

FROM THE HORSE'S MOUTH – May 2024. Edition 113.



Hello. How are you? I've been struggling following my heart attack, and I think I made a mistake trying to rush my recovery. I'm taking it easy again and using taxis when I feel I need to.

Anyone can express themselves (in a non-racist, non-homophobic and non-sexist way) in this publication and, of course, any donations towards its running costs are most welcome. You can contact us at: dean@fthm.org.uk

Please note that our website address is:
www.fromthehorsesmouth.org.uk

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MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

A religious man with a beard may make an ass of himself this week, but make allowances for him as he is clearly the victim of a popular belief system. You may have fallen off your horse; now is the time to remount and carry on your journey. It is a good time to visit a medium to contact a great uncle who died when a loaf of bread he was making exploded in his face.

Sagittarius 23 Nov – 21 Dec

The thought of growing old is spoiling your enjoyment of the present moment, so try and focus on the here and now. An angry, ugly man may change his attitude towards you when he realises how nice you really are. You are too hard on yourself, and you need to lower your expectations if you are to find happiness. Stop being sexist and appreciate the opposite sex.

Capricorn 22 Dec – 20 Jan

You seem to be the kind of person who wants everything now – stop and realise that we all have different priorities. You may think you are the centre of the universe, but do drop this idea as you are basically the same as everyone else. Money is scarce at the moment but some will soon come from an unexpected source. It is a good time to buy a new phone. Please a friend.

Aquarius 21 Jan – 19 Feb

It is not a good time to buy something on credit as your circumstances may change and result in you being in a difficult financial position. An attractive person will come into your life, and you will find yourself blushing uncontrollably. A youngster may impress you with their precocity and ability to solve problems. Be patient with a non-speaking English person.

Pisces 20 Feb – 20 Mar

An asteroid will fall near your house this month, so thank your lucky stars that it will miss you! You may enjoy being the talk of the town when you are well, but it will be a nightmare

if you are under a dark cloud. It is good that you are a giver, but don't let unscrupulous people take advantage of your kindness. Tell someone that you love them regularly.

Aries 21 Mar – 20 Apr

An admirer may make a nuisance of themselves this week but be kind, as you know what unrequited love feels like. A hard-nosed capitalist may appal you with their meanness but take comfort in the fact that you aren't like them – and never will be. Buy some trainers as clement weather is approaching. Take up a new hobby and stop horsing around.

Taurus 21 Apr – 21 May

It is the perfect time to get serious and make your funeral arrangements before you spend all your money on beer. Someone you snogged a couple of years ago will reappear on the scene and tell you something that will horrify or delight you. The window cleaner who loves to gossip is still around, but at least you know that he will help you if he can. Buy British.

Gemini 22 May – 21 Jun

A scrap merchant dealer will show his metal this month when he helps you out of a very tricky situation. Perhaps your friends will tell you that you look better than ever, but do bear in mind that they will have their beer goggles on when they say this. You may be left a substantial amount of money in a relative's will, so there is reason to be cheerful. Create.

Cancer 22 Jun – 23 Jul

Summer is not too far away, so maybe shed a few pounds, dust off your swimming gear and try to squeeze into to it. A man, who obviously dyes his hair black, may attempt to sell you something you don't need, but politely refuse and look forward to the time when you're bald and hairdressing bills are a thing of the past. You are eating far too much yummy chocolate!

Leo 24 Jul – 23 Aug

Someone with a lisp will give you some life-changing information on the second Wednesday of the month. It is time to shave some or all of your body parts if you are to feel better and not look like you don't care about yourself anymore. In any case, start having more early nights so that you don't look any more haggard than you already do. Learn to type soon.

Virgo 24 Aug – 23 Sep

A Thai lady may start to be all touchy-feely with you but don't worry, as it's just because she thinks you are a nice person. You are useless at DIY, so why not take some classes and learn some essential skills? You may worry about how old you are going to be next birthday, but it's okay as you have many great and exciting experiences awaiting you. Have some patience.

Libra 24 Sep – 23 Oct

You have definitely over-indulged this year and, consequently, you are on the verge of becoming obese, but do you care? In the near future, a lovely Jewish man will come into your life looking only for a bit of peace and quiet. Maybe now is the time to grow a moustache to prove to your husband that you can. Start putting people before money and share more.

LYNN HABERGHAM TALKS MORE ABOUT HER LIFE



Lynn, tell me a bit about yourself. Where were you born? I was born in Wheatley; then, I moved to Sowerby Bridge when I was young. We lived in a shop. My mum had it as a hardware shop, and we lived above it.

How many bedrooms did it have? Two.

How many kids were there? Three. Two brothers and me (another two brothers and a sister were to arrive later).

Did you share a bedroom with your brothers? Yeah.

How was that? Terrible. I got the worst of it – the little bed – and they got the big part of the bedroom.

Where did you go to school? I didn't go to school there; we were too young. I went to school when I was up in Sowerby.

Where did you go? Saint Peters. That was the infant school, and that's where I met my friend Janice. We were best of friends. We used to go everywhere [together].

Did you like Janice? Oh, yeah, she was a great friend. We ended up losing each other later on in life because I couldn't go out to play. I had to stay in to do all the housework and look after my four brothers and my dad when he came home from work. My mum worked evenings at Mackintosh's at King Cross, so I had to do all the looking after.

