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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 ~
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**AUTUMN/
 WINTER 2012**

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EBB & FLOW (THE NEW VOICE)

Previously known as
 Ebb & Flow Community Magazine



Charity Abseil with Lord Brett & Lisa Byrne
from Checktrade.com

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

THE SUN SHINES WITH A SMILE.. **MOTTO -SMILE.-CLIP ART-**

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Hi readers...

Although I have become quite tired of late, I have thoroughly enjoyed the research for this magazine. I have been in touch with professionals and poets./journalists and they have been very helpful. I have explained that this is now my hobby but know that many still enjoy it so I volunteer my time as I always have done, and now one of my writing groups have a link on their website still, my other writing group has the flyer and many are forwarding the link on twitter for me, plus no doubt many more that I don't know of. Many still contribute to the magazine which I pass onto you via its pages.

I cannot believe that another Christmas holiday is nearly upon us, and it is with this in mind, that I approached a fireman with an idea of mine for the magazine, and he thought it was a good idea and so gave me contact details. I am now ready to type in the information I received.

I was pleased to have made contact with one of the poets I have in this magazine this time. I have hearing problems, and she does too. I hope you enjoy this magazine as much as I have had preparing it for you.

I won't let you know all that is within or you might not look ha ha...

I think my memory must be lapsing, its messed me about a lot more since having the TIAs...but I still train the brain as best I can. In fact, I have an appt to check my tumour on the 8th November this year which is tomorrow, trouble is I thought it was for my Gold-

Editor Email:josie301@btinternet.com

man test for my eye but I didn't realise til today that I made a mistake.—I checked my diary. That is going to be on the 28th November, and then a further eye check up 20th December. As far as I know, the eye pressures are still ok since they were operated on 31st May, but I know, my sight is still messing me about, and I am still having the moments of missing words and pictures and people from the right side. I know I cannot see out of the right eye, but sometimes it happens with the left eye now. OK...face the fact I have to now. But I'm trying to stay as positive as I can. The pressure of eyes fading in front of you is not a good thing, but I do rest.

People wonder how I cope doing this mag, well, I have a 23" monitor, I can increase size of font, and I do have dyslexic tendencies, and sometimes I go over it quite a few times proof reading. Well, I shall say bye til the next mag. Please, if I don't manage to get another out til the new year...enjoy.

I was informed with the tumour check that all is stable, and will be seen in a years time. I though received a copy of the GP letter, and it states that I am to be having test called SYNACTHEN test (short) - I have never heard of this so I took a look on the Patients UK website. It seems it is to check the adrenal glands—it also states it can diagnose Addisons Disease which is rare...so time will tell.

Happy Christmas to you all and hope you have a great New Year.

Your Editor... Josie

Editor Email:josie301@btinternet.com

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

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Please tell all your friends about this magazine? Pass

it on in fact.the internet direct link now to find it, thanks. The more that get involved with it, the more people will enjoy. The motto is SMILE— it always has been. Having health problems there may be some delay, but I've kept it going for 13years, and its now in its 14th, 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.**

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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? The direct link now on the internet can be found via Grass Roots Open Writers...it is as follows: - <http://www.grow.btck.co.uk/EBBFLOW>. If you wish to print a copy you may do so from viewing on the writing groups website...There is no longer a Treasury A/C

this magazine is therapy for me and I am sure many many of you may like to do the same....it is still a bouncing board. Happy Reading....

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. Any pics by email attachment to cut and paste into pictures... 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 PRESSURE 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

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....

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

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

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

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 01323 462144



Wednesday 31 October 2012

Hi Josie
 Please find attached best practice and awareness leaflet for your attention. I hope this will give you the information you require for your article.

Kind regards
 Dan Channon
 Station Manager, AIRT.

Thank you Dan, I have copied the information so that it is said as should be, also, I cut and paste the icons above and below from the websites...I believe they are correct.

Josie...



What is CO poisoning?
 Carbon monoxide (CO) poisoning can be fatal or cause permanent

Damage to your health. CO is produced when carbon fuels don't burn completely. It has no smell or taste and, in large quantities, it can kill very quickly.

Where does CO come from?

CO can be produced in any fuel-burning appliance that is not properly maintained. Sources can include cookers, heaters, gas tumble dryers, hot-water heaters and fireplaces. Danger signs that CO may be leaking include:

- Yellow or orange flames where there should normally be blue ones: and
- Sooty stains on the walls around fires and water heaters. You could also be poisoned by CO if you share a wall or chimney with a house that has a CO leak, even if your own house does not have one.

Who is at risk of CO poisoning?

