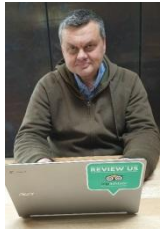


FROM THE HORSE'S MOUTH – April 2023. Edition 100.



Hello again. So, we have made it to 100 editions and I thank everyone for their support and contributions. I've not always found it easy to produce this e-magazine, as, as I have said before, sometimes my Pure O OCD is unbearable and consequently, I always try to have empathy for other people who have mental health conditions.

I think this is a good edition and has something for everyone. I do hope you enjoy reading it and if you want to get involved/make a donation to the running costs/advertise you can contact us at: dean@fthm.org.uk – in a non-sexist, non-racist and non-homophobic way please.

You can read this publication online at: www.fromthehorsesmouth.org.uk Best wishes, Dean.

[MY NOT VERY SERIOUS STARS](#)

[GRAHAM TOWNSEND'S MONTHLY QUIZ](#)

[SHARON KILROY TALKS ABOUT THE WELL-BEING CENTRE](#)

[JUNE'S WORLD](#)

[LETTERS PAGE](#)

[CD REVIEW: ENDLESS SUMMER VACATION BY MILEY CYRUS](#)

[COLCHESTER](#)

[THE PROS & CONS OF VAR \(VIDEO ASSISTANT REFEREE\) IN FOOTBALL](#)

[BRENDA'S WILDLIFE CORNER](#)

[BIBLE TALK](#)

[SOME MORE DELICIOUS RECIPES FROM JUNE CHARLTON](#)

[AN INTERVIEW WITH ARTIST MARCUS JACK](#)

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

MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

You have been feeling rather old recently, but this month, you will start to feel like a spring chicken again and emerge into the world full of vitality. The stars also indicate that it is a good time to be fitted for a new bra and to get all of your grievances off your chest by putting some stupid people straight. All doubts you have had will

diminish now. Smile more often.

Sagittarius 23 Nov – 21 Dec

Now is a good time to make travel plans (if you can afford it), meet new people and broaden your horizons – you might even lose something that you've been wanting to lose for a long time. A saucy mare will also gallop into your life this week bringing excitement and adventure, but can you handle this? Maybe start to eat vegan sausage rolls. Have a séance.

Capricorn 22 Dec – 20 Jan

Happiness is coming your way this month so enjoy every moment as it will be fleeting. Your life, in general, will improve and a stranger will arrive on the scene who lights up your world and makes it feel good to be alive. Also, your small medical problem will be resolved and you will soon be fit to continue to be a pain in the arse to those around you. Walk more often.

Aquarius 21 Jan – 19 Feb

You're mediocre at everything you do, but don't worry as you will soon meet someone else who is also mediocre and who will be attracted to you, with the result that you will have some good times ahead. It is a good time to go to Pakistan to climb a mountain. Your alcohol consumption is sky high so stop being on a cloud of complacency and get your act together.

Pisces 20 Feb – 20 Mar

You need to make sleep your best friend if you are ever to realise your true potential – stop burning the candle at both ends. Money will be short this month, so be prudent financially and accept the help of a friend who has your interests at heart. You may be very irritated by someone who is like an itch that you can't scratch, so, maybe exclude them from your play.

Aries 21 Mar – 20 Apr

A friend's child will annoy you with their behaviour this week, but keep your mouth shut so that you don't offend them. Your finances will radically improve in the near future and you will find yourself with more money than you can spend and more friends than you realised you had! Take a break from the hard work you do and start to play a bit, work a bit.

Taurus 21 Apr – 21 May

With your lack of success with the opposite sex, maybe it is time to look abroad if you can afford it. Someone who thinks they are posh may be condescending to you this week, but let it go over your head as you know that you also sit on a throne. Also, an old man with a stick may be unpleasant to you, but make allowances as his life is probably not a laugh a minute.

Gemini 22 May – 21 Jun

An email from an ex-lover will give you food for thought and make you wonder if you were right to dump them after all – were you too hasty? You may not have felt very well of late, but now you will pick up and start to enjoy life once again. A horoscope you read in a paper may shock you, but take it with a pinch of salt as it was probably by a seasoned charlatan.

Cancer 22 Jun – 23 Jul

Someone with a dangerous dog may give you a scare this week, but remember it probably has a bigger brain than its owner, so give both a wide berth. An important letter will dictate whether you will have to modify your lifestyle and make some difficult financial choices. You are now eating far too much junk food so change if you want to reach a ripe old age.

Leo 24 Jul – 23 Aug

This month, you will feel extremely adventurous with the result that you will possibly find yourself in some strange and new situations. Romance is definitely on the cards for you soon, as you will meet the love of your life and enter into a genuine realm of pleasure and fulfilment. It is time however, that you stopped being so bloody nosy. Find a peacock to love.

Virgo 24 Aug – 23 Sep

A toothless woman will come along and give you some valuable advice that will save you a lot of money. You are now entering a period of transition when things will change very quickly in your life and force you to grow as a person – which is ok as everything is arguably temporary. Your partner is feeling insecure so maybe go out of your way to reassure them.

Libra 24 Sep – 23 Oct

Though you currently have a burning desire to share a secret with a close friend, think twice about doing so as the consequences could result in carnage. A phone call, out-of-the-blue could lead to an interesting job opportunity and should be considered fully before you make a decision. Someone who wants the same as you in life will finally reveal themselves. Give.

GRAHAM TOWNSEND'S MONTHLY QUIZ



Questions:

- (1) Which tech company was founded by Larry Page and Sergey Brin in September 1998?
- (2) Which 1950 amphibious invasion turned the Korean War in favour of the United Nations?
- (3) Chester Bennington was best known as vocalist with which rock band?
- (4) What is the second most populous city in Sweden?
- (5) What nationality was composer Samuel Barber?
- (6) Who wrote the novel "Catch 22"?
- (7) Which team won Super Bowl LVII?
- (8) Which plant is also known as "Travellers Joy" and "Old Man's Beard"?
- (9) Which metal is purified in the Mond process?
- (10) The character Link appears in which video games series?
- (11) In 1994, the Hutu committed mass genocide against the Tutsi people in which country?
- (12) Columbus Day in the USA takes place in which month of the year?
- (13) Who is known for playing the role of Logan Roy in the TV series "Succession"?
- (14) Which American was known as the "Wizard of Menlo Park"?
- (15) Which bone in the human body takes its name from the Greek word for "cuckoo"?
- (16) Which British newspaper is nicknamed "The Thunderer"?
- (17) In the Bible, how many psalms make up the book of Psalms?
- (18) What nationality is footballer Martin Odegaard?
- (19) Brian Hugh Warner is the real name of which alternative rock star?
- (20) Which country was known as Southern Rhodesia during the second half of the 20th century?

