

# FROM THE HORSE'S MOUTH – March 2022. Edition 87.

Hello. I hope you are okay. I have started a course of Cognitive Therapy to try and help me with my OCD and I think it will go well – or least I hope so.

If you like this e-magazine why not get involved in a non-sexist, non-homophobic and non-racist way and send your articles/photos/adverts or donations to [dean@fthm.org.uk](mailto:dean@fthm.org.uk) Best wishes, Dean.

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## MY NOT VERY SERIOUS STARS



### **Scorpio 24 Oct – 22 Nov**

Your nightmarish experience of insomnia will threaten to derail your career dreams this month, but don't despair, as like everything, it is temporary. An African woman will come into your life and make you realise just how

difficult some people have it – and how easy your life actually is. Stop being a spectator and put something into the public domain.

### **Sagittarius 23 Nov – 21 Dec**

Someone who tries to hide his real age will amaze you this week by the lengths he is prepared to go to achieve this. You may lose someone close to you soon, but you will find the strength to carry on as they would have wanted you to. A lady who wears a wig will also show you how much she loves you and make you realise that you have to treat her like fragile china.

### **Capricorn 22 Dec – 20 Jan**

An unexpected email will plunge you into a state of despair, but if you plough on, you will become stronger and find light at the end of the tunnel. A friend may start to act in a strange way but don't shun them as we all come close to madness at times. A friend's child will amaze you this week by something they say which solves a problem you have. Breathe.

### **Aquarius 21 Jan – 19 Feb**

Now is the time to cut yourself some slack as you have been working hard and deserve some pleasure. Someone will buy you flowers this week and make you realise how much they appreciate you and everything you have done for them. You are feeling anxious about getting older but this is a waste of time, and anyway, life still holds many good things for you.

### **Pisces 20 Feb – 20 Mar**

You are not looking after yourself well enough on a dietary level, so maybe now is the time to up your game in the kitchen. It is a good time to start saving for a rainy day as you never know when the financial storm clouds are going to form. The journey you are on may seem unbearable at times, but don't throw in the towel and see the fight through to the end.

### **Aries 21 Mar – 20 Apr**

It is really time you stopped trying to be something you're not, as we are all basically the same, with the same fears and similar hopes. It could also be a good time to try and stop biting your nails or smoking now that you feel less anxious, and if you fail, just try again. You'll receive a nice gift this month so accept it and feel good. Start eating veggie burgers.

### **Taurus 21 Apr – 21 May**

A transsexual person will come into your life and bring you joy and happiness. You may be fearful of dying but it will be okay, and anyway, no one really knows where or how your play really ends. A woman who is very good with her hands will make you feel great this week and experience feelings you've not had for a long time. Think twice about eating roadkill.

### **Gemini 22 May – 21 Jun**

Someone who has seen better days will ask you out this month, and as they are lovely, you will have to decide how important looks are to you after all. It is now imperative that you take a serious look at your gambling habit as it is spiralling out of control. A freak accident will result in you being temporarily disabled making you better appreciate your health.

### **Cancer 22 Jun – 23 Jul**

This month you will realise that you have just been anxious and all your ruminations are just symptoms of your anxiety – good times are ahead! Winter has nearly elapsed so start making plans for the spring and the summer and spend a little! Money has always been a problem for you but that's all about to change as you will receive a financial windfall which will help.

### **Leo 24 Jul – 23 Aug**

Now is the time to start saying 'no' to someone who always wants to borrow money otherwise you will still be lending them money in your autumn years. Romance will be on offer this month, but are you content being single? It is time you bought yourself a new watch as you can afford one – stop being so tight! All your efforts will soon come to fruition.

### **Virgo 24 Aug – 23 Sep**

You have been quite unsociable (with good reason) these last few months, so now is the time to spread your wings and visit people you've not seen for a while. You are still passing a lot of wind though and maybe need to take another look at your diet. A good time to buy yourself a kit to build a replica aircraft. Be open about your passion for dressing up.

### **Libra 24 Sep – 23 Oct**

A friend will tell you a secret that will change the way you view them – but don't get into trading secrets! You have spent most of your adult life working for next to nothing but things may change for you this year. If you have an itchy bottom then maybe look to see what's in the beer you like to drink. It may be the right to time to consider buying a new car.

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## **GRAHAM TOWNSEND'S MONTHLY QUIZ**

### **Questions:**



- (1) The German word Weidervereinigung, of historical significance, means what in English?
- (2) After Hydrogen and Helium, what is Earth's most abundant element?
- (3) Which Australian duo had a UK Number 1 single in 1999 with "Don't Call Me Baby"?
- (4) What is the capital of Malawi?
- (5) What is the collective noun for a group of badgers?
- (6) "Angels and Demons" and "Inferno" are novels by which American author?
- (7) Which English Premier League team play their home

matches at Selhurst Park?

