

FROM THE HORSE'S MOUTH - September 2021. Edition 81.



Hello. I hope you are okay when you are reading this. Although there are things wrong with UK society, I am grateful to be living in a place that is relatively safe and where to some degree, you can speak your mind. I do hope you are also in a safe place and will find it in your heart to help other people who are not.

I would also like to mention Mr Kevin Austin (who with his lovely wife) took my friend Brenda to and from church for over twenty years and who unfortunately passed away recently. As Brenda says: “May he rest in peace and rise in glory”, as he was a very nice person.

The magazine continues to evolve but always needs ‘new blood’ in order to continue growing and moving forward. If you would like to contribute something to this publication/advertise/donate towards its running costs, then you can contact us (in a non-racist, non-homophobic and non-sexist way) at: dean@fthm.org.uk Best wishes, Dean.

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MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

A good time to have your nose pierced. This week you will be forced to show your true colours and stand up and be counted. A very boring man will come to your aid when you are in trouble and change the way that you view him. Now is the time to start a new project even if it costs you money. Start

to let more people behind your wall before you grow old all alone.

Sagittarius 23 Nov – 21 Dec

A girl with an hour-glass figure will inspire you to waste precious time vainly pursuing her. A trip to your local supermarket may leave you baffled and perplexed at the dramatic price increases. Someone who is wealthy may offer you some work but will you be compromised? – does everyone have their price? Try and improve your culinary skills. Eat some laverbread.

Capricorn 22 Dec – 20 Jan

You may have felt very low recently but hold your nerve and you will soon again experience elation. A familiar woman will declare an interest in you but don't do anything if you are unsure and want to protect the status quo. If you're already in a loving relationship, consider taking things to the next level as your partner is ready for this. Eat some sardines on toast.

Aquarius 21 Jan – 19 Feb

An ex-smoker will get on your nerves with their constant preaching, but be tolerant as she means well. You will receive an email that will leave you feeling confused and unsure what to do. Try to stop doubting yourself and act more decisively if you can. A former footballer will annoy you by his reluctance to do a 'normal' job. Consider going on holiday soon.

Pisces 20 Feb – 20 Mar

It is the perfect time to buy yourself a designer 'T' shirt if you want to stand out from the crowd. This month you will realise that you have to face your fears even if the possible consequences are terrifying. It might be a good time to start looking after reptiles in your home. You may be shocked on a train by someone's fare dodging tactics. Visit a graveyard.

Have you seen our [back issues](#) ??

Aries 21 Mar – 20 Apr

A married man who acts like he's still single will annoy you this month even though it's not really your business. Sometime this week you will feel ecstatic when someone you respect pays you a genuine compliment. A woman with false teeth may try and give you a love bite but is this your thing? You really should smoke less weed as you look like an old zombie.

Taurus 21 Apr – 21 May

Be grateful that we are still here and now have the opportunity to write the next chapter in each of our lives, even though we will still continue to do nothing out of the ordinary. You will receive a phone call from out of the blue, and yes, they will want something from you. A good time to get a budgie and let it fly around the lounge while you watch TV. Buy a catapult.

Gemini 22 May – 21 Jun

The religious fanatic who you have known for a long time may still be beating his religious drum but continue to your own beat and you will ultimately be okay. Your mental health will improve this month and you will start enjoying certain aspects of life once more. If you're feeling jealous of what your friends have look within to see we are all on our own journey.

Cancer 22 Jun – 23 Jul

It is a good time to treat yourself in an appropriate way but do remember that material things only possess a limited value. Maybe now you should start a business producing gingerbread people? You are the kind of person who should be learning to play the bagpipes so perhaps look into purchasing some. A woman with a big wart will bring you much happiness.

Leo 24 Jul – 23 Aug

Your level of creativity has taken a dive in the last few months, but keep the faith as your creative juices will soon flow freely again and you will soon produce some great things. A small unexpected windfall will come your way in the next few days so don't act like a fool and squander the money. You really could do with losing a few pounds so start now.

