

FROM THE HORSE'S MOUTH – June 2024. Edition 114.



Hello. I hope you are well when you are reading this.

I am sorry that this edition is not as big as usual, but I have had a bacterial ulcer in my right eye which threatened to rob me of my eyesight. I have been on a course of four antibiotic medications which has involved me putting lots of drops in my right eye. Happily, my eyesight has largely returned, and I am no longer under the hospital.

Anyone can contribute to this e-mag, as long as it is expressed in a non-homophobic, non-racist and non-sexist way. You can contact us at: dean@fthm.org.uk Best wishes, Dean Charlton.

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MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

Someone may be sending you mixed messages, so ask them what they mean exactly, and then let your hair down and relax. Also, a young woman, who specialises in flirting, may leave you feeling hot and bothered this week – proceed with caution. A youngster, who clearly has not experienced life's hard knocks, will cheer you up

with their positive attitude and fun.

Sagittarius 23 Nov – 21 Dec

You may think that no one cares about you, but a member of the opposite sex will soon offer you what you need. Clearly, you were at the back of the queue when looks were given out, but your lovely personality easily compensates for this. It is a good time to apologise to the friend you upset as true friends are a rarity. Time to start drawing up your bucket list. Cough.

Capricorn 22 Dec – 20 Jan

You may be as creative as a brick at the moment, but don't fall into the trap that life will always be like this. An eccentric old man will change the way you look at religion and make you consider the power of prayer. This month, you will realise that you are a match for anyone so burn proudly and brightly. A padded bra may be a useful aid for an important date.

Aquarius 21 Jan – 19 Feb

Someone you admire and trust will convince you that ghosts exist and make you wonder... You may be bored at the moment, but it's okay as excitement is just around the corner if you play a straight game. A man who looks like a demented pig will show an interest in you soon, but how will you react being no oil painting yourself? Do be more careful when driving.

Pisces 20 Feb – 20 Mar

Death may be on your mind, but it's okay as you're not on the reaper's list yet. You will be exposed to a boring academic which will make you appreciate your lovely, stupid friends. Love will come knocking at your door, but will you be brave enough to open it? Can you be arsed to give to the bum who approaches you for money? Remember to eat dog biscuits.

Aries 21 Mar – 20 Apr

You are currently consuming too much sugar which is okay if you want a later date with diabetes. Negativity fills your whole being which is a shame as you have so much potential – stop being so miserable and plant creative seeds that will flower and colour your world in the not-too-distant future. Stop watching dead stars on TV and start to write your own scripts.

Taurus 21 Apr – 21 May

Money is coming your way this month, and you will be in a position to buy everything you need but not everything you want. Some people think you are extremely strange, but don't pay any heed to them as they are just jealous of you. However, reinvent yourself if you think things are getting a bit stale as you have great beauty and inner strength if you look hard.

Gemini 22 May – 21 Jun

Your flirtatious nature may land you in hot waters that are very difficult to navigate this month. Ironically, it's a good time to drink more water as long as you are prepared for the frequent visits to the toilet. We are all getting older, so squeeze what you can from your life. You also need to realise that a better result is often achieved at a slow rate. Fart in tune.

Cancer 22 Jun – 23 Jul

Soon you will meet someone from school who you treated as a doormat, but who is now extremely attractive – do you eat humble pie or just keep on walking? Your feet may have been bad recently, so pay attention to them as you use them daily to earn your corn. It is a good time to extend your social network as you never know when you will need a friend.

Leo 24 Jul – 23 Aug

Your foul breath may come in handy when you are confronted by your stalker. A precocious girl will illuminate a truth for you this week and help you through a difficult patch in your life. At the moment, you may feel powerless about so many things, but now is the time to acknowledge that apathy makes a poor friend. Consider kissing the woman with the dog.

Virgo 24 Aug – 23 Sep

The fickle, British sun may shine on you briefly this month, so take off your clothes and smile! Life has recently been very tough, so make a conscious effort to enjoy the fruits of your labour and stop being so boringly conservative. Maybe buy another new bra and set off to climb mountains in distant lands. If you're into weed, smoke less and less.

Libra 24 Sep – 23 Oct

A brazen hussy may try to come between you and your partner, but give her a wide berth and sail on by. Also, an extremely handsome man will try and influence how you think, but don't be fooled as he is not a very nice person. Try not to be so extreme and risk throwing away the baby with the bath water. Remember that beneath your fat lies a very beautiful being.

