

## FROM THE HORSE'S MOUTH – July 2024. Edition No. 115.



Hello. I hope you are well today. Thank you for viewing this e-magazine. Please note that our website address is:

[www.fromthehorsesmouth.org.uk](http://www.fromthehorsesmouth.org.uk)

I have had a good month. I am continuing to get better from my heart attack in February – I am now down to one steroid tablet a day from 12 a day, so I will soon come off of them altogether.

If you want to submit something to be considered for publication – expressed in a non-racist, non-sexist and non-homophobic way – or want to donate to the running costs of the magazine/advertise, you can contact us at: [dean@fthm.org.uk](mailto:dean@fthm.org.uk) Best wishes, Dean Charlton.

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### MY NOT VERY SERIOUS STARS



#### **Scorpio 24 Oct – 22 Nov**

You seem to be the kind of person who puts all their eggs in one basket; this is a mistake. Now is the time to spread all your bets and leave room for the unexpected. At the moment, you seem to lack motivation and are not doing very much but don't

worry, and enjoy the luxury of doing nothing until things change. Wear your partner's clothes if you want to.

### **Sagittarius 23 Nov – 21 Dec**

It is a good time to have a shave as your husband may be jealous of your extensive beard. You seem to think you are very cool, but it's time to take a long, hard look at yourself and realise that you are not that special after all. Time passes quickly, so maybe you should concentrate on your individuality instead of just being one of the herd. Change your soap.

### **Capricorn 22 Dec – 20 Jan**

A woman, who wears her heart on her sleeve, will tell you that she loves you this week, but be aware that she is very fickle and may be in love with someone else this time next month. It may be the right time to consider moving home, but will you just be jumping from the frying pan into the fire if you do so? You are a lovely person, but don't let people take advantage.

### **Aquarius 21 Jan – 19 Feb**

You have been working diligently this year, so why not book a holiday and take a well-earned rest? Look after yourself better. It is clearly good to try and be independent in life, but don't be afraid to accept help if you need it. A wealthy man may come into your life soon, but be careful as he clearly thinks that everyone has their price. Smoke less tobacco.

### **Pisces 20 Feb – 20 Mar**

A lady in a wheelchair will amuse you with her cheeky personality and make you realise that you are taking life too seriously. You are about as intellectual as a brick, but you are doing something right as you are socially very popular and successful in many other ways. You have got very fat recently, so decide whether you really care or not – maybe eat less?

### **Aries 21 Mar – 20 Apr**

One day this month, you will meet someone very attractive on a night out and wish you had changed your underwear – you don't want them to think you were born on skid row, do you? It is a good time to stop horsing around and take up a new hobby. You may be very ugly, but if you persevere, you will meet someone who recognises your inner beauty. Continue.

### **Taurus 21 Apr – 21 May**

Life may seem very hard at the moment but don't give up as blue skies are on the horizon for you and all the clouds in your life will soon disappear if you are patient. A beautiful woman will show interest in you, but do you really want to change the path you are travelling on? Good health will be bestowed on you by the planets, and you will be very happy soon.

### **Gemini 22 May – 21 Jun**

You seem to be very obsessed with alcohol at the moment, so why not take a break from it and look at life from a different angle? You may have the big house and new car but these won't create the happiness you crave. A chance for real love will present itself this month, so don't be a fool and ignore it. Excitement may be found in a tuna sandwich!

### **Cancer 22 Jun – 23 Jul**

It is a good time to start to be more realistic and accepting of your friends and their flaws – are you so perfect yourself? I think not. Having a baby may be a good idea as it will breathe new life into your tired and boring world. An exotic cruise would also be a good thing as the world is clearly a bigger place than where you spend most of your time. Make some wine.

### **Leo 24 Jul – 22 Aug**

Lovely people like you seem to be too concerned with other's possessions. It is time you began to appreciate all the good things in your life – envy is a waste of energy. You should also try and enjoy more of the world's cuisine as your dietary choices are so limited and bland. A new dog with sweeter breath than you may please your long-suffering partner.

