

FROM THE HORSE'S MOUTH – April 2024. Edition No 112.



Hello. I hope you are alright. It is over three weeks since I was ill in hospital, and Brenda Condoll has waited on me hand and foot. It is wonderful to have such a good friend who always goes the extra mile for me.

If you want to get involved with this publication (in a non-sexist, non-homophobic and non-racist way), you can do so by contacting us at: dean@fthm.org.uk Please note that our website address is:

www.fromthehorsesmouth.org.uk Best wishes, Dean.

[MY NOT VERY SERIOUS STARS](#)

[JUNE'S WORLD](#)

[POEM OF THE MONTH](#)

[APPLES AND INJUSTICE](#)

[FIND PEACE WITHIN](#)

[LETTERS PAGE](#)

[BRENDA'S WILDLIFE CORNER](#)

[IMPROVE YOUR RELATIONSHIPS](#)

[SOME YUMMY CAKE RECIPES FROM JUNE CHARLTON](#)

[AOAMSD 21](#)

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

MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

An alien may drop in for a cup of tea on Tuesday, so serve them it in a China cup and be hospitable – don't try to kill them. With summer on the horizon, maybe make your yearly gym visit and kid yourself that you are not the fat pig you clearly are. Religion may be man-made and superfluous, but a

religious person may help you when you need it.

Sagittarius 23 Nov – 21 Dec

A Frenchman with a degree in making baguettes may come into your life and provoke happiness with his half-baked ideas. This month, someone will shower you with gifts, but be careful as their motives are impure, and they will expect something back in return. The passing of a friend may make you focus on your mortality, but you have a long way to go yet.

Capricorn 22 Dec – 20 Jan

You have been working hard to make someone else rich, so maybe let your hair down and dance away your worries. Life is truly a short affair, and it is time you showed some passion as it will soon be over. You may have the intelligence of a slug, but you are a lovely person who people want to be near to. Your energy will soon return and all will be easy.

Aquarius 21 Jan – 19 Feb

People may think you are overweight, but they fail to see your layers of humanity and kindness – you are alright. You will fall in love with an unexpected person so enjoy it while it lasts! A local busker will still annoy you with their intrusive music – keep walking on by. Someone may appear mad; he is just ill. Anyway, he is still a human being so be kind.

Pisces 20 Feb – 20 Mar

Now is the time to ask your imaginary friend if they want to become more serious with you. It is rare that you turn heads, and maybe you should question why you are as popular as the bubonic plague was. A loved one may be foolish in drink and need your understanding the following day. You may also lose your false teeth –do you want to make a dentist richer?

Aries 21 Mar – 20 Apr

In the near future, you may be rejected by the object of your desire, but don't worry as a desperate person will soon come along who will accept you. A beggar may spin you a yarn, but will you believe them? You may find flowers amongst the weeds if you take time to look. A woman with large assets will amaze you with her knowledge of algebra.

Taurus 21 Apr – 21 May

You think you know everything about everything, but you clearly don't. You need to learn more about love and relationships. You may develop an interest in philosophy, and this will help you think clearly about the world and the universe. A young woman may impress you with her beauty, but is there anything more to her? Investigate. Buy a dozen red balloons.

Gemini 22 May – 21 Jun

Looks are not everything, but you were clearly at the back of the queue when they were being dished out. Maybe save up for a face transplant if you are worried. Let your generosity bloom and buy a loved one some flowers because you can. Someone or something from the past will reappear, so you will have to confront a potentially difficult situation. Buy lipstick.

Cancer 22 Jun – 23 Jul

If you're male, don't hesitate to show your feminine side as this will be appreciated by those around you. Do remember that famous people go to the toilet like you and have problems like you do, so don't put them on a pedestal. It is a good time to have your hair done as you look like a dishevelled tramp. You will soon realise what a special person you are. Laugh like a fool.

Leo 24 Jul – 23 Aug

Someone who has had ECT will impress you with their powers of recovery. You will see them in a new light and realise we all have mental health problems to some degree. It is a good time to shave your head and save on hairdressing bills. Why not buy a new washing machine and sit on it? This month you will accept that the perfect person doesn't really exist.

