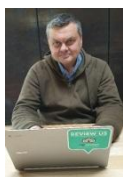


FROM THE HORSE'S MOUTH – April 2022. Edition No 88



Hello. I hope you are OK when you read this. I feel exceptionally fortunate to not be in a war-torn country, and when I'm in bed, I really appreciate the peace around me and that there are no sounds of war invading my personal space. I do hope that Ukraine will soon be able to rebuild itself and that Ukrainians can return to their country if they choose to.

This e-magazine is open to anyone as long as they express themselves in a non-racist, non-homophobic and non-sexist way and you can send your contributions to us at: dean@fthm.org.uk Best wishes, Dean.

[MY NOT VERY SERIOUS STARS](#)

[GRAHAM TOWNSEND'S MONTHLY QUIZ](#)

[JUNE'S WORLD](#)

[LETTERS PAGE](#)

[BRENDA'S WILDLIFE CORNER](#)

[GRAHAM'S WONDERFUL WORLD OF SPORT](#)

[BIBLE TALK](#)

[BIRMINGHAM](#)

[SOME MORE YUMMY RECIPES FROM JUNE](#)

[ALBUM REVIEW – SEVENTEEN GOING UNDER – BY SAM FENDER](#)

[ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH](#)

MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

Now is the time to stop doubting yourself and do things, for only then will you get back into the groove. A man with a glass eye will challenge you to a game of marbles but will you roll back the years and accept his

challenge? You look lovely at the moment, so, if you are single, it is a good time to look for a mate or maybe even just for a bit of fun with someone nice.

Sagittarius 23 Nov – 21 Dec

It is certainly a good time to reward someone who has been very kind to you, and who has helped you a lot, with a thoughtful gift that will make their day. Your lack of punctuality is your main let-down, so change your ways and you will find love. Life may have been hard recently, but if you continue to be positive you will come up smelling of roses. Eat chocolate.

Capricorn 22 Dec – 20 Jan

This month you will receive some news that will make your day and drive away those clouds of despair that have been circling you. Up to now you may not have made much money from your work but loving what you do is more important than cash? In any case, you will soon have more money than you can spend. You must stop your addictive side from taking over.

Aquarius 21 Jan – 19 Feb

A lonely rich man will ask you for help this month but do you really want to help someone who is reputed to have abused so many other people? A religious woman may shock you with her outlandish behaviour this week, but before you judge, remember some of the things you have done in the past. A good time to get a pet as long as you don't treat it like a football.

Pisces 20 Feb – 20 Mar

A hairdresser may try to financially scalp you so be on your guard and distance yourself from them. Love is within touching distance for you but only connect with it if you are sure you want to soon be living on mortgage avenue in a job you can't stand. It is time you stopped lending money to people who have no intention of ever paying you back. Suck a grape.

Aries 21 Mar – 20 Apr

All your dreams are about to come true and everything you've ever wanted will fall nicely into your lap. However, you really need to stop trying to be all things to everyone as this is impossible and will only leave you frustrated. It is a great time to start planning to have a baby as you now have the means to bring up a family in style. Remember to clean your teeth.

Taurus 21 Apr – 21 May

Up to now you've been very attached to money, but now is the time to reprioritise your life and put more emphasis on what is really important. You may also be thinking of moving home, but will a new house really sort out your longstanding problems? People see you as a magpie who flies from one shiny possession to another - in a never-ending circle.

Gemini 22 May – 21 Jun

The euphoria of Valentine's Day may have completely evaporated and you may find yourself single again – but don't despair as there will be someone daft enough out there to take you on. The pain you have been feeling recently will diminish over time and this week you will come to the happy conclusion that everything will be alright. Consider buying a goat.

Cancer 22 Jun – 23 Jul

Today a woman with one ear may ask you for money but will you be in a generous mood? An ex will come back into your life and because they are good looking will you abandon all caution and forget what they did to you first time around? It is time you stopped dwelling on death and got on with your short life. Try and incorporate more bananas into your diet.

