

# FROM THE HORSE'S MOUTH – July 2022. Edition 91.



Hello. I hope you are feeling well when you are reading this. This month we are advertising a free-to-enter short story competition for cash prizes!

If you like this publication and want to submit something that is non-homophobic, non-sexist and non-racist in nature to be considered for publication, or wish to donate/advertise in a future edition, please contact us at: [dean@fthm.org.uk](mailto:dean@fthm.org.uk)

## Short Story Competition:

Theme: SUMMER

Winner of adult's section: £100 (2,000 - word limit)

Winner of under 16's section: £50

Please email entries to [dean@fthm.org.uk](mailto:dean@fthm.org.uk) by midnight (GMT) on 30<sup>th</sup> Sept 2022

Winning stories will appear in an edition of the magazine.

Good luck!

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## MY NOT VERY SERIOUS STARS



### **Scorpio 24 Oct – 22 Nov**

A good time to start baking your own bread and buns and rise to the many challenges of this genuine austerity. A woman from a foreign country will invade your space and make you long for how things once were. Your recent diet has been very poor, so, why not shed a few pounds and spend some time thinking

how you can walk instead of wobble. Be positive.

### **Sagittarius 23 Nov – 21 Dec**

Now is a good time to research your family tree to determine who is responsible for your horrific looks. Originality may not be one of your strengths but at least you are a nice, if not, boring person. A woman who suffers from incontinence will flood your life with kindness and inspire you to be more realistic about growing older – and its challenges. Vape less.

### **Capricorn 22 Dec – 20 Jan**

The creative side of your personality will flourish this month and lead you into a new and exciting world – but remember you still have to be practical and pay your bills. Also, someone who went to your school will come back into your life and remind you of the bliss before mortgages and utility bills – and debt. Stop feeding your children dog biscuits.

### **Aquarius 21 Jan – 19 Feb**

Suffering is obviously part of the human condition, but this month something will occur that makes your struggles, up to now, all worthwhile. It's not a good time to lend out money unless you are prepared to see it as a gift. However, you may think you're out of the woods and can get on with your life, but be careful as there is always sinking sand waiting out there.

### **Pisces 20 Feb – 20 Mar**

A narcissist will come into your life so be prepared for his delusions of grandeur, hearing how good looking he is and how every woman wants him. You may soon lose someone close to you, but you will find the strength to overcome this loss, and will always have a place for them in your heart. Remember we are small and fragile but you are a wonderful human being.

### **Aries 21 Mar – 20 Apr**

You have been preoccupied with money recently, but now is the time to be frugal and not be the fool splashing the cash. Continue to be careful on a monetary level. This month you will experience an abundance of sunshine in your life so take the opportunity to relax and recharge your batteries. Now is the time to decide if you're prepared to wait for someone.

### **Taurus 21 Apr – 21 May**

Your attempts to stop smoking may not yet have been successful, but do continue trying as you will soon succeed. Now would also be a good time to try to reduce your waistline as you're very fat. Procrastination may be one of your negative traits, but you can change and begin to punctuate your life with success. Spend less time using technology and find love.

### **Gemini 22 May – 21 Jun**

You seem to be obsessed with age and growing older but this is a waste of time as what will be, will be! A man with a huge nose will pretend to be your friend, but be careful, as he is just lining you up for a financial sucker punch. You have been through a very fallow period, but now things will start to develop and you will begin to blossom as a person. Avoid pollen.

### **Cancer 22 Jun – 23 Jul**

A religious person driving a taxi will try to influence your belief system – but continue to think for yourself. It is a good time to try new things and experiment in a way that would shock your parents. A former miner will turn out to be a real diamond and be there for you when others turn their backs making you realise some people really are the salt of the earth.

### **Leo 24 Jul – 23 Aug**

This month, something you have been putting off doing will seem less daunting once you confront the task. You may think love has passed you by, but soon, it will come knocking on your door and transform your life. It may be time to invest in some cosmetic dental work if you want to impress someone you've still to meet. Consider also dyeing your hair black.

### **Virgo 24 Aug – 23 Sep**

It may be a good time to get a pet if you can take care of it properly – remember you can barely take care of yourself though! A tree surgeon may come along and clip your wings, but be aware, that you have never really branched out in life and learnt to fly on your own. Maybe wait. The loss of someone will really shock you, but did you really care about them?