Anyone can be poisoned by CO. However, some individuals are more at risk than others. These include young children, the elderly, students, people with anaemia and those with heart and lung diseases. Pregnant women risk damage to their unborn child from CO.



⇒ *Cont from previous page...*

Use this list to check for CO leaks.

Check the colour of the flames in your appliances. If they are orange, there may be a problem. Whatever the colour, you should get your gas appliances serviced every year.

Make sure your chimney flue isn't blocked. If you have birds nesting in it, remove the nest and then fit a guard to stop them nesting in future. If you have plants growing up your outside walls, make sure they aren't blocking the flue. It is very important to get your chimney flue checked.

Do you have an eye level gas grill? These can be particularly dangerous so check yours is working properly. Older cookers can cause problems so use the electric toaster instead. Get your cooker checked now.

Is there enough ventilation in your home? Check that any air-bricks aren't blocked. If your windows are double-glazed your appliances may not have enough air and they could produce CO.

When were your appliances last checked? Get them checked every year—don't leave it to

chance. Use only qualified engineers and ask to see their ID cards. They must be registered with one of the following organisations.

- **National Grid** phone 0800 111 999
- **Gas Safe Register** (gas) phone: 0800 408 5500
- **HETAS Ltd** (solid fuel) phone: 01462 634721
- **APICS** (Association of Professional and Independent Chimney Sweeps) phone: 0845 604 4327
- **OFTEC** (oil) phone: 0845 658 5080
- **NACs** (National Association of Chimney Sweeps) phone: 01785 811732

Do you suffer from any unexplained illnesses such as tiredness, muscle pains, upset stomach, dizziness and headaches? If you do, go to your doctor and ask for a carbon monoxide test. Go straight to the doctor because the CO in your blood will soon drop once you are outside and your doctor may not detect it.

Are you a tenant? If you are, you should have a safety certificate from your landlord. The law states that your landlord should check the appliances in your home every year. Has your landlord fitted a CO



Cont from previous page :looking at a cost of around £80 per day, so despite the increases the train remains substantially cheaper unless you regularly car-share with four people.

It is worth noting that Hastings to London season tickets are substantially cheaper than other towns, for example a Luton to London season ticket is £4,484 for a journey of just under half the distance and time than that between London and Hastings.

The rationale why Hastings has cheaper season tickets in context to other towns is due to the continued lobbying by our local politicians and voluntary local rail user groups based on journey time, complexity of the route and resources of the commuters. But we now have some of the most modern electric trains, whilst SouthEastern Trains have improved on their performance substantially. If you board at any station south of Tunbridge Wells and walk through the train a seat is almost guaranteed, unlike those on the compared Luton to London route where standing is the norm.

Whilst our local area has not seen investment over previous years, there has been recent substantial investment in the Marshlink line to Rye and Ashford. The proposed upgrade of the Coastway signalling during 2013 will bring a shift in reliability, better disruption recovery and the potential for improved service patterns towards Eastbourne, Brighton, Gatwick and Victoria.

The Charing X line is receiving extra carriages in the peak hours and it is hoped that this will be extended to other service.

There is going to be a major rebuilding at London Bridge which on completion will allow faster and steadier journeys through that area. There is also ongoing investment in heating the conductor rails at problem points, together with investment in new on-board technology as recently reported in the Hastings Observer.

It is also worth noting that the Department for Transport, in conjunction with the Office of Rail Regulator, intends to impose severe sanctions on Train Operating Companies who do not make major improvements to their public information systems. It is not seen as an empty threat.

SHRIMP as part of East Sussex Rail Alliance is neither endorsing or condemning the increases. That is a political argument; **SHRIMP** are and intend to remain non-partisan. But we will continue to liaise with all politicians and the rail industry to encourage further improvements to local infrastructure and services. **END** *Anyway, very best wishes*

Martin Woodfine....



Cont from previous page...

Must remember that it was the previous administration that introduced the general policy to pass the costs of the railway from the taxpayer to the rail passenger, the contention being that only those who use the railway should pay for it, rather than the burden being passed across all tax-payers.

Notwithstanding that, the key issue is to reduce the operational costs of the railway and thus decrease the upward pressure on fares. As Bob Crow, Head of the RMT Union, recently cited at the Transport Select 2020 Committee, we now have a rail industry with 24 boards of directors to pay, whilst in the days of British Rail you only had one.

These overhead costs are now being driven down through shared working practices and resources between the rail operator and the publically owned rail infrastructure operator Network Rail, without compromising safety. Further cost savings are targeted through larger and longer franchises, thereby reducing the costs of management and also the £14 million it costs for each rail operator to bid for a franchise every few years.