So, you were like a second mother? Yes.

If you don't mind me asking, why are you in a wheelchair? I had a stroke and sepsis.

When was this? I'm 67 now, so it was 7 years ago, I was 59 years old when I had a stroke. Then, on my 60th birthday, I got sepsis and I had to use a wheelchair.

How come that's put you in a wheelchair? I get out of breath a lot when I'm walking. I ended up with hypersensitive pneumonitis; it's a chronic lung condition. So, when I'm walking a lot, I get out of breath. Plus, the right side of me shakes a lot. Add to this I have positional vertigo and I get dizzy and risk falling. I've got a walker at home which I use going down the corridors.

Is it a Zimmer frame? No, it's one of the walkers on wheels. They gave me a Zimmer frame, but they're hopeless.

When you look back on your life, do you think you've had a good or bad life? A bad life.

Why do you say that? You've been married, haven't you? Yeah, the first marriage was terrible. I had two children to him, he turned around and told me he was gay at my brother's 21st birthday party when I was close to having our second child, and that he'd decided he wanted his gay lover– we had our own beautiful house...

You had to sell it? Yeah, he decided he wanted to sell that, and thanks to the injustice of the court, not only didn't the children and I get to live there, but he got to keep all the proceeds of sale. We ended up living in a damp, mouldy, old flat in Bradford with my two children. He went to London, and he didn't want to know the children. He never came near them for Christmas or birthdays. He never sent them a card. He never paid any maintenance. I had to struggle.

How did he get away with that? I don't know, the court went against all the existing law and gave him everything, it was madness.

Did you chase him up? Yes, I went around to the house and found he had gone to live in London.

When you look back, have you had some good times as well? Yeah, when I started ballroom dancing. I looked forward to that.

How old were you then? About 8.

Were you good at it? Not right good at the beginning, but I eventually got better. My mum always thought my brother Michael was better than me.

Did you think he was? Yeah, at the beginning he picked it up a lot quicker than me. He started competitions before me because there weren't many boy partners then; boys didn't seem to do the dancing. He got a girl partner because he was in a younger age group than me. He started doing competitions and eventually started winning a lot of competitions. My dance teacher said we could enter the all-girls' competitions. We didn't do well at the beginning but, eventually, we started winning quite a few[of them].

What sort of things did you win? Was it money? No, trophies and medals.

Were you on television? Yes, on Come Dancing. I danced with my brother on there. I danced for Jack and Joyce Briggs formation team when Terry Wogan was on.

Did you meet him? I saw him. He had to give our trophy to our teacher. I've seen Angela Rippon on Come Dancing; I've met her as well. But my mum always thought Michael was better no matter what I did.

Did you agree? He was quite a good dancer, but I think we were roughly the same. They used to do a big competition at Blackpool tower once a year. They used to come from all over. And Michael had gone into a higher age group because he couldn't get a partner his age. Mum thought he was good enough for it, so he got into it with a girl older. She was my age. They used to do a mixed couple competition. One year my mum thought Michael was going to win it in the mixed couple because he'd won the boy and girl one. Michael came third. My dancing partner, Gwyneth, and I thought 'we're not going to get anywhere in this'. Then, all of a sudden, they shouted us first. My mum wasn't very happy.

Did you get a nice trophy? We got a really big trophy. It had to go back every year, but we had our names put on it.

How do you get it back if you don't enter the year after? You have to send it back, but we went back the year after anyway.

It sounds like you really loved ballroom dancing, why did you finish doing it? Because of my marriage. When I started work, I met a friend there and she was going out with someone. She was getting married, and she asked me to be her bridesmaid, and her husband had a brother. I ended up going out with him. We used to go out as a four – two couples together. A

young boy had asked me to partner with him in dancing. My mum was old-fashioned and said that marriage comes first.

Did your mother control you? Yeah. My dad was very strict, but he never lifted a hand to me. My mum was always the one that lifted the hand; she dragged me by my hair, I had really long hair.

That's child abuse, isn't it? Now, she'd have been in prison. She'd always grab my hair and bang my head up against the wall.

How did you cope with all this? Very badly. I used to go and shut myself off up in the bedroom.

Did you talk to anyone about it? No. I didn't know where to go or who to talk to.

There wasn't the help that there is now, was there? No. My mum never even told school that I had epilepsy. I still think my mum banging my head triggered epilepsy. My mum, being old-fashioned, thought having epilepsy was a stigma and that other people would think you were mentally ill. I was supposed to keep it quiet. She never even told the school, and I was bottom of the class all the time. At school, I used to just stare into space not realising this was Petit Mal and was part of my epilepsy.

You were disabled, weren't you? When you think about it, yeah. At school, I didn't have the fits, but I'd do the staring. Teachers used to think I was paying no attention and get angry.

Did you enjoy your school days? No. The only thing I really liked was art.

Were you good at art? Quite good. I used to get top marks for art. I used to do dress making. I made my own wedding dress; I made my daughter's wedding dress.

How many children did you have? Three. I had two to my first husband and one to my second, and that was a very bad marriage.

Have you had any other hobbies that you've enjoyed? Crafting. I used to make a lot of cards – Christmas cards and birthday cards. I've always been one for doing crafting, anything with my hands.