### **Libra 24 Sep – 23 Oct**

Up until now, work has played a major part in your life, but now it's time to relax and enjoy the fruits of your labour, otherwise someone else will when you've gone. People take notice when you walk into a room, but is that because you never fully remove toilet paper? You have lovely bowed legs so why not show them now that summer is finally upon us. Walk

## INTERVIEW WITH CHERYL BAYLEY



**First of all, Cheryl, please can you tell us a little bit about yourself?** Yes. I was born in Burnley and I was brought up in Todmorden by my mum and my dad.

**Were you happy in Todmorden?** Yes. I loved it in Todmorden although, we moved to Scotland when I was around two years old.

**And whereabouts in Scotland did you live?** We lived in Dundee. We came back when I was about five.

**Why did you end up moving to Scotland?** It was because of my dad's work.

**Did you enjoy living in Dundee?** Yes, from what I can remember.

**And why did you come back?** Because my mum was missing home. So, we moved back to Todmorden.

**How would you describe Todmorden to someone who, for example, lives in America?** I'd say it is a quaint village. Everybody knows everybody and everybody knows what is going on in the village.

**Do you work Cheryl?** I do yes.

**So, what do you do for a living?** I work at the Crown Court in Bradford. I work on the admin team. I do all the administration for the judges, the CPS, the barristers and the solicitors.

**How long have you worked there?** Eight years.

**What did you do before you worked at the court?** I worked at the jobcentre in Todmorden.

**What was it like working at the jobcentre?** I enjoyed it at first, when the government used to invest in people. But then everything changed so, I left.

**Did you find you had a lot of hassle in that job?** Yes, but not from the customers who came in.

**Was a lot of it, frustration?** Yes. Frustration and difficult circumstances.

**What do you think it's like living in modern Britain as a woman?** I like Britain. I like the diversity we have. And the freewill that you get.

**Are you happy with the current government?** I don't really do politics but, I'm more of a Labour girl than a Conservative.

**Do you like sport?** Not really. I like football. I enjoy following the World Cup and Euros when they are on. I don't really follow any other sports though.

**Do you ever think the players get paid too much?** Yes, a little bit, especially the footballers. I don't know enough about other sports to comment on those.

**What other interests do you have?** I like wildlife. I like going out and walking and bird watching with my binoculars. I like any kind of wildlife really, badgers, hedgehogs and I used to do "toading".

**What's "toading"?** It involves rescuing toads. In February each year, they migrate to where they were born to mate again. They need to cross a lot of roads to get back to where they need to be so, we man a road so that they don't get run over on their journey.

**Do you watch a lot of nature programmes on television?** I do yes. I particularly like the ones that focus on Africa.

**What about when the animals kill or attack each other?** I close my eyes at that point.

**What else do you do in your spare time?** I like to read.

**What kind of books do you like to read?** Books about the universe guiding you as a creator.

**Is that a religious theme?** No. I would say you could perhaps call it spiritual but, it's nothing to do with Christianity or anything like that. It's like an energy force that's out there.

**Like a creator?** Yes. It involves the world or the universe.

**And what have you learned from reading about this subject?** That if you follow your heart, or have an impulse to do something, then sometimes you might think "ooh no that's not for me" but sometimes if you're brave and say "yes" then it can take you on a whole new journey.

**Do you do any other kind of reading?** No

**How about watching films?** Yes, I do like watching films.

**Do you have a favourite genre?** I used to like watching horror films but I've gone off them a bit now. I tend to prefer more drama films nowadays.

**Do you like "Gentleman Jack"?** I do like "Gentleman Jack". I'm watching that at the moment.

**That was based in Halifax, wasn't it?** Yes. I'm on series two currently. I record all the episodes and watch them back-to-back.

**Would you say that you've got a lot of close friends?** No not really but, I'm happy with what I've got. I've got a friend called Geoff. He's been a good friend for a very long time. I sometimes have to keep him in his place but, he'll argue differently ha-ha. Also, I have lovely neighbours.

**Do you think you'll live where you live now for a long time?** No. I'd like to be able to buy my own place. I like Halifax. It's not too big, there are lots of nice eateries and plenty of things to do and there is some countryside surrounding it.

**Do you like eating out?** I do yes.

**What kind of food do you like?** Chinese is my favourite, followed by Indian. When I go to a restaurant it tends to be Italian. I'll have pizza or steak. It's usually a takeaway when I have Chinese.

**Do you like pizza?** Yes. I love pizza although it's not very good for you.

**What do you think of Halifax in general then?** I like Halifax. I moved here about five years.

**Do you think it's diverse?** It has improved whilst I've been here to be fair. For starters the Piece Hall has been done up. It has quite a few nice bars around now.

