

FROM THE HORSE'S MOUTH – March 2024. Edition No 111.

Hello. I hope you are well when reading this magazine. I have been ill in hospital which explains why this edition is a little late in coming out.

If you would like to donate/advertise or contribute to the magazine, in a non-homophobic, non-sexist and non-racist way, please contact us at: dean@fthm.org.uk . Please note that our website address is: www.fromthehorsesmouth.org.uk Best wishes, Dean.

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MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

You seem to float from person to person like a lustful, demented butterfly, but soon an attractive creature will catch you in their web and your life will change for the better. Alcohol is clearly your god, but can't you see it is only leading you down a path of self-destruction? Wise

up before it's too late and make the best of this life as it may be the only one you have.

Sagittarius 23 Nov – 21 Dec

Life is definitely finite, but you waste so much of yours going up dead-end streets. Stop being so negative and create something new that benefits us all. Happiness may be as rare as the winter sun, but soon you will be walking with a spring in your step and life will be good again. Stop dressing like a tramp if you want to attract someone special. Play the game.

Capricorn 22 Dec – 20 Jan

Now is a good time to realise no one is superior or inferior to you but, to be honest, no one can compete with you at farting, can they? Time may be elapsing fast, but don't pay any attention to the reaper, who is waiting in the wings, and lead as full a life as possible. Start to respect this planet more as we are only custodians of it. Put less sugar in your tea. Dance!

Aquarius 21 Jan – 19 Feb

Love may seem to have deserted you, but you will soon come across an oasis of it and be glad you hung around. A close friend may in fact be a social mole, so starve him of information regarding your business plans. You may be envious of wealthy people. While a bit more money would be good, remember you probably have a better social life than them.

Pisces 20 Feb – 20 Mar

The frog you kissed may never turn into a prince, but you will find this week that he jumps to your defence and does his utmost to protect you. Remember that you are an inspiration to everyone who knows you, so your life is not in vain. If you can manage it, please be nice to someone who has disrespected you as they will know they have done wrong. Buy a watch.

Aries 21 Mar – 20 Apr

There are so many things in life that we can't control, so why not start to live the way you want to live without worrying about what other people think? You are a special person. Romance is not far away for you and, when you find it, you will be happy for a while. Surround yourself with good people and your life will have more meaning. Cough.

Taurus 21 Apr – 21 May

Now is a great time to start wearing a headpiece so that you can cover up that expanding bald patch on the crown of your head. A beautiful woman will express an interest in you, but is she interested in you or your money? Why not purchase a 4x4 so that you can scare cyclists and impress other people? You work too much and forget those at home who love you loads.

Gemini 22 May – 21 Jun

Sometimes life is not all glamour and now is a time when you need to roll up your sleeves and make the hard yards. A rude man may knock on your window and disturb you, but maybe he doesn't know any better. It is a good time to think about booking a holiday as you have lived through another long, cold winter. Maybe start baking your own bread. Smile.

Cancer 22 Jun – 23 Jul

The loss of a loved one will devastate you, but don't allow yourself to fall to pieces as they wouldn't have wanted that. Someone you know may become famous but remind them where they have come from if they get too big headed. You are a prisoner on this planet but make the best of it as it is all we have. A man with money may try to exploit his position. Laugh.

Leo 24 Jul – 23 Aug

You may have done something you regret, but don't cry over spilt soya milk and move on. If you're at school, remember that the bullies will probably end up with the crap jobs. Success is something you constantly crave, but remember to enjoy the process of your work. Lust is very important, but will you risk everything this week for a quick tumble in the hay? Inhale.

Virgo 24 Aug – 23 Sep

This week, someone close to you will illustrate that they still can't hold their own water, but they can't help it and don't really want to be the architect of your downfall. A downtrodden postman will impress you with his determination to deliver the mail – even though it is unlikely he will ever have any letters after his name. Try and find a four-leafed clover if you can.

Libra 24 Sep – 23 Oct

Be vigilant at work as someone near you will stab you in the back and show their true colours. Maybe your boat will come in this month – or maybe it won't, either way, keep paddling in the same direction and your time will surely come. You are looking for love but it is right there under your nose. So open your eyes and have more realistic romantic goals. Spend.

JUNE'S WORLD

My son Dean has been very poorly. He had pneumonia, a heart attack, oxygen, three blood transfusions, antibiotics and, finally, two stents fitted. He still has a blocked artery. Dean was in the doctors when he collapsed and an ambulance took him to Calderdale Royal Infirmary. He was in hospital for 19 days and was in a bad way.