JUNE'S WORLD



Hello, everyone.

Another month has quickly gone by since I wrote my last article. I am pleased to say that, after a long nine months, our granddaughter has had a beautiful baby boy. We haven't seen him yet, but we have seen a photo of him that our daughter-in-law showed us this morning. He looks like what you'd call a bruiser – a little chubby boy. In the photo, he looks lovely. I can't wait to see him when he's allowed out of hospital. He'll be well-loved by everyone.

Our granddaughter was allowed home two days after giving birth. She's had a rough time and had to have a Caesarean which made her very ill. She's tough, so she will be fine. Today, we went to see her and the baby. They are calling the baby Harlow which is a nice but unusual name. He's a gorgeous little baby, and we are all taken up by him. I still can't believe we're great grandparents – it's a lovely feeling in our mid-eighties. My granddaughter and her partner live about live about six miles from us, so we won't be seeing him every day which will make it nice when we do see him.

We've had a lot going on in the last few months. Though Dean seems to be slowly improving, it will take time to recover after what he's been through.

Today is a lovely sunny day with white fluffy clouds. It's not quite hot enough to sit out yet, but it may be in a couple of weeks. It's been a beautiful day, and now that it's turned 5 o'clock it's getting a bit colder, although it's good for April. We cannot wait to sit by the river at Allerton-by-Water, watch the boats go by and wave to the passing barges. As you get older, you appreciate the little things in life. The only downside of ageing is that you keep hearing of people who have passed on, but it's all part of life.

On a more cheerful note, I hope everyone is well and enjoying their lives. To end the day, we have been for a walk to keep us in good stead. I know that sitting around all day would be no good for us, and sometimes you have to push yourself even if you've had a busy day. We are now looking forward to going to Selby on Monday.

That's it for now, so take care. June. X

THE TROUBLE WITH CONSPIRACY

Written by Robert Williams

A problem in our society now is the incredible amount of information that people and sheeple are bombarded with every moment.

It is hard to discern truth in much of what is displayed on screens as it is never actually experienced by us or anyone close to us, unless we are in a position to somehow physically experience it.

However, sheeple have a tendency to believe what they are shown on screens. People, to a certain extent, may question the platforms they are viewing, and the truth of what is shown to them through outlets like BBC News, X, Facebook, MSN and Fox.

Nevertheless, you can discern where the truth may lie and, if you dig deep enough, you will find that the people who do speak from a place of truth are branded as conspiracists and nut jobs a lot of the time.

Conspiracy is often from a place of truth like a fire stems from a spark. The label of conspiracy is applied by those people, but mostly sheeple, who do not want to or cannot be bothered to dig a bit deeper through the media snowstorm and find out where the truth actually lies.

It used to be that cloud seeding was in the realms of conspiracy, but following the mass floods in Dubai, Oman and surrounding areas, you look a bit harder and see that the UAE is investing heavily in a cloud seeding program. It is 99% likely that it is cloud seeding that caused the recent floods there, rather than any natural climatic anomaly. Look into it and you will find articles, dating to just after World War II, restricting the use of environmental altering techniques. However, now we see loss of life and mass floods caused by human intervention: cloud seeding. However, this is denied already by the likes of the Guardian:

<https://www.theguardian.com/world/2024/apr/17/cloud-seeding-dubai-floods>

No, it's not cloud seeding, it's environment change. And so on. Nevertheless, the mere fact that cloud seeding is being talked about as factual by the mainstream media means it is no longer in the realm of conspiracy.

The biggest conspiracy in recent years probably surround the whole COVID pandemic and associated lockdowns. Just do some research and you will find that the vaccine programme wasn't about health, but rather about BigPharma making a big pile of money; about governments implementing social control mechanisms to see how they would fare down the timeline. However, COVID has run its course, right? Well, yes, until the next thing, which is likely to be Disease X. Never heard of it? The World Health Organisation have and so have the World Economic Forum:

<https://www.weforum.org/events/world-economic-forum-annual-meeting-2024/sessions/preparing-for-a-disease-x/>

Now we have MPs talking about the excess deaths being linked to the COVID vaccines in Parliament and how the vaccine did nothing effectively. It did not reduce COVID transmission, nor did it prevent anyone immunised from contracting COVID. What it did do effectively was increase the mortality rate!