Leo 24 Jul – 23 Aug

Now is the time to appreciate the fact that your little problem will only get bigger if you don't share it with the right person. A taxi driver may try and influence your religious views so be open-minded but also true to yourself. This month you may lose something of great sentimental value if you are careless and take your eye off of the ball. Love is very near.

Virgo 24 Aug – 23 Sep

Your cavalier attitude to money may land you in trouble this month unless you have financial reserves that no one else is aware of. At the moment you always seem to shoot yourself in the foot when you are on the verge of success - why is this? Someone who looks a bit like a toad will jump into your life and change it forever with their positive outlook on everything.

Libra 24 Sep – 23 Oct

A foreign person will start to make advances towards you in the near future, but is this your passport to unimagined happiness or just their attempt to live in this country? Your weight is still a problem but be kind to yourself as you have been through so much in the last couple of years. Your love of dog biscuits is harmless. Consider joining an amateur dramatics society.

GRAHAM TOWNSEND'S MONTHLY QUIZ

Questions:



- (1) 'Emperor', 'Macaroni' and 'Rockhopper' are species of which bird?
- (2) Which city is the home of England's oldest university?
- (3) What number is the positive square root of 81?
- (4) Which American author wrote "Witches of Eastwick"?
- (5) "19" and "21" are albums released by which female singer?
- (6) Scott Bakula played Dr Sam Beckett in which US TV series?
- (7) Which river formed the Grand Canyon?
- (8) Serving from 1991-1999, who was the first president of Russia?
- (9) What nationality is Leeds United head coach Jesse Marsch?
- (10) Which character in the Bible is often referred to as the "baby in the bulrushes"?
- (11) Who invented the Dual Cyclone bagless vacuum cleaner?
- (12) "Paris Street; Rainy Day" is an 1877 painting by which artist?
- (13) "Call Me" and "Atomic" were hits for which band?

- (14) The words “bagel” and “schnozzle” originate from which language?
- (15) Stan Lee was the former president of which comic book company?
- (16) “Love apple” is an old-world name for which fruit?
- (17) Idi Amin was president of which African country in the 1970s?
- (18) Diamond is a form of which element?
- (19) One of cricket’s all-time greats died aged 52 in March 2022, can you name him?
- (20) In what Quentin Tarantino film does John Travolta play Vincent Vega?

Answers:

- (1) Penguin (2) Oxford (3) Nine (4) John Updike (5) Adele (6) Quantum Leap (7) Colorado
 - (8) Boris Yeltsin (9) American (10) Moses (11) James Dyson (12) Gustave Caillebotte (13) Blondie (14) Yiddish (15) Marvel (16) Tomato (17) Uganda (18) Carbon (19) Shane Warne
 - (20) Pulp Fiction
-

JUNE’S WORLD

Hello again! Another month has gone by since I wrote my last article – the months seem to go by so quickly.

Not a lot has happened this month, we’ve been to the usual places which are quite near to our home in Kippax and which we enjoy visiting. In particular, we like to visit Lumby Nursery where one can buy lovely plants and flowers. I’ve noticed that there is a sign on the wall there saying that it’s going to be refurbished and made longer. I think it’s fine as it is although I understand that there is a lot of competition between nurseries and other eateries.

I broke off writing this article to go to Langlands restaurant and nursery with my husband. As usual the food and service were impeccable. Our favourite restaurants and cafes are Lumbys and Langlands and Pearsons fish restaurant in Halifax.

The weather is brilliant for this time of year although it is a little cold but very nice and fresh. I do hope that this fine weather continues as we are due to visit my son and his friend Brenda in Halifax tomorrow.

Last Sunday we thought we’d change our routine and went to Spring Green Nurseries in Featherstone where one can buy meals and are met with nice and polite staff. While we were there, we bought some lovely plants to initially put in the greenhouse, and then plant in the garden at the end of March.

We are very much looking forward to sitting in the garden as we do each year. We make the best of every fine day to sit and read or just relax on our sun loungers. We’ve experienced some lovely hot days since we both retired. Since we retired, we’ve also had some good holidays and are really enjoying ourselves.