Virgo 24 Aug – 23 Sep

Things in life may not please you, but do concentrate on following your unique path. A woman with a stick may criticise you, but don't support any of her views. Indeed, you worry too much about what others think of you when they don't give a damn about you really. Perhaps study a martial art like Judo if you fancy yourself in white. Trim your nose hairs.

Libra 24 Sep – 23 Oct

A woman with a birth mark on her neck will come into your life and become a great friend. Some people think you are mad, but aren't we all living in an asylum? Just continue to live in your own bubble. You may feel tired at the moment, but you will soon recover and everything will seem more reasonable. It is a good time to introduce mackerel into your diet.

JUNE'S WORLD

Hello, everybody. I hope you are all well and looking after yourselves.

Dean is now out of hospital – he came out last week. I've told him not to rush about as it will take time for him to get fully better. He's told me that Brenda has been looking after him very well. She's a good friend to him. He says he's going to buy her a nice outfit to thank her for all her kindness towards him. I am pleased that he's got a special friend like Brenda.

Darren (Hari Singh) also seems to be a good friend, as are Jay and Jess who visited him around working and raising a family.

Well, it's come around to Friday again which is our day for shopping in Castleford. It's raining really fast, but you can't let the weather stop your routine. As usual, we went to Selby last Monday, and it was nice seeing the white Dogwood Blossoms on both sides of the road. We went into the Abbey for a cup of tea, and it was lovely hearing the church music which seemed to come from afar. Then, we went to the park, but it was all closed up. I suppose people don't use it as much at this time of the year. In the summer, it's normal to see people playing crazy golf or tennis there. We enjoy talking to Mark, a man who works there and serves the refreshments. Mark comes from Australia and is intending to go back there in the summer to visit family and friends. He said he might live there again if he can afford to.

We haven't been able to book a holiday or a weekend away as all the hotels seem to be full of people coming here – but of course they too need somewhere to live. Last year, we went to Filey for the day whilst we were staying in Scarborough and found it to be a nice, quiet resort. I don't know if we could spend a whole week there, however.

We are going to visit Dean again, to make sure he's on the mend. Like I said in my last article, Calderdale Royal Infirmary looked after him so well. I did hope that was the end of visiting hospitals for a while, but then, my sister-in-law was admitted to a Leeds hospital that same night following a bad fall. She's 92 years of age, and will probably have to sell her home, but I don't know what will happen as both of her daughters have permanent problems to cope with and can't look after her full-time.

The rain has just about stopped, so we'll now go to Castleford for our food shopping. I've been trying to finish this article as we are going to visit Dean tomorrow morning in Halifax. I love visiting the place once a month and having a drink with our son and lovely Brenda.

We're back from Castleford, so I'll start preparing our dinner for about 5 pm. I've always loved dinners and preparing them. It helps that I don't find it a chore. My grandma taught me how to make interesting dinners, and I helped her as she used to like to go to the Leg of Mutton pub on a Sunday afternoon.

I do hope I'll find Dean in a good frame of mind tomorrow.

POEM OF THE MONTH

THE DAFFODILS

I wander'd lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host of golden daffodils,
Beside the lake, beneath the trees
Fluttering and dancing in the breeze.
Continuous as the stars that shine
And twinkle on the milky way,
They stretch'd in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance
Tossing their heads in sprightly dance.
The waves beside them danced, but they

Out-did the sparkling waves in glee: -
A poet could not but be gay
In such a jocund company!
I gazed - and gazed - but little thought
What wealth the show to me had brought.
For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills
And dances with the daffodils.
WILLIAM WORDSWORTH (1770 - 1850)

APPLES AND INJUSTICE



Written by Lynn Habergham

Funny how time goes by so slowly when you are young and yet hurries away from you as you get older. The years had crawled by it seemed to me, before I was able to get my own room, when we moved to a bigger house on the Newlands. Your own room matters a lot to both boys and girls, but to a girl with four brothers it is all but Valhalla. Having said this, my four brothers were not so impressed as they had to share the back room, with a bunk bed and a double bed crammed in, so they could all be accommodated.

