~ SMILE ~

EBB & FLOW 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.

(c)2000 Josie Lawson
All Rights Reserved

~ CHICO ~
Lawson Productions International
Printed and Published in Hastings UK 2012

Words from the Patron!
The Patron of Ebb & Flow wishes Team GB
good luck in The Olympic Games!

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 few months have passed, and I have been collating interesting reading for you all. The photo of myself before my eye operations was taken by my daughter, quite like it. It was taken just like that to speak. These sorts of photos always seem to come out the best of all, don’t you think?

Behind the scenes I have been researching, resting, healing, and even written a few poems.

This year has been a battling challenging year for me, but I try my best not to give up.

It is good that people who contribute still do even though this here magazine is now my hobby, but it always benefits them and of course you the readers.

I underwent as I mentioned earlier having my eyes laser operated to reduce the eye pressures which had increased a lot. It worked and now I am being monitored. The sight I have found appeals to me, I am sure it will appeal to you also.

Until next time

Your Editor

Josie Lawson...

EBB & FLOW (THE NEW VOICE) SUMMER 2012

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.btkc.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)
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

ME TIME

HASTINGS LIBRARY
13 Claremont, Hastings, TN34 1HE
Mon-Fri 9am—7pm
Saturday 9am—5pm
To contact East Sussex LIBRARIES call:
0345 60 80 195 for Renewals
0345 60 80 196 for Enquiries

Websites:
www.nspcc.org.uk
www.redcross.org.uk

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/Ru Gardner... And all who still have faith in this here mag....

Dave Arnold
From the booklet

TOYS OUT OF THE PRAM

Dave Arnold

Someone’s got to realise
We need the trees
So why relax?

Hole in the sky
Sun shines through
Got enough ice-packs
To keep you cool

No time for contemplation
Come on every nation
We’re sowing the seeds
For the next generation

We talk of love
Peace and understanding
But from the Earth
We’re just too demanding

Multi-corporation
Teaching indoctrination
Suppressing the facts
About their chemical lapse

See the signs
It’s no good acting like that
It’s our future
Face the fact.

FACE THE FACT
Toxins in the water
And the state of the sea
Cannot see the damage
So it doesn’t concern me

Forests down
On bended knees

EBB & FLOW (THE NEW VOICE) SUMMER 2012
HEATHER WASTIE

30.7.2012
By email -

Hi Josie

Here is my biog. For your next Ebb and Flow. My poem is attached.

Best Wishes
Heather

Heather Wastie is a wordsmith, humorist and musician, born in the Black Country, now living in Kidderminster. She has published 3 illustrated poetry collections and in 2010 co-founded Brewers’ Troupe which takes poetry plays into non-arts venues. In 2011 she was shortlisted for poet laureate in both Worcestershire and Birmingham. Her website is www.WastieSpace.co.uk.

Heather Wastie. Poet & Musician
http://www.WastieSpace.co.uk
http://soundcloud.com/heatherwastie

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 for 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
January 2012
*****************************

Email: 22 June 2012
Hello Josie

Many thanks for your email. Here is my story at last, ‘Blue-Moon-Baby’. I really hope you like it and find it appropriate for Ebb & Flow. I do think its good to have this magazine online now as it should reach more people in that way.

I do hope your eyes improve and you recover well from your operation. Good luck and good wishes for your forthcoming edition of Ebb & Flow and I look forward to being a part of it in the next issue! Thank-you for including me!

Good wishes Jo Moon (AKA Monks!)

(Blue-Moon-Baby can be read further on in the magazine…)

THE DOOR OF TRUTH

What a pity the Sky bird has flown
Away—soaring through the skies
High above the mountains
The Tibitan terrain

Away where the elephants place
The Sky bird travels
Away through the sky
Silent in its own domain

What a pity the Sky bird doesn’t see
The angel that flies in its soul
Friends where the hearts reached
In a friendly terrain

Sky bird that reached through the heavens
Free as a soul; to reach her goal
Will see one day -
She left a true friend behind

One day—their souls may meet
One day Sky bird will realise
Words play with the mind
And untruths were obviously told

One day Sky bird will soar through the sky
Find its way home
And realise ‘Silence’ spoke its real truth
And why, ignorance played its role.

© Hendrietta 2005
All Rights Reserved
This is the up to date campaign photo looking for Maddie…please make that all important phone call if you spot Maddie…
I placed on my facebook timeline after being passed it.

