

FROM THE HORSE'S MOUTH – April 2021. Edition 76.



Hello. I hope you are well when you're reading this. At the risk of boring you, I have not been very well with bad anxiety and repetitive thoughts that I just couldn't shake off. Anyway, I'm pleased to say that I am much better now.

If you want to contribute/advertise/donate/give advice please contact us in a non-sexist, non-racist and non-homophobic way at: dean@fthm.org.uk Best wishes, Dean

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MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

Your recent experience of insomnia may have been a nightmare, but it will soon resolve itself and liberate you to lead a dream life with no worries. A friend will astound you with her meanness, but try and see the bigger picture and focus on all the other things she brings to the table. A good time to reduce your calories

otherwise you may soon be morbidly obese.

Sagittarius 23 Nov – 21 Dec

You have been strutting around like a cocky cockerel, but can't you see that ruffling other peoples' feathers will get you nowhere? You have been getting drunk a lot recently, but it's got you through a rough patch so don't worry too much about it – but try and remember that moderation is a good idea. An alien may try and contact you so don't just try to kill it.

Capricorn 22 Dec – 20 Jan

This month, you will become increasingly worried about ageing and your mortality, but don't dwell on it, as there is a lot of fun instore for you before then! Many people think you are a waste of space, but now the realisation of your potential will leave them open-mouthed! Your vanity is a big problem however, so spend more time living than looking through the mirror.

Aquarius 21 Jan – 19 Feb

Someone you respect will give you some home truths this week, so listen carefully as they may be expressing ideas that will benefit you in the near future. It is now also a good time to retrace your roots and reconnect with people from your past. A cheque will arrive in the post and encourage you to continue putting a lot of effort into your work. Try sleeping alone.

Pisces 20 Feb – 20 Mar

You seem to think you are always right and that it's okay to constantly point out others' flaws, but now is the time to take a long, hard look at yourself and realise you are not perfect either. A good time also to consider things like global warming and think of ways we can all protect our wonderful planet. Your stress will soon diminish and sunshine will follow.

Aries 21 Mar – 20 Apr

A small woman with a fancy hat will come into your life and teach you things you hadn't even dreamt about. You may have recently stopped smoking but don't be one of those who preaches about its dangers like there's no tomorrow. Your life may make more sense now that your mental health is improving, but don't overwork as this is dangerous for you.

Taurus 21 Apr – 21 May

It is a good time to drink plenty of homemade ginger beer as you will be surprised by its medicinal qualities. A man in a red pullover will come into your life and cause mayhem and you should quickly realise that he is harmful to you. You seem to be obsessed with money and fail to see that it is a false idol that will never lead to peace of mind. Eat more fruit.

Gemini 22 May – 21 Jun

This month, a deaf lady will astound you with her kindness and understanding of people – so learn from her. Someone will approach you with an idea for work, but don't get involved as they are like a butterfly that moves from project to project without ever achieving anything. All your doubts will diminish and leave you free to expand and re-engage with the past.

Cancer 22 Jun – 23 Jul

Your purse may be bulging at the moment, but do be prudent, and don't act like a stupid fool as people you attract will soon disappear - when the money has gone. You seem to think you are the only one who has had a hard time but now is the time for you to set others a good example. Why not try a new hair style you fancy before you go bald? Phone a close friend.

Leo 24 Jul – 23 Aug

A phone call from a loved one will comfort you and make you realise that not everyone is against you even though you've recently been truly horrible. When you go food shopping, remember that chocolate is sometimes a good friend. But all is not lost as someone from the past (who doesn't know you very well) will ask you out on a much-needed date. Sleep more.

Virgo 24 Aug – 23 Sep

Now is the perfect time to follow your instincts and ask that lovely man out who works in the supermarket as he may well say "yes". Someone makes you feel a million dollars when they compliment you at the end of this week, but are they after something? As the weather is no longer inclement, why not get out more and appreciate the wonders of nature? Eat less dairy.