First Group, who have just won the West Coast Franchise from Virgin, have committed to reduce fares by 15% on turn-up-and-go fares within the first two years, so we can hope to see similar patterns throughout the UK as other franchises, including those that operate in the Hastings area, are let and implemented.

Incidentally, First Group are one of the 5 preferred bidders for the current Southern and Thameslink franchise.

The clear question is when will we see how fares come down? Well they have already started! Southern have reduced their advance on-line fares to £4 on off-peak services to London from Hastings and has also reduced peak fares by launching an on-line peak day day-save weekly ticket for just £80 per week, which would cost in at £16 per working day based on using this ticket from Monday to Friday.

The current SouthEastern annual season ticket into Charing Cross is £4,440 which technically works out to be £18.30 return per day based on

Using the ticket 48 weeks per year five days per week., allowing for four weeks annual leave per year when the ticket would not be used.

If you were to drive into London everyday based on 45p per mile (fuel, wear and tear and car tax) plus the congestion charge and £20 parking you would be



Cont from previous page.

Alarm? If not, get one yourself. Landlords who are found guilty of neglect may be fined or even sent to prison.

One important thing you can do to protect yourself and family from this silent killer is to get a CO alarm approved to BS EN 50291 . Fit it according to manufacturers instructions. Check it regularly, a CO alarm is not a substitute for regular and correct maintenance.

What are the symptoms of CO poisoning?

Symptoms include headaches, dizziness, tiredness and nausea (feeling sick). Some of these symptoms can be mistaken for flu and other common viruses, or even food poisoning. If someone in your household suffers from these symptoms while they are at home but feels fine elsewhere, they may be suffering from CO poisoning.

What to do if you have symptoms of CO poisoning.

If you think you are suffering from CO poisoning, open the windows and then get out into the fresh air immediately. If the symptoms are serious, you should

go straight to your doctor or to a casualty department.

Because these symptoms are so common, they may not be diagnosed as CO poisoning. If you feel CO poisoning is a strong possibility, tell the doctor or medical staff why you think this might be.

The only way to confirm CO poisoning is by a test specially for this purpose. This could be a breath test, or a special light probe placed on your finger or a blood test. There is no other way of diagnosing CO poisoning. The levels in your blood start to fall once you are breathing clean air, so you should get tested as soon as possible.

Danger from barbecues

Never bring a barbecue into your home or into a tent after it has been used.



We are currently looking for volunteers to help in a variety of duties ranging from secretarial to publicity. Volunteers can be people any age with some time to spare.

We support victims poisoned by CO and their families and friends. We also try to raise



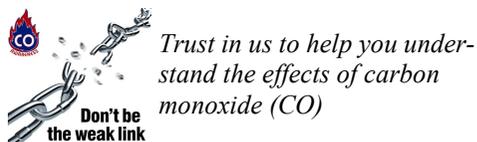
⇒ *Cont from previous page...*

Awareness of the dangers of CO among health professionals and the general public. We are an independent charity and do not recommend any single manufacturer or product.

If you would like to learn more about our work or if you would like to help CO victims, we would love to hear from you.

Our contact details -
Call Lynn on 0771 589 9296
Lynn@COvictim.org
www.COvictim.org

Registered Charity Number: 1125755



**Carbon
 Monoxide
 (CO)
 Poisoning**

*CO is the chemical formula for
 carbon monoxide*

www.COvictim.org



Facebook Inbox messages...

Dear Kent,
 I acquired your name from a facebook group entitled It's All About Women...Josie



Answer:
 4 hours ago
 Kent Nerburn

I just found this note, I seldom look at this page. Of course you may use the story. Go to my website, **kentnerburn.com**, to find bio info and a photo to use.

TAXI RIDE

A sweet lesson on patience.

A NYC Taxi driver wrote:

I arrived at the address and honked the horn. After waiting a few minutes I honked again. Since this was going to be my last ride of my shift I thought about just driving away, but instead I put the car in park and walked up to the door and knocked.. 'just a minute', answered a frail, elderly voice. I could

Email:
Martin Woodfine
30th August 2012
SHRIMP

Hi Josie

Nice to see you (smiling) as always!

As you will be aware there is lots going on railway-wise at the moment, the most significant being the ongoing franchise renewal discussions involving the Department of Transport and various 'preferred bidders'. Both our local service suppliers' franchises are due for renewal, 2014/2015, and there is strong competition to run the new ones, which will be short (5 or 7 years) but are seen as the gateway to a subsequent 20 year contract.

It is very interesting to see the battle between Virgin and First Group over the West Coast Franchise, not least because 1) it warns incumbent Franchise holders that they cannot expect an automatic renewal 2) First Group are among the bidders for both our local operations.

