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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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SPRING
2012

FREE

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EBB & FLOW (THE NEW VOICE)

Previously known as
 Ebb & Flow Community Magazine



Peter James (Crime Writer) With kind permission from Peter James himself. Take a look inside.

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-**

PERMISSION TO BLIND/DEAFBLIND ASSNS & PHOTO COPIER PRINTERS TO INCREASE IN SIZE AT READERS COST OR THEIR OWN IF CANNOT READ WITH EASE OR MAGNIFIER...



Hi readers...

Another mag, another phase in my life, another time for you to read and enjoy—

HOPEFULLY. As you see, Peter James the world wide crime writer—Roy Grace series has his photo on the front cover, and further inside will be some biog of his and a little snippet I wrote about him, all with his permission. A couple of months ago I went into a deep writers/poetry block, and I took a chance and sent a tweet (twitter) to him, requesting some tips...he came back to me, and now after a few contacts via, email, etc, he is now within my mag that I am focusing on...just before Christmas I suffered a mini-stroke, and have had quite a few health issues to juggle with, but as you know, I never give up unless there is a need—the mag is my hobby now as you know, but I voluntarily still make the effort as I know quite a few of you readers still enjoy the mag...

I haven't been out and about so much this year, but I still take my camera with me in case some obviously needed photos need to be taken. The last time, I had a chat with Haley Okines in Waterstones, Hastings, UK as she was doing a book signing...photos inside...with her permission. Such a lovely young 14

Editor Email:josie301@btinternet.com

year old with progeria...'Old Before My Time' the book is called.

I have just been reminded that it is Good Friday on the 6th April, so I am giving myself a deadline to try and get the mag on the website before then. Gosh, I still can't wake my brain up since the clocks went forward last weekend. It's like I am having to force myself to stay off the bed...at least I have a TV in the bedroom, so my body does also get a rest.

I have found it great having some sun about, I certainly need some of that being Vitamin D deficient...yep, that was found out by my endocrinologist...I have to take a tablet, no joke, near the size of an old halfpenny...but I can chew, it has calcium etc within, bit better than the horrible mixture that had to be stirred up for my father to take. I've been told its long term...

The good news is my pituitary benign tumour is stable, the hormones seem ok also it has now been found I have cerebrovascular disease which is in my brain, which no doubt was contributory to my mini-stroke...have been nursing very high blood pressure but hopefully down now, but also, high eye pressure, which is having on going treatment...*have a great Easter all, until next time...Your Editor/Founder...*

Editor Email:josie301@btinternet.com

EBB & FLOW
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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 12years, and its now in its 13th, 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? 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 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

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
Roots 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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Saturday 9am—5pm
To contact East Sussex LIBRARIES call:
0345 60 80 195 for Renewals
0345 60 80 196 for Enquiries

**WITH PERMISSION FROM
THE POET CONCERNED...**

MEMORIES FOR A MUM
**The poem mentioned opposite was
written by your Editors son when
he was 11 years old at school, he is
now 26 years. I was so proud of
him at the time and still am.**
**Although he doesn't write now—
but you never know...**

The **FORWARD** states in the an-
thology that it was the publishers
5th competition year, and the an-
thology represented the very best
endeavours of children in the
region.

It stated that this years competition
attracted the highest entry ever—
over 46,000 from all over the UK,
and also was the first time included
entries from English speaking chil-
dren living abroad.

It also goes onto congratulate all the
writers concerned.

**WITH PERMISSION...**

*The anthology of poetry that my
son gave me 27th June 1998. He
dedicated the poem 'SNOW' to me
on page 88 of the anthology. He
has given me permission to place
in this here magazine.*

SNOW

*Snowflakes falling from the sky
Snow on the ground,
So cold.
People sledging down a hill
So fast,
You can't stop!*

*Making a snowman -
Two big snowballs put together.
Raisins for the eyes and mouth,
Coal for the buttons,
Hat and scarf,
Sticks for the arms.*

*Oh no!
The sun's come out!*



© **Michael West (11)**
Hillcrest School

**The anthology 'SPELLBOUND'
Young Poets From East & West
Sussex. Edited By Simon Harwin
First published in Great Britain
in 1998 by POETRY NOW
YOUNG WRITERS—All Rights
Reserved...Copyright Contribu-
tors 1998—HB ISBN 1 86188 608
X—SB ISBN 86188 613 6**

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...



COMMENT ABOUT THE PREVIOUS PAGE...MY SON...