Have you ever been travelling? Only when I met a friend later on in life. She took me under her wing; she was like a mum. This was after my second marriage. She did everything for me; she got me on the PIP, she sorted disability out. She told me to come move in with her and she was just like a mum. I wish I had met her years ago. She took me abroad to Spain. Our first holiday and later we went to the Dutch bulb fields.

Did you like it? I loved both.

Are you still friends with her? No, she passed away. We moved up to Greetland. She passed away in Greetland with cancer.

Who's the gentleman that pushes you around and looks after you? Keith.

How long have you been friends with Keith? 12 years.

Do you think he looks after you well? He's great. I met him when I moved to Sowerby. His late wife was a very poorly lady; she ended up with multiple sclerosis, and she had severe epilepsy. She died fairly young. I was in my flat, I'd had a fit and he'd seen the curtains come off. He came down to the flat. I had a key box outside with a number, and he knew the number. He came in and saw me on the floor having a fit. With his late wife having epilepsy,

he knew what to do. Ever since then, we got talking and became best of friends. We ended up moving in together.

He's compassionate, isn't he? Yeah. When I got sepsis, he was absolutely fantastic. The nurses said he was at the hospital as soon as the doors opened, and was there he was there, until they had to kick him out late at night.

What are your hopes for the future? I would love my family to get back together and be friendly, but I don't think that'll ever happen.

Don't you talk to your family? I think they blame me for what happened with their dad – him being gay and moving out. I think my daughter blames me because I got married again and her stepfather sexually abused her. I think she blames me for that. She eventually came to tell me what had happened when she got a boyfriend – that he'd sexually abused her. I rang the police straight away. That took four years to get sorted out.

Did he go to prison? When he found out I'd rung the police, he went to Blackpool, but they found him on the same day. They arrested him and it went straight through court. They interviewed my daughter with me at home, and she didn't have to go to court. He owned up to it and got six years. He was out in three and half years on good behaviour.

Is he out now? Yeah.

Have you got anything you'd like to add to finish this interview? I hope no other lady has to go through all of this, but not all gentlemen are as bad. There are some very good gentlemen that are about. I know two of them – Dean and Keith.

JUNE'S WORLD



Hello, everybody. I hope you are all keeping well during this cold spell. It seems much colder than last winter, unless it's just me feeling the cold. Today looks like it could snow.

I'd like to talk a bit about when I was a young girl growing up in the Potteries, Castleford. We didn't have the luxury of a lovely warm house as we didn't have a lot of money to throw about. My dad was always away in

Wales or Stockton-on-Tees as he was a scrap dealer. He used to collect scrap metal such as lead to enable him to earn a living. He didn't have a 9 till 5 job. He followed in the footsteps of his dad and brothers who always wanted to be their own boss. Sometimes, he'd earn a good amount of money. One day, I remember him bringing home loads of pound and 10 shilling notes and throwing them down on the table. We thought we were very rich, but the money soon dwindled as he blew a lot of it on drink.

My dad was easily led, and he soon joined his friends in the pub when invited to do so. When he was teetotal, he could stay off drinking for weeks. He used to read a lot but when a friend called, he soon agreed to go for "just one pint." However, being young, I didn't take much notice of people coming to invite him out. He had his faults but, in my eyes, he was a lovely man. Although, he did get drunk and accused my mother of going with other men.

My mother used to earn money by going to work in the fields when it was harvest-time. In the school holidays, I used to go pea-pulling. I was very quick at it, filling 7-8 big bags in a week. I gave my mother all that I had earned, and in return she gave me some pocket money. I'd have been 13 or 14-years-old at that time, and I was happy to help her. When I was 15, I started working at Bellamy's which was situated down Wheldon Lane. As I topped up my wages, my mother was able to buy some new furniture – she was the happiest that I'd ever seen her. I faithfully paid every week when I got my wage until all the furniture had been paid for. It was great being able to bring my friends home, and I felt proud as I had never been able to do this before. It was not that I had been snobby, it was just that some of my friends had lovely homes, and I was embarrassed of mine. So everything turned out alright.

I'll say bye, for now. All the best, June. X

HYDROGEN

Written by Peter Smith

People who sell fossil fuels - oil, natural gas, coal - must be very worried about hydrogen.

Hydrogen burns and gives off heat. As it burns, it joins with oxygen from the air to form H₂O – WATER! No fumes, no smoke, no particles to damage our lungs, no greenhouse gases and no radioactive waste. Just water.

And the heat from burning hydrogen can:

- power cars, buses, lorries, trains, and planes;
- be used for heating and cooking when hydrogen is piped into homes;
- drive industries such as steel making;
- be used to make electricity in gas-fired power stations.

When an electric current is passed through water, the H₂O breaks down, and hydrogen and oxygen are formed. This is called electrolysis.

The cheapest way to generate electricity is with wind turbines on land. This electricity can be used to make large amounts of hydrogen by electrolysis. Some of this hydrogen can be used at once, and some can be stored for later use.

The windswept fields of Lincolnshire could accommodate thousands of wind turbines. The farmers would be paid rent for the use of their land, and they could still grow crops right up to the turbines.

Opponents of clean energy often ask, "What happens when the wind is not blowing and the sun is not shining?" Well, the answer is: "Electricity would be generated in gas-fired power stations using stored hydrogen."