Answers

- (1) Google (2) Inchon (3) Linkin Park (4) Gothenburg (5) American (6) Joseph Heller (7) Kansas City Chiefs (8) Clematis (9) Nickel (10) Legend of Zelda (11) Rwanda (12) October (13) Brian Cox (14) Thomas Edison (15) Coccyx (16) The Times (17) 150 (18) Norwegian (19) Marilyn Manson (20) Zimbabwe

SHARON KILROY TALKS ABOUT THE WELL-BEING CENTRE



First of all, Sharon, can you tell us a little bit about the Well-Being Centre? It's a place where people can come so they don't feel isolated. It's open to anyone, but to date it has been predominantly women who have come to see us. They have been the ones who seem to have been most interested in the things that we do.

What do you do? We have a knitting group and we have a crocheting group. We also have a weekly coffee morning, at 10 o'clock on a Thursday and we have a member who is involved with all our groups who runs a pre-loved shop.

What is a pre-loved shop? It's where you can purchase second hand clothes that are in really good condition that have been loved before and are still good enough to be worn by someone else. She does that on a Thursday alongside running the coffee morning. All the money made from that goes back into the centre to pay the gas, rent and electricity etcetera so we can keep it open.

How long has the centre been open? We originally signed the lease in August 2022 and I have been running it on my own since October 2022.

So, it was your brainchild really? It was my brainchild yes. It's something I've always wanted to do. I've run a group called Life Changes Women's Support for four years.

What does that involve? It provides support for women because life changes. You can change your life due to the things that you learn for example.

Do you get people with illness coming here? It depends what you mean by illness.

Mental illness for example, people who are not very well. We do get people who have mental struggles. I think we all have mental struggles. There are no hard and fast rules about who can come and see us. We never ask people why or for what reason they have come to us. We are just ourselves; we are kind, we are authentic and we're very inclusive.

Why did you create the centre? I didn't create the centre for a specific reason. I created Life Changes Women's Support because my son died. He took his own life when he was eighteen. At the time I was doing some therapy training and it wasn't fulfilling and it felt a bit hollow.

Where were you doing the training? I was doing it at various places. I was doing it for Chrysalis.

Is Chrysalis in Halifax? No, it's a voluntary not-for-profit organisation. You can learn hypnotherapy, counselling and the like.

Holistic things? Yes, I suppose so. And I went off at a tangent and learnt lots of other things too. Because of what happened with my son, I did all this as there was no other support available for my girls at the time. They were really struggling to come to terms with what had happened.

So, you have daughters Sharon? Yes, I've got four girls.

How did you get over what happened with your son? I don't think you ever get over it. You learn to live with it. You have good days and you have bad days. Luckily for me, it inspired me to think that I don't want anyone else to go through all this shit on their own.

Do you offer counselling here then? Not counselling as such but lots of different therapies. I do those privately. I offer clients the chance to give a donation, basically whatever they can afford, and that all goes back into the centre as well. I work with people who have lost loved ones or friends or witnessed suicide. People who want to learn about ways to make themselves less anxious. We show them breathing techniques and we do meditation.

Do you have a meditation specialist? No, I do the meditation myself. I don't know everything but I've done a lot of studying.

Do you have any help with your classes? No. I do as much as I can by myself. We have a lady called Angela who comes and does exercise classes for us. She does chairbics and even though I'm qualified to do it myself I don't have time to do that as well. We have chairbics for the over fifties and we try to fit as much in as we possibly can. As well as the knitting and crocheting, we are starting to work with ADHD and autism as I have lots of friends who are qualified in that area too. We are going to do some workshops here. We are going to be running a bereavement group for people impacted by suicide. There are lots of different things that I have done in the past but then COVID hit and everything basically got knocked on the head.

How will the bereavement group work? We don't really know how it will work. We have a plan for how it might work. So, this is a group for people who have been affected by suicide. They can come and talk or listen and ask questions. Hopefully plenty of people will come to the group sessions and, because we are all at different stages of the bereavement process, some might come with questions that others can answer because they have an inkling or be able to provide a bit of guidance.

Will you lead these sessions? I wouldn't say lead them but I will definitely facilitate them. Me and Vicky will do that.

Is Vicky involved here then? She is in that respect. She lost someone herself. So, we are going to run that, and then, the autism/ADHD group I mentioned earlier is going to be brought here by friends and colleagues who are trained or are professionals in that area.

This all sounds great but how will you fund it all? I work.

Are you funding it all yourself? Yes

That's very admirable! It might be but, I don't have any choice. I've got to do it!

It's like a passion then? Yes.

Is it mainly middle-aged people who come to see you? No.

Do you get young people? Yes. We don't do it so much now but we did a stay and play for really little people.

Was it like a nursery? It wasn't a nursery. It was where mums could come and chat whilst all the kids played.

Do they still come? Well, there's another one further down Boothtown and we did want to compete with them so, as an alternative, during the school holidays we run a big crafting group. Mums and kids can come and do crafts and learn different stuff like how to knit and how to sew. I also run workshops on a Friday and a Sunday where both adults and children can come, teenagers can come and basically, it's open to anyone who can do the crafts. I make it as affordable as possible. For example, the knitting group they come and they pay three pounds. In with that they get lots and lots of cups of tea and biscuits and, usually, one of the other members will make some sandwiches or some snacks. When it was really cold, they all had soup, sandwiches, cups of tea and the heating was on. They would be warm for a couple of hours and they have made new friends away from here. This means they're not on their own when they are back at home, they can call somebody or message somebody.

Are some of the people that come in quite a desperate place? They're in maybe a lonely, isolated place. We have one lady who comes who said that before she came to the centre, she didn't see any reason to get out of bed. Now she attends four times a week and she's become really involved and gets lots out of it and she's made a lot of friends. The people that come aren't just from Boothtown. We've got ladies who come from Mytholmroyd, Queensbury and we even have one lady who comes over from Haworth because she says she has nothing like it round where she lives.

How have you publicised the centre? We are on Facebook.