- (8) What name is given to words that read the same in both directions?
- (9) The typeface Helvetica is named after which European country?
- (10) Who directed the films "Sherlock Holmes" (2009) and "Wrath of Man" (2021)?

- (11) Chemin de Fer, La Grande and Punto are terms associated with which card game?
- (12) What city is known as the birthplace of the prophet Muhammad?
- (13) By what name is the first section of the small intestine known?
- (14) With which sport would you associate America's Lindsey Vonn?
- (15) In Greek mythology, who was Persephone's mother?
- (16) How many prime numbers are there between 0 and 30?
- (17) Which sportswear brand was previously known by the name Blue Ribbon Sports?
- (18) Ciudad De La Paz is the capital of which country on the west coast of Central Africa?
- (19) Often referred to as the "Queen of Pop", which singer was born in Bay City, Michigan on 16<sup>th</sup> August 1958?
- (20) Which African country endured a civil war immediately after its independence from Portugal in 1975?

### Answers

- (1) Reunification (2) Oxygen (3) Madison Avenue (4) Lilongwe (5) Colony (6) Dan Brown (7) Crystal Palace (8) Palindrome (9) Switzerland (10) Guy Ritchie (11) Baccarat (12) Mecca (13) Duodenum (14) Alpine Skiing (15) Demeter (16) Ten (17) Nike (18) Equatorial Guinea (19) Madonna (20) Angola

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## JUNE'S WORLD



I hope you are well and enjoying yourselves. Today as I am writing this article, the weather is brilliant, the sun is shining and it's quite warm. We have just got ready to go to Castleford for our weekly shopping. We like to get off early morning when it's quiet.

We've been back home for about 10 days from Scarborough, and already I'm wishing we were back there as it's nice to have someone else doing the cooking. It will be lovely when we can sit in the garden and read. I suppose we shouldn't really complain as the weather was good in January – we've had no fog or snow although I keep thinking that it would be lovely if it snowed as it's wonderful walking, if you are well wrapped up.

We're now into February and it's begun with good weather even though it keeps alternating between rain to sunshine. I've decided to stay in today and catch up with a few jobs that I've got to do. My husband Melvyn was not feeling well but he's picked up a bit and has gone to clear the leaves and do some maintenance to an area where we sit and read and sunbathe. As I have got my housework done, I thought I would sit down and write this article.

It was my birthday on the first of February, but we did not get to go for a special meal, as like I said, my husband hasn't been feeling too good. I said it didn't matter as we can go for meal

anytime. I received a gift voucher from my granddaughter and presents from my two grandsons. We do love going out for meals however, so the gift voucher will come in handy.

Anyway, back to Scarborough. The first day we got there it was very quiet and there were only two cars in the car park. When we went into the hotel, the receptionist said there were only us two booked in. The first night in the restaurant there was only the chef and the waitress there and it seemed strange as we were the only guests. The waitress served us and when we'd finished eating, she came over to talk to us and said it was too quiet and that she wished a coachload would come in. She hoped it would soon pick up. She told us she was from Hungary and had come to work in Scarborough to help support her son who is a student at Scarborough University. After we left the restaurant, we had a walk around the town.

The next day, we had a walk around the Marine Drive and called at the café for a hot chocolate. It's quite a distance to the Marine Drive from the town centre, but it's well worth the walk. We then walked another half a mile to Peasholm Park and fed the squirrels which were running around. There were also some hedgehogs which were slowly moving.

The following day we decided to go to Bridlington and when we got there, we bumped into Jean who used to live two doors from us in Kippax (her husband Dennis had wanted to go live in Bridlington and they had bought a lovely bungalow. Unfortunately, Dennis passed away due to heart problems – it was a great shock to everyone who knew him). We went to the funeral even though we hadn't seen them for a long time, to pay our respects. Anyway, Jean seems happy in her bungalow and when she's not knitting, she likes to go swimming. She has six grandchildren and so likes to knit jumpers and cardigans for them. We've told her we will let her know when we are going to Bridlington again so that we can meet up.

That's all I have to say for now so Goodbye, June.

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## WINCHESTER



Winchester is a cathedral city that is located in Hampshire, England and was the most important city in England until the Norman invasion in the 11<sup>th</sup> century. It is 60 miles south-west of London and 14 miles away from the nearest city of Southampton. Today, Winchester is one of the most affluent and expensive areas in England.

