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~ SMILE ~  
**EBB & FLOWS**  
**MOTTO**

**EBB & FLOW**  
**(THE NEW VOICE)**

Details inside...  
 Copyrighted Magazine

**EARTH'S CREATIVITY**

The Art in us, is us  
 It is the perception we see  
 The unique moments  
 Of the Earth's Creativity.

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~ CHICO ~  
 Lawson Productions International  
 Printed and Published in Hastings UK 2010

PLEASE USE 'MAGNIFIER' IF NECESSARY!

**AUTUMN 2010**

**FREE**

Voluntarily donated

**EBB & FLOW (THE NEW VOICE)**

Previously known as  
 Ebb & Flow Community Magazine



© Brett McLeans Photography Status  
 GMTV's Lorraine Kelly with Lord Brett.  
 (Your Patron)

Founded as 'Josie Magazine' May 1999, Editor/Founder Josie Lawson Patron Lord  
 Brett Reginald McLean of Hastings from October 2002—Contact email LordofHastings@aol.com-HASTINGS BASED MAGAZINE 1066 COUNTRY-

THE SUN SHINES WITH A SMILE.. **MOTTO** —SMILE.—CLIP ART—  
 MICROSOFT OFFICE PROFESSIONAL 2007

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 IF CANNOT READ WITH EASE OR MAGNIFIER...



## **EDITOR/FOUNDERS NOTE**

Hi readers,

I don't know if some of you have been trying to email me or not, but you may notice on these pages that my email address has slightly changed. It was all due to a problem I came across when I was upgraded to broadband. For some reason, even after I was informed that I could keep the previous email it vanished after about 3 weeks including all that I had saved...So here, I am requesting any who would like to still keep in touch or contribute like they have been in the past for Ebb & Flow, to email me to the new email mentioned...in the subject line—TO the desk of Ebb & Flow (The New Voice) - thanks.

There is a good side though...I love the broadband—I have option 3 as I do a lot of research also—this way, it is unlimited...and I love the feel, sense, sound and sight of the musicians all around the world...the study modes...the social side of things...

Since the last magazine, I have imported into my flat a Daisy Machine...it is hired from the RNIB—Royal National Institution for the Blind. It is really good to listen to stories as well now especially as my

eyes need the extra help these days. I am even listening to the anthology compiled by the Hastings Writing Group 'DIAMONDS' which was published in 2007 (I believe) - in aid of charity. The readers have done this anthology proud. This anthology was compiled of childhood memories including that of Hastings previous MP for Hastings and Rye...Michael Foster.

I am also typing this up on a new keyboard I have bought to aid my sight from SIGHT & SOUND, which I mentioned on my Hastings Observer blog—a lovely ZoomText keyboard with bright yellow keys and large print letters and numbers. I am getting on very well with it. I am not using the ZoomText yet, I believe I have to get a programme to make this work.

It's such a learning mode.

Anyone who would like to come up with some tips for the next and future issues please do send them in...

Also, I am hoping any of you avid readers out there, will send in some reviews on your favourite books and gradually I will find the space. I've already asked for one...

Until next time...take care.

*Your Editor...*

**EBB & FLOW**  
Does not necessary  
agree with any  
opinions contained  
in this publication

**No part of this magazine may be reproduced, stored in a retrieval system, or be transmitted in any form or by any means without first contacting EBB & FLOW and the authors of said pieces, or be otherwise circulated in any form or binding or cover without a similar condition—**

Please tell all your friends about this magazine? Pass

it on in fact. The more that get involved with it, the more people will enjoy. Just get them to send a stamped addressed envelope (A5) and when one is ready it will be sent through the post to them, or yourself. Gift donations are always welcome to aid its growth. The motto is SMILE— it always has been. Having health problems there may be some delay, but I've kept it going for 11 years, and its now in its 12th, so keep the information coming and the stories, poetry, etc. Please make them legible as I have a sight problem. **Editor's Choice** with regards to publication. Please keep copies of your work as they cannot be returned. Subjects can be as diverse as jokes, recipes, poetry, prose, science, politics and the wonders you find in the world. No payment, except for the fun you have joining in and learning from doing so. Reserved right to republish material, but copyright remains with authors. Magazine is copyrighted to itself. *Your Editor.*

## **CONTACT ADDRESS**

PO Box 117, St Leonards on sea, East Sussex.  
TN38 9ZJ—UK

Email: josie301@btinternet.com

This magazine as you see has slightly changed. The new name is Ebb & Flow (The New Voice)- It is now your Editor/Founders hobby. No pressure. I will still do my best voluntarily. I also hope many will still contribute as before. What has changed? I have still arranged for some of the usual outlets, the main being the Hastings Reference Library. Will also do my best to send to the College/Universities. There is no longer a Treasury A/C

My first challenge was a photograph which you should see in here. I still have to rest after the major surgery I had, but doing this magazine is therapy for me and I am sure many of you may like to do the same...it is still a bouncing board.

**WRITINGS WELCOME (Fact, Fiction, Fact/Fiction) THERE IS NO DEADLINE JUST KEEP WRITING AND SENDING, ANY SUBJECT YOU FEEL THE PUBLIC MAY BE INTERESTED IN:-BE IT STORY, POEM, PROSE, TOPICAL, JOKE, RECIPE, WHAT ABOUT HOW YOU FEEL ABOUT YOUR OWN HOME TOWN? A BIT OF ART/PHOTO CAN BE EMAILED: Please try email attach. Have probs opening PDF ???**  
**No returns. The Editor looks to the heart—try your best and you will be considered—all abilities accepted for possible publication—Parents/Guardians please write confirming OK with under age children and also you can help any under age children writing the envelope. If non-legible could you please also send in printed block copy of words to enable the editor to reprint legibly and correct. Thank you. SMILE - PLEASE NOW REMEMBER, THIS IS NOT A BUSINESS—IT IS A THERAPUTIC HOBBY THAT THE EDITOR WILL CONTINUE TO DO TO THE BEST OF HER ABILITY...SHE HOPES TO CARRY ON SIMILAR TO THE PREVIOUS MAGAZINE, BUT THERE CAN BE NO PRESURE LIKE A BUSINESS WOULD BE...IF YOU WANT TO CONTRIBUTE IT WILL BE YOUR OWN CHOICE...(NO PAY- JUST FUN)**

Ebb & Flow or The Editor/Founder/Patron cannot be held responsible if information contained has altered since the initial printing date.Thank you. *The Editor/Founder*

**Websites:**

www.nspcc.org.uk

www.redcross.org.uk

**ME TIME**

I read my book  
Hear my soul  
Watch a film  
Walk a mile  
Write my words  
Hear my songs  
Touch the sound  
In my Silent World  
(c) Josie Lawson

THANKS TO ALL WHO  
HAVE HELPED AND GIFT  
DONATED AND CONTRIB-  
UTED. To Ebb & Flow (The  
New Voice), ..in particular  
Lord Brett McLean,  
(Patron), Shorelink Com-  
munity Writers- (Grass  
Rootes Open Writers) —  
Marriotts Photographic  
shop, Sally/Ro Gardner...  
And all who still have faith  
in this here mag....