Conspiracy has been around for as long as people have been around, yet there is much truth in every conspiracy theory. It is not worth painting every potential story as a conspiracy without investigating the facts, the information and the disinformation to make your own decision about whether what you see in the media has any truth in it. Try watching a different news outlet for a while. I recommend this one: <https://www.youtube.com/@RedactedNews>

Beware of labelling events and stories as conspiracy because you may be surprised at what is revealed after time. Above all, try and keep an open mind and don't believe what the mass media tells you, but rather try and find the truth for yourself. Indeed, in finding such truth you may find yourself labelled as a conspiracist!

POEM OF THE MONTH

SONNET 18

Shall I compare thee to a summer's day?
Thou art more lovely and more temperate;
Rough winds do shake the darling buds of May,
And summer's lease hath all too short a date.
Sometime too hot the eye of heaven shines,
And often is his gold complexion dimm'd:
And every fair from fair sometime declines,
By chance, or nature's changing course untrimm'd.
But thy eternal summer shall not fade,
Nor lose possession of that fair thou ow'st,
Nor shall death brag thou wander'st in his shade,
When in eternal lines to time thou grow'st.
So long as man can breathe, or eyes can see,
So long lives this, and this gives life to thee. **WILLIAM SHAKESPEARE (1564 - 1616)**

THE MIRROR OF FAMILY



Written by Trevor Morris

The mirror of family is the mirror provided by your mother and father. It reflects back to you the spiritual qualities you need to develop within your inner self. These qualities are those of your divine ‘mother’ and ‘father’ that you need to discover within yourself.

Mother: love, security, nurturing, teaching, approval, initiation into womanhood

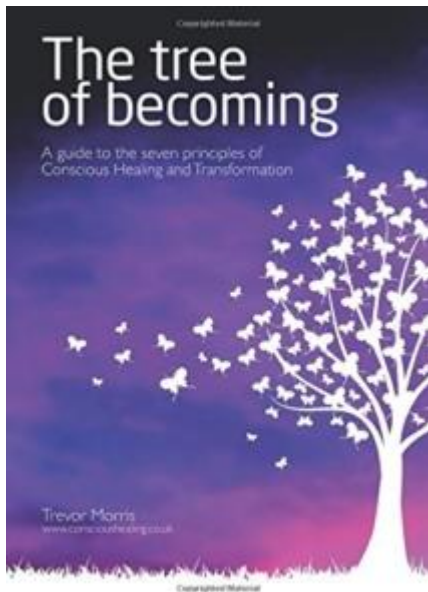
Father: love, protection, discipline, guiding, approval, initiation into manhood

We need to bear in mind that these feminine and masculine qualities will be present in both our mother and father in differing degrees. Normally, we would learn about these qualities from one or both our parents. Each of us has a unique mix of feminine and masculine qualities – each of us is a unique expression of divine consciousness (God). If you have inherited parents who do not have these qualities, life may be a struggle for you emotionally. On the other hand, if your parents have provided you with security, unconditional love and approval, you have a head start in life. Whatever the case, this mirror challenges you to find your own connection to the divine within you.

If your parents rejected you, tried to control you or hurt you in other ways, you are being asked to develop strength and belief within yourself. You will need to rely heavily on your own inner conscience and guidance. It is not easy to forgive our parent(s) if we had a ‘bad’ upbringing, but forgiveness is one of the key spiritual qualities we need to develop. We need to learn not to judge others, and this is particularly difficult in relation to our parents. Failure to do this, however, will leave us feeling angry and bitter. We need to accept that this is the way they are even if we cannot accept the way they behave.

Even if you have ‘wonderful’ parents, this mirror will confront you with certain difficult challenges. For example, the death of a mother or father can be a traumatic experience for someone who is deeply attached to his or her parents. A child who loses a mother or father due to divorce or separation of their parents will feel hurt and abandoned. This can badly affect a person until they can release any resentment, anger or fear relating to their loss.

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LETTERS PAGE



Dear Editor

Whilst some people believe that this year’s UK General Election is a foregone conclusion, I am not one of them. I think Labour will win, but I also think we will witness the splitting of the vote with many Muslim pro-Gaza independents emerging. I can understand this sentiment, however, as we all should now treat Israel as the pariah that it has become.

Farah Jones, London

Dear Editor

I think it is important in life to try and better oneself, but not at the cost of others. Everyone knows that we can't all be the same, but we all know that the wealth divide in the western world is far too big and needs reducing. Because of the way that society is structured, I have come to the conclusion that there can't possibly be a God as it arguably would not stand by and watch such a pervasion of resources – and such cruelty. What do you think?