My husband and I went to visit him as often as we could. We live in a village near Leeds called Kippax, so it wasn't always easy to travel to Halifax. When we arrived in Halifax, we called for Brenda, who was staying in Dean's flat, and got a taxi to the main entrance of the hospital. Brenda is Dean's best friend and helps him all she can.

The first time we visited Dean, he was too exhausted to talk, so we sat quiet and stayed for about two hours. Brenda also tried to talk to him, but he was too tired to answer, so we left him to get some sleep. We visited him a few more times before he came home. Also, he had friends who visited him and one in particular did lots for him, Darren. Also, a man in a wheelchair visited him from Hebden Bridge. So he had plenty of people visiting him.

I tried to keep up to date with everything. Dean thinks we did well to visit so much, especially considering the distance involved. I said that was what parents did.

Anyway, he finally came home nearly three weeks later, which was company for the ever faithful Brenda. We are getting back to normal now, and Dean is feeling better, although he is on loads of medication.

We were able to go to Selby on Monday, which we enjoy. Today, Tuesday, I've been catching up with housework – not that it gets too dirty with just two of us. If you look around, you can always find a job to do, but I'm trying not to be so fussy.

Anyway, this visit to Selby, we went in the Abbey but, as it was packed, we left without getting a drink.

Well, that's all for now. I am glad Dean is on the mend as he has been through a lot.

MORE FROM LYNNE...

What seems a lifetime ago now my family lived on Wharf Street, Sowerby Bridge. Looking back, I must have been about six when my Mum told me we would be moving home as she was having another baby. We had lived above a shop on Wharf Street. It was a very old building and was too small for all of us, so we moved onto Newlands Avenue in Sowerby. What sticks in my memory about this move was the fact that we were so poor we could not afford to carpet the front room. Luckily, my dad worked in the carpet mill; he promised my Mum that he would sort things out. When he arrived back home, he looked quite pleased with himself having brought lots of carpet squares all of different colours and patterns. He spent the evening glueing them into one big square carpet with a small black tile-edge around the outside – not exactly pretty, but a lot better than a bare floor. It's funny how some companies make a lot of money out of doing just this nowadays; he was obviously before his time.

Starting school for the first time at St Peters' Infant School, I was delighted to meet my first real friend, Janice. She had short hair and was about the same height as myself, I recall. We became best friends and in the summer months we would take some sandwiches and a bottle of water and go down to the fields, which were filled with daisies. We would sit making chains out of them, and we would go home with them proudly adorning our heads, wrists and necks. This would prompt my dad to say we looked like part of the Flower Power girls. The Flower people being part of life in the early sixties.

We decided one day to attend our schools' jumble sale. We had seen two dolls the evening before when the people running it were setting up the stalls. Someone had knitted them, and they were big as we were. So when it came to Saturday, the sale was due to start at 12'oclock. However, Janice and I were so excited that we arrived at 10 a.m. We sat in front of the doors for two hours and all to ensure we would be the first ones at the sale. We doors finally opened and Janice and myself ran at top speed to reach the stall with the dolls on. Exactly how much they cost I don't know, but we offered all we had and was given the dolls with a smile. Probably the best value for money we would ever get it turned out. Given we played with these dolls until we finally became too old to play with them.

The hands of time moved and another few years passed and you may have guessed my dear mother got pregnant again. Looking back now, it seems to me that my father only had to look at her funny and she fell on again. Arrgh! Horror of horrors, another brother. That made four. Oh well, at least I should be well-protected, or so I thought.