Advertising is quite expensive, isn't it? It is. A lot of it is word of mouth and we are growing. We have a lot of fairs and stalls.

Do you have open days? Yes, where people come and they can have a cup of tea. We had one on Sunday just gone. We have a Spring fair where people have stalls and sell handcrafted goods which makes some money. We charge them five pounds to have a stall and that goes back into the running costs of the centre.

It's a bit of an oasis really isn't it here in Boothtown, Halifax? Hopefully! It is for me and the ladies that come.

What do you get out of all of this? It just fills a hole. It makes me feel good.

Do you think you're doing it because of what happened with your son? I've always been in this sort of field. I worked in dementia for thirty-one years. I worked within the care system so probably this kind of thing has always been in me. I definitely know that what happened to my son made me think that if no one is doing this kind of thing then someone needs to do it! Where are we meant to go, what are we meant to do when something like this happens? If there's no one there to say it's going to be okay or come along and let's chat about it or you can go and learn a new skill because it gives your mind a break from all your worries whilst you're doing something else. And you're finding out you're not the only

person who is going through what you're going through. I think anything that leaves you struggling you need help with it. Maybe not so much help but someone to be there for you so you don't feel on your own.

There are lots of people out there who don't get what they need aren't there? Yes, there are and, that's really sad because it might come to the stage where they think "what is the point?". I can't help everyone and I wouldn't want to try to do that and sometimes people need to help themselves but, we are here and we are open and I'm hoping more people are going to come along and say "I can do this" so "shall we do this" and offer something that I can't offer. Then we can reach everybody. Not just for knitting, for crocheting or a bit of meditation or chairbics but lots of different stuff. That's what my vision is where there is such much going on, there is a little bit for everybody.

Are you a registered charity? No.

So, you don't get any help? No.

That must be very difficult? It is but we're not doing so bad!

Where do you think you'll be in five years from now? I don't know but I'd like to think we'll be thriving.

Is there anything else you'd like to add? I think we've covered most things.

How can people contact you if they are interested in your work? At Boothtown Well-Being Centre on: 07807610945

Ok. Thanks for your time, Sharon! Thank you.

JUNE'S WORLD



This article will be different this month, there will be no mention of Selby as I know I have written a lot about going there. Instead, I will write about what life was like when I was a lot younger.

We did not have a lot of money in those days so there weren't many luxuries. But it was the same for many people, especially those who lived near us in the Potteries, in Castleford – but people were friendly. I used to have hand-me-downs to wear as did my sisters. I can remember being about 10 or 11 and wondering why we had to wear somebody else's clothes. I was too young to know my mother's situation with a husband who used to drink. As I got older, I became more aware of what was going on, and decided that when I got working, I would help my mother to buy new furniture for the front room.

Then, when I turned 15, I got a job at Bellamys' sweet factory which was situated on Wheldon Lane, Castleford. Bellamys was a liquorice factory where they made Liquorice Allsorts, almonds and lots of other various sweets. With my first wage, I went with my mam

to put a deposit on a three-piece-suite and a sideboard. She was thrilled to bits and so was I, as I was thinking I could invite my friends around without feeling ashamed. Sometimes however, my dad decided to go teetotal and when he was sober, there wasn't a better man walking; when he was drunk, he came home drunk and accused my mother of going off with other men. One day, when I came home from work and he was blind drunk, my mother gave me a lovely dinner and threw it over his new suit as I was sick and tired of seeing him drunk while I had been working all day, and of him trying to pick a fight with my mother.

My dad worked for himself as a scrap dealer and although he seemed to make a lot of money, he only worked when he felt like it. As I've just said, he was a different fellow when he was off the drink but he was easily influenced by 'friends' to start drinking again.

My mother used to work in the fields when crops were ready, such as pea-pulling and picking potatoes. I used to go with her in the school holidays. She was a good mother to us 5 girls so that's why I wanted to improve her life. She was not in good health at all, and used to wear a thin mac all the time which unfortunately, meant she was only 54 when she died of bronchial asthma and heart failure

LETTERS PAGE



Dear Editor

This morning, I was in my local café and was disgusted when I queued up for a coffee only to find that someone at the back of the queue had put their bags on a seat that I was going to sit on. I was furious and wish that people would be less selfish. This kind of behaviour is unacceptable!

Sian Gregory, Huddersfield

Dear Editor

I thought the letter in a past edition of this magazine was spot on! I too think that the world has gone mad when there is such poverty everywhere, and yet, footballers are paid so much for kicking a ball around in meaningless games. What does it really matter if it is Man Utd 4 Spurs 2, or Leeds 16 Liverpool 0 – Who cares. The modern world is crazy!

Samantha Bowden, London

Dear Editor

It is all very well asking for pay increases to match inflation, but what happens if inflation comes down a lot? People should obviously be paid fairly, but we must be careful not to take steps that are inflationary in themselves.

Morris Shuttleworth, Oldham

Dear Editor

I have a good friend who cannot work due to mental health issues. I do however, think that she contributes enormously to society especially when she is experiencing a good patch. She is a lovely and thoughtful person and tries to help even strangers.

I am glad that more people are now aware of mental health conditions, but I think it is good to be aware that “for the grace of God go I” and not judge anyone.

Harry Stokes, Birmingham

Dear Editor

I too think that the UK badly needs a change of government, but I am not convinced that Sir Keir Starmer is suitable to be the next Prime Minister as he clearly is a bit of a chameleon.

If I am brutally honest, I have not got much faith in any modern politicians as they do not come across as nice, and genuine people. I also think they have far too much power.

Sue Forshaw, Leeds

Dear Editor

I am a season ticket holder at my local football club, but I can't say that my world crumbles when they lose and that it radically alters my state of mind. Of course, I am pleased when they win, but surely at the end of the day it is just entertainment?

Alister Brown, Swansea

CD REVIEW: ENDLESS SUMMER VACATION BY MILEY CYRUS

Written by Graham Townsend



Having reviewed Miley's previous studio album for this magazine, I was really looking forward to seeing what new delights she could come up with on this one.

My appetite was whetted by the lead single “Flowers” which has been at the top of the UK Singles Chart for what seems an eternity now. In reality it was nine weeks. To complement this, the song spent seven weeks at the top of the Billboard 100 as well. It turned into a double success when “Endless Summer Vacation” reached the summit of the UK Album Chart at the end of its first week on release.