**Escape from the real  
world, but can we ever?**

*I'm waiting to hear—I'm  
sure many of you have  
words to tell!  
Please keep it clean.  
Think of an eco-friendly  
world  
A love story  
Or—anything that comes to  
mind!*

**Address next page  
Email or Postal....**

HOPE FOR A  
BRIGHTER  
FUTURE...

**Count your garden by the flowers  
Never by the leaves that fall**

**Count your days by golden hours  
Don't remember clouds at all**

**Count your nights by stars  
Not shadows**

**Count your years with smiles  
Not tears**

**Count your blessings not  
Your troubles**

**Count your age by friends  
Not years**

anon

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0345 60 80 196 for Enquiries

**UNEXPECTED MESSAGE....**

Peter Souter ...28 June 2010  
(facebook)

Hi Josie  
I hope this message is not an intrusion. My name is Peter Souter and I'm the writer of Married, Single, Other. I just wanted to say how moved I was to read your kind message about my show on facebook, especially given what you've been through. I spent a lot of time researching, trying to get Lillies experience with her illness right, and I have to say, was very nervous about how people who'd been through it for real might react. So it really means the world to me that you found things to like in MSO. I wish you good health and good luck. Hope you don't think me too much of a goof getting in touch .

Kind Regards  
Peter.

**Message from the editor...**

*I was very touched with Peters contact....I returned a reply personally... (published here with permission)*

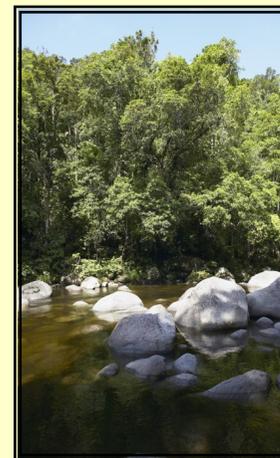
*Thank you Peter.*

*After my 2nd contact...I was sorry to hear that MSO will not have a sequel...but will look forward to hearing from you about the new show you are working on.... END*

**THE SMILE OF LIFE IS  
WITH US IF WE  
ALLOW IT TO BE**

**THE MOMENT OF  
TRUTH IS WHEN WE  
FIND OURSELVES  
ROCK BOTTOM- AND  
THEN THIS LITTLE  
LIGHT APPEARS AND  
WE FIND THE SPIRAL  
STAIRCASE RISING  
AND LIFE APPEARS...**

© Hendrietta...





Information card given by a Samaritan for inclusion in Ebb & Flow (The New Voice)

Whatever you're going through, we're here to help 24 hours a day—in confidence and without judging.

Tel: 08547 90 90 90\* (UK) 1850 60 90 90\* (ROI)

Email: jo@samaritans.org

Website: www.samaritans.org

Hearing problems contact: 08457 90 91 92\* (UK) 1850 60 90 91\* (ROI)

Or meet us in person—find your nearest branch on our website.

\*All calls charged at local rate

A registered charity.

WE DON'T KNOW WHEN YOU MIGHT NEED US. WE'RE OPEN 24 HRS A DAY...



As written on the card...repeated as didn't scan in well...

Stephanie Chamberlain Complimentary Therapist Dip.Hip.Dip.CP.LHS.MCS.Acc

Counselling, Hypnotherapy Personal Development

07939 630 451

inneri@inneri.org.uk

www.inneri.vpweb.co.uk

(Please inform if you make contact where you found this information.) (Given by Stephanie with thanks. Said would pass on...)

\*\*\*\*\*

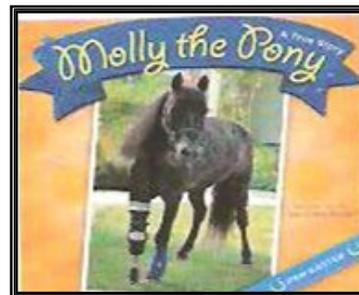


Meet the furry bunny my daughter gave me while I was undergoing major surgery. She knew I liked furry animals...

25th May 2010

Hello Josie: Attached is a copy of the front of the book and you are welcome to use it. You are also welcome to post my last email if you would like. Here is a short bio about me. Pam Kaster managed an equestrian program for disabled riders for three years and is an avid student of natural horsemanship techniques. She has been a member of the local emergency preparedness committee for twenty years and managed a Red Cross shelter during Hurricane Katrina. She is a member of the Equine Photographers Network. She lives in Zachary, Louisiana, USA with her husband, three horses, three dogs and two cats. Best of luck to you in your endeavours. If you need more info, let me know. Pam Kaster.

(message from editor...I am not certain about placing the story in the next mag...but I will research into it...if any horse rides or lovers are out there reading this who may have some stories to tell my readers...please do not hesitate in contacting...)



21st May 2010



Hi Josie (Molly wasn't rescued by Barby Keel although I'm sure Barby would be chuffed if you mentioned the Sanctuary in Ebb & Flow).



The sanctuary, open-air café & on-site shop are open to visitors every Sunday afternoon from 2-4.30pm April—October. Great for families as the café is very cheap and there are lots of animals running round to pet. (Entry free).

Barby Keel relies on donations (cash, food, bedding and things to sell in her charity shops) as she receives no government funding.

Volunteers. She desperately needs more committed volunteers to help on Sunday afternoons (when open to the public) and from 9.30—12.30 in the mornings to care for the animals (feeding, grooming, clearing out etc).