Sadly, despite the years passing for some unknown reason, yours truly was still tasked to look after my four brothers which, if I am honest, cannot be justified in modern times. Given the fact that Stephen was older than me, it seems silly. Why couldn't he ensure the younger brothers were spic and span? Mothers, in those days, were in total control of all things that concerned the households and protests to fathers got you nowhere. The girl of the house had to help, like it or lump it. How very old fashioned and unfair she was, given it was the more liberated sixties and seventies. Lynn had to prepare and serve the meals when they got home from school and Dads' tea when he got home from work. Seemed to me all I ever did was look after them. As time went by, I lost all my friends including my dearest friend Janice. All of them went out playing, whilst all I did was look after my lazy brothers and my ungrateful Dad.

One day my brothers were out playing; oh yes, they got to be children, whilst this poor fool had been sent to clean her brothers' bedrooms. Looking out of the window, my brothers beckoned me down to them. I protested, "you know I cannot come out with you."

"Get out of the bedroom window and on top of the porch just below the window, and we will help you down. We won't tell Mum".

Everything told me not to do it, but slavery breeds rebellion.

"We need you to get some apples for us. You're small enough for us to help up the tree in the neighbour's garden".

The practice of apple stealing was called 'scrumping'. We made our way into a neighbour's private garden, and I was duly lifted up into the tree. Feeling triumphant, I started to pick and throw apples down; the brothers began putting them into their outstretched pullovers. Everything was going well, and Lynn was beginning to enjoy herself for a change. I should have realised that that was not my lot in life, as the front door opened with a bang as the man of the house sped out of it. Suddenly, there was a scurrying and a screeching as my brothers started to run for the gate, leaving yours truly up the tree. 'Think. Camouflage Lynn, stay still. He might not see you', all began to run through my mind at once. It didn't work. The man demanded I get down out of his tree and began to yell at me. Just at that moment, my mind seemed to be on another plane as I thought, 'Hold on. There are lots of apples surrounding this tree which he has just left to rot, and he is screaming at me for picking a few.' We wanted to eat them. Damn it, in those days, children were hungry as you didn't get much to eat if your dad worked in the mill and your Mum in the local sweet factory.

The man was not gentle as he dragged me to my house. These days, he would have had to think about whether he was assaulting a child, by gripping their arm in a vice-like grip and dragging them painfully towards their own home. In those days, making your arm throb and bruising it didn't seem to count. The man threw me unceremoniously in front of my mother, shouting that I was a thief and could have damaged his apple tree. Mother dear dragged me and began the onslaught, getting more and more angry that I didn't clean my brothers' bedrooms but had the temerity to go out and steal apples instead. Here still burns the curse of double standards in my memory as my brothers returned home with the stolen apples and did not get yelled at or hit. Instead, my parents took the apples and made a pie for them. Did I get any pie? No, I didn't, as I dared to defy being unpaid child labour, wanting parity, if not equality, with my brothers.

Here is the other irony, the man who I stole apples from that day turned out to be former MP and TV celebrity Austin Mitchell, ever known for his talk about the needs of working people and the poor. Well, that was rich. I was hungry, and he was letting his fruit rot. The real truth was he did not give a damn. He was worth a few pennies and didn't want anyone taking anything that was his. How do I remember him? An angry, fat, well off man who didn't like children or the poor.

Women were and probably still are mainly responsible for the inequality of the sexes. We too often blame men, but a stubborn, old-fashioned mother can take you back to the caves. Please dear ladies, think of this when considering your relationship with your daughters.

FIND PEACE WITHIN



Written by Trevor Morris

Find peace within yourself.

When the soul contemplates in herself and by herself, then she passes into another world; the region of purity and eternity, and immortality, and unchangeableness, which are her kindred, and with them she ever lives ...

Plato, Phaedo, 79

Find peace within yourself. Quiet the mind, and the soul will speak.

Stillness is an active state of being that can pervade your life. It is not simply stopping and doing nothing. When you are still, you are totally conscious in the present moment and connected to the universe around you. This opens up a gateway to inspiration and clarity.

Only by being still can you calm the ceaseless activity of the mind and become clear about the meaning and purpose of your life. You learn how to observe where you are and how to exercise choices about your future actions.

