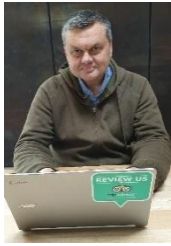


FROM THE HORSE'S MOUTH - May 2021. Edition 77.



Hello. How are you? Me and Brenda are okay and have had our second dose of the Oxford vaccine – I can't understand people who say Covid-19 doesn't really exist when so many people have died of it around the world.

This magazine is in good shape and happily still evolving. If you would like to get involved in a non-sexist, non-homophobic and non-racist way, then please contact us at: dean@fthm.org.uk Also please contact us with any ideas how we could improve this publication. Best wishes, Dean.

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MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

Some of your fears may be realised this month, so ready yourself for a rough and bumpy ride – but you will survive and learn from the experience. A woman who was really mean to you when you were younger will pass back through your life again and inspire sympathy as she is a mere shadow of her former self.

Can you afford to take up an unexpected romantic offer?

Sagittarius 23 Nov – 21 Dec

A kind, older woman will give you something that lifts your spirits and reassures you that there are still some nice people around. A daunting visit to the dentist is required, so just bite the bullet and face it. Now is a good time to seek help for your problem drinking. Maybe you should also develop your domestic skills and give your partner a break from time to time.

Capricorn 22 Dec – 20 Jan

This month, you may be surprised that you are attracted to someone who is not really your type – but who is a very nice person. A friend may offer to give you a dog as a pet but do you really think you could cope with it when you can hardly look after yourself? An email from a relative may spark your curiosity and maybe lead you to trace your family tree.

Aquarius 21 Jan – 19 Feb

You have underachieved for most of your life so now is the time to lift your game and realise your undoubted potential – before it's too late. A girl with a face like a cat needs your help at the moment as she always feels she is treated second best. A new relationship with a member of the opposite sex will be an education and teach you things you never knew about.

Pisces 20 Feb – 20 Mar

A phone call conveying bad news will temporarily dampen your spirits, but a following communication will soon lift your mood again. Someone you fancy will finally realise that you exist, but you have a lot of work to do if you are to get to go out with them. Your gout may have been bad recently so it's a good time to take a long, hard look at your diet.

Aries 21 Mar – 20 Apr

You may feel that everything and everyone is against you at the moment, but do stop feeling sorry for yourself as you have much to celebrate in your life. A new business opportunity may arise as things get back to normal, so consider investing the money you have saved during the pandemic. A vain man may ask you out, but do you think he can love anyone else?

Taurus 21 Apr – 21 May

Some of your bread-and-butter income may dry up this month, and you may find you can no longer have jam on everything. A new friendship will blossom soon but will the other person be all that they seem? Be careful. Someone close to you will disappoint you when you learn they have been passing on personal information to a third party. Give to the less fortunate.

Gemini 22 May – 21 Jun

You look fat at the moment but soon you will have the strength and opportunity to get back into shape. A person with a reputation for having been around the block many times, will show interest in you, but will you believe that they have changed? It is the perfect time to start planning a wonderful holiday in the sun. Take better care of yourself in general.

Cancer 22 Jun – 23 Jul

Romance is a distinct possibility at the moment as you are about to meet a genuine, kind person – but will their foul breath put you off? The friendly ghost in your back bedroom may reveal itself on the third Thursday of the month. You may be feeling old at the moment but remind yourself that you are no spring chicken and be realistic about what you can now do.

Leo 24 Jul – 23 Aug

You may have been in a sexual desert for a while now, but don't worry as you have an abundance of love in your life which is surely what really matters? Money may be tight but happily, a small windfall will be blown your way soon. A celebrity will appear on TV advertising some product or another, but can you trust someone who sells out?

Virgo 24 Aug – 23 Sep

A man who likes a laugh as long as it's not on him, will be in a mood with you this week, but it's okay as he will soon come round and maybe see the funny side. Keep a good bottle of champagne handy as you will soon have something to celebrate. Don't be surprised if your fair-weather friends reappear now that you have a bit of money. Don't work too hard!

Libra 24 Sep – 23 Oct

Your waistline is expanding at an alarming rate so act now or risk becoming too fat to walk. Someone with a pedigree dog will turn your head tomorrow, but avoid getting involved as they will eat you alive. You will not be shocked when a friend comes out of the closet and finally embraces their sexuality. Consider moving home if you are unhappy where you are.

DAVID CHARLTON TALKS ABOUT HIS HORRIFIC CYCLING ACCIDENT



David, can you tell me a bit about yourself?

Throughout my life I have been a keen sportsman participating in numerous sports including running, football, rugby league, weight training and cycling. For the past 20 years I have mainly been road cycling. At the age of 50, I turned to mountain biking due to my son having an interest in this. We frequently visit Leeds Urban bike park, where we have spent many hours practicing our skills.