### **Virgo 24 Aug – 23 Sep**

The chance to undertake a bungee jump will come about this month, but will you have the courage to do it? Also, you will soon have to choose between love and money, so will you = show your real colours? An Australian woman may invite you Down Under, but is this a place where you truly want to be? Time to start making your own healthy bread.

### **Libra 24 Sep – 23 Oct**

Your mouth is as dirty as a used toilet, so clean up your verbal act if you want to attract new people into your social world. Someone at work may be funny with you, but make allowances as they are clearly going through a difficult patch in their life. The death of someone you love will hit you hard, but they wouldn't want you to be sad for too long.

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## **JUNE'S WORLD**



Hello, everybody. I hope you are all keeping well. It's time to write another article. A month has quickly gone by. First of all, I'd like to write a bit more about when I was very young.

I mentioned that I grew up down the Potteries in Castleford. It wasn't a bad place to live as there was always something going on to keep us kids occupied. I lived next door to my grandma and granddad so, from being able to walk, I went to their house. My granddad was always at home, unlike my grandma, who seemed to like going to her second family in Stockton-on-Tees up north. I used to watch my granddad baking or cooking, which he was excellent at, and he let me mix the pastry for him. I soon got the hang of it and consequently, from a young age, I knew how to cook and make dinners. It put me in good stead for when my mother was ill, which was a lot of the time.

My mother was a good mother, and she did well for us with the little money she had. My father used to deal in scrap metal and any other things which made money, but he was a poor husband and father in general.

I used to love going to Stockton-on-Tees where my Uncle Jimmy and Auntie Chrissie lived. They actually lived on the outskirts of Stockton in a little town called Thornaby. My Auntie Chrissie worked in the bakery and was permitted to bring home what was left over. When I went for the school holidays, I would clean the flat they lived in, and then go into the town with the money that my auntie had left for me. I had enough money for the pictures and a little left over to spend at the market. I never felt lonely or bored as it was all an experience for me; I was only 12 or 13. My Auntie Chrissie used to warn me not to sit next to any men which I didn't, as I was scared of men.

As I am currently writing this, I am in the house. It's far too hot to sit in the garden. Today, we've been to Lumby for a meal as it's only about a mile from where we live in Kippax. I do like making dinners, but it's too warm to be stood over a hot oven at the moment. We like having picnics and going to cafés as we are in our eighties and need to take it easy. We like jacket potatoes with cheese, two bowls of chips and cups of tea. We have worked since we were 15 and deserve a bit of pleasure!

Our granddaughter had her lovely baby boy which they called Harlow. Harlow is now 5 weeks old, and he is beautiful. They fetched him to see us yesterday. He was asleep the whole time, but his mother, Zena, said he wouldn't sleep through the night. You can't have it all ways. Zena seems delighted to be a mother, but the birth was not easy. Consequently, she doesn't want any more babies for time being.

Saturday morning has started off dull, but the weather forecast is good, so I think we may be in for a lovely day. We will probably go sit around the river with a picnic and watch the boats go by. It's a nice change to sit by the river, eat our sandwiches and drink coffee from a flask. We sometimes see men fishing or friendly people walking by.

Well, that's it for now. June. X

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## GRAHAM TOWNSEND'S MONTHLY QUIZ

### Questions:



- (1) Who succeeded Francois Mitterrand as President of France in 1995?
- (2) What religion was Prince a follower of at the time of his death in 2016?
- (3) Along with Larry Hagman, who was the only other actor to appear in all thirteen seasons of the TV soap "Dallas"?
- (4) Which racecourse hosts all Ireland's premier flat racing events?
- (5) Mount Vesuvius overlooks which modern day Italian city?
- (6) What name is given to the giant headed structures on Easter Island?
- (7) Who composed the opera "The Bartered Bride"?
- (8) Who was on the British throne during World War I?
- (9) Which British scientist is considered to be the father of theoretical computer science?