Like a lot of British cities, Winchester has a fascinating history e.g., the area around it has been inhabited since prehistoric times with three Iron Age hill forts at Oram's Arbour, St. Catherine's Hill and at Worthy Down. During the late Iron Age, an oppidum evolved which was an urban type of settlement and which became an important centre for the British Belgae tribe. This settlement may have been known as Wenta or Venta which was the common Celtic word for "tribal town" or "meeting place". Its Roman name was Venta Belgarum and after the Romans came to England, the town served as the capital of the Belgae and was initially of

subsidiary importance to Silchester and Chichester which it had eclipsed by the end of the 2<sup>nd</sup> century.

Importantly, stone walls were erected around the town at the beginning of the 3<sup>rd</sup> century, and it, at this time, covered an area of 144 acres which meant it was one of the largest towns in Roman Britain by surface area. In common with other Roman towns, it began to decline at the end of the 4<sup>th</sup> century but life didn't much change there until the mid-5<sup>th</sup> century when the settlement became smaller. Interestingly, it is thought that the town may have functioned as a royal palace or as a religious community as Christian cemeteries, established during the Roman era, continued to be used. Winchester makes an early appearance in Welsh literature, and in modern Welsh, is known as Caerwynt.

The town became known as Wintanceaster in Old English during the reign of King Cenwalh of Wessex, who erected the Church of St. Peter and St. Paul which later became known as the Old Minster and then became a cathedral in the 1660s. King Alfred the Great altered the Roman design of the town in the late 9<sup>th</sup> century to a new grid system in order to be defensively stronger against the Vikings. It is thought that the first mint can be traced back to this period. In the 10<sup>th</sup> century, Bishop Aethelwold created "Lockburn" which was an effective drainage system and was in use in the town as late as 1875. Also, at the end of the 10<sup>th</sup> century the Old Minster was enlarged and, in 1141, there was a damaging fire in the town.

One individual who played a large part in the development of Winchester was William of Wykeham who was responsible for the current structure of the cathedral and who also founded Winchester College public school. It is also worth noting that the town played a very important role in the wool trade before the industry declined.

There was an important Jewish community in Winchester from at least 1148, but typically, persecution of it occurred in the 1220s and 1230s with the community's leader, Abraham Pinch, being hung in front of his own synagogue. The Jewish quarter (present day Jewry Street) was then ransacked by Simon de Montfort in 1264, and all Jews were expelled from England in 1290.

If you visit Winchester today, you will discover that it has some interesting landmarks like: the City Cross (Buttercross), the city walls, the cathedral, various statues, Wolvesey Castle and Palace as well as educational places such as the City Museum. The City Cross dates from the 15<sup>th</sup> century and features statues of religious and historical figures and was restored by George Gilbert Scott in 1865 - and still features in the High Street. There are still remains of the walls that surrounded the town and statues of Queen Victoria and the Horse and Rider in evidence. The cathedral was originally built in 1079 and is the largest Gothic cathedral in Europe – it is correct to say that it contains impressive architecture which spans from the 11<sup>th</sup> to the 16<sup>th</sup> century. Many prominent people such as King Canute, William Rufus and Egbert of Wessex were buried there. The cathedral has always been a prominent pilgrimage centre and the ancient Pilgrim's Way to Canterbury begins there. If you go to a service in this magnificent building, you may have the pleasure of hearing the girls' or boys' choirs which regularly sing there.



Wolvesey Castle and Palace were once great places but are now ruins except for one wing of the palace which survives. It dates from 1110 and was the Norman bishop's palace and was built on an earlier Saxon structure. In the 16<sup>th</sup> century, Queen Mary Tudor and King Philip II of Spain were guests there before their marriage in the cathedral. You may find it worthwhile to visit the castle which contains the Great Hall that was built in the 12<sup>th</sup> century and rebuilt between 1222 and 1235 and still exists in this form. It contains King Arthur's Round Table which has been hung on the wall from at least 1463 – the table was actually not painted until 1522 for King Henry VIII.

If you are interested in learning more about Winchester, then why not visit the City Museum which was one of the first purpose-built museums outside of London. You could also visit the Westgate Museum which possesses items of weaponry and the Historic Resources Centre which has many historical records of the city.

One could argue that there are some other notable buildings worth visiting such as the Guildhall (which is Gothic revival in style and dates from 1871), the Royal Hampshire County Hospital, St Peter's Catholic Church (built in 1924) and Winchester City Mill where milling of corn by water power still takes place.

There are also some lovely painted bollards in the city which are decorated in the style of famous artists or with topical scenes. These were skilfully painted by The Colour Factory between 2005 and 2012.

As Winchester is a very desirable place to live, you may even consider settling there. It has excellent state and independent schools, special schools and offers tertiary education. It also has the University of Winchester and the Winchester School of Art that was founded in the 1860s.

Sport is highly represented in the city as there are opportunities to watch and play: football, cricket, rugby union, athletics, hockey, lawn bowls and golf.