I mentioned in my last article, that our neighbour, who lives opposite from us, seems fully recovered from Covid which is brilliant! We see him taking his dog out for walks and when you consider that he was in a coma for two weeks in intensive care, he (with the help of the NHS) has done amazing. His wife mentioned that he may soon be well enough to go back to work.

I am now going to prepare the vegetables for our dinner later on, so for now I'll say goodbye, June.

LETTERS PAGE



Dear Editor

I have just been on a train to Leeds and had to dodge two cyclists and their bikes who were blocking the doors of the carriage and who barely left room for a lady and her pushchair to pass. Surely there should be more provision for bicycles on our trains with dedicated areas for them or they should be barred completely from using this form of transport – especially when

they are working for food delivery companies.

Simon Tait, Manchester

Dear Editor

Can I just say what a great job Queen Elizabeth II has done in representing the UK and Commonwealth for all these successful years. She is an inspiration to us all and a fine old lady. I am aware that some of the royals have really let themselves down in recent years and left themselves open to criticism and ridicule, but the Queen herself has not put a foot wrong,

I do hope that she lives to be 100 and beyond as I am unsure what kind of king Charles would make. Also, if we became a republic, who would we choose to be our Head of State?

Shauna Stonehouse, Whitby

Dear Editor

I noted with interest past comments about cyclists being a nuisance on our pavements, but has anyone recently been confronted by an electric scooter being rode at speed towards them on the pavement? The world has gone mad and we have nowhere to hide!

David Wilson, Stockport

Dear Editor

I am all for efforts to be made to bring about more equality and fairness in society, but when you look at how some people conduct themselves, you can see why those at the top of society want to distance themselves from people who have barely evolved from Neanderthal man. Surely, what we should realistically be aiming for is more social mobility so that those who want to, can get on and improve things for themselves and hopefully for everyone. Having said that, we should always protect the vulnerable in society.

Emma White, Blackburn

Dear Editor

I think it is very important that we treat the environment with utmost respect, as, after all, we only have one planet to inhabit at the time of writing! But I do think it is important that we take care of our own immediate environment and stop treating it with contempt. Even people littering their environs with utter disregard for the consequences is appalling and it seems to have become a generational thing with children copying their parents' poor behaviour e.g., throwing cigarette packets and sweet wrappers on the floor as if it is normal to do this. We all need to do more on every level if we are to preserve this wonderful planet of ours

Andrew Meadows, Edinburgh

BRENDA'S WILDLIFE CORNER



The Walrus

The Walrus lives in the North Pole in the Arctic Ocean and subarctic seas of the Northern Hemisphere. It is a large flippered marine mammal. This species can be subdivided into the Atlantic Walrus which lives in the Atlantic Ocean and the Pacific Walrus which lives in the Pacific Ocean.

Adults in the Pacific Ocean can weigh up to 2,000 kilograms and are only exceeded in size by two species of Elephant seals. It is true to say that the Atlantic species weighs 10 – 20% less than this. When a walrus is born it is already relatively large weighing 33 to 85 kg in weight.

Walrus tend to live in shallow waters which are to be found above the continental shelves and also spend a lot of time on the sea ice. They like to eat molluscs and live to a good age.

The Walrus has been hunted by people of the Arctic regions for their blubber, meat and ivory tusks. Their population has continued to fall – even below the level reached due to human interference.

The word Walrus has Germanic origins and comes either from the Dutch language or Old Norse.

* Ref. Wikipedia

GRAHAM'S WONDERFUL WORLD OF SPORT



So, we have reached the second quarter of 2022 and the sport continues unabated.

One of the major events taking place in April, no pun intended, is golf's "The Masters" at Augusta National, Georgia. It

runs from 7th to 10th April and will feature the majority of the world's top players, with the potential exception of Bryson DeChambeau, due to injury and Phil Mickelson, due to off course issues.

Another big event, in the world of horse racing, is the Grand National. This year's race takes place on Saturday 9th April at the Aintree Racecourse, Liverpool, England. The race is run over a distance of more than four miles and is certainly a test of a horse's bravery and stamina.