Meridian TV presenter Fred Dynage with Lord Brett McLean celebrating 1066 Business Awards

**PLANET EARTH—WATER**

Water is the substance of our being
Without it we wouldn’t survive
H2O is the way of the world
Some is kept healthy
Some can give disease
The vast emotion of the planet
Is the salty calm, rough seas.
- But then drought appears
Hose pipe bans come into force
And then the April Showers cause floods
- But still the hose pipe ban must continue
As it is obvious drought will stay with us
Yes, Water is the substance of our being
So let’s help preserve it
And keep our world around us
Safe…
Love your water, love your health
And hope our planet will remain safe forever.

**WARMTH IN SILENCE**

I must be on the mend
Am getting the urge to get outside again
Feel the air on my face
The sound of the world through my hearing aids
This is the worst illness I seem to have had.
But—I’ve been through much worse
— you don’t realise at the time of impact
- The end is near, but you survive,
—Blossom again into the world about you once more
And smile: you then forget
Move on—until possibly—the next time.

© 2012 Josie Lawson
All Rights Reserved

**Water/Tears**

Into the eyes of emotion
Crying in pain as the drops are Instilled
18 years this has been going on Rehabilitation, operations Remission occurs
Tears, where are they?

© 2012 Josie Lawson
All Rights Reserved

Josie Lawson

All Rights Reserved

---

Editor Email: josie301@btinternet.com
Dear Josie

Thanks very much for your email…..
I really appreciate the opportunity to be included in your magazine. I have written a short blurb about the magazine below, which I hope you might find useful.

The Scrumbler is a magazine devoted to publishing new poetry for children. It includes work by established poets and also many young people, and is beautifully illustrated, and published to a high standard. It would be of interest to any creative children or people who write with children in mind. The Scrumbler accepts submissions year round. It currently publishes about one issue per year, with hopes to increase that soon. Anyone interested in getting a copy, submitting work, or illustrating for the magazine, can find more details at www.thescrumbler.com

Sincerely
Mike Kavanagh

Email: 30th July 2012
Cont from previous page...

deaf and hard of hearing people in the UK, that’s “one in six of the population that cannot access the new, free on demand access to the arts service.”

An architect designing a new building today would be expected to consider wheelchair access and the needs of people with a variety of disabilities in their plans. It’s time for web designers to think the same way. Smith told me that this can only be achieved if access is part of the thinking from the beginning. She says web designers need to “work with consultants and individuals, engage with disabled and deaf people, budget for 5% of their budget for digital access and plan from the start. Pay disabled and deaf people to be in your user experience testing—they are your experts.” Time for some change.

© 2012 Guardian News and Media Limited or its affiliated companies. All Rights Reserved.

Re: The Web presents deaf and disabled people with a digital glass wall...Charlie Swinbourne—
Guardian.co.uk, Tue 12 June 2012 16.07 BST

With grateful thanks to Nicola Chapman and Helen Wilson of The Guardian for arranging this...being in a situation of sight and hearing and disability problems myself, I felt this article would benefit my readers also, and so researched to see if I could reproduce, and so thank you - Josie...

****************************************************************************************************************************

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

Did you know that Eat@ also provides event catering 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: 01424 447116
Facebook: eat@hastings

15 November 2012—Vote for your Police and Crime Commissioner

On 15 November 2012, you will have the chance to go to the polls to elect a Police and Crime Commissioner for the police area you live in.

The Police and Crime Commissioner will be responsible for overseeing policing and community safety in their area on behalf of residents in Sussex.

The Police and Crime Commissioner will:

- Hold the Chief Constable to account for the performance of the Police.
- Set the police budget, the police share of council tax and the local ‘Police and Crime Plan’ which sets out the overall strategy for policing and crime reduction in the area
- Hire and—if necessary—fire the Chief Constable
- Be elected by the public for four-year terms of office
- Be scrutinised by a ‘Police and Crime Panel’ involving local Councillors and members of the public
- Work in partnership with other agencies and the wider criminal justice system to help cut crime

Police and Crime Commissioners are replacing Police Authorities, the groups of Councillors and independent Members of the public that currently oversee Police forces in England & Wales.

The Police and Crime Commissioner will be there to make sure that the police are doing a good job and tackling the issues that matter to you. This election is an important opportunity to have your say in policing where you live.

In the months leading up to the election date, potential candidates for the role will be coming forward, putting together their plans for the job and campaigning on why they should get your vote.

To find out more visit www.sussexpcc.co.uk or follow on Twitter@sussexpcc

www.sussexpcc.co.uk
Cont from previous page…

Text on websites can also be a serious issue for some people with dyslexia. As a result, like blind people, they need websites to work smoothly with their screen readers or offer voice activation so they can listen to the text. The British Dyslexia Association advises web designers to make site navigation clear, to break up text into shorter paragraphs, use dark print on a pale background, and allow users to set their own choice of font style and size. For deaf people, the internet and the new forms of communication that were developed with it (such as webcam, email, instant messenger) gave us access we never dreamed of: However, as the internet has started using more video clips, which aren’t covered by the same regulations as television broadcasts, we have found ourselves increasingly disenfranchised.