Visiting Winchester is easy by rail and there is an excellent Park and Ride system if you prefer to travel by road. So, if you fancy visiting a place with fascinating history and which was once the capital of England – then what are you waiting for?!

\* With a lot of help from Wikipedia

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## LETTERS PAGE



### Dear Editor

I agree with a past correspondent who commented on over-paid footballers who lack respect for anyone – themselves included. The majority of these people are jobs who seem to who have the gift of being able to kick a ball about well.

I understand that it would indeed be a dull world if we were all the same but I am against a free market where some individuals have so much and others so little. As for kicking animals...

**Tommy Clegg, Bolton**

**Dear Editor**

I am worried about the amount of gambling linked to sport and how we are constantly bombarded with gambling adverts during sports events – this must be a nightmare for people with a gambling addiction. Does anyone else think these adverts should be banned in the same way that tobacco adverts were? – never mind telling us to gamble responsibly!

**Emma Dawson, Leeds**

**Dear Editor**

When I consider religion, I am torn between the help it gives to people who are suffering and lonely and the divisions it creates in society. I think that an individual should be able to believe what they want if it doesn't impact on others, but all too clearly, it is used to control the masses. I also think it is wrong to have people in positions of political power just because they are religious leaders of one faith or another.

**Anna Bowman, Manchester**

**Dear Editor**

Death is something that we all think of at some time or other. However, although I think it is good to be prepared for this eventuality, it is more important to concentrate on living this short and temporary life – regardless of what happens after death. Let the future bring what the future brings!

**Paul Dodds, Coventry**

**Dear Editor**

I am glad you are honest and open about your mental health as this may help your readers and others to be frank about their problems.

It is great that society has become more understanding about mental health but I still think we have some way to go before it is treated on an equal footing with physical health.

**Tony Smith, Wigan**

**Dear Editor**

I know you can be kind without spending or giving money, but don't you think that sometimes money is what someone needs? – you can't eat a loaf of words!

**Simon Drake, Leicester**

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## BRENDA'S WILDLIFE CORNER



### The Emperor Penguin

The Emperor Penguin is the heaviest and tallest of all penguins with the males and females being of similar size, reaching up to 100 cm in height and up to 45 kg in weight. It is found in Antarctica. Like most penguins it is flightless with a slim body and wings used as flippers which are perfect for a marine habitat – it can dive to a depth of 535 metres. The diet of this

bird consists of fish, krill and squid and it is true to say that it is an excellent hunter. It is a social being which is reflected in its nesting and foraging behaviour.

Interestingly, the female of the species lays only one egg which is incubated by the male for over two months while the former returns to sea to get food. Courtship starts in March or April when temperatures can be as low as -40 C. Both parents take care of the resulting chick and both are involved in foraging for food to feed themselves and the chick. The chick is raised in the penguin colony with the other new chicks. This type of penguin is able to breed at about 3 years of age but doesn't usually do so until one to three years later. They are monogamous and breed with only one partner each year, but unlike most people think, Emperor penguins do not mate for life.

The Emperor Penguin can live up to 20 years though birds have been recorded to have lived until about 50 years. But they have predators which include birds and aquatic mammals and chicks are particularly vulnerable from attacks by Southern giant petrels.

\* Ref Wikipedia

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## GRAHAM'S WONDERFUL WORLD OF SPORT



Well March is here and British Summer Time is just a few weeks away now! Be nice to see some sunshine again here in the UK as we have just endured storms called Dudley and Eunice which even caused a tree to come down in a neighbour's garden!

Somewhere where there is like to be sunshine is in the Caribbean, as, England's

Men's cricket team face the West Indies in a three match test series. The first match takes place from 8<sup>th</sup> to 12<sup>th</sup> March in Antigua. This is quickly followed by matches in Barbados, between 16<sup>th</sup> and 20<sup>th</sup> March, and finally in Grenada between 24<sup>th</sup> and 28<sup>th</sup> March. England

will be looking to restore some pride under interim coach Paul Collingwood after the 4-0 Ashes series defeat in Australia.

Also taking place this month is the Women's Cricket World Cup. It gets underway on 4<sup>th</sup> of March and is being hosted by New Zealand. The entire competition takes place in March, with the exception of the final which will be held on 3<sup>rd</sup> April 2022 at the Hagley Oval in Christchurch.

Following on from the Winter Olympics, we have the Winter Paralympics taking place between 4<sup>th</sup> March and 13<sup>th</sup> March in Beijing, China. Let's hope for less controversy than we have seen in the Winter Olympics!

In the world of horse racing, March sees the annual Cheltenham Festival taking place between 15<sup>th</sup> and 18<sup>th</sup> March. For lovers of National Hunt racing this is the pinnacle of the season, particularly in terms of the volume of Grade 1 races that take place during the four day event and, the quality of the horses on view.