Virgo 24 Aug – 23 Sep

A new woman will come into your life and your life will really change for the better - but don't take advantage of her. Money is hard to come by at the moment, but your luck will soon change if you continue on the path that you are on. Your obsession with new things is daft and will mean that you go forever and ever around in circles looking for a new buzz.

Libra 24 Sep – 23 Oct

Someone with a birthmark will bring some sunshine into your life if you can shake off the gloomy clouds that surround you. You have worked hard during lockdown and now things will start to blossom for you. You will receive an unwanted gift this week, but don't be rude and just be diplomatic if the giver asks you about it. Think about buying a new mobile phone

AOAMSD 6

Written by Krishna Francis

Right. Left? Wrong? Hmmm. What is the correct way to continue? In this case I'm talking about a specific word but I'm really saying it in relation to the practical matter of doing the next thing more broadly in life.

I once read on the side of a Baptist church that only dead fish go with the flow. It has stayed with me. It seems to be a call to making a decision rather than following a path that others have trodden down. However, I get confused when I think about a really great psychological model that says flow is the sweet spot of living.

The diagram that describes this idea is a simple graph with skill on one axis and difficulty on another. If you do something you find easy for you, you will get bored. If you do something that is too difficult you will get anxious. In the middle of these two rests flow.

Now, I sort of drift through life. This has become more evident to me since the accident that has left me in a wheelchair. As a friend used to say to me, I'm a bit directionless. That can't be true as I do a lot of things. The issue that arises every time I start doing something is that there are several possibilities about the next step. Like, the start of this episode. I began with right as a sort of decisive thing to say before delving into a certain examination of a line of thought. Instantly, the other words arose in my mind, left or wrong. Although they are completely inappropriate and irrelevant, they still caused me to pause.

At this moment I am looking to organise a project with the writing group I set up. I want them to write some monologues that can be performed. I then want to create a performance somewhere that is not quite a performance space but which is frequented by the sort of customer who is open to new experiences. For example, imagine I secure a cafe and have people planted at tables and they stand up and start speaking without too much warning but enough that the audience aren't completely surprised. It could be great but the indecision that I'm prone to makes me wonder if it is achievable and whether I am asking too much of a one-off event. All of this slows me down in my quest to be of practical use and create an event for the enjoyment of everyone who partakes.

Maybe what I need to do, having announced my intention here, is to tell you next month how my plans are progressing. That will show both me and you that I am acting in accord with my intention. I will also be in flow but not necessarily going with a general flow like a dead fish. So, I'll see you again next month with news of progress... Right?

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GRAHAM TOWNSEND'S MONTHLY QUIZ



Questions:

- (1) Which sport would you be watching if you attended a game between Milwaukee Bucks and Phoenix Suns?
- (2) What type of animal is a jerboa?
- (3) What is the German word for an airport?
- (4) Which explorer annexed Newfoundland for Queen Elizabeth I?
- (5) What is the number one selling soft drink in the world?
- (6) Which actor appeared in the films "Glory", "Training Day", "Inside Man" and "The Hurricane"?
- (7) In which month is the Autumnal Equinox in the Northern hemisphere?
- (8) Which mythical creature has the head of a human and the haunches of a lion?
- (9) Which rock band had hit singles in the 1990s titled "Two Princes" and "Little Miss Can't Be Wrong"?
- (10) What is the official primary language of Pakistan?
- (11) Bing is a variety of which fruit?
- (12) What TV cartoon had a character named Mermaid Man voiced by Ernest Borgnine?
- (13) Who wrote the books 'Ethan Frome' and 'The Age of Innocence'?
- (14) Ham, Shem and Japheth are the sons of which Old Testament biblical figure?
- (15) Where in the human body will you find the ulna, the radius and the humerus?
- (16) With which sport would you associate "Prince" Charles Martin?
- (17) What classic 1978 arcade game involved shooting aliens coming down at you with a laser cannon?
- (18) What is the largest land animal, which comes in both an African and Asian species?
- (19) What is the cube root of 125?
- (20) What is the final letter of the Greek alphabet?