In 2008, the BBC reached a landmark by providing all its broadcasts with 100% subtitling. But in 2012, on BBC News videos or the live feeds for BBC channels, there’s hardly a subtitle to be found. It’s the same on other news websites (including, unfortunately, this one), but what sticks in the craw is the fact we pay a full licence fee for a service we can’t use. There’s also very little subtitling provision on video on demand services such as Netflix and LoveFilm. And on YouTube, the subtitles you do get are often automatically created through voice recognition, leading to some very strange results. In the online world, deaf viewers are a long way down the priority list.

Luckily, some people are stepping up and highlighting the problem. Alison Smith, who set up Pesky People, a website that campaigns to improve access to digital technology (read her brilliant 10 digital commandments). On Wednesday, inspired by an American campaign, Smith launched a campaign on Twitter where deaf people tweeted videos that were inaccessible using the #subtitlesnow hashtag. The tweets reached over 13,000 people, and saw nearly 700 people join the event page on Facebook (check out the comments to get an idea of how they feel about it). Smith was compelled into action after discovering the lack of access on the Arts Council’s website The Space. As she pointed out in her article launching #subtitlesnow, with 10 million...
The web presents deaf and disabled people with a digital glass wall

An architect designing a new building would have to consider disabled access. Web designers must think the same way.

Buildings are adapted for deaf people and websites must cater to deaf and disabled people too.

When you think about the barriers facing deaf and disabled people, it’s easy to think about obstacles in the physical world. You might consider the problems a wheelchair user would have getting into a building with steps, or the issues a deaf person who lip-reads might face talking to a shop assistant who mumbles. Increasingly though, it’s in the online, rather than the physical world, where deaf and disabled people are battling a lack of access. It’s as though there’s a digital glass wall. The content is right in front of you—you just can’t access it.

Blind and partially sighted people can browse the web using screen or braille. However, websites using Flash can cause problems, along with graphic labels that the screen reader doesn’t recognise (think of the “play” button on a video or audio clip). Then there are sites that use a Captcha (Completely Automated Public Turing test to tell Computers and Humans Apart) - these are the mashed-up letters and numbers that websites ask you to enter when you register for the first time. Meanwhile, for those who are partially sighted, sites that use unusual colour schemes, or certain font types and small sizes can be very hard to read.

So why does this matter? Damon Rose, who edits the BBC’s Ouch! Blog and podcast, told me that “an equal society with equal job prospects is increasingly becoming all about technology as we build our lives more and more around the web.” He feels that the government need to recognise that websites that don’t take access into account could make blind people less employable.

If you have any information about a crime call the charity Crimestoppers anonymously on 0800 555 111 or go to www.crimestoppers-uk.org.

Creative Countryside Children’s Poetry Competition!

Local poet, Jan Hedger, launched an exciting children’s poetry competition, in conjunction with Kim Richards (Project Officer), in support and promotion of the new—Combe Valley Countryside Park, green space on our doorstep, that links, Hastings/St Leonards, Bexhill and Crowhurst!

The Competition was launched at the Easter Eggs and Nests, held on April 11th 10.30-1300 at the green, adjacent to Hastings Garden Centre. With the competition running right through to 25th August, it gives children plenty of time to visit the park and compose their poems!

Jan said ‘As a champion and writer of children’s poetry and also a lover of nature, I saw a fantastic opportunity to bring the two together. Being a volunteer with the Sussex Wildlife Trust, I approached Kim with my idea of a children’s poetry competition and now it has been launched! We have an exciting panel of judges for the final presentation, to be held on 22nd September, where the top 5 from each category, will perform their poems and we have already received some top prizes with more promised! With Brian Moses as our guest presenter this promises to be a real celebration of children, nature and poetry!

I feel it is so important for our children to be aware of the local environment, for it will be theirs to protect in the future and I would like to see the park busy this summer, with children armed with pens, pencils and paper in hand!’
Cont from previous page…

There are four categories;

Under 6 with mum’s and dad’s too! 6-8, 9-11, 12-15

Two poems per entry each no more than 30 lines and must involve the park, its nature and wildlife, right down to the sea-shore!

Leaflets with more information and full terms and conditions will be available from; Bexhill Museum, Sidley Children’s Centre—Turkey Rd, Hastings Garden Centre, Hastings Tourist Information—Queens Rd & Old Town Museum, local libraries & various other outlets & some park events.