- (10) Which English football team play at Pride Park?
- (11) In the Bible, who was the wife of Ahab? (It is also a term used to refer to a scheming woman.)
- (12) Boxster and Cayman are models produced by which car manufacturer?
- (13) Who wrote the self-help book "Think and Grow Rich"?
- (14) Which two fugitives were shot and killed in Louisiana in 1934?
- (15) In which country did the cha-cha-cha Latin dance originate?
- (16) What is the largest member of the deer family?
- (17) Andy Jameson was an Olympic competitor for Great Britain in which sport?
- (18) Vladimir Ilyich Ulyanov, who died in 1924, was better known by what name?
- (19) Who is the chief navigator aboard the USS Enterprise in Star Trek?
- (20) Musician Sheryl Crow was previously engaged to which disgraced champion cyclist?

### Answers:

- (1) Jacques Chirac (2) Jehovah's Witness (3) Ken Kercheval (4) Curragh (5) Naples (6) Moai (7) Smetana (8) George V (9) Alan Turing (10) Derby County (11) Jezebel (12) Porsche (13) Napoleon Hill (14) Bonnie Parker & Clyde Barrow (15) Cuba (16) The moose (17) Swimming (18) Lenin (19) Mr Sulu (20) Lance Armstrong

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## ALICE'S THING OF THE MONTH

Written by Alice Kaur



Hello and welcome back to Alice's Thing of The Month! This month we will be talking about Psoriasis.

Psoriasis is an autoimmune disease which mainly affects the skin. What people don't know is that it can affect your organs, joints and the way your body works in general. People assume it is just scales on

your skin that get itchy, but it is a lot more than that. Skin cells are normally made and replaced every four weeks but, if you have psoriasis, this can take less than a week. This causes dry, painful, wet, itchy patches of skin and it can affect anywhere on the body. There is also five different types of psoriasis which includes plaque, guttate, pustular, inverse and erythrodermic. Plaque is the most common type to affect people.

I was diagnosed with psoriasis 13 years ago. I have plaque, scalp and inverse psoriasis. I got psoriasis after having chicken pox as a teenager. A lot of people get autoimmune diseases after getting ill, most commonly with Strep. Over the years, my psoriasis has been very up and down. Psoriasis can go into remission, but it usually comes back within a year. Psoriasis can be triggered by numerous things including stress, weather changes, hormones, and infections. My psoriasis usually flares up when I am very stressed or the weather changes dramatically.



I wanted to write this article to spread awareness that psoriasis isn't just on the surface. There are other comorbidities that come with psoriasis including psoriatic arthritis, cardiovascular disease, diabetes, eye problems and depression. Psoriasis causes inflammation in the body which can lead to these issues. Not everyone gets them, but that's why you have to try to live as well as you can: Eat healthy, exercise, drink water, get out in the sun and reduce stress. It is hard to do all these things all the time as this can become exhausting. If you see a dermatologist, they will recommend creams, medication and light therapy. I have used steroid creams before. The withdrawal is always bad from them, and you can only use them short-term, so I try to stick to natural products.

For a longtime, I have struggled with my psoriasis. I've been self-conscious, depressed, had people stare at my skin, thought that things would never get better and worried about my diet. The best thing I have done for myself is to accept that I have this for life and learn to love myself. So if you are out there with a skin condition, things won't always be bad. Some things I've used to help myself is using coconut oil for moisturising, eating anti-inflammatory foods, having probiotics, taking vitamin D tablets, reducing stress, exercising and doing yoga. I hope some of these things can help someone else. Everything is trial and error and psoriasis affects everyone in different ways. No two people are the same, but that's what makes us unique.

Thanks for reading.

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## **BRENDA'S WILDLIFE CORNER**



The red squirrel is found in Europe and Asia. Its decline in numbers has been influenced by the introduction of the eastern grey squirrel from North America in the 1870s. It is an arboreal, herbivorous rodent which feeds on fungi, nuts, berries, seeds of trees, garden flowers and young shoots. Its natural predators are cats, dogs and other small mammals such as the red fox, pine marten, wild cats and stoats. Humans also contribute to its decline through alteration of its

habitat and through road killings. It is important to add that the eastern grey squirrel carries disease that are deadly to the red squirrel. At the moment, there are only about 160,000 red squirrels (120,000 in Scotland), although efforts are being made to conserve them.

The Eurasian red squirrel is smaller than the eastern grey squirrel, measuring 25-30 cm in body length and weighing between 400 and 800 g. Its tail is very important in enabling it to move through the trees and along branches. Another useful aid in its movement is its sharp, curved claws. Interestingly, it can also swim.