So it came to pass that I started Junior School, and my Mum started working evenings at Mackintosh's in the Queens Road. Trouble was that I had to come home from school and give my brothers their tea. All of them, including my elder brother, being boys were deemed incapable of doing anything in a kitchen and were all too happy to agree with her. Once this was done, my dad's tea was in the oven, ready to be warmed up as soon as he came in from work. The assumption being that he would have a nervous breakdown if he had to heat up his own food. Female hands were always needed in those days for such menial tasks. Finally, getting fed up with these added duties at my tender age I asked to my Mum, why couldn't my brothers do their fair share and do this sometimes? Suddenly, her right hand moved very rapidly upwards, slapping across the side of my face. She then got hold of my hair and pulled me upstairs. She said "you will do as you are told," and pushed me into my bedroom. I banged my head on the floor. Bearing in my mind I had Epilepsy, on reflection my Mum risked killing me. The next day, I not only had to do the teas but ensure that the boys got washed – this meant physically doing the job with the younger ones – and getting them ready for bed, all at the tender of age of nine, going ten. A few days later I started to stare into space at school, caused by my epilepsy. Sadly, my parents did not want to take the chance of any stigma attaching to them from having a daughter who was disabled. The teacher, being unaware that what seemed to be day dreaming was not my fault, promptly threw the board rubber at me. I told my Mum that I kept losing myself into a dream state for a little while. Well, her solution was that I was merely trying to get out of looking after my brothers. Sometime later, I was to find out that I had epilepsy. My parents didn't think I should know and told me that it was not the sort of thing you told anybody about. Heaven- forbid that the neighbours find out. Unclean, unclean. This was the lot of the disabled, who had to suffer parents with their 1930's mentality. Better to be a mass murderer than to be different.

ANOTHER INTERESTING RECIPE FROM BRENDA CONDOLL



Vegetables and Basmati Rice

Ingredients:

- 1 small cabbage
- 1 small courgette
- 1 half of broccoli
- 1 medium carrot
- 1 medium parsnip
- 2 vegetables stock
- 1 teaspoon of parsley
- Pepper to taste

Method:

Prepare and wash the vegetables in medium pieces. Put in a medium pan. Pour a pint of stock over the vegetables. Stir to cook for 40 minutes. When finished, serve with Basmati Rice.

INTERVIEW WITH KRISHNA FRANCIS



Krishna, you're obviously wheelchair-bound, how do you get about? I don't know if I should start by correcting you on this.

Go on, then. Correct me. This isn't coming from me; this is coming from education. I'm a wheelchair-user, as opposed to wheelchair-bound.

Okay. They say I'm not tied to the wheelchair.

That's an old-fashioned term, isn't it? Yeah, it's just language. I'm not offended and I'm not overly worried, but it's worth saying. The readers will go "Oh, that's interesting!"

So, how do you get about? How do you cope? With help, and under my own steam.

With help from whom? Well, I was just on my way here; I was wheeling up the hill. It not much of a hill, but the hill from the Town Hall. A woman, whose name I can never remember, but who I know quite well, just went "Oi, do you want a hand?" She just came across the road to shove me up the hill. And the bus driver this morning was ready to get the ramp down.

Are bus drivers alright with you? They're alright with me.

Never had a problem? They're mostly alright with me. I have had problems. Sometimes they want to be really helpful, and that's really unhelpful because I know what I can do; and they think I can't do it and insist on doing things that I need to have done.

You're just polite when that happens? Yeah.

I've heard you've travelled much further afield than Hebden Bridge? What! Goodness gracious! Me? I have been, in a wheelchair, to France and Spain, and Morocco was really what I was aiming for.

I know you've recently been to Morocco. Yeah.

And how did you find it? The travelling? Plane travel is quite easy now. I've been on 6 flights - no I haven't; I've been on more than 6 flights because Morocco was an interesting one. I've been on 7 flights, actually. Plane travel is really straightforward. Interestingly, on the way back from Morocco, I bumped into some people and the wife was also in a wheelchair. They normally travelled by British Airways, and that's so expensive! They stopped travelling by British Airways and came by EasyJet. They found EasyJet was really good, so they don't have to spend all of the money to go wherever they need to go.

How much notice do you give airlines before you go? That you're in your wheelchair?

You're supposed to give some notice. I think it's wise to give notice.

But you don't? I do, normally, but both coming home from Sète in France, and coming home from Morocco, I had to just scramble a flight. So, I turned up at an airport in France and they went, "Oh, you're in a what? Oh. Okay. Yeah, we can put you on." They had space, so they could put me on.

So, they were quite sympathetic? Yes.: I don't think there should be too much of an issue. I think on both sides it's sensible, but it shouldn't be that difficult. You can get on a plane tomorrow, why can't I get on a plane tomorrow?

Can you describe your journey from Hebden Bridge to Morocco from a logistical point of view? Yeah. Train from Hebden Bridge.

Did you catch a taxi to the train station? No, I caught a bus to the train station. Luckily, there's a bus that goes from outside my house.