I understand you are recovering from a serious cycling accident, what actually happened?

On the 8th February 2020, on a bitter cold morning, the jump line was particularly fast. I set out for my warmup doing 3 or 4 laps and clearing the

large jumps very well. However, on my 5th lap I did the first jump which didn't go according to plan. I landed on my front wheel losing control at which the bike threw me over the handlebars on to my head and neck at speed. I lost consciousness and when I came around, I found people and my son standing over me. They kept me still and the kids used their coats to keep me warm whilst waiting for an ambulance. Once the ambulance arrived, they also kept me warm and realised that I couldn't be moved by them due to the bike track being uneven. Therefore, we had to wait 3 hours for the mountain rescue team to carry me to the ambulance.

I had a short journey to Leeds General Infirmary and was taken to resus to be assessed.

Whilst there, I was on a stretcher with my neck in a brace to reduce movement. I was taken for x-rays and an MRI scan. After about 10 hours the consultant came to break the news that I had a broken neck and upper back and would need extensive surgery to insert a cage to my neck and spine. On top of this I also sustained a punctured lung, broken ribs and broken fingers.

Two days later, I had my surgery and spent 1 week in hospital, in this time I had to have physio and assessment before I was able to come home, I had a neck brace on for 12 weeks to keep my neck still so that it could heal.

What was it like being in hospital? In the ICU I was well looked after with all the staff being caring and taking care of my needs, I spent 3 days in ICU before being moved to the trauma ward.

Do you think you will ever recover from your injuries? No, I will always have lasting effects due to the cage being uncomfortable as well as slight nerve damage.

Will it deter you from taking part in similar activities in the future? It isn't until you have experienced an accident like mine that you appreciate how dangerous the jump lines at the bike park really are. Since going to the bike park, I have witnessed the ambulance treating people for injuries on a daily basis and I never thought that this could happen to me.

However, I will carry on cycling but have realised that I cannot afford to take risks anymore.

In hindsight, could you have avoided your accident? I am a confident rider who has ridden the jump line many times before and unfortunately this was an accident that I didn't foresee and could easily have happened to anyone.

What do you normally do as a job and do you enjoy it? I work for Leeds City Council as a localities chargehand and this is an outside physical job that I thoroughly enjoy.

Are you back at work now? Yes, I went back to work after 5 months.

GRAHAM'S SPORTING CORNER



Welcome to the latest 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.

This month we are going to take a look at cricket, a bat and ball game played between two teams of eleven players. The game is played on a twenty-two-yard pitch in the middle of a field, with a wicket at each end of the pitch. The wickets are comprised of two bails balanced atop three stumps.

A coin toss takes place to decide which team will bowl first and which team will bat. The batting team score runs by hitting a ball that is bowled to them. One batsman stands at each end of the pitch. They take it in turns to face the bowler, based on the runs they score. The bowling side have fielders who try to prevent the ball leaving the field of play as a result of the batters striking it. They have to dismiss the batsmen one by one, known as taking a wicket, until the batting team are "all out", this is achieved when ten out of their eleven players have been dismissed or given "out" by the umpires.

The umpires, as standard there are two on the field of play at any one time, are cricket's equivalent of referees. There are ten modes of dismissal under current cricket rules. The most common are "bowled", when the ball strikes the batsman's stumps, and "caught" when the batsman hits the ball directly to a fielder without it hitting the ground after striking it. The laws of cricket are maintained by the MCC (Marylebone Cricket Club) in London.

The first recorded reference to the game of cricket stems back to the mid-16th century in South East England. The game spread globally with the expansion of the British Empire. The first international matches were played in the second half of the 19th century.

The ICC (International Cricket Committee) is the governing body. It has over one hundred members. Of these, there are twelve full members who play Test matches, in the modern era, these games are played over a period of five days. The sport is prominent in the Indian subcontinent, Australasia, the United Kingdom, Southern Africa and the West Indies.

It is unclear as to when players officially became professionals, however, it was during the time of W G Grace, the most well-known cricketer of the 19th century, whose career started in 1865, that professionals were generally acknowledged to exist. The first official county

cricket tournament was the County Championship which commenced in 1890, following its creation by the eight leading English teams the previous December. Sussex is generally recognised as the first county cricket team having been formed in 1839. Until 1988, matches were played over three days.

International cricket was already being played at this stage. The first-ever Test match is retrospectively recognised as having taken place at the Melbourne Cricket Ground in 1876-77 between Australia and England. The rivalry between the two countries gave birth to “The Ashes” in 1882. They remain the most famous contest in cricket to this date.

As cricket continued to develop during the 20th century more countries joined the international ranks. New variants of the match format started to appear. The first limited overs competition in English domestic cricket commenced in 1963. Matches were played to a conclusion on the same day they started. The first international limited overs match was played in 1971. The ICC saw the potential in this and, in 1975, the first World Cup took place using this format.