Libra 24 Sep – 23 Oct

It is a wonderful time to buy someone you care about a nice piece of jewellery as they have been as good as gold to you. Another friend you also care about very much will need a lot of love and attention this month, but remember how they were with you when you were down and out. An email may arrive that completely changes your view of the world for the better.

WHY MEN SHOULD RESPECT WOMEN MORE

Written by Brenda Condoll



Men should respect women more because of the immense contribution that they make in life i.e. bringing new life into the world and being the main carer and housekeeper in the home. Not only do they usually keep a home running and together, but they often hold down difficult jobs that sap their energy but are essential to a family's income.

It is clearly wrong when men emotionally and physically abuse women and I agree with the recent protests that have been going on around the UK.

Of course, life is also difficult for men and this is why I think men and women should pull together and make it easier for both parties.

GRAHAM'S SPORTING CORNER



Welcome to the first in a series of articles which aim to increase people's awareness of particular sports, their origins, their rules, popular events within that sport and much much more.

We are going to start with football, that is Association Football or Soccer, as it is more commonly known in North America, to distinguish the sport from NFL (American Football).

So, let's start by having a look at the origins of the "beautiful game", the nickname most commonly used to describe the sport.

You may or may not have heard the phrase "football's coming home" usually associated with the England National Team when they are taking part in a major competition such as the FIFA World Cup or the UEFA (Union of European Football Associations) European Championships. The main reason for this is that the rules of the game were codified in England in 1863 by the FA (Football Association). It is believed there were previously a set of un-ratified rules that had been created in 1848. The very first reference to use of an inflated ball being used in a game dates back to the mid-14th century, according to Wikipedia.

The name Association Football was originally used to distinguish the game from Rugby Football. The first recorded use of the word "soccer" or "socca" was in 1889.

The world's oldest football competition is the FA Cup, which was founded by C W Alcock. It was first competed for in 1872. The first international match took place in the same year, between England and Scotland in Glasgow, Alcock was also the man behind this event.

The world's first football league commenced in England in 1888. It was founded by Aston Villa director William McGregor.

The laws of the game are determined by IFAB (International Football Association Board), which was founded in 1886 after a meeting between the associated bodies of England, Scotland, Ireland and Wales.

FIFA, the international football body, was formed in Paris in 1904 and declared that they would adhere to the Laws of the Game of the Football Association. FIFA representatives were allowed to join IFAB from 1913 onwards.

The first football World Cup took place in Uruguay in 1930 and was won by the host nation. It remains the game's most coveted prize for national teams. Other major tournaments for national teams include the European Championships, first held in 1960 in France and won by the Soviet Union, it was known as the European Nations' Cup until 1968, the Africa Cup of Nations (officially known as CAN which is "Coupe d'Afrique des Nations" in French) which was first held in 1957 in Sudan and won by Egypt and the Copa America first held in Argentina in 1916 and won by Uruguay.

In terms of major club competitions, the most prestigious are the respective continental championships, which are generally contested between national champions, for example the UEFA Champions League in Europe and the Copa Libertadores in South America. The winners of each continental competition contest the FIFA Club World Cup.

When it comes to domestic club competitions, the five top European leagues – the Bundesliga (Germany), Premier League (England), La Liga (Spain), Serie A (Italy), and Ligue 1 (France) – attract most of the world's best players including the likes of Lionel Messi (Argentina) and Cristiano Ronaldo (Portugal).

The game continues to expand into new territories with over 200 men's national football teams affiliated to FIFA. The popularity of the women's game is also gathering pace. The first World Cup of Women's Football took place in 1991 in China and was won by the USA. There are now professional women's domestic leagues across the world most notably here in England, where a three-year TV deal has been signed, on the day of writing this, to show at least 35 matches per season from the WSL (Women's Super League) our top professional division.

Even if you are not a big football/soccer fan I would like to think you have learned something new and useful from reading this article.

Until the next issue...stay safe and be happy!