This album is Miley's eighth studio album and contains twelve tracks. The total running time comes in at just short of forty minutes.

The opening track is the aforementioned “Flowers”. It is a tremendous piece of pop music and this is reflected in the success it has had in the charts here in the UK. It is as good as

anything else she has done to date, as far as I am concerned, with an extremely strong and confident vocal performance.

It is followed by “Jaded”, a song that I was unsure about on first listening but I have come to really like it after numerous plays. I can see this being a future single too.

I feel a hint of Lana Del Rey in track three “Rose Coloured Lenses” and can visualise her performing a track like this. “Thousand Miles” features Brandi Carlile. It is a pleasant ballad that owes its inspiration to the country scene and Brandi’s vocals certainly play their part here.

“You” is a soulful ballad that slows the tempo down whilst “Handstand” is synth heavy and sees Miley allowing herself to run free and be a little more self-indulgent perhaps. Track seven is “River” which has been released as the second single from the album. “Violet Chemistry” is the longest track on the album however, it is not overlong at just over four minutes.

“Muddy Feet” features Sia. It contains more than its fair share of swearing but, this does not detract from what a good song this is and it is one of my favourites here, and is definitely the highlight of the second half of the album.

“Wildcard” is perhaps a not quite as good version of “You” and meanders a bit whilst “Island” seems to have Miley reflecting on isolation and whether she will ever have the relationship she really craves. The album is closed out by “Wonder Woman”. I considered it to be a little bit bland initially and whilst I have changed my opinion slightly, it is probably the weakness track overall.

Most of the material here is pop or dance-pop with infusions of country and rock. In my opinion, this is not quite on a par with “Plastic Hearts” but nonetheless, it is still pretty good in the grand scheme of things.

MY STAR RATING - ***½



COLCHESTER

Colchester is a city (received city status on 5th of September 2022) situated on the river Colne, with an extremely interesting past. It is located in Essex, in the East of England, and is less than 50 miles north east of London and 20 miles from the port of Harwich. According to the 2011 census, it had a population of 122,000. It was the first major city in Roman Britain when it was known as Camulodunum, and it has claims to be Britain’s first actual city. Colchester has been an important military base since Roman times, and today, Colchester Garrison, which houses members of the 16th Air Assault Brigade, is based there.

Now, let's take a brief look at relevant historical occurrences that make Colchester such an interesting place to visit. It was built on a gravel hill and Palaeolithic flint tools have been found beneath it. Also, more flint tools, which were made by hunter gatherers during the Mesolithic period, have been discovered. It is also important to mention that 800 shards of pottery from Neolithic, Bronze and early Iron Age have been found within Colchester and represent examples of worked flint, and that it is surrounded by Neolithic and Bronze Age monuments.

Before the Romans invaded Britain, large parts of Southern and Eastern Britain were controlled by Cunobelin who was known as the "King of Britains", and, who, interestingly minted his own coins.

In AD43, the Roman conquest of Britain began and a legionary fortress was established being the first in Britain. Camulodunum (as it was then known) served as the provincial capital of Britain until it was attacked and destroyed by Boudica in AD61. London then became the capital of Britannia. Then, between 65-80AD, Colchester was rebuilt with 3,000-yard city walls. Significantly, remains of a chariot race track were discovered in 2004 below the Garrison in Colchester, and in 2014, the Fenwick hoard of jewellery was found beneath a shop of that name located in the city centre.

There have also been excavations which indicated early Saxon occupation like a 5th century wooden hut which was built on the ruins of a Roman house, in what is now known as Lion Walk. It is however, unlikely that Colchester was a settlement of any distinction between the 6th and 9th centuries when it was listed as one of the 30 most important cities in Britain. It was actually controlled by the Danish until 917AD when it was recaptured by the army of Edward the Elder. The Saxons called Colchester, Colneceastre and the tower of the Holy Trinity Church is a good example of Saxon work.

In the 11th century, Colchester Castle was built on top of the old Roman temple and many of Colchester's parish churches date from this period. Importantly, in 1189AD, the first royal charter by King Richard I granted Colchester's burgesses permission to elect a justice and bailiffs. The 800th anniversary of this charter was celebrated in 1989.

Today, Colchester is noted for its fine Victorian architecture like the "Jumbo" Water Tower and Colchester Town Hall. It is also worth mentioning that, in 1884, it suffered an earthquake which caused extensive structural damage in the region.

Notably, Paxmen diesels began in 1865 and produced the first spring injection oil engine, and, since the 1930s, its main preoccupation has been with the production of diesel engines – during the Second World War, the Paxmen factory supplied many engines for British landing craft and submarines. Happily, the wartime death toll was only 55.

Colchester is now one of Britain's fastest growing cities with the University of Essex being established in 1961 just outside of it, and the opening of the A120 Colchester Eastern Bypass.

Since 2006, Colchester has been one of the places chosen for the Royal Salutes to mark visits by foreign heads of state and to mark Royal anniversaries.

If you visit the City of Colchester, you will find that there is much to do and many places to see. There are interesting museums like The Castle Museum which is situated in Colchester Castle, and a Visitor Centre which was opened by Colchester Archaeological Trust in order to

display finds from the Roman Circus and from Roman cemeteries. You could also visit Gosbecks Archaeological Park which contains a preserved Roman theatre and a Romano-British temple marked out on the ground. It is also close to post-conquest Stanway burials, a Roman fort and earthworks of the Iron Age fortress – the earthwork ditch and bank defences are open to the public in the form of wooded parkland.

The arts are very much celebrated with places such as the Mercury Theatre and Colchester Arts Centre. The Colchester School of Art is based near the city centre, and if you like watching movies, there are 12 cinema screens in the city.

Of course, sport is important to a lot of people in Colchester and there is much for the spectator to observe including watching Colchester United FC, Colchester United Ladies and Essex County Cricket Club. If you prefer to participate in sport, you could visit Colchester Sports Park, Colchester Leisure World, the skatepark and the Colchester Garrison Athletics Stadium which is open to the public.

For those of you who like a spot of retail therapy, there is Primark, Boots, H & M, W.H. Smith, many local independent stores and, of course, the city centre upmarket department store Fenwick.

As previously alluded to, the city is rich in history and this is reflected in the Roman walls which run for 2 miles following surviving parts. “Jumbo” Water Tower was completed in 1883 when the Town Council took over Colchester’s water supply, before it was decommissioned in 1987 and is now awaiting redevelopment. There is also an interesting memorial which is dedicated to the 1,248 people who lost their lives in the First World War; it consists of 3 human figures on a sculptural pedestal. And, if you have time, you could view the Town Hall which is another place of architectural interest.

