

Flanagan's Running Club – Issue 18

Introduction

The first rule of Flanagan's Running Club is everyone should be telling everyone they know about Flanagan's Running Club! After all, sharing is caring.

Feel free to forward on to anyone you want, tell people about it the works, and just get them to sign up. It's quick and easy at the website homepage of <http://www.onetruekev.co.uk/> enter the e-mail address and select whether you want Flanagan's Running Club or blog post updates or both and then hit submit.

A new year brings about a bit of a refresh, some pieces will be going, or will be reduced. Others will stay exactly the same, and a couple of new items are going to be added.

Can I ask you all a favour, please can you review my book on Inkitt, and the link is below. Even if you don't take time to read it properly, please flick through a few chapters, give it ratings and a review and vote for it please. It may help me get it published.

<https://www.inkitt.com/stories/thriller/201530>

On This Day – 11th January

1787 – William Herschel discovers Titania and Oberon, two moons of Uranus.

1972 – East Pakistan renames itself Bangladesh.

It's Independence Resistance Day in Morocco,
Kagami biraki in Japan,
And, National Human Trafficking Awareness Day in the USA

365 Reasons To Be Proud To Be A Londoner - Magical Moments in London's History

It Could Be Ye

The very first national lottery was chartered by Queen Elizabeth I and drawn at the west door of St Paul's. today in 1569. It was to raise money for the 'reparation of the havens and strength of the Realme, and towards such other publique good workes'. The government deficit, in other words. The government later went on to sell lottery ticket rights to brokers, who then hired agents and runners to sell them. These brokers eventually became modern-day stockbrokers.

Chuck D Presents This Day In Rap And Hip-Hop History

2011 - Lecrae releases his fifth album "Rehab:The Overdose" on Reach.

The Christian rapper's album is sort of a coda to his previous Grammy-nominated set "Rehab", released five months prior, which was a collection of songs that dealt with battling addictions and overcoming drug abuse, while this set dealt with more biblical themes such as love of Christ, hope and peace.

Debuting at #15 on the Billboard 200 and #4 on the Rap chart, the album featured guest appearances by J. Paul, Canon, Swoope, Suzy Rock, and Thi'sl.

Births

1956 – Big Bank Hank

1957 – Bryan Robson

1971 – Mary J. Blige

1978 – Emile Heskey

Deaths

1928 – Thomas Hardy

2008 – Edmund Hillary

Number 1's

Number 1 single in 1991 - Iron Maiden - Bring Your Daughter...To The Slaughter

Number 1 album in 1979 - Showaddywaddy - Greatest Hits

Number 1 compilation album in 2004 - Various - Now 56

Drabble

A drabble is a complete story that is exactly one hundred words long.

Speak Up

Have you ever noticed the tendency for old people to get louder and louder as they speak, and the fact that they have absolutely no filter on what comes out of their mouths?

You can be having a normal everyday conversation, at a volume that only those having the conversation can hear, when bit by bit as they turn the direction of the conversation to something that makes a younger generation cringe at the casual racism of it, the volume increases, and then that moment comes; when everyone else for a twenty yard radius goes quiet, as the pensioners shout!

Joke

One day a travelling salesman was driving down a back country road at about 30 mph when he noticed that there was a three-legged chicken running alongside his car. He stepped on the gas but at 50 miles per hour. The chicken was still keeping up. After about a mile of running the chicken ran up a farm lane and into a barn behind an old farm house. The salesman had some time to kill so he turned around and drove up the farm lane. He knocked at the door and when the farmer answered he told him what he had just seen. The farmer said that his son was a geneticist and he had developed this breed of chicken because the he, his wife and his son each like a drumstick when they have chicken and this way they only have to kill one chicken. "That's the most fantastic thing I've ever heard," said the salesman. "How do they taste?" "I don't know," said the farmer. "We've never caught one."

Random Items

Facts

The Titleist Pro V1 golf ball has 392 asymmetric dimples.