In the 21st century, a new limited overs form, Twenty20, made an immediate impact. The first Twenty20 World Cup took place in 2007. In 2008, the inaugural season of the Indian Premier League (IPL) took place. This has become the world’s flagship domestic Twenty20 tournament and attracts the top players from across the globe. Many other franchise competitions have cropped up around the world, hoping to emulate the success of the IPL.

The game continues to evolve apace with the introduction of “The Hundred”, a further tweak to the limited overs game, it is a one hundred ball per side franchise product featuring eight teams based in some of the major cities of England and Wales. It is due to start in July 2021.

Australia is the most successful country in cricket history to date, having won five World Cups and having been the top-rated Test team more than any other country.

Top players include, Donald Bradman, statistically the greatest Test batsman of all time, Sachin Tendulkar, the scorer of more Test runs than any other player to date and Muttiah Muralitharan, who has taken the most Test wickets to date.

I hope you have enjoyed this look at the sport of cricket.

Until next time...stay safe and be happy!

* Written with some help from Wikipedia

PS – If you fancy a further sports fix, I record a weekly podcast, you can view it at - https://www.youtube.com/channel/UCQAG_vzf_Qq0XIKczwd117Q

EMOTIONAL ABUSE

Written by J R Clare



What is Emotional Abuse?

Are you afraid of making simple decisions because you fear you will anger your partner? Do you continually second guess yourself and walk on eggshells to avoid disappointing them? Is it difficult to know what will cause their next, furious outburst? If the answer is yes, then your partner is an emotional abuser.

Emotional abuse is defined as, ‘The continued and deliberate mistreatment of another person by means of psychological aggression, intimidation, coercion, control and emotional manipulation’ (Psych2Go). * The abuser manipulates the victim by using deliberate, non-physical acts; though, over time, this may also turn into physical abuse.

Emotional abuse is rarely discussed and can be difficult to recognise but it is important not to underestimate the traumatic and debilitating impact it has on a person’s life. Being aware of the signs of emotional abuse can help us all to protect ourselves from these toxic relationships.

Who Can Experience Emotional Abuse?

Emotional abuse has devastating effects on a person’s physical, mental and emotional well-being. It does not discriminate and impacts victims of all ages, genders, cultures and backgrounds, therefore it is important for all of us to be able to recognise the signs and to be aware of the potential negative impact the abuse has on an individual. Emotional abuse is not the victim’s fault.

The Impact of Emotional Abuse

According to the National Institute of Mental Health, emotional abuse can cause anxiety and depression, digestive problems, muscle tension, migraines, chest pain, palpitations, irritability and other long-term effects. Having to endure this type of abuse can even leave the victim questioning their own sanity and leave them with a higher risk of self-harm and suicidal behaviours. (See help and information below).

Over time, these sustained, abusive behaviours severely and negatively impact the victim’s mental health and overall well-being leaving them passive and confused as though they no longer know themselves. Due to the immense stress and trauma the victim experiences, they become physically ill and chronically, emotionally exhausted.

What are the Signs of Emotional Abuse?

The abuser:

- Isolates you from friends and family
- Blames you for the arguments and/or the abuse
- Is overly critical of you, putting you down

- Intimidates you, leaving you afraid to challenge their unpredictable behaviour
- Makes you feel guilty, makes subtle threats
- Has a harmful level of control, telling you what to wear, what to think, controls your money
- Invades your privacy, constantly checking up on you, checking your phone and/or emails
- Gaslights** you, creating continual self-doubt
- Frequently lies to you
- Intentionally humiliates you, disguising jibes as jokes
- Rejects you
- Frequently disappoints you and lets you down
- Plays on your fears
- Accuses you of flirting or of having affairs

The Brain and Emotional Abuse

Many different reasons keep people trapped within these toxic relationships, these can include finances, children and the very real fear of the dangerous consequences of leaving. Additionally, chemical imbalances in the brain and a psychological effect known as trauma bonding*** can occur, with the victim forming an unhealthy attachment to their abuser. This can mean that they form complex rationalisations for the abuse, they may even feel sympathy and/or affection for the abuser and make excuses for them. The victim begins to normalise the abusive behaviour.

Often victims are unaware that they are experiencing abuse, some victims have lived in these relationships for decades. When they are able to see that the relationship is abusive, they often feel helpless and ashamed and struggle with feelings of grief, loneliness and absolute hopelessness. It is important to remember that abuse is not the victim's fault.

Children and Emotional Abuse

Growing up within this highly dysfunctional environment has negative consequences that can have an impact on a child throughout their life leaving them vulnerable to adverse childhood experiences (ACEs).**** The long-term social and health problems linked to ACEs include: heart disease; lung cancer; shorter life expectancy; forming destructive and abusive adult relationships; and being at a greater risk of alcohol and substance misuse and substance dependency.

