

FROM THE HORSE'S MOUTH – July 2021. Edition No 79.



Hello. I hope you are well. I've been unwell again so I have asked to have my medication partly reviewed as I don't think it is working properly, but I'm naturally improving now so I'll be fine. Anyway, here's our July edition which I hope you will enjoy and feel inspired to contribute to in a non-sexist, non-racist and non-homophobic way. Please send your articles/donations towards the running of the magazine/requests for advertising or ideas to improve this publication to: dean@fthm.org.uk
Best wishes, Dean.

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MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

Someone who is not very bright will illuminate your world this month and show you what is really important in life.

However, a large amount of money is coming your way so use it properly. We would all benefit from a good holiday after all the restrictions so why not take your loved ones away and make memories that

will last a lifetime? Bake your own bread.

Sagittarius 23 Nov – 21 Dec

Now is a good time to consider changing your job and doing something you've always wanted to do – instead of just chasing the money. Make allowances for the small man you know who is always aggressive and loud. A good-looking person will enter your life and enhance it with their kindness and tenderness. Things look very bright for you so enjoy it!

Capricorn 22 Dec – 20 Jan

This month you will meet a stranger in a café who will soon become a firm friend and help you in many ways. A self-styled wise man will bore you to death with his recycled religious ideas. A foreign holiday would be a good idea as long as you accept the consequential costs. Do consider your mortality more with a view to getting the best from the time you've got left.

Aquarius 21 Jan – 19 Feb

A family party maybe just around the corner so do take the opportunity to drink vast quantities of alcohol and dance around like a demented fool. You are consuming far too much junk food and need to embark on a healthier course if you are to stay well. A former friend will reaffirm their status by continuing to fraternise with an enemy who has wronged you.

Pisces 20 Feb – 20 Mar

You are tired at the moment so listen to your body and mind and act accordingly as you will soon feel energised and able to work towards the goals in your life. Your belly is expanding at a rapid rate so change your diet or risk exploding and being no more. A good time to sort out your priorities and start to do something worthwhile with your time. Stop chewing gum.

Aries 21 Mar – 20 Apr

This week your financial fortunes will really improve but this fact will be overshadowed by a major argument with a close friend – maybe it's time to say you're sorry? You may have been

thinking of getting a pet but is this such a good idea when you're struggling as it is? Treat yourself to something you've wanted for a long time and help out your family.

Taurus 21 Apr – 21 May

You may have always wanted to perform on stage and now you will have the opportunity to do so – but have you got the guts to do so? Someone you love may have embarked on a dangerous path, but make it clear you will always be there to help them pick up the pieces. It is also a good time to learn to pilot a plane and tick off some other things on your bucket list.

Gemini 22 May – 21 Jun

It is the right time to start dressing more appropriately for your age as you are making a fool of yourself dressing like a lamb when you're clearly mutton. On a brighter note, you are a lovely person and people are starting to realise this fact. Someone from your past will blow back into your life and make you feel like you're walking on air! Try a veggie burger.

Cancer 22 Jun – 23 Jul

You have definitely let the cat out of the bag by telling someone you love them, so now you must face the consequences – it could go either way. A small win on the lottery will not be life changing but will allow you the odd luxury. Your house may be paid for so be on your guard and don't just anyone move in with you. Buy some comfortable shoes next week.

Leo 24 Jul – 23 Aug

A fly-by-night will try and sell you a big item sometime this week, so be on your guard and if it's possible, give them a wide berth as they might financially sink you. Your parents will not be around for ever, so why not start showing them how much they mean to you? A woman with a visible birthmark may impress you with her joie de vivre and positivity.

Virgo 24 Aug – 23 Sep

You may have been experiencing some troublesome thoughts recently, but you are right to dig deep and wait to find the answers you are seeking. A little Italian woman will serve you fish and chips and make you feel a little better. The reaper may take a loved one which will hurt but soon you will learn to cope again as your love for them will never die. Bake a cake.

Libra 24 Sep – 23 Oct

It is a good time to spread your wings and fly to somewhere new as we have all been couped up for too long. A man from a privileged background will show you great kindness this month and prompt you to look at things from a different angle. The sun of creativity will shine on you soon and ideas you had not imagined will flourish in the garden of your mind.

JUNE CHARLTON'S WORLD...



Hello again. Another month has gone by. We've been fortunate to have had all this lovely sunshine and not much rain, although we do need rain to keep a good supply of water for our daily requirements.

We've sat out quite a lot in the sunshine, my husband altered a place up at the top of the garden and made a lovely hideaway where we are private. It's nice just sitting reading or writing.

We bought a swing which seats three people and have a great time swinging on it or just relaxing. However, we still like going for walks nearly every day in an attempt to keep healthy.