Another traditional sporting occasion, in the UK, is the annual University Boat Race between Oxford and Cambridge. This is being held on Sunday 3rd April and Oxford will be looking to avenge Cambridge's victory in the 2021 race.

In football, the UEFA Champions League, and the associated UEFA competitions are at the quarter-final stage. These matches are scheduled to take place between 5th to 7th (first legs) and 12th to 14th April (second legs). We also see the first legs of the semi-final matches taking place between 26th to 28th April.

The semi-finals of the FA Cup are also slated to take place over the weekend of 16th/17th April. As is now customary, the matches will be held at Wembley Stadium in London.

The Women's Cricket World Cup reaches its conclusion on 3rd April in New Zealand. Defending champions England didn't make the best of starts to the tournament, so it will be interesting to see whether they reach the latter stages or not!

For those of you who enjoy life at a more leisurely pace, the World Snooker Championship takes place at The Crucible in Sheffield, England between 16th April and 2nd May. Defending champion Mark Selby will be looking for a fifth world title. 2019 winner Judd Trump is the current favourite to win this year's event, followed by six-time former champion Ronnie O'Sullivan and 2010 winner Neil Robertson.

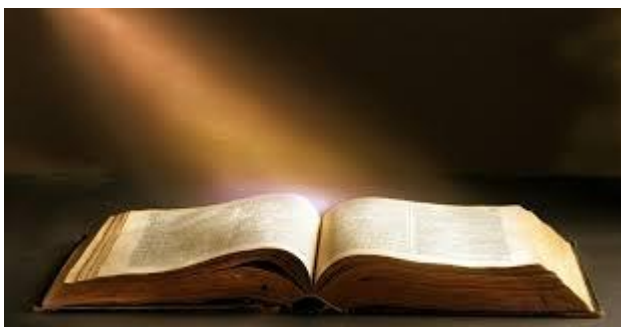
So, whatever sports you enjoy, you should be able to find plenty to entertain you throughout the month.

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 - [Graham Townsend - YouTube](#)

BIBLE TALK



Sent in by Peter Smith

And God said, "See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food. Also, to every beast of the earth, to every bird of the air, and to everything that

creeps on the earth, in which there is life, I have given every green herb for food"; and it was so. **Genesis 1:29,30 (NKJV)**

This was before the Fall of Man.

"But he who enters by the door is the shepherd of the sheep. To him the doorkeeper opens, and the sheep hear his voice; and he calls his own sheep by name and leads them out. And when he brings out his own sheep, he goes before them; and the sheep follow him, for they know his voice. Yet they will by no means follow a stranger, but will flee from him, for they do not know the voice of strangers." **John 10:2-5 (NKJV)**

A sentient being is an animal that recognises others, and that can be distressed or happy. Jesus speaks of sheep as sentient beings. They have names, and they will follow their shepherd because they know his voice; but they will not follow strangers.

Sentient beings should be treated with respect and kindness. And their companionship can bring much joy.

BIRMINGHAM



Birmingham is a vibrant and interesting city that is the most populated local government district with 1.2 million inhabitants, in the UK. It is located in the West Midlands of England and is 100 miles from Central London and has produced many world-famous artists, musicians and sports people. Its

inhabitants are called Brummies.

Today, Birmingham is dominated by the service sector but if you delve deeper into its history, you will find that it has evolved differently to other major cities in the UK and has always possessed a very strong entrepreneurial spirit.

There is evidence of early human activity in the Birmingham area which dates back to about 8000 BC and Stone Age artefacts have been found which suggest that there had been seasonal settlements and maybe overnight hunting expeditions.

It is thought that burnt mounds mean that humans settled and cultivated the area during the Bronze Age. Then when the Romans conquered Britain during the 1st century, the Birmingham Plateau was a barrier to their advancement in the area, though they did build Metchley fort near what is today Edgbaston in AD 48 – this was important in the development of Roman roads in Britain.