The other major discussion point is, of course, fare increases!! SHRIMP is determined to remain apolitical on this, our intentions are to get the best possible infrastructure and service pattern for the customers. There follows—unedited—our letter to the Hastings Observer which, at the time of writing, has not been published.

Note from your Editor...since receiving this and the ongoing period of not being published in Ebb & Flow (The New Voice) until now...I may be wrong but I believe the under typed subject may now well have been published. - For further information please contact SHRIMP at info@1066shrimprail.org.uk

START

The media including Hastings Observer is correct to raise the issue of consistently increasing rail fares, but our politicians across the spectrum



➤ *Cont from previous page...*

Although these were, apparently, pretty good speeds, this did create a problem when my son was playing an online game and I wanted to upload a video to YouTube at the same time. Something had to give and it was usually my son's game. Much to his annoyance.

Download speeds are always much higher than upload speeds by the way. It's just the way the system seems to work.

Now, with BT Infinity installed, I am getting around 33mbps for downloads and 16mbps for uploads. A great improvement and those figures could be even better.

Because I use a wireless network throughout my home, internet speeds are, once again, reduced. If the computer was plugged directly into the router, as many are, the speeds would be even higher.

As you can see, my download speed is now nearly 6 times faster. But, it is in the upload speed where this faster service really comes into its own. Where it used to take over an hour and a half to upload some videos to YouTube, it now takes under 10 minutes for the same file size. Now, that's fast and a huge improvement.

With most internet users now uploading more and more material to

YouTube, Facebook, Flickr etc, or to "The Cloud", this is very welcome indeed.

So, what is my verdict?

Well, so far, so good. And all the family are happy as well. Can't be bad.

Now, I just have to wait until BT, or anyone else for that matter, can offer FTTH (Fibre to the home). That maybe be some time in the future. But, at least I think I'll now be able to cope until then.

You can check to see if your house can get BT Infinity by going to this web address and entering your home phone number.

<http://www.productsandservices.bt.com/consumerProducts/displayTopic.do?topicId=29017>

Andy Gunton,
August 2012
Hastings UK
andygunton@hotmail.com

Note from Editor: If anyone contacts Andy, please could you inform where you found his article. Thank you.



Cont from previous page...

Hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 90's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940's movie.

By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets.

There were no clocks on the walls, no knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

'Would you carry my bag out to the car? She said. I took the suitcase to the cab, then returned to assist the woman.

She took my arm and we walked slowly toward the curb.

She kept thanking me for my kindness. 'It's nothing', I told her..'I just try to treat my passengers the way I would want my mother to be treated.

'Oh, you're such a good boy,' she said. When we got in the cab, she gave me an address and then asked, 'could you drive through downtown?'

'It's not the shortest way,' I answered quickly..'Oh, I don't mind,' she said.'I'm in no hurry. I'm on my way to a hospice.

I looked in the rear-view mirror. Her eyes were glistening. 'I don't have any family left,' she continued in a soft voice..'The doctor says I don't have very long'. I quietly reached over and shut off the meter.

'What route would you like me to take?' I asked.

For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator.

We drove through the neighbourhood where she and her husband had lived when they were newlyweds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl.

Sometimes she'd ask me to slow in front of a particular building or corner and would sit staring into the darkness, saying nothing. As the first hint of sun was creasing the horizon, she suddenly said, 'I'm tired. Let's go now'. We drove in silence to the address she had given me. It was a low building,



Cont from previous page...

Like a small convalescent home, with a driveway that passed under a portico.

Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her.

I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

‘How much do I owe you?’ she asked, reaching into her purse.

‘Nothing,’ I said

‘You have to make a living,’ she answered.

‘There are other passengers,’ I responded.

Almost without thinking, I bent and gave her a hug. She held onto me tight.

‘You gave an old woman a little moment of joy,’ she said. ‘Thank you.’

I squeezed her hand, and then walked into the dim morning light..Behind me, a door shut. It was the sound of the closing of a life..

I didn’t pick up any more passengers that shift. I drove aimlessly lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift? What if I had refused to take the run, or had honked once, then

driven away?

On a quick review, I don’t think that I have done anything more important in my life.

We’re conditioned to think that our lives revolve around great moments.

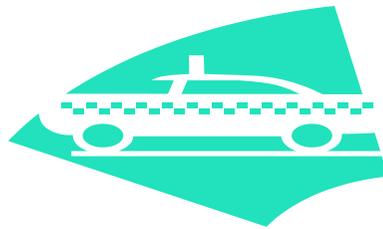
But great moments often catch us unaware-beautifully wrapped in what others may consider a small one.