So, a bus to Hebden Bridge train station? Yeah. Bus to Hebden Bridge train station, then a train to Manchester Victoria. Then a change at Manchester Victoria to get the train to Manchester Airport. All of the train travel requires ramps. Again, some people phone in advance, but you don't need to. Most guards are happy to accommodate you. You indicate to them, 'I'm here. Can you help me on the train?' They come down, get the ramp out and put you on the train. Then, I got on a plane.

To Morocco? Yeah. It's interesting how they load you. You get put in a truck with a pneumatic box and they drive you to the back of the plane.

Like cattle? It's a little bit like cattle. They drive you to the plane, and they lift you up.

Are you first on the plane, then? Depends. You can be; you can also be the last.

First or last? Yeah. There can be 4 or 5 disabled people waiting. What they do is, they put you on a different chair, wheel you through the cabin and deposit you onto another chair.

Do they physically carry you from one chair to another? They can do, but I can transfer. So, I just transfer from one chair to another. There's always something going on at the seat. It's happened both ways. Some stewardesses have insisted I go to the window so I don't jeopardise the lives of the other passengers, and the other passengers go "I'll just climb over you if there's a fire, it's fine." That's always quite sweet when they say that.

Are you on the wheelchair on the plane? No, the wheelchair goes into the hold. I sit in the normal chair.

How do you go about going to the toilet? Or is that too personal? Well, I don't know really. I don't mind answering it. I haven't yet been on a flight long enough to warrant that. The toilet usually happens at the beginning or the end of the day anyway. I empty my cannister and that's regular. If I was on a really long flight, I probably wouldn't drink as much. If it came to it, it's a... So, I'd just get a bottle. The flight attendants are always ready to either toss it in the trash or throw it down the toilet.

Which airport did you go to in Morocco? I don't actually know what the airport was [called]. It was in Marrakech.

What happened when you got to Marrakech? So, Marrakech was fine.

Did you get a taxi to the hotel? Yes.

Was the driver alright? The driver was fine. The whole thing about Morocco is, and this is an interesting dilemma of being in a wheelchair, is what do you do in that situation? Do you make a fuss? Do you put up [with it]? Do you accept the conditions that you're offered? So, I arrived at the hostel and I'd made sure – I had written to them saying 'Is there a disabled toilet, and is there access?' They said, "Yes, of course. Come. Come." First of all, they had to carry me up two steps to get into the hostel. When I don't have free movement, I always rely on other people. I had been in touch with the hostel. I made sure that it was accessible, and I said, "Where's your accessible toilet?" Then, they pointed to a room that was just about as wide as my wheelchair, just. So, I said I couldn't get in there to turn around to get on the toilet. "No, no it's fine. It's accessible. What we'll do is, we'll carry you in there, you use the toilet and, when you're finished, you knock on the door. Then, we'll carry you out." I paused, and I thought, that's a different accessibility to the one I was hoping for.

Was it straightforward getting into your bed? I had the bottom bunk. They had to argue and kick someone out of the bottom bunk.

What did you do on holiday? Did you do some writing or something? That was the plan but on the first day, I arrived and thought Christ, I better find somewhere else to stay. My whole first day was me wandering around Marrakech.

On your own? Just on my own.

Did you feel vulnerable? No, Moroccans are really helpful.

Did they speak English?: Most of them speak English because most of them want tourist trade. It helps them. Everyone speaks English, sort of, apart from the French, but that's the French. So, I walked around looking for somewhere to stay and everywhere had steps. It was up steps, down steps, porches, what have you; alleyways down steps to get to an accessible hostel. They don't really have an idea, it seems, in Morocco, about what accessibility means. They said, completely convinced, that it was okay to carry me onto the toilet.

They must have other disabled people there? There's a lot of disabled people. It made me think, what are their lives like? How do they get to the toilet?

With help from their families? I presume with help from their families. I did find somewhere that I could get into and were willing to take me. What they were going to do was clean up my sheets; whatever happened, they would clean up my sheets.

Was it expensive to stay there? Not very. [Between] a hostel bed there and a hostel bed in England, that would have been cheaper, but I didn't want the thought process of having someone clean up after me. After the first day of wandering around looking for an accessible place, I then decided I'm going to get out of here. So, I phoned up a random flight for the next night to get out of Morocco because I thought, this isn't going to go very well.

So, you decided to leave Morocco? So, I decided to leave Morocco. After the first night I thought I better get out of here.

Where did you go? I came back home.