But let's fast forward to more recent times and the development of Birmingham as a significant urban and commercial centre. In 1166, Lord of the Manor Peter de Bermingham obtained a charter to hold a market at his castle which resulted in an organised market town and borough within his manorial estate – this site became the famous Bull Ring and established Birmingham as a small commercial centre. The town grew into a prosperous urban centre within 100 years of the charter being issued. Interestingly, by 1327, Birmingham

had become the third biggest town in Warwickshire and this status quo was preserved for the next 200 years.

In the 16th century, Birmingham experienced a collapse of its main governing institutions which meant the town was left with more social and economic freedom and started a period of change and growth. By 1700, its population was the fifth largest in England and Wales. It is worth noting that iron goods became increasingly important to Birmingham and the industry grew rapidly as the 16th century progressed. As the town became the centre for iron merchants, these became involved in finance, supplied raw materials and trade and promoted the products created by the industry. The iron production in the town continued to progress with a network of forges and furnaces and finished products were even sold as far away as the West Indies.

By the English Civil War, Birmingham saw an expansion of social mobility and cultural diversity but there was little loyalty to existing hierarchies of the Church and aristocracy which resulted in political radicalism. Consequently, the Royalist forces attacked these Parliamentarians in the Battle of Birmingham in 1643.

By the 18th century, Birmingham had evolved to become a centre of literature, music and theatrical activity and innovation. Men like Matthew Boulton and James Keir were influential in the exchange of knowledge between pure science and the practical world of manufacture and technology which served as a link between the earlier Scientific Revolution and the Industrial Revolution which was to follow.

It can be argued that the town's experience of the Industrial Revolution differed from elsewhere and preceded that of the textile industry manufacture in the North of England. It is also true to say that Birmingham's industrial development was more entrepreneurial in nature with the existence of many small, often self-owned, workshops which involved exceptional levels of inventiveness and creativity. It is not an accident that Birmingham residents registered triple the number of patents than any other place in Britain between 1760 and 1850. The town also became a major international financial centre and Lloyds bank was founded there in 1765, followed by Ketley's Building Society in 1775 – which was the first of its kind anywhere in the world.

During the 18th century, there were also some important innovations expressed in the town and by people from the town, like Abraham Darby I who built the first blast furnace in 1709 in order to successfully smelt iron ore with coke (which led to good quality cast iron) and the invention of roller spinning in the cotton industry in 1732 by Lewis Paul and John Wyatt. Importantly, the opening of Soho Manufactory by Matthew Bolton in 1765 influenced the whole of the factory system.

Birmingham has always been a home to political activists and, in 1832, John Bright helped bring about the Second Reform Act of 1867 which resulted in an extension of the voting rights of the urban working class. The 19th century saw many important developments in Birmingham like it becoming the terminus for the world's first two long distance railway lines between London and Birmingham. In 1839, Rowland Hill created the first universal postal system and invented the postage stamp. Significantly, the 1820s witnessed the building of the town's canal system which allowed access to natural resources and to fuel for industries.

Queen Victoria granted Birmingham city status in 1889 and, during her reign, the population grew to over half a million people which gave the city the second largest population in Britain.

WW II saw heavy damage to Birmingham as it was targeted by the German Luftwaffe. But there was a lot of much-needed regeneration of the city after the war such as: the building of two large tower block estates including Castle Vale, the reconstruction of the Bull Ring and the redevelopment of New Street Station.

The demographic makeup of the city changed following WW II with large scale immigration from commonwealth and also some non-commonwealth countries. The population actually peaked at 1,113,000 in 1951.

Birmingham remained very prosperous until the late 1970s when Government policy resulted in industry being dispersed to Wales and the North of England. As a result, the city became more dependent on the motor industry until the recession in the early 1980s caused the collapse of its whole economy with the result being mass unemployment and outbreaks of social disturbances in some inner-city districts.

As mentioned earlier, there has been a big attempt made at regeneration of the city like The Mail Box and Brindley Place areas and old streets, buildings and canals have been restored. The Commonwealth Games are due to be held in Birmingham this year and also in 2014, it was the most visited city in the UK by foreign nationals which shows how important the city still is.