Stillness can be cultivated even in the middle of everyday activity. It is useful to learn how to stop and be still at critical or decisive moments in your life. By doing this, you can gain access to the core of your being and the unconscious wisdom that exists within you. In stillness, you can witness or listen to what is happening both within you and in your outer world. What you experience in the physical world is a reflection, or mirror image, of your changing beliefs and desires.

Stillness will help you do the following things:

- Connect with your spiritual being and divine inspiration
- Become aware of the continuous activity of your mind
- Become more detached from the activity of your mind
- Experience fully the emotions you are feeling
- Know what action you need to take in any situation
- Decide what changes you would like to make in your life

You can only achieve stillness when you are completely in the present moment. To do this, you need to let go of any thoughts about the past or the future. When you are totally in the present moment, it is not possible to experience negative thoughts and feelings such as regret, feelings of failure, or anxiety about the future. You can move towards this state by practising the exercises in my book 'The Tree of Becoming'. If you wish to go further you can learn to practise meditation. This will bring you added peace and more awareness of your connection to higher consciousness. The art of meditation is covered in Chapter 9 of my book.

You can learn how to create stillness in your life by reading Chapter 4 of my book 'The Tree of Becoming'.

Currently available in paperback and e-book format from:

<https://wordery.com>

www.amazon.co.uk

www.amazon.com

www.barnesandnoble.com

LETTERS PAGE



where have all the decent politicians gone?

Dear Editor

With a General Election looming in the UK and the menacing Donald Trump firmly on the horizon in the US, I don't think the future of democracy, in the Western world, looks very bright. On the one hand, the choices for election look bleak in the UK, while in the US, we have the prospect of a megalomaniac being chosen again. Where did democracy go wrong and

Fay Brown, Colchester

Dear Editor

I was reading in an old edition of this magazine, that some people are against dogs being allowed in cafes. As a little old lady who depends on her dog for company, I think it would be mean to stop us going for a coffee. Live and let live I say.

May Crowther, London

Dear Editor

I agree with people who criticise the amount of money in the sport of football. It is sickening that jobs with a marketable skill are paid so much when others can hardly afford to live. You can clearly see how capitalists with loads of money strive hard to keep themselves at the top of the status quo.

Harry Fields, London

Dear Editor

I was recently a guest of the NHS and I couldn't have been treated better. From the doctors down to the cleaners, everyone was wonderful. Don't let them sell of the NHS to profit from it, as it is so valuable to ordinary people.

Fiona Darlington, Chester

Dear Editor

One thing I don't understand, is why people want to hoard millions of pounds when there is so much to do to improve society. I know that money is power, but surely people can see that we ought to have a more equal society and not one governed by greed and selfishness. I am not a fan of the human race.

Steve Carling, Leeds

Dear Editor

I enjoy re-runs of Emmerdale and Coronation on ITV3 in the afternoons. However, I am sick and tired of being bombarded with the same charity adverts – when will there be some respite from these tiresome adverts?

Franky George, Durham

BRENDA'S WILDLIFE CORNER



Beetles

With the exception of marine and polar regions, beetles are insects that can be found everywhere in the world – in vegetive foliage, trees, flowers, leaves and even underwater. Interestingly, beetles make up almost 40% of all insects, although new species are constantly being discovered. Unlike

other insects, the front pair of wings (which are not used for flight) are formed into wing cases called the elytra.

It is true to say that beetles get a bad press due to the fact that some of them, like the Colorado Potato beetle, are pests in agriculture, forestry and horticulture. On the other hand, beetles, play an important role in nature by feeding on plants and fungi, breaking down animal and plant debris and by consuming other invertebrates. For example, ladybirds or ladybugs eat other plant-sucking insects that damage crops.

When mating, pheromones play a huge part in the male finding a female, and both sexes may vibrate the objects they are on. The male climbs on to the dorsum of the female and strokes his antennae on her head, palps and antennae before fertilising her eggs. There are four phases in the reproductive cycle of a beetle: the egg, the larvae, the pupa and the adult, with the larvae being called the grubs and the pupa being known as the chrysalis.