Red squirrels are found in broadleaf woodlands and coniferous forests. They build their nests, or 'dreys,' in a branch fork. This is a domed structure about 25-30 cm in diameter and is lined with leaves, grass, bark and moss. Mating tends to occur during February and March and in the summer, between June and July. The gestation period is 38 to 39 days, so two litters per female is possible. On average, they have three young, which are called kits. The young are

born deaf, blind, and hairless; they are totally dependent on their mother. They have teeth by 42 days, although weaning only happens at 8 to 10 weeks. Sometimes, males and females have many partners. The life expectancy of the red squirrel is only three years.

\* Ref. Wikipedia

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## GRAHAM'S CD REVIEW – RADICAL OPTIMISM BY DUA LIPA



After the enjoyment I got from listening to her last album, “Future Nostalgia”, it seemed like a no brainer to purchase Dua’s new album and see how it compared with her previous outing. Dua has become one of the UK’s leading pop music artist over the last five years or so. This was one of the reasons why she was chosen to contribute music, including the track “Houdini” to the “Barbie” movie soundtrack, as well as appearing in the film itself as a mermaid Barbie, I’m sure!

This album has eleven songs, and the running time is just over thirty-six and a half minutes. That seems pretty standard for many modern pop albums. This is her third studio album. It entered the UK Album Chart at Number One, her second chart topper. Dua has writing credits on all of the tracks here.

The first thing I noticed about the physical album was the hologram cover, which features images of Dua with a shark swimming towards her or her swimming near to the seabed, depending on the angle at which you are viewing the cover.

On to the music itself, track two is the aforementioned “Houdini”, which many people will probably already be familiar with because of the Barbie movie. It was the first track from the album to be released as a single. To date, three tracks have been released as singles, the subsequent releases being “Training Season” and “Illusion”.

There is little for ballad lovers to enjoy here. There are slower sections to “These Walls” and the very short “Anything for Love” and “Happy for You”, but that is about it. In reality, this is a pure pop album with hints of 70s disco/ABBA about it.

I’m still undecided on my favourite song. I really like the album opener “End of an Era”. There is definitely a touch of the psychedelic about it. The Latino/Spanish guitar elements of “Maria” also grabbed my attention. The background claps add to the music. All of the singles are good to listen to. I think “Illusion” will be a big success chart wise.

There is a little bit of ‘colourful language’ on “These Walls” but, it doesn’t detract from or define the track really. I don’t think there is a single song that I found dislikeable. There are few complications to the album; most of the lyrics are very straightforward, something the die-hard critics don’t like, but this doesn’t bother me as it is a pop album!

So, is this album as good as “Future Nostalgia”? I’d probably say that it is good but not quite at the same level. This is not meant as a criticism as there was a lot to live

up to. There are certainly differences between the albums. This is natural considering that it was 2020 when the last album came out, but it's not a bad thing in my opinion.

STAR RATING \*\*\*1/2 out of 5

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## LETTERS PAGE



**Dear Editor**

I was walking through town this morning and couldn't believe how many young women had tattoos on their legs. In my opinion, this is distasteful fashion and is in no way aesthetically pleasing. I think people should respect their bodies more and not act like sheep.

**Tina Cockcroft, Leicester**

**Dear Editor**

While I agree that Israel is guilty of war crimes, I do think we need to differentiate between the Israeli government and the ordinary Israeli. Countries like the US and UK do not help matters by constantly supplying Israel with weapons that continue to kill and maim many innocent people. We need to stand up to Israel.

**Keith Rogers, London**

**Dear Editor**

Isn't the state of British politics impoverished, with a super-rich boy on one hand and another man who is totally pro-establishment and willing to say anything to get elected? How has it come to such a sorry state of affairs?

**Madge Wilson, Cardiff**

**Dear Editor**

Is it just me who finds the world of celebrity shallow and pointless? I think that many ordinary people are as talented as celebrities – if only they had the opportunity to show it. Then, there are those who use their fame to endorse products they probably have never used. There is much phoniness in the world, and I don't want to be part of it!