The Six Nations rugby tournament continues throughout the month. The final round of fixtures takes place on Saturday 19<sup>th</sup> March. As I write this, France are the only unbeaten team in the competition after two rounds of matches.

In football, the FA Cup continues with the round five matches taking place during the first week of the month. This is followed by the quarter finals, which are scheduled to take place between 18<sup>th</sup> and 21<sup>st</sup> March as it currently stands. The knockout stages of the Champions League, Europa League and Europa Conference League also continue and, we should know the quarter finalists in all three competitions by 17<sup>th</sup> March.

Maybe not as many high-profile sporting events take place as they do in other months of the year however, I still don't think sports fans will be bored during the month of March!

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

\* With a little help from various online resources.

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](https://www.youtube.com/channel/UCOAG_vzf_Qq0XIKczwd117Q)

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## SOME MORE STUNNING RECIPES FROM JUNE



### Rock Buns

Ingredients:

8 oz of self-raising flour  
3 oz of sugar  
3 oz of margarine  
3 oz of currants  
1 oz of peel (cut fine)  
1 beaten egg  
A small amount of milk

Method:

Put flour and sugar into a bowl. Rub in the margarine. Mix in the currants and the chopped peel. Mix to a stiff dough with the beaten egg and a little milk. Place in 14 rough heaps on a greased baking sheet or tin. Bake in hot oven 425 - 450 F or gas mark 6-7 for about 20 minutes.



### **Coconut Rocks**

Ingredients:

8 oz of self-raising flour  
3 oz of sugar  
3 oz of coconut  
3 oz of margarine  
1 beaten egg  
A little milk

Method:

Mix the flour and sugar in a bowl. Rub in the margarine and coconut. Mix to a stiff dough with beaten egg and a little milk. Place in 14 rough heaps on a greased baking tin. Bake in hot oven 425 – 450 F or gas mark 6-7 for about 15 – 20 minutes.



### **Rich Jam Cake**

Ingredients:

8 oz of self-raising flour  
2 oz of sugar  
2 oz of margarine  
Jam or marmalade  
½ teaspoon of salt

1 beaten egg

Method:

Mix the flour and salt. Rub in the margarine and stir in the sugar. Mix to a stiff paste with the beaten egg and add a drop of milk if necessary. Divide into two parts and roll out thinly – both the same size. Place one piece on a greased baking sheet or tin and cover with jam. Place the other piece on top and nip together. Bake in a moderate oven at 375 – 425 F or at gas mark 4 – 5 for 15 to 20 minutes. When cool cut into squares and triangles.



## **Tea Loaf**

### **Ingredients:**

1 lb of self-raising flour  
2 oz of margarine  
3 oz of currants  
½ pint of milk  
1 teaspoon of salt  
1 oz of sugar

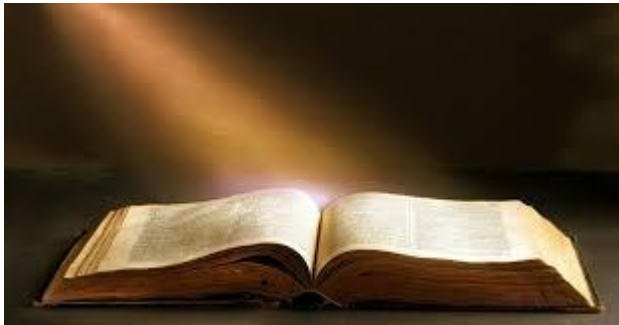
1 oz of chopped peel

### **Method:**

Mix flour and salt in a basin. Rub in the margarine. Stir in the sugar, currants and peel. Mix into a dough using the milk. Turn on a floured board and form a round. Place in a well-greased round cake tin (7" diameter and deep). Brush over with milk. Bake in a moderately hot oven at 375 – 425 F or gas mark 4 – 5 for about an hour.

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## **BIBLE TALK**



### **Sent in by Peter Smith**

And we know that all things work together for good to those who love God, to those who are called according to his purpose.

Romans 8:28 (NKJV)

This is a wonderful verse. It tells us why we do not need to worry.

If everything that is going to happen to us will be for our good, why be anxious about the future?

Sometimes things happen to us that do seem bad, but we can know that in the end they will turn out to have been for the best.

We cannot avoid suffering and heartbreak, but these make us stronger, kinder, and more sensitive. And when something happens that at first does worry us, we can think it through, talk to Jesus about it, and remind ourselves of Romans 8:28.