Website: http://www.barby-keel-animal-sanctuary.btik.com Phone: 01424 222032 Address: Barby Keel Animal Sanctuary, Pipedene, Freezeland Lane, Sidley, Bexhill, East Sussex. TN39 5JD

I built and maintain the Barby Keel website and I took all the photos that are displayed on it myself, so there is no problem with copyright on anything there (for you to use for the magazine—editors security insertion for Ashley)

Love & light, Ashley... © photo's by Ashley Jordan



http://www.songstory.co.uk Ben Fairlight...Troubadour Storyteller & Singer-Songwriter.



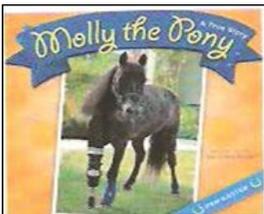
*Printed with permission...*

Hi Josie, I hope this message is not an intrusion. My name is Peter Souter and I'm the writer if Married Single Other. I just wanted to say how moved I was to read your kind message about my show on Facebook, especially given what you've been through. I spent a lot of time researching, trying to get Lillie's experience with her illness right and, I have to say, was very nervous about how people who'd been through it for real might react. So it really means the world to me that you found things to like in MSO. I wish you good health and good luck. Hope you don't think me too much of a goof getting in touch. kind regards Peter

22nd May 2010

Josie. I very much appreciate your professional courtesy of contacting me prior to using my material. I did not write the article, however, I did write the book, Molly the Pony. A True Story from which someone took the info for the article. If you use my photographs, I request that Photo by Pam Kaster be added to the pictures of Molly and the picture of her leg with the white sox. I also ask you mention the photographs came from my book, Molly the Pony. A True Story. If you decided to include www.bayouponytales.com your readers will be able to click on a recording of the song that is in the book.

Your magazine looks interesting! Please send me a link when you run the article about Molly. All the best. Pam Kaster.



➔  
Cont. page 25

19th May 2010  
Sally Gardner...  
Hi Josie

That's brill—many thanks! Will print and read later. Also for reassuring me—I thought I'd deleted the rest of the message. Such a facebook ingénue!!  
Hugs, Sxxx

18th May 2010

From Rebecca Soan (Hastings Information Centre)

Thanks for this Josie, had a good read, really good, just keeps getting better!  
See you soon x

19th May 2010

Hi Josie

It's fabulous, thank you so much. Will we be able to get a paper copy at some point?

Best of luck with it all, it's an interesting read.

Meg

Bell's Bicycles  
Hastings Old Town

*(message from editor—hope you managed to pick up the previous copy of the mag...they were distributed throughout the town—if not, they can always be reviewed at the Hastings Reference Library).*

19th May 2010

Well, aren't you the brainiac!?!  
Learning to create and send PDFs...nice community magazine. A good outlet for the artsy fartsy types who can share their feelings and thoughts. You're doing a good service. Congrats.

Norman (USA) *(from Editor—hope can do the PDFs again for this mag, since computer needed to upgrade to windows 7 professional, have had nothing but trouble on incoming..Maybe others should work out how to interact also.....)*

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**THE JOY OF LIFE  
IS LIVING IT....**

© Hendrietta

**THE IMPORTANCE  
OF BRAIN  
TRAINING...**

**IS DOING IT...**  
© Hendrietta

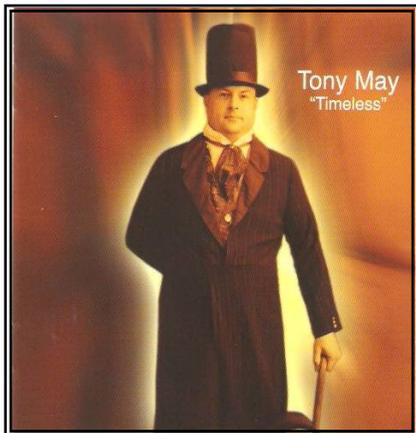
**BUT IF YOU  
NEED  
TOO ...TALK...**

'Heaven does have a phone...just open your heart and find your way there inside your heart...

© Hendrietta

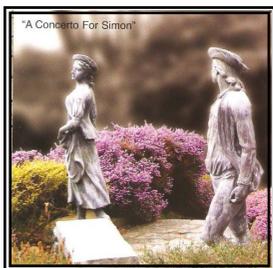
**IT IS SOMEONE'S BIRTH-  
DAY SOON...**

Please try not to forget to send a card or wish them a Happy Birthday....and sometimes a gift can be a real miracle... © H.



Produced by Harvey Summers  
A 2010 T.M.Gold Star Production  
All songs written by Tony May and  
Harvey Summers

A Concerto For Simon  
One Man is An Island  
The Ballard Of Karl Heinrich  
In Dreamers Eyes  
No More Bent Bananas  
The Toy Museum  
Inspiration  
Everyone  
Timeless  
So Many Things  
Terrified Of Life



*The First CD that I have reviewed  
that has hit my heart...so unique  
and different...hope you will go far  
Tony...*

*Tony May "Timeless" - First  
Impression—cover—brilliant...*

*I first met Tony May at  
'Shorelink Community Writers' - time  
has sped by—scribes will be  
scribes—*

*As I have got to know Tony, I sense  
he has great powers to release to our  
world...I tend to understand his  
soul..quite often he has written  
words in 'Hastings Town' another  
magazine that I have just had to re-  
spond too...*

*His musical ability, his words,  
journalism...by far outweighs my  
own...I wish him all the luck in the  
world...*

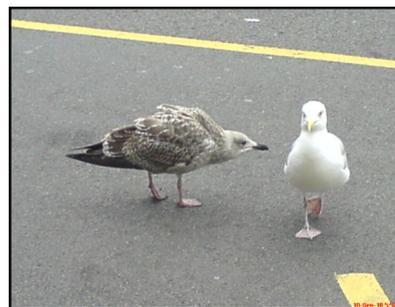
*I am so glad Tony sent me this  
CD to review—the words and music  
seem to have climbed into my  
heart...there is only a few that do  
that...so many musicians around are  
prone to clone... Tony and Harvey I  
feel have come up with a genius...*

*Josie...  
Ebb & Flow (The New Voice) Editor...*

*Contact details: Tony May, 20 Wishing  
Tree Rd North, St Leonards on Sea, East  
Sussex. TN38 9AQ*

*Email: unseated.tony@googlemail.com*

**COULDN'T RESIST SHOWING....**



© Both by Josie Lawson 2010

\*\*\*\*\*  
Lord Brett McLean—Presentation of cer-  
tificates to walkers who took part at this  
year's 7th Annual Pier Walk Challenge.  
Cheques awarded to the organisations rep-  
resentatives. Guest of Honour The Rt  
Worshipful The Mayor of Hastings Coun-  
cillor Kim Forward.