Now let's take a more detailed look at modern Birmingham. It is notable that the city possesses 591 parks (the most of any other equivalent sized European city) which include: Sutton Park, Birmingham Botanical Gardens and Birmingham Wildlife Conservation where you will find a mini zoo.

Birmingham obviously places a great importance on education and this is reflected by the fact that it has five universities as well as being the Open University's West Midlands base. If you are interested in studying business there are various opportunities available to you in the city. There are also 25 nursery schools, 328 primary schools, 77 secondary schools and 29 special schools. If you prefer an independent education for your child schools are available for them to attend. Libraries are also well represented in Birmingham, though some have closed due to budget cuts.

As alluded to earlier in this article, Birmingham is now heavily reliant on the service sector with 88% of working people being employed in it. However, some notable companies like Severn Trent Water, Jaguar Land Rover and Cadbury still have a large presence in the city. Many small businesses also still thrive in Birmingham like those in the Jewellery Quarter. It also provides conference facilities and attracts 42% of the UK total conference and exhibition trade.

Birmingham is somewhat unique as it boasts a high level of entrepreneurial business outside of London although it does also experience income and employment deprivation.

If you are a visitor to Birmingham, you will find it architecturally pleasing and to be a very cultural place in which to spend time. In the city, there are 1,946 listed buildings and 13 ancient monuments. Churches like the original parish church, St Martin, reflect the medieval

and Tudor eras as does the public house The Old Crown. It's true to say that the city's architecture mainly represents the last three centuries and includes buildings from the Georgian St Philip's (cathedral) and the Victorian era (red brick and terracotta). A spirit of anti-Victorianism meant many buildings have been lost like the Old Central Library as much was demolished and redeveloped after the Second World War.

Music has played a large part in the social life of Birmingham and many great bands have originated from the city: ELO, The Moody Blues, Black Sabbath, Duran Duran and many more – half of the supergroup Led Zeppelin came from the city. Reggae and Ska have also been an important genre of music in the city with exceptional bands like UB40 and Steel Pulse.

If you like to enjoy the nightlife, then maybe Birmingham's the place for you! Mainly based on Broad Street and Brindley Place, there are numerous bars and clubs as well as those in Hurst Street Gay Village. Outside the city centre, you could also visit the entertainment complex that is Star City. 1994, also saw the opening of The Glee Club which is dedicated to comedy.

There are many theatres in which you can spend many a happy hour like Birmingham Repertory Theatre and The Old Repertory. The Birmingham Royal Ballet also has an excellent international reputation as, has the Birmingham Opera Company which features many avant-garde productions which take place in unusual places like factories.

Many great writers including Arthur Conan Doyle, Samuel Johnson and J R R Tolkien have associations with the city.

If you are interested in live music, you could perhaps visit Arena Birmingham or 02 during your stay in the city – there is so much to do! Then again, if you prefer Classical music or ballet, you could go and see Birmingham Symphony Orchestra and/or the Royal Ballet Sinfonia. Jazz is also popular in the city and if you time your visit right, you could attend the Harmonic Festival or the annual Jazz Festival.

For those with a penchant for museums and art galleries, then maybe a trip to Birmingham would be worthwhile as there is Birmingham Museum and Art Gallery which has works by the Pre-Raphaelites and work by masters like Rubens and Bellini, and also a smaller gallery called The Barber Institute of Fine Arts which contains excellent examples of art from the 13th century until now. If you like chocolate, you could also visit Cadbury World!

Like in most large cities, sport plays a major role in the social life of many people – and Birmingham is no different. The city is the home to professional teams Aston Villa F.C. and Birmingham City F.C. and, although just outside the city boundaries, West Bromwich Albion F.C draws much support from within. You can watch test cricket and one-day internationals at Edgbaston Cricket Ground where Warwickshire County Cricket also play. Both codes of rugby are played in the city as is tennis and hockey, as well as there being provision for boxing, speedway, skateboarding and greyhound racing in the area. There are also two major championship golf courses: The Belfry and The Forest of Arden Hotel and Country Club.