Answers

- (1) Basketball (2) Rodent (3) Flughafen (4) Humphrey Gilbert (5) Coca Cola (6) Denzel Washington (7) September (8) The Sphinx (9) Spin Doctors (10) Urdu (11) Cherry (12) SpongeBob SquarePants (13) Edith Wharton (14) Noah (15) The Arm (16) Boxing (17) Space Invaders (18) Elephant (19) Five (20) Omega

A MOTHER TALKS ABOUT HER SON'S EARLY LIFE

Written by June Charlton

My son Dean was born in Wakefield General Hospital. I was in Castleford Maternity Hospital at Roundhay Road off Beacroft Road and had been in labour for 24 hours, so was rushed to Wakefield in a little ambulance car with a siren going as Dean was in distress with me going all those hours before he was born. I was taken to the maternity part of the hospital where I had a room of my own once I had given birth to him. He had to be delivered by forceps to pull him out. I had lots of pain and stitches, but after a few days, the pain subsided. In all, I was in hospital for two weeks although it was more normal in those days to be only there for 2-3 days.

Dean went to nursery school in Castleford when he was 9 months old, they had to be potty-trained and walking, but he was accepted. I went back to work when he was 5 months old because of my circumstances for I needed to work as I had no money coming in. First of all, my mam looked after him but it became too much for her as she was also looking after his cousin who was a year older than him. Consequently, it all became too much as she had Bronchial Asthma. The two of them had played her up and bit all around the window sills so that's why I put Dean in nursery school at such a young age and that's why he was clever as a result of going to school young.

When Dean was 5 years old, he was old enough to go to Kippax North School which was near to where we then lived. When he was 11 years old, he moved from that school to Brigshaw Comprehensive near Allerton Bywater. The teachers said that he could go far as he was clever at all his lessons and got good marks. But then his illness came at 15 years of age – it was a shame for this to happen when he was doing so well, and unfortunately, his illness was not diagnosed until much later on in his life.

Oh yes, let me tell you about some of his antics when he was very young and when I couldn't turn my back on him for a second. One example is when I'd got a bucket full of nappies soaking in soap powder and he found the box and poured all the box of soap powder into the bucket until there was none left! Another thing he did was climb up on a stool at the breakfast bar, open the cupboard doors, and pull the tins off of the shelves – I shouted, but realised that he didn't understand that he had done anything wrong, and all I could do was to put the tins back on the shelves. There's lots more I could write, but it would take too long!

As I mentioned Dean became ill when he was 15 and it turned out that he suffered from manic depression, or as it is now called, bi-polar disorder. Unfortunately, for Dean it resulted in him getting poor A level results as he barely studied for them and being ill when he attended Portsmouth Polytechnic and then Bristol Polytechnic – it must have been so difficult for him when he was ill and so far away from home with no one really understanding what was wrong with him. He found not finishing his degree devastating. Later he was diagnosed as suffering from bi-polar disorder and OCD.

As Dean has told you in other articles, his life has been very difficult (we've not always

understood his illness) but I am proud that he is doing well now with the magazine and I wish him well in the future.

BRENDA'S WILDLIFE CORNER



Pangolin

Pangolins are scaly anteaters with four species being found in Asia and two more found in Africa. Over their skin, they have large protective scales made of a material similar to fingernails. They are the only known mammals to have this feature.

Pangolins live in trees or burrows according to the species and are a solitary creature meeting only to mate which usually results in one to three babies, these are then raised for about two years. The diet of a pangolin consists of mainly ants and other termites and this is made possible through the deft use of their long tongue.

Unfortunately, pangolins are caught by man for their meat and scales and are used in Chinese medicine. In addition, deforestation threatens their habitat and means they are the most endangered mammal in the natural world.

The word 'pangolin' derives from a Malay word meaning 'one who rolls up' and in Indonesia, it is known as 'trenggiling' as the pangolin rolls up into a ball when threatened, with its scales which are sharp acting as armour and a defence from predators – it protects its face by putting it under its tail.

GRAHAM'S WONDERFUL WORLD OF SPORT



Hi everyone! Going forward I am going to be looking at what is going on in the world of sport, in the month when the magazine is published.