Many years ago, 26 years to be precise...there was this information amongst peoples thoughts, that if you spoke to your child before he/she was born—they enjoying life and safety in the mothers womb, that it may effect their lives when they were born....so you can imagine my surprise, wonder and enjoyment when my son started to write poetry, and that even the Hastings Observer at the time (I was a different name then) wondered if he would follow in his mothers footsteps.

Yes, I was one of those mothers who did speak to my unborn child...as my health issues are bad now, they were then, and I spent quite a lot of the pregnancy time in bed...so, what better way to speak to my child...

I, a Poet, recited poetry to him/her...and hey presto, a Poet was born...

If the Poet in him will wake again in the future, only time can say...

I am not one of those parents who push their child/teenager/adult child into what they need to do in life...they have their own thoughts on how life should be for them...

➞ *Cont from previous page...*

With great gusto and never looked back. Alvin, both our Tonys, Jan, Dominic, Jean, Frank, Paul, Ro and I happily made idiots of ourselves with solo turns, but the star of the evening was, of course, the audience. Laughing, singing and applauding. I think it is fair to say that a good time was had by all. Will we do it again? I've had several requests already—so—watch this space. And, if you are feeling very strong, there's a DVD of it on our web site:

<http://www.shorelinkwriters.org.uk/>

Sally



You can find Sallys three novels by linking with her website:
<http://www.sallypatriciagardner.com>

1. *Lillian's Story*
2. *Painting by Numbers*
3. *The Sweetest Empire*

Tony Barnard Foundation (TBF) -Helping children and adults with learning difficulties... www.tonybarnardfoundation.org.uk

WAR PRAYER

When you receive, read, or hear this,
Please stop for a moment and say a prayer
For our ground troops who are fighting a war for peace,
And those who serve in the British Armed Forces,
Naval, and Air Forces throughout the world—
And please say a prayer for the innocent bystanders,
And the British Citizens who are caught up in a terrorist war
That should end.
Please say a prayer to end the war of all wars.
Please pray and bless them all.

Amen

© Josie Lawson

Also published on [ForcesPoetry.com](http://www.forcespoetry.com) submitted for me by Jan Hedger
<http://www.forcespoetry.com>

Email: From Peter James (scary@pavilion.co.uk)

Cc: Claire.richman@midaspr.co.uk

Date: Tuesday, 17 January 2012.

Hi Josie

Thank you for your kind words and I'm so sorry to hear about your stroke—and wish you a speedy recovery.

I'm happy for you to use this.

I've copied in my publicist Claire Richman and she will send you a brief bio and photo.

All my best

Peter

Peter James (Hons) D.Litt

Www.peterjames.com

scary@pavilion.co.uk

Find and follow Peter on <http://twitter.com/peterjamesuk>

& on Facebook: <http://www.facebook.com/peterjames.roygrace>



Peters new Roy Grace novel, Not Dead Yet, will be published in hard-back & ebook formats on June 7th, along with the paperback of Perfect People.

SHORELINK COMMUNITY WRITERS MUSIC HALL

I feel that I should put an exclamation mark at the end of that title. Just what are a group of writers doing staging a Music Hall? You may well ask—but then, of course, this is not an average writers group—this is Shorelink. And, buried in the psyche of many a Shorelinker, is a frustrated performer. Those of you who have suffered their proudly named 'worse pantomime in the world' over the years already have an inkling of this. And we do like having fun!

This, our first attempt at a Music Hall, was held in the Jenny Lind function room, and it was packed with our friends and families. Led by the lovely 'honorary' Shorelinker, Nigel Wilkins, on the piano, the evening started with a medley of old favourites. We rolled out the barrel with



WHAT WORD IT IS

The word began to manifest itself

Was it D.I.Y?

Or was a trick being played upon my eye

Ah, it must be dysfunctional

Oh no—it's dyslexia!

© Robert Brandon

THE KEY



I sought the key to the Universe, but it was denied me.

I pleaded "I really want to know more, please trust me."

I was told "The Key is only given to believers."

"But how can I believe what I do not know?" I protested. Clearly all my negativity about the Universe was contributing to my inability to gain access.

I sat in despair at the gate to the Universe. A kindly soul came up to me, and offered "Come, I will show you the way."

"Have you a key?" I asked.

They smiled "The key to the universe is within you."

© Robert Brandon

Email: 10.11.2011

From Robert Brandon re: his poetry above...