So, it wasn't a raging success then? The whole thing, as booked, was £110. The flight back was £160/£170 in total, with taxes and all other things added. So essentially, I spent £270/£280 on a city break.

Retrospectively, do you think it was a waste of money? I'm happy I went.

But you wouldn't go again? I'd deal with it differently. I would have more of an understanding of the Moroccan culture; I think its culture by culture. You can't know what questions to ask that will elicit the right answer. People also don't realise where accessible toilets are. You don't always know when someone says 'no its not accessible,' whether it is actually accessible or not. Sometimes, people don't realise that sign is a disabled toilet.

Did you have any time to taste any Moroccan food? I had couscous.

Was it nice? Yeah.

In a restaurant? Yeah, in a sort of roadside eatery.

If you were to travel again, would you do it differently? Or would you just choose the country more carefully? I might pay more money in order to be certain that the hostel is right. Morocco was a bit of a punt. I could see the difficulties in going to what is a developing country in a wheelchair. It's going to have its own problems. So, because I went knowing that. I just didn't stop myself from going. If I do something that's a bit of a challenge, I don't stop doing it. It's very rare that once I'm actively doing it, I stop doing it because I see there's learning to be done; there's growth to be achieved.

Have you had a more successful holidays on your own? Morocco is the first one I've done on my own.

Have you not been put off? No. I'm going to go to France in just under a month. To Leon. I'm going to go sit and write, because that was my plan to go sit and write this book, which I actually finished this morning.

A book about what? This one is about my parents.

About your father being arrested in South Africa? Yeah, and my mum had to chase after him. Though, she didn't know where he was, because the South African government wouldn't release details.

Opinions by Anonymous Autist

Droning on with monotonous voice
Adult meltdowns without conscious choice.
If normal were colours my life would be grey.
Hang on. What's that? Not autism, you say?

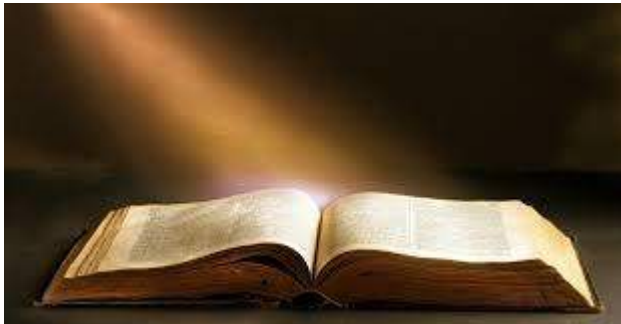
Needing help to understand letters
Remove clothes labels, simply no woolley sweaters.
At birthdays please don't shout "hip hip hooray!"
I'm sensitive to sound, but it's not autism, they say.

The assessment arrives and I hope I'm on time.
Will they detect my fraudulent crime?
Living as an Imposter each and every day
Oh no. Not you. Not Autism, they say.

The assessment begins and I tell her the story
Of the monotonous voice that people find boring
And of the social anxieties that stop me going out
And of the overwhelming feelings I get when people shout
And of not having friends because people are strange
And of 20 years of eating the same things again and again
And of serious tendency to waffle on, and on, and, on, and, on, and on anon anon anon
To waking up in the morning to find motivation gone.

Suddenly, the lady assessing me said:
"Thanks for sharing what's in your head.
I don't think it'll come as a shock to you
You're clearly autistic, and have ADHD too."

BIBLE TALK



Sent in by Peter Smith

'You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.' This is the first commandment.
And the second, like it, is this: 'You shall love your neighbour as yourself.' There is no other commandment greater than these.

(Mark 12:29,30)

How do these verses relate to sexuality?

Religious people who condemn homosexuality and early abortion are not speaking for Jesus. Jesus never spoke against homosexuality or abortion. And a loving homosexual relationship is consistent with these verses about love.

St Paul condemned homosexuality. But St Paul was wrong.

In the Last Supper Jesus said (of the wine): 'This is my blood of the New Covenant, which is shed for many' (Mark 14:24). When Jesus died on the cross with the final words 'It is

finished' (Luke 19:30), the veil in the temple which separated the Holy Place from the people was 'torn in two from top to bottom' (Mark 15:38), and the era of the New Covenant began.

The era of the Old Covenant, in which 'Scripture cannot be broken' (John 10:35), ended.