If you think you would like to experience life in Birmingham, it wouldn't be hard for you to do so as there is an excellent road and railway infrastructure (including Spaghetti Junction!)

which links the city to other major cities in the UK. Canals remain from the Industrial Revolution but today, they are mainly used for leisure purposes and are a tourist attraction.

In this article I have tried to give you a condensed taste of the city of Birmingham which has much to offer – but there is nothing like seeing it for yourself!

* With a lot of help from Wikipedia

SOME MORE YUMMY RECIPES FROM JUNE



Oatmeal Muffins

Ingredients:

- 2 ¼ cups of oat and bran cereal
- ¼ cup of chopped nuts
- ¼ cup of raisins
- 1 tablespoon of baking powder
- ¼ cup of brown sugar or honey
- 1 ¼ cups of skimmed milk
- 2 egg whites
- 2 tablespoons of vegetable oil

Method:

Preheat oven to 425 F. In a large bowl combine oat and bran cereal, nuts, raisins and baking powder. Stir in the brown sugar or honey. Mix the milk, egg whites and oil together and blend in the oat-bran mixture. Line muffin tins with baking paper cups. Fill with batter and bake for 15 – 17 minutes. Makes 12.



Parkin

Ingredients:

- 6 oz of self-raising flour
- 4 oz of margarine
- 5 oz of sugar or soft brown sugar
- 4 tablespoons of golden syrup
- 1 teaspoon of ginger
- 1 egg

1 cup of milk

Method:

Mix all the ingredients together and put in a greased tin. Bake in oven at 300 F until firm to the touch.



Sweet and Sour Cookies

Ingredients:

8 oz of plain flour
4 oz of soft margarine
4 oz of sugar
1 carton of flavoured, sweetened yoghurt – to taste
Porridge oats or crushed breakfast cereal

Glaze cherries or walnuts to decorate

Method:

Mix margarine, sugar and flour well together and stir in the yoghurt. Add enough cereal or oats to give a 'rock cake' consistency. Put mixture in little heaps on greased baking trays and decorate tops with cherries or walnuts. Bake in the top of an oven gas mark 6 (400F) until lightly browned and firm to the touch for approximately 20 minutes. When cool they can be decorated with melted chocolate or glaze icing.



Cheese Meringue Pie

Ingredients:

1 cooked flan case – approx. 7 inches
1 oz of butter
1 oz of plain flour
½ pint of milk
6 oz of grated cheddar cheese
2 egg yolks
Salt and pepper
A little Cayenne pepper

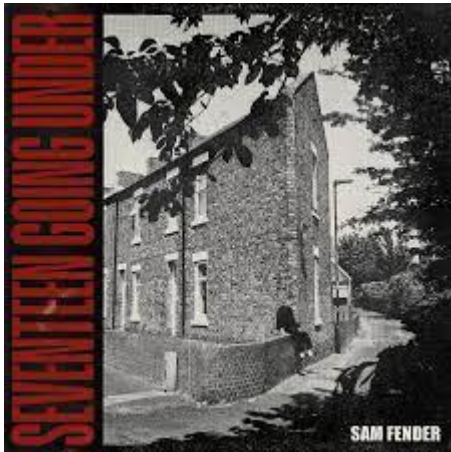
(Topping: 2 egg whites, 2 oz of grated cheese, pinch of salt)

Method:

Melt the butter in a pan, stir in flour and fry gently without allowing to colour for a few minutes. Gradually stir in the milk, a little at a time. Bring the sauce to the boil, stirring and allowing to cook gently for 2 – 3 minutes. Add cheese, egg yolks and seasoning. Pour into a flan case.

Whisk egg whites and salt until stiff and fold in cheese. Cover pie with meringue and bake in a moderate oven gas mark 4 (350F) for 20 minutes.

ALBUM REVIEW – SEVENTEEN GOING UNDER – BY SAM FENDER



Review by Graham Townsend

I decided to purchase this album on the strength of seeing Sam perform the title track live at the 2022 Brit Awards ceremony, having heard and liked the song beforehand.