**Do you like a drink?** Every now and again.

**What are your hopes for the future?** Like I said before, I would like to buy a house but, the other half of me would like to go on an adventure. I've never been abroad. I've never been on a plane.

**Why is that?** Just circumstances really. I rented my own house when I was twenty-two and there has only ever been me to consider.

**You've never been married then?** No. No husband and no children. But I've no grumbles about that. It's what I have wanted.

**What kind of music do you like?** 90s is my favourite. I like music from the noughties as well.

**Did you go nightclubbing when you were younger?** I did yes. I used to come to Halifax and go to the Coliseum and Main Street as they were known back then. I had a lovely time going there. I liked a bit of a boogie and then I'd get on the "Nightrider" bus back home to Todmorden afterwards.

**Are you still going nightclubbing?** No. I'm 42 now so those days are gone.

**Is there anything else you would like to talk about?** Not that I can think of at the moment.

**Thank you for your time then Cheryl?** Thanks Dean.

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## GRAHAM TOWNSEND'S MONTHLY QUIZ



### Questions:

- (1) What nationality is Formula 1 motor racing driver Sergio Perez?
- (2) What name is given to the contorted knot in a piece of wood?
- (3) What is the highest point on the Pennine Way in the UK?
- (4) Leatherback is the largest breed of which sea creature?
- (5) Andy Fletcher, who died in May 2022, was a founding member of which English band?
- (6) In Greek mythology, who is the goddess of the sea?
- (7) Which Swedish actress starred in the film "Casablanca"?
- (8) In the 1960s, which European leader twice stopped Britain from joining the Common Market?
- (9) What is the capital of Ecuador?
- (10) Which TV cartoon dog often sang the song "My Darling Clementine"?
- (11) What name is given to a fruit with a central stone e.g., plum, peach or cherry?
- (12) Who wrote the fantasy novel "The Light Fantastic"?
- (13) Which is the world's longest mountain range?
- (14) What is a goober?
- (15) Julian Lloyd-Webber is a virtuoso player of which instrument?
- (16) Which European city suffered major damage from an earthquake in 1755?
- (17) What kind of animal is a hoolock?
- (18) Which actor played Doctor Who in the first TV series in 1963?
- (19) Who won the 2022 Men's French Open tennis tournament at Roland Garros?
- (20) What is the unit of magnetic flux density?

### Answers:

(1) Mexican (2) Knurl (3) Cross Fell (4) Turtle (5) Depeche Mode (6) Amphitrite (7) Ingrid Bergman (8) Charles de Gaulle (9) Quito (10) Huckleberry Hound (11) Drupe (12) Terry Pratchett (13) The Andes (14) An African peanut (15) Cello (16) Lisbon (17) Gibbon (18) William Hartnell (19) Rafael Nadal (20) Gauss

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## JUNE'S WORLD



Another month has gone by so it's time for my next article!

Hope you're all in good health and looking after yourselves. As you get older it always seems that your knees are the first thing to cause you pain. I've talked to a lot of older people and they've all said the same thing when I've asked how they're keeping – they all told me that they were alright except for their knees giving them

great discomfort. I suppose this is understandable after years of walking and doing jobs. When you see a doctor, they always say it's a result of wear and tear, and three people I know, who have had their knees done, all say it is painful at first but that after three or four weeks, they could manage the pain better and were more mobile.

I haven't had my knees done, but I had a hip replacement which I recovered very quickly from – it probably varies from person to person though. At first, when I went to Selby, I used crutches to get around but never looked back after a couple of weeks and will always be grateful to the doctors and nurses who looked after me.

My husband has a bad knee but still keeps doing a spot of gardening as it says it helps take his mind off of the pain. Yesterday, he went for an X-ray and should get his results in ten days or so. We haven't booked a holiday yet in case he has to have an operation, however, he may have to wait for ages on a waiting list. We are obviously unable to walk for long distances as we used to, but you have to expect changes as you get older. As long as we can go for small walks, we are happy.

The weather today has been beautiful so we've sat out in the sun for most of the day. We have been making the best as rain is forecast for tomorrow.

That's all for now. Love June.

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## BRENDA'S WILDLIFE CORNER



### Sea lion

Sea lions are interesting pinnipeds with external ear flaps and long, fore flippers. They are able to walk on all fours and have a big chest and belly. They are part of the same family as seals and walruses, having inextant and one extant species (the Japanese sealion) in five genera. They are to be found in the Subarctic and also in tropical waters, that's to say, in the oceans in the

northern and southern hemispheres – the exception being in the North Atlantic Ocean.