Dear Josie,

Here are a few pieces I dragged kicking and screaming from my hardrive—you may even wanna include some in your mag.

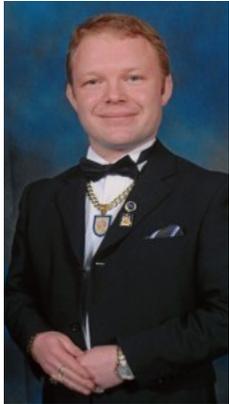
Love and best wishes,

Robert...

Thank you Robert...I still have some more to publish later...

Please do send in poetry other readers... (WAITING).....

PATRON OF EBB & FLOW (THE NEW VOICE)
HIS PHOTO'S OF LATE



FACEBOOK MESSAGE Lord Brett McLean
Excellent 1066 FSB Breakfast meeting this morning at **The Azur in St Leonards**, great food, great service, great venue. Radio interview with BBC done, radio interview with **Arrow FM** done, radio interview with **BBC Sussex** tomorrow morning! Official launch of www.lordbrettmclean.co.uk will take place at **The Azur St Leonards-on-Sea**. Watch out for details.

<http://www.lordbrettmclean.co.uk/>
www.lordbrettmclean.co.uk

AZUR AT THE MARINA PAVILION LAUNCH EVENT
Enquiries: Email: LordofHastings@aol.com



➔ *Cont from previous page...*

- 89% of children surveyed think it's very important to be able to read

We'll be travelling around the UK on our book bus, encouraging everyone to read. We have over 50 UK celebrities backing our initiative, plus dozens of famous ITV faces and leading political figures who will be lending their support.

Message from Editor/Founder—this campaign began in February, I am not sure if the bus is still doing the rounds, but I am certain, all the campaign wishes, should be continued, so why not take a look at their website and see if you can still help...

I took the reading pledge, and although I was a quick reader many years ago, due to sight and other health issues, I am slower, but I have found far more enjoyment now by reading with an ereader as the fonts can be increased, and also, I listen to audio, daisy (rnib)...

Back in February it stated drop off good quality childrens books. Thank you for all the books you've been dropping off at Morrisons and Waterstones stores throughout the UK. These will be distributed by Dyslexia Action, Booktrust and the Salvation Army. These stores are no longer accepting donations.

Duty Office—0844 8814150
Email: daybreak@itv.com
Weekdays 6am to 8.30am
Web@ www.itv.com/daybreak.



http://www.itv.com/daybreak/lifestyle/families_and_parenting/getbritain_reading/howyoucan_get_involved/

Daybreak are launching a nationwide campaign to Get Britain Reading—here's how you can get help...

Join TESS DALY, JONATHAN ROSS, DERMOT O'LEARY, EMMA BUNTON and a host of celebrities and high-profile people in supporting Daybreak's latest nationwide campaign, "Get Britain Reading".

According to the World Literacy Foundation and the National Literacy Trust thousands of kids are leaving school without adequate reading skills. One in three children, between the age of 7 and 16 years old, does not own a book and over six million adults in Britain cannot read properly. Daybreak wants to change this.

So from Monday 27th February we shall be asking our viewers to take the 10 minute pledge to read each day and give a book to the beneficiaries of our collection: Booktrust, Dyslexia Action & the Salvation Army.

WHY ARE WE DOING IT?

We are engaged with the charities, supporting the campaign, on the issues surrounding illiteracy and dyslexia, in children and adults. Plus we aim to help families caught in a trap through generations not having gained the vital reading skills they need to get ahead in life.

We are also involving schools nationwide, building a complete library for one school that currently does not have one, and meeting communities and people who we are genuinely setting out to help.

A Daybreak & First News survey of nearly 1200 kids has revealed:

- 96% of children surveyed have read a book in the last week
- 39% of children surveyed never read to or with their parents
- 40% of children surveyed say no one reads to them
- 46% of children surveyed say they would like their parents to spend more time reading to them
- 94% of children surveyed say they see their parents reading

PATRON INFORMATION CONTINUED....

East Sussex Economic Advisory Board was held 16/3 at AZUR with **Amber Rudd MP**, 19/3 Westminster with the Indian High Commission, 22/4 National **FSB Conference** in Scarborough Sunday 1st July—Lord Brett's 9th Annual Pier Walk Event (other events on the website) - www.lordbrettmclean.co.uk

Thursday **5th April** with Juice FM—DJ Ambrose Hardcourt in Hove

Thursday **26th April**—The Brighton and Hove Business Show

Saturday **12th May**—One Mile Memory walk in aid of FSID—Hastings

Thursday **17th May**—Lets Do Business Exhibition at Brighton Racecourse
Saturday **19th May** at 2pm—Lord Brett will open the Bexhill In Bloom's Chairman's Garden Party.