Please also visit janscreativewriting.co.uk or contact jan-hedger7@googlemail.com

If you approach for more information please state where you have seen this poetry competition information. Thank you...the editor

***********************************************************

Blue-Moon-Baby ©
By Jo Moon

They found Blue-Moon-Baby in a rock pool. No human knew of its existence here; born in the mist between summer and winter; high sky and low sky; dark moon, full moon. Born in the in-between world of summer and winter solstice and dark-full moon node. It was a purple baby, mixture of blue ray of song and red ray of fire. The fairies smuggled Blue-Moon-Baby out of its pool and placed it safely within the cave. Its mouth gaped open for food. They fed it seaweed and fairy milk.

The fairies watched it grow until it sprouted wings. They knew it was a fairy child, different from the rest. It’s purple wings glowed and this boy child sang with a sweet voice. He played the harp beautifully after 10 moons and flew above the rocks with the rooks and crows. Eleven moons later the fairies kept him deep inside their cave and

Cont over the page....
Hi Josie,

As promised, here is an article for your newsletter:

**Housing support to stay living independently**

‘STEPS to stay independent’ is a new free and confidential short-term housing support service for people aged 65 and over living in their own home (not sheltered housing).

**You may need housing support from STEPS if you:**

- Are finding it difficult to live independently;
- Are living in a property that is not suitable;
- Are at risk of losing your home; or
- Have rent or mortgage arrears or other money or debt issues;
- Are homeless or in temporary accommodation.

They can visit you at home, and help you work out what support you personally need to keep living independently, regardless of what kind of accommodation you live in. STEPS can support you if you own your own home, rent from a private landlord, live in social or council housing or are staying in temporary or unsuitable accommodation.

They can support you to:

- Liaise with your landlord or mortgage company
- Understand your tenancy or mortgage arrangement
- Find more suitable accommodation
- Claim any welfare benefits you are entitled to
- Get specialist debt advice
- Set up or change utility suppliers
- Resolve disputes or other issues with your neighbours
- Find out about local groups or activities in your area
- Take part in healthy living activities
- Make sure your home is safe.

**STEPS is a countrywide service. If you live in Hastings and Rother**
Cont from previous page…

You were never ready to leave my side little one. I had cried so many tears, shed layers of skins. Yet I desired the ocean most of all.

How I had bathed my angst away, yet not. I have to find the ones, those that live inside the rock pools. I have merged with a blue and golden butterfly. What am I saying! Is this the truth? I am a new woman. I cannot love you any more Devra. Yet why leave me with babe in arms and marry the sea? The sea reigns within me too yet she has taken my babe away.

Fairies prepare the woman with new thought-seeds to allow her mind and heart to open to new clarity. Fairies take away babies but only the ones who are not mothered or at peace or a human babe who is really one of them. Blue-Moon-Boy awakens and cries for he senses the baby-less mother. Clouds and skies thicken. The two will meet under cloud-fairy-dust. She is in the ethereal realms now where babies meet mothers. Her heart reaches out to him. Blue-Moon-Baby is adorned by parting skies. She is in love with a blue-born. They shall reunite while caves open up their mouths to speak and where skies thicken with all embracing human-fairy love.

Blue-Moon-Baby awakens. He hears his mother’s cries. She is on Earth, no longer princess of the ocean, yet not of the fairy realm as he. He feels a longing to be close to his mother though knows not why. The fairy mothers tell him he may depart now if he chooses. He spreads out his wings further and breathes into the fire. It is extinguished. The fire burning inside his tiny heart is yet stronger. He has extinguished the fire.

***********************************************************

Cont from previous page…

believe that by introducing babies to the water from as early as possible, they’ll be less likely to experience fear if they do fall in.”

“In the last three years, we’ve had ten of our tiny clients nationally save their own lives,” she continues. “It’s fantastic what vital skills children can learn, and it’s so important that they do. Five of these children were just 24 months when it happened.”

Kelly is excited to be launching her own Water Babies business and says: “I remember the sheer joy I experienced teaching Archie to swim and to be able to do this for someone else is incredible. There’s no such thing as a ‘bad day’ at Water Babies—it’s a passion rather than a job!”

Water Babies classes will be starting in South Kent from 15th May. Classes will take place on Saturday mornings at St Marys School in Bexhill and Tuesdays afternoons as Fosse Bank School in Hildenborough.