© to Lord Brett McLean

**Letters/Emails to Ebb & Flow**

June 7th 2010

Hi Josie

Here, as promised, is a copy of my new al-  
bum 'Timeless'. It would be nice if you  
could do a review of it in Ebb and Flow. If  
you do maybe you could also print my con-  
tact details should anyone wish to purchase a  
copy?

The album has cost over 10,000 .....so any  
help you can give me in selling a few CDs  
is greatly appreciated.

I don't expect for one moment you will like  
all the songs in 'Timeless' as, like me, it's  
in an odd b...but please feel free to review it  
honestly and without bias. It is important to  
me to know what people really think and not  
just what they feel. I would like to hear.

Anyway, I know I can rely on you to do  
what you think is right.

Love Tony May xx

*(If you contact..details with review early in  
magazine...please state you found the  
details from this magazine).*

**STOP PRESS** From Martin Woodfine  
(msfbw@tiscali.co.uk)

Josie, I cannot go into detail but there  
is very good news on the 'Tear Down The  
(Hastings) Wall' issue. SHRIMP have rec'd  
confirmation from Network Rail that detailed  
plans for the wall and surrounding area have  
been submitted.

Best

Martin

**Hear some of Ben Fairlights  
songs at  
[http://ezfolk.com/audio/  
bands/4385/](http://ezfolk.com/audio/bands/4385/)>  
Troubadour Storyteller & Singer  
-Songwriter...**

A very great friend of mine has forwarded these to me for inclusion. Many years ago Atty and her daughter had her poetry within Ebb & Flow—if you look hard enough by reviewing at the Hastings Reference Library also, she gave me all the history which I published of the Cherokee nation.

*My daughter has kindly given permission for me to place some of her photos in here for Ebb & Flows readers to see....I think they are good....*



© 2010 Tanya West



© 2010 Tanya West



© Tanya West (Drusillas—Sussex)  
Meer Kats

\*\*\*\*\*  
A personal email I was pleased about...  
I am sure it will be ok to place in here...  
27th August 2010

Dear Josie  
*Tanni was very touched when I told her about you and your problems. Tanni would like to send you a copy of her autobiography. Seize the Day, I wonder if you could let me have an address to send it to.*

Many thanks  
Assistant to Baroness Grey-Thompson  
DBE - www.tanni.co.uk  
(I have received the autobiography with greatful thanks...) I think it was a misprint, should have read OBE...

These below are our numbers agains the Cherokee....

- One (Un) Sagwu
- Two (Deux) Ta'li
- Three (Trois) Tso'I
- Four (Quatre) Nvngi
- Five (Cinq) Hisgi
- ...Man (Homme) Asgaya
- Woman (Femme) Agehya
- Dog (Chien) Gihli
- Sun (Solei) Nvda
- Moon (Lune) Nvda
- Water (Eau) Ama
- White (Blanc) Unega
- Yellow (Jaune) Dalonige
- Red (Rouge) Gigage
- Black (Noir) Gvhnige
- Eat (Manger) Agi ' a
- See (Voir) Agowatiha
- Hear (Entendre) Atvgi ' a
- Sing (Chanter) Dekanogi 'a
- Leave (Partir) Ahnigi ' a or Ahiya ' a
- .....heres the Cherokee wordsSee more
- END

**DURING THE SCHOOL SUMMER HOLIDAYS, MY DAUGHTER, GRANDCHILDREN, SON AND FRIENDS OF THEIRS WENT TO SEE THE EASTBOURNE AIR SHOW...**

**EMAILS...**

Thursday, 19 August 2010

Hi Josie, nice to see you this afternoon; hope your re-tuning went ok! Seems the timing was superb as usual....

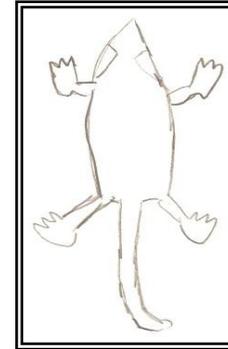
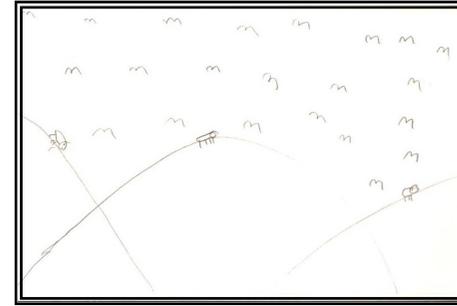
As I discussed, SHRIMP had an article in last weeks Obs (page 4, lower) regarding a number of issues in Hastings Station Approach.

The feedback and support has been good and I am pleased to advise that progress has already been made. The two main issues were:

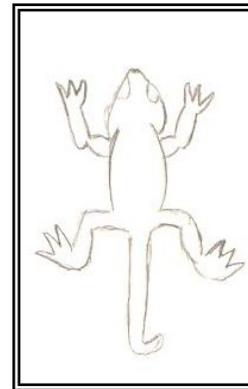
- 1)removal of the ugly barbed-wire topped wall that obscures the view of the new Health Centre
- 2)installation of repeater lights on the pedestrian crossing within Station Approach.

The responsibility for both these matters has been verified and the necessary bodies will continue to be pressured until these issues are resolved.

An interesting feedback from the article was a suggestion from Castle Ward Forum that new picture-based bus info boards should be installed at the Hastings Station bus interchange. This idea is gathering both approval and momentum; hopefully it will come to fruition sooner rather than later.



Both....  
© Alfie



© Cal...

\*\*\*\*\*  
**Exploring East Sussex.**

Guided walks and environmental events.  
Winter 2010-2011  
Further Info: 01273 481654  
Magazine can be found in Hastings Information Centre, Priory Meadow, Hastings also....