* Written with some help from Wikipedia

JUNE CHARLTON SHARES A BIT MORE ABOUT HER LIFE



Hello everybody.

Well, here we are again, still not there with this pandemic, the Covid numbers are going down, but we've quite a long way to go before everything is back to normal. At least we are able to still go out shopping,

walking and see a few people. We are trying very hard to keep going as I imagine other people are also doing. It's nothing new to go into shops and have to sanitize your hands and keep our distance; it's quite normal now to have to wear masks as we have been doing so for over a year – so we should be used to it!

The weather is very cold and I keep thinking we'll have some snow, the last lot we had only lasted a day or two. We go walking quite a lot and still like to go to St Aidans (Woodlesford), the last time we went it was very quiet with only one person swimming in the lake. I said to my husband that she must be a hardened swimmer. There was also a man selling tea and snacks from his boat. There are quite a lot of boats moored there permanently. We walked all the way round the water and only saw 2 or 3 other people walking round but it was very cold so people may have been at home staying warm.

The Prime Minister Boris Johnson was saying that it may be all over around the 21st of June, but we'll have to wait and see what happens. If the numbers keep coming down every day then maybe it will be possible.

We are looking forward to booking a holiday for November to go to Malta to see the soldiers marching up and down to celebrate the end of the war. It's called Armistice Parade and we saw it two years ago and enjoyed it.

It's still raining very fast and the weather forecast says there will be winds and gales.

It does however, seem to be getting back to normal because schools are open again. Our grandson went back to school this morning (10th of March) so things are beginning to feel better. The schools have been off for nearly 10 weeks so the pupils will have a lot of work to catch up with even though they have been working from home. I think they will be better off socially at school though.

This morning, we had a ride out in the car and went to a nursery and restaurant called Langlands but there wasn't much going on, although we had a walk round and looked at everything from garden furniture, cake stalls to stationery goods. It is a place worth visiting. Like a lot of cafes and restaurants, they were doing takeaways.

I suppose we are all getting used to being restricted so we will just have to ride it out. Hopefully, by my next article things will be almost back to normal. Goodbye for now, June.

BRENDA'S WILDLIFE CORNER



Sharks

Sharks are one of the most feared predators on Earth and have been around for about 420 million years. They have diversified into over 500 species and, although most live in seawater, there are a few exceptions like the Bull shark and River shark which can also be found in freshwater. Modern sharks can be traced back to about 100 million years and fossils of teeth (they

grow thousands in a lifetime) can be found in large numbers.

Up to the sixteenth century, sharks were referred to a “seadogs” or “dogfish” by mariners and one was exhibited by Sir John Hawkins’ sailors in London in 1569.

Sharks are to be found in all seas and it is not uncommon for them to swim at a depth of 2,000 metres. There are many different types of shark like the Cow, Frilled, Dogfish and Rough sharks. In addition, there are larger species such as the Bull, Tiger and the much-feared Great White Shark whose jaws have two to three layers or more, depending on body size.

Unlike most bony fish, sharks produce a small number of well-developed young rather than producing a large number of poorly-developed young. Most sharks will produce 2 to over 100 per reproductive cycle.

Ref. Wikipedia

ALBUM REVIEW – WHEN YOU SEE YOURSELF – BY KINGS OF LEON



Written by Graham Townsend

This is the eighth studio album from the American rock band that formed in Nashville, Tennessee, in 1999. They were probably considered somewhat alternative at the outset but are very mainstream these days, which is not a criticism by any means.

It is almost five years since the release of their previous album “Walls”. This album has already reached number one in the UK Album Chart, making it their sixth album release to achieve this feat.

My first exposure to the band came back in 2003 when I heard “Molly’s Chambers” one of their earliest singles which reached number twenty-three on the UK Singles Chart. I was intrigued to find out more about them and further singles such as “The Bucket” and “Fans”

piqued my interest enough for me to go out and purchase their first two albums, “Youth and Young Manhood” and “Aha Shake Heartbreak”. As their commercial success increased, they probably reached their peak to date with the release of “Sex on Fire” in 2008. It is their only UK number one hit single so far and arguable their most well-known song around the world.