So here we are going into September 2021. The football season in Europe is now underway in most, if not all, of the major leagues. Much of the recent talk has been around the big transfers that have been taking place in the past few weeks. Without doubt the biggest story has been the departure of Lionel Messi, after twenty-one seasons with

Barcelona, to Paris St Germain, after the Spanish side could no longer afford the Argentinian maestro's wages. In Paris, he will link up with his good friend Neymar and the highly rated Kylian Mbappe although, at the time of writing there is some conjecture that Mbappe may be on his way to Real Madrid as, they have now submitted an official bid for his services.

The big story here in the UK, has been the potential transfer of Harry Kane, the England captain, from his current club Tottenham to current Premier League champions Manchester City. Ironically, in the first league match of the season, a Kane less Tottenham defeated City 1-0, with a goal from Heung-min Son, which, in the opinion of many, highlighted the need for City to sign a top-class striker if they are to successfully defend their title. By the time you read this article, we will know whether Kane has stayed put or moved on.

Talking of England, they have three World Cup qualifying matches versus Hungary, Andorra and Poland respectively at the start of this month. They will be hoping to bounce back from the disappointment of losing the final at Euro 2020, on penalty kicks, to Italy.

Moving away from football, September sees the start of the NFL season and the road to Superbowl LVI, which will be held in February 2022 at the SoFi Stadium, Inglewood, California. It is the home of the Los Angeles Rams and the Los Angeles Rams. As is general tradition, the Superbowl champions, in this case the Tampa Bay Buccaneers, featuring world famous quarterback Tom Brady, take on the Dallas Cowboys in the first game of the season on Thursday 9th September. Can the Buccaneers defend their championship? Well, you would never bet against a team which contains the likes of Brady, Antonio Brown and Rob Gronkowski.

Elsewhere Stateside, the US Open tennis championship will be underway by the time you read this article. Novak Djokovic will be a strong contender for the Men's Singles title after the withdrawal of defending champion Dominic Thiem along with those of long-term rivals, Rafa Nadal and Roger Federer, who have both won twenty Grand Slam tournaments to date.

Looking at the Women's Singles competition, at the time of writing, it has not been confirmed whether the defending champion, Japan's Naomi Osaka, will be competing or not after a fairly lengthy and publicised absence from the sport although, she did return for the Olympic Games where, she was defeated in the first round. This must bring into question whether she can regain her form again in time for her to successfully defend her title at Flushing Meadows. World Number One Ashleigh Barty has to be considered favourite, in my opinion and you can never rule out Serena Williams, again subject to her participation of course.

Towards the back end of the month, 24th – 26th September to be precise, Whistling Straits in Wisconsin will see some of the world's top golf players converge to take part in the delayed 2020 Ryder Cup between Team USA and Team Europe. In recent years, Team Europe have had somewhat the upper hand, with victories in four out of the last five staging's however, Team USA can call upon the majority of the top ten ranked golfers in the world for this edition. At the time of writing, Europe have one player ranked in the top ten albeit, it is Jon

Rahm who is actually the current number one ranked player. Additionally, Team USA were victorious the last time the event was held on American soil at Hazeltine National in 2016.

It would be remiss of me not to mention the Paralympic Games which started on 24th August and run until 5th September 2021. Hopefully there will be lots of record-breaking performances including plenty from Team GB. I will be cheering on Hannah Cockcroft; she is a wheelchair racer from my hometown of Halifax and is a multiple world record holder.

I hope you have enjoyed this little look at what is happening across the world in sport.

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

* With a little 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

GLASGOW



Glasgow is the second city in Scotland (its name is Brittonic in origin) and is the most populous city. It began as a small settlement on the River Clyde and grew to be one of the main places for transatlantic trade involving the West Indies and North America. It is thought that a Christian missionary called Saint Mungo actually founded Glasgow in

the 6th century when he established a church on Molendinar Burn which is where the present Glasgow Cathedral stands.

Communities have been based around the River Clyde for millennia as it was a natural location for fishing. The Romans constructed outposts in the area and built the Antonine Wall to prevent Brittonic speaking Caledonians from attacking Roman Britannia. Interestingly, items from the wall and other Roman artefacts have been discovered in the area which can now be found in the Hunterian Museum.