The fastest speed recorded for hitting a golf ball is 310 kph (194 mph), the average speed for your everyday hacker is about 200 kph (or 125 mph).

Thoughts

If it's zero degrees outside today and it's supposed to be twice as cold tomorrow, how cold is it going to be?

Why are they called buildings, when they're already finished? Shouldn't they be called built?

Forgotten English

Simivulpa

An animal like both an ape and a fox.

Buttress's World Guide To Abbreviations Of Organisations

AGIP

Agenzia Generale Italiana Petroli
Association for Group and Individual Psychotherapy

Words You Should Know

Disingenuous

Not to be confused with ingenious, which means inventive, 'thinking outside the box', disingenuous means insincere while making a claim of sincerity. 'I didn't think you cared about Valentine's Day' might be a disingenuous remark from someone who had forgotten, or not bothered, to send a card.

Popular Expressions – What They Mean And Where We Got Them

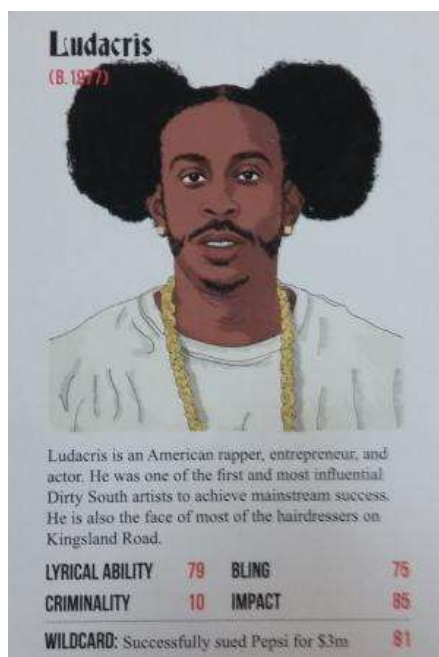
As Happy As Larry

This means to be extremely happy, but the question is: 'Who was Larry?'

It is believed to be an Australian expression from the late nineteenth century, and Larry may well have been the boxer Larry Foley (1847-1917), who never lost a fight.

The word may also relate to 'larrikin', an Australian term for a young hoodlum given to acts of rowdiness. Larrikins were particularly active on the streets in the 1880s and wore distinctive colourful clothing.

Rappers of the Nineties Trumps



Flash Fiction

Something between the 100 word shortness of a Drabble, and the short story, these are works of fiction somewhere between five hundred and seven hundred words.

Supply And Demand

The laptop pinged a dozen times in quick succession. Dan was used to getting messages at most times of the day and night, but this was ridiculous. He couldn't see who they were from. He was playing Fortnite on full screen mode. He'd drop out once the current battle was won and look at what was going on in his other worlds.

Dan had told himself he'd only play on Fortnite to help give him some insights into what drove game players to take certain actions. It would be a good study for his Psychology 'A' level. Yet he'd gotten sucked into playing it for the sake of the game instead. When the battle had been won he closed the game down reluctantly and went to his messages.

There were nineteen messages from an unknown to him user on the Beelzebub chat room, called dolphin9. They were direct messages to him, and not general posts. Dan looked at the messages without clicking into the window and becoming active. He had the message board up into background so he could monitor it, but it wasn't good to be seen as active for any extended period of time. Out there in the wild west of the dark web, it could literally be a matter of life and death.

This dolphin9 acted as if they knew Dan, even though he was sure they couldn't do. No one who knew him in real life was aware that he was bikingduck. No one knew he spent a lot of time in the underbelly of the dark web. His parents would be horrified, but Dan knew he'd need the money if he was going to be able to pay for his university course. The one he needed to become the clinical psychiatrist he wanted to be.

Dan didn't like random strangers contacting him. He preferred referrals from previous clients. He certainly didn't trust strangers that bombarded him with messages that were so familiar in nature. The mention in one of them of goat curry disturbed him the most. How would anyone know it was his favourite dish?