THE LIFE OF A MILKMAN

Written by Robert Williams



When I said what my job was, the amount of people that said to me “I didn’t know that still existed” or “is that still a thing?” was quite incredible.

Nevertheless, I was a Milkman for around 2.5 years, from the end of September 2021 to the end of March 2024. What was it like?

Being a milkman is a pretty tough job in some ways and kind of easy in others. We delivered overnight. Typically, we got into the depot to load up at around 10pm most nights, 9pm on a long night,

and finished anytime between 3:30am and 8am. Our contracted hours were 48 a week, but most of us did fewer hours and worked on a “job and knock” basis. We delivered all the milk we had to, emptied our vans of crates and empty bottles on our return to the depot and soon afterwards made our merry way home.

Working overnight isn’t for everyone. Quite a few people started the job and left after a few weeks because they could not get their bodies to accept the night work, others because they could not hack the job. In terms of deliveries or calls they ranged from maybe 90-100 on an easy night and 220+ on a long, hard night. The staff retention for new starters seemed to be around 1 in 3. This was quite a waste of resources as new people had some modicum of training and were supplied a uniform which was retained by them if they left.

I found the overnight work pretty tough in many ways. I walked a lot, and my step goal for each day is now 11,500 which I achieved quite easily as a milkman. As an example, the total steps I took for one year whilst being a milkman, from May 2022 to April 2023, was 5,150,621 steps, which equates to about 2500 miles of walking. With it being an active job and night work, I felt that I did not have much time to do anything in the day as a lot of the day was spent sleeping. I used to split my sleep and would go to sleep when I got home from work for a few hours, return to bed at 4/5pm and get up again around 9pm. I reckon I was averaging 6.5 hours sleep most work days. When I first started, we worked 6 nights a week. The mid-week Wednesday and Thursday rounds used to be fairly small and easy, and we would be done in 3.5-5 hours. The real rub was finishing work Saturday morning and having to return to work on Sunday night, so it really didn’t feel like you had any time off in the working week.

The intensity of the work, even when we changed to 5 days almost a year ago, meant that there was little time to do much during the working week. I had no hobbies that I could sustain or really that many interests that could be given time to. I used to be fairly active spiritually. The only spiritual activities I had on the milk round were being out in the stillness of the early hours and on clear nights, feeling the boundless nature of the universe when seeing all the stars in the night sky.

Contrary to popular belief, we had quite a lot of diesel vehicles in our fleet and only a few electric vehicles – the electric vehicles just could not make the distances involved in most

milk rounds. It used to be that, back in the day, a lot of milk was delivered – maybe 200+calls a night, but it was in a compact delivery area. Most of the milkmen that had been there a long time, over 30 years, said that it was easier back then. They started at 4/5am and were usually finished by 9am, there was less traffic on the roads and delivery areas were smaller. Now we are delivering in most instances over 60/70 miles a night, and some rounds are 100+ miles!

You can check if you are in an area where Milk and More delivers on their website

POEM OF THE MONTH

Sent in by Peter Smith

THE RHYME OF THE ANCIENT MARINER

The Wedding-Guest sat on a stone:
He cannot choose but hear;
And thus spake on that ancient man,
The bright-eyed Mariner:

'The ship was cheered, the harbour cleared,
Merrily did we drop
Below the kirk, below the hill,
Below the lighthouse top.

The sun came up upon the left,
Out of the sea came he!
And he shone bright, and on the right
Went down into the sea.

And now there came both mist and snow
And it grew wondrous cold:
And ice, mast-high, came floating by,
As green as emerald.

At length did cross an Albatross:
Through the fog it came;
As if it had been a Christian soul,
We hailed it in God's name

And a good south wind sprung up behind;
The Albatross did follow,
And every day, for food or play,
Came to the mariners' hollo!

'God save thee, ancient Mariner!
From the fiends that plague thee thus!--
Why look'st thou so?' -- 'With my crossbow
I shot the Albatross.'

Down dropped the breeze, the sails dropped down,
'Twas sad as sad could be;
And we did speak only to break
The silence of the sea!

Day after day, day after day,
We stuck, nor breath nor motion:
As idle as a painted ship
Upon a painted ocean.

Water, water, everywhere,
And all the boards did shrink;
Water, water, everywhere,
Nor any drop to drink.

Ah! well-a-day! what evil looks
Had I from old and young!
Instead of the cross, the Albatross
About my neck was hung.

Four times fifty living men,
(And I heard nor sigh nor groan)
With heavy thump, a lifeless lump,
They dropped down one by one.

The moving Moon went up the sky,
And nowhere did abide:
Softly she was going up,
And a star or two beside.

The selfsame moment I could pray;
And from my neck so free
The Albatross fell off, and sank
Like lead into the sea.

The silly buckets on the deck,
That had so long remained,
I dreamt that they were filled with dew;
And when I woke, it rained!

And soon I heard a roaring wind:
It did not come anear;
But with its sound it shook the sails,
That were so thin and sere.