Having also read a little about his background and his growing up in the North East of England, I had some pre-conceived ideas of what to expect here so, did these ideas come to fruition? We'll come on to that in a moment.

From a commercial perspective, the album has performed well, achieving the coveted number 1 spot in the UK Albums Chart in its week of release in October 2021. The title track also reached number 3 in the UK Singles Chart in January 2022. The album running time is just over forty-five minutes and this is the second studio album by Sam, it is a follow up to 2019's "Hypersonic Missiles" which also reached the peak of the UK Albums Chart.

The title track is the opener and, it gets the album off to a rousing start. In fact, you have to wait until track seven "Last to Make It Home" for the first real ballad. A second ballad "Mantra" is track nine and a third one "The Dying Light" closes things out although, that does build to a powerful crescendo, very reminiscent of a Killers song, and not the only song amongst this collection, in my opinion. These songs show there is more to Sam's portfolio than pure power and raw energy, although, there is plenty of this here too. Sandwiched between those two tracks is "Paradigms" a likeable rockier number that is an example of the latter category.

Track three "Aye" is very raw and emotional, with lots of swearing. It is full of commentary on past world events and how Sam sees the role of various people in society today. Something of a political song but, a great song to listen to.

"Get You Down", "Spit of You", "Long Way Off" and the aforementioned "Dying Light" have all been considered good enough to be released as singles, the first two reached the lower reaches of the UK Singles Chart too. I particularly like "Spit of You" from this selection. I think it is the "I can talk to anyone" lyric that does it for me. I have resisted the temptation to class this one as a ballad although the tempo is somewhat slower than the previous five tracks.

This feels like a very British album. I'm not sure how much people from other countries will understand this comment. You can tell from the lyrics where he comes from and, his vocal style makes it clear that he is a Geordie, a proud one at that, and you could probably draw some comparisons with another proud Geordie in Jimmy Nail, that is not a criticism by the way.

I would certainly recommend this album to people who are not yet familiar with Sam's material. I think I will be going back and purchasing his first album, based on the enjoyment I have got from listening to "Seventeen Going Under". You can tell how much Sam loves what he does and I can see him going on to be a big star in the future.

MY STAR RATING = **** out of 5

ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



Questions:

- (1) Who is the Prime Minister of Denmark?
- (2) What is the chemical symbol for Argon?
- (3) Who played the male lead in the original Jaws film?
- (4) Who invented the wheelchair?
- (5) What is the French word for wheelbarrow?
- (6) Who has scored the most No1s on the billboard chart?
- (7) What is the German word for television?
- (8) What is the main language in Chile?
- (9) Where was boxer Mike Tyson born?
- (10) What is the capital of Venezuela?
- (11) Who produces the most tea in the world?
- (12) What is the currency of the Faroe Islands?
- (13) What nationality is the naturalist, David Attenborough?
- (14) Who is known as the Dark Destroyer on the quiz show The Chase?
- (15) Who invented flour for baking?
- (16) When did the Normans invade Britain?
- (17) When is Palm Sunday in 2022?
- (18) Who was the first Pope in Rome?
- (19) How old is actor William Roache?
- (20) What is a Fatwa?

Answers:

(1) Mette Frederiksen (2) Ar (3) Roy Scheider (4) Stephan Farfler (5) Brouette (6) The Beatles (7) Fernsehen (8) Spanish (9) Fort Greene, New York, United States (10) Caracas (11) China (12) Danish Krone (13) British (14) Shaun Wallace (15) The Romans (16) 28th of Sept 1066 (17) Sunday, 10th of April (18) Peter (19) 89 – 25 April, 1932 (20) A legal ruling in a point of Islamic law (sharia) given by a qualified jurist in response to a question posed by a private individual

Editor's Final Word: Thank you for taking the time and the trouble to read this publication and I hope you enjoyed the experience. If you want to get involved with this project, then please contact us at: dean@fthm.org.uk and remember that our website is: www.fromthehorsesmouth.org.uk All the best from Dean, Brenda, Robert and Graham.