As he read through the messages, and their tone, he thought he'd have a field day with the sender from a case study point of view. The impatience, the repetition, the threats, the pleading, it was all there. He didn't want to touch dolphin9 with a pool cue. Yet they were offering triple his normal rate, and the task at hand was easy enough. He couldn't understand why anyone would be so desperate to get all the files of a small bakery in Anerley.

Dan only caught the story by accident as he was having lunch with his parents the following week. A family from Dubai had been found dead in a bakery beneath their luxury flat in Anerley. He'd rushed to the toilets to retch as his head spun. He just needed to get home now and remove all trace of dolphin9.

Leicester

Random Historic Item

Daniel Lambert

Daniel Lambert is probably Leicestershire's most recognisable figure, and a number of items belonging to him can be found within Leicestershire museums.

He was born on 13th March 1770 in Blue Boar Lane in Leicester, to Ann and George Lambert, who was the Governor of Leicester's Bridwell prison. He was a healthy and athletic lad of normal weight and size, and a small appetite. He went to Birmingham in 1784 to become an apprentice in engraving and dye sinking, and returned to Leicester in 1788.

Then in 1791 at the age of 21 he took over from his father as the Bridwell prison governor. He remained the governor of Bridwell prison until 1805 when the prison was closed, at which time the County Magistrate awarded him a pension of £50 per year. This was probably due to the fact that he was said to have been a popular person and was loved by the prisoners who he always tried to help. By the time he was 23 he weighed 32 stone, and by the time he left the prison he weighed 52 stone despite only eating one (not very large) meal a day, and being teetotal. In April 1806 he went to live in London for 5 months, where people paid 1 shilling to come and see, and speak to him. After this he returned to live in Leicester, but he again returned to London in March 1807 where again people paid 1 shilling to see and speak to him. It was said that people were pleasantly surprised that he was quick witted, polite and intelligent.

After this second visit to London he again returned to Leicester, but made various visits to the provinces and it was on one of these that he died. He died on Wednesday 21st June 1809, at the Waggon and Horses Inn on a visit to Stamford. A wall had to be knocked down to get his body out of the Inn. It took 20 large men to carry his coffin to his grave in the churchyard of St. Martins (now the cathedral).

He stood 5 feet, 11 Inches tall and weighed 52 Stone and 11 Pounds at death and remains to this day the heaviest ever British person. He had a waist measurement of 9 foot 4 inches and measured 3 foot 1 inch around his thigh.

His tomb stone (which should be somewhere in the Cathedral grounds) read as follows:- "In remembrance of that PRODIGY in NATURE DANIEL LAMBERT a native of LEICESTER who was possessed of an exalted and convivial mind and , in personal greatness had no COMPETITOR. He measured three feet one inch around the LEG, nine feet four inches around the BODY and weighed FIFTY TWO STONE ELEVEN POUNDS. He departed this life on the 21st June 1809 AGED 39 YEARS. As a testimony of respect this stone is entered by his friends in Leicester."

A Leicestershire Church

St John the Baptist - Whitwick

Set in North West Leicestershire, close to Coalville, this village outdates its larger neighbour by nearly 1000 years.

The church dates from the early 13th century, with the tower dating from 1220, the main body of the church dates from about 1300, with the north-west door and porch being added in about 1350. The font that stands in the south aisle dates from the 14th century as well.

The clerestory was added in 1620, and the timber and lead roof was restored at this time, and four of the church's eight bells were installed in 1628.

As seems normal for medieval churches, the 19th century saw a number of changes, additions, and restorations. Part of the north aisle and the tower were rebuilt early in the century after a storm had caused the corner of the tower to collapse in 1805. In 1810 the large clock, made by Samuel Deacon was added. The chancel was rebuilt in 1845, and in 1848, the west porch was rebuilt, the north aisle was re-roofed, and had its walls strengthened, and the nave had the seating added to it. The turret staircase was added in 1852, and the vestry was built in 1856 as a gift to the Reverend Francis Merewether. Four further bells were added in 1891, and the organ chamber was added in 1898, along with the nave seating being replaced.