The New Covenant was foretold in Jeremiah 31:31-34, and is explained in detail in Hebrews chapters 8 - 10.

In the New Covenant believers no longer follow a written set of rules (laws). Instead, God promises 'I will put my laws in their minds, and write them on their hearts.' This means that now we should live by thinking and following our hearts.

Unfortunately, many religious people do not understand the New Covenant, and instead live as if we were still in the time of the Old Covenant. They regard a sacred text as God's final word that must be obeyed completely. And instead of considering how what Jesus said about love relates to homosexuality, they cause untold human misery by condemning homosexuality, simply because St Paul (mistakenly) did so

MORE INTERESTING RECIPES FROM JUNE CHARLTON



Walnut Bread

Ingredients:

- 1 lb of self-raising flour
- 1 teaspoon of salt
- 1 oz of lard
- 3 oz of sugar
- 4 oz of shelled walnuts
- 3 oz of stoned raisins
- 1 egg

½ pint of milk

Method:

Mix flour and salt in a basin. Rub in lard. Stir in sugar, currants and peel. Mix into a dough with the milk. Turn to a floured board and form a round. Place in a well-greased round cake tin (7" diameter, 3" deep). Brush over with milk. Bake in a moderate oven (375 – 425/gas regular 4-5) for about an hour.



Rice and Sweetcorn Omelette

Ingredients:

- ½ oz of butter
- 4 spring onions, shredded
- 1 red chilli, deseeded and finely sliced

7 oz can of sweetcorn, drained
7 oz of cooked long grain or basmati rice
Handful of fresh herbs, chopped
6 beaten eggs
3 tablespoons of grated parmesan cheese
Salt and black pepper

Method:

Heat the butter in a large frying pan, add the spring onions and chilli and fry for 2 minutes. Add the sweetcorn, rice and herbs and stir to combine. Pour in the eggs, season well and cook for 2-3 minutes until beginning to set.



Coconut Rocks

Ingredients:

8 oz of self-raising flour
3 oz of sugar
3 oz of coconut
3 oz of margarine
1 egg, and a little milk

Method:

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



Griddle Cakes

Ingredients:

8 oz of self-raising flour
½ teaspoon of salt
1 oz of currants
2 oz of margarine
2 oz of lard
Milk or water

Method:

Mix flour and salt in a basin. Rub in lard and margarine. Add currants. Mix to a moderately stiff dough with milk or water. Roll out thinly and cut into rounds. Bake on a hot griddle or oven. When brown on one side, turn. Serve hot, buttered.

HOW TO BECOME YOUNGER THROUGHOUT YOUR LIFE



If you live a natural and healthy life, you will stay young longer - unless you have ingrained beliefs about the ageing process. We don't automatically become more aged as we get older. Science has established that all the cells of the body replace themselves periodically, some on a daily basis, some every few years. This process carries on until we reach a very old age. The problem is that we are easily conditioned to think that we can do less as we get older, and that certain conditions are the inevitable result of getting old. These beliefs can easily turn into reality because they affect the way we think and behave. The following tips give some useful ideas to help keep you young into old age!

- Be highly motivated and enthusiastic about at least one thing in your life that you think is important and worth being alive for.
- Learn how to relax and have fun in your life; play games, sing and dance, climb trees, laze around in cafes or anything that takes your fancy. Don't let your age stop you being child-like.
- Focus on health and youth. You probably have some negative beliefs about ageing, so you will need to challenge these beliefs. Don't cover your birthday cake with seventy candles unless you want to summon ageing to you.
- Look after yourself physically. Follow the advice given in Chapter 2 of my book 'The tree of becoming', relating to exercise, eating and drinking and how to get a good night's sleep. By doing this, you should be able to relax and keep your weight within your recommended BMI (body mass index).
- Reduce the levels of damaging toxins and free radicals in your body; don't smoke, only take medicinal drugs when necessary, get plenty of fresh air, drink plenty of clean water, and eat fruit and vegetables that help to detoxify the body.
- Involve yourself in activities that keep your mind young and healthy. For example: learning a different language or playing a musical instrument.
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Your biological (sometime, referred to as metabolic age), rather than number of years you have been alive, is related to how flexible you are in the way you think and how you choose to live your life. Once you become fixed in your ideas and thought processes, you begin to

age very quickly. Most people who stay young still have a zest for life and are open to new ideas and new experiences.

