Eventually I decided to leave the lighting industry to work full time with the animals.

**Where do you live now?** I am currently in Francavilla Angitola which is a small town in Calabria, Italy. It's a very rural area with much of the countryside given over to farm land, predominantly olive trees.

**How come you ended up living in Italy?** We were looking into moving into alpaca walks which is becoming very popular in the UK and thought it would be an interesting idea to do that in another country instead. Then Julia was invited to holiday in Calabria by the family of her daughter-in-law. They happened to drive past the house which had 'for sale' painted on

the end wall, a viewing was arranged and back home in England I received a text from Julia saying 'I think I've just bought a house'!

**What's your life in Italy like and how do you find Italians in general?** The lifestyle here is very relaxed which suits us very much. We have three houses in total; the one we live in and two smaller dwellings that haven't been lived in for a number of years and are in great need of repair. We plan to restore them as holiday lets. Each of the houses came with land, giving us plenty of grazing area for the alpacas as well as in excess of 400 olive and fruit trees.

We are in the process of installing a wood burning system which will supply our cooking, hot water and heating. We should have enough wood from the annual pruning to mean that our heating and cooking fuel will be completely cost free.

The locals have been very welcoming. A large number of them make their own wine and we have been very grateful to receive quite a few bottles from our neighbours along with all manner of baked goodies. Just before Christmas Julia slipped and broke her leg in two places, requiring an operation. This meant she spent the Christmas period in hospital. The locals were very supportive and we received many offers of help.

The alpacas are proving to be quite a hit with the locals too and they often take a detour down the back street that runs alongside our house to visit them. They are the only alpacas in Calabria and so are a bit of a curiosity. As one local put it 'it's as strange to us as if you brought elephants'

**How does your life now differ to the one you led in England?** Temperatures of 24° in December are definitely a first for me. Wherever you go there is a spectacular backdrop. With beautiful beaches, mountains and the occasional active volcano!

**Do you miss anything about England?** Not really, other than family and friends of course. I'm sure we will be seeing lots of them visit here once the pandemic is over.

**Do you appreciate Italian food more than English food?** I love Italian food but wouldn't say I appreciate it more than English food. We tend to eat a mixture of the two. Julia is a very good cook and does most of the cooking, I dabble but my culinary skills are not on the same level as hers, to say the least.

**Have you managed to learn any Italian?** We are learning but it's a slow process. The best way to learn is to just get out there and try but that has been made somewhat more difficult by the pandemic. Luckily, we have made good friends with a number of local people who speak English and they have been essential to us getting things done such as Italian bank accounts, driving licences etc.

**Do you have time for any hobbies/interests?** With the alpacas we are lucky enough that one of our hobbies is also our occupation. We also have seven dogs and three cats to keep us busy. Not to mention the three lambs and the rare breed goat we have just acquired.

**Where do you hope to be in the next five years?** Hopefully all 3 houses fully renovated, alpaca walking business established and sat drinking local wine in the sunshine!

## DO YOU LIKE THE BRITISH HONOURS SYSTEM?



### **Graham Townsend**

So, what do I think of the British honours system, should it be scrapped, should it be revamped, who should be honoured? Here are my thoughts.

I don't have a problem with people being officially recognised for what they have achieved in a specific field. I believe that you need to be nominated for an award under the current system, I am fine with this. My issue is with whether certain

fields have an unfair advantage in terms of meeting the criteria to qualify for an award.

When you hear the announcements of who has received an award, it is normally dominated by celebrities, generally by actors, actresses, sportspeople, people in the media or in politics. I would suggest that in many instances these people are being awarded for entertaining us. Is this enough to justify meriting a knighthood, a dame hood, an OBE etcetera? There will be exceptions to this, such as those who spend the majority of the time working with organisations on behalf of good causes.