We've booked our holiday to Bridlington for August, which we are looking forward to, and we are taking our grandson with us which will be nice as he's good company. He loves taking either his bike or scooter, so that will keep him entertained whilst we sit on the sands – weather permitting. He sometimes comes and sits with us, although as he's 14 and doesn't need looking after, he enjoys himself riding up and down and then comes and sits on the sands when he wants to, or goes in the sea for a swim. After that, we get ice creams. When we have had enough of the beach, we have a walk around the town or go to Peasholm Park where you can go on the boats which resemble ducks or some kind of animal.

Another day of our holiday, we'll go to Whitby or Scarborough and then be back for about 5 o'clock to get ready in the hotel to go to the restaurant for our evening meal. It's lovely being waited upon with someone bringing us our meals. For a woman that makes a lovely change.

Things seem almost to be back to normal e.g., we can go to cafes again. The man across the road from us who had Covid seems determined to go for a walk everyday although he has an oxygen cylinder on his back. He's done amazing to fight this terrible virus.

Well, I haven't a lot more to say so keep on looking after yourselves.

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 golf.

Golf is a club and ball sport. It has its origins in 15th century Scotland. The aim of the game is to hit the ball into a series of holes, using a variety of clubs, by needing the least number of strokes as possible.

Golf is unique in some ways in that, there is no standard size for the playing area. A regular round of golf, at professional level, normally consists of playing over a series of eighteen holes. Recreational courses sometimes have nine holes. Each hole needs to have a teeing off point, in order to start play from. It also needs a putting green which contains the hole to hit the ball into.

Each hole is classified by its “par”. The primary factor for classifying the par of a relatively straight, hazard-free hole is the distance from the tee to the green, and calculates the number of strokes a skilled golfer is expected to require to reach the green with an additional allowance of 2 putts. As such, the minimum par of any hole is three; one stroke for the tee shot and two putts. Par three, four and five holes are commonplace on golf courses. When a player hits the ball directly into the hole from his or her tee shot, it is known as a “hole in one”. A player who manages to hit their ball into the hole, in one less stroke than par is said to have scored a “birdie”, if they manage two under par it is known as an “eagle”. If a player needs one more stroke than is considered par, they are said to have “bogeyed” that particular hole. Two shots over par is a “double bogey”, three is a “triple bogey” and so on.

Golf can be played by an individual, known as stroke play, or in person versus person or team events, known as match play.

At the highest level golf is governed by The R&A (Royal & Ancient), USGA (United States Golf Association) and the IGF (International Golf Federation).

The R&A are based at St Andrews in Scotland, the home of the first eighteen hole round of golf in 1764. The sport’s first major event was the British Open, which was first played in 1860 at Prestwick Golf Club, in Ayrshire, Scotland.

The Open Championship, as it is most commonly referred to, is next due to be played 15th – 18th July 2021 at Royal St George’s Golf Club in Sandwich, Kent. The Open is one of four annual golf “majors”, the others being “The Masters”, the U.S. Open and the PGA Championship.

A review of the number of worldwide golf courses, in 2015, showed that 45% of all courses were in the USA. The next in line were Japan and Canada, with 7% each, and then England, with 6%.

In terms of golf’s most successful players, Tiger Woods and Sam Snead (both USA) hold the joint record to date for most PGA tour victories, with eighty-two wins each. When it comes to the majors, Jack Nicklaus (USA) has won the most with eighteen. He is followed by Woods with fifteen, Walter Hagen (USA) with eleven and Ben Hogan (USA) with nine victories. Current top players include Jon Rahm (Spain), Dustin Johnson (USA), Justin Thomas (USA), Bryson DeChambeau (USA), Brooks Koepka (USA) and Rory McIlroy (Northern Ireland).

Women’s golf is now gaining momentum across the globe too. They have five majors, which closely mirror the majors in the men’s game, the main difference is that The Masters doesn’t exist as such in the women’s game. They have The Evian Championship and ANA Inspiration tournament as additional majors. Top players include Nelly Korda and Lexi

Thompson (both USA), Lydia Ko (New Zealand) and Hyo-Joo Kim (South Korea). At the time of writing South Korea have seven players in the top twenty of the women's world rankings.

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

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/UCOAG_vzf_Qq0XIKczwd117Q

ADVENTURES OF A MAN SITTING DOWN

- part something or other....

Written by Krishna Francis

You know that moment when you realise that you said you'd write something and then you look up and a month has passed and you quickly get to a computer and start typing the first thing that comes into your head, probably to the effect that you are not getting on with the things you said you were going to, but still it seems like you aren't living your best life and that you could have made better choices and organized things so that you do them on time and not in such a rush? No? Oh well forget it then.