**Sam Hardman, London**

**Dear Editor**

I have enjoyed the debate about dogs in cafes. However, I think we should go further and ban all dogs (except assistance dogs) from our town centres as some are potentially dangerous, especially to children.

Also, we are supposed to be a nation of animal lovers, so why do people still eat meat?



Sean Nelson, Leeds

Dear Editor

Brexit has failed. Another referendum?

Paula Smart, York

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## MORE SPIFFING RECIPES FROM JUNE CHARLTON



### Orange Cake

Ingredients:

½ lb of butter  
½ lb of caster sugar  
4 large eggs  
½ lb of plain flour  
Grated rind of one orange  
½ lb of icing sugar  
3 dessertspoons of orange juice

Method:

Grease and line a 7" cake tin. Cream the butter and sugar together until light and fluffy. Beat eggs one at a time, adding 1 tablespoon of flour with each, gently fold in remaining flour and orange peel. Transfer to prepared tin and bake at 325 F/gas mark 3 for 1 ¾ - 2 hours. Leave in the tin for 5 minutes before turning out. Make orange icing by mixing together icing sugar and sufficient orange juice to give coating consistency. Spread over the top of the cake when cool.



### Nut Eclairs

Ingredients:

2 oz of plain chocolate  
5 oz of porridge  
3 tablespoons of sugar  
1 ½ oz of margarine  
2 tablespoons of golden syrup  
1 teaspoon of vanilla essence  
½ level teaspoon of salt  
2 oz of chopped nuts

Method:

Melt the chocolate and margarine in a basin over a pan of hot water. Add all the other ingredients except the nuts and mix thoroughly. Turn the mixture into a shallow 7 x 7 inch greased tin and sprinkle nuts on top. Bake in a hot oven 425 F/gas mark 7 for 10-15 minutes. When ready make into fingers and leave to cool. Divide into portions.



### **Sage and Onion Pudding**

#### Ingredients:

2 oz of chopped suet  
2 teaspoons of sage  
2 oz of fine oatmeal  
Seasoning to taste  
Milk for mixing  
5 oz of breadcrumbs  
2 ½ tablespoons of chopped onions

Small dash of Worcester sauce

#### Method:

Mix all ingredients together thoroughly, adding just enough milk to give soft consistency. Turn into well-greased tin and bake in pre-heated oven (350 F) for 1 hour. Cut into generous squares and serve with any meat and gravy.



### **Toad-in-the-Hole**

#### Ingredients:

¼ lb of plain flour  
Pinch of salt  
1 standard egg  
½ pint of milk  
1 tablespoon of melted butter  
1 lb of pork sausages

#### Method:

Sift the flour and salt together, add egg, ¼ pint of milk and melted butter beating well. Stir in the remaining milk. Arrange sausages in 10 x 12-inch baking tin and bake at 425 F/gas mark 7 for 10 minutes. Remove from oven and quickly pour batter over. Return to oven at 400 F/gas mark 6 for a further 40-50 minutes until well-risen, set and browned.



### **Sauté Potatoes and Chicken Livers**

#### Ingredients:

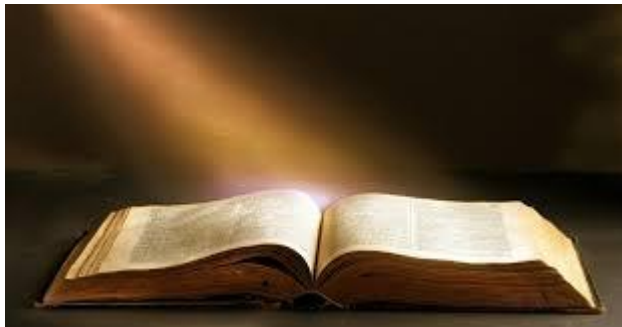
2 lb of new potatoes, cooked and sliced  
1 lb of chicken livers  
Flour  
Garlic, crushed (optional)  
Parsley, chopped  
Salt and pepper

Method:

Sauté the potatoes in butter until crisp and golden brown. Remove and keep warm. Dip the chicken livers in seasoned flour and fry in a pan with the garlic. Serve by arranging the chicken livers in the centre of an oval dish, surrounded by crisp sauté potatoes. Sprinkle liberally with chopped parsley.