Sunday **20th May** at 10.30am—Lord Brett will open the Brownbread Horse Rescue Open Day

Sunday **1st July**—Lord Brett's 9th Annual Pier Walk Challenge

Sunday **1st July**—Lord Brett will appear at The Face of Europe Beauty Contest at AZUR.

BROWNBREAD RESCUE



FSID MEMORY



FSB EXPO



EMAILS....

Friday 13 January 2012

Dear Josie

A very happy 2012 to you! I wish you peace, happiness, serenity and hopefully an improvement in health!

Many thanks for the last Ebb and Flow, it was a really good read. Long may it continue—there was a lot of variety and work that went into that.

Glad you saw our Hastings Writers’ Group write-up about our Presentation Evening in Hastings Town—they do lovely large photos don’t they! I wrote up an earlier page in that edition—the one with Monica’s book *Left of the Moon* and our *Ghost Writers*.

.....Rosemary

13th March 2012—Letter:
Rotary Club of Bexhill
District 1120
Charity No: 1026868

Dear Fundraiser/Organiser

Sunday 10th June 2012

On that day the Rotary Club of Bexhill will be staging their 10th **Community Charity Walk**. This even has been possible for many local organisations, clubs, schools and charities from the Hastings and Rother District to raise **many thousands of pounds** since our first Charity Walk day in 2003.

Walkers can choose between 7 and 15 mile walks through 1066 Country-side, or if preferred a 2 mile walk along Bexhill Promenade.

All money collected by sponsored walkers is for your good cause. The only cost is £1 per walker, payable to the Rotary Club, to help cover running costs.



➤ Cont from previous page...

closer, we had a pile heaped in the backyard, big enough to have our own bonfire. Pilfering was rife and many a time you’d catch young lads climbing up the yard wall, a height of at least ten feet, and carting planks away. Naturally we challenged them, but after dark who knows what went missing! One year we had so much wood, I must have been 16 or so, we had our own bonfire in the cobbled back street. To our alarm, next door’s backdoor caught alight and someone sent for the Fire Brigade. What excitement but you can guess our neighbours weren’t happy!

I can’t imagine anyone having more fun than our family in our childhood years but yes, we were different, and it showed in the activities of our backyard.

THE END.

© **Marian Bythell**

Email: marian.bythell@btinternet.com

Hi Mr. Rabbit here...

I am in hot pursuit of a harden criminal in Oxford. Morse is not helping much and Lewis has gone a ground. Guess I will have to work alone.

Yummy hot choc with strawberry syrup and marshmallows. Very sticky round the whiskers. This is stopping me in my tracks.

Do I smell cheese? Oh and carrots. Got distracted in the market..

Won’t find any villains here. Guess I better leave it to the real things. Chill out with students. Do I have to go home tomorrow. Can I come again if I bring Lewis this time.



Catch you soon...

© 11 Feb 2012



➤ *Cont from previous page....*

...the other two for space to show off our acting and dancing skills. Behind one of the sheets, we could change into makeshift costumes, the other being a side screen or useful backcloth for silhouette puppets.

I remember the excitement of wondering how many friends would come and watch and who would come. The concerts didn't last long, barely half an hour, but we provided a varied theme of acting, stand up comedy, singing, recitals and of course a little puppet show using our arms and hands to make dark shapes like swans and rabbit faces. We usually provided drinks and biscuits so we didn't make any money, just had lots of fun doing it. These concerts were held on Saturday afternoons when the yard was bound to be free of washing. There was other fun—I remember filling an old tin bath (we had the luxury of a bathroom with second toilet) with cold water and filling it with creatures collected from Tommy Brook, the name given for a local stream. I loved pets and my water creatures consisted of newts, lizards, frogs, tadpoles, minnows, water beetles—anything I could bring back in a jamjar. These I lovingly emptied into the tin bath full of cold water and watched them swim about. In my innocence, I didn't provide the correct food and they all escaped or died off. Of course, our pet cat which lived to a ripe old age, looked on with much amusement.