Kent is an author who works in the fields of spirituality and the bridge between Native and Non-Native cultures.

<http://www.KentNerburn.com>

At this moment, I have noticed this website is having work done on it...I presume...please be patient.

Your Editor.



STREET LIFE

www.livingstreets.org.uk

Better streets needn’t mean bigger budgets—so says the front cover of their WINTER 2012 mag...

BT INFINITY BROADBAND

With all the amount of time that so many of us spend on the internet these days, it’s not surprising that we’re all after the fastest internet speed we can afford, or receive is it? Being in a home with three bandwidth hugging family members, I recently jumped at the chance of getting a better internet speed for my house.

As soon as my ISP (Internet Service Provider) , BT said that their new product “BT Infinity” was finally available in my area, I ordered it at once.

Unless you have a cable supplier, which in the Hastings area is very unlikely, the best that an internet user can normally hope to receive is a service that promises internet speeds of “up to 20mbps”. Note the “up to” part of that statement.

The reason for this being that BT still use old copper cables to carry your internet signal from their exchange, or cabinet. This is why you have the “up to 20mbps” statement and also why individual households internet speeds vary considerably. The further away you are, the less the speed.

You may well have a different ISP. But, the chances are that they will use the same BT network anyway.

Recently though, BT have been up-

grading their local network and are now rolling out a system called FTTC (Fibre to the cabinet). What this means is that a fibre optic cable now runs from the exchange to a new cabinet near your home. Fibre Optic cables are far more efficient and lose very little speed over distance, if any.

This now allows BT to promise speeds of “up to 80mbps”. You are still likely to lose some of that speed, as we are all bound by those old copper cables from the new cabinet to your home. But, any increase in internet speed can only be a good thing can’t it?

So, what’s the catch?

Well, for me at least there wasn’t one. Once I had established that my house could get BT Infinity, I completed the order form on their website and two weeks later it was all installed. Depending on what package you are on at the moment, you may find that you might not end up paying any more for this faster service. I didn’t. Maybe I’m just one of the lucky ones, or I was paying too much to start with?

So, how do the different BT packages compare?

Well, with my previous BT “up to 20mbps” package I was getting speeds of around 6+mbps for downloads and 0.8mbps for uploads.

Email: from ESCIS Information Officer (info@escis.org.uk)

Hello

Re: Ebb & Flow (The New Voice) previously Ebb & Flow Community Magazine

Your entry's details are currently held on the **ESCIS (East Sussex Community Information Service)** database.

ESCIS is available online at <http://escis.org.uk> and appears in hardcopy "Help in Hand" publications.

It is now a year since we last updated your details. We would be very grateful if you could confirm your details are correct and, if necessary, send us any changes. Etc etc

Please can you check your entry by:10 January 2013

Many thanks for helping us to keep ESCIS up to date!

Yours faithfully
ESCIS Team

If you have any problems or queries, please contact the ESCIS team on tel: 01273 481754 or email: info@escis.org.uk

Checked first with the **Patron Lord Brett McLean..**

His reply

All okay! Many thanks. **LB.**

By ATHENA BEAUCHAMP U.S.A.

WINDING ROUND ME
LIKE A SERPENT.
TOUCHING MY SPOT
AS YOU GO.
KNOWING
JUST WHERE TO TOUCH
YOU SEEM TO KNOW.
LOVING YOU
IS WHAT I WANT.
HAVING YOUR HANDS
ON ME...FEELS SO NICE AND
HOT.
COME TO ME
IS ALL I SAY...

ACB © 2012

MY HEART IT SINGS

Such beauty
So poetic
The romance of musical notes
My soul it dances
I climb into the world of grace
The distance of charm
I wish it not to stop
The song of creature
Of nature..

© **16.9.2012**

Josie Lawson

All Rights Reserved.



Email:
From Sandra Stolnik
Pictured.

tells the story of her own struggle in the hopes of spreading awareness among the hearing community as well as faith among all who suffer hearing loss to some degree.

20 October
2012

Good evening
Josie!

Here is my biography for your EBB & FLOW magazine! I am thankful that you give me the opportunity to share my poems about the issue and the challenges of those who are hard of hearing. I hope to be able to spread awareness among the hearing community as well as faith among all who suffer hearing loss to some degree.

"Sandra Stolnik was born in 1985. She is Austrian national with Croatian origins. Her formal background adds value to her multilingual skills as apart from German and Croatian, she is also fluent in English, Italian and Austrian Sign-language.

She receives her first acute hearing loss in 2008 which has a deep impact on her as a poet. The issues and the challenges of those who are hard of hearing become her writing theme. Her work also treats the more general subject: what does it mean to be different? The author

Being among the finalists of the first European English Poetry Book Competition 2010 for authors who write verses in English without having it as a mother tongue, Sandra now presents her own poetry collection.