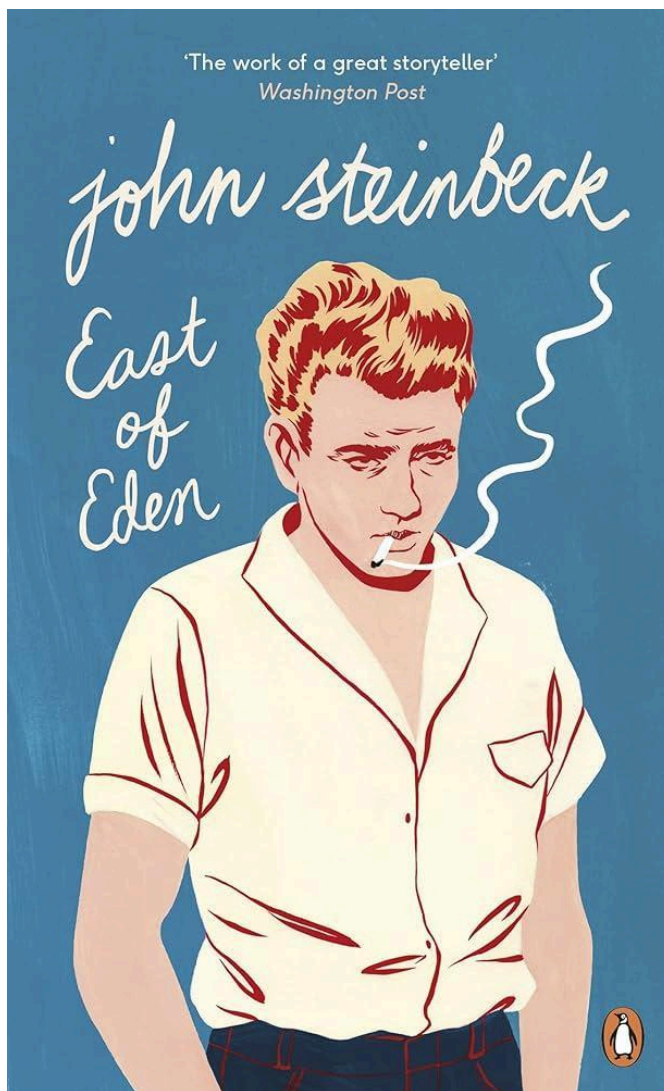
Swiftly, swiftly, flew the ship,
Yet she sailed softly too:
Sweetly, sweetly, blew the breeze--
On me alone it blew.

Oh! dream of joy! is this indeed
The lighthouse top I see?
Is this the hill? is this the kirk?
Is this mine own countree?

Farewell, farewell! but this I tell
To thee, thou Wedding-Guest!
He prayeth well, who loveth well
Both man and bird and beast.'

SAMUEL TAYLOR COLERIDGE (1772 - 1834)

ALICE'S THING OF THE MONTH



Hello, I'm going to start off by introducing myself. I'm Alice, I'm 28 years old and a married mother of 2. I'm vegan and I have a skin condition called psoriasis. I'm also neurodivergent and an artist.

This is my first ever article in Dean's magazine, and I feel lucky to be doing it. Each month I will write about different subjects, from things like books, films, and bands to hobbies and interesting facts. I hope you enjoy them.

The thing of the month this time is a book. It's called *East of Eden* by John Steinbeck. He is an American author and he published *East of Eden* in 1952. John Steinbeck considers this book his Magnum Opus, and I have to agree. Magnum Opus means the best work the writer, artist etc has ever done. I've only ever read a few of Steinbeck's books, but they are usually written about working class life, which is very relatable.

Steinbeck grew up in Salinas where this book is set. He even writes himself in

as a character in the book and mentions his childhood home. The home is still there in Salinas, but it is now a restaurant.

East Of Eden focuses on two families, the Trasks and the Hamiltons; later on in the book, it mainly focuses on the Trask family. The timeframe of the book is over 50 years. When the characters start young and grow old, you get to know them throughout their lives, which is nice, and it feels more personal.

This book has great character development and mostly focuses on their flaws. Later on in the book, we meet the twins called Cal and Aron, and their story is parallel to the biblical story Cain and Abel. I would say the book has a few religious parallels as the twins' parents are a parallel to Adam and Eve. I think this is why the book is named East of Eden because it's like a Garden of Eden story and parallel to Genesis.

The book became popular when it was first published, and they made a film about it starring James Dean in the 1950s. This film focuses on the twins Cal and Aron Trask and their life in Salinas. I will only put a bit of the synopsis in as the rest of it could give the story away: "in the Salinas Valley in and around World War 1, Cal Trask feels he must compete against overwhelming odds with his brother for the love of their father." It is a tragic tale but one of the greatest stories ever written.

Thanks for reading.

LETTERS PAGE



Dear Editor

Can anyone explain to me how people who deliver food and drink from cafes can actually make a living wage? I often see adult men with tiny packages leaving a café and driving away with them. Is this another scam that people use to qualify for benefits? Can anyone enlighten me about what's going on?

Tony Swales, Cardiff

Dear Editor

I am sick and tired about the debate whether dogs should be allowed in cafes. Here's my take... Dogs are not hygienic beings and should be nowhere near food and beverages. They can also be very unpredictable and a danger to children. So no, dogs should not be allowed in cafes, unless they are assistance dogs.

Georgina Falls, London

Dear Editor

I have spoken to a lot of traditional Labour voters who tell me that they will vote Green at the next General Election as they have no faith in Keir Starmer. The fact that he is a 'Sir' tells you how much he is invested in the establishment, and how he is unlikely to bring about the social changes that the UK so badly needs.