I also remember a small patch of black soil, separated from the paved area. I tried my gardening skills growing radishes and lettuces and my sister tried growing nasturtiums. She had more success than me.; I remember lifting thin pink radishes but was pleased they tasted like those we bought at the outside market stalls in Accrington. The lettuce was small and feeble but fit to give our pet tortoises which we kept on and off during our childhood years.

The yard was used for all manner of things but as Autumn drew nearer, we started collecting firewood for the huge bonfire held on the spare land opposite. I can't remember where we found the firewood but when we went roaming round spare ground around the terraced streets, we always found large planks of wood, old fencing, fallen branches and twigs from local trees. This wood we collected after school, when the evenings grew darker and at weekends. As Bonfire Night came ➤

➤ *Cont from previous page....*

So, put the date, 10th June in your diary right now. Charities regularly raise over £3,000 in sponsorship! And each year the amount raised exceeds £25,000.

We will send you a reminder and further details in due course. You will also read about the Community Walk regularly in the Bexhill Observer. All you have to do, in the meantime, is to publicise this walk within your organisation

Leave the rest to Rotary—We are pretty good at organising walks!

Yours sincerely,
John Meadows

For further information as this magazine is a bouncing board please contact the Rotary Club...to help you with your publicity, download posters and your sponsorship forms send us an email to rotary-walk@ashbuscent.co.uk or go on line to **Bexhill Rotary Club** www.bexhill.rotaryweb.org and follow the links to “Charity Walk 2012” **Rotary Walk, The Business Centre, 50 St Leonards Road, Bexhill-on-Sea, East Sussex TN40 1JB—Tel: 01424 730302—email: rotary-walk@ashbuscent.co.uk**

Monday 30 January 2012

Email:

There's plenty to make your heart sing at Eat@ branches from winter warming food to our new delivery of **Simply Ice Creams in delicious seasonal flavours.**

Open as always 7 days a week.

Did you know that Eat @ also provides event catering services and venue hire? If you would like any further details of forthcoming events, catering or branch hire enquiries please contact:

Louise on 07763 119143 or email us at: info@eat.uk.net

Branch contacts: Eat@ the Park Café, Alexandra Park tel:01424 432434

Eat@ the Stade, Rock-a-Nore, Old Town tel: 01424 447116

facebook@ eat@ hastings ➤

Cont from previous page...

Email:

Subject: Daybreak: Get Britain Reading

Thursday 1 March 2012

Dear Josie

Thank you for your email.

All the information about our Get Britain Reading challenge is available on our website—we do not have any additional information to pass on to you—but have attached a link below to the appropriate pages:

<http://www.itv.com/daybreak/lifestyle/familiesandparenting/getbritainreading/>

We appreciate your interest in our programme and are always happy to help with enquiries.

Kind regards

Helen

Email: From Peter James (crime writer) publicist...

Hi Josie

Thank you for your email.

I sent through the images and biog the other day, but it may well be floating around the cyberspace! Therefore, please find, attached, a picture of Peter and below the biog information.

Best Wishes

Claire...

*This information will be further on in the mag...
Peters photo is on the front cover also...*



“OUR BACK YARD”

Ours was no ordinary backyard. Ours was different, a hive of activity. I lived with my two sisters, older brother and parents in a large corner terraced house in industrial Accrington and I remember much fun and laughter coming from our backyard in the 1950s and 60s.

It was about twelve feet wide and fifteen feet long. To get to the backyard, you simply opened the kitchen door, walked through a lean-to outhouse, through that door and then down two steps which, in themselves, proved useful for jumping on and off. At the far end of the backyard were three doors; the smaller one opened on to a dustbin and ashpit recess, the second door housed heaps of coal and the third was an outside toilet. Inside was hung scraps of newspaper on string torn into sizeable pieces. There was no toilet paper—this was the normal way of cleansing yourself in those days! A large wooden door kept locked led to the street outside.

Four washing lines hung across the yard. Invariably on a Monday these were full of sheets, shirts, school blouses, underwear, towels. With six of us at home, there was a never ending amount of washing. As we lived close to the railway line with regular steam trains passing by and people hand belching chimneys emitting black smoke from lit fires, the washing was prone to smuts and smears. If the days proved dry and the washing taken in for ironing, the backyard provided endless play for us four children.