There are eleven tracks on this album and the running time is approximately fifty-one and a half minutes. The opening track is “When You See Yourself, Are You Far Away” which is an extension of the album title and is the longest track on the album. It is a good quality song with all the features you would associate with the band when they are at the top of their game.

The second track “The Bandit” was the first single released from the album and track three “100,000 People” was the follow up single, these are the only single releases from the album thus far. In my opinion, “The Bandit” takes us back to songs like “The Bucket” and I expect it to be a favourite with fans at their live gigs when they are able to perform live again! Another track that fits into this category, I think, is track ten “Echoing”. My favourite song is track five “A Wave” which seems to move from morbid to euphoric but contains all the things I love about the band.

In some ways this is a reflective album with plenty of nostalgia infused lyrics especially on track six “Golden Restless Age”. Talking of lyrics, they seem to be more coherent than at some stages in the past. Perhaps this is linked to the production work of Markus Dravs. This is particularly evident on “100,000 People” which is quite a melodic number and proves, like a few other tracks, that it’s not all about raucous, guitar driven content either. There are times when you can see they are moving away from their traditional strengths but they do it to good effect. For those who do like their guitar riffs they are still there to enjoy, I doubt they will ever go away as they have been a staple of their success over the years.

Having looked at other reviews of “When You See Yourself” they have been generally good, and it has been well received in most quarters after perhaps a few questions were raised following the previous two album releases. There is not one track where I thought “ah this is rubbish”.

It’s good to see one of the world’s best bands back on form, albeit they are somewhat different in both how they look and their musical output from when they first appeared in the spotlight almost twenty years ago now.

MY STAR RATING = **** out of 5

IS IT GOOD TO FOLLOW FASHION?



Ruth Minich

Well yes, I certainly do! Fashion at its best is creative art. I love and follow it in a very broad sense. It is good to be inspired by the cut of a jacket or jeans that are a little bit different or have special details on them, coordinating (or clashing) colours or unusual fabric. I think that I personally still follow 1960's and 70's fashion. I love both the mod and the hippie styles; I hope that it portrays my personality more than my age!

I hope that fashion never stops evolving however. I love to watch the couturier fashion shows, especially when they are outlandish; eventually watered-down versions of these clothes appear on the high street.

I detest fast fashion however - cheap clothes often made in sweatshops and discarded after a couple of wears due to poor quality. Cheap and original clothes are best found in the charity shops where I've bought amazingly good quality original items for very little money. I'm looking forward to snapping up more bargains post covid - we all love a bit of dressing-up don't we?

Sarah Stone

I think that whether you follow fashion or not is very much connected with how secure you feel with yourself and your identity.

For sure catwalk fashion is an artform. It's amazing to see the latest creations from the world's most exclusive fashion houses. There aren't many of us who could actually get away with wearing what the models wear, therefore, the latest trends are adapted for the high street and internet shopping sites.

The fashion industry has been criticised historically for encouraging too much waste, with its Spring, Summer, Autumn AND Winter collections. Do we really need all these changes...? I read somewhere last year that because of the lockdown restricting the fashion shows, it prompted reflection on the need for all these season changes, the huge waste involved, and the sweatshop labour exploited to keep up with the demand for all these 'throw away' fashions. The ethical issues surrounding the fashion industry are well documented... It seems that there is a move now to sustainable fashion which is a good thing.

Personally, I think that it is more important to have your own individual style and it's a lovely thing to feel good in what you are wearing. I think that we can all bring to mind 'fashion victims' we know, the most famous one being Edina Monsoon from Ab Fab! Better to aspire to be a 'style icon' perhaps. For sure, pick out pieces from current fashions, but only if they really suit you. I think that it's better to have a few good quality classic pieces which you can wear in different combinations. I tend to buy second-hand clothing from charity and vintage shops. You can be lucky and find some really good garments, and it's really satisfying to bag a bargain!