To quote Wikipedia, "The British honours system is a means of rewarding individuals' personal bravery, achievement, or service to the United Kingdom and the British Overseas Territories." My opinion is that some of the people who receive awards do so by default. Because they perform in certain arenas, they are automatically meeting some of the criteria for the awards and you also need to consider they are already likely to be receiving recognition from the bodies associated with their profession in the first place.

Other recipients who we know less about may still be recognised within their own profession, examples that come to mind are scientists, military personnel and physicians, but it feels that they have to work harder to meet the criteria that has been laid out.

So, in summary I think the system needs to be revamped so that everyone has an equal opportunity to meet the qualification criteria.

### **Robert Williams**

The British Honours system in the main is full off nepotism.

Who gains honours? Those who are already high up the scales of society and affluence. Very rarely does the common man or woman get honoured by the Royal Family, and why would they? Royalism is about those that have (the few) and those that don't have (the many). The Honours System is for the few.

Some people recognise the deep skewedness of the honours system and as such make a choice to not take the Honour that may be bestowed upon them by Royalty. Also, the fact that is a system born from an Empire of old, means that some people will refuse it because it heralds to that time when there were slaves.

In my opinion, there is now modern-day slavery with zero hours contracts and no recourse to employer's and pitiful pay, sadly I am subject to such myself at the time of writing.

Some examples of people refusing Honours: - David Bowie, Danny Boyle and Jon Snow.

There is an interesting article on MSN as to why 10 different people chose not to accept Honours:

<https://www.msn.com/en-gb/news/uknews/10-people-who-refused-honours-from-the-queen/>

To my mind the Honours system should be scrapped and a more just way of honouring people's achievements created.

### **Sarah Stone**

The honours system began in 1917 and was ordered by George V to reward outstanding contribution to the war effort. As well as high standing people in service this order now rewards people from all walks of life. There are several types of honour but these days the most common types are MBE, CBE, OBE, Knighthood or Damehood.

A friend received an OBE a couple of years ago for his contribution to social services and we were all really proud of him.

In essence I think that it is good to recognise individual contribution in all areas of life however, like any system, it can become subject to abuse, with less scrupulous people using it for personal or political gain.

An outgoing prime minister has the right to draw up an honours list on leaving office and in recent years, political donations made by a number of recipients have become the subject of particular scrutiny.

In 2011 there was a parliamentary inquiry into the honours system. The Cabinet Office noted that all candidates for senior awards are checked against the lists of donations maintained and made public by the Electoral Commission. It was advised that the Main Honours Committee must satisfy itself that a party-political donation has not influenced the decision to award an honour in any way.

The system has fallen into disrepute many times since its inception, not just because of donation influencers, but because of the bad behaviour of several award recipients. Several individuals have had to forfeit their honours over the years. The Queen's art adviser Anthony Blunt was stripped of his knighthood in 1979 after being revealed as a Soviet spy, and former Royal Bank of Scotland boss Fred Goodwin, who was heavily criticised over his role in the bank's near collapse, had his knighthood removed in 2012. Entertainer Rolf Harris lost his CBE in March 2015 following his conviction for indecent assault.

The honours system does divide opinion and many over the years have turned down awards as acceptance would have seriously compromised their integrity. People who have turned down their award include Roald Dahl, Aldous Huxley, LS Lowry and in more recent years David Bowie, Nigella Lawson and French and Saunders.

There are many criticisms of the system which point to its unfairness and underrepresentation of a range of diverse people.

The Times published an analysis of the recipients of honours in December 2015 which showed that 46% of those getting knighthoods and above in 2015 had been to fee-paying schools. Only 6.55% of the population attends such schools.

The lack of racial diversity continues to attract criticism, with 89.6% of all award recipients identified as white, however data suggests that this situation is gradually improving.

So... do I like the British honours system? As with all controversial subjects, the answer is never black and white. You should always draw into your conclusion information from the historical, social and political context within which it sits.

