

Flanagan's Running Club – Issue 17

Introduction

The first rule of Flanagan's Running Club is everyone should talk about Flanagan's Running Club! 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.

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 – 14th December

1782 – The Montgolfier brothers' first test fly an unmanned hot air balloon in France; it floats nearly 2 km (1.2 mi).
1911 – Roald Amundsen's team, comprising himself, Olav Bjaaland, Helmer Hanssen, Sverre Hassel, and Oscar Wisting, becomes the first to reach the South Pole.
2012 – Sandy Hook Elementary School shooting: Twenty-eight people, including the gunman, are killed in Sandy Hook, Connecticut.

It's Forty-seven Ronin Remembrance Day (Sengaku-ji, Tokyo)
It's also Martyred Intellectuals Day in Bangladesh
And it's International Monkey Day

Mapping The London Year

1901 – The first table tennis tournament is held at the London Royal Aquarium.

The game, called 'Whiff Waff' in Victorian times, originated as an after-dinner parlour game in which books were stood up along the middle of the table and further books were used as paddles to hit a golf ball back and forth. Although the game was originally patented in 1901 by J. Jacques of London under the name 'Ping Pong', table tennis has now replaced that name internationally except for in North America.

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

2004 – Xzibit releases his fifth album “Weapons Of Mass Destruction” on Columbia.

Debuting at #43 on the Billboard 200, the gold-selling album from MYV's popular Pimp My Ride host spawned the Timbaland produced hit “*Hey Now (Mean Muggin)*”, which featured Keri Hilson and cracked the Billboard Hot 100. With production by Hi-Tek, Rick Rock, Danja, DJ Khalil, Mr. Porter, Thayod Ausar, Battlecat, and long-time Ice Cube collaborator Sir Jinx, the album showcased guest appearances by Truth Hurts, Busta Rhymes, Krondon, Mitchy Slick, Tone, Strong Arm Steady, Suga Free, and Butch Cassidy.

365 – Great Stories From History For Every Day Of The Year

1799 Today at about ten in the evening George Washington, America's first president and its greatest 18th century general, died quietly in his bed at the family home at Mount Vernon, the Virginia estate originally owned by his great-grandfather.

Washington was an active and robust man who delighted in the outdoors and horseback rides around his property. Two mornings earlier, after writing a reply to a letter from Alexander Hamilton on the subject of a military academy for the young republic, he rode for several hours in the damp cold of a snowy Virginia December, to return home frozen and exhausted. The next morning, suffering from a sore throat, he remained in the house to pursue farm business at his desk. Late in the afternoon however, when the weather cleared, he went outside to mark trees for removal. At dinner he was hoarse and his cold had worsened, but he was cheerful and afterwards read aloud to his wife Martha from journals recently arrived. He refused the suggestion of medicine for his condition, preferring, he said, to 'let it go as it came.'

The next day he was unmistakably ill, suffering from fever and acute laryngitis, possibly with diphtheria. The local doctor James Craik ordered the former president to be bled and to gargle with a mixture of vinegar, butter and molasses.

By the morning of 14 December it was clear that Craik's prescriptions were ineffectual, for Washington was still in great pain and sinking fast. He knew his demise was imminent. For fear of being buried alive, he instructed his secretary, 'Do not let my body be put into the vault in less than three days after I am dead.'

Facing death with serenity, just before the end he murmured, 'I die hard, but I am not afraid to go.' His last words were, 'Tis well.' So departed the nation's Founding Father at the age of 67.

Births

1946 – Patty Duke
1953 – Vijay Amritraj
1960 – Chris Waddle
1970 – Beth Orton
1979 – Michael Owen

Deaths

1799 – George Washington
1947 – Stanley Baldwin
1963 – Dinah Washington
2013 – Peter O'Toole

Number 1's

Number 1 single in 1982 - The Jam - Beat Surrender
Number 1 album in 1973 - Roxy Music - Stranded
Number 1 compilation album in 2007 - Various - Now 68

Random Results

2017 - Tottenham Hotspur 2 - Brighton & Hove Albion 0
1969 - Minnesota Vikings 10 - San Francisco 49ers 7
2017 - Brooklyn Nets 104 - New York Knicks 111
1947 - New York Rangers 1 - Detroit Red Wings 1

Drabble

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

Appraisal

It was appraisal time again, time to look back over the year and see just how far apart the objectives given at the start of the year, and what she had actually done during the year were.