Anyway, I was talking to my friend Sian earlier on and we were discussing the way in which we develop habits. That wasn't actually what we said we were talking about but it sort of was. She is a vegetarian. However, she isn't a vegetarian due to an ethical decision. She didn't like the feeling of biting into gristle and so had never eaten much meat from an early age. Eventually her non-meat eating became informed by things she learned about meat production. Essentially, what was a habit born of certain decisions about taste became informed by learning and is now an ethical way to be. So now the habit is to be guided by ethics, when initially it was about being guided by tastes. So, she started with one habit and developed it from there.

So, in a way my friendship with Sian is a bit the same. It started out in an ordinary fashion. We met through my ex-wife and then the friendship has continued. That tells me two things. One, that Sian is a hugely caring person who listens to her heart. Two, that I am worth the bother. Therefore, she gives me an indication that the habit I need to build up is one of self-care. That is not to say be indulgent of my desires but rather to be aware of them and not criticise them. Thanks Sian.

We met at the railway station in Hebden Bridge. The cafe there is truly lovely and we can sit and chat without getting wet as they have a few tables and chairs out on the platform. It is so special to have places to go. I'm grateful to the station and the Station Cafe for giving us shelter and food. It's not remarkable for a cafe to do that but it sometimes helps to say thanks

for the ordinary bits of life.

You know that moment when you've sort of run out of things to say?

Part 5

All of this sunshine we've been having makes life so much more exciting. It opens up the world and displays its delights in a better light. In amongst this, I wheel about looking for ways to increase my usefulness. This article is one of them. I get to reflect back the things that I experience from my rarefied perspective. The sun shines on me and I shine in response.

June is the month of my birthday. I have a love hate approach to that day. Every year I imagine that I will plan something. Every year my hopes of planning come to naught. The day hits me in an unexpected fashion each year. What to do about that? Well, this year I decided to get this article written on the day in question. How am I doing so far? Does this feel like the work of a 48-year-old? I don't feel that old. I still feel like I might become as famous as I anticipated being as a 7-year-old. It might happen. It is my birthday after all.

The dreams of that seven-year-old extended only as far as the fame I experienced when I went to the school where my mum worked. When we first came to this country from Zambia, where my parents met, my mum got work straight away. It took my father a little more time. Whilst he was applying for jobs, he got the role of my primary carer. Part of this involved him taking me with him to pick up my mum after work. I still remember the peculiar experience of arriving at the school gates just as the children were leaving. I was only four at that point, still just little, as all around me older children streamed past. They would all comment on the fact that I was Mrs Francis's little boy. Sometimes four or five girls would cluster around me. "You're Mrs Francis's nipper." He's so cute isn't he." "Are you going to come to this school?" "I really like your mum." They weren't even bothered by the answer which is lucky as I didn't have anything useful to offer. I imagine stars walking up the red carpet and being asked questions by the press must feel the same. Anyway, it meant that I equated being a teacher with a staggering amount of popularity. I wasn't wrong, I just had a much smaller scale to measure the experience.

Now here I am wondering through the world that is Hebden Bridge with a similar number of interested parties engaging with me day to day. I can now field their questions more successfully but it doesn't feel quite as awe inspiring. Still, perhaps I'm doing better than I think. The sun shines on me and I reflect it back where I can. That is a good reason to be known in the world. I hope you feel warmer and brighter for reading this and thank you if you have.

SHOULD GAMBLING BE LEGAL?



Ruth Minich

Yes, I think gambling should be legal, but then I do make my living selling bingo and raffle tickets to social clubs, they use them to raise funds to provide a place for the local community to come together, and I know that this is very much appreciated by the older people.

Life is a gamble, crossing the road or starting a business as I did is a gamble.

How many people in this country buy a lottery ticket or a raffle ticket for a good cause? It's part of our social fabric.

What I have noticed lately and I do not like - is the advertising of betting when there is a sporting event on television, and the advertising of online gambling. A community raffle is one thing, but gambling alone and online is completely different, and like any addiction it can have a vice like grip on a person.

Many activities and pastimes are addictive but that is not a reason for making them illegal, and we do live in a free country.

Graham Townsend

This is a question that is very pertinent to me, bearing in mind I am a regular sports bettor. If it wasn't for the gambling industry, my incomings would certainly be impacted, however, there is no doubt the devastating effects gambling can have on certain individuals.

My view is that gambling should be legal however, the rules need to be tighter than what they currently are. The focus needs to be on the people who are at most risk of becoming gambling addicts, those who are already in a financially vulnerable position and those who use it as a form of money laundering, something that the Gambling Commission are already trying to address. As an example, the introduction of a limit to £2 stakes in betting shops on the fixed odds betting terminals is certainly a step in the right direction. I have also experienced more stringent tests online in terms of proof of identity and even requests for proof of income.