Some of you may be interested in settling down in the region and wonder about the educational opportunities on offer. Well, there is provision for Grammar, Secondary education as well as tertiary courses offered by the University of Essex, Colchester Sixth Form College and Colchester Institute.

The bus and rail network in the city is adequate as well as London Stanstead Airport being only 30 miles away. So, maybe this summer, dedicate some time to visit this wonderful historic city.

* With a lot of help from Wikipedia

THE PROS & CONS OF VAR (VIDEO ASSISTANT REFEREE) IN FOOTBALL



Written by Graham Townsend

This is a topic that has caused much debate in the world of football, often referred to as soccer in North America. I will be looking at this from a UK perspective mainly although, the system has been used across most of the major leagues in Europe, in Major League Soccer (MLS) and international tournaments

for some time now.

The introduction of VAR was intended to reduce the number of incorrect decisions made by officials. In principle, this sounds like it could only be a positive however, there are still plenty of people interested or involved in the game who remain unconvinced of the benefits of using the system.

Having seen VAR used in the English Premier League since the 2019/20 season, there have already been plenty of controversies. If there were people out there who thought it would eradicate all incorrect decisions then, they were sadly mistaken. One of the big issues has been the time taken to complete the review of some decisions. Another complaint has been the lack of communication of the review process to the fans in the stadium. Many feel that football should take a leaf out of the book of other sports such as cricket and rugby where, those in attendance and those watching at home are party to the full decision making process between the on-field official and the video review officials.

One major positive has been the introduction of goal-line technology which uses a chip inside the ball to detect whether it has fully crossed the line to determine whether a goal has been scored or not. I am only aware of one occasion where that technology has failed to work correctly.

Two real areas of concern have been the interpretation of the handball rule and the way in which lines are drawn to determine whether a player is offside or not. There have been adjustments to these interpretations as the officials gain more experience of using the system however, many argue the current situation is still unsatisfactory.

There will always be the potential for errors to be made where human judgement is involved. Some of those who are anti-VAR cite this as sufficient reason to abandon its use altogether. Others claim the process is unnatural and takes away some of the beauty of the game especially, when players have to wait to see whether their goal will count or not.

I personally feel it has been a good thing for the game overall. There is plenty of scope for improvement though, I have mentioned a few of those reasons above.

I would be highly surprised if VAR did go away as we see more and more technology and automation used in day-to-day life. Having read this article perhaps you can discuss VAR with your circle of friends and see whether you are in agreement.

BRENDA'S WILDLIFE CORNER

Salmon



The name Salmon represents several commercial and important species of fish from the family Salmonidae, which are native to tributaries of the North Pacific basin and the North Atlantic. Other fish related to the same family include char, trout, lenok, taimen, whitefish and trout.

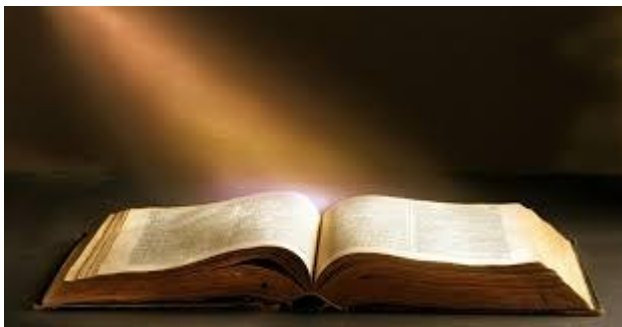
Salmon are anadromous and hatch in the gravel beds of shallow fresh water streams; as adults they migrate to the ocean and live like other sea fish, before returning to reproduce in fresh water. However, some species of salmon stay in fresh water for their entire lives. Folklore which suggests that most salmon return to where they hatched to spawn, has proven to be mainly true. It has been shown that Homing behaviour is down to olfactory memory.

It is true to say that salmon provide food throughout many parts of the world. Norway is the largest producer of farmed salmon followed by Chile. Both freshwater and saltwater anglers prize the fish for recreational fishing and many species of salmon have been introduced and naturalized in places such as the Great Lakes of North America, South Island of New Zealand and Patagonia in South America.

When salmon reproduce, their eggs are laid at high latitudes in freshwater streams and hatch into sac fry before developing into parr. They stay as parr for six months to three years before becoming smolts. Once they are smolts, their body chemistry changes allowing them to live in salt water. The salmon spend one to five years (depending on the species) becoming sexually mature before usually returning to spawn where they hatched.

Ref. Wikipedia

BIBLE TALK



Sent by Peter Smith

Blessed are those who do His commandments, that they may have the right to the tree of life, and may enter through the gates of the city. But outside are dogs and sorcerers and sexually immoral and murderers and idolaters, and whoever loves and practises

a lie.

(Revelation 22:14,15, NKJV)

Our awesome future.

Though this passage has an error in my beloved New King James Version: The Greek word 'pornoí' is translated as (the) 'sexually immoral'. It should be 'fornicators'.

We know 'fornicators' as people who think just of their own gratification. Who deep down do not care about, and about the effect they have on, those with whom they have sex.

"Sexually immoral" says something quite different: it means breaking a moral code, a set of rules, a "law" (the word used often in the Bible).

However, the essence of the New Covenant brought in by Jesus' death is that we are no longer bound by a law written in a book. Instead, God's law - how He wants us to live - is written on our hearts and minds. Day by day - in relationships and everything else - we live by thinking (being thoughtful) and by following our hearts.

Look at these verses:

This is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law in their minds, and write it on their hearts. (Jeremiah 31:33).