Moira Beer, Huddersfield

Dear Editor

It is truly sad to learn about anyone's battle with cancer, and this applies to Kate Middleton and Charles Windsor. Then again, they will receive superior treatment and care, and they will not have to worry about the additional problems that ordinary people have to contend with. No one should be put on a pedestal.

Harry Brooke, Newcastle

Dear Editor

What is the world coming to when well-known charities resort to encouraging people to gamble to raise money for their causes? Surely, we need less gambling and not more.

Stan Toole, Castleford

THE MIRROR OF SOCIETY



Written by Trevor Francis

This mirror is the most difficult to understand and certainly the most difficult to accept. It reflects back to us all that is wrong in ourselves and all that is wrong in society. In this sense, it only reflects back to us what is within ourselves as individuals and as part of the human race.

Everything that happens in the world, however horrific, is simply a reflection of our collective conscious and unconscious thoughts and fears. In this sense, the external world is reflecting back to us, the human race, what we must do in order to develop a higher level of consciousness. In particular, we need to develop love and compassion towards ourselves, one another and the planet we live on. Compassion requires us to understand why people behave in the way that they do and to change our own actions to encourage people to live with one another in harmony.

Humanity is responsible for the poverty and suffering in the world, and for the destruction of our environment. For example, on individual level, ask yourself how your own actions

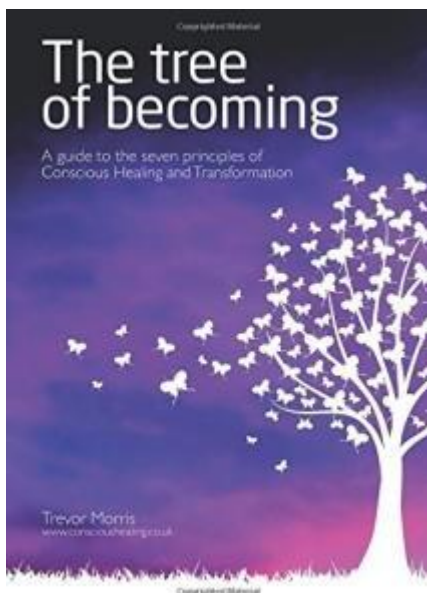
contribute to world poverty. Where do the raw materials consumer products we buy come from, and are the people who produced them treated fairly and paid fairly for their work? I think most of us already know the answer to this question. On a societal level, where do the arms come from that kill and injure thousands of people every year, and what are we doing to stop these arms being produced and exported to unstable countries?

Each of us is responsible in varying degrees for the inhumanity and suffering in the world. The world is simply reflecting back to us the consequences of our lack of humanity, lack of compassion and our alienation from the natural world. This mirror is telling us that we are all responsible for the state of the world. We are the creators of this mess and only we can change it.

With regard to our own personal life, we need to realize that our health and happiness are also our own responsibility. Most chronic diseases are a result of our own behaviour and the past actions of our ancestors. The same applies to our internal peace and happiness. We can start to improve our states of health and happiness by accepting that everything that is happening to us right now is, in one sense, perfect. We are exactly where we need to be in order to learn the lessons we need to learn. The Tibetan Book of the Dead tells us that we chose to be born in a particular place and time and to our particular parents (see the fifth Essene Mirror).

Start on a personal level by loving yourself exactly as you are, with all your imperfections. Be gentle and compassionate towards yourself, and treat yourself with the love and respect. Commit yourself to develop within yourself the qualities you would like to see in the world. Be the change you want to see in the world (Mahatma Gandhi).

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SOME SCRUMMY RECIPES FROM JUNE CHARLTON



Cheese Souffle

Ingredients:

2 oz of butter
2 oz of plain flour
½ pint of milk
½ teaspoon of mustard powder
4 oz of cheddar cheese, grated
Salt and freshly ground pepper
3 eggs, separated

Method:

Preheat the oven for 10 minutes. Place the butter, flour and milk in a saucepan and whisk constantly over a gentle heat until smooth. Bring to the boil and cook for 2 minutes until thick and smooth. Remove from the heat, then stir in the mustard and cheese. Beat in the egg yolks. Whisk the egg whites, until stiff, then fold into the sauce with a metal spoon. Pour into a 2-pint soufflé tin. Cook for 35-40 minutes at 180-190 F. Serve immediately.



Family Cake

Ingredients:

8 oz of self-raising
½ teaspoon of mixed spice
6 oz of currants
1 oz of peel, chopped
4 oz of sugar
4 oz of margarine

2 eggs beaten with 4 tablespoons of milk

Method:

Mix flour, spice, currants and chopped peel all together. Beat sugar and margarine to a cream. Stir in beaten eggs, milk and flour, alternatively a little at a time. MIX THOROUGHLY. Use a well-greased 6 "cake tin (3" deep).
Bake in a moderate oven (350-375 F/regular gas mark 3-4) for about an hour and a quarter.



Madeira Cake

Ingredients:

8 oz of self-raising flour
5 oz of sugar
5 oz of butter

2 thin strips of peel
2 eggs, beaten with 3 tablespoons of milk and 12 drops of lemon essence

Method:

Beat the sugar and butter to a cream. Stir in beaten liquids and flour (alternatively a little at a time). MIX THOROUGHLY. Use a well-greased 6" cake tin (3" deep). Place the strips of peel on the top.