➤ Cont from previous page..

Another point of interest is the Jerwood factor. Whatever your personal point of view on the Jerwood project, the fact remains that it is being constructed and Hastings Borough Council have confirmed reported forecasts that this could eventually generate between 50,000 and 75,000 rail passengers through Hastings Station per year. SHRIMP, along with the towns representatives, will be discussing the impact of this with the train service operators, with a view that proactive service adjustments need to be made.

In the meantime, all together now:

**'TEAR DOWN THE (HASTINGS) WALL!!!!'**

Best regards,

Martin Woodfine  
o.b.o. St Leonards and Hastings  
Rail Improvement Programme  
(SHRIMP)  
p/o East Sussex Rail Alliance  
(ESRA)

cc: SHRIMP Gen Dist.

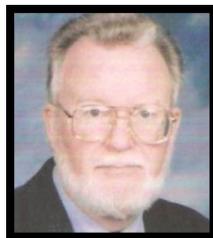


**Email: Tuesday 8 June 2010  
Josie**

I'm sure there would not be any problem reprinting the obituary, so long as proper credit is given to the newspaper and the publication is not something that the average person would find offensive. I'm sorry for the loss of your friend and wish you the best in your own medical battles. Benign is always a good word to hear when you have a biopsy done.

Mike Tolson  
Senior reporter  
Houston Chronicle  
713-362-7748

*As some of Ebb & Flows readers maybe aware; Rod Nichols a cowboy poet from Texas occasionally has his poetry within...*



*FAMILY PHOTO*

*In 1989, Roddy Eugene Nichols was awarded the Texas Excellence Award for High School Teachers. Rod was a very dear and trusted friend to me...I have missed him Greatly..it was not long ago, I found out about his demise, but have been entrusted by his widow, that it*

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East Sussex

**02/10/10 Gauguin**

**Bryan Davies**

Gauguin is justly admired for the rich lustrous colour and exotic South Sea Island locations of his paintings, but he was also an important pioneer, whose combination of fluent outline and concentrated expressiveness influenced a whole generation of painters after him.

**Pirates and Patriots -**

**20/11/10 The Cinque Ports**

**Brion Purdey**

The maritime defence of England once lay in the hands of five Channel Ports whose freemen, bold in their apparent indispensability, bartered with kings for honour and privilege. This morning school will trace their rise, expansion and eventual, although not complete, decline.

**12/02/11 Why do we love Jane Austen?**

**Elizabeth Allen**

By looking at the novels and film and television adaptations, we shall try to identify what elements in narrative, characters and style have charmed generations of Jane-ites, from teenage girls to elderly clubmen.

**05/03/11 Art and Photography**

**Bryan Davies**

"From today painting is dead." said Delaroche when Photography was first made public, but the relationship between Art and Photography became immensely, mutually enriching. This course will explore the continuing association, from Monet to Pop Art - indeed it could be argued that modern Art would never have existed without Photography.

Enquiries for St Leonards Lectures: Joan Pugh 01424 444686

Cont from previous page...

The feeling was "seaside towns should have gulls!!!!



\*\*\*\*\*

From: Councillor Jeremy Birch

Email: cllr.jeremy.birch@eastsussex.gov.uk  
28th June 2010  
Subject: Hastings to lose control of parking.

Please read the attachment which explains that East Sussex County Council is preparing to take control of on-street parking away from Hastings at its cabinet meeting next Monday.

If you feel concerned please write to Cllr Peter Jones, leader ESCC, County Hall, Lewes BN7 1SF—  
cllr.peter.jones@eastsussex.gov.uk and also to Rupert Clubb, Director Transport & Environment, County Hall, Lewes BN7 1SF.  
Rupert.clubb@eastsussex.gov.uk

Jeremy Birch  
(although this message says is is intended for Brett, Brett in turn sent to me and said I could use it...so I printed maybe a  
ART OF MIND here little

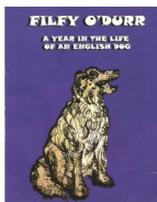
late, but if anyone is concerned, the emails are here for you to contact. Any feedback over this matter with regards the magazine please direct to The Patron: Lord Brett of Hastings Email: LordofHastings@aol.com  
From: Lord Brett of Hastings  
Email: lordofhastings@aol.com  
29th June 2010  
Subject: Hastings to lose control of parking

Hi Jeremy,  
I have forwarded this to our regional office at Polegate for their information as well as filtering to our Hastings & St Leonards members.

All the best  
Brett  
Chairman 1066 FSB  
PRO East Sussex FS  
\*\*\*\*\*

This book had a signing at Waterstones, Priory Meadow, Hastings  
A GREAT GIFT FOR DOG LOVERS!  
"FILFY O'DURR (The Novel)  
Is Filfy O'Durr a big, scruffy late middle-aged mongrel? Or is he something else? He is something else! This could be the funniest book of the year! Now available from Amazon, and Waterstones... by Sussex Author, MICHAEL GOULD and see FILFY'S WEBSITE  
www.filfyodurr.co.uk

Contact Mike at...(and please tell where you found this information)  
Email: tusker.mike@virgin.net



would be his wishes that I continue publishing his words occasionally...as were his to me whilst he enjoyed his words as I do...

★chron | Houston & Texas News

Admiration for the West heard in his words

After a long teaching career, Roddy Eugene Nichols devoted time to writing cowboy poetry  
By MIKE TOLSON Copyright 2007  
Houston Chronicle

Roddy Eugene Nichols, a retired Houston high school teacher who gained nationwide recognition as a cowboy poet, has died of a heart attack. He was 65.

Nichols taught speech and English at Lee High School for 20 years also serving as coach of the debate team. In 1989, he was awarded the Texas Excellence Award for High School Teachers, one of only 10 recipients in the state. He later became the dean of instruction at the Gregory-Lincoln Education Center. He retired in 1999 after almost three decades with the Houston Independent School.

Much of his time since then was devoted to crafting cowboy poetry, a genre that celebrates the cowboy life and culture, the frontier history of the American West (and Australian bush) and the values of rugged individualism. He published three volumes of poetry, ran his own Web site, contributed to

others, was a guest on radio shows and regularly attended gatherings of cowboy poets, where in the oral tradition of the genre's campfire origins, he read his work aloud.