The improvements didn't stop there. During the 20th century a series of restoration work took place, after 1912 when the south aisle chapel was built, the tower was restored in 1935, the clock room was restored in 1951, and the clock itself was restored in the 1960's. The south aisle chapel needed restoring in 1960, leaving the church as it is today.

Top Ten

The most sampled artists of all time, according to the WhoSampledWho website

No	Artist	Number of Times Sampled
1	James Brown	7254
2	The Winstons	2985
3	Public Enemy	2818
4	Lyn Collins	2341
5	Beside	2240
6	Run DMC	1978
7	Notorious BIG	1649
8	Kool & The Gang	1512
9	Michael Jackson	1459
10	Jay-Z	1428

Cathedral Fact Files

Cathedral	Oxford Cathedral		
Dedicated To	Christ Church (Formerly St Frideswide)		
Type	Medieval	Architecture	Gothic
Religion	COE	Tower / Spire	1 Spire
Site Founded	727	Height (External)	144ft
Church Founded	1160	Height (Internal)	44ft
Bishopric Founded	1542	Length	187ft
Current Bishopric Founded	1546	Width	111ft

Thirty-Three And One Third Revolutions Per Minute

Terence Trent D'Arby – Introducing The Hardline According To Terence Trent D'Arby

"*Introducing the Hardline According to Terence Trent D'Arby*" was the debut studio album by Terence Trent D'Arby. It was released in July 1987 on Columbia Records, and became an instant number one smash in the UK, spending a total of nine weeks at the top of the UK Albums Chart, the first of which followed its release in July 1987, the other eight came six months later in an eight week stay from the end of January 1988 through to the back end of March that year. It was eventually certified 5x Platinum (for sales of 1.5 million copies) whilst spending 70 weeks in the chart. Worldwide, the album sold a million copies within the first three days of going on sale. The album's success was slower in the U.S. It was released there in October 1987, eventually peaking at number four on May 7, 1988 – the same week that the single "*Wishing Well*" hit number one on the U.S. Billboard Hot 100. It did peak higher on the Billboard R&B Albums chart at #1 around the same time.

The album should have been the springboard for a glittering career; however TTD started believing his own hype and disappeared up his own arse in spectacular style. His second album was an indulgent piece of trash and deservedly bombed. Chastened by this, he worked hard on his third album and had a couple of hit singles from it, but his ship had well and truly sailed by the time it was released in 1993 and he faded back into obscurity after his fourth album in 1995 failed to attract the public's attention. (fast forward twenty years and think of Duffy and you get the same thing, only quicker.)

Track listing

All tracks written by D'Arby, except where noted.

Side 1

1 - "*If You All Get to Heaven*" – 5:17. Not released as a single, but attracted a Shep Pettibone dance remix all the same.

2 - "*If You Let Me Stay*" – 3:14. First single released from the album, it got to number 7 in the UK singles chart.

3 - "*Wishing Well*" (lyrics: D'Arby; music: D'Arby, Sean Oliver) – 3:30. Second single release from the album, it got to number 4 in the UK singles chart. Sampled five times and covered three times.

4 - "*I'll Never Turn My Back on You (Father's Words)*" – 3:37

5 - "*Dance Little Sister*" – 3:55. Third single released from the album, it got to number 20 in the UK singles chart. Sampled in Derek B's "*We've Got The Juice*" remix amongst others.

6 - "*Seven More Days*" – 4:32

Side 2

1 - "*Let's Go Forward*" – 5:32

2 - "*Rain*" – 2:58. Fifth and final single released from the album, it failed to chart in the UK.

3 - "*Sign Your Name*" – 4:37. Fourth single released from the album, it got to number 2 in the UK singles chart, being kept off number one by Kylie Minogue's "*I Should Be So Lucky*". Sampled once, but covered over thirty times by all kinds of artists.

4 - "*As Yet Untitled*" – 5:33. Not released as a single, or even a B-side, but the most covered track on the album, in a dozen (mainly hip-hop) tracks.