For those who say gambling should be illegal, what else do they think should be illegal? Many view alcohol and tobacco consumption as harmful, if gambling were to be banned should they also be banned? I think you will get varying responses on this issue across different communities.

As far as I am concerned, gambling can carry on as long as the appropriate controls are in place.

FLASH FICTIONS

Written by Jason Wood

THE CHEESE SANDWICH



Elizabeth was a fifty-year-old woman in the prime of her life or so she thought. Her husband Herbert, had died after being found in bed with another woman - apparently the shock of being found out killed him. The funeral went badly as Elizabeth had fallen out with her three nieces who nastily said that their uncle had probably died of boredom and there was no affair, and she'd made it up.

One week after the funeral, Pamela the eldest of the siblings, called around at Aunt Elizabeth's to gloat, she was a bugger for gossip. Elizabeth rose from the chair. Pamela glanced over where Elizabeth had sat "what the heck is that? That is vile! Pamela finds half a cheese sandwich cemented to the chair. Oh, that'll do for dinner! said Elizabeth. Pamela thought it was disgusting and she was fed up of cleaning up after others as she worked in a residential home. Pamela was getting extremely frustrated with things.

Tesco was a drama (put it that way) and Elizabeth managed to offend a few of people including an Asian family who she'd asked for the time and when the Muslim wife answered, Elizabeth said "oh you could have said it in English".

That night Pamela's husband Geoff went mad when his wife arrived home after eleven at night. But, Elizabeth on the other hand slept well that night dreaming of a nice Italian stallion who was serving on a checkout at Tesco. Pamela never bothered taking her aunt to Tesco again. Elizabeth moved to the coast and married a multi-millionaire.

AN IMAGE OF A GRAVEYARD

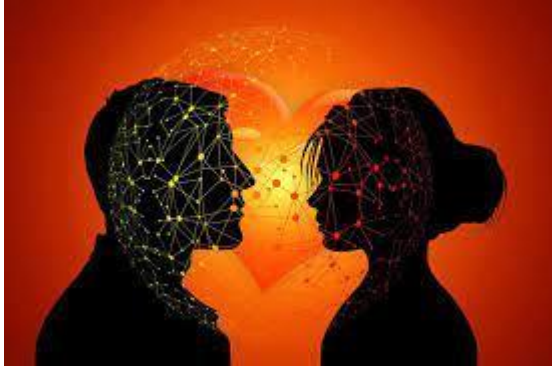


In the graveyard, the pumpkins nestled above the rotting corpses. They soaked up the stench of death. The sky was like a blanket with no room for any more stars. A gravestone stood slanted, listening to every drop of rain from the sky. It was now mid-December. Would anyone really wish to be here alone? No mobile. Nowhere to go. This was my worst nightmare. The skeletal frames of the trees draped their branches over the wet shards of grass.

It stank of a garden that had been left to fester. How long had the owl been watching me? I couldn't tell you. It stared right through me with cold glassy eyes. I fell backwards and the moon became full. It had an alluring power over me, hypnotising me, and

then blackness again. I managed to stumble to my feet. Something brushed over my shoulder. I thought it was a branch, a single branch, until I turned and saw it was the hand of an elderly person, bent over wearing a cardigan of leaves.

SORRY IT'S OVER



Nicola a thirty-two year old student was new to dating online but now something grabbed her interest, a bloke called Steve who was thirty-six, single and longed for a nice woman who could tame him. He told her he was a bugger for the women. He openly talked about all the women he'd slept with, and she decided he wasn't the right kind of man who she would want in her life, so she rejected him.

Bored sat on her own at home with a pile of clothes to iron, nuptials about her dream man fazed her mind, her mother had certainly brought her up well to do household chores. Sadly, Nicola had lost her father to lung cancer over six years ago and he had been a massive inspiration to her. But she was ready for Mr Right although she didn't want any Tom, Dick or Harry, she could eat them for breakfast, and so her quest for true love continued...