Harry Timberland, Cardiff

Dear Editor

Many people may welcome a victory by Labour in this year's General Election, but I am not one of them. Of course, it will be good to get rid of this corrupt Conservative government, but I do think Labour is far too right-wing to bring much more than cosmetic changes to British society. Privatisation of public services has been a disaster and has only benefited a minority of wealthy people, and needs reversing. We need a genuine left-wing government to radically change the UK!

Fiona Spruce

BRENDA'S WILDLIFE CORNER



Hippopotamus

The hippopotamus is an interesting, semiaquatic mammal that is found in sub-Saharan Africa. It is a megaherbivore and lives mainly off of grass and some aquatic plants. Interestingly, the name hippopotamus is derived from ancient Greek for “river horse”. The hippo is one of the largest land mammals and is related to whales, dolphins and porpoises. It inhabits lakes, rivers and mangrove swamps. It is worth noting that the eyes, ears and nostrils are high on the skull to avoid them getting wet when the hippo

submerges.

The body of a hippo is unique with a barrel-shaped torso, a wide opening mouth, nearly hairless body, pillar-like legs and large canine tusks. A bull (male) can weigh around 3,300 lb and a female can weigh about 2,900 lb. Surprisingly, for such a big animal, it can run over 19 mph over short distances. Territorial bulls protect a stretch of water and a group of 5 to 30 cows and calves, but this behaviour is not displayed on land.

Mating and giving birth occurs in water, and the bull has breeding access to all cows; the younger bachelors are allowed to hang around as long as they defer to the breeding bull. The gestation period is 8 months and most conceptions and births occur in the wet season. Males can, in fact, breed all year round. A new-born calf weighs around 110 lb. A hippo can live up to 40 to 50 years, although older ones have been recorded in captivity.

When you are around hippos, you must be vigilant as they can be unpredictable and aggressive; they have been known to injure and even kill humans. Also, be aware that they are under threat from habitat loss and poaching for their meat and ivory. Ref. Wikipedia

ALICE'S THING OF THE MONTH



Hello and welcome back to Alice's Thing of The Month. This month we are going to be talking about Comic Con. On the 4th May, I visited Liverpool Comic Con. I am a big fan of Comic Cons and have been looking forward to this one for a while. I have been going to this Comic Con since 2021, and it has improved so much since I first started going. At Comic Cons you get to meet celebrities and have photos and autographs with them, get photos taken with different props, play games, see celebrity Q&A panels, go shopping at all the different stalls and meet lots of wonderful people. When people come to Comic Con they usually dress up in different outfits, which they call Cosplay. This year I did my first ever Cosplay and I really enjoyed it. I dressed up as a character called Yuffie from a game

called Final Fantasy 7; everyone was really nice about my outfit. I saw lots of different outfits ranging from Lord of The Rings to Star Wars and Marvel films. This year, with it being on 4th May, there was a lot of Star Wars Cosplay because it was Star Wars' Day. It would also have been my father's 60th birthday, so it was a great way to celebrate his birthday – he was a huge Star Wars fan.

They had a lot of big stars at this year's Comic Con like Elijah Wood and Andy Serkis from Lord of The Rings. They also had the cast of Red Dwarf, including the four main characters: Craig Charles, Chris Barrie, Danny John Jules and Robert Llewlllyn. My favourite people I met were Kevin Smith and Jay Mewes; they are cult classic icons. Kevin is a director and did the films Dogma, Mallrats and the Clerks trilogy. Jay is his best friend that stars in all his films, and they have their own characters called Jay and Silent Bob. For the past few years, I have been talking to Jay on a game streaming app called Twitch, so I was especially excited to meet him because we know each other. It was like meeting an old friend when we met. I also met the Red Dwarf crew, and they were all lovely. I have met Chris Barrie before, so it was good to see him again.

Overall, Comic Con was a really fun day, and I would recommend it to anyone who has or hasn't been before as you will have lots of fun, but it can be very tiring.

The photo I have used on my article was taken by me. I have been taking photographs all my life and recently got back into photography after having a break for a while. I will include more of my own photos in future articles.

Thanks for reading.

MORE FASCINATING RECIPES FROM JUNE CHARLTON



Shortbread

Ingredients:

6 oz of plain flour
2 oz of castor sugar
4 oz of butter

Method:

Place the flour and the sugar into a bowl. Add the butter, cut into pieces and rub in with finger tips until the mixture resembles fine bread crumbs. Knead the mixture until it holds together.