For more information please call 01424 892568 or visit www.waterbabies.co.uk

Nicky Jobson
Promote PR
Copthall House, St Ives Road, Maidenhead, Berkshire SL6 1QS
t: 01628 507664 m: 07920 165103 www.promotepr.com
Twitter @n_jobson
http://uk.linkedin.com/in/nickyjobson

Note from the Editor of Ebb & Flow...I was sent this Press Release in April of this year, but due to my health issues, it was held up...BUT, today being 2nd August 2012—I telephoned the number above and was told it was still fine to publish in this magazine...It would be much appreciated if you contact, that you state where you found this information. THANK YOU.

***********************************************************
PRESS RELEASE: 26th April 2012

A wave of Water Babies splashes into South Kent

Babies as young as just a few days will now be able to take part in multi-award winning swimming classes starting in Hildenborough in South Kent and Bexhill in East Sussex in May. The Water Babies programme, run by Kelly Lockwood, is designed to make the most of babies’ natural affinity with water and teaches confidence and safety, using specialist techniques that see many swimming short distances from as young as 30 months.

Previously the manager of a garden centre, Kelly went on to study for a horticultural qualification before pursuing a career in learning and development. She first discovered Water Babies when she started taking her son Archie, now 5 1/2 years old, to swimming classes. “Swimming with Archie was one of the most amazing things I’ve ever done,” Kelly recalls, “I used to be a bit of a control freak, and the first time I really felt comfortable in my role as a new mum and able to ‘let go’ was when we were swimming together.”

Kelly loved swimming with Archie so much that she went on to qualify as a swimming instructor herself, teaching in her spare time. The turning point came when Archie started school and needed more help with his homework and reading practice which made Kelly realise that she wanted a job where she could spend more time with her family. So when the chance came to leave the corporate world behind and bring Water Babies to South Kent she jumped at it!

Baby swimming lessons are a good form of gentle exercise for parents and babies whilst also being great for enhancing parent/carer and baby bonding and generally having fun together. “Our aim is to create a really fun, sociable and energetic atmosphere,” explains Kelly. “Plus it’s a great way for parents to meet other mums and dads who live in the local area.” Despite the emphasis on fun, the course does have a very serious safety point to it. “Tragically, drowning is the third highest cause of accidental death among children in the UK,” says Kelly. “In most cases it’s the shock of sudden submersion that causes children to panic. We

Jo Moon is a writer and storyteller, available for storytelling workshops and performances in the UK for children and adults. Jo makes up all her stories by tuning into a group of angelic beings. Jo’s writing and storytelling aim to bring a greater level of compassion and healing into the world and for humanity.

- Email: jomoonstories@yahoo.co.uk
- Website: www.jomoonstories.com and www.jomoonvisions.com
Email: Daybreak@itv.com

Dear Josie

Thank you for your email about this morning’s reference to the summer solstice and the longest day of the year.

We have checked with our weather department who tell us that the solstice and longest day of the year do not fall at exact times and can occur anytime between June 20 and June 21 but this year the solstice is at 23.09 on 20 June whereas last year it was at 17.16 on 21 June.

The date shift this year is because it is a leap year with an extra day inserted in the calendar.

We have attached a link to The Longest Day website which will give you a little more detail:

http://wwp.thelongestday.com/

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

Kind regards.

Helen

Duty Officer, Daybreak Duty Office
Tel: 0844 88 14150 (option 0)
E-mail: daybreak@itv.com Web: http://www.itv.com/daybreak

WELCOME TO THE THELONGESTDAY.COM WEBSITE

When is the longest (and shortest) day?

In the Northern Hemisphere it is the Summer Solstice which occurs around 21st June each year.

In the Southern Hemisphere the Summer Solstice occurs around 21st December each year.

If you look up the website you will see all the dates for further years 2013 to 2020—I have not checked again, so they may or may not have added more. I became curious this year about the change hence enquiring…

WEBSITES OF INTEREST

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

www.andeanmedicalmission.co.uk—Pieter Gouws, one of the Conquest’s consultant ophthalmologists, worked with the above medical mission which is a new charity set up by David Goldsmith with advice from various ophthalmologists including Mr. Gouws the Hastings Observer published online 18th July 2012 plus in the newspaper of that week. I was very interested in this, as Mr. Gouws recently operated by laser on both my eyes to reduce high pressure...a success to date.

On looking at the website myself this charity it states has Medical expertise to the people of the Bolivian Andes and Amazon.

It is a not for profit organization set up to help organize and manage ophthalmic medical missions. The article is very interesting and worth a read. After contacting Mr. Gouws myself, He thanked me for my interest and kind words...he stated ‘I really appreciate all the support!’

If any of my readers would like to donate please email Mr. Gouws at Pieter@andeanmedicalmission.co.uk—Please state where you found this info..For more information about the charity he worked with In June this year.log onto—

www.andeanmedicalmission.co.uk