Bake in a moderate oven (350 – 375 F/ gas mark 3-4) for about an hour and a quarter.



Mince Pies

Ingredients:

8 oz of plain flour
4 oz of butter and lard mixed
Pinch of salt
Cold water
1 egg white with water
1 oz of caster sugar
4 tablespoons of mince meat

Method:

Make the pastry by sieving the flour into a mixing bowl. Add the butter and lard and rub in until the mixture resembles breadcrumbs. Bind together with a little cold water and chill.

Roll out the pastry and cut out 12 x 6 cm (2 1/2") circles with a plain or fluted pastry cutter.

Cut out a further 12 circles with a 5cm (2") cutter.

Place the longer circles in a patty tin and divide the mincemeat between the cases. Brush the edge of the pastry with a little egg white or water, and press the small circles on top. Seal the edges.

Brush the tops with egg white or water and sprinkle each one with a little caster sugar or glaze with a whole beaten egg for golden colour. Make a little hole in the centre of each pie. Cook at 200-210 F for 20 – 25 minutes.

AOAMSD 21

Written by Krishna Francis



Yoinks! It's been a month of much activity. After my last report from the world of seated living, I've finally found myself. I was behind the sofa. What was I doing there?

There's a writing group I started five years ago. It meets every Wednesday and gets up to many a shenanigan. Occasionally, there is even some writing done. We've published things, organised readings and gone on a day trip. Originally, it was just run by me. Then, it was decided that the members should take it in turns to create exercises and

lead the group. It was a bit upsetting, but I managed those feelings. One day, Jen came up with an exercise around writing a radio play. It was intriguing, and got everyone fired up. Then, it got too big and everyone returned to coming up with exercises week by week. That's the way it goes with the group sometimes.

However, I was inspired to follow up on the idea and see if I could get some traction on the notion of making the group itself the subject of a drama. The enticing thing about writing a radio drama is that it doesn't require staging, and it can just be created using voices. Most of us have those. Thus, the chances of something coming of it were high. I took the characteristics of our regular attenders and some of the incidents that we'd experienced, swirled them around in my head and poured the mixture out onto the page.

At first, I wrote six 30 minute episodes. Then, I realised the photocopying bill for organising a read through would cost at least 50 pounds. I did some editing and ended up with half of the minutes and half the paper usage. In all, it was around 90 minutes of entertainment. I planned to get a friend to record it and see if I could find any radio stations willing to put it on as part of their schedule. Then, I went to see Killers of the Flower Moon. It ended with a recording of a radio drama on stage. Again, I was fired up. I thought 'I could do that!'

Thus, at 7pm on the 26th April in the Town Hall in Hebden Bridge, there will be a staging of the radio drama that I've written, inspired by the activities of the Wordsday Writers. As I write this, I don't have a full cast as some of them have been called away to other duties, but it's mostly in place and those who remain are willing and able. If you're free on that Friday, come along and see how it goes down. It will be entertaining no matter what happens. Then, when it goes viral as a podcast/radio show, you can say 'I was there! I saw it happen for real!'

THE JOY OF DANCING, DOMESTIC DRUDGERY AND GRANDPARENTS

Written by Lynn Habergham



Moving forward from my last account. Just when it seemed things would get better. Having looked after my four brothers and Dad and cleaning the house, like my job was a cross between servant and slave. Hope sprung eternal. Mother dear may have ideas out of the Ark about the position of girls and women in society, such as it was a girl's job to help her mother about the house because, of course you could never ask the male species to do anything resembling house work or childcare. The Sixties it might have been but mother preferred the Stone Age.

Ballroom dancing was a great passion of my mother and father, who loved to take part in competitions. So it was no surprise that my brother Michael and myself grasped this opportunity of breaking out of the hell that was home when my mother one day asked her brood if they would like to go to dancing classes. So it was that my brother and me started to attend classes in Queensbury every Wednesday. The only problem was that my other duties still continued. Dancing became my great love, seeing the classes as

a great release from the grind. This routine continued for a year. Sadly, it would soon cease, when grandma and grandad moved into Dob Lane, Sowerby. Somehow it had been decided that it would be me who would do their shopping for them, when I got home from school. Then, as before, I would give my brothers and dad their tea. *Oh yes*, then came the joyous decision that it would be necessary for me to go to my grandparents every night at 8pm and help them, walking from home to their one bedroomed house on my own each night. Don't worry about an eight-year-old girl walking on her own in the dark and the fact that it stressed her out. Wednesday lessons became more and more important.

Michael and yours truly both loved to dance and a year or two passed in this way. Trouble was he was younger than me, dancing in the 8-10-year-old category and had a girl partner. Being 11, it was virtually impossible to get a boy of the right age to dance with me, so I was left doing my class whilst Michael was going to competitions every weekend. Naturally, he got better and better from lots and lots of practice. Eventually, he started to win most of the competitions he took part in. Truth be told, I was genuinely pleased for him, but it didn't stop me wondering why my luck never brought such things to me. What was wrong with me? The dream was to have a partner of my own.