Turn out onto a lightly floured board and knead until smooth. Roll into a 7" inch round, place on a baking tray or sheet, flute the edges and prick all over with a fork. Cook.



Parsnip and Mushroom Souffle

Ingredients:

1-11/2 parsnips, washed
4 oz of sliced mushrooms
1 clove of garlic, crushed

4 oz of butter or margarine
2 tablespoons of double cream
4 egg yolks
Salt and pepper
4 egg whites, beaten until stiff

Method:

Boil the parsnips until tender. Meanwhile cook the mushrooms and garlic together gently in the butter. Peel the cooked parsnips and put through a sieve. Add the mushroom mixture, the cream and the egg yolks. Season the parsnip puree well and gently fold in the egg whites with a metal spoon. Pour the mixture into a 1 1/2 or 2 pint buttered and collared souffle dish and cook until will-risen and golden at 190-200 F for 40-45 minutes. Serve immediately.



Potato Rings

Ingredients:

1 lb of peeled potatoes
Sage and onion stuffing
1 beaten egg

Fat for frying
Salt

Method:

Remove the centre of the potatoes with an apple corer and slice thinly. Dip slices into the egg, then the stuffing. Fry very gently till the potato is cooked.



Green Pepper and Potato Bake

Ingredients:

1 lb of parboiled potatoes
4 medium tomatoes
1 green de-seeded pepper

1 sliced onion
1 dessert spoon of flour
4 oz of grated cheddar cheese
¼ pint of milk
Fat for frying
Salt and pepper

Method:

Lightly fry the onion, tomato and sliced pepper. Mix the cheese with the flour and reserve 1/3 as topping. Layer the potatoes, vegetable mixture and cheese in a greased casserole dish. Season each layer. Pour in the milk. Sprinkle with the remaining cheese. Cover with lid or foil. Bake in a hot oven 400 F/gas mark 6, for 45 minutes, removing the cover 10 mins before the end of cooking to allow cheese to brown.



Country Pie

Ingredients:

1 lb of Duchess potatoes
8 oz of carrots
8 oz of celery
8 oz of cauliflower

8 oz of onions
Can condensed celery soup

Method:

Dice the celery and carrots, divide the cauliflower into sprigs and slice the onions. Boil the vegetables together in salted water until tender. Drain and place in a pie dish. Cover with the tin of un-diluted condensed soup. Pipe the Duchess potatoes over the vegetables, covering the top completely. Bake in a hot oven 400 F/gas mark 6 for 30 minutes until top is nicely browned.

ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



Questions:

- (1) Who invented the TV?
- (2) What is a geyser?
- (3) What is the German word for hospital?
- (4) Who played Manuel in Faulty Towers?
- (5) Which company sells the most cars in the world?
- (6) What is a conspiracy theory?
- (7) Who was the last Tsar of Russia?
- (8) What is the French word for tie?
- (9) What is a Peptic ulcer?
- (10) Who is thought to have brought potatoes to England?
- (11) Which country produces the most sugar?
- (12) Who invented automatic cars?
- (13) Where was Rudolph Nureyev buried?
- (14) Who was the original Darren in Bewitched?
- (15) What is the definition of a refugee?
- (16) Which was the most populous Native American tribe?
- (17) Who invented open-heart surgery?
- (18) Where is the most whisky consumed?
- (19) What is the Spanish word for meat?
- (20) Which country did footballer Trevor Brooking represent?

Answers:

- (1) No single inventor deserves credit for television. Many scientists and engineers made contributions to eventually produce what we know as TV today
- (2) A geyser is a spring characterised by an intermittent discharge of water ejected turbulently and accompanied by steam
- (3) Krankenhaus
- (4) Andrew Sachs
- (5) Toyota
- (6) A belief that some secret but influential organisation is responsible for an event or phenomenon
- (7) Czar Nicholas II
- (8) Cravate
- (9) Is a sore on the lining of your stomach, small intestine or oesophagus
- (10) Walter Raleigh
- (11) India
- (12) Alfred Horner Munro
- (13) Genevieve-des-Bois, France
- (14) Dick York
- (15) A person forced to flee conflict or persecution who crosses an international border
- (16) Cherokee
- (17) Daniel Hale Williams
- (18) India
- (19) Carne
- (20) England

Editor's Final Word: Thank you for reading this e-mag, and I hope you enjoyed doing so. Please feel free to contact us if you want to get involved in any way. Our email address is: dean@fthm.org.uk Best wishes, Dean, Brenda, Robert, Graham and Willow.