Wealth was initially generated in the Glasgow area through brewing, fishing and agriculture and the first bridge over the River Clyde was built in 1285. The University of Glasgow was also founded in 1451 and helped increase the town's educational status as well as its religious standing.

In the 17th century, Glasgow's financial fortunes were transformed through involvement with the Atlantic triangular slave trade with products such as sugar, tobacco and cotton being traded. By the late 18th century, more than half of the British tobacco trade was based on the

River Clyde. In fact, Acts of Union in 1707 resulted in the city's easy access to vast markets of the new British Empire.

Significantly, in 1795, the opening of the Monkland Canal made access to extensive iron-ore and coal mines in Lanarkshire possible which resulted in a major shipbuilding industry evolving on the upper stretches of the River Clyde. Glasgow also became an important centre for chemicals, textiles and engineering, which included the marine engineering industry. And by 1821, Glasgow's population was larger than that of Edinburgh. Notably, one of the first municipal police forces in the world was formed in the city in 1800 and reflected its social development. It is also important to state that at the end of the 19th century, Glasgow was responsible for half of Britain's tonnage of shipping, and remarkably, for a quarter of all locomotives produced in the world. At this time, the population grew to peak at 1,127,825 people in 1938. Glasgow was also a major player in things including textiles, garment fabrication, leather processing and cigarette making.

The 20th century saw a decline in Glasgow's fortunes after World War I, and it suffered from recession, the Great Depression, radical socialism and also from the formation of the "Red Clydeside" movement. The city recovered by the start of World War II but suffered further setbacks due to the Luftwaffe's Clydebank Blitz. Although its economy grew in the 1950s, the emergence of industries in Japan and West Germany in the 60s, meant that Glasgow's industries declined due to de-industrialisation, and there was a rise in unemployment and urban decay. The population also fell significantly and there was more welfare dependency. The Glasgow Corporation responded by publishing the Bruce Report which led to slum demolition, suburban housing estates and tower blocks built from the mid- 1950s to late 1970. In addition, there was a large-scale relocation of people to towns like East Kilbride, Livingston and Cumbernauld and so, consequently, the population of Glasgow was only 626,410 in 2019. The city's economy was boosted through heavy investment in road infrastructure and the promotion of it as a European centre for business services, finance, inward investment and importantly, it became a hub for tourism – in 2008, Lonely Planet cited the city as one of the world's top tourist cities.

It is true to say that Glasgow is a cosmopolitan city that includes the 10,000 Lithuanian people who settled there in the mid-20th century and also many Italian Scots who made their home in the city. In the 1960s and 70s, many Asian people moved to Glasgow to areas like Pollokshields while many Chinese people settled in the Garnethill area of the city.

Although it has seen many changes over the decades, today, Glasgow boasts a varied architectural landscape with grand Victorian buildings and relatively new glass and metal edifices which can be found in the International Financial Services District. In addition, if you visit the city, you will see terraces of blond and red sandstone in the fashionable West End. There are also many futuristic buildings like the Riverside Museum and the Glasgow Science Centre on the banks of the River Clyde.

If you want to spend time in the city centre, you can't but be impressed by its numerous cultural venues such as the Glasgow Royal Concert Hall, Theatre Royal, the Pavilion Theatre and the Gallery of Modern Art. It is also the home to four excellent higher education

institutions which are: the University of Strathclyde, the Royal Conservatoire of Scotland, Glasgow School of Art and Glasgow Caledonian University.

Retail is obviously very important to Glasgow, and its layout is based on a grid system on the north bank of the River Clyde. George Square is at the heart of the city and is home to many statues, the elaborate Victorian Glasgow City Chambers and is also the headquarters of Glasgow City Council. Any serious shopper will want to visit “The Style Mile” which includes the precincts of Argyle Street, Sauchiehall Street and Buchanan Street. It is not surprising that Glasgow is the second retail centre in the UK after London!