Believers are "the Israel of God". (Galatians 6:16)

The law was our tutor to bring us to Christ, that we might be justified by faith. But after faith has come, we are no longer under a tutor. (Galatians 3:24,25)

Christ is the end of the law for righteousness to everyone who believes. (Romans 10:4)

The sting of death is sin, and the strength of sin is the law. (1 Corinthians 15:56)

The law of the spirit of life in Christ Jesus has made me free from the law of sin and death. (Romans 8:2)

If you abide in my word, you are my disciples indeed. And you shall know the truth, and the truth shall make you free. (John 8:31,32)

(Quotes: NKJV)

We have reached the incredible milestone of 100 Editions of From The Horse's Mouth and if you want to read any of our back issues please visit this page <https://fromthehorsesmouth.org.uk/back-issues/>

SOME MORE DELICIOUS RECIPES FROM JUNE CHARLTON



Potato and Prawn Soup

Ingredients:

2 lb of potatoes
½ cucumber
1 leek
1 ½ pints of white stock
2-3 tablespoons of single cream
Squeeze of lemon juice
3-4 oz prawns
3 Fl. oz of white wine

1 oz of butter
Salt and pepper
Chopped chives

Method:

Melt the butter in a pan and add to it the thinly sliced leek and peeled, diced cucumber. Sweat without browning and add the potatoes, then cook for another few minutes. Add 1 ½ pints of stock and seasoning and a little white wine.

Cook for approximately 40 minutes until all the ingredients are tender. Liquidise the soup to a fine puree and add the single cream and more white wine, if necessary, lemon juice and prawns. Correct the seasoning. Mix together and leave the soup to cool. Serve with chopped chives sprinkled on top.



Flapjacks

5 oz of self-raising flour
4 oz of margarine
5 oz of sugar
1 oz of cornflakes
2 ½ oz of desiccated coconut

Method:

Melt the margarine in a pan. Mix together the remaining ingredients and stir into the melted fat. Mix very thoroughly, the result being crumbly rather than a dry mixture. Put the mixture into a greased "9 x 12" tin. Press very firmly, flattening to an even thickness.

Bake for half an hour in a moderate oven (350-375 F/Gas mark 3-4).

When cooked leave for a few minutes in the tin. Turn out and cut into squares while still warm – if left until cold, it will be difficult to cut evenly.



Basic Biscuits

Ingredients:

6 oz of plain flour
4 ½ oz of margarine
1 ½ oz of icing sugar
Pinch of salt

Method:

Cream fat and sugar together. Sieve flour and salt. Fold flour into creamed mixture. Stir until it forms a dough, knead up. Roll out ¼-inch thick and using a 2-inch cutter shape into biscuits (18-20). Place on a baking tray and prick well. Bake at a moderate heat until they are nice and crispy.



Spaghetti Bolognese

Ingredients:

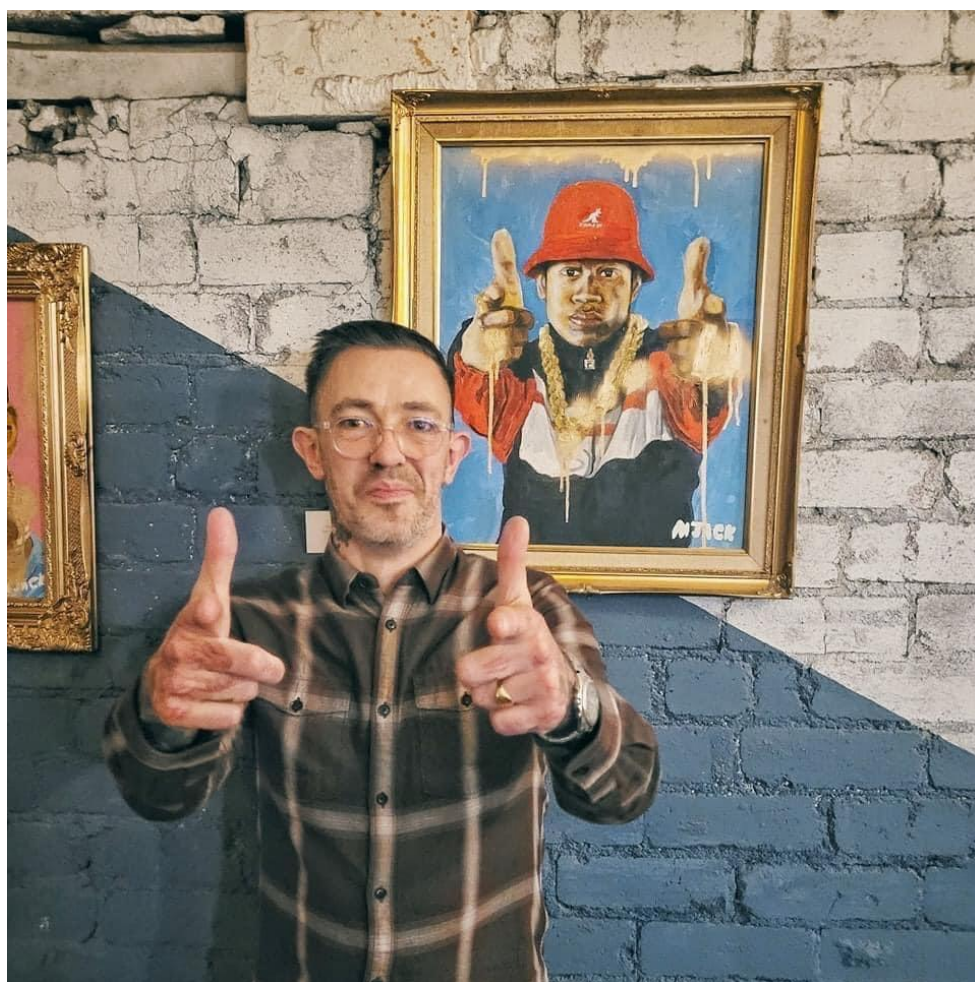
1 oz of butter or margarine
1 tablespoon of olive oil
2 oz of mushrooms
1 onion
1 or 2 carrots
6-8 oz of minced beef
1 small tin of tomatoes

2 tablespoons of tomato puree
½ pint of stock
Salt and pepper

Method:

Lightly fry in butter or margarine, oil, add chopped mushrooms, onion, grated carrot. Stir in meat and simmer. Add stock and remaining ingredients and cook until thick. Leave on spaghetti and sprinkle with Parmesan cheese.

AN INTERVIEW WITH ARTIST MARCUS JACK



First of all, can you please tell us a little bit about yourself? Yes, my name is Marcus Jack. I'm 55 years old and I'm married to the lovely Tracy. I was brought up on various council estates around Halifax here in West Yorkshire. I have lived my whole life here apart from a few years when I lived in London, I have two grown up daughters,

Polly and Izzy.