All Forms of Abuse are Always Unacceptable

All forms of abuse are always unacceptable. If we recognise that we are being emotionally abused, it is important to be kind to ourselves. By informing and educating ourselves and our children we will begin to gain greater awareness and be able to work towards happier and healthier relationships in the future.

There is further help and information below which includes short videos and contact details for confidential, professional guidance and support.

Further help and information can be found at:

*Abuse and Trauma

https://www.youtube.com/watch?v=uYWz7NR20Ko&ab_channel=Psych2Go

**Gaslighting

https://www.youtube.com/watch?v=bVBdWSPXyRw&ab_channel=DoctorRamani

***Trauma Bonding

https://www.youtube.com/watch?v=yH-H4PkoH88&ab_channel=DoctorRamani

**** ACEs https://www.youtube.com/watch?v=uXXTLf7oouU&ab_channel=TEDMED

Childhood Trauma

https://www.youtube.com/watch?v=95ovIJ3dsNk&t=448s&ab_channel=TED

NHS <https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence>

The Body Keeps the Score, book by Bessel van der Kolk

Mankind Initiative – helping men escape domestic abuse 01823 334244

<https://www.mankind.org.uk>

<https://womancentre.org.uk> Calderdale Office 01422 386500 Kirklees Office 01484 450866

Calderdale Staying Safe 01422 323 339 (Mon-Fri 9am to 5pm)

National 24hr Domestic Abuse Helpline – 0808 2000 247

Childline 0800 1111

Samaritans 116 123 (freephone) <https://www.samaritans.org>

Victim Support 0808 168 9111 <http://www.victimsupport.org.uk>

The National Association for People Abused in Childhood (NAPAC) 0808 801 0331

support@napac.org.uk <http://www.napac.org.uk>

ADVENTURES OF A MAN SITTING DOWN CONTINUED

Written by Krishna Francis

Contrary to the title of this segment I rarely take things sitting down. I'm always willing to stand up for a cause. That is if I can concentrate for long enough that the opposition can't line up an attack. Usually, I get distracted and my focus shifts to one of many other causes that preoccupy me. Then the shot is fired and I fall over. Sometimes it misses just because I've wandered off in search of something to do.

Sometimes I do manage to get things lined up and able to work. For example, I got the allotment funding I talked about last time. I'm hoping that I got enough money to make it possible for me to actually get on to the allotment for which I am the vice chair. Vice wheelchair? It's a funny thing about me, occasionally the elements align and I reach a state of flow. The really funny thing is that this happens when I feel at my least focussed. When I let go of the steering wheel, it's like the vehicle I'm in has the capacity to come to a stop safely. Instead of careering out of control, things impossibly but not improbably align.

That is to say that whilst it would be impossible to plan the turn of events that occur, they aren't improbable. They could easily happen but just not if I willed them into being.

For example, the funding has been on my mind for nearly a year. It was originally needed in response to the flooding we had last February. The allotment, which sits between the canal and the river, got severely damaged. I set out to get some funding but discovered that in order to go for some of the pots of money we had to have an equal opps and a safeguarding policy. I arranged to meet a friend who works in small company that has just such a range of policies but the arrival of the pandemic made it disappear from my mind.

Then, a few weeks ago, I was out in the street beside my house and that friend walked by and I suddenly recalled my lapse and asked her what we should do. She gave me directions to where her policies could be found on her website. Meanwhile, as I went looking for them, I checked on the internet what funding was available. A new fund to promote green living and community centred activities was asking for proposals.

I phoned up and chatted to the person in charge which created a personal link to the application. He gave me some good pointers and looked over my policies for me, reassuring me they were along the right lines. I applied for the fund, getting in just before the deadline, and now our allotment will soon be a place that is accessible for me. That constellation of elements would have been impossible to organise. However, my willingness to keep going and the fact that I was associated with a given outcome by a range of different people meant that the probability of a successful outcome was increased.

So, taking a laid-back approach meant that I didn't take things sitting down. If you see what I mean.

GRAHAM TOWNEND'S MONTHLY QUIZ

Questions:



- (1) The Hellenic Republic is the official name of which European country?
- (2) Who is the only person, as at 7th April 2021, to have been nominated for an Oscar, a Grammy, a Golden Globe and the Nobel Peace Prize?
- (3) What nationality was footballer Peter Lorimer, best known for his time playing with Leeds United, he died recently aged 74?
- (4) Pacific, Kumamoto & Native are all types of which edible mollusc?
- (5) Which Italian noblewoman was queen consort of France from 1547 until 1559?
- (6) When sorted alphabetically by symbol, which element of the periodic table comes first, it has atomic number 18?
- (7) Burlington is the largest city in which US state?
- (8) What is the official currency of Jordan?
- (9) What type of animal is a nuthatch?
- (10) Which American photo and video sharing social networking service was acquired by Facebook in April 2012?