It seemed like such a waste of time, a box ticking exercise, it didn't matter if you did what was in your objectives, and the outcome would always be based on how your manager thought you did your job.

She'd only seen her manager three times all year, and he didn't have a clue what her role entailed.

The expected "Good" rating was agreed.

Joke

An old man was sitting on a bench at the mall. A young man walked up to the bench and sat down. He had spiked hair in all different colours: green, red, orange, blue, and yellow. The old man just stared. Every time the young man looked, the old man was staring. The young man finally said sarcastically, "What's the matter old timer, never done anything wild in your life?" Without batting an eye, the old man replied, "Got drunk once and had sex with a parrot. I was just wondering if you were my son."

Random Items

Fact

No word in the English language rhymes with month, orange, silver, and purple.

Firsts

1848 WH Smith & Son became the world's first chain store.
1855 The first plastic was patented by Alexander Parkes.
1926 Erik Rotheim patented the aerosol as a means of dispensing.
1974 The first ever item to be sold with a bar code on was a packet of Wrigley's chewing gum.

Thought

Why can't they make the whole plane out of the same material of the indestructible black box?

Forgotten English

Amaritude

Bitterness.

Ambrose Bierce's Demon's Dictionary

BORE

A person who talks when you wish him to listen.

Buttress's World Guide To Abbreviations Of Organisations

FOS

Federation Ouviers Syndicats

Fisheries Organisation Society

Foreningen for Orientaliska Studier

Disappointed to find full of sh1te wasn't one of them.

Words You Should Know

Disquisition

A disquisition may be spoken or written, but either way it is a long, formal and in-depth study of a subject. It's likely to be learned, authoritative, possibly moralizing and probably just a bit boring.

Popular Expressions – What They Mean And Where We Got Them

To be given the third degree

This is to be the object of detailed questioning to get to the bottom of an inquiry, whether it be criminal or general.

One possible source of the phrase is Free Masonry, where the third degree is the highest level of membership. Those wishing to be considered as Master Masons must sit an intensive exam with interrogatory-style questions.

In America, the term is applied to the use by the police of exhaustive questioning to extract a confession or incriminating information from a suspect, criminal, accomplice or witness.

'Third-degree treatment' is also used as a euphemism for torture.

Rappers of the Nineties Trumps

Fresh Prince
(B. 1968)

Will Smith met Jeff Townes at age 16 and the duo went on to launch a highly successful rap career as DJ Jazzy Jeff & The Fresh Prince. He is best known for starring in one of the greatest sitcoms of all time, *The Fresh Prince of Bel-Air*.

LYRICAL ABILITY	03	BLING	10
CRIMINALITY	12	IMPACT	77
WILDCARD: Won first Grammy awarded for rap			91

Quote(s)

Anna
Norfolk, that's not that far is it, it's only just outside London and up a bit.

Going Underground

Limehouse

Was recorded as *Le Lymhostes* in 1367 and means 'The oasts or kilns' from the Old English *lim* and *ast*. Therefore the place name really means what the word suggests.

The station was opened on 31 August 1987.

Top Ten

States that cut most Christmas Trees		
No	State	No of Trees
1	Oregon	6,446,506
2	North Carolina	4,288,563
3	Michigan	1,739,538
4	Pennsylvania	1,028,888
5	Wisconsin	611,387
6	Washington	587,047
7	Virginia	478,069
8	New York	274,444
9	Maine	195,833
10	Connecticut	159,091

Cathedral Fact Files

Cathedral	Norwich Cathedral		
Dedicated To	Holy Trinity		
Type	Medieval	Architecture	Norman
Religion	COE	Tower / Spire	1 Spire
Site Founded	1095	Height (External)	320ft
Church Founded	1096	Height (Internal)	83ft
Bishopric Founded	631	Length	481ft
Current Bishopric Founded	1101	Width	190ft