As I said, ours was no ordinary backyard. We held concerts—inviting local friends to come and watch. My brother charged a penny and some were lucky enough to sit on chairs which we provided; otherwise they sat on the steps leading from the kitchen. We had our own “scenery.” We hit upon the idea of hanging sheets and blankets over two washing lines, removing



Marian Bythell—poem Reading the tea leaves 16.1.2012

Email: marian.bythell@btinternet.com

Hi Josie, below is a poem which I included in my poetry book

“God, Love and Laughter.”

READING THE TEA LEAVES

Granny, sitting down to tea,
Reflects on life for you and me.
Peering through her glasses brown,
Wearing a puzzled anxious frown,
She gazes at the patterns there
Predicting future paths to share.
She sees our troubles, joys and prayers,
A wise old woman, a kind soothsayer.
But Granny only says a word or two:
“A life together, for both of you.”
We know, though, that this will be
For God has planned our destiny!



© **Marian Bythell**

Josie, I will send you a short article by separate Email.
Best wishes, Marian.

The poem was first published by Arthur H Stockwell Ltd., Ilfracombe, Devon. They have been publishing for over 100 years And can be found on the internet. My article “Our Back Yard” was published by a magazine called “Best of British” in 2005. You can still buy their magazine in WHSmith. Better go as teatime. Marian.



Cont from previous page...

Email:

Friday 20 January 2012

Hi Josie

I'm happy for you to use “Happy the Woman” in your next mag. Let me know when you need the photo and biog as I'm very busy at the moment so can't do it immediately.

Good luck with your hobby-business. You do a great job and your positive attitude is inspiring.

Best wishes

Heather x

...Unfortunately, due to my personal health issues, I wasn't in time to request this although I have, due to Easter near enough here, I doubt whether I was quick enough in requesting...but please do go and see Heathers website...it's worth a trip...

Email: 18th February 2012

SUBJECT: Book Launch—children's novel

Hi Josie

Stacey Lane is lovely—she was a member of Robert's Monday group a long time ago.

I thought that as she is local—and the story is based upon the Lion & Unicorn stues in Hastings—you might like to include it in your next ebb & flow magazine:-)

I've attached the picture as a JPEG (no text so it should resize better) and typed the text from the book launch invite and poster below...

Love & light, Ashley

(Grass Roots Open Writers) GROW

....This information will be further on in the magazine....

INFORMATION FOUND ON FACEBOOK and INTERNET R.I.P

Untitled...

Whitney Elizabeth Houston -born August 9, 1963 has died at the age of 48 years—12.2.2012—She was a singing superstar so I read, she reigned as pop music's queen until her voice and image was effected by drug use.

She was an American singer, actress, producer and a former model. She was the most awarded female act of all time it says...it goes onto say...according to Guinness World Records, and her list of awards included 2 Emmy Awards, 6 Grammy Awards, 30 Billboard Music Awards, 22 American Music Awards, among a total of 415 career awards as of 2010. It says that she was also one of the world's best-selling music artists, having sold over 170 million albums and singles worldwide.

1963-2012

12.2.2012

Rest In Peace

Whitney Houston

Whitney Elizabeth Houston

Please forgive if any of the information is not correct, but I did my best to gather the information floating around facebook AND the internet

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...HAPPY EASTER...Your Editor/Founder

HASTINGS

TAXICALL

01424 866 866

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➤ *Cont from previous page...*

After contacting Peter, and he helped me with a few tips for helping my writers block on twitter, I in turn contacted after writing a small snippet from a facebook entry he made as I felt it might be of use to my readers...he was very happy for me to place this and he in turn passed the information onto his publicist to send me the image of himself and the small biog, hence what you have just read. I thank Peter very much. It is good to find writers take time out of their busy schedule to come to the aid of other writers...

This is the snippet...written by yours truly, your Editor/Founder...

TIP FOUND ON FACEBOOK given by Peter James (Crime Writer) - he says that a woman novelist Elizabeth Buchan gave him a crucial piece of advice which helped him—"To succeed you must write what you know about and what you are able to research first hand."

I will take time to research Elizabeth Buchans writing...

Photo's © Josie Lawson...taken at Waterstones, Priory Meadow, Hastings,UK—with permission from Haley Okines...such a lovely young girl... It was a pleasure to have a chat with her...



Haley is 14 years old—her book tells her story...

While I chatted to Haley, I told her I first met her mother in a local writing group...

I told her that when I saw her on TV, her diary keeping helped me such a lot....

She is such a remarkable young teenager...