Interestingly, they have a lifespan of 20-30 years, and a male Californian sea lion weighs about 300 kg and is about 2.4 metres in length. The female of this species weighs about 100 kg and is 1.8 metres in length. However, the largest sea lion is the Steller (or northern) sea lion which can weigh up to 1,000 kg and grow up to a length of 3.0 metres. As you can imagine, a sea lion consumes a large amount of food – up to 8% of its body weight at a single feeding. In addition, a sea lion can travel between 16 knots and 30 knots so they can get around quickly!

It is true to say that three species of sea lion are considered to be endangered and these are: the Australian sea lion, the Galapagos sea lion and the New Zealand sea lion.

\* Ref Wikipedia

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## DUBLIN



Dublin is a very cultural city that is the capital of Ireland. It is located in the province of Leinster and is situated at the mouth of the river Liffey, and, according to the census of 2016, has a population of 1,904,806 in the Greater Dublin area.

Dublin's history is very interesting as it was first established by the Gaels during or before the 7<sup>th</sup> century and then a Viking settlement followed.

However, the area of Dublin Bay has been inhabited by humans since prehistoric times and fish traps that have been discovered show that humans were definitely around 6,000 years ago. Interestingly, the name Dublin derives from the Irish word Dubhlinn.

The Irish government has recognised 988 as the year the city was first settled, although it is now thought that there was a Viking settlement in about 841 which followed a Christian ecclesiastical settlement bearing the name Dubhlinn. It is thought that two settlements in the 9<sup>th</sup> or 10<sup>th</sup> centuries later emerged as modern Dublin and which benefited greatly economically from a trade in slaves and kidnappings from Wales, England, Normandy and elsewhere. It remained under Viking control until the Norman invasion of Ireland was launched from Wales in 1169. Then in 1171, King Henry I mounted a large invasion and declared himself Lord of Ireland.

Notably, Dublin Castle was founded in 1204, and was primarily a major defensive work ordered by King John of England. After 1229, the city expanded and had a population of 8,000 by the end of the 13<sup>th</sup> century. It continued to prosper as a centre for trade in the 14<sup>th</sup> century despite attempts by King Robert I to capture it in 1317. However, Dublin remained a small walled medieval place and was constantly under attack from outside forces. As elsewhere, the Black Death killed lots of people in the decade following 1348.

A new era dawned for Dublin with the Tudor conquest of Ireland as its prominence as a centre of administrative rule in Ireland was renewed by English control. The result was a much more extensive settlement. In 1592, Queen Elizabeth I established Trinity College in an

attempt to make Dublin a Protestant location. It is worth mentioning that the first map of Dublin was drawn up by John Speed and that before a plague (which wiped out half of the population) it had, in 1640, a population of 21,000. Happily, after the devastating plague, Dublin recovered and prospered thanks to the wool and linen trade and had a population of over 50,000 in 1700.

During the 18<sup>th</sup> century, the area continued to grow and prosper with a population of more than 130,000, and for a while, it was the second largest city of the British Empire – and the 5<sup>th</sup> in Europe. There was also the construction of new districts and buildings like Parliament House, the Royal Exchange and Merrion Square. One can hardly talk about Dublin without mentioning the Guinness brewery that was founded in 1759, and, which became the largest brewery in the world and the city's biggest employer.

Significantly, in 1800, the seat of government was transferred to the Westminster Parliament as a result of the Acts of the Union, which caused an economic decline during the 19<sup>th</sup> century. Dublin did not play a major role in the Industrial Revolution but did continue to be the centre and transport hub for most of the country. Belfast actually developed faster than Dublin at this time due to international trade, shipbuilding and factory-based linen cloth production.

A lot of physical destruction was imposed on Dublin by the Easter Rising in 1916, the Irish War of Independence and the subsequent Irish Civil War. The city centre was rebuilt in Leinster House with Dublin being the capital of Ireland.

During 'The Troubles' in Northern Ireland, Dublin was also targeted by the Ulster Volunteer Force who bombed it resulting in 34 deaths.

Sadly, much of Georgian Dublin was demolished or redeveloped during the boom of office building in the mid-20<sup>th</sup> century. There was also a reduction in the number of people living in the city centre following the recessions of the 1970s and 1980s, which slowed down the development of Dublin. However, a great deal of the city landscape has altered due to the Celtic Tiger era which has resulted in the state and private development of transport, business and housing. Now employment rates are good but there is still a distinct shortage of housing supply in the city and its environs. Like most cities, Dublin has areas that are more and less affluent than others.