Fashion is not just about clothing, it pertains to all consumable goods, cars, phones, home wear etc. Equally, with these items, I also believe choices should correlate with your own personal style, values and imagination. If you fall into that trap of having to have the latest iPhone, BMW, garden furniture etc. you could find that you are never quite satisfied, and you might very likely be in debt too, sounds a bit stressful to me.... I think that it is far more important to discriminate and just try to BE YOURSELF.

Graham Townsend

When I saw this topic, I thought immediately of two songs, "Fashion" by David Bowie and "Dedicated Follower of Fashion" by The Kinks.

I have to say I have considerably more interest in those songs than I do in fashion. I am a firm believer that a person has the right, within reason, to follow any trend or interest and fashion falls into this category. I have always been of the opinion that, as long as it meets social or conventional acceptance, I will wear a particular item of clothing. I have never been one to seek out the latest lines of fashion as it has never really interested me, it just doesn't float my boat.

Going back to when I was at secondary school, I can recall instances of when a friend or school mate would turn up with a new hairstyle or a new jumper for example. I never felt the need to copy them. Then as I became more aware of the styles that were actually out there, I would see others who were wearing trendy shirts, sporting different piercings, fancy shoes and the like that you perhaps would only normally see in the big cities. They had seen them on television or in magazines and didn't want to be left behind. Again, I never felt the urge to follow in their footsteps.

In summary I wouldn't say it is either good or bad to follow fashion, it is purely the choice of the individual in question.

Joanne Lyel

Punk! The revolutionary icon Vivienne Westwood creating fashion that is fearless, flamboyant and free. Imaginative, inventive and immortal designs which excite the senses.

Non-conformist. Individual. Works of art.

One recent fashion faux pas, a mainstream costume worn by the contemporary masses (like the emperor's new clothes), was low-rise hipster PANTS! Unfortunately, there was a crack in this design. Material starved slacks which were equally unforgiving and revealing. First, stripped bare, was the exposed expanse of the midriff, then (staring right back at ya) an uncomfortably awkward, yet bold, buff G-string! Alternatively, you might witness a cheeky flash: two inches of large, grey Calvin Klein's; medium, blue Ben Sherman's; or small, brown Bobby Clinkers...

Chris Scheller

Personally, whilst I totally understand the desire for people to want to look good and express themselves through what they wear, I think there are three major issues with the fashion industry.

One of the most concerning aspects is the environmental impact of what's become known as 'fast fashion'. This is where clothes are produced and bought cheaply and discarded after a short period of time. The production of clothes usually involves a vast amount of water consumption, both in terms of growing cotton and in the processes used to make and finish clothes. Chemicals, for example in the forms of dyes or substances used to wash textiles or make them more durable, are often used causing pollution to water systems and to the wider environment. On top of this lots of clothes are thrown away and end up in landfill sites. Even clothing companies that aim to be more sustainable will struggle to address all these issues. For example, organic cotton and natural fibres are often better than other fibres in terms of the chemicals used but will still require a lot of water. Also buying from more ethical companies can be expensive and out of reach for some people.

Secondly, as we know all too well, some of the cheaper (and at times more expensive) clothes we buy are made in factories where people are working in unsafe conditions and earning less than a living wage. Many companies have been criticised about this in the past and have had to look at their supply chains. Whilst many companies do now have statements advising they ensure the rights of workers who are employed in the garment industry and are part of their supply chain it is difficult to know how widespread the problem remains, especially with the rise (or at least the rise in reporting of) modern slavery. This largely impacts on women and girls, as, sadly, does the final issue.