- (11) Which Jamaican model, singer and actress had a UK hit single with “Slave to The Rhythm in 1985?
- (12) Stephen Harper was Prime Minister of which country between 2006 and 2015?
- (13) Which contemporary artist, born in Chelmsford, England in 1961, won the Turner Prize 2003, he is known for his ceramic vases, tapestries and cross-dressing?
- (14) Calvin Broadus is the real name of which US rapper?
- (15) Which company is the headline sponsor of 2021’s IPL cricket competition?
- (16) How many bones are there in a human ear?
- (17) Valencia, Navel and Blood are all types of which citrus fruit?
- (18) For what does the E in UNESCO stand?
- (19) Who was the author of the book "The Black Tulip" published in 1850?
- (20) Who immediately preceded Sir Alex Ferguson as manager of Manchester United?

Answers

- (1) Greece (2) Bono (3) Scottish (4) Oyster (5) Catherine de Medici (6) Argon (7) Vermont (8) Jordanian Dinar (9) Bird (10) Instagram (11) Grace Jones (12) Canada (13) Grayson Perry (14) Snoop Dogg (15) Vivo (16) Six (17) Orange (18) Educational (19) Alexandre Dumas (20) Ron Atkinson

NOTTINGHAM



The city of Nottingham is to be found in the East Midlands region of England. It is 128 miles north of London and 45 miles northeast of Birmingham. In 2017, it had a population of 329,200 and, including its suburbs, it had a total population of 768,638.

Nottingham was originally called Snotingham as it was under the rule of a

Saxon chieftain called Snot. After the Norman conquest, the Saxon settlement developed into the Borough of Nottingham and possessed a Town Hall and Law Courts. Nottingham Castle was built in 1068 by the River Leen and a settlement grew around the castle which became a French borough supporting the Normans in it. As the town grew, the Old Market Square later became its focus. When Richard Lionheart returned from the Crusades, the castle was occupied by supporters of Prince John (including the Sheriff of Nottingham) but he first besieged it and then finally captured it. Interestingly, it is thought that Nottingham Castle was the location of the final showdown between the Sheriff of Nottingham and the legendary outlaw Robin Hood.

It is worth noting that in the fifteenth century Nottingham was an important exporter of religious sculptures made from local alabaster. The textile industry (especially lace manufacture), was extremely important to Nottingham during the Industrial Revolution and continued to be so until it declined after the Second World War. Now there remains little

textile manufacture although many industrial buildings have been restored and modified for modern use.

Notably, City Status was awarded to Nottingham as part of Queen Victoria's Diamond Jubilee celebrations.

In modern times, the city has perhaps been best known as the home of two-time UEFA European Cup winners Nottingham Forest who under the guidance of Brian Clough and Peter Taylor, dominated Europe in 1979 and 1980. It would be unfair to not also mention Notts County who were formed in 1862 and who are the world's oldest professional football club. But Nottingham also offers many other sporting activities like cricket, water sports, rugby union, boxing, ice hockey, athletics, tennis, cycling and there is even an American football club called Nottingham Caesars. It was also the birthplace and training base for the famous ice dancers Torvill and Dean.

Today there is a lot of pressure for more affordable and council housing, and consequently, there is a lot of pressure on the green belt which surrounds the city.

If you have time to visit Nottingham, you will discover a wide array of interesting examples of architecture such as St Barnabas' Roman Catholic Cathedral, The Theatre Royal on Theatre Square (built in 1865) and the Georgian area around Oxford and Regents streets. There are normally many places that you can shop in like, The Exchange Arcade which contains a lot of interesting boutiques, the Broadmarsh Shopping Centre and the Victoria Shopping Centre which was built on where the Victoria railway station once stood, in the 1970s.

Tourists are attracted to the city by The Robin Hood Pageant, Light Night, and in the past by events like Nottingham Cave Festival, Nottingham Puppet Festival and the Nottingham Festival of Science and Curiosity. Also, since the 1990s, people have been able to participate in the annual Pride Parade which is organised by Nottinghamshire Pride. There are also galleries and museums to visit such as the North Industrial Museum and the New Art Exchange which has exhibited contemporary art since it opened in 2008. If you like trips to the theatre, then maybe you could go to the Nottingham Playhouse or the Royal Concert Hall.

Nottingham has a vibrant music scene – both popular and classical. It is the home of Earache Records which is a large independent record label set up in 1986 and is also the home to the Philharmonic Orchestra, the Bach Choir and the Symphony Orchestra. The SPLENDOUR music event was headlined by the groups Madness and the Pogues in 2009, and it is true to say that the city is known for its Hip-Hop scene. In addition, you can normally go to the Asian Mela every summer and celebrate the Hindu Spring festival and a parade on St Patrick's Day. Nottingham is famous also for its annual Goose Fair which actually used to sell geese!