Unfortunately for the beetle, over 300 species are used as food in mainly larvae form including mealworms and the larvae of the Rhinoceros beetle. They have been part of human culture from the sacred Scarabs of ancient Egypt to Beetle-Wing art, kept as pets (e.g., by Japanese boys) and have been used as fighting insects for purposes of gambling and entertainment.

Despite some of them being toxic and able to camouflage and mimicry, as well as possessing defensive behaviours, they and their larvae are consumed by rodents, birds, bats, lizards, fish, spiders, other insects – and by other beetles.

Some beetles are omnivores (eat both plants and animals), while species like the Leaf beetle and Weevils feed only on one species of plant. However, most species feed on dung, the bodies of dead animals and the larvae of other insects. Some also feed under bark on wood while others feed on leaf-litter and fungi. Ground beetles and Rove beetles are carnivorous and catch and eat other arthropods and other small prey like snails and earthworms.

Interestingly, many beetles migrate; this is to seek out food rather than being a seasonal activity.

Of course, beetles vary in size with the Hercules beetle being the longest at 6.6 inch in length (including the prenatal horn), whilst the Feather wing beetle is the shortest. The heaviest beetle is the Male Goliath which weighs 2.5 – 3.5 ounces. And, like all insects, a beetle's body can be divided into three sections: the head, the thorax and the abdomen.

* Ref. Wikipedia

IMPROVE YOUR RELATIONSHIPS



Written by Trevor Morris

Is there a personal relationship in your life that you would like to improve or you are not sure about? For each of the statements in the following list, note the statement a, b, or c that most accurately describes this relationship.

Statement 1:

- a. I feel totally free to be myself in this relationship.
- b. I feel free to be myself most of the time.
- c. I feel constrained and dominated in this relationship.

Statement 2:

- a. I never or rarely feel angry with this person.
- b. I sometimes feel angry with this person.
- c. I often feel angry with this person.

Statement 3:

- a. I am never or rarely critical of this person.

- b. I am sometimes critical of this person.
- c. I am often critical of this person.

Statement 4:

- a. I can always rely on this person.
- b. I can usually rely on this person.
- c. I can't rely on this person.

Statement 5:

- a. I spend the right amount of time with this person.
- b. I want to spend more time with this person.
- c. I want to spend less time with this person.

Statement 6:

- a. I share a lot of common interests with this person.
- b. I have some interests in common with this person.
- c. I have very few or no interests in common with this person.

Now add up the total number of points you have given for the relationship using the following scores:

Statement 1: a = 6; b = 4; c = 0.

Statement 2: a = 3; b = 2; c = 0.

Statement 3: a = 4; b = 2; c = 0.

Statement 4: a = 4; b = 2; c = 0.

Statement 5: a = 6; b = 3; c = 0.

Statement 6: a = 7; b = 4; c = 0.

Your final score will be somewhere between 0 and 30.

If the relationship scores between 0 and 9, you might wish to consider why you are still in the relationship. If you still want the relationship to continue, you will need to work hard on several of the issues (as identified in the next section: relationships scoring between 10 and 19).

If the relationship scores between 10 and 19, you have some serious work to do to improve the relationship. Look at the areas where the relationship has scored low and think carefully about how you can change the way you behave in order to improve things. Don't try to change the other person because this usually fails. If you change your behaviour, you may be surprised at the results. Here are some clues as to how you might approach particular areas of concern:

- I feel constrained and decide on something you really want to do and do it with or without the approval of this person. Start with something that is not too difficult. Try not to justify why you want to do this thing, and be open about what you are doing. You may find this extremely difficult to start with, so don't be too hard on yourself if you don't succeed initially. Remember, you don't need permission to be yourself.
- I often feel angry with this person. Think carefully about what makes you angry. How can you change the way you behave so you feel less angry with this person? We usually feel angry because the other person is not behaving in the way we want them to or how we think they should. Or putting it another way, we want to control their behaviour. But we can't control their behaviour; we can only control our behaviour. So, the key to eliminating anger is to change the way we behave.
- I am often critical of this person. This is similar to anger. You are trying to make this person how you want them to be. Criticism will not change this person and will probably destroy the relationship. If you want the relationship to succeed, think carefully about how you can change what you are doing so you no longer feel the need to criticise this person. Instead of criticising the person involved, try telling him or her how you feel. Tell him or her if you are upset, lonely or betrayed. There is an important difference between letting someone know how you feel and criticising him or her. If he or she really isn't interested in how you feel, there is not much hope for the relationship.
- I can't rely on this person. This is a serious problem, but it is important to try to understand what has led to this situation. For example, it may be because the person is totally stressed out by work or other responsibilities. Or perhaps, something happened in the person's life or in your relationship that causes the person to be unreliable. You need to talk, make it clear to the other person how you feel and discuss what you can both do to improve the situation.
- I want to spend less time with this person. Ask yourself why. If you really don't enjoy being with this person, you need to be clear about why you are still in the relationship. However, this is not always a bad sign – it may mean that you need more time apart. The danger in this situation is that the other person feels threatened, or undervalued by your need for more space. Explain how you feel but reassure the person that you value the relationship.
- We have very few or no interests in common. This is pretty serious because it is difficult to make a relationship work if you do not have things in common. If you still want or need the relationship to work, you need to think about building up areas of interest that you can share. No relationship can survive on thin air. You need to spend time talking to one another or doing things you both enjoy.

If the relationship scores between 20 and 30, it is working well. But it is still worth trying to improve areas with low scores by using some of the suggestions listed earlier.

There isn't a set recipe for success in relationships. The important thing is to recognise areas where a relationship could improve, be open and honest with the person involved and be

willing to change your behaviour. Be creative and original in your relationships with people and try to meet their needs as well as your own.

Try to spend more time in relationships that you enjoy and less time in those that seem to drain your energy. You don't have to force yourself to break up a relationship until you feel ready to do so. It will happen naturally, as you develop more self-esteem and form more creative and constructive relationships in your life.

Relationships are very precious; it is through relationships that we learn about others and, more importantly, it is how we learn about ourselves.

The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.

Carl Jung, Swiss psychiatrist (1875 – 1961)

Extract from my recently published book:

<https://conscioushealing.co.uk/the-tree-of-becoming/>

SOME YUMMY CAKE RECIPES FROM JUNE CHARLTON



Easy Fruit Cake

Ingredients:

8 oz of self-raising flour

12 oz of mixed fruit

4 oz of margarine

Butter

1 beaten egg

¼ pint of water

4 oz of sugar

Method:

Put fruit, sugar, margarine or butter and water in a pan. Simmer slowly for 20 minutes. Allow to cool. Add beaten egg and stir in self-raising flour. Turn into greased 6" tin. Bake in a very moderate oven (300 – 350F/gas mark 2 – 3) for about 1 ½ hours.



Birthday Cake

Ingredients:

8 oz of self-raising flour

1 teaspoon of mixed spice

5 oz of caster sugar

5 oz of butter
6 oz of currants
6 oz of sultanas
2 oz of chopped peel
2 eggs, beaten with 6 tablespoons of milk

Method:

Mix the flour and spice. Clean and mix the fruit. Beat butter and sugar to a cream in a warm basin. Beat eggs and milk together. Stir (alternatively, a little at a time) the flour mixture, and the eggs and milk with the butter and sugar. Add the fruit last. Mix thoroughly.

Line a 7" cake tin 3" deep with greased paper and pour in the mixture. Bake for 2 ½ hours (the first hour in a moderate oven 350F, then in a SLOW oven 250 – 300F).



Battenburg Cake

Ingredients:

2 ½ oz of self-raising flour
2 ½ oz of sugar
1 ½ oz of margarine
2 eggs

Method:

Melt the margarine and allow to cool. Whisk the eggs thoroughly, add sugar and whisk again until very thick and creamy. Stir in the melted margarine alternatively with the flour. Colour half the mixture pink. Pour the mixture into two greased loaf tins (or a tin which is about 1" in depth). Bake in a moderate oven (350 – 375F/gas mark 3 – 4, for about 14 – 20 minutes. Cool and cut into 1" wide strips, 2 pink and 2 plain. Sandwich them alternatively together with lemon curd.

Almond Icing:

Ingredients:

4 oz of ground almond
2 oz of icing sugar
2 oz of castor sugar

Enough egg to make to a stiff paste.