A Different World

It's not easy to describe what I hear. Voices sound like Mickey Mouse, But they come to me quite clear. I also hear the noise out of the house.

I go outside and hear things from afar
And try to locate them around.
In disbelief, I see it's a car.
So, this is how an engine does sound?

Now when I can see a face,
Suddenly I seem to understand,
But I still lose my balance
If people hide their mouth with their hand.



➤ *Cont from previous page...*

Like a different world it feels,
Like an alien who isn't from here.
Slowly my wound will be healed,
And with this processor I'll hear.

Sometimes a break is suggested,
I'll still enjoy moments with no
tone,
But I know how to make the best of
it
I don't mind my old hearing's gone.

© 2011 Sandra Stolnik
*Taken from anthology 'Can You
Hear My Poems'*

**If you are interested to read more
please visit Sandras links on the
internet below:**

- [www.facebook.com/
stolnikspetry](http://www.facebook.com/stolnikspetry) (her facebook
page)
- [www.lulu.com/spotlight/
sandrastolnik](http://www.lulu.com/spotlight/sandrastolnik) (Sandra's poet-
ry book)
- [www.bionicpoetrygirl.blogsp
ot.com](http://www.bionicpoetrygirl.blogspot.com) (Sandras blog about
her chochlear implant jour-
ney)
- [www.canyouhearmypoems.bl
ogspot.com](http://www.canyouhearmypoems.blogspot.com) (Sandra's blog
about her writing)
- [www.youtube.com/user/
MyTrueStory85](http://www.youtube.com/user/MyTrueStory85) (poetry vid-

eos & other stuff)
Regards
Sandra Stolnik



I picked up a leaflet flyer when in
my home town and decided it was
worth placing in the mag, I am sure
they won't mind. I copy pasted the
icon from their website and am tak-
ing the words from their flyer...

Hastings Local Radio

Online Local Radio for the Has-
tings area. Hastings Local Radio
offers a different alternative to ra-
dio listening.

When you want local news updated
daily, interviews with local people,
local sport news, what's on, stories
about the Hastings area plus much
more. Our content is available to
listen to or download when YOU
want to listen.

If your business or organisation
wants publicity for an event ➤

Email: Hastings Taxicall

12th August 2012



Thanks Josie,
received copy of mag. Shall show
others a copy as soon as get time to
print it off. Many thanks.
Stuart.

01424 866866

info@hastings-taxicall.com

www.taxishastings.com

Email: from Andy Gunton

15th August 2012

Hi Josie

I'm pleased that you liked the
article. Maybe you could put my
email address as a contact:
andygunton@hotmail.com

No problem with including
Hastings UK

Regards

Andy

Email: from Angela Goyette

16th September 2012

To all you Facebook fans! Are you
having trouble finding a good
group on Facebook to share your
love of reading with? Well, look
no further! **Big Comfy Couch** is
just what you've been looking fore.
The group is open to review our
posts but you must request to join

the group to post comments and
such. What you'll find—other
bookworms of course! Our mem-
bers will post reviews and sugges-
tions for things to read. The crea-
tor has over 100 books that she is
more than willing to loan to other
kindle or ereader users. We look
forward to seeing you there.
Come join the fun!! [http://
www.facebook.com/
groups/357486244340200/](http://www.facebook.com/groups/357486244340200/)

Sincerely—

Angela Goyette (creator or Big
Comfy Couch)

Email: Dan Channon

31st October 2012

Hi Josie

Please find attached best practice
and awareness leaflet for your at-
tention. I hope this will give you
the information you require for
your article.

Kind Regards

Dan Channon

Station Manager.AIRT.

SM Dan Channon

Arson & Incident Reduction

Manager

East Sussex Fire & Rescue Service
20 Upperton Road, Eastbourne

BN21 1EU

01323 462144

Are you, or anyone you know, eli-
gible for a *free* **Home Safety Vis-
it?** Call **0800 1777 069**

Email: 15th August 2012

Hi Josie

Please find attached a picture of us showing off our electric bikes which you are more than welcome to put into your next edition...

*With thanks to PCSO Darren Fox 26453
Police Community Support Officer
Neighbourhood Policing Team Hollington
www.sussex.police.uk*



MERRY CHRISTMAS

HASTINGS NEIGHBOURHOOD POLICE TEAM a fleet of electric bikes which they use to patrol their areas. The cycles have proven to be very effective in allowing Officers to maintain a highly visible presence whilst remaining accessible to members of the public.