Although Nottingham is a city it does not meet the usual prerequisite of having an Anglian Cathedral although it does have three historic Anglican parish churches and St Barnabas's Roman Catholic Cathedral, various chapels and meeting rooms, thirty-two mosques and also houses places of worship for Sikhs, Hindus and Jews.

The city is also home to many economic powerhouses like Alliance Boots, Chinook Sciences, Pedigree Pet Food, Vision Express and Spec Savers. It was the birthplace of Raleigh Cycles in 1886 and it is where Sturmey-Archer developed 3-speed hub gears.

One pub that you may like to go to during a visit to Nottingham, is Ye Olde Trip To Jerusalem (the Trip) which is located partially in the cave system beneath the castle – the caves may have been used to store beer and water for the castle during medieval times. It may actually be the oldest pub in England as it was established in 1189 although its current timber building probably dates back to the seventeenth or eighteenth century.

If you are thinking of moving to the Nottingham area, you will find a strong education system that you or your children could benefit from as there are three universities, three colleges of further education and many state and independent schools.

Travel to the city by public transport is quite easy as there is a good bus and tram service and East Midlands Airport is only just under 15 miles southwest of the city.

So, when this terrible pandemic is finally over, then why not invest a bit of time and money to visit the home of the legendary Robin Hood!

* With a lot of help from Wikipedia

JUNE CHARLTON TELLS US MORE ABOUT HER LIFE



Today, Monday the 5th of April, 2021, is a day we will not forget. I got up this morning and we went to Selby where it was bitter cold and there wasn't anyone sitting in the park eating fish and chips like last week.

As usual, we went to St Aidans on Sunday to walk around the lake. People must have been up very early as there were cars parked on either side of the road and it was only nine

o'clock. I think that people are bored of the lockdown, and that it's a nice place to visit.

All being well, the shops and hairdressers will soon be open and people will at last be able to get their hair done – my husband did a hairdressing course years ago, so I'm alright for having my hair cut, but now I'm waiting for my highlights to be done professionally.

It's Tuesday, and the weather is very cold once more so we are doing things at home and keeping busy so that we will be in a position to sit out and read when it is warmer.

I'm keeping myself occupied by cooking, doing housework and by writing articles and recipes for my son's magazine.

The Duke of Edinburgh died on Thursday and he was nearly 100. I think he did a lot of good work as did Captain Tom who died at a similar age so I wanted to give them a mention.

Our neighbour across the road is ill in hospital with Covid and according to his wife he is very lucky to be alive. He is in intensive care and when he finally returns home, he will be on oxygen for the foreseeable future.

What keeps me from succumbing to boredom are my routines in the home and I find these give me a sense of normality.

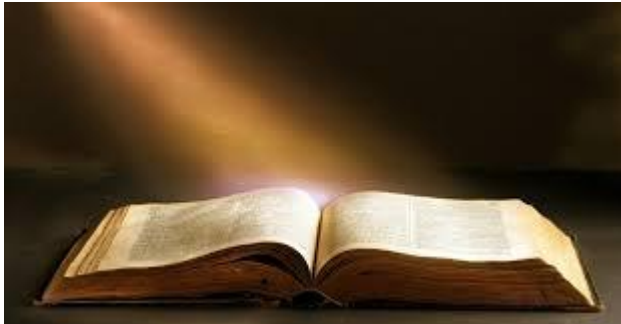
I phoned a café that we frequent to ask when they will be opening and they said it would be next Monday although people would only be able to consume food and drink outside, weather permitting. It's nice to think that one day everything will be back to normal.

We're hoping to book a holiday to Scarborough or Bridlington although we have decided not to bother going abroad this year, even if it is possible.

The last year has been one to remember but I believe good times lie ahead for everyone. So, let's keep on sticking to the rules and being positive!

BIBLE TALK

Sent in by Peter Smith



'How precious is your loving kindness, O God!

Therefore, the children of men put their trust under the shadow of your wings.

They are abundantly satisfied with the fullness of your house,

And you give them drink from the river of your pleasures.

For with you is the fountain of life;

In your light we see light.'

Psalms 36:7-9 (New King James Version)

These words of David say it all.

It is very rewarding to read the 150 psalms in the Old Testament (OT). In my bible reading cycle (see FTHM 60, December 2019), which goes to and fro between the OT and the NT, I read them in four separate blocks: numbers 1-41, 42-72, 73-106 and 107-150.

If you follow a bible reading cycle, and get bogged down in a book – e.g., one by an OT prophet - leave that book for now, and go on to the next one. (If it's Isaiah, try starting again at chapter 40).

It is crucial to read the gospels over and over again. From these we come to know Jesus better and better, and we come to care about what He cared about. Notice how often He praised (or rebuked) people for their faith (or lack of faith). And notice that He never spoke against homosexuality or abortion - even though Hippocrates mentioned abortion many years before Christ.