The fashion industry continues to promote images of beautiful and seemingly perfect looking people and this can impact negatively on individuals' self-esteem. The majority of images are still of very slim women with wonderful hair and skin who would, quite frankly, look amazing in whatever they wore! This can impact on the mental and emotional health, particularly of girls and young women (although I'm sure of men too) who do not feel able to live up to this ideal and are aware of the constant scrutiny that social media affords. Whilst there have been some changes it is still unusual to see, for example, larger women or disabled women advertising fashion brands and so for these women the difference can feel even greater.

Having said all of that I realise it's much easier to have these views when you're older! I love the creativity that clothes and fashion can bring and of course it's a source of employment for lots of people. It would just be great if we could overhaul the whole way the fashion industry works.... But perhaps it wouldn't be the fashion industry then?

GRAHAM TOWNSEND'S MONTHLY QUIZ



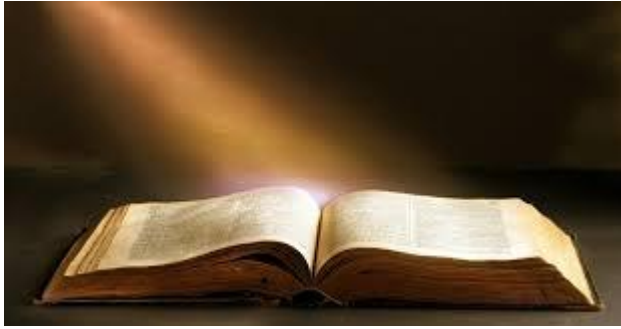
Questions:

- (1) "Pilot Of The Airwaves" was a 1979 hit single by which English female vocalist?
- (2) If you attended a match between Celtic Dragons and Surrey Storm in the UK, which sport would you be watching?
- (3) Which town is the administrative centre of the county of Kent?
- (4) London No.1 Blue, Gilbey's and Hendrick's are all well-known brands of which spirit?
- (5) Aneto is the highest peak in which European mountain range?
- (6) Who plays the title role in the British psychological crime drama series "Luther"?
- (7) Which chemical element has the symbol Sn?
- (8) Who wrote the novel "Bleak House"?
- (9) Brandon Flowers is lead vocalist with which US band?
- (10) David Solomon is the current CEO of which leading global investment banking, securities and investment management firm?
- (11) Who was prime minister of the UK between 1976 and 1979?
- (12) Which English painter, renowned for his paintings of horses, was born in Liverpool in 1724?
- (13) What does the modern abbreviation ICYMI stand for?
- (14) What is the outermost layer in the structure of Earth?
- (15) Which Scottish comedian, artist, actor and musician has the nickname "The Big Yin"?
- (16) What type of creature is a Ptarmigan?
- (17) Nicholas Breakspear is the only Englishman to have held which religious post?
- (18) What is the main ingredient of the Indian dish, Tarka Dhal?
- (19) What is the capital city of the US state of Wyoming?
- (20) Giannis Antetokounmpo and Stephen Curry are well known players in which sport?

Answers

- (1) Charlie Dore (2) Netball (3) Maidstone (4) Gin (5) Pyrenees (6) Idris Elba (7) Tin (8) Charles Dickens (9) Killers (10) Goldman Sachs (11) James Callaghan (12) George Stubbs (13) In Case You Missed It (14) Crust (15) Sir Billy Connolly (16) Bird (17) Pope (18) Lentils (19) Cheyenne (20) Basketball (NBA)
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BIBLE TALK



Sent in by Peter Smith

“Now Barnabas was determined to take with them John called Mark.

But Paul insisted that they should not take with them the one who had departed from them in Pamphylia, and had not gone with them to the work.

Then the contention became so sharp that they parted from one another. And so, Barnabas took Mark and sailed to Cyprus.”

Acts 15:37-39 (NKJV)

Paul and Barnabas did not get down and 'pray for the Lord to guide them' about Mark. Instead, each of them said what he thought, and they had an old-fashioned row. Much healthier!

ST KITTS AND NEVIS



I first visited the beautiful islands of St Kitts and Nevis over twenty years ago. The reason for my initial visit was so that my best friend Brenda could be reunited with her grandma mama Lucille who raised her as a child. Brenda

emigrated to be with her mother in England when she was 15 ½ years of age in 1967.