About one year ago, I had a health review carried out by Bluecrest Health. The result indicated that my metabolic age was 15 years younger than my chronological age. My ambition is to increase this to 20 years in a year's time. This would mean I am getting younger as I am getting older!

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.

Henry Ford

Trevor Morris

conscioushealing.co.uk

BRENDA'S WILDLIFE CORNER



Mole

Moles are small mammals with velvety fur, small cylindrical bodies, tiny eyes and ears. Their hindlegs are not as powerful as their forelimbs, which are used mainly for digging and holding prey like earthworms – they use them to squeeze dirt and earth out of the worm before either storing them or consuming them. There is an extra thumb adjacent to its regular thumb. It is

found in a lot of North America, Asia and Europe.

The mole's diet consists mainly of earthworms and other small invertebrate that are found in the soil, with mole runs also acting as "worm traps". Interestingly, their saliva contains a toxin that can paralyse a worm and make them suitable to be stored for future consumption.

Although the mole can be a nuisance to gardeners and is trapped (sometimes humanely), smoke bombed and even poisoned, the truth is that they can actually be beneficial to soil, gardens and ecosystems by feeding on slugs and small creatures that eat plant roots, aerating the soil, and by being food for other animals and birds. They are also unusual in that they can cope with high levels of carbon dioxide and can survive in burrows that contain low levels of oxygen.

Depending on the species, mating takes place between February to May with the male initiating it through a high-pitched squeal or by physically seeking out a female. The gestation period is around 42 days with 2-5 pups being born. The pups leave the nest around five weeks after birth and become sexually mature the following spring.

It is true to say that, except for the act of mating, the mole is a solitary creature and may even have violent fights with other moles. Many people in agriculture treat them as a pest, but in

countries like Germany they are a protected species and can only be killed if a permit is obtained to do so.

Poem of the Month:

AULD LANG SYNE

Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot,
And auld lang syne?

For auld lang syne, my dear,
For auld lang syne,
We'll tak a cup o' kindness yet,
For auld lang syne.

We twa hae run about the braes,
And pu'd the gowans fine;
But we've wandered many a weary foot
Sin' auld lang syne.

And there's a hand, my trusty fiere,
And gie's a hand o' thine;
And we'll tak a right guid-willie waught,
For auld lang syne.

ROBERT BURNS (1759 - 1796)

NOTES - by Peter Smith.

auld lang syne: the Scottish words mean 'old long since' in English; that is, 'old times past'

twa: two

brae: hillside

gowans: daisies

fiere: comrade

guid-willie waught: hearty draught (of beer)

ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



Questions:

- (1) Who invented the Wok?
- (2) What nationality was footballer Jack Charlton?
- (3) Where are the Niagara Falls situated?

- (4) What is the approx. population of China?
- (5) Who had a hit in 1987, with Never Gonna Give You Up?
- (6) Where is most of the world's popcorn grown?
- (7) When and where was the first McDonald's opened?
- (8) Who was the last man to walk on the moon?
- (9) Who invented home radiators?
- (10) Where is Cleopatra's Needle to be found?
- (11) What is the capital of Belgium?
- (12) What is wheelchair in French?
- (13) What currency is used in Kosovo?
- (14) Who invented tarmac?
- (15) What is a warthog?
- (16) What are the main languages spoken in S Africa?
- (17) What is the word for God in German?
- (18) What is couscous?
- (19) What did Myanmar used to be called?
- (20) Who was Queen Boudica?

Answers:

(1) Chinese (2) English (3) It is a group of three waterfalls which span the border between the province of Ontario and the state of New York in the United States (4) 1.412 billion in 2021 (5) Rick Astley (6) US (7) April 1955, Illinois (8) Eugene Cernan (9) Franz San Galli, in 1857 (10) On the Thames Embankment in London (11) Brussels (12) Fauteuil roulant (13) Euro (14) Edgar Purnell Hooley (15) A member of domestic pig family (16) Afrikaans, English, Xhosa, Zulu, Southern Sotho, Northern Sotho, Tswana, Tsonga, Venda, Swati, Ndebele (17) Gott (18) A cereal made of barley or wheat (19) Burma (20) A Celtic queen who led a revolt against Roman rule in ancient Britain in A.D. 60 or 61.

Editor's Final Word: Thank you for taking the time and trouble to read this magazine. If you want to get involved, please contact us at: dean@fthm.org.uk Best wishes, Dean, Brenda, Robert, Graham and Willow.