Next up was a bloke of thirty-eight, he said he was desperate to meet his soul mate, and so, over the next few days they kept in touch on Facebook and now felt it was the right time to meet. Next morning Nicola was up at the crack of dawn and she retrieved a beautiful blue lace dress from the wardrobe and made herself up impeccably. Next, she did her hair, locked the door and then ventured out. She'd just driven to the bottom of the street where she lived and found there was a sign indicating major road works ahead and traffic lights to slow her down. She swore under her breath and she knew was due to meet Michael in twenty and wouldn't make it. The lights turned green at last and she sped off. She arrived more than fifteen minutes late and was proper pissed off. The room started to spin. Shit, the dreaded panic attacks were starting up so she went into the toilets to try and get herself together, and when she stepped out and walked up to the bar saw the most attractive bloke propping it up. "Hi sexy" he shouted. Nicola blushed and smiled nicely back at him. I saw your date waiting for you. He was a knob, said he had to get back home because his mother was worried about him, sorry I've forgotten your name. "It's Nicola" she said. Well heaven must be missing an angel tonight. Nicola looked into his sparkly blue eyes and couldn't help but be engulfed by his lovely aftershave. "So how did you know Mike?" she said. Well, your date was an old friend from school - he's a proper mummy's boy but never mind about that now. I've seen you up and down and around town and always fancied you but didn't know how to approach you, let me get some drinks in. The new couple had a most enjoyable evening and embarked on a serious relationship

GRAHAM TOWNSEND'S MONTHLY QUIZ



Questions:

- (1) 12-year-old Sky Brown is an upcoming star in which sport, a recent addition to the Olympic Games?
- (2) Which American human rights activist was born 23rd October 1957 in Montgomery, Alabama?
- (3) Indian-born British businessman Sanjeev Gupta is the founder of Liberty House Group. In which industry do they primarily operate?
- (4) Clare Grogan was lead singer with which Scottish new wave/post-punk band, they had most of their success between 1981 and 1983?
- (5) Catherine Morland is the heroine of which 1817 novel by Jane Austen?
- (6) K is the chemical symbol for which element in the Periodic Table?
- (7) Which public building in London, England has the address 96 Euston Road?
- (8) Which biblical character had his eyes gouged out by Philistines after being betrayed by his lover?
- (9) On what part of the body would a buskin be worn?
- (10) Which British bird is nicknamed the windhover?
- (11) "Put on your red shoes and dance the blues" is a line from which 1980s song by David Bowie?
- (12) The eruption of which volcano destroyed Pompeii in 79AD?
- (13) How is a bowler hat known in the USA?
- (14) Which herb is traditionally used to make pesto?
- (15) Which American writer, director and producer was born Sidney Schechtel in Chicago in 1917?
- (16) "Just Do It" is a slogan associated with which sports clothing brand?
- (17) "Merry Monarch" and "Old Rowley" were nicknames of which 17th century King of England?
- (18) How many letters are there in the Greek alphabet?
- (19) Philadelphia Union play which sport?
- (20) "Who Will Buy?" is a song from which Lionel Bart musical?

Answers

- (1) Skateboarding (2) Martin Luther King III (3) Steel/Metals/Engineering (4) Altered Images (5) Northanger Abbey (6) Potassium (7) The British Library (8) Samson (9) Foot (10) Kestrel (11) Let's Dance (12) Vesuvius (13) Derby (14) Basil (15) Sidney Sheldon (16) Nike (17) King Charles II (18) Twenty-Four (19) Soccer (20) Oliver!

BRENDA CONDOLL SHARES TWO OF HER LOVELY RECIPES



Vegetable Soup

Ingredients:

- 2 medium tomatoes
- 1 small cabbage
- 4 carrots
- 1 small cauliflower
- 2 parsnips
- 3 medium potatoes
- 2 courgettes

- ½ cup of garden peas (can be frozen)
- ½ cup of sweetcorn (can be frozen)
- 2 or 3 vegetable stock cubes

Method:

Cut all of the vegetables into small pieces after washing them. Put all in a pan of cold water and add the stock cubes. Bring to the boil and simmer until thoroughly cooked.
Serves 4.

Roast Vegetable Dinner

Ingredients:

- 4 carrots
- 3 parsnips
- 1 cauliflower
- 4 peppers
- 4 small sweet potatoes
- 4 medium potatoes
- 2 punnets of mushrooms
- 1 box of standard-size sage and onion stuffing
- 2 dessert spoons of gravy granules
- Oil (Rapeseed is good)



Method:

Wash and peel the vegetables and cover them in a bit of oil; put them in a baking tray and cook at 200 turning over occasionally. Put the stuffing in the oven at the same time. When the vegetables are half-cooked prepare and boil the cauliflower and start to fry the mushrooms.
Serves 4 and should be served all together as a dinner with gravy poured over it.

SHEFFIELD



Sheffield has been a city since 1843 and is known for metallurgy and steel-making. It is located in South Yorkshire, in England; its name comes from the River Sheaf which flows through the city and its approximate population is 584,853 making it the second largest city in the Yorkshire and Humber region.