5 - "*Who's Loving You*" (William "Smokey" Robinson) – 4:24. A Cover of a Miracles 1964 single.

Personnel

Terence Trent D'Arby – vocals, keyboards, piano, drums, percussion, baritone saxophone, all instruments on "Sign Your Name" and "As Yet Untitled"

Bruce Smith, Preston Heyman, Clive Mngaza – drums, percussion

Sean Oliver, Phil Spalding, Cass Lewis – bass

Nick Plytas, Andy Whitmore – keyboards

Pete Glenister, "Blast" Murray, Tim Cansfield – guitars

Christian Marsac – guitar, saxophone

Ivar Ybrad – sinubla

Frank Ricotti – percussion

Mel Collins – saxophone

Glenn Gregory, Tony Jackson, Frank Collins, Ebo Ross, Lance Ellington, Michele Oldland – backing vocals

Strings on "Sign Your Name" scored by Chris Cameron

Awards and nominations

1988 – Soul Train & Grammy Award Nomination for Best New Artist

1988 – BRIT Awards International breakthrough act – Terence Trent D'Arby

1988 – Grammy Awards Best Male R&B Vocal Performance Introducing the Hardline According to Terence Trent D'Arby

Chart

Australian Albums Chart - 1

Italian Albums Chart - 5

UK Albums Chart - 1

US Billboard 200 - 4

Album Details

Released - July 13, 1987

Recorded - 1986-1987

Length - 47:11

Label - Columbia

CK-40964

Producers - Martyn Ware, Terence Trent D'Arby, Howard Gray

Club Fact File

Changing for this year, moving from English Football Clubs, to NFL Teams, and of course there is only one place to start if I'm doing that.

San Francisco 49ers	
Founded	1946
First Season Played	1946
First Season in NFL	1950
Ground	Levi's Stadium
Capacity	68,500
Previous Stadium(s)	Kezar Stadium, Candlestick Park, Stanford Stadium
Previous Names	None
Honours	
NFL Champions	None
Superbowl Winners	1982, 1985, 1989, 1990, 1995
NFC Champions	1982, 1985, 1989, 1990, 1995, 2013
NFC West Division Winners	1970, 1971, 1972, 1981, 1983, 1984, 1986, 1987, 1988, 1989, 1990, 1992, 1993, 1994, 1995, 1997, 2002, 2011, 2012
NFL West Division Winners	None
AAFC Playoff Berth	1949

Wildcard Playoff Berths	1957, 1985, 1996, 1998, 2001, 2013
League Seasons	
Seasons in AAFC	4
Seasons in NFL/AFL	69
Seasons in NFC	49
Seasons in NFL West Division	17
Seasons in NFL West (Coastal) Division	3
Seasons in NFC West Division	49

Story Time

All Cut Up

Whoa! Where did that suddenly appear from? The red Audi A4 had missed their front bumper, but Dan wouldn't have liked to have been stood in the space between the two cars. He would have had crushed legs for sure. Marta had slammed the brakes on in time. She had just been about to accelerate as the traffic had started to move for the first time in ten minutes. The red Audi had sped up the inside of them and flown across the chevrons supposedly marking the exit lanes to the M4, into the gap that had just appeared in front of them. The Audi driver went straight across and into the middle lane to their right where it was forced to brake hard itself as the traffic in that lane ground to a standstill.

"That was close", Marta said, "Didn't see them coming at all."

"Yeah, another moron in a high end German car. They think the rules of the road don't apply to them."

As they undertook the now stationary Audi, Dan and Marta both glared at the driver. She was oblivious to the palpitations she had given the pair of them.

"How much further until we get off of this damn car park?" Marta asked irritably.

"Can't be far now, we should be able to see the signs for our turn off soon." Dan replied as they came to a halt again. "There's no breeze at all, let's put the windows up and put the air con on."

"It uses more fuel."

"It's better than melting."