Today, if you choose to visit wonderful Dublin City, you will find much to see like Dublin Castle, the Spire of Dublin, the Old Library of Trinity College Dublin and The Ha'penny Bridge which is much photographed. You could also visit Christ Church Cathedral, the National Museum of Ireland and the Molly Malone statue – there is so much to see! If you like to frequent parks three excellent examples are: the Phoenix Park, Herbert Park and Bull Island.

Dublin remains the economic centre of Ireland and, in 2017, there were 874,400 people employed in the Greater Dublin Area with 60% employed in the service and professional sectors. It is true to say that many traditional industries have withered with the exception of Guinness which has been brewed at St. James' Gate Brewery since 1759. Old industries have been replaced by companies like Google, Microsoft, Amazon etc. and by financial services like Citibank and The Irish Stock Exchange. Some companies want to remain involved with

Dublin in order to access the Eurozone. Importantly, there have also been some large redevelopment projects in the Dublin Docklands, Spencer Dock and the 3Arena etc.

If you want to travel to Dublin, there is an adequate road network including a cycling system as well as two main railway termini which has five railway lines serving the Greater Dublin Area and local commuter towns. There is also Dublin Airport which is to be found in the north of the city and which provides services to: the US, Canada, the Middle East and Hong Kong. There is also the smaller Weston Airport.

As mentioned in the introduction of this article, Dublin is an extremely cultural place with strong associations to literature, music and art. It boasts literary giants like George Bernard Shaw, Oscar Wilde and Bram Stoker, as well as successful musicians like U2, The Boomtown Rats and Thin Lizzy.

Dublin is the home of Ireland's biggest libraries and literary museums and you can also see the marvellous Book of Kells which is on display in Trinity College. If art is your thing, you could perhaps visit the Irish Museum of Modern Art and the Douglas Hyde Gallery, or if you just want to be entertained, you could experience the vibrant Dublin nightlife in Temple Bar (stag and hen parties/tourists) or maybe you'd enjoy many of the excellent pubs on Camden Street and Leeson Street.

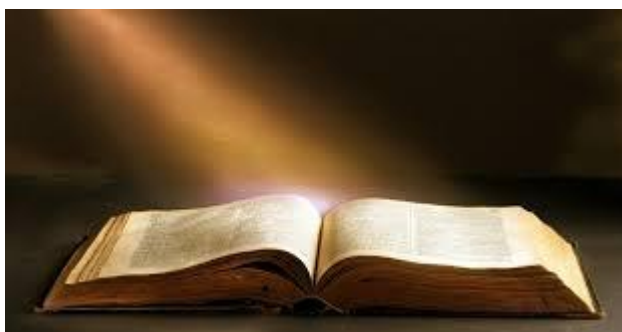
Sport plays an important role in many people's lives, and in Dublin you can easily get your fix of rugby union, football, horse racing and greyhound racing, wrestling, boxing, athletics, cricket etc. – you could even participate in the Dublin Marathon that has been run since 1980 at the end of October. Or, maybe you prefer a spot of shopping? If so, you could visit the numerous shopping districts around Grafton Street and Henry Street, or you could go to one of the modern retail centres at: Liffey Valley, Omni Shopping or Nutgrove Shopping Centre. After you have completed your retail therapy, you could enjoy patronising one of the many popular cafes like Java Republic or O'Brien's Sandwich Bars.

So, if you are looking for somewhere exciting to visit, then why not consider a short stay in the vibrant and cultural city of Dublin?

With a lot of help from Wikipedia.

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## BIBLE TALK



**Sent in by Peter Smith**

Wait on the Lord, and keep his way,  
And he shall exalt you to inherit the land.  
When the wicked are cut off, you shall see  
it.

I have seen the wicked in great power,  
And spreading himself like a native green

tree.

Yet he passed away, and behold, he was no more;  
Indeed, I sought him, but he could not be found.

**(Psalm 37:34-36, NKJV)**

Behold, the wicked brings forth iniquity.  
Yes, he conceives trouble and brings forth falsehood.

His trouble shall return upon his own head,  
And his violent dealing shall come down on his own crown.  
**(Psalm 7:14,16, NKJV)**

Justice is delivered.

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## GRAHAM'S WONDERFUL WORLD OF SPORT



We are now into the second half of 2022 and July sees several major events of the annual sporting calendar taking place.

Although it commenced on 27<sup>th</sup> June, Wimbledon reaches its culmination over the weekend of 9<sup>th</sup>/10<sup>th</sup> July. Many people see Wimbledon as the world's premier tennis competition. It is also the only Grand Slam tournament to be played on a grass court and

this presents many challenges to the top players who are now more accustomed to playing the majority of their tennis on other surfaces. Novak Djokovic will be looking for a seventh Men's title whilst, the Women's competition looked very open at the time of writing.