St Kitts and Nevis is an island country which can be found in the Leeward Islands in the east of the Caribbean. Although it became independent in 1983, it remains in the British Commonwealth with Queen Elizabeth II as head of state and it is the only federation in the Caribbean.

Basseterre (St Kitts) is the country's capital and is the main port for cruise and cargo ships, whilst the island of Nevis lies a mere two miles away southeast of St Kitts. Originally, St Kitts was called 'Liamuiga' by the Kalingo people who inhabited the island and this translates as 'fertile land'. Nevis was initially (pre-Columbian) named 'Oualie' which means 'land of beautiful waters'.

Today, the two islands have a population of around 53,000 with 75% of them living in St Kitts and over 90% of people being Afro-Caribbean with a minority of Europeans, Indians and Chinese. Most people practice the Anglican faith. Due to the British influence on its history, the only official language is English although St Kitts Creole is also widely spoken.

It is now a good time to take a look at the interesting history of St Kitts and Nevis:

Before the pre-Columbian era, the pre-Arawakan people are thought to have settled on the two islands around 3,000 years ago and, then, they were followed by the Arawak people or Taino, in about 1000 BC. The aggressive Caribs invaded the islands in about 800 AD. It is believed that Christopher Columbus was the first European to see the islands in 1493, although it was not until 1623 that the English settled on the west coast of St Kitts after coming to an agreement with the powerful Carib chief Ouboutou Tegremante.

In 1625, the French also settled on St Kitts and agreed to the division of French and English areas. The English began to settle on Nevis from 1628. Typically, both countries were only really interested in exploiting the islands' natural resources and although the Caribs (Kalingo) fought them for the first few years until 1626, the cooperation of the French and English settlers allowed them to destroy the Kalingo at 'Bloody Point' and stop any future problems with them.

Large sugar plantations were established by the English and French which were worked by slaves brought in from Africa – the result was enormous wealth was generated for the colonists.

The Spanish destroyed the French and English colonies in 1629, but as part of the 1639 war settlement, the Spanish allowed the re-establishment of the French and English colonies on the two islands. Following this, due to Britain's cooperation in the fight against piracy, Spain recognised Britain's claim to St Kitts with the Treaty of Madrid in 1670.

The late seventeenth century saw France and England fighting to control St Kitts and Nevis but, in 1713, France gave up any claims through the Treaty of Utrecht. But the economy of the islands was badly damaged by the wars and by natural disasters like the 1690 earthquake which completely destroyed Nevis' capital Jamestown – rebuilt as Charlestown.

The turn of the eighteenth century saw St Kitts being the richest British Crown Colony in the Caribbean, due to a slave-based sugar industry which was later replaced by an "apprenticeship" scheme following slavery being completely outlawed in 1834. Significantly, while Britain was busy fighting with its American colonies, the French retook St Kitts in 1782, until in 1783, the Treaty of Paris returned it back to Britain.

In 1882, St Kitts and Nevis joined with Anguilla to form a federation but all three experienced a lot of economic hardship and limited opportunities. Consequently, politics became important and, in, 1949 the St Kitts-Nevis-Anguilla Labour Party was formed. Then in 1965, the People's Action Movement was founded which was more Conservative in nature. However, later Anguilla chose to leave the union and remains a British overseas territory.

Now, the islands remain a beautiful sight with St Kitts having a tropical savanna climate and Nevis a tropical monsoon climate. But on the three occasions that I have visited the islands, I was struck by the economic inequality which still prevails. The economy itself is made up of tourism, agriculture and some light manufacturing industries. As the demand for sugar fell, the agricultural sector had to diversify. It is true to say that the country depends heavily on tourism to attract revenue, and this has significantly increased since the 1970s.