Tim Barton

**Blue Green Earth Books @ Hastings Market!
Public event—By Blue Green Earth Books**

**Thursdays
What time?
Hastings town centre market, 9am—5pm**

➤ **Cont from previous page...**
Or have something that you want thousands of Hastings people to know about....

- **VISIT :**
www.hastingslocalradio.co.uk

We are a non-profitmaking online community radio station run by volunteers

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Hastings Local Radio

Alternative Local Radio For The Hastings Area

Your Online Community Radio Station with Local News updated daily, local sport, interviews with local people, short stories about Hastings forthcoming events and much more.

Run by Volunteers, Hastings Local Radio is funded by local businessman Tony Pankhurst and the generous financial support of other local businesses.

If you have some local news, have a story to tell, a forthcoming event or want to express your views and opin-

ions about the Hastings area or would like to be one of our sponsors and reach thousands of local people—get in touch now!

*You can also find them on Twitter
http://twitter.com/hastings_radio*

Facebook—Hastings Local Radio

*(note from your Editor/Founder—
I also volunteer my time and effort into this magazine—it is my hobby, but I know many like to read...so enjoy...)*

News from your Patron Lord Brett McLean of Hastings...



The Chairman of the East Sussex Federation of Small Businesses (FSB) and the East Sussex Economic Advisory Board...



Let's Do Business Exhibition at Sussex Coast Col-

lege, Hastings, Federation of Small Businesses (FSB)



➤ *Cont from previous page*

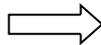
Lord Brett McLean—St Leonards Business Expo will be held at AZUR at The Marina Pavilion on Wednesday 30th January 2013. All day event using the entire Azur facilities. Special guests, special promotions and special exhibition prices.



BBC Radio 2 Presenter Alex Lester and Lord Brett McLean at AZUR at The Marina Pavilion , St Leonards on Sea...



Azur Marina's album
HASTINGS HAS GOT TALENT 2012
Sponsored by Checkatrade.com



Taxicall have always been there for me when I have needed a taxi most...I would like to thank them, plus all taxi-cabs in Hastings for their good customer service.. Your Editor/Founder



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Thank you



"Although the final result was disappointing, we did top the polls in Hastings, Brighton and Crawley!"

"In the parliamentary seats of Lewes and Eastbourne where the Lib Dems have very large majorities, Labour matched the number of Lib Dem votes. When we normally get 5-10% of votes in these towns, that is a brilliant result."

"We had twice as many votes as the Lib Dems across West and East Sussex. I am so pleased that so many people put their faith in us."

"It's a shame we weren't first, but we were a very good second!"

"Thank you for supporting me."

Godfrey Daniel



Email: 16th August 2012
Hi Josie

Thanks for sending this, and for including the Scrumbler. I really enjoyed reading your magazine...lots of interesting tidbits in there!

Mike
Kavanagh Publishing Limited, 42 Woodstock Rd, Begbroke, Oxford, Oxfordshire OX5 1RG—UK

Michael Kavanagh
info@thescrumbler.com



➡ **Cont from previous page..**

The concerto's catchy final movement consists of a theme and variations, the tune of which is said to be based on a tune Mozart's pet starling whistled while he composed the work. The concert opens with Brahms's turbulent and rousing *Tragic Overture*.

Booking Information

Tickets £12-£24/**Premium Seats** £28/Season Discounts of up to 15% available
Congress Theatre Box Office
01323 412000/
eastbournetheatre.co.uk

Also this season:

Sunday 27 January 2013, 3.00pm

MENDELSSOHN *Hebrides Overture*

MOZART *Clarinet Concerto*
BEEHOVEN *Symphony No.3 (Eroica)*

Jaime Martin *Conductor*
Nicholas Carpenter *Clarinet*

Sunday 17 March 2013. 3.00pm

IRELAND *A London Overture*
BRUCH *Violin Concerto No.1*
SIBELIUS *Symphony No.2*

Mark Fitz-Gerald *conductor*
Jaroslawn Nadrzycki *violin*

Sunday 19 May 2013

WAGNER *Overture, Die Meistersinger*
SCHUMANN *Piano Concerto*
WAGNER *Siegfried Idyll*
BEETHOVEN *Symphony No.5*

Nicholas Collon *conductor*
Benjamin Grosvenor *piano*

Email: 6th August 2012
Thank you, and thanks for the plug for Radio Wildfire.
The Team@Radio Wildfire
Radio.wildfire@googlemail.com
Follow Radio Wildfire on
Twitter@www.twitter.com/radiowildfire

P.S. Please pass on this information to anyone that you think might be interested. Thank you.

WHAT IS RADIO WILDFIRE?