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## BIBLE TALK



This is the word of the Lord to Zerubbabel:  
'Not by might nor by power, but by my Spirit,'  
Says the Lord of hosts.  
'Who are you, O great mountain?  
Before Zerubbabel you shall become a plain!  
The hands of Zerubbabel  
Have laid the foundation of this temple,

His hands shall also finish it.'  
(Zechariah 4:6,7,9, NKJV)

When Cyrus, King of Persia, said that the Jews could return to Jerusalem after 70 years exile in Babylon, they were led by Zerubbabel, the son of Shealtiel, who became governor of Judah.

In Jerusalem, Zerubbabel and Joshua, the high priest, organised the rebuilding of the temple, which had been destroyed by the ruler of Babylon 70 years earlier (see the book of Ezra.)

Zechariah foretells this rebuilding, but his prophecy has a second meaning that goes beyond what could be true for Zerubbabel the man.

It also refers to Jesus, and Zerubbabel's name is in place of that of the unborn Jesus.

Zerubbabel built a temple of stones, but Jesus is building a temple of living souls.

Paul wrote this:

Now, therefore, you are no longer strangers and foreigners, but fellow citizens with the saints and members of the household of God, having been built on the foundation of the apostles and prophets, Jesus Christ himself being the chief cornerstone, in whom the whole building, being fitted together, grows into a holy temple in the Lord, in whom you also are being built together for a dwelling place of God in the Spirit.  
(Ephesians 2:19-22, NKJV)

## A GREAT SUMMER OF SPORT

Written by Graham Townsend



As we head into July we can look ahead to some fantastic events in the sporting calendar.

Currently we have two major football tournaments underway with the Euro 2024 competition in Germany and the Copa America being held in the USA. If your nation is still involved in one of these events as you read this article, then the best of luck

to them.

One of the biggest sporting highlights of this summer, if not the biggest, is the Olympic Games in Paris, France. It is the 33<sup>rd</sup> summer games. It includes a plethora of sports and features athletes of the highest calibre from around the globe. The beauty of the Olympics is that it brings together high profile and lesser recognised sports on the same stage. For many of the sportspeople involved, this will be the pinnacle of their career as they have the opportunity to win a gold medal for their country. You could argue that it won't mean as much to the top players of sports, such as golf, due to the riches they earn from their regular tournaments and the four majors. However, for the tennis players who also command fantastic prize money, it is clearly of some significance when the likes of Novak Djokovic are potentially missing Wimbledon to try and win an Olympic gold medal.

We should also mention that the Paralympic Games are being held in the same location slightly later in the summer.

We have already mentioned tennis. Wimbledon is likely to be in full swing as you read this and, after the aforementioned Olympic tournament, all eyes will be on the final major of the year at Flushing Meadows in New York where the US Open takes place. We seem to be in a bit of a transitional phase in the world of professional tennis, especially in the men's game, where the old guard are starting to be challenged more vehemently by the up-and-coming players, such as Carlos Alcaraz and Jannik Sinner.

Back to the golf, it will be interesting to see how Rory McIlroy responds to his final round collapse at the US Open Championship when he returns to the UK for the Open Championship in Scotland. This will certainly be another major test of his mental toughness.

For cycling fans, the Tour De France is the highlight of their racing calendar as they clamour to see who will be wearing the yellow jersey when the event reaches its climax over the weekend of 20<sup>th</sup>/21<sup>st</sup> July. On the same weekend, the Formula One motor racing cavalcade will be converging upon the Hungaroring as their championship is in full flow, and continues throughout the summer into autumn and concludes in early December. When I was young, it was all over by early to mid-October! Sponsorship and an increased interest from the Arab world has seen a rapid expansion in the number of races taking place each season.

So there is plenty for all sport lovers to get their teeth into this summer. Let us hope both the action and the weather keep us warm during this period.