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## THE DIFFERENCES BETWEEN TYPES OF FRUIT SPREADS AND HOW TO MAKE HEALTHIER VERSIONS

Adding a touch of your favourite fruit spread is an easy way to make many foods a little more special. But, if you're not careful about what fruit spread you use, it's all too easy to add loads of sugar to your meal along with that flavour.

However, by making your own fruit spread at home, you can make sure your next treat is not just good, but good for you. Start by choosing a fruit that's high in natural pectin, which will help it to thicken; using chia seeds as the base will also help form a gel-like consistency while adding nutrients to boot. Natural sweeteners, like honey, can improve flavour while adding some vitamins and minerals, or you could opt for fermented fruit in place of sweetener. Skip the preservatives and use lemon to preserve your spread, or, if you're in a rush, just crush a few berries on your toast and call it a day. Want more tips for a healthy, homemade fruit spread? [Learn more here](#)

Whether jam or jelly, compote or chutney, delicious fruit spreads can add sweet or savoury flavour to lots of meals and snacks. Unfortunately, many fruit spreads are low in nutrients and high in extra sugar.

Does that mean you should pass on preserves? Not at all. You can keep marmalade on the menu by following our tips for choosing the right spread and [making healthier fruit spreads at home](#).

### WHAT'S THE DIFFERENCE BETWEEN FRUIT SPREADS?

For a lot of us, fruit spreads might be familiar in only two forms: jelly and jam. While these are delicious options, [a big, diverse world of fruit spreads beckons](#).

#### Chutney

Combining sweetness, acidity, and sometimes spicy heat, chutneys typically include an acid such as vinegar, both for its tart snap and natural food preservation qualities. Made of fresh fruit, dried fruit, and spices, chutneys often use less added sugar, making this fruit spread perfect for when you want a touch of sweetness and more texture.

#### Preserves

A wonderful middle ground of fruit and sugar, [preserves](#) consist of bite-sized pieces of fruit or small whole fruits, held together in thick syrup. Preserves emphasize the fruit's natural flavour over sweetness. Enough sugar or corn syrup is mixed in to suspend the fruit throughout the mixture, instead of letting it sink to the bottom.

#### Jam

Thick enough to use as a filling when baking yet soft enough to spread easily, jam is sweet and versatile. Jams typically rely on a higher proportion of sugar to chopped or crushed fruit than other spreads. Some jams also include added pectin, fruit's natural starch, which helps



spreads set, or thicken. Fun fact: Jams are made with only one fruit. If you combine two or more fruits, you technically have what's called a conserve (which can include dried fruits or nuts too).

## **Jelly**

Stiff and wiggly, [jelly is all about the juice](#). Other spreads contain cooked down fruits. When making jelly, solids such as pulp and seeds are strained out, leaving only the juice. Jelly has a smoother texture and higher sugar and pectin content than other spreads.

## **Compote**

Compotes are all about melding and enhancing the fruit's natural flavours, with a soft texture. They consist of lightly simmered dried fruit and/or chopped or small whole fruits in heavy sugar syrup. They may also include herbs and spices, along with a dollop of liqueur. Compotes can also be a great medium to work in savoury flavours, such as black pepper, sage, or rosemary.

## **Marmalade**

The texture of marmalades can be similar to jams and chutneys. However, this fruit spread highlights the brightness and bitterness of citrus. Marmalade's hallmark satisfying bitter notes (and chewy texture) come from including small pieces of the citrus's rind. Today's marmalades can be made with traditional quince or sour Seville oranges, or lemons, kumquats, grapefruits, and other varieties of orange.

## **6 Tips to Make Healthier Fruit Spreads**

You can make delicious, nutrient-dense fruit spreads that suit your dietary needs and preferences. Consider these tips when making your own at home.

### **1. Choose fruit that's high in natural pectin**

Whether as your star or a supporting role, many fruits are naturally high in thickening pectin including:

- Apples
- Apricots
- Blackberries
- Plums
- Pears
- Cranberries
- Citrus fruits such as kumquats and oranges

### **2. Use chia seeds as the base**

With their natural ability to absorb lots of liquid and form a gel-like consistency, [chia seeds](#) thicken spreads while increasing their nutrient density by contributing heart-healthy

omega-3 fatty acids, protein, and fibre. Using chia seeds as a base can help you get the fruit spread texture you want with minimal — or even no — cooking.

### **3. Use a natural sweetener such as maple syrup, honey, or dates**

Natural sweeteners thicken and preserve spreads, too. A smaller amount can be a big flavour boost. Sweeten your next spread with:

- Dates
- Unrefined (or turbinado) sugar
- Honey
- Coconut sugar
- Maple syrup

### **4. Use acids such as lemon juice as a natural preservative**

[Acids such as vinegar and bottled lemon juice](#) provide bright flavour, but they can also replace sugar's natural food preservation qualities. By replacing some of the sweetener with [natural preservatives such as vinegar or lemon juice](#), you can enhance flavour and help your spread last.