The British Open golf also takes place during July. It is being held from 14<sup>th</sup> to 17<sup>th</sup> July on the Old Course at St Andrews, Scotland, probably the most iconic golf course in the world. Will Rory McIlroy finally complete his career Grand Slam? Or will there be an emotional victory for Tiger Woods as he continues his comeback from the career/life threatening injuries he received in February 2021? At this stage his participation is somewhat up in the air after he withdrew from June's US Open. It will also be interesting to see whether the stance of the PGA towards the players who have joined LIV golf changes prior to the start of the tournament as, at the time of writing, those players have had their PGA licences suspended and may be unable to compete although, the majors are not run by the PGA.

Also in July, we have the British F1 Grand Prix. The race takes place at Silverstone on Sunday 3<sup>rd</sup> July. This is the first of four events in July 2022. The Austrian GP takes place on 10<sup>th</sup> July at the Red Bull Ring, the French GP takes place at Circuit Paul Ricard on 24<sup>th</sup> July and the Hungarian GP takes place at the Hungaroring on 31<sup>st</sup> July. At this stage there is a title battle ensuing between Ferrari's Charles Leclerc and Red Bull's defending champion Max Verstappen.

Women's football sees its European Championship being held between 6<sup>th</sup> and 31<sup>st</sup> July in England with the final kicking off at 5pm at Wembley.

The Commonwealth Games also gets underway on 28<sup>th</sup> July. The host city for the event is Birmingham, England. The games will continue until 8<sup>th</sup> August. It is a great chance to see some of the world's top track and field athletes competing for their countries. The same can be said for swimming and cycling amongst the many sports that comprise this event. Many of the track and field athletes will be travelling to Birmingham from Oregon in the USA where, the World Athletics Championships take place between 15<sup>th</sup> and 24<sup>th</sup> July.

As you can see, this is an important month in the sporting calendar. You won't be able to take your eyes off your television screen for long, if you are a sports connoisseur.

\* 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 NICE CHICKEN RECIPES FROM JUNE CHARLTON



### Caribbean Chicken

#### Ingredients:

- 2 large cloves
- 3 limes
- 2 tablespoons of mango juice
- 4 Fl oz of dark rum
- Oil for deep fat frying
- 3lb of chicken
- 2 tablespoons of grated fresh or desiccated coconut
- 6 oz of plain flour

2 eggs

To garnish: 1 ripe mango

#### Method:

Peel the garlic, sprinkle with salt and crush with a fork. Squeeze the juice of 1 lime and mash it into the garlic with the mango juice and rum.

Cut the chicken into 12 pieces. Put into a bowl and pour over the marinade. Cover the bowl, put in the fridge and marinate for 1 hour turning the pieces now and again.

Mix the grated coconut with half the flour. Put the rest of the flour on another plate. Beat the eggs. Remove the chicken from the marinade and dip first in the plain flour, then the egg and finally, coconut flour. Heat the oil in a large frying pan.

Fry the chicken in three batches for about 15 minutes only. Put the chicken on a plate lined with kitchen paper towels and keep warm in a low oven.

Cut the rest of the limes into slices. Cut the mango into very thin wedges.

Garnish the chicken with the fruit.





### **Tuscan Chicken**

#### Ingredients:

2 garlic cloves  
1 sprig of fresh rosemary  
1 teaspoon of black peppercorns  
1 lemon  
6 tablespoons of olive oil  
Salt

3lb of chicken  
10 oz of tomatoes  
1 tablespoon of tomato puree  
½ pint of dry white wine  
1 sprig of fresh sage  
2 oz of stoned black olives  
2 tablespoons of caper (optional)  
Sage sprigs to garnish

#### Method:

Peel and roughly chop the garlic then pound it together with a few rosemary needles and the peppercorns using a pestle and mortar. Finely grate the zest of the lemon straight into the mortar. Stir in 3 tablespoons of the oil and a pinch of salt.

Cut the chicken into 8 pieces. Rub the marinade thoroughly into the chicken and put in a bowl. Tip what's left on top and cover with cling film. Chill for 1 hour. Cut the skin of the tomatoes a few times, put in a bowl and cover with boiling water. Leave for a few minutes, then peel off the skins and cut in half. Set aside.

Heat the remaining oil in a large pan and fry the chicken in batches for 10 minutes each batch. Squeeze juice from the lemon and mix with the tomato puree and wine.