Radio Wildfire is an independent online radio station which blends spoken word, poetry, performance literature, comedy, storytelling, short stories and more with a novel selection of word/music fusion and an electric mix of musical styles.

<http://www.radiowildfire.com/>
broadcasts live 8.00-10.00pm (UK time) on the first Monday of every month.

LISTEN to Radio Wildfire at www.radiowildfire.com where The Loop plays 24 hours a day. **END.**

➡ **Cont from previous page -**



Charity Abseil with Lord Brett & Lisa Byrne from Check-atrade.com





Bretts Parents 40th Ruby Wedding.....



Congratulations to you both



ACTION ON HEARING LOSS

With grateful thanks to Dawn Dimond, Editor, Action on Hearing Loss Magazine...-

Action on Hearing Loss is the new name for RNID. Their name has changed, but their vision hasn't—a world where hearing loss doesn't limit or label people, where tinnitus is silenced and where people value their hearing enough to look after it.

Their new website at <http://www.actiononhearingloss.org.uk/>

Action On Hearing Loss President, Lord Ashley of Stoke, died on 20th April, after a short illness, at the age of 89.

Former Labour MP Jack campaigned throughout his long career for fairer legislation for people who are deaf or disabled, as he firmly believed in equality for all.

He was speaking, of course, from personal experience. In 1967, at the age of 45, and just a year after his entry into the House of Commons, he went into hospital for a routine ear operation to correct a perforated eardrum. A resulting infection destroyed his hearing entirely and left him with severe tinnitus.

In his last interview with this magazine in 2009, Jack admitted: "I viv-

idly remember the growing, icy apprehension that I felt then. It has totally affected every aspect of my life. "Obviously, it affected my political career, although, due to the insight and kindness of my wife, Pauline, and the family, I managed to cope fairly well."

This is something of an understatement; in fact, he went on to become a fearless champion of the rights of many people previously ignored—the victims in the morning sickness drug, Thalidomide, of army bullying and of domestic violence. But it is for his tenacious campaigning on behalf of deaf and disabled people that the working class lad from Widnes, who left school at 14 and worked his way up from the factory floor to the House of Lords, will be best remembered.

Tributes have been paid across the political spectrum, including the Prime Minister, David Cameron, who said: "He was a tireless campaigner for disabled people and had a huge impact, not just through his charity work and pushing for legislation in Parliament, but also in changing attitudes."

Our former Chief Executive, Jackie Ballard, said: "Jack, our President since 1987, was a great role model to anyone with hearing loss. He was such a gentleman, very kind and very giving." But the last word should go to the man himself,

➤ *Cont from previous page...*
December 21st each year.

Who wrote in a newspaper article two years ago about the force that drove him on: "Justice is not time limited. It is an absolute. When a grievous wrong is done, those who have suffered need respect and help throughout their lives, not just while the rest of us can be bothered to pay attention."

Pauline Ashley died in 2003. Jack is survived by his daughters, Jackie, Jane and Caroline Ashley who have set up a memorial page to celebrate his life at www.lordjackashley.co.uk

JOIN ACTION ON HEARING LOSS!

If you would like to join Action on Hearing Loss, and receive our magazine regularly, please call us on 0845 634 0679 , email membership@actiononhearingloss.org.uk or write to Membership, Action on Hearing Loss, 19-23 Featherstone Street, London EC1Y 8SL. For our information line: 0808 808 0123 (tel), 0808 808 9000 (textphone), informationline@actiononhearingloss.org.uk

PRESS RELEASE

THE LONDON PHILHARMONIC ORCHESTRA'S 2012/2013 SEA-

SON CONTINUES IN EASTBOURNE ON SUNDAY 9 DECEMBER.

Sunday 9 December 2012/3.00pm

BRAHMS *Tragic Overture*
MOZART *Piano Concerto No.17 in G, K453*
BRUCKNER *Symphony No.1 (1877 Linz edition)*

Vladmir Jurowski *conductor*
Alexandra Silocea *piano*

Principal Conductor and Artistic Advisor Jurowski returns with the London Philharmonic Orchestra to Eastbourne to conduct a varied concert of Brahms, Mozart and Bruckner. The concert is centred around Bruckner's powerful First Symphony, composed with such impish charm and confident bravura the composer gave it a racy nickname: "das kecke Bese!" or "the saucy maid". Deep down however, the composer knew the strong, impetuous work would need little verbal bolstering. In reality it would impress anyone who heard it—a bold statement to herald the launch of one of the greatest symphony careers.

Romanian pianist Alexandra Silocea, currently living in Lewes, performs Mozart's sparkling Piano Concerto No.17 in G, K453.