### **5. Use fermented fruit in place of some or all of the added sweetener**

[Lacto-fermentation](#) brings forward fruit's natural sweetness, enhances acidic and sour flavours, and [boosts nutrition](#), including immune system support, probiotics, and vitamins. Along with being nutrient powerhouses, lacto-fermented fruits bring big flavour to your fruit spreads. Even better? Fermenting fruits can help you make spreads with less, or even no, sugar.

### **6. Crush fresh berries for a simple, no-fuss spread**

Making preserves can evoke images of standing over a steaming pot for hours. In reality, you can make a simple fruit spread with [little to no cooking](#). Crush or chop your fruits (or add whole small berries), and then mix with your preferred sweetener and seasonings as well as some chia seeds if you'd like to use them. Simmer until the taste and texture are to your liking. You can serve these simple, no-fuss spreads warm or store them for up to a week in the fridge.

## **Healthier Fruit Spreads Enhance Meals, Snacks, and Even Nutrition**

Whether you want a firm jelly, bitter marmalade, or bright berry jam, try out different fruit spreads to see what you like most. Then consider making your own versions at home. You can boost not only the flavour each fruit spread can bring to your meals and snacks, but also the nutrition.

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## ALBUM REVIEW – DAWN FM – BY THE WEEKND



### Review by Graham Townsend

This is the fifth studio album by Canadian singer-songwriter Abel Makkonen Tesfaye, better known as The Weeknd.

Prior to purchasing this album I was familiar with several of his hit singles, such as “Can’t Feel My Face”, “Blinding Lights” and “Take My Breath”, the latter track is included on this album. I was intrigued to discover what his album material was like, having enjoyed those previous songs. The album has already achieved major

commercial success, reaching number one in the UK album chart and number two in the Billboard 100 chart.

The actual running time of the album is just under fifty-two minutes. From the initial listening, it is clear this is a concept album. The theme is an imaginary radio station, set in the afterlife, and you are supposed to be listening to songs and material aired on this particular station. As well as actual music we have a fair bit of narration, including an opening piece from actor Jim Carrey within the opening track, which is also the title track. The idea being that Carrey is the DJ on this fantasy radio station and he is welcoming you to the afterlife. There are parody adverts interspersed between songs all surrounding the afterlife.

I have to say, there is a bit of allsorts mixed in here. If you like his previous dance tracks there is some of that here. Put this together with some electronica, more abstract stuff, such as the final track “Phantom Regret by Jim” which is a spoken word poem, again featuring Carrey, and ballads like “Here We Go...Again” and “Out Of Time” and you can be excused for thinking this is something of a hotchpotch. However, the quality on offer is good it’s just somewhat different to what I was expecting if I’m totally honest. I mean, I didn’t expect Quincy Jones to appear on the album talking about what I believe is his mother’s mental health on “A Tale by Quincy”! Maybe Jones’ involvement also goes some way towards explaining the 1980s feel to some tracks, including the aforementioned “Out Of Time”.

For those of you who are familiar with “Take My Breath” from hearing it on the radio, the version here is longer and has more depth to it. If you like that track, I expect you will also enjoy “Less Than Zero”. There is a hint of Depeche Mode style synths on that one for sure.

“Gasoline” is a typical Weeknd track. Up tempo music coupled with pessimistic/depressing lyrics. He talks about “staring into the abyss” and “I know you won’t let me OD”!

Track three “How Do I Make You Love Me?” is an electro gem and segue ways beautifully into “Take My Breath”.

I love the funky opening to “Sacrifice”. I feel there’s a bit of Michael Jackson about this one. He talks about not wanting to give up is nihilistic lifestyle for love here.

After two ballads “Best Friends” lifts the tempo again. A strong bass line and lyrics that discuss a “friends with benefits” scenario are at the heart of this one.

“Is There Someone Else?” deals with being cheated on. There is something space age about “Every Angels is Terrifying”. The Spoken word segments remind me of something from the 80s by Art of Noise or even “Kissing with Confidence” by Will Powers.

“Don’t Break My Heart” is a standard piece of pop music and is likeable. “I Heard You’re Married” is similar and tells a story of a fling with a married woman.

Overall, I really enjoyed listening to this album. I don’t think there are any tracks that are poor. Some people may want to gloss over the spoken word segments however fans will be both surprised and pleased by what they hear here, in my opinion.

MY STAR RATING = \*\*\*\* out of 5 // \*With a little help from various online resources!