Since...one of the taxi-drivers that has driven me to my destination—and we chatted, turns out he is Haleys 2nd cousin, so said he would let her know that I have included her in a Ebb & Flow slide show on the net...

ABOUT PETER JAMES

PETER JAMES is one of the UK's most treasured crime and thriller novelists. His Roy Grace detective novels have sold over **two million in the UK** alone and **ten million worldwide** in total. The series is now translated into 34 languages and his previous novel *Dead Man's Grip* went straight into the Sunday Times bestseller lists at no 1 in hardback and remained there for two weeks in a row.

His novella, 'The Perfect Murder' (2010) went to No 1 on iBooks and has spent 40 consecutive weeks in the iBooks Top 10.

Peter, an established film producer and script writer, has produced numerous films, including *The Merchant Of Venice*, starring Al Pacino, Jeremy Irons and Joseph Fiennes. A TV adaptation of the Roy Grace series is currently in development, with Peter overseeing all aspects, including the scriptwriting. In 2009 he was awarded an honorary doctorate by the University of Brighton in recognition of his services to literature and the community. Earlier this year Peter became Chair of the Crime Writers' Association.

Born and brought up in Brighton, Peter divides his time between his homes in Notting Hill, London and on the South Downs in Sussex. Peter is available for interviews and features. Find out more about Peter James at www.panmacmillan.com and Peter's website www.peterjames.com and follow him on Twitter. <http://twitter.com/peterjamesuk>

Claire Richman

THIS LOVELY VERSE WAS WRITTEN AT THE BIRTH OF THIS POETS DAUGHTER FEB 14, 1991**Valentine Of Mine**

By Athena C. Beauchamp

A cold sunny day in February.
My tummy hurt so much.
I knew you were mine.
I was nervous to meet you.
You were all pink and crying.
As I touched your face
Your crying stopped.
Your eyes were so bright.
I held you, you were so tiny.
My own sweet little girl.
It was love at first sight.



As I took your tiny hand in mine
I promised you I would never let go.
As your father took you into his arms
He to cried at your beauty.
Valentine of mine.

I will never need another Valentine,
For I have the best one of all.
You...

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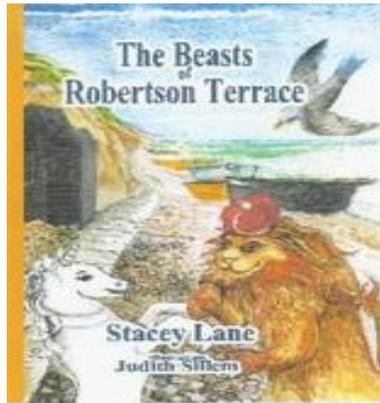
Happy the Woman

Happy the woman, happy she alone
 Who runs a business on her own:
 She who secure within, can say,
 Tomorrow I'll do it my way, just like today.
 Be fair or foul or rain or shine,
 Successes I have earned, in spite of fate, are mine.
 No man can replicate a woman's power,
 Though what I've learned from men I use each day, each hour.

© Heather Wastie

Email: enquiries@heatherwastie.co.uk

www.WastiesSpace.co.uk



The Beasts of Robertson Terrace

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Illustrated by Judith Sillem

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➤ *Cont from previous page...*

About the book—

Lion and Unicorn have led a boring life. After standing on their pedestals for more than one hundred and fifty years, the tue statues choose adventure in the sea before setting off on their travels. The journey takes them to London to meet their stone cousins in Kew Gardens. On the way they explore a sunken wreck, engage in a battle with all the Queen's Beasts, meet dinosaurs and rescue the crew of a storm tossed yacht. They win new friends: the little Seahorse, the Green Man of the woods and, most of all, wise Seagull who guides and advises them. They not only learn the nature of friendship but also discover themselves.

About the Author:

Stacey Lane is a native Londoner. As a mature student, she trained and later taught junior school children in the North East of England and London, and lower secondary school children in Kent. She has an Open University degree and has lived in Hastings, since 2001. As well as writing, other interests include history and mythology, and a love of the local area. Her poems have been published in the anthologies of First Time Publications, The Earlyworks Press, the Open University Poetry Society and the Bexhill Writer's Forum.

Book Launch Details:

Saturday 7th April 2012

2-4pm

Relax Café, 17 Marine Court, Marina, St Leonards

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International Fund for Animal Welfare

www.ifaw.org

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BRAIN RESEARCH Trust

www.brt.org.uk

MAF UK—FLYING FOR LIFE—www.maf-uk.org