## SEEK AND YOU WILL FIND



**Written by Trevor Morris**

There are stories and parables in scriptures from many faiths that impress on us the importance of seeking for the truth:

Let him who seeks not cease from seeking  
Until he finds  
And when he finds  
He will be turned around  
And when he is turned around  
He will be amazed  
And he will reign over All

Jesus, Gospel of Thomas, Logion 2

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

Jesus, Matthew 7:7-11

The importance of this spiritual teaching cannot be underestimated. Jesus is telling us in the Gospel of Thomas that once we have discovered the truth ('and when he finds') we will be 'turned around' and we will be 'amazed'. This turning around is the realization that the



external world is not controlling us but we are creating the external world. In other words, what we experience in the outer world is simply a reflection of our state of inner consciousness. This realization means that our relationship with the outer world is the opposite way round to how most of us think.

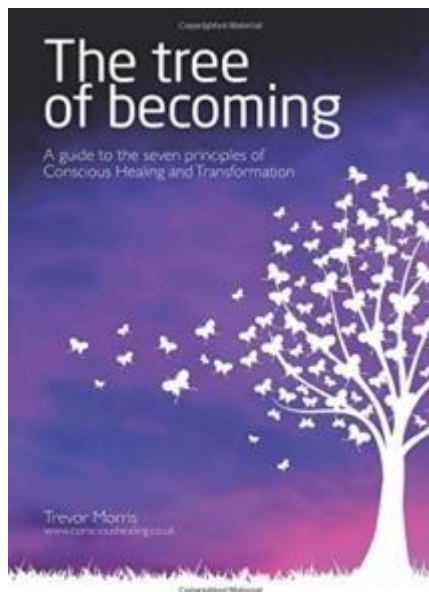
It is not just our own individual consciousness that affects the world we experience, but the consciousness of the society we live in and the consciousness of all humanity. We are the masters of our own fate, or put another way, 'we can reign over the All'.

The 'good news' or 'gospel' that Jesus proclaimed is that 'the kingdom of heaven is within us', and we may channel the Holy Spirit within us to create heaven on Earth (thy kingdom come, thy will be done in earth as in heaven).

The kingdom of God cometh not with observation: Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you.

Jesus, Luke 17:21

How we choose to use this understanding and power is very important. Most of Chapter 5 of my book 'The tree of becoming' is devoted to this. The chapter ends with a strong cautionary note about not using this power for one's own personal gain. This power should only be used with a strong intention of unselfish love towards other beings and the planet we live on.



This book is currently available in paperback and e-book format from:

<a href="https://wordery.com">https://wordery.com</a>	(free worldwide delivery)
<a href="http://www.amazon.co.uk">www.amazon.co.uk</a>	(free delivery in UK)
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<a href="http://www.barnesandnoble.com">www.barnesandnoble.com</a>	(free delivery in USA)
<a href="http://www.lulu.com">www.lulu.com</a>	(free delivery in USA)

## A BRIEF LOOK AT THE LIFE AND MUSIC OF BOB MARLEY



Bob Marley was a renowned reggae artist whose work had a profound effect on the world of music. He was Jamaican, born in 1945 and died in 1981 of Acral Lentiginous Melanoma. In 1976, he survived an assassination attempt stemming arguably because of his political views – he was outspoken in his support of social democratic reforms. Marley converted to Rastafarianism from Catholicism in 1966, and claimed that the use of marijuana aided religious growth and also helped people to connect to God (Jah). This explains why he supported legalisation of the ‘herb’. It is important to mention that he was also a Pan-Africanist

who believed in the unity of African people worldwide.

Marley married Rita Anderson in 1966 and had 3 children with her, although he had at least 8 more to other women. Besides music, he had a massive passion for football, which he regularly played. He took an interest in the Brazilian club Santos and its star player Pele, and he also followed the fortunes of Tottenham Hotspur and Ossie Ardiles. In the 1970s, he even made Jamaican footballer Allan “skill” Cole his tour manager.

Now let’s take a look at the music career of the reggae icon. His professional career began in 1963 with the formation of a group called “The Teenagers”, which included friends Peter Tosh and Bunny Wailer. It then became known as “The Wailers”; the band were later known as “Bob Marley and The Wailers”. In all, Marley was involved in the release of 11 albums. These albums included: ‘The Wailing Wailers’ (1965), Soul Revolution Part II (1971), Exodus (1977), Survival (1979), Burnin’ (1973) and Uprising (1980).