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## ADVENTURES OF A MAN SITTING DOWN 11

**Written by Krishna Francis**

As I write this very fast article, hoping I can get it in before the deadline so you can read it as you are now doing, I’m watching the A-Team film. Once again, I start irrelevant and don’t come any closer to relevant no matter how long I write word after word. Last month I began with Lemsip. This month it’s the antics of BA, Murdoch, Hannibal and Face that are the impetus to get writing. It’s the film. None of the original actors are in it. But I love it. It does something different to the TV program but carries the bright, amusing and moving feel of the series. That moment, out shopping on a Saturday afternoon in 1984 when you become conscious of the time. Suddenly your dad trying to measure you up for new school shoes dwindles in importance, you have to get home! You could rely on it and yet it was constantly surprising. In a way, the I struggle to make sense of this film gives me that feeling.

I never went to church as a youth but looking at my life at that time it was ordered by just these TV shows. I also learned the value of morality, not to mention actually having a central morality lesson in each show. My brother constantly mocked them. Meanwhile I felt protected by them. That’s difficult to explain but I guess it was something reliable in my life which made me feel able to hope for good as the world changed around me. I suppose it was much like those who did go church felt. It was a weekly morality lesson with miraculous events, car chases, helicopter stunts, exploding vehicles and the fantastic weekly invention of a new machine to get our heroes out of a tight spot, to spice up the narrative about people behaving ethically if in strange circumstances.

Meanwhile, for me, life is all meetings and filling spots as a volunteer. There is nothing so exciting as Mexican farmers who need protection from the local gang who want to use their land to, I’m going to say grow drugs but that wouldn’t have been how it was explained to children worldwide on those Saturday evenings. Instead, in meetings, we aim to do good things like reduce the number of obstructions on the streets of our town. Or flag up to local government the difficulties of attempting to navigate certain pathways. At no point am I ever

required, whilst trapped in a garage by the bad guys, to build a truck that fires watermelons using compressed air. The best fun I get is to provide insight into the lives of wheelchair users or put my hand up in favour of a motion that makes the town and, therefore, life easier to negotiate. Nobody ever busts me out of a mental institution or drugs me in order to get on a plane. Mostly I have to be willing to turn up that's about it.

Reflecting on it now, I wonder why my brother spent such a lot of time mocking the adventures of the A-Team. He watched it every week. He was either stupid or lying. It's difficult to know at this distance. Anyway, this column is about my adventures not my brother's need to tease, so I'll round it off now.

Maybe, even though this is written very last minute, I am remembering the positive benefits of being on time and regular. Heck perhaps there's even something exciting in the fact that this will reach its destination just moments before that publication is released on the world. It's like feeling the jazz! (if you remember that phrase from the show.)

So, there you go another month, another adventure. I love it when a plan comes together.

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## ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



### Questions:

- (1) In what year did the famous racehorse Shergar disappear?
- (2) What is the French word for 'town hall'?
- (3) Where was ex-president Barak Obama born?
- (4) Who designed the first motorway?
- (5) Who is thought to have invented spectacles?
- (6) Which country produces the most wool?
- (7) Who plays Cain Dingle in the British soap Emmerdale?
- (8) Where are Bentley cars built?
- (9) Who does Lionel Messi now play for?
- (10) What is the chemical symbol for Nickel?
- (11) Who were runners-up in last year's Superbowl?
- (12) How much does the heaviest diamond ever found weigh?
- (13) Who made up the comedy duo the Chuckle Brothers?
- (14) What was the first ever Laurel and Hardy film?
- (15) What is the currency of the Gambia?
- (16) Which disciple is supposed to have betrayed Jesus?
- (17) What is the largest city in China?
- (18) What is the second largest ocean in the world?
- (19) What nationality was the philosopher, Karl Marx?
- (20) What is a Bitcoin?

**Answers:**

(1) 1983 (2) Mairie (3) Honolulu, Hawaii (4) Piero Purcelli – from Milan to Varese (5) Probably by Salvino D’Amante in around 1285 (6) Australia (7) Jeff Hordley (8) Crewe, England (9) Paris Saint-Germain (10) Ni (11) Kansas City Chiefs (12) The Cullinan Diamond weighs 21.9 ounces (13) Barry and Paul Elliot (14) Pardon Us – 1931 (15) Gambian dalasi (16) Judas (17) Chongqing (18) The Atlantic Ocean (19) German (20) A decentralised digital currency, without a central bank or administrator, that can be sent from user to user on the peer-to-peer bitcoin network

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**Editor’s Final Word:** Thank you for taking the time and trouble to read this magazine and I hope you got something out of doing so. You can contact us at: [dean@fthm.org.uk](mailto:dean@fthm.org.uk) Remember our website address is: [www.fromthehorsesmouth.org.uk](http://www.fromthehorsesmouth.org.uk) Best wishes, Dean, Brenda, Robert and Graham.