The jury is out, I guess... It would be sad to see it go, however, the whole process does perhaps feel a bit outdated and needs levelling out. Over this past year of the pandemic, I've heard it suggested that more healthcare staff should be nominated although I think fair pay would be appreciated by more.

What saddens me is that there are so many 'unsung heroes' who are doing good things every day without any fanfare, and they prefer it that way....

(I have used supporting information for this article from the BBC website and Wikipedia)

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## SO LITTLE TO DO, SO MUCH TIME!!!

### Written by Krishna Francis

What's to do? I have literally no draws on my time and yet I find myself being late all the time. I'm writing this well into February when it needs to be done for the March issue. There has been nobody and nothing calling me to action. Yet how come there always seems to be some reason that I arrive at things late. What's to do?

In a vain attempt to create a sense of purpose I'm signing up for all sorts of activities. Learning to teach English online, helping create better access for our local music venue, the Trades Club and seeing if I can secure funding for my allotment. All of these activities have worth and will take me forward, improving my skill set and improving my confidence. Yet I'm doing this furious activity joining in an attempt to develop a sense of structure in my life. Meanwhile, I'm singularly failing to develop a matching sense of order.

It is all very well having a timetable of valued and important things to do. However, if you don't have a matching sense of dedication it will all unravel like a ball of wool falling downstairs. I really struggle with the idea of dedication. It's not that I don't believe in the worth of the things that I'm doing. Instead, I find myself piling worthwhile things into teetering stacks. When it seems that life is empty and needs filling, I get overactive. I go from having too many free days to suddenly having too few. This almost spastic response to freedom means finding myself having to abide by a punishing schedule of unrelated duties when just the week before I was twiddling my thumbs.

This tendency to twiddle my thumbs means that when one set of duties begins to come to an end, I will happily let the spring unwind. The resulting lack of torsion means that I become slack and uncoiled. There is nothing driving me forward. Everything becomes loose and



slow; arrangements are ignored appointments missed. Instead of keeping some tension in the system I go slack.

From somewhere deep inside a work ethic reveals itself and I gather tasks to undertake. That is where I am at the moment. I have remembered that I have this to write and the other stuff quoted above. You'd think being in a wheelchair would make me more prone to sitting in one place, more likely to stick at a task in front of me. Apparently not. Thank goodness (or blame it) for that work ethic. So, keep checking in and I shall tell you about the allotment funding and whether the Trades Club has become more accessible or not. (Let's hope I develop my concentration stamina!)

Bye for now...

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## SNOW

Written by June Charlton



I woke up this morning and looked out of the bedroom window and was met by a beautiful sight as it had been snowing and the snow was starting to lay thick on the ground. I had my breakfast and did a bit of housework, and about an hour later I looked outside again to see the most beautiful show of snow on the housetops and on passing cars which were also covered in it. It's lovely and like a winter wonderland.

If I was younger (I'm 83), as I mentioned in my last article, I would go out and build an igloo with my uncle Tommy. When we made an igloo, we put in mats and it melted after about two weeks which left me feeling a bit sad. In those days, you made your own fun and we didn't need expensive toys to make us feel happy.

I've always loved snow and even now I love walking in it. When I got married and had a family, we used to take the children down to a place called Brecks Lane (near where we live) and go down the hill on our sledges. We all enjoyed the experience even if we sometimes fell off, but most of the time, we managed to reach the bottom – it was great fun, and as the saying goes “those were the days”.

It's nearly four o'clock and already the sky is darkening and it does look as if there's a lot more snow to come, but it's all part of a true British winter. Bye for now.