If you are fortunate enough to visit St Kitts and Nevis, you will hopefully experience one of its festivals like Culturama or Easterama. Football is played on the island as is cricket – top

cricketers may be selected to play for the West Indies cricket team. A famous track and field athlete called Kim Collins has won gold medals at the World Championships and Commonwealth Games.

So, if you want to visit the Caribbean, make sure you pay a call to the vibrant and colourful world of St Kitts and Nevis with its lovely people. You won't regret it!

* With a lot of help from Wikipedia

SOME MORE USEFUL RECIPES FROM JUNE



Brandy Butter

Ingredients:

2 oz of butter
2 oz of icing sugar
2 tablespoons of brandy

Method:

Cream the butter and sugar and work in the brandy. Pack in small waxed containers, pressing down well. Thaw in the fridge for 1 hour before serving with pudding or mince pies. Will keep for 1 year.



Cheese Straws

Ingredients:

2 oz of plain flour
3 oz of grated cheese
1 level tablespoon of baking powder
2 oz of butter or margarine
1 egg

Method:

Put the flour, cheese and baking powder into a bowl. Cut butter into cubes and rub into the flour. Separate the egg yolk and add to the mixture. Mix well with spoon to dough and shape into sticks. Bake at 425 F for about 12 minutes.



Treacle Toffee

Ingredients:

3 tablespoons of treacle or golden syrup
3 oz of margarine
6 oz of sugar

1 tablespoon of water
1 tablespoon of vinegar

Method:

Melt the margarine, sugar, water, treacle and vinegar in a pan. Bring to the boil. Boil until the toffee sets when dropped into cold water. Put in slightly greased tin and leave to set.

Apricot and Yoghurt Cups

Ingredients:

1 pint of natural yoghurt
A few drops of almond extract
2-3 teaspoons of warmed, clear honey
6 oz of ready-to-eat dried apricots

Method:

Spoon the yoghurt in to a mixing bowl and add the almond extract and honey and stir. Using a small, sharp knife cut the almonds into very thin slithers and stir into the yoghurt mixture. Using kitchen scissors, cut the apricots into small pieces, then stir in to the yoghurt. Spoon the mixture into paper cases and freeze for 1 ½ - 2 hours or until just frozen. Serve immediately.

ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



Questions:

- (1) What is the French word for April?
- (2) Who is President of the US?
- (3) How many people are in a handball team?
- (4) What is the capital of Montenegro?
- (5) What was George Orwell's real name?
- (6) How old is an octogenarian?
- (7) Who founded the food giant KFC?
- (8) What is the currency of Monaco?
- (9) What is said to be the root of all evil?
- (10) Where would you find St Kitts and Nevis?
- (11) What is the Spanish for tomorrow?
- (12) Who invented the CD disk?
- (13) What nationality was the painter Vincent van Gogh?
- (14) Which woman won Wimbledon in 2019?
- (15) How many balls are used in the game of snooker?
- (16) What is an operating system?
- (17) Who played the lead female role in the 1939 film Gone with The Wind?
- (18) Who did Zinedine Zidane famously headbutt in the 2006 World Cup Final?

(19) How long does it take a chicken's egg to hatch?

(20) What is a brisket?

Answers:

(1) Avril (2) Joe Biden (3) 6 (4) Podgorica (5) Eric Arthur Blair (6) They are in his or her eighties (7) Colonel Harland Sanders (8) Euro (9) Money (10) In the eastern Caribbean Sea (11) Manana (12) James Russell (13) Dutch (14) S Halep (15) 22 (16) The low-level software that supports a computer's basic functions, such as scheduling tasks and controlling peripherals (17) Vivien Leigh (18) Marco Materazzi (19) Up to 24 hours but 5-7 hours is more normal (20) A cut of meat from the breast or lower chest of beef or veal

Editor's Final Word: Thanks very much for reading this edition of the magazine. If you have any ideas how we can improve it or want to contribute in some way, then please contact us at: dean@fthm.org.uk best wishes, Dean, Brenda, Robert and Graham.