An important area to mention is the Merchant City area which has been rejuvenated and includes luxury city centre flats, warehouse conversions and now houses quite a lot of high-end boutique shops and other upmarket stores. The area is also rich in theatres and concert venues like the Tron Theatre and St. Andrew’s in the Square.

Another important district is Glasgow’s Financial District which is based in Blythswood and Anderston. The emergence of many high-rise developments and modern offices, since the late 1980s, has resulted in Glasgow being one of the largest financial sectors in the UK and has attracted companies like Direct Line, Norwich Union, Esure and the Lloyds Banking Group.

The West End of the city, which incorporates Blythswood Square and Garnet Hill, has many fine townhouses and tenements with lots of cafes, tea rooms, bars, boutiques, upmarket hotels, clubs and restaurants. It is also the location of the University of Glasgow, Glasgow Botanic Gardens and the Scottish Exhibition and Conference Centre.

The East End of the city is where you will find the famous Celtic FC, Barrowland Market, Barrowland Ballroom and Glasgow Green. If you want to visit this part of the city, maybe take a look at the two restored 18th century tenements in Gallowgate and you could also view the large baronial mansion built in 1848 by David Bryce which now continues to exist as a sheltered housing complex. The Glasgow Club Crownpoint Sports Complex is also important to the community as it offers not only sports facilities but health advice, stress management and leisure and vocational classes.

The South Side of the city possesses affluent towns like Newton Mearns, Clarkston and Giffnock and there are plenty of sandstone tenements in Battlefield and Govanhill. It is a predominately residential area and has some striking architecture by the likes of Mackintosh. Govan district is also famous for its engineering and shipbuilding works.

North Glasgow includes the suburbs of Bishopbriggs and Clydebank and contains some of the poorest residential areas in the city where there is a lot of unemployment and drug abuse. The one exception is Maryhill which borders on the West End and which is relatively wealthy with well-kept traditional sandstone tenements. However, Glaswegians from this area were once responsible for producing vast numbers of locomotives that were sent all over the world.

As you will probably be aware, football is hugely important to the people of Glasgow and there are four professional teams in the city: Celtic, Rangers, Partick Thistle and Queen’s Park. It is also the home to six women’s teams. Interestingly, the first ever international game

played in 1872 was a drawn affair between Scotland and England. Many other sports are practised in the city like speedway, athletics, rugby union and rugby league, swimming, basketball, rowing and cricket.

If you like a bit of culture, during a visit to Glasgow, you could immerse yourself in opera, ballet, theatre and classical music. Of course, there are many venues that offer live music, so it is true to state that the city has something to offer everyone!

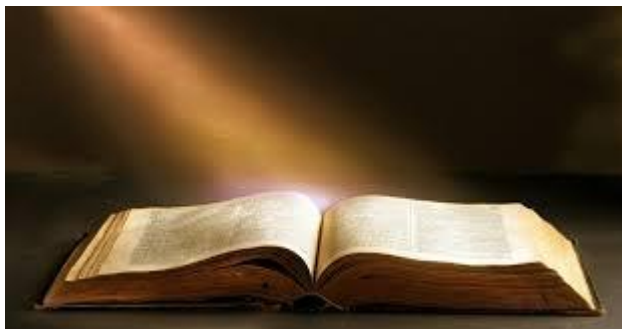
Christianity is practised by many Glaswegians and the two main branches on offer are the Church of Scotland and the Roman Catholic Church. There are four cathedrals in the city including Glasgow Cathedral (Church of Scotland) and St. Andrew's Cathedral (Roman Catholic). Sectarianism is a problem in Glasgow but it is not territorially segregated like in Belfast, N. Ireland. Other religions that are represented in the city are Islam, Judaism, Hinduism and Sikhism.

Education is also taken very seriously in Glasgow and it has various higher education facilities, 29 secondary schools, 149 primary schools, 3 specialist schools (dance, sport and Gaelic) as well as a number of good independent schools.

If this article has sparked some interest in Glasgow for you, then it is not difficult to visit as it has an excellent road and rail network and three international airports within 45 minutes travel from its centre. You have no excuse not to visit fabulous Glasgow!