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## GRAHAM TOWNEND'S MONTHLY QUIZ



### Questions:

- (1) "The Testaments" is a 2019 novel by Margaret Atwood. It is a sequel to which of her earlier novels?
- (2) Which peptide hormone regulates the metabolism of carbohydrates, fats and protein by promoting the absorption of glucose from the blood into liver, fat and skeletal muscle cells?
- (3) The "Blue Jays" are a professional baseball team based in which Canadian city?
- (4) "Guitar Man" is a 2020 documentary film that charts the rise to success of which American blues rock guitarist, singer and songwriter?
- (5) What is focaccia?
- (6) Who was Queen of England immediately prior to Anne Boleyn?
- (7) Which river flows through the North Yorkshire town of Knaresborough?
- (8) Which animal did The Greeks name "river horse" because they spend up to 16 hours a day submerged in rivers and lakes?
- (9) Name either of Queen's albums that shared their name with a Marx Brothers film?
- (10) In computing, how many bits are there in a byte?
- (11) The M. A. Chidambaram Stadium is a cricket venue in which country?
- (12) Which composer was born in Bonn, Germany on 17<sup>th</sup> December 1770?
- (13) Who was the goddess of reason, wisdom and war according to Greek mythology?
- (14) Which British rap artist was born Michael Ebenezer Kwadjo Omari Owuo Jr?
- (15) Which notable British politician is attributed as popularising the phrase "The Black Dog" as a metaphor for depression?
- (16) Which US president was assassinated in 1901?
- (17) What is the capital of East Timor?
- (18) Which book of the Bible is a collection of 150 songs and poems?
- (19) Penfold was the sidekick to which cartoon crime fighter?
- (20) Popularly known as Tin Lizzie, name the automobile built by Ford Motor Company?

### Answers

- (1) The Handmaid's Tale (2) Insulin (3) Toronto (4) Joe Bonamassa (5) A flat oven-baked Italian bread (6) Catherine of Aragon (7) River Nidd (8) Hippopotamus (9) A Day At The Races/A Night At The Opera (10) Eight (11) India (12) Ludwig Van Beethoven (13) Athena (14) Stormzy (15) Sir Winston Churchill (16) William McKinley (17) Dili (18) Psalms (19) Danger Mouse (20) Model T

## NORWICH



The city of Norwich is located on the River Wensum, 100 miles north-east of London and is in Norfolk. It has survived some tumultuous times and has a long and colourful history. In 2019, its population was estimated to be 197,212.

Today the economy of Norwich is mainly service-based, but in the early part of the twentieth century, the city was still home to the manufacture of shoes, joinery, clothing, engineering, and of aircraft design and manufacturing. Interestingly, there was a local chocolate firm called Caley's which was bought

by Mackintosh in the 1930s and then eventually by Nestle who closed the factory in 1996.

Norwich has a long connection with the printing industry (HMSO, one of the largest print buyers, printers and of office supplies who moved its UK operations from London to Norwich in the 1970s) and with the pub trade and brewing – there were several large breweries in Norwich in the second half of the twentieth century, but now only microbreweries exist. In 1870, there were over 780 pubs, by 1900 there were 441 within the city walls, and now there is less than 100.

During the Second World War, the German Baedeker bombings had a significant effect on the landscape of the city centre and its infrastructure with much damage caused, but happily, not a great loss of life. After the war, Norwich altered in that large areas were cleared (in the 1960s, communities were moved to high-rise buildings) for modern development. There was a need to provide housing for a growing population, but unfortunately, this resulted in much priceless architecture being recklessly destroyed by the council.

Now, Norwich has a good education system with 56 primary schools, 13 secondary schools and 8 independent schools such as Norwich High School for Girls. It possesses three further education colleges and two universities which are the University of East Anglia and the Norwich University of the Arts – about 15,000 overseas students are normally attracted to them. It is also worth mentioning that the city has strong links to literature, art and publishing, in fact, Norwich had the first provincial library in England which opened in 1608 and also boasted the first provincial newspaper outside of London in 1701.

There are many interesting things for a visitor to Norwich to see like: Norwich Cathedral (constructed using limestone from Caen in France), the Catholic St John the Baptist Cathedral, the medieval cobbled streets, the Norman Castle and many museums and parish churches. Norwich Market is also one of the largest outdoor markets in England and there are good cinemas within the city. Usually, there is the provision of lots of live music in various venues in the city.