The group flourished on the international stage following its signing to Island Records, but its real breakthrough came following Eric Clapton’s recording of “I Shot the Sheriff” and the release of the live single “No Woman No Cry” – followed by their success in the US with their album ‘Rastaman Vibration’. In 1984, the Greatest Hits album ‘Legend’, became the best-selling reggae album of all time, and all in all, Marley sold a combined total of more than 75 million records worldwide. Consequently, he was awarded (amongst other things) a Grammy Lifetime Achievement and a star on the Hollywood Walk of Fame. One interesting fact is that when ‘The Wailers’ supported ‘Sly and the Family Stone’, it was fired for being more popular than the acts it was opening for! When ‘The Wailers’ disbanded in 1974, the three main members pursued solo careers, although Marley continued to record as ‘Bob Marley and The Wailers’ with his wife Rita providing backing vocals.

As already implied, Marley’s music was heavily influenced by his conversion to Rastafarianism in the 1960s. He began to grow dreadlocks around this time. One other person who helped his career was Joe Higgs, who taught him how to play the guitar and enabled him to be more than just a vocalist.

Of course, many of us know his most famous songs like: “Redemption Song”, “Buffalo Soldier”, “Exodus”, “Waiting in Vain”, “Jamming” and “One Love”, but it is true to say that, in his short lifetime, he was prolific and created many other beautiful songs for us to enjoy.

In 1977, he was diagnosed with cancer under his right toe, but he refused to have it amputated because of his religious beliefs, and he continued touring. Unfortunately, the cancer spread throughout his body and was discovered after he collapsed while jogging in Central Park, New York. He was baptised as a Rastafarian shortly before his death and given the name Berhane Selassie on the 4<sup>th</sup> of November 1980. Appropriately, he was granted a State Funeral in Jamaica, which combined parts of Ethiopian Orthodoxy and Rastafarian tradition. He was buried near his birthplace in Nine Mile and his casket contained a bible opened at Psalm 23, his red Gibson Les Paul guitar and a stalk of gange. The Jamaican Prime Minister said at the time: “Such a man cannot be erased from the mind. He is part of the collective consciousness of the nation”.

\* With a lot of help from Wikipedia

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## ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



### Questions:

- (1) What is the French word for swimming pool?
- (2) Who invented home refrigerators?
- (3) Who is the most capped German male footballer?
- (4) What is a bassoon?
- (5) What is the capital of Botswana?
- (6) Who originally starred in the hit show Magnum Pi?
- (7) What was Frank Lloyd Wright famous for?
- (8) Who is the current World Chess champion?
- (9) What is the German word for lift?
- (10) What is the name of Michael Jackson's daughter?
- (11) Which country produces the most cotton?
- (12) Which is the biggest planet in our solar system?
- (13) What is the main language in Brazil?
- (14) What characterises a narcissist?
- (15) Who played Mork in Mork and Mindy?
- (16) What is a nebula?
- (17) What is a noeud papillon in English?
- (18) Who in cricket has scored the most test runs?
- (19) How many pints are in a litre?
- (20) What is a frisbee?

**Answers:**

(1) Piscine (2) Fred W. Wolf in 1913 (3) Lothar Matthaus (4) A musical instrument in the woodwind family, which plays in the tenor and bass range (5) Gaborone (6) Tom Sellick (7) Architecture and design (8) Ding Liren (9) Aufzug (10) Paris (11) China (12) Jupiter (13) Portuguese (14) Someone with an unreasonably high sense of their importance (15) Robin Williams (16) A giant cloud of dust and gas in space (17) Bow tie (18) Sachin Tendulkar (19) 1.76 (20) A concave plastic disc designed for skimming through the air as an outdoor game or amusement

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**Editor's Final Word:** Thank you so much for taking the time and trouble to read this E-magazine. If you are interested in reading it online, you can do so at: [www.fromthehorsesmouth.org.uk](http://www.fromthehorsesmouth.org.uk) If you want to get involved with us, you can contact us at: [dean@fthm.org.uk](mailto:dean@fthm.org.uk) Best wishes, Dean, Brenda, Robert, Graham and Willow.