"Rod was an extraordinary, prolific poet with a deep love of the West, knowledge of its history, and interest in its present" Margo Metegrano, editor of cowboypoetry.com, said in an e-mail. "He crafted evocative pieces that appealed to wide audiences, from simple homespun tales to deeper philosophical pieces...He was humble and friendly man, always encouraging to other poets."

One of those was Mag Mawhinney of Vancouver Island, British Columbia, who began sending poems to his Rod's Ol' Rockin' R Web site.

"Through the venue he created, many talented poets from various parts of the world were able to share their thoughts,"Mawhinney said "I learned a lot from the messages in his poems, which I considered to be some of the most inspirational I've ever read."

Australian cowboy poet Merv Webster, whose country also boasts strong frontier tradition and cowboy culture, said Nichols welcomed his contributions and always "kept a light on" for him when Webster was too busy to post.

"In a world of conflict and disappearing traditions, it was great to be able to share each other's cultures through the site,"Webster said in an e-mail.

➤ **Cont from previous page...**

Radio broadcaster Jim Thompson, who hosts a cowboy poetry show, said in several occasions Nichols attended monthly Heritage of the American West meetings in the Black Hills of South Dakota to recite some of his work.

“He always played to a packed house,” Thompson recalled. “God gave Rod Nichols such a wonderful gift. His words were like paint on canvas, and we were the admirers in the gallery.”

Longtime friend Gena O’Quinn remembered Nichols as a consummate educator—patient, encouraging, loath to criticize—who also possessed a fierce work ethic. “He tried to write a new poem each week,” O’Quinn said.

Another fellow poet, Linda Kirkpatrick of Leakey, said the poetry that netted from awards and distinction of bein-cowboypoeetry.com’s first “Lariat Laureate” will endure. (*editors note: couldn’t quite read this website*).

Nichols’ wife, Judith, said he was a devoted father to their two sons and loved teaching. Besides poetry, he painted and performed in summer stock musicals in Mississippi.

“He had a productive life,” she said. “Like Joseph Campbell said, Rod really followed his bliss. He did the things I was motivated to do and did them very well. He was very disciplined and finished all the projects he started.

Nichols was born in Nacogdoches in 1942 to J.C. Eugene and Thelma Catherine Nichols.

He graduated from Spring Branch High School and worked his way through the University of Houston, from which he obtained bachelor’s and master’s degrees.

He died Dec. 22. Memorial services were Saturday.

Besides his wife, he is survived by sons Michael and Dennis Nichols; three grandchildren, brother Don Nichols; and sisters Windy Lanzi and Stacy Hooker.

*mike.tolson@chron.com*

**(note from editor: OVER the years, Rod and I used to email poetry...once upon a time...I wrote a poem entitled DELUGE...I have no idea at the moment where the copy is...but at one stage Rod painted a scene and placed my poem on it...it went onto his website...(the poems are no longer there)....)**

**(I didn’t find out that Rod had passed away until earlier this year...a friend who was always there for me...you don’t get many of them in this world...I needed to contact for personal reasons...and now life is another new door on the way)**

**R.I.P**

Peace be with you always...

END

**I, your Editor had a problem on 1st May 2010 and ended up in A & E...it was a problem with the seagulls and whatever they shoot at you...but it went straight into my sighted eye...I still don’t feel right....on the day I mentioned it to The Patron which I handed over the letter from the army for his attendance at The White Rock Theatre, he had noticed an organisation in Priory Meadow about The Gulls....I went round after and saw them...they felt what happened to me was a freak...**

**Since then, the gulls seem to be causing havoc so the newspapers say...and not only in Hastings....**

**This entry from The Patron was sent in before the further news in media.... I don’t know if his reaction has changed or not....time will tell I guess.**

Lord Brett supports The Gulls!!

Lord of Hastings & Patron of The New Voice is seen pictured next to Leonard promoting the National Gull Rescue And Protection organisation.

This is a specialist voluntary organisation set up to rescue, rehabilitate and campaign for gulls.

People comment on how dangerous gulls are but often forget to comment on their beauty, personal appearance and graceful flying as well as the more important service that they provide.

The service being alarm calls and slip hazard prevention for the elderly.

If you need an early wake up call—no need to set an alarm.

More seriously, people will often drop bits of food on the pavement, promenade etc and if you’re an elderly person walking along the road—your sight might not be as good as it used to be; therefore you could easily walk on a piece of food and slip on it resulting in a severe injury.

The gulls will see this hazard and will fly to the rescue and dispose of the unwanted food waste free of charge!!!

**(note from your Editor—I was walking just past Subway, and opposite Costa in town....makes you think does it not?)**

And on a more serious note the BBC recently undertook a survey on people’s feelings towards gulls to find out that the majority 74.9% of locals interviewed here in Hastings & St Leonards were in favour of gulls being present

**Note from your Editor—I would be lost without Seagulls in Hastings... they are as Brett says, very graceful, beautiful—and on one other note...**

**Lord Tivers who used to own most of the Old Town of Hastings...our once known pink gentleman—was a good friend of mine eventually...the last I ever noted of him after he had a private chat with me was 3 weeks later...he was on TV talking about the Seagulls...**

**Maybe some would like to write in with some memorabilia on Lord Tivers...sorry of jumping in here Brett..**

You know how I can be so unpredictable...(Lord Tivers dec’d)

➤ **Cont from previous page...**  
responsible business and should be reversed.

The FSB was pleased to see that its campaign to save many businesses in the tourist sector has reaped results with the Chancellors announcement that tax breaks for Furnished Holiday Lettings will continue. While the Chancellor referred to stability in fuel prices, the FSB is concerned that proposals for a fair fuel stabilizer to control erratic movements in the price of fuel were not announced today.