The city has a very interesting history from the Upper Palaeolithic period and then a Pennine tribe called the Brigantes are thought to have constructed several hill forts in and around Sheffield, in the Iron Age. Once the Romans had left Britain, it is thought that the Sheffield area may have been part of the Brittonic kingdom of Elmet as there were two settlements there called Wales and Waleswood. However, it is clear that the larger settlements were of Anglo-Saxon and Danish origin. The nucleus of the city emerged after the Norman conquest of England when Sheffield Castle was built to protect the local settlements. The town gradually grew and a market was established on Castle Square in 1296, resulting in Sheffield becoming a market town. Interestingly, by the 14th century, Sheffield was already producing knives, and by the early 1600s, it had become the centre (outside of London) for the manufacture of cutlery. It is also worth noting that Mary, Queen of Scots was imprisoned in Sheffield Castle and Sheffield Manor between 1570 and 1584.

Sheffield really came to the fore during the Industrial Revolution when the production of steel was radically altered by the Crucible Steel process in the 1740s which meant a superior quality of steel could be produced (this technique was later replaced by the Bessemer converter) and also Sheffield Plate was developed at this time. Significantly, Stainless Steel was invented by Harry Brearley in 1912 and this meant good, cheap cutlery was available to the masses. Unfortunately, some export markets were lost during the recession at the end of the 18th century and beginning of the 19th century which resulted in poor living conditions and an outbreak of cholera which killed 402 people in 1832. Ironically, the population grew from 60,095 in 1801 to 451,195 in 1901 and meant that there was a need for more cheap housing and for reservoirs to be built on the outskirts of the city.

During the Second World War, Sheffield played a major role with its steel factories manufacturing weapons and ammunitions to help the war effort. Consequently, the city became a target for numerous bombing raids – especially between the 12th and 15th of December, 1940, which became known as the Sheffield Blitz and resulted in the loss of 600 lives and the destruction and damage of many buildings.

After the war, the city witnessed a regeneration with its slums being demolished and the introduction of a new road system. But increased competition from abroad and automation meant many steel mills closed resulting in job losses. It is worth noting that the city hosted the World Student Games in 1991, so as a result, new sporting facilities were built like the Sheffield Arena and the Don Valley Stadium.

The 21st century has been kinder to Sheffield and through initiatives like the Heart of the City Project, many public works have been undertaken like the Winter Gardens, Millennium Square and the Peace Gardens. Today, the city is vibrant and has experienced a strong economic revival with redevelopments such as the Moor redevelopment and the City Lofts Tower and the major employer (beside Forgemasters) are: call centres and the City Council which employs over 8,000 people. Normally tourism brings in more than £11.4 billion and creates employment for a further 15,000 people.

If you are prone to a spot of retail therapy, why not pay a visit to the Fargate or Devonshire Quarter or maybe go to Sheffield Moor Market which offers much fresh produce and international cuisine? – and of course, don't forget to visit Meadowhall which is located to the north of the city.

Many of you reading this article will take an interest in professional sport and Sheffield will appeal to you as it has loads of such sport to offer: There are two major football teams in Sheffield United and Sheffield Wednesday (the derby is aptly called the Steel City Derby), the snooker world championships, rugby league, rugby union, American football, speedway and cycling – in 2014, it was the finish for Stage 2 of the Tour de France. It would be remiss of me not to mention the terrible Hillsborough Disaster in 1989, when 96 Liverpool supporters were crushed during the FA Cup semi-final.

Music plays a large role in the life of the city and many famous musicians have come from it: Joe Cocker, Arctic Monkeys and Def Leppard to name a few. There are four excellent orchestras including a youth orchestra and successful choirs such as the Sheffield Philharmonic Chorus and the Chorus UK Community choir, and festivals like the Tramlines Festival. The city's nightlife is good and if you are a student, you might enjoy a trip to West Street where there are many clubs, pubs and bars to entertain you.

The city boasts a wide choice of educational facilities which are available to all: 137 Primary Schools, 26 Secondary Schools, 5 Independent Schools, 12 Special Schools and 2 University Technical Colleges. The two universities that serve the city are the University of Sheffield and Sheffield Hallam University which usually attract about 60,000 students each year. There are also 3 Further Education providers.

So, this is just a brief look at the city of Sheffield and if you think you would like to visit it, it is accessible by road, rail, canal or air. But do steel yourself for a good time!

* With a lot of help from Wikipedia

BRENDA'S WILDLIFE CORNER



Weasel

Weasels are mammals that are part of Genus Mustela which includes stoats, ferrets, mink and polecats. All these mammals are predatory and have long and slender bodies which allow them to follow their prey in to burrows, and they all possess short legs.

The length of a weasel ranges from 173 mm to 217 mm with the females being smaller than the males; their tails are 34 mm to 52 mm in length. They have red or brown coats with white bellies and when some species moult, they exhibit an entire white coat in

winter.