If you want to start by studying just two gospels in great depth, I'd suggest Mark and John.

Do use a bible that translates the Greek accurately. Many modern bibles sometimes paraphrase the text. That is, they use words that are not in the original Greek to express what they think the text means.

BRENDA'S WILDLIFE CORNER



Kingfisher

Kingfishers are a family of small to medium-sized, coloured birds. They are found in the tropical regions of Africa, Asia and Oceania. The family is composed of 114 species and is divided into three subfamilies and 19 genera.

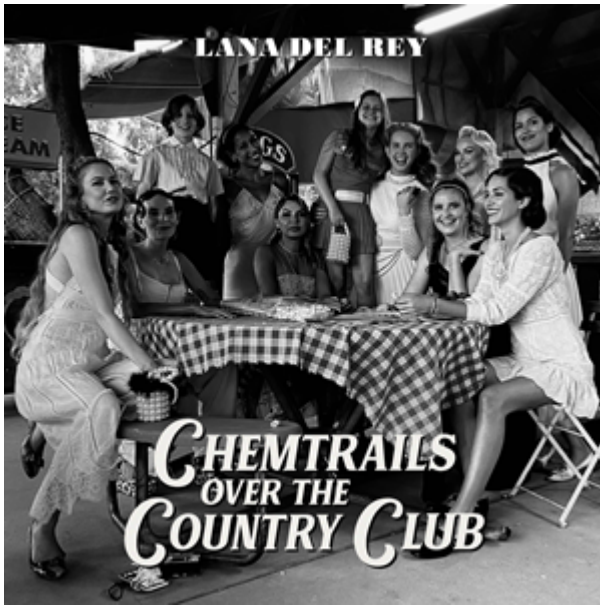
Kingfishers have big heads, short legs, stubby tails and long, sharp, pointed bills. Some species have a bright plumage with only small differences between the sexes. Some species are found mainly in the tropics and others are found only in forests. Most of their wide range of prey is caught by flying down from a perch. Some kingfishers live near rivers and eat fish while other species concentrate on eating small insects. It is true to say that some of this species nests in termite nests and trees and that some are actually threatened with extinction.

In Britain, the word 'kingfisher' usually refers to the common kingfisher. You may also be interested to know that the smallest species of kingfisher is the African Dwarf Kingfisher which averages 3.0 inches in length and weighs between 0.32 and 0.42 oz. The largest bird of this species can be up to 17 to 18 inch in length and can weigh between 9 and 15 oz. However, the heaviest kingfisher is the Australian one (known as the laughing Kookaburra) with the females reaching almost 18 oz.

Significantly, some kingfishers are absent from polar regions and some of the world's driest deserts. Kingfishers are usually territorial and will defend their territories vigorously. Generally, the birds are monogamous and cooperative breeding has been witnessed where helpers help the breeding pair raise their young. The eggs of the kingfisher are invariably white with some laying only two eggs per clutch and others laying up to 10 eggs though the typical number is usually 2 to 6 eggs. Both sexes incubate the eggs and a young kingfisher usually stays with its parents for 3-4 months.

Ref. Wikipedia

ALBUM REVIEW



Lana Del Rey

Review by Graham Townsend

This is Lana's seventh studio album. It was released in March 2021. It has already reached the top of the UK Album Chart, her fifth album to achieve this feat. It also debuted at number two on the Billboard Album Chart in the United States.

Four tracks from the album have been released as singles to date. In chronological order they are "Let Me Love You Like A Woman", the title track itself, "White Dress" and "Tulsa Jesus Freak".

There are eleven tracks in total here and the running time is approximately forty-five and a half minutes. If you are looking for an uplifting experience, you won't find it here.

"White Dress" is the opening track. It takes a while to get going. In my opinion it could have been a little bit shorter. Lana stated that this album is about her friends as well as musings about her own experiences. This is very evident from the lyrics of this song, which talk about her life before fame and mention "I was only 19"

Next up is the title track. Lana's trademark haunting vocals make an appearance here. Something I also noticed on track eight "Yosemite".

I think my favourite track is "Tulsa Jesus Freak", this is the third track on the album. I can see why this was selected to be released as a single. It is just the right length and has all the hallmarks of her successful singles from the past, such as "Video Games" and "Blue Jeans".

This is repeated on the next track which is "Let Me Love You Like A Woman". These two songs are the most commercial tracks on this album I would say.

"Wild At Heart" is track five and is a pleasant enough ballad. The album meanders on in a way that is not offensive but nothing stood out for me until we get to the aforementioned "Yosemite" and the sombre "Breaking Up Slowly", which is also one of the best tracks here.

"Dance Till We Die" pays homage to Joni Mitchell and reminds me to some degree of Joan Baez.

The final track "For Free" is probably most notable for the harmonies of guest contributors Zella Day and Weyes Blood.