That was typical Marta Dan thought, worrying over a few pence when they were spending thousands of pounds on doing this tour of the country. They'd taken two weeks off work so they could visit historic parts of England they had never been to before. Fourteen nights in ten different hotels. It was a frantic schedule, well over a thousand miles of driving to be done. If all of those miles ended up being like these ones on the M25, they would need another couple of weeks to complete the trip.

The traffic started up and again, and they started inching forward again. Five miles an hour. The junction for the M40 came into view, gradually getting closer until the start of the link road opened up to their left and they were able to sweep across into it and speed up.

They hadn't gotten onto the actual M40 when the same red Audi A4 cut them up again. It dived in front of them from the left this time. Leaving even less space in front of them than the previous time, if that was possible. It sped off in front, having had no need to cut in front of them with a clear second lane available to them.

"Who the hell taught you to drive? Stevie Bloody wonder?" Dan screamed at the fast disappearing car.

Marta shook her head, used to Dan's rants at other drivers from his passenger seat.

"Probably the same person who taught you to drive dear."

Dan glared back at Marta, but didn't respond. He was a passenger for good reason. Not because of his driving skills, but because Marta didn't like being a passenger when he drove. Well, she didn't like being a passenger full stop. It was an area she was a complete control freak about. In reality Marta normally drove in the style of the driver of the red Audi than Dan did. Dan was more about safe and steady and Marta would regularly mock his need to stick to the speed limit and use indicators for every manoeuvre.

Dan interrupted the music to ask, "Shouldn't we have turned off there? It was signposted for Oxford."

"No, the sat-nav didn't say anything."

"The sat-nav hasn't said anything since we left home. I assumed you knew where you were going when you didn't turn it on."

"Why didn't you say something before?"

"Before when? Just now as we passed the junction or when it didn't say anything when we turned out of our street?"

"At any time, just letting me know the sat-nav wasn't on."

"Because of course, you couldn't possibly have noticed it not squawking at you yourself."

"What are we going to do now then? We've missed the turn off."

"Turn off at the next junction like any sane person and then use the sat-nav to direct us back to where we need to go."

"I can't program the sat-nav whilst driving on the motorway."

"Then pass it to me to do."

"You take too long to do it."

"Well don't pass it over then and guess the route. Let's just keep driving until we run out of petrol."

"There's no need to be like that."

"Like what?"

"All sarcastic and snotty."

"For crying out loud. I'm trying to help, but as usual it isn't good enough."

"Well up your game then."

Dan just rolled his eyes and shook his head. There was nothing good to be gained from saying anything else. It would all be fine once they were out of the car. It always was.

The next junction appeared and Marta showed no sign of moving over to take the exit.

Dan asked, "Are we taking this junction then or not?"

Marta didn't reply, she just cut across two lanes and up onto the slip road, just squeezing in before the chevrons started. She threw the sat-nav at Dan and yelled,

"Sort that out but don't take all bleeding day about it."

Dan turned it on and waited for it to come to life. He got the hotel details from the glove box and put in the post code. He turned the volume right up before passing it back over to Marta who was just driving around the roundabout at the junction exit.

Eventually the sat-nav located where they were and started the instructions, bellowing out.

"Take the first exit."

Marta drove past the exit and was met with an equally loud,

"Recalculating route"

"Did you turn this up?"

Dan put on his best innocent looking face.

“No”

“Take the first exit”

This time Marta was ready for it and headed off the roundabout and along the road signposted Oxford. As they continued along the road, Marta fiddled with the sat-nav to turn it right down.

Neither of them had been to Oxford before, only having seen it in various films and TV shows. The outskirts they were driving through looked nothing like those images. Ugly looking boxy houses sat amongst seventies style factories and lock-ups.

The sat-nav was throwing out directions faster than Marta could take them in, and several missed turnings meant extra time having to fight their way back through the labyrinth of one way streets close to the centre of the city. There were buildings that both Dan and Marta were sure they had passed three or more times.