Weasels feed on smaller mammals and are sometimes considered to be vermin as they take poultry from farms and rabbits from commercial warrens. They also eat lots of rodents. They are found all over the world in places like The Middle East, The Indian Sub-Continent, Antarctica, Australia and The Caribbean.

It is interesting to mention that in Greek culture, the sight of weasels near one's home is considered bad luck, even evil – especially if someone in the household is about to get married!

* Ref Wikipedia

ALBUM REVIEW of PLASTIC HEARTS



By Miley Cyrus

Review by Graham Townsend

I purchased this album out of intrigue and based on the fact that I have enjoyed some of the singles Miley has released previously such as, “Wrecking Ball”

People who are not familiar with her background may not be aware that her father was Billy Ray Cyrus, well known for the hit single “Achy Breaky Heart” which reached number 3 in the UK and number 4 on the Billboard Chart back in 1992. Miley rose to prominence playing the role of “Hannah Montana”, in the teen sitcom of the same name on the Disney Channel.

My initial thoughts were that her musical career, to date, had been focused on shedding her “goody two shoes” image, from her previous acting role, by being as raunchy, provocative and controversial as possible. This review aims to establish whether there is any substance to her as a singer/musician.

“Plastic Hearts” is her 7th studio album. There are 12 tracks on the album and the running time comes in at just over 38 minutes. At this stage, I need to point out that some people may be put off listening to, and/or purchasing the album due to the amount of swearing contained within the lyrics and also the liner notes! In fact, the opening track’s title is “WTF Do I Know”, if you don’t know what the abbreviation WTF stands for, I’ll let you go look it up for yourself! Ignoring that fact, the track is pretty punchy and upbeat and is a positive way to get things underway. This is followed up with the title track which is another upbeat number and probably worthy of its status as the title track.

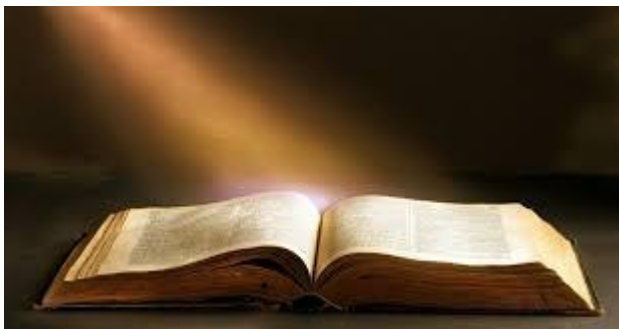
Track 3 is the first ballad on the album, and I have to say “Angels Like You” is a very good song. Indeed, it was good enough to be released as a single. In my opinion we then reach the album peak, in terms of quality and tempo, starting with track 4 “Prisoner”, a duet with Dua Lipa, running through to track 7 “Midnight Sky”. These two were both released as singles also, the latter is one of my favourite tracks. There is a definite hint of “Edge of Seventeen” by Stevie Nicks about the song. Track 5 “Gimme What I Want” is probably my overall favourite here although, I need to also give an honorary mention to Track 6 “Nightcrawling”, a duet with Billy Idol.

We then move back to ballads, with a slight nod to country rock, both “High” and “Hate Me” are very listenable songs. The rockier “Bad Karma”, a duet with Joan Jett, follows before we close out with two slower numbers “Never Be Me” and “Golden G String”, the latter is a great title but only an average song.

I would say overall, this is one of the best albums I have purchased during the last year. Sure, it tails off a little bit with the last couple of tracks, however, they are by no means terrible. The core of the album is very strong and all of the aforementioned duets are of good quality, but I guess that should be expected as they are all with artists who are held in high regard in their own right. Miley certainly proves here that she is good enough to sit at the same table as her contemporaries.

MY STAR RATING = **** out of 5

BIBLE TALK



Sent in by Peter Smith

Giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love.

2 Peter 1:5-7 (New King James Version)

If we read the Bible regularly, we keep discovering uplifting passages like this.

MORE INTERESTING RECIPES FROM JUNE CHARLTON



Cheese and Onion Pasties

Ingredients:

- 2 large onions
- 2 boiled potatoes
- 3 oz of grated cheese (strong)
- 8 oz of flour
- 4 oz of lard or margarine
- Salt and pepper

Method:

Peel, slice and simmer the onions until soft, drain them and mix well with the grated cheese and chopped potatoes. Rub the lard into the flour and add enough cold water to make a stiff paste. Divide into four and roll them out into circles. Put $\frac{1}{4}$ of the cheese, onion and potato mixture in the centre of each and season well. Dampen the edges of the pastry circles and draw together to make pastry shapes, pressing well to seal. Brush with a little milk or egg, and bake in a hot oven until crisp and brown.