* With a lot of help from Wikipedia

BIBLE TALK



Sent by Peter Smith

'And Adam was not deceived, but the woman being deceived, fell into transgression.'

1 Timothy 2:14

This verse shows the UTTER FOLLY of saying that every word of the New

Testament is inspired by God.

Adam WAS deceived. He, like Eve, ate the forbidden fruit. But Paul is doing what misogynists have done from time immemorial. He is blaming the woman for the man's wrongdoing, and absolving the man of blame.

Adam being beguiled by Eve was no different from Eve being beguiled by the serpent. Both were culpable.

Paul's error is serious, because the same attitude prevails today. It is most obvious in strictly religious societies where women are confined and covered, for fear they might lead the (helpless?) men astray. As if the men are not responsible for their own actions. And as if it is all right for the men therefore to hate the women.

But hatred of women by men is worldwide. In the UK a woman is killed by a man every three days.

In the time of the Old Covenant (Testament) scripture could not be broken. But by his death and resurrection Jesus brought in a New Covenant, where God says of his people, "I will put my laws in their mind and write them on their hearts" (Hebrews 8:10). So now we have to think and follow our hearts. No longer can we just follow rules in a book or a leader.

(Quotations from New King James Version of the bible)

ALBUM REVIEW: WELCOME 2 AMERICA



BY PRINCE

Written by Graham Townsend

I have been a massive Prince fan since the Purple Rain era, and saw him live twice in the late 1980s/early 1990s, so, when I heard about the issuing of his first posthumous album of entirely unreleased material, I knew I had to purchase it. The only thing I had really read about it was that it was very funky. So, was this observation correct? And more importantly is it any good?

The album has twelve tracks and has a running time of approximately fifty-five

minutes, in my opinion that is relatively long by modern standards, for someone I class as a mainstream artist. The album was recorded in 2010. I have now read that he had planned a tour of the same name, however, this was shelved for some unknown reason.

My initial thoughts were that the album is indeed very funky. Additionally, the two tracks that stood out for me immediately were the title track, which is also the opening track, and "Hot Summer". Having listened a few times now, I found that I also really enjoyed listening to "Stand Up and B Strong", a cover of the Soul Asylum song, and "1010 (Rin Tin Tin)" which took me back to tracks like "Anotherloverholenyohead"!

I have seen the album described as a "protest record", due to the large number of political references that are prevalent in the lyrics from start to finish, plus you could argue that the

title of the Soul Asylum cover fits with this narrative too. This is particularly apparent in the title track, which focuses on American values. Track two “Running Game (Son Of A Slave Master)”, discusses black on black crime and racism issues in the music industry. The suggestion that America is not a great place to live, for many black people in particular, continues with “Born to Die” and “1000 Light Years From Here”. There is also the obligatory naughty sex related song in “When She Comes”.

There aren't any really bad tracks here or what you might class as filler. For those who felt that, the albums he released in the latter years before his passing were of a relatively lower quality, they will probably be pleased to hear that this is something of a return to form. I'm fairly sure they won't be too disappointed if they do go out and buy this. It has certainly grown on me the more I listen to it. It's a shame he's not still around to perform these songs live as I'm sure that would also another dimension.

MY STAR RATING = ***1/2 out of 5

JUNE'S WORLD



Hello. I hope you are all well. Another month has gone by and the weeks pass so quickly.

Today (Monday), we visited the lovely town of Selby again but it wasn't very busy, in fact, the past few weeks it has been quiet. But people are still wearing their masks which can only be a good thing, and they are still keeping their distance.

The weather has changed from red hot to very fast rain, but that's good because it has cooled everything down and made it feel fresh. I am glad though, that we took advantage of the hot weather to enjoy time on our swing up the garden. However, according to the weather forecast it's going to rain all this week.

As I'm writing this article, a friend from South Africa is on the phone telling us what is happening over there. He says that due to pilfering most shops have been closed down, and in those that are still open, there is very little on the shelves because people have been panic buying. Our friend has lived in South Africa for about twenty years and first went with his now deceased wife for a better life. He says he will never return to England as most of his family have died, and in any case, he has made a lot of friends there and is happily settled enjoying playing tennis and other sports.