If you enjoy watching or participating in sport, then Norwich is a great place to do so as it has a mixture of professional and amateur sport on offer. Norwich City Football Club (known as "The Canaries" due to Flemings fleeing with their pet canaries from Spanish persecution in the sixteenth century) is the main professional team but there are also the Norwich United and Norwich CBS. Also, there are the Norwich Lions Rugby Club and the City of Norwich

AC athletics club. In addition, there is a handball team, five field hockey teams, and facilities for dry skiing and snowboarding.

Norwich has an abundance of parks and open spaces – there being 23 parks and 95 open spaces. Some of the parks were built with government grants after the First World War e.g., Wensum Park and Eaton Park.

You may also be attracted to the many museums in the city of which Norwich Castle Museum is the largest, and includes Norfolk archaeological finds and paintings by the Norwich School of Painters. Other museums of interest are The Museum of Norwich which has exhibits which relate to shoe and boot making, weaving, brewing etc. and The City of Norwich Aviation Museum.

A brief study of the wonderful city of Norwich would not be complete without delving a bit into its history. After the demise of the Roman settlement in the area, between the fifth and seventh centuries the Anglo-Saxons founded the settlements of Westwic, Northwic (Norwich) and Thorpe. Some people think that these three settlements joined together to create a thriving centre for trade and commerce. However, in 1004, it was raided and burnt by Swein Forkbeard who was the Viking King of Denmark – Vikings remained a strong cultural influence in Norwich for 40 or 50 years until the end of the ninth century.

The town was one of the largest in England at the time of the Norman Conquest and The Domesday Book shows that it had a population of 5,000 to 10,000, and also had 25 churches at the time. Norwich Castle was founded soon after the Norman Conquest and it was said that 98 Saxon homes were demolished to make way for it.

Wool was an important industry to Norwich and to England and through the wealth it created, many churches were built and many trade links were forged with other parts of Europe stretching from Scandinavia to Spain. In 1353, Great Yarmouth acted as a very important port to Norwich. Then in the sixteenth century, “stranger” immigration brought Flemish weavers, with their superior know-how to Norwich and this boosted trade with mainland Europe.

The golden age of the cloth and weaving industries brought great wealth to Norwich and led to the urbanisation of the town with many alehouses and more leisure time in general. By the early eighteenth century, Norwich was the wealthiest town in England and possessed a sophisticated system of poor relief and foreign refugees – its population was almost 30,000. Fortunes eventually waned with competition from Yorkshire woollens and Lancashire cotton and was negatively influenced by the loss of continental markets following the war with France in 1793. But significantly, in 1797, Thomas Bignold founded a society that became extremely successful and is now known as the insurance giant Norwich Union.

The early part of the nineteenth century saw rapid de-industrialisation in Norwich with wage cuts and personal recrimination against owners. There were serious financial problems and poor people took their complaints onto the streets in opposition to the Pitt’s government and their war.

It is clear to see that Norwich is steeped in political and cultural tradition and, if you are interested, you might enjoy further researching it yourself.

Interestingly, Norwich remains the most complete medieval city in the UK with such features as its cobbled streets, Norwich Castle and its half-timbered buildings. If you think you would

like to visit the city, you will find it is well-served by road and rail so when things are a bit better, why not pay it a visit!

\* With a lot of help from Wikipedia

*Read more of Dean's [places here](#)*

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## BIBLE TALK



**Sent in by Peter Smith**

### **John 6.29**

Whoever has been born of God does not sin, for His seed remains in him; and he cannot sin, because he has been born of God.

1 John 3:9 (NKJV)

Having been given a new heart (Ezekiel 36:26), a believer does not want to sin.

Sin is what hurts God, or what deliberately and wrongly hurts another living soul.  
That's it!

It is not all the other things about which some churches try to make people feel guilty.