Pour the wine mixture into the chicken and stir in the tomatoes. Cover the pan and simmer over a low heat for 20 minutes.

Chop the rest of the herbs. Cut the olives in half and add to the chicken with chopped herbs and capers, if using. Simmer covered for 5 minutes. Garnish with sage.



### **Chicken Tikka Masala**

#### Ingredients:

4 chicken breasts skinned and boned  
2 garlic cloves  
1 inch of fresh ginger  
14 oz can of chopped tomatoes  
4 tablespoons of natural yoghurt  
1 onion  
2 tablespoons of vegetable oil  
2 tablespoons of masala curry paste  
Salt and black pepper

1 tablespoon of plain flour



2 Fl oz of water  
3 tablespoons of chopped fresh coriander  
Coriander leaves to garnish

Method:

Cut the chicken breasts into 1-inch cubes. Peel and roughly chop the garlic and ginger. Put the tomatoes, garlic, ginger and yoghurt into a blender or food processor and process until the mixture is smooth. Set aside.

Peel and chop the onion. Heat the oil in a heavy-based pan, add the onion and fry over a medium heat for 3-4 minutes, stirring continuously.

Stir in the masala curry paste and fry for a further 1 minute over a medium heat, stirring once or twice.

Add the tomato mixture and chicken to the pan and mix together. Season with salt and pepper. Mix the flour and water together and stir into the pan off the heat.

Return to the heat and bring to the boil stirring constantly. Cover and cook over a gentle heat for 15 minutes. Sprinkle in the chopped coriander and serve immediately garnished with coriander.

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## ALBUM REVIEW – EVERYTHING I DIDN'T SAY – BY ELLA HENDERSON



**By Graham Townsend**

It seems like Ella Henderson has been around for a long time now. This is probably because her debut album “Chapter One” was released back in 2014 and reached number one in the UK album chart immediately. It’s hard to believe that “Everything I Didn’t Say” is the first full album she has released since then. I was also previously unaware that Ella had been a contestant in the “The X-Factor UK” back in 2012, finishing in sixth place.

Ella is an artist whose music I have heard from time to time in the past and mostly enjoyed. The single “Ghost” is the song that sticks out in my mind. When I saw an opportunity to review this new album, I thought it would be a good time to find out more about her and whether it is something other people might like and be interested in purchasing too.

The album contains sixteen tracks and the running time comes in at just under fifty-one minutes. None of the tracks exceed four minutes in length. The two tracks I was familiar with before buying the album were “Let’s Go Home Together” with Tom Grennan and “Brave”, which were both released as singles although, the latter peaked just outside the UK Top 40 singles chart. The version of “Let’s Go Home Together” included here sounds slightly different from the single release, which reached number ten in the aforementioned chart. That version is faster and would probably be classed as a “radio edit” or “remix”. She co-wrote the song with James Arthur who, ironically, won the edition of “X-Factor” that Ella took part in.

One of the key reasons for Ella's sophomore album taking such a long time to reach fruition would appear to be relationship and mental health issues. She stated that the album was more or less complete by 2016 however, the aforementioned issues, and the fact that she was released from her record deal in 2018, contributed to the delayed release.

The album is full of self-reflection. This is no clearer than in the opening track "Emotions". Considering the subjects dealt with in the lyrics, this is a very upbeat, catchy and refreshing opening to the album.

It is followed up by the thoroughly enjoyable and disco inspired "What About Us", which reminds me very much of a Dua Lipa track, and the self-critical "Ugly", a slightly slower but poignant song about the way people look and their body shape.

"Let's Go Home Together" is a nice song along tune. The lyrics to "Brave" are very powerful. Basically, Ella is baring her soul about accepting she needs help. "Out My Head" shows what a good singer she is.

I can imagine "Thank You for the Hell" being sung by a country music artist and "Sorry That I Miss You" is a pleasant piano ballad. Track nine is the title track and it continues in a similar vein to its predecessor with plenty of emotion on display yet again. "Bad News" has a negative title but it romps along quite nicely.

"Cry on Me", another piano ballad, is the only other song here which is a collaboration. This time the featured artist is Mikky Ekko. Many people will associate him with his previous work with Rihanna on "Stay".

"Good Things Take Time" deals with her new relationship and is a nice piece of electronic pop not too dissimilar to "Emotions"

"Northern Lights" is a very basic song with acoustic guitar playing a major part. "Set in Stone" is quite similar. Final track "Places" is soulful and features some nice harmonies.