Method:

Roll paste out the length and width of all four sides of cake. Stick on with lemon curd. Mark lines on top lightly with a knife from corner to corner, forming diamonds.

AOAMSD 21

Written by Krishna Francis



I really do not want to do anything much at the moment. I'm sitting playing an online game whilst the sun shines down outside. I'm supposed to go and meet a friend, but here I remain, not even getting on with the things I want to do.

What has brought this on isn't exactly clear to me. I suspect it's a feeling of being overloaded. I've set out to stage a reading of a radio play that I've written and so far, I've not been able to organise a full rehearsal with everyone present. That's after five weeks of

trying. Admittedly, I did go away for ten days of that time but still. It does make me wonder at how Dean is able to keep putting this magazine out every month. After all, there isn't simply chasing up all the people, there's the editing and distribution to consider. It is a huge faff doing things to keep people entertained. Oh well, I hope you're entertained.

The radio play in question is a six-episode series detailing the exploits of a local writing group. Each episode is fifteen minutes long and concentrates in turn on one of the six characters that make up the group. It's based on an actual group that I've been running since 2019. Although, the characters and events are a mishmash of things that have actually occurred and stuff I've just made up. However, it all seems to be going swimmingly apart from the people who haven't turned up and the lack of a composer, venue and sound effects crew. We've nearly organised a poster to tell you when it's on. When we know when and where that will be.

Ah well, we live in hope. At least I've completed this edition of my article. Although, I just checked the word count and it is woefully under what is required. That means I'll have to think of something else to write. Erm. The bus is due and that friend has left his house, so I'm going to have to type something in the region of 160 words in about three minutes otherwise I'll disappoint everyone. Are you still even reading this? I have no idea what I'm supposed to write just that it should be entertaining. You can tell something is up when I can't even manage to write a scant 500 words. At least putting on staged entertainment means gathering people together and running round chasing things. Sitting in front of a screen is a whole lot easier. Isn't it? Apparently not. 72 words and two minutes left. Perhaps I could type out a poem. Or a piece of Shakespeare? Or an advert jingle. Um-Bongo, Um-Bongo, they drink it in the Congo. I've never been to that bit of Africa but I'll bet they've never heard of Libby's Um-Bongo. Let's see if I can make this last sentence last the twenty-one words that will bring me up to 500!

ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



Questions:

- (1) Who played Pop Larkin in the original Darling Buds of May?
- (2) What is the French word for rabbit?
- (3) Which football team plays at Loftus Road?
- (4) Where is Utah?
- (5) What is a whelk?
- (6) What is the German word for nose?
- (7) Which country produces the most corned beef?
- (8) Who is the NFL leading points scorer?
- (9) What is pneumonia?
- (10) In the TV industry, what is a 'runner'?
- (11) Who played Mildred Roper in the hit 70s series George and Mildred?
- (12) Who is the most capped England Women's Football player?
- (13) Who brews the most beer in the world?
- (14) What is an herbivore?
- (15) Who invented the pneumatic drill?
- (16) How old was Diego Maradona when he died?
- (17) What is a heart attack?
- (18) Who invented the X-Ray machine?
- (19) Who owns Wrexham FC?
- (20) What is the currency of Mauritius?

Answers:

(1) David Jason (2) Lapin(e) (3) Queens Park Rangers (4) Utah is a landlocked state in the Mountain West subregion of the Western United States (5) A small carnivorous sea snail species with a swirling, tapered shell (6) Nase (7) Brazil (8) Adam Vinatieri (9) Inflammation of the lungs, usually caused by an infection (10) A general assistant who facilitates the production process (11) Yootha Joyce (12) Fara Williams (13) China (14) An animal anatomically and physiologically adapted to eating plant material (15) Samuel Ingersoll in 1871 (16) 60 (17) A serious medical emergency in which the supply of blood to the heart is suddenly blocked, usually by a blood clot (18) William Conrad Rontgen (19) Wrexham Holdings LLC (20) Mauritian Rupee

Editor's Final Word: Thank you for taking the time and the trouble to read this e-magazine. Things are going well, although new blood is always welcome. Remember, you can contact us at: dean@fthm.org.uk Best wishes, Dean, Brenda, Robert, Graham and Willow.