At times, without meaning to, we all say and do thoughtless things to others. This is not sin, but it is why sometimes we suffer and experience hardship.

Suffering and hardship make us more thoughtful, and less judgemental of others.

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## ALBUM REVIEW OF: IMPLODING THE MIRAGE



**By: KILLERS**

**Reviewed by Graham Townsend**

This is the sixth studio album by the Las Vegas based band. The album features ten tracks and has a running time of just over forty-two minutes. The album title references the demolition of the Las Vegas hotel.

The opening track "My Own Soul's Warning" certainly got me in the mood to listen to the remaining tracks. For anyone familiar with their previous work, you

couldn't fail to recognise this is a Killers song. It is a typically up-tempo number and a good album opener. It was also released as a single, the third one to be taken from this album, following in the footsteps of "Caution" (track four) and "Fire in Bone" (track six).

"Blowback" is track two. This is another fairly chirpy and pleasant track.

Track three "Dying Breed" was the fourth and, to date, last single released from the album. It features a strong opening.

We then move on to the aforementioned "Caution" which is brought to a conclusion by a great guitar solo by Lindsay Buckingham of Fleetwood Mac fame and this is followed by "Lightning Fields" which features Canadian songstress K. D. Lang. It is probably the most refined track on the album.

"Fire in Bone" is probably my favourite track on the album, despite what I consider to be a strange title.

Track seven is "Running Towards A Place" and very much like the opening track, you couldn't fail to realise this is a Killers song!

Next up is "My God" which features Weyes Blood. I felt this one improved as it went on and ends up as a bit of a barnstormer. There is an undertone of "All These Things I've Done" about this one.

Track nine "When the Dreams Run Dry" starts at a slower pace, even though the lyrics mention "the fast lane" towards the beginning of the song. This kicks into life just before the two-minute mark. It's a decent enough song.

The title track is the album closer. It certainly merits its place on the album and is a good way to finish.

It's quite hard to believe that it is over sixteen years since their first album "Hot Fuss" had such a massive impact across the music world. I'm pleased to say there is no sign of their talents wavering at this stage.

**MY STAR RATING = \*\*\*\* out of 5**

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## BRENDA'S WILDLIFE CORNER



### Dolphins

Dolphin is a common name for aquatic mammals in the Infra order Cetacea.

There are 40 existing species of dolphin and they can be 1.7 metres long and 50 kilogram in weight. They have streamlined bodies and two limbs which act as modified flippers and though they are not as flexible as seals, they can reach up to 18 mph over short distances. Some of them

are well-suited to diving to great depths and all use their conical-shaped teeth to capture fast moving prey.

Dolphins have a layer of fat, or blubber, under their skin which serves to keep them warm in cold water. The dolphin's skin has a smooth rubber texture without hair and glands. Although they can be found all over the world, they do prefer warmer climates in the tropical zones, although some like the Whale Dolphin prefer colder climates.

They feed mainly on fish and squid. While males mate with females every year, the females only mate every two or three years. The resulting calves are born in the spring and summer months and are cared for by the females. Mothers of certain species fast and nurse for long periods of time.

A group of dolphins is called a "school" or a "pod". Male dolphins are known as "bulls", the females "cows" and the young dolphins, "calves".

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## SOME MORE TASTY RECIPES FROM JUNE CHARLTON



### **Pork Chop Suey**

Ingredients:

- 3 tablespoons of oil
- 1 beaten egg
- 1 bunch of spring onions cut into 2-inch pieces
- 1 slice of root ginger peeled finely and chopped
- 1 clove of crushed garlic
- 2 tablespoons of soy sauce
- 2 tablespoons of tomato puree
- 6 tablespoons of chicken stock
- 8 oz of cooked pork, cut into thin strips

10 oz of bean sprouts

Method:

Heat 1 tablespoon of the oil in the wok. Add the beaten egg, swirl it around the side and fry into a thin omelette. Remove and keep warm.