As a footnote the track "Dealer" was omitted from the album at the last minute and "Yosemite", which is included here, was originally going to appear on her 2017 album "Lust For Life".

I think Lana is somewhat of an acquired taste. I see her as being similar to Morrissey in terms of her outlook on life and the way she conveys this in her music and her song titles. She is

probably best known for her 2012 album “Born To Die”. Whilst that is a fantastic album, there is no guarantee that if you liked that one you will enjoy this latest offering. She continues to evolve her music, this has been evident over the last two or three albums now, and this should be seen as a positive. I see this album as being satisfactory, not her best but also not her worst.

MY STAR RATING = *** out of 5

SOME OLDER RECIPES FROM JUNE CHARLTON



Sandwich Cake

Ingredients:

4 oz of margarine
¾ cup of sugar
2 eggs
1 ½ cups of self-raising flour

Method:

Beat the margarine and sugar together well. Add the flour and eggs and mix until it becomes of a smooth and softish consistency. Bake in a hot oven at about 350 – 375 degrees for 30 minutes or until it is firm to touch.



Queen Cakes

Ingredients:

4 oz of margarine
4 oz of caster sugar
½ teaspoon of vanilla essence
2 eggs
4 oz of self-raising flour
1 ½ oz of sultanas (cut in half)
1 tablespoon of hot water

Method:

Cream together the margarine and sugar until light and fluffy. Add the vanilla essence. Beat in the eggs one at a time. Fold in sieved flour, then the sultanas and finally the hot water. Fill greased bun tins with mixture and bake in a moderate oven.



Flap Jacks

Ingredients:

5 oz of self-raising flour
4 oz of margarine

5 oz of sugar
1 oz of cornflakes
2 ½ oz of desiccated coconut

Method:

Melt the margarine in a pan. Mix together the remaining ingredients and stir in the melted fat. Mix very thoroughly and the result will be a crumbly rather than dry mixture. Put mixture into a greased 9" x 12" tin. Press very firmly flattening to an even thickness. Bake for half an hour in a moderate oven (350 – 375 F)/gas mark 3-4. When cooked, leave for a few minutes in the tin then turn out and cut into squares while still warm. If left until cold, it will be difficult to cut evenly.



Lamb Chops with Tomatoes

Ingredients:

2 finely chopped onions
2 oz of fresh breadcrumbs
2 oz of grated cheese
1 medium can of chopped tomatoes
1 teaspoon of sugar
Salt and freshly ground black pepper
8 lamb chops

Oil for frying

Method:

Mix together the onion, breadcrumbs and grated cheese. Drain the tomatoes and mix into the breadcrumb mixture with the sugar and seasoning if necessary – use a little of the tomato juice if necessary. Place the lamb chops on a wire shelf over the roasting pan. Spoon the tomato mixture over the top of each chop and cook at a temperature of 170 -180 degrees for about 60 minutes but check before given time to make sure they are cooking steadily.

ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



Questions:

- (1) Who invented paper?
- (2) What is the currency of Bolivia?
- (3) What is a bugle?
- (4) What nationality is footballer Sadio Mane?
- (5) What is the French word for 'sleet'?
- (6) What is the capital of Grenada?
- (7) What is 4 16 pm on the

twenty-four-hour clock?

- (8) How many molars do we have?
- (9) Who plays Kevin Webster in the soap Coronation Street?
- (10) Where would you find the capital town of Basseterre?
- (11) What do the initials FBI stand for?
- (12) Which football team plays at Pride Park Stadium?
- (13) What is the Spanish word for 'sunglasses'?
- (14) Where was vocalist Frank Sinatra born?
- (15) What did Iran used to be called?
- (16) Who won the 2019 Women's French Open?
- (17) Who wrote 'I Wondered Lonely as A Cloud'?
- (18) What is the chemical symbol for sulfuric acid?
- (19) Who invented the Water Frame during the English Industrial Revolution?
- (20) How many shillings are in a guinea?

Answers:

(1) The Han dynasty Chinese court official Cai Lun in 105 CE (2) The Bolivian boliviano (3) A brass instrument like a small trumpet – used for military signals (4) Senegalese (5) Neige fondue (6) Saint George's (7) 16:16 (8) 12 - 6 on top and 6 on the bottom, which includes 4 wisdom teeth (9) Michael Le Vell (10) St Kitts (11) The Federal Bureau of Investigation (12) Derby County (13) Gafas de sol (14) Hoboken, New Jersey, United States (15) Persia (16) Ashleigh Barty (17) William Wordsworth (18) H₂SO₄ (19) Richard Arkwright (20) 21 – one pound and five pence £1.05 in decimalised currency

Editor's Final Word: Thank you so much for bothering to read this magazine and we hope you will find time to contact us with your ideas and/or advice on how to improve it at: dean@fthm.org.uk Best wishes, Dean, Brenda, Robert and Graham.