And can you tell us a little bit about your schooldays? I think we were blessed that we could get into a grammar school just by being a bright kid. I mean we basically had to pass a test (Eleven Plus) to get in whereas now, like my daughters would have had to be self-tutored with lessons in Algebra for example to give them a fighting chance of making it there because it isn't taught as part of the curriculum up to the age of eleven - but it's part of the Eleven Plus! The whole grammar school thing has been taken over by rich people. It's something I feel strongly about.

So, did you enjoy your time at school? Yeah, it was great. It was mostly art that I enjoyed. English was great. It was a good environment, as you'll know (Graham) with going to the same school. We had good teachers. You're lucky to get one that inspires you but, I had two or three.

Who were those teachers that inspired you? Dave Allen for a start. I'm still in touch with him. He's involved with the Grid Project nowadays. It's a photographic project where he splits up a town, Halifax being an example of it, into a grid by postal code and people submit photographs for each part of the grid and he puts them on a website/database. Another influence was Mrs Watling. Like Dave she was one of my art teachers.

At what age would you say you realised you had a passion for art? I started drawing as a kid and basically it just continued from there. It's down to being an only child and drawing things to amuse myself and fill in time. Then I just kept on doing it and then after school I went to college to do it as it was the only thing I could really do, and I started thinking about how I could make money from doing it. Then I became a graphic designer and I spent twenty-five to thirty years doing that which was pretty much my whole career really. Then as the kids grew up, I started to think about how I could get back to doing art in my own time. I wanted something that not everybody can do because so many people have computers these days that designing is easy if you're good at it, but it's not distinctive and I wanted something I could do for myself. So, I got some paints and I started painting. I started by painting rappers and I kept doing them and doing them. Eventually I got my first show. That was called "Gold Chains in Gold Frames".

How did that come about? Initially I thought "how do I get an art exhibition?" It's a bit of a closed shop and if you don't know the right people or get any Arts Council grants or funding it's difficult and I didn't know anything at that point. So, I started from scratch and did a room full of paintings, I did like twenty odd paintings of rappers and put them in gold frames and thought "that'll look good in a room". I thought I'd do it that way round and treated it like a campaign really because I'd done marketing. So, I sent it out to galleries etc and luckily Vic Allen, who I now see as a kind of mentor and later on was on one of my portraits, pointed me in the right direction and helped me to make it into a more interesting show, and make it more accessible and relatable to West Yorkshire. Along with my friend Sean (Helliwell) we came up with the name "From New York to West Yorks" the influence of hip-hop in Halifax. There is no real scene for hip-hop in the town but, a lot of people I know love it. So, we just started exploring that.

Stepping back a little bit now, after school you went to college or university? Yes. I went to Newcastle to do an HND (Higher National Diploma). There weren't really degree courses for art subjects unless it was for fine art, and I wasn't into fine art. I wanted to do something that I could earn money from because I was poor and I was living with my mum and I wanted to get earning as quickly as I could. It was a two-year course, as opposed to the usual three- or four-year course, so that was a bonus. I studied marketing. It took me a while to get into it because around that time I studied visualising and stuff but the Mac revolution had happened and all the computer design had taken over. I had avoided all the computer classes at school and college thinking "as if a computer is going to take over" so that is why it took me a little while to grasp the concept.

But you got there? Yes, I mean the same skills are at play. You're just selecting a brush on screen as opposed to picking up a brush in your hand.

Once you had completed your HND did you move into work? This was when the Prince's Trust scheme was around so, what I did was open a tee-shirt printing business with my friend Sut (Mark Sutcliffe, RIP). We did it for about a year. It was hard. I knew even less about business then! It was a great time but then I moved on to working for Halifax Evening Courier. I learnt a lot when I was at the Courier. I want to give a name check to Andrew Betteridge here as well as it was him who gave me the heads up about the job there. It was in the early nineties recession period and I'd been working at McDonalds - it was a case of I'd rather be working in some capacity than not at all.

How many years did you do at the Courier? Four or five years. They had an advertising branch upstairs called Northern Advertising and that's where I got into using the Macs. After that I worked for various marketing organisations in the North of England in places like Manchester and Leeds. It involved a lot of commuting. It was full-time work. I was working pretty much nine to five right up to the first COVID lockdown in 2020. I had been since I started at the Courier in 1992 really.

Where were you working at the time of the first lockdown in 2020? It was a cool little agency in Wakefield called Our Agency. I worked there for about ten years. It allowed me to be creative in a working environment. You were working on projects you wouldn't have worked on by choice but, at the same time, it didn't feel like a grind. There was plenty of variation to the work. You had to present things to clients. You might have been working on a poster campaign, a radio advert or animations for YouTube. We worked on a lot of branding. There is a travel card you might have seen called the MCard. That was one of my branding jobs.

Am I right in thinking I saw you on one of the adverts on local buses around that time? Ha-ha! Yes, it was sometimes a case of all hands-on deck and so I got involved directly in that campaign!

And career wise, what was the impact of lockdown? The agency had various clients but, a lot of them were in the service industry. So, when lockdown kicked in travel companies, for example, who were no longer working suddenly had no budget to spend. This meant the agency had to get rid of staff and at this point I left. Having started painting a year or two before, I thought I'd take the redundancy and take a chance of making a success out of my painting but it was hard financially at the time.

So, was the lockdown when your art career kicked into gear? Actually, just before it on 15th February 2020 (I remember that because it was my daughter Izzy's 21st birthday), was when the launch of From New York to West Yorks took place. Because of the lockdown, the exhibition remained up for two and a half years or so. There were times when people could go in two by two wearing masks to see it and other times where it was closed but the portraits remained on the walls all through. So technically, for that reason I called it the longest running art show in the world!

Then you took the show on the road to other venues? Yes, that's how I saw that set of paintings. I knew I could take them to different venues. I took it to the Grayston Unity pub in Halifax. That's where I developed my friendship with Michael Ainsworth who owns the venue.

Have you got any exhibitions up and running at the moment? Yes, it's another one that has been in one venue and then moved to another. That's how I like to see these portraits as a set of paintings that can move from one place to another. Originally it was called "Summat from Nowt" when they were on display for a while - as part of the TOWN festival - in the Grayston Unity but it is now known as "Halifax Heroes" and can be seen in the Link Gallery at Dean Clough. The show is my way of paying tribute to the creative spirit that can be found in our town. These are portraits of people all born here who have contributed something unique to the spirit of Halifax. I like to refer to them as makers and doers. Effectively they have made "summat from nowt" as us Yorkshire folk say.