Heat the remaining oil in the wok. Add the spring onions, ginger and garlic and stir-fry for a few minutes. Add the soy sauce, tomato puree, chicken stock and pepper to taste and mix well. Then add the pork and bean sprouts and cook gently for about 8 minutes. Cut the omelette into strips and serve the chop suey garnished with the omelette strips.

*There are lots and lots of recipes on [From The Horse's Mouth](http://FromTheHorse'sMouth.com) website  
Take a look at [fromthehorsesmouth.org.uk/category/recipes/](http://fromthehorsesmouth.org.uk/category/recipes/)*



### **Lemon Sauce Pudding**

#### Ingredients:

2 oz of butter or soft margarine  
4 oz of caster sugar  
Zest and juice of 2 lemons  
2 eggs

½ pint of milk  
2 oz of self-raising flour

#### Method:

Cream the butter 2 oz of sugar and the lemon zest until fluffy. Beat the egg yolks and then add half of the milk and the flour. Stir in the remaining milk and lemon juice. Whisk the egg whites thick and add the lemon juice. Pour into a greased (2 pints) oven-proof dish. Stand in a roasting pan and pour boiling water to the depth of 2" inch around the dish. Place into the oven and bake for 1 hour at 160 C.



### **Vegan Lemon Cake**

#### Ingredients:

100 ml of vegetable oil, plus extra for tin  
275 grams of self-raising flour  
200 grams of golden caster sugar  
1 teaspoon of baking powder  
1 lemon, zested, half-juiced

#### For icing:

150 grams of icing sugar

½ lemon, juiced

#### Method:

Heat the oven to 200 C/180 C fan/gas mark 6. Oil a 1lb tin and line it with baking parchment. Mix the flour, sugar, baking powder and lemon zest in a bowl. Then add the oil, lemon juice and 170 ml of cold water and mix until smooth. Pour the mixture into the tin. Bake for 30 minutes or until skewer comes out clean. Cool in the tin for 10 minutes, then remove and transfer the cake to a wire rack to cool. For the icing, sieve the icing sugar into a bowl mixing in just enough lemon juice to make the icing thick enough to pour over the cake.

*Cannot get enough recipes ? Read even more [recipes on FTHM](#)*





### **Scones**

Ingredients:

8 oz of self-raising flour  
3 oz of sugar  
3 oz of soft margarine (rubbed in)  
3 oz of chopped dates  
1 egg beaten up in  $\frac{1}{4}$  to  $\frac{1}{2}$  teacup of milk

Method:

Mix all the ingredients together making sure the mixture is not too soft. Roll out and bake for 15 minutes or firm to the touch.



### **Roasted Pumpkin with Coriander Couscous**

Ingredients:

1 kilogram of pumpkin, cut into wedges and deseeded  
3 oz of butter  
2 teaspoons of cumin seeds  
1 tablespoon of chilli sauce

For the couscous:

1 tablespoon of oil  
1 chopped onion  
1 deseeded and chopped chilli  
3 chopped garlic cloves  
9 oz of couscous  
350 ml of hot stock

Method:

Preheat the oven to gas mark 6.

Place the pumpkin in a large roasting pan or tin. Melt the butter in a pan, add the cumin seeds and cook over a low heat for 1 minute. Add the chilli sauce and cook over a low heat for 1 minute. Pour over the pumpkin and toss to coat. Bake for 35 – 40 minutes, turning frequently until the pumpkin is slightly done.

10 minutes before the pumpkin is ready, heat the oil in a large pan. Fry the onion, chilli and garlic for 3 – 4 minutes until soft. Sprinkle over the couscous. Pour over the stock and leave for 5 minutes until the liquid has been absorbed.

After 10 minutes: fluff up the couscous with a fork and add coriander. Season to taste and serve topped with the pumpkin wedges.

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## COVID-19 TWELVE MONTHS ON



**Written by Graham Townsend**

So, it is almost a year since the first lockdown experienced in the UK. It has certainly been a strange period in history, I have never known a time like it in my lifetime and I will be 53 years old come May.