One day my dance teacher mentioned to Mum that it was acceptable for me to enter competitions dancing with another girl and enter all-girl competitions. So Gwyneth and I were put together. We started to do lessons and enter competitions together. It was a joy to have someone to dance with and to have another girl to talk to. We were delighted to get a third place at the beginning. Then, we began to win. Blackpool hosted a big dance competition once a year and this allowed the two of us to not only dance in the all-girls competition, but also in the mixed category. This meant that we would be able to dance against Michael and his new partner - he had to move up to our age group due to the fact that his new partner was older than him. The day came and Michael danced first in his own competition and won. The all-girls competition came and we won. We were really excited by this as this was a big competition and there were competitors from all over. This left the mixed competition. Gwyneth and I were floating on air already, and we could not wait for this one to start. Both couples danced, and we stood waiting for the results which were announced from 6th to 1st place. We were not really paying a lot of attention, we had just enjoyed dancing and didn't expect to get that far in this one, as the standard of the others was quite high. Third place arrived and Michael was called. Second passed without event. First came and Gwyneth and I were busy talking when we were urged forward, we had won. Sadly, the memory I have of the event was dear mother's comment, "Michael should have won that, he was the better dancer." Really! Well, just for once mother he lost, so tough luck.

Life has had a way of kicking me very firmly in the teeth, just when it seems to be improving. So, it is no surprise to hear that within three months, Gwyneth my partner and friend and I had to part company, as we were now too old for all-girl competitions, returning to just lessons in the hope of finding a male partner. Whilst my mum and dad travelled all over the surrounding areas with Michael to dance competitions, I was back to the old routine, the same old jobs at home and my grandma's.

BRENDA'S WILDLIFE CORNER



Chimpanzee

The chimpanzee is native to the forests and savannahs of tropical Africa. It is our nearest living relative and uses tools, rocks, grass and leaves for hunting and acquiring such things as honey, water, ants and nuts. They even use sharpened sticks to spear small mammals.

Physically, it is covered in coarse, black hair but has bare fingers, toes, palms of the hands and soles of the

feet. An adult male chimpanzee can weigh between 40-70 kg, while a female can weigh between 27-50 kg. Some chimpanzees stand 4 ft 11" tall, although this has been surpassed in captivity. Interestingly, the gestation period for this species is 8 months with the infant being weaned at about three years old. The infant keeps a close relationship with its mother for several more years. Also, they live in groups of between 15-150 members, although they often travel in much smaller groups when foraging during the day.

It is important to mention that chimpanzees are on the IUCN Red List as an endangered species that we need to conserve and protect from habitat loss, poaching and disease. Some people keep them as pets, but this can cause problems as they are extremely strong and unpredictable, and can become aggressive. Others have tried to teach them American Sign Language but with limited success.

The Chimpanzee has four definite subspecies which are: the Central chimpanzee, the Western chimpanzee, the Nigeria-Cameroon chimpanzee and the Eastern chimpanzee – all found in Africa. There is also a fifth possible subspecies which is the Southeastern Chimpanzee.

It is true to say that chimpanzee hierarchy is very male-orientated. Although, it is unusual for disputes to be resolved through violence –maybe we could learn to be more like them instead of always fighting one another.

The chimpanzee is more robustly built than its relative the bonobo, but less than the gorilla. The arms of a chimpanzee are longer than its legs and, consequently, can reach below the knees. Chimpanzee are suited for both arboreal and terrestrial movement, so it is a great climber; it moves both quadrupedally and bipedally on the ground. It lives in a variety of habitats, including evergreen rainforest and swamp forest. It has a varied diet of fruit, stems, pith, birds and their eggs, insects like honey bees and mammals. A chimpanzee in the wild usually lives less than 15 years but can live longer in captivity. A natural predator of the chimpanzee is the leopard.

ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



Questions:

- (1) Who invented the first tin opener?
- (2) Who was the original lead vocalist of the band Sweet?
- (3) Who played Mike Bradley in the long-running series Heartbeat?
- (4) What is the currency of Poland?
- (5) What is Sufism in Islam?
- (6) Which is the largest fish in the world?
- (7) Which grammar school did Paul McCartney attend?

- (8) Where is most rice grown?
- (9) Who invented the first electric car?
- (10) What is a sprocket?
- (11) What nationality is the performer, Celine Dion?
- (12) What is the French word for stew?
- (13) Who scored one goal for England in the 1966 World Cup Final?
- (14) Who is the richest woman in the world?
- (15) How much is a Guinea worth today?
- (16) What is 14 minutes past 1pm on the 24-hour clock?
- (17) What is the German word for Miss?
- (18) Who is President of the Ukraine?
- (19) What is a Catamaran?
- (20) What is the biggest airport in the world by land area?

Answers:

(1) Ezra Warner in 1858 (2) Brian Connolly (3) Jason Durr (4) Polish Zloty (5) A mystic body of religious practice found in Islam (6) Whale Shark (7) Liverpool Institute (8) China (9) Thomas Parker in 1884 (10) Each of several projections on the rim of a wheel that engage with the links of a chain or with holes in the film, tape or paper (11) Canadian (12) ragout (13) Martin Peters (14) Françoise Bettencourt Meyers (15) £1.05 (16) 13:14 (17) Fraulein (18) Volodymyr Zelenskyy (19) A watercraft with two parallel hulls of equal size (20) King Fahd International Airport in Saudi Arabia

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