**LORD Brett McLean 1066 Chairman & PRO for East Sussex, Federation of Small Businesses, said:**

*“The measures announced in the Emergency Budget will go a long way to reducing the deficit and will please the 93 per cent of East Sussex FSB members who called for a clear plan on tackling the county’s debt.*

*“The increase in VAT to 20 per cent will however, be detrimental to small firms who will have to pass the increase on to their customers, unlike big business which can absorb the cost:*

*“It remains important to remember that Hastings remains the 34th most deprived Borough in the UK and that a percentage of Bexhill citizens are also starting to experience the deprivation status as a result of the local & national economy.” ENDS*  
*(The FSB’s reaction above is an immediate response to the Chancellor’s*

*Emergency Budget speech 2010. Detailed examination of the accompanying report will be required before changes effecting small businesses can be fully evaluated.*

*The FSB is the UK’s leading business organisation with over 213,000 members. It exists to protect and promote the interests of the self-employed, and all those who run their own business. More information is available at [www.fsb.org.uk](http://www.fsb.org.uk)*

*18th May 2010*

Lord Brett officially opened the Bexhill Furry Friends farye held at Little Common Church Hall. Various stalls and activities were on hand for the delight of visitors including a display of the specialist trained rabbits that conduct visits within the community such as schools, community groups, nursing homes etc.

**£289.00 was raised from the event and the Bexhill Furry Friends President—our Patron is seen here being presented with his official Bexhill Furry Friends Polo Shirt.**



END

I would like to also place a remembrance here for my ex-husband who unfortunately passed away 20th November 2009—there is an ongoing obituary on the Hastings Observer website...name of Frederick West (Mick)

Also another very close friend who passed away I found out a week after had passed away a week before my ex-husband...family friend, but also a reader of Ebb & Flow (Australia) - So you can imagine, the tears shed this year, but life is a well of healing -

I have come to the understanding that the past is gone, history is a great depth of research, and the words that need to be written from me must be from me...throughout my approach to writing, I have had to steer clear of so much cloning its unbelievable...

We writers help each other along the way and this is really great...but when it comes down to it...its each individual person that does the writing, not the collective unless you all agree to it. ...

I saw a programme last night on the TV...25.8.2010 channel 4— My new brain...it was very interesting...A young man had had a fall, but then he had to rehabilitate and become a new him...in a way...I related to him... I underwent major surgery...(some don’t like to know this, and to my detriment, I have found this out just

lately...I am supposed to carry on as though nothing has taken place in my life...but others it can...)

There is no getting away from the fact that I underwent major surgery to try and get rid of my alien...a pituitary tumour...yet it is still there, and they monitor as it could grow again...

I have my moments of loss of memory, I drop things, my brain gets overloaded...and some I know also know just how to make this happen...but...my new door is opening... I am going to focus still on Ebb & Flow and other writings I want to try and do...I love my music still, as you will see from earlier in the magazine...**BELOW...this is an anon verse...I was given permission to always pass on...my friend who died in Australia.wrote it...**

**Count your garden by the flowers  
Never by the leaves that fall**

**Count your days by golden hours  
Don’t remember clouds at all**

**Count your nights by stars  
Not shadows**

**Count your years with smiles  
Not tears**

**Count your blessings not  
Your troubles**

**Count your age by friends  
Not years**



*this magazine afloat the best way I can for I know many people like to still read this even though some don't write in for others to read their thoughts about it...that is a shame...*

*With this also, I would like to thank Christine Shoemith who used to work in the Hastings Library back in 1999—I first approached her about my idea re: mag, and she felt it was a good idea and would gradually become a bouncing board for the community. How right she was...thank you Christine...I am sure some of the Hastings Library employees will pass this thought on to her...I know she has now retired. (Also, I did used to go to school with her, this was one of the reasons I first approached her).*

*I would like to thank Pam Ayres the poet for giving me many moments of encouragement when I happened to meet her a few times at her shows...the first one was at Claire Hall in Haywards Heath, I had just had an eye operation...then I saw her at the White Rock Theatre, Hastings...she gave me her card and contact details ...at that time she asked if I would like to write a few humorous verses for her Radio 4 poetry show...unfortunately, I ended up having an ear operation...but 9 months later I wrote and apologised with a copy of my then A4 Josie Magazine as it first started out...she sent back and stated she hoped it would continue as it had such bounce...since those days it has changed, more people contribute their stories, articles, - local writers, musicians send in their CDs for me to review even though some know I wear hearing aids...*

*You know when you have music in your heart as I do...my father was a musician, it is in your blood...you will find a way...I always rehabilitate my mind as best I can...I was re-tweaked last week (hearing aids)...and gradually, I hear better...but where some people think hearing aids*

*I'm sure many of you have seen these around in different shapes and sizes... This is the pink smile my daughter gave me with a green stalk whilst I was in Hurstwood Park.—As you would probably realise flowers were not allowed for me...I like the everlasting flowers now...*

*I would like to openly thank my family for all their support then, now and hopefully in the future.....*

➤ *Cont from previous page...*

Donated by our Patron for aid of the Bliss Charity for baby's born too small, too soon and too ill.



Lord Brett & The Cheeky Girls



GMTV's Lorraine Kelly with Lord Brett



Federation of Small Businesses  
The UK's Leading Business Organisation

### **1066 Branch FSB reaction to the first Coalition Government Emergency Budget**

The Federation of Small Businesses (FSB), today (22 June) welcomed many of the measures that the Chancellor has announced in the Emergency Budget, but expressed concern that rises in Employer National Insurance Contributions (NICS) were not completely reversed.

The FSB is pleased that the Treasury has listened to concerns about hiking Capital Gains Tax to 50 per cent, and has chosen instead to increase it to 28 per cent for those on the highest incomes. The FSB welcomes moves to increase the Entrepre-

neurs Relief threshold to £5 million from £2 million. This relief was called for by the FSB under the previous administration.

The move to reduce the Small Companies Tax Rate to 20 per cent is welcomed and will help over 850,000 small firms. The FSB is also delighted that the Government will extend the Enterprise Finance Guarantee which was introduced following calls from the FSB and helps many small businesses who face difficulty in accessing credit.

The FSB welcomes the proposals to exempt new businesses from NICs but believes that this should also be extended to existing businesses, which have the capacity to employ people. This useful scheme should also be made UK-wide.

Moves to increase personal allowances by £1,000 are also welcomed as it will help to reduce the pressure on businesses from wage demands and give employees more cash in their pockets.

Government plans to hike VAT to 20 per cent from 17.5 per cent will hurt small businesses in the high street. However, we are pleased that there is some time to go before the increase takes place and it is interesting to note that common sense has prevailed with the increase coming into play on 4 January 2011 and not on New Year's Day.