Cheesy Chicken Drumsticks

Ingredients:

- 4 chicken drumsticks
- 3 tablespoons of grated parmesan cheese
- 3 tablespoons of dried white breadcrumbs
- Seasoned flour
- Beaten egg

Method:

Skin the chicken drumsticks. Mix together the cheese and breadcrumbs. Coat each drumstick with the seasoned flour, then the beaten egg and finally the breadcrumbs mixture. Make sure they are well coated.

Place on a wire shelf above a roasting pan and cook until juices run clear. Cook for 30-35 minutes.



Chocolate Chip Cookies (gluten free)

Ingredients:

- 3 oz of butter, softened, plus extra for greasing
- 3 $\frac{1}{2}$ oz of caster sugar
- 3 oz of soft, light brown sugar
- 1 beaten egg

5 oz of brown rice flour, plus extra for dusting
½ teaspoon of bicarbonate of soda
1 tablespoon of cocoa
3 oz of gluten free plain dark chocolate chips
3 baking sheets

Method:

Either put all the ingredients except the chocolate chips in a food processor and whizz until smooth or beat together in a large bowl. Stir in the chocolate chips, then bring the mixture together to form a ball. Turn the dough out on a surface lightly dusted with rice flour and divide into 30 balls. Place on the prepared sheets or trays, well spread apart, pressing down gently with the back of a fork.

Place in a preheated oven at 180 C (350 F) or gas mark 4 for 8-10 minutes. Remove from the oven, leave for a few minutes on the baking sheets or tray to harden, then transfer to a wire rack to cool.



Chicken and Leek Pie

Ingredients:

10 oz of boned chicken
1 oz of butter or margarine
1 small onion, finely chopped
1 tablespoon of plain flour
½ pint of chicken stock
½ pint of white wine
Salt and freshly ground black pepper

3 medium leeks, thinly sliced
8 oz of puff pastry
Beaten egg for glaze

Method:

Cut the chicken into bite size pieces.

Brown the onion lightly in the butter or margarine. Stir in the flour and cook for 1 minute.

Add the stock and wine, bring to the boil stirring and simmer for 2-3 minutes. Season.

Mix the chicken and leeks into the sauce and pour into a deep-sided pie dish about 1 ¾ pints capacity.

Roll out the pastry slightly larger than the size of the dish. Cut a 2.5 cm strip from the edge of the pastry, dampen down and place around the edge of the dish. Lay the remaining pastry over to make a lid. Decorate with pastry leaves, knock up the edges and glaze with the beaten egg. Cook until golden brown at oven temperature 180 C for 25-30 minutes.

ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



Questions:

- (1) What are the French words for 'roof'?
- (2) Who plays Leonard in The Big Bang Theory?
- (3) What is the currency of Colombia?
- (4) Who invented the motorcycle?
- (5) Which TV quiz does Bradley Walsh currently host?
- (6) What is testicular torsion?
- (7) Who is the male doctor in the programme 'Embarrassing Bodies'?
- (8) What is the traditional symbol for two years of marriage?
- (9) What is the capital of Israel?
- (10) Who played Des Barnes in Coronation Street?
- (11) What kind of person is a loafer?
- (12) Who composed the popular song 'Layla'?
- (13) Where is this magazine based?
- (14) What is 16 minutes past 11 in the morning on the 24-hour clock?
- (15) Which son of William the Conqueror built the original Newcastle Castle?
- (16) What is the German word for 'sun'?
- (17) Who captained England in the semi-final of the 1990 World Cup?
- (18) Where was Harpo Marx born?
- (19) What is a black velvet drink?
- (20) Who is the King of Spain?

Answers:

- (1) toiture/toit (2) Johnny Galecki (3) Colombian peso (4) Gottlieb Daimler and Wilhelm Maybach (5) The Chase (6) When a testicle rotates, twisting the spermatic chord that brings blood to the scrotum (7) Christian Jessen (8) Cotton (9) Jerusalem (10) Philip Middlemiss (11) Someone who avoids work and spends their time idly (12) Eric Clapton and Jim Gordon (13) Halifax, UK (14) 11:16 (15) Robert Curthose (16) Sonne (17) Terry Butcher (18) New York, New York, USA (19) Champagne and dark beer in a single glass (20) Felipe VI

Editor's Final Word: Thank you once again for bothering to read this publication. We are working hard to keep the magazine going but it always needs 'new blood' to freshen it up, so, if you want to contribute in anyway, please contact us at: dean@fthm.org.uk
Best wishes, Dean, Brenda, Robert and Graham.