Have you had good feedback? Yes. The launch itself was great because all of the people I painted came along. I was nervous as hell. I thought I'd do a little chat with all of them and express my appreciation for what they do, as, that is why I painted them. I find them really inspiring for what they have achieved without perhaps getting the funding or grants that their work and efforts deserve. You know artists, DJ, musicians and even Vic himself who puts on the shows at Dean Clough and runs ACDC which is an arts charity. He has given loads of artists their breakthrough over the decades. Gatch, started as a graffiti artist and he's from Ovenden. Captain of the Lost Waves is a musician originally from Lee Mount. These are people who have come out of the local estates near where I grew up and made something out of nothing in effect.

Have you got any tips for up and coming or budding artists? Just start painting and keep doing it. That's what I did. Instead of thinking about how I could get an exhibition or a show I just got on with it. Painting in my bedroom at first and then started hustling it a bit. I think everyone has their own journey so I can't give specific advice. Someone like Gatch, does brilliant work and he's becoming known across the world but what he does is very bespoke so, it might not be relevant to everybody. That's what I'm saying.

Away from art, what are some of your other passions and interests? I listen to a lot of podcasts when I'm not working. I used to be obsessed with music. I find myself playing a lot of old stuff, punk and things.

I guess that goes back to your teenage years? Yeah. Sometimes music is all you need and you just dig a particular album out.

And you were involved in music yourself at one point? Yeah. I was in a band in the late eighties/early nineties. That was pretty much everyone from the same school. We were called HX2 which was the postcode where we lived. We got around a bit. It was good at the time but we knew when it was time to split up and move on. If we had been doing it now with the internet there and everything, we might have done a bit better but who knows!

We did some local gigs notably three summers in a row at the Piece Hall in Halifax. Funnily enough it was Gatch who got us the first gig at the Piece Hall. He was doing some graffiti work on the old stage there and you could watch him live and he suggested tying it in with a band and he pulled us in. Before HX2 I was in the usual school band (The Hop) and I was in another local band called Dooj for a short while with another one of the guys I painted, Stan Icon. They went from a two piece to a band and Stan joined on drums and I joined as the bassist. They moved to London and I was going down for rehearsals and stuff on the National Express and we did a gig down there as well. It was a fun little side avenue.

Is there anything else you'd like to tell the readers about? I'm working on a project at the moment which I'm hoping to tie in with the TOWN festival in October that is organised by Michael (Ainsworth). It's a series of portraits of punk rockers as they look now. Same thing as usual I've painted loads of them.

Is this the series I've seen the portrait of Shaun Ryder from? Yes, he's one of them and I'm using their lyrics on the portrait showing something that they wrote when they were young. Do you remember when Pete Townshend wrote "I hope I die before I get old?" and then he didn't ha-ha! So, I'm looking through all their old lyrics to find something that fits in with being old or whatever they look like now. These guys are all still performing. They

might look old, or wrinkly or bald or overweight but they are all still in punk bands. I'm calling the show "Live Fast, Die Last" to contradict that old phrase "live fast die young"

Who are some of the other musicians that will be part of this series? Jake Burns from Stiff Little Fingers, I've done him, Mick Jones from The Clash, Johnny Rotten, and Debbie Harry. I've done Shane MacGowan who doesn't look too good these days! What I like about these people is the spirit they have. They're still punk and they're still achieving things. It moves me a little bit to be honest.

How would you describe the kind of art you produce? I'd describe it as low-brow pop art. It's quite a commercial sort of style. It's probably not going to win any cool art prizes or anything. I'm not into landscapes or all that. In my opinion, you can't beat what God has already created. I love Andy Warhol and those kinds of guys. Peter Blake especially. I love his pictures of the Beach Boys. I think pop art is what got me into marketing back in the day. I call it low-brow but it involves things you see in everyday life such as brands if you think about Warhol's pictures again for a moment. Going back to the Halifax Heroes project, it's very niche to Halifax rather than a commercial thing so that is an exception in some respects because it won't sell me lots of paintings but that's fine with me. It's like my love letter to Halifax because I love Halifax and I love the people of Halifax who make things and do things. A bit like this magazine, it's a labour of love at times but you just keep going.

Where do you actually work from these days? I have a studio at the Dean Clough complex.

Finally, how can people contact you if they wish to do so? You can find me on Instagram @marcusoncanvas and I have an Etsy shop – rockersandhoppers.etsy.com alternatively, you can email me at jacktcb@gmail.com

Thanks for your time, Marcus. We really appreciate it! No worries. I'm off back to the studio right now.

* Image from "Gold Chains in Gold Frames" courtesy of Jason Foster.

ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



Questions:

- (1) What symbolizes 15 years wedding anniversary?
- (2) What was the name of Sir Winston Churchill's wife?
- (3) Who invented the electric lawnmower?
- (4) What is French for 'headache'?
- (5) What is the capital of St. Martin?
- (6) Who first played Inspector Clouseau in the T.V series Pink Panther?
- (7) What is Spanish for 'church'?
- (8) What is the currency for Peru?
- (9) When was the International Monetary Fund created?
- (10) Who wrote the novel of the Jackal?
- (11) What is a leap year?

- (12) What is meant by the mind's eye?
- (13) Who won the Super Bowl in 2000?
- (14) When was ECT first used?
- (15) What is the highest mountain in South America?
- (16) Who was the main male actor in the film Fiddler on the Roof in 1971?
- (17) Who invented spectacles?
- (18) What is Multiple Sclerosis?
- (19) What is the square root of 64?
- (20) What does IQ stand for?

Answers:

(1) Crystal (2) Clementine Ogilvy Spencer Churchill (3) C. C. Stacy (4) Mal de tete (5) Philipsburg (6) Peter Sellers (7) Iglesia (8) Sol (9) 1944 (10) Frederick Forsyth (11) A calendar year that contains an additional day added to keep the calendar year synchronized with the astronomical year or seasonal year (12) It refers to the human ability for visualisation (13) Los Angeles Rams (14) 1938 – in Italy (15) Aconcagua (16) Chaim Topol (17) Salvini D'Armati in Italy, 13th century (18) A condition that can affect the brain and spinal cord causing a wide range of symptoms including problems with vision (19) 8 (20) Intelligence Quotient

Editor's Final Word: Thank you so much for all your support over the years. I do hope you get something out of being involved in the project and feel inspired to join us on some level in the future. Best wishes, Dean, Brenda, Robert and Graham.