Eventually they could see the hotel, but they missed the car park entrance and had to divert back around part of the one way system before making it into the car park. A car park that was nearly full, though as luck would have it a car was leaving a space near to the hotel entrance. Marta pulled up a few yards back to let the car reverse out of the space.

No sooner had it finished its reversing when a red Audi A4 screeched from the wrong way around the car park and drove into the recently vacated space, only just missing taking the front bumper off of the car that had just left it. Dan and Marta sat there open mouthed in disbelief. It was the same red Audi, for the third time that day.

Dan looked at Marta, who looked as if she was going to explode. She appeared to be throttling the steering wheel. Her knuckles turning white as her face had gone to red then purple. It was a good minute after the other car had driven away from its own near miss before Marta moved the car. They slowly cruised around the car park until they found an empty space.

“Just bring the large case Dan; we don’t need the smaller one for a couple of days.”

Dan hauled it out of the boot, and was thankful it wasn’t an old-school seventies suitcase as he wheeled it across the car park to the hotel entrance. The woman from the Audi was stood in front of them in the queue. Dan stage whispered to Marta,

“I’m surprised she didn’t jump this queue as well.”

If the woman had heard him she showed no sign of reacting to the remark. Marta added,

“Yeah, some people have no shame.”

Just as the woman got to the front of the queue another employee called Dan and Marta over to another check-in terminal. Marta seemed distracted and let Dan deal with the check-in uninterrupted. He found out why when they got up to their room.

“Empty everything from the case onto the bed, and then bring the empty case with you.”

Dan blinked gormlessly, “Why, where are we going?”

“Because it’s the perfect size to stuff that damn woman in once I’ve killed her.”

“You what?”

“Well, you’re not going to kill her, so I suppose I’ll have to do it. She’s in room 131, you can guard the door, and then help me stuff her into the case and then put it into the car.”

And with that Marta was off. With her in one of these moods, Dan knew he was better off following her. If he didn’t it might end up being him in the damn case.

Puzzle Corner

I am getting rid of puzzle corner, it’s unnecessary, and no one bothers with it anyway. I will leave you with the solutions from the previous issue, but then it is at an end.

Quiz

Answers from Issue 17

The Beatles had four Christmas number ones. They were:

1963 – I Want To Hold Your Hand

1964 – I Feel Fine

1965 – Day Tripper / We Can Work It Out

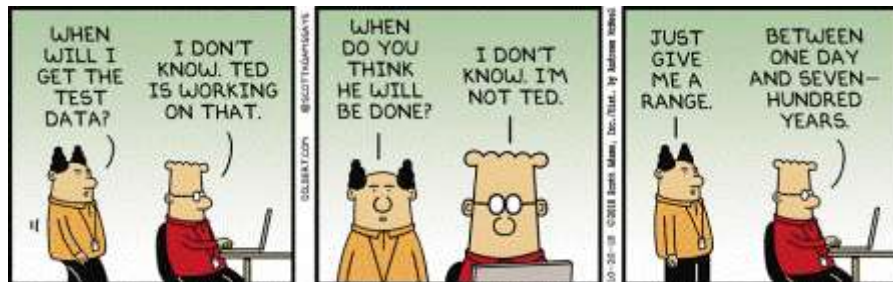
1967 – Hello, Goodbye

Sudoku

Issue 17's Solution

3	7	1	9	8	6	4	5	2
5	6	8	4	1	2	3	7	9
4	2	9	7	5	3	6	1	8
7	9	6	5	2	1	8	3	4
1	3	2	8	7	4	5	9	6
8	5	4	3	6	9	7	2	1
6	1	7	2	4	5	9	8	3
8	4	3	1	9	7	2	6	5
2	9	5	6	3	8	1	4	7

Dilbert



20/10/2018

Epilogue

If you want to catch up on old issues, Drabbles I've had published, or the random scribbling from a bored mind on my blog then they are all available at <http://www.onetruekev.co.uk/> there are links to a number of older publications I have done in the past, with more of the old stuff being added as time goes by.

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