Today, we have been to Lumby which isn't very far from where we live. We often visit there to buy a meal or a snack or to look at the lovely plants in the nursery. It is nice also to socialise and seeing other people lifts your spirits. We love going to different places and we are now looking forward to our holiday in Bridlington. So, Goodbye until next time. June.

SOME MORE INTERESTING RECIPES FROM JUNE CHARLTON



Brown Sauce

Ingredients:

1 onion
1 carrot
½ pint of stock
Seasoning
½ oz of margarine
½ oz of flour
Gravy browning

Method:

Prepare vegetables (if using large onions and old carrots, chop well or grate as this will reduce cooking time). Melt margarine and fry vegetables lightly. Add stock and seasoning and bring to the boil and cook gently for 30 minutes. Sieve and reheat. Add gravy browning to colour.



Curry Sauce

Ingredients:

2 oz of margarine
1 onion (finely chopped)
1 oz of flour
1 level tablespoon of curry powder
¾ pint of stock
2 oz of sultanas

2 teaspoons of lemon juice
Seasoning
½ teaspoon of caster sugar and apple

Method:

Melt the margarine and fry onion until lightly cooked. Add flour and curry powder and cook for 2-3 minutes. Pour in the stock, a little at a time, blending well to form a smooth paste. Add remainder of stock and bring to the boil. Add apple and sultanas, simmer until apple is cooked. Stir in the sugar, seasoning and lemon juice.

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Minestrone Soup

Ingredients:

- 1 oz of haricot beans (cooked)
- 8 oz of tomatoes
- 1 small carrot
- 1 small potato
- 1 small onion
- 1 oz of margarine

- 1 pint of stock
- 1 pint of water
- 1 oz of spaghetti

Seasoning

- 1 clove of garlic (finely chopped)
- 1 teaspoon of parsley
- Parmesan cheese

Method:

Prepare onion, carrot and potato and cut into small dice. Skin and cut up the tomatoes. Fry prepared vegetables in margarine for a few minutes. Add garlic, beans, seasoning, stock and water and bring to the boil. When boiling, add broken spaghetti in short lengths. Cover with a lid and cook gently for 45-60 minutes or until vegetables are tender and spaghetti is cooked. Season to taste. Serve sprinkled with grated Parmesan cheese.

ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



Questions:

- (1) Who invented the circular saw?
- (2) What nationality is ex-footballer and coach Zinedine Zidane?
- (3) Who first ran a four-minute mile?
- (4) What is the capital of the United Arab Emirates?
- (5) What does the word procrastination mean?
- (6) What is the French word for toothpaste?
- (7) What is the largest fish in the world?
- (8) Which country produces the most sugar?
- (9) Who plays Steve McDonald in the British soap Coronation Street?
- (10) What is the currency of Luxembourg?
- (11) Where are Cheetahs mainly found?
- (12) What is the German word for house?
- (13) Who played Philip in the successful sitcom Rising Damp?

- (14) Where is Cape Verde?
- (15) Who is the Prime Minister of New Zealand?
- (16) What sport did Shane Warne excel in?
- (17) Who makes the perfume Angel?
- (18) What is a canape?
- (19) Who does Cristiano Ronaldo now play for?
- (20) Who won the Golden Boot for this year's Euros?

Answers:

(1) Edmond Michel (2) French (3) Roger Bannister (4) Abu Dhabi (5) The action of delaying or postponing something (6) Dentifrice (7) Whale Shark (8) Brazil (9) Simon Gregson (10) Euro (11) In the eastern and southern ranges of Africa south of the Sahara Desert (12) Haus (13) Don Warrington (14) Off the West coast of Africa (15) Jacinda Ardern (16) Cricket (17) Mugler (18) A small piece of bread or pastry with a savoury topping (19) Juventus F.C. (20) Cristiano Ronaldo

Editor's Final Word: Thank you for reading this magazine and I do hope you enjoyed the experience and maybe feel inspired to contribute to it in some way in the near future – you can contact us at: dean@fthm.org.uk Best wishes, Dean, Brenda, Robert and Graham.