When we first heard of this illness spreading through China in early 2020, I don't think many of us would have thought that in March 2021 we would be in the situation we currently find ourselves in. The main positive at this stage is the development of various vaccines that have already started being deployed across

the world to try and help us find a way back to what we considered "normality". Whether we ever fully return to what people might have viewed as "normality" prior to the pandemic is open to question and needs to be discussed on a different day.

It's hard to believe that we have endured such a tough time over the last twelve months. Of course, it has been tougher for some people than others. I am thinking specifically of those who have lost loved ones to this horrible disease. The pandemic must have touched the majority of us in one way or another. Even for those who have not lost a loved one, most will know someone who has been ill or be aware of someone who has been ill. You also need to take into account people who have suffered either mentally or financially as a result of COVID-19. On the flip side of the coin, we have the conspiracy theorists out there who believe this has all been a big ruse, but again I won't go into that here.

It has been a difficult time for the government, but let's be honest, these have been unprecedented times and whoever had been in charge would have faced the same challenges and we have no idea whether they would have dealt with the situation any better or worse. Key discussion points would include the Nightingale Hospitals, the "Eat Out To Help Out" scheme, the "Cummings Incident" and the "Clap For Carers" initiative.

So, after three lockdowns, it would be nice to think that there is now light at the end of tunnel. The vaccination programme appears to be on track as I write this article. There is hope that we will be able to see our families and friends again in the not-too-distant future. Holidays may be a possibility, even if only in our own country, by late Spring to early Summer and perhaps we will be able to attend and enjoy events together again by that stage.

I am a strong believer that we need to "follow the science" and be "guided by the data" to quote the Prime Minister. The people of the UK just need to be patient for one last time, I think. Here's to a happier mid to late 2021 and beyond for all of us.

## ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



### Questions:

- (1) Who is thought to have invented the scissors?
- (2) What is the French word for a turkey?
- (3) Who formed the Methodist church?
- (4) Who was Hitler's right-hand man?
- (5) What is a tourniquet?
- (6) What is the German word for snow?
- (7) Where, in London, would you find

Cleopatra's Needle?

- (8) What is a goose step?
- (9) Who plays Mandy Dingle in the soap Emmerdale?
- (10) Who was the third President of the US?
- (11) What is the capital of Guinea?
- (12) How old was Queen Victoria when she married Prince Albert?
- (13) What is a Shih tzu?
- (14) Who produces the breakfast cereal Rice Krispies?
- (15) Where would you wear a perruque?
- (16) Where was President Trump born?
- (17) What is 11 11 pm on the 24-hour clock?
- (18) What nationality was vocalist Freddie Mercury?
- (19) When was homosexuality made legal in the US?
- (20) Where in the USA is Wisconsin?

### Answers:

(1) Leonardo da Vinci for cutting canvas (2) Dinde (3) John Wesley (4) Hermann Goering (5) A device for stopping the flow of blood through a vein or artery (6) Schnee (7) In the city of Westminster – one of three similarly named Egyptian obelisks (8) A military marching step in which the legs are not bent at the knee (9) Lisa Riley (10) Thomas Jefferson (11) Conakry (12) 18 (13) A dog (14) The Kellogg Company (15) On your head (16) New York, New York, USA (17) 23:11 (18) English – born in Stone Town, Tanzania (19) 2003 (20) In the north-central part of the US mainland

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**Editor's Final Word:** Thank you so much for taking the time and trouble to read this publication. I do hope you are okay and that maybe one day you will feel like contributing to the magazine in some way. If you do want to contact us, then please do so at:

[dean@fthm.org.uk](mailto:dean@fthm.org.uk) and please remember that our website address is:

[www.fromthehorsesmouth.org.uk](http://www.fromthehorsesmouth.org.uk) Best wishes, Dean, Brenda, Robert and Graham.