For many small businesses insurance on many items is a must and the proposal to increase insurance Premium Tax (IPT) from five to six per cent is a tax on

**MY GOODNESS, THE PATRON OF EBB & FLOW HAS REALLY BEEN BUSY....**

**I, your Editor** was invited by the **British Army (Sandhurst)** to attend a meeting at The White Rock Theatre...due to my own personal problems I asked your Patron Lord Brett McLean if he would go in my place, he very kindly offered to do so... This under is his account of the meeting...

Tuesday 29 June 2010

**Patron meets army Brigadier**

The New Voice Patron Lord Brett McLean was invited to attend a presentation about the British Army, hosted by Brigadier Iain James OBE, 2nd Commander South East.

The presentation was held at the White Rock Theatre with approximately 150 attendees representing various organisations from voluntary, charitable and governmental within the Hastings & Rother area.

The presentation showed how the British Army of today is breaking through the "old army style image" it often gets mistaken for and boasted its many operations, employment opportunities, liaison within the communities etc. There are 146 different types of employment within today's Army ranging from dog handlers to catering, communications to dentistry, art to weapon disposal etc etc and the starting wage for a 16 year old wanting to join the

army was £250.00 a week!!

The Army Presentation Team also explained how they work with various charities such as SSAFA, Royal British Legion and the Army Benevolent Fund (ABF).



Brigadier Iain James OBE  
With Lord Brett McLean

\*\*\*\*\*

**The Patron** has been extremely busy attending a whole host of business and charity events across the UK.

Starting with the launch of the Federation of Small Businesses "Ask Me Why Campaign" which took the Patron to Aberdeen Exhibition Centre in Scotland where he met with GMTV's Today presenter Lorraine Kelly.

The following week he travelled to the De La Warr Pavilion in Bexhill to attend the Saffrons Ball event where he met up with International recording artists The Cheeky Girls. £200.00 was raised from an auction prize

➤ *Cont from previous page...*

*cure, they don't...they help...once your hearing is lost it is gone...so perhaps with this appeal I say to all people reading this...don't go out of your way to lose your hearing...it is quite easily done...through massive loud noise...keep to a legalised level...I'm sure you can find this out from the RNID...~Royal National Institution for the Deaf....*

*My own hearing loss is due to Menieres Disease...*

**AWARENESS WEEK 2010**

Menieres Awareness week takes place this year from the 9-15 October 2010....As stated in the magazine I receive SPIN Issue 73. Autumn 2010 (The Meniere's Society Magazine helping people with vertigo, tinnitus and deafness) -

Anyone interested in this magazine or the Menieres Society—whether for yourself or a member of your family or a friend, as I do know many people have menieres....it would be of great use to make contact...

***Meniere's Society***

***The Rookery, Surrey Hills Business Park,***

***Wotton, Surrey RH5 6QT***

***Helpline: 0845 120 2975***

***Telephone: 01306 876883***

***Fax: 01306 876057***

***Email: info@menieres.org.uk***

***Website: www.menieres.org.uk***

***Registered Charity No 297246***

**Mr Baer ENT Consultant at The Conquest Hospital placed an article about Menieres Disease within a previous magazine (Christmas Issue 2009) I believe...I will place in a future magazine again, but anyone wishing to view now, could research the magazine at the Hastings Ref. Library.**

**END**

**-LOVE IS**

Love is a rare and gentle thing,  
Like riding on the waves of the ocean,  
Like the caress of butterfly wings,  
Like the raindrops softly falling—  
from the sky,  
Love is the apple of ones' eye.

~~~~~

Love is the warm breeze of spring,  
Like a lingering fragrance,  
~an essence from ~ within,  
Like a scented summer meadow ~  
~ filled with natures' air,  
Like the star-lit sky at night,  
Love holds true—forever burning bright.

~~~~~

Love is a romantic rhapsody,  
Like a feast that feeds ones' senses,  
Like the rhythm of the tide ~  
~ it ebbs and flows,  
Like time itself—it sees no end in sight,  
Love is magical, memorable ~ such a delight.

~~~~~

Love is the heart ~ Love is king,  
Like a maiden fair ~  
Who has eyes ~ only for him,  
And like a flower to a bee,  
Love is like nectar,  
Love is sweet ~ as sweet as thee.

(c)2007 A.C.Harrison



## Shorelink Community Writers

are holding a

# Quiz Evening

on

Saturday, 2<sup>nd</sup> October, 2010, at 7.30pm

in

The Arthur Easton Room,

St Michael's Hospice, St Leonards-on-Sea.

Entrance £6

to include nibbles, (wine available by donation)

Teams of up to six

To book a table ring Roland on:

**01424 882776**



Here under is written...the author is unknown-Neil Gould sent it in...9 Jan 2007

### The Mayonnaise Jar and 2 cups of Coffee.

*When things in your life seem almost too much to handle, when 24 hours in a day is not enough, remember the mayonnaise jar and 2 cups of coffee.*

*A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls.*

*He then asked the students if the jar was full. They agreed that it was.*

*The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls.*

*He then asked the students again if the jar was full. They agreed that it was.*

*The professor next picked up a box of sand and poured it into the jar.*

*Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with an unanimous "yes."*

*The professor then produced two cups of coffee from under the table. And poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.*

*"Now", said the professor, as the laughter subsided, "I want you to recognise that this jar represents your life. The golf balls are the important things—Family, children, health, friends, and favourite passions—things that if everything else was lost and only*

*they remained, your life would still be full. The pebbles are the other things that matter like your job, house, and car. The sand is everything else—the small stuff.*

*"If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.*

So...

*Pay attention to the things that are critical to your happiness. Play with your children. Take your partner out to dinner. There will always be time to clean the house and fix the waste disposal.*

*"Take care of the golf balls first—the things that really matter. Set your priorities. The rest is just sand."*

*One of the students raised her hand and enquired what the coffee represented.*

*The professor smiled. "I'm glad you asked".*

*It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."*

**Author Unknown.**

\*\*\*\*\*

### JOKES

What's tired, well travelled and-carries a heavy load?

**Answer:** A long distance lorry.

Why did a pair of curtains drift apart?

**Answer:** Cos' they couldn't pull themselves together.

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