If you are not familiar with Ella's music but, you like Dua Lipa, Jess Glynne, Miley Cyrus or Zara Larsson, I think this album might be to your liking. I certainly enjoyed listening to it. Her fans will be pleased with her output here I reckon. There is consistency throughout and she comes across in a fairly mature way. Not many what I would class as truly outstanding songs but, on the other hand, very little filler either.

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

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## AOAMSD 13

**Written by Krishna Francis**

And so, it continues.

Life, like Geoff, Jeff(?), Goldblum says in Jurassic Park, finds a way. Hence, I keep going, being, as I write this, on the cusp of being on the cusp of being fifty. Despite my best efforts, I manage to find a way through the world. I'm still going. What can I tell you about that?

On the cusp of being on the cusp is a complicated way of saying I'm turning forty-nine tomorrow. It's like another film I like, *Sideways*. In it the main character is an author who, after a successful first book has stalled on his second which has the lugubrious title *The Day After Yesterday*. This, as one of his friends points out, is a long way of saying 'today'. I think his aim is to make the ordinary feel grander, just as I aim to introduce an idea of repetition and inevitable delay to something we all experience. Let's face it, you kind of get that same feeling from oft said 'many happy returns' but without the awkward quality to the language.

On reflection I realise, we don't all experience the notion of a happy birthday. Aside from the obvious fact that we might not actually have a good day, and that there is a whole large swathe of the world that probably doesn't even mark time in the same fashion that consciously renders the day of your birth as divisible from any other day, there are all sorts of groups that don't celebrate the date even though they are perfectly aware of it. At this precise moment Jehovah's Witnesses are the only group that spring to mind. As Nigel my one-time neighbour explained, they believe there is no point in celebrating a day when you have done nothing other than to be brought into existence. Fair point really.

Yet here I sit, typing away and considering the view from the crest of this particular hill. This feels like navel gazing of the highest order in a column that is centred around the notion of navel gazing but written down. Hermit-like I ponder the passing of time. Un-hermit-like, I share it with anyone who's willing to read. Time loops around so the end meets up with the beginning and we begin again, As the French say, many of whom both like, and are like Jeff Goldblum (laconic, egotistical, stylish), *c'est la vie!* \*

\* I usually aim for around 500 words and the above, up until the asterisk, all amounts to 404. Which is the same number that flashes up as an error message when your computer can't find a page you're searching for on the internet. So, kind of perfect in a flawed way. A metaphor for not reaching your goal. Yet by the end of the next sentence, I will have reached it exactly. Which just goes to show the world presents us with solutions if only we stay open to possibility, we can reach our goals.

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## ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



### Questions:

- (1) Who wrote the musical 'There's No Business Like Show Business'?
- (2) What was the name of the Beatle's first full-length film?
- (3) Cinderella's slippers were made of what material?
- (4) Why was Oscar Wilde imprisoned in 1895?
- (5) Where is the original Bridge of Sighs situated?
- (6) Where is Sugarloaf Mountain?
- (7) What is the highest mountain in Germany?
- (8) When Hannibal crossed the Alps, what animals did he take with him?
- (9) What did the Greeks call the Roman goddess of love Venus?
- (10) Who has been the only English Pope?

- (11) The ruler of Persia had what title?
- (12) Where do you experience a migraine?
- (13) Where is the Suez Canal to be found?
- (14) What is a geyser?
- (15) Is a nautical mile longer than a land mile?
- (16) What code name was given to the Allied invasion of Europe in 1944?
- (17) What is the French word for 'war'?
- (18) What decoration comes after the Victoria Cross in Britain?
- (19) Which month takes its name from a Roman emperor?
- (20) Name a tree that is green all-year long?

**Answers:**

(1) Irving Berlin (2) A Hard Day's Night (3) Glass (4) Sodomy (5) Venice (6) Rio de Janeiro (7) Zugspitze (8) Elephants (9) Aphrodite (10) Pope Adrian IV (11) Shah (12) Head (13) Egypt (14) A vent in the Earth's surface that periodically ejects a column of hot water and steam (15) Yes (16) Operation Overlord or D-Day (17) Guerre (18) Conspicuous Gallantry Medal (19) August (20) Pine, Oak, Holly, Eucalyptus, Olive

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**Editor's Final Word:** Thank you for reading this publication and I hope you got something out of doing so. If you think you would like to donate a small amount towards its running costs, or would like to contribute an article to the magazine, or for anything else, please contact us at: [dean@fthm.org.uk](mailto:dean@fthm.org.uk) Best wishes, Dean, Brenda, Robert and Graham.