Thirty-Three And One Third Revolutions Per Minute

The Rolling Stones - Aftermath

Aftermath, released in April 1966 by Decca Records, was the fourth British and sixth American studio album by the Rolling Stones. It is considered an artistic breakthrough for the band: it is the first to consist entirely of original Mick Jagger–Keith Richards compositions, while Brian Jones played a variety of instruments not usually associated with their music, including sitar, Appalachian dulcimer, marimbas and Japanese koto, as well as guitar, harmonica and keyboards, though much of the music is still rooted in Chicago electric blues. It was the first Rolling Stones album to be recorded entirely in the US, at the RCA Studios in California, and their first album released in true stereo. It is also one of the earliest rock albums to eclipse the 50-minute mark, and contains one of the earliest rock songs to pass the 10-minute mark ("*Goin' Home*").

The album was said to have been originally conceived as the soundtrack for the never filmed feature *Back, Behind And In Front*. The whole deal fell off, though, when Jagger met with the potential director, Nicholas Ray, but didn't like him.

The main engineer for the album was also pivotal in making the group feel comfortable during the sessions as he, according to Wyman, let them experiment with instrumentals and teaming up with session musicians like Jack Nitzsche to variegate their sound. Wyman also stated that he and Brian Jones would pick up instruments that were in the studio and experiment with various sounds for each song. This album is also notable for being the first LP to feature completely original material for the group, as Jagger and Richards were growing not only as songwriters, but

as arrangers as well. In 2003, Jagger recalled that Richards was writing a lot of melodies and the group would perform them in a number of different ways which were mainly thought out in the studio, as opposed to the strict arranging and recording planning of other groups of the epoch.

At the time of its release, *Aftermath* was well received. Keith Altman of the *New Musical Express* stated that "those masterminds behind the electric machines – The Rolling Stones – have produced the finest value for money ever on their new LP." In retrospect the album is considered a milestone in the group's career. In his review for *AllMusic*, Ritchie Unterberger praises the combination of influences, but nevertheless opines that "some of the material is fairly ho-hum, to be honest, as Mick Jagger and Keith Richards were still prone to inconsistent song writing; '*Goin' Home*,' an 11-minute blues jam, was remarkable more for its barrier-crashing length than its content." Writing for *MusicHound*, Greg Kot highlights Jones' musical contributions while identifying *Aftermath* as the album that marked "the entry of these erstwhile blues traditionalists into the album-rock pantheon alongside Dylan and the Beatles, with its canny use of sitar, marimba, and dulcimer".

As with all the Stones' pre-1967 LPs, different editions were released in the UK and the US. This was a common feature of British pop albums at that time – the same practice was applied to all the Beatles' releases before *Sgt. Pepper's Lonely Hearts' Club Band* – because UK albums typically did not include tracks that had already been released as singles.

The original British version of *Aftermath* was issued in April 1966 as a fourteen-track LP. Issued between the non-LP single releases of "*19th Nervous Breakdown*" and "*Paint It Black*", *Aftermath* was a major hit in the UK, spending eight weeks at No. 1 on the UK album chart.

Track listing

All tracks written by Mick Jagger and Keith Richards.

Side one

1. - "*Mother's Little Helper*" - 2:44. has been covered 13 times. Released as a Single in the US, it reached number 8 on the Billboard Hot 100.
2. - "*Stupid Girl*" - 2:56. Released as a single in the US, it reached number 24 on the Billboard hot 100.
3. - "*Lady Jane*" - 3:08. Covered nine times, and Sampled by Neil Young for his track "*Borrowed Tunes*"
4. - "*Under My Thumb*" - 3:41. Covered eighteen times, and the version by Wayne Gibson is considered to be a Northern Soul Classic.
5. - "*Doncha Bother Me*" - 2:41.
6. - "*Goin' Home*" - 11:13. - This was the longest song recorded for any Rolling Stones album.

Side two

1. - "*Flight 505*" - 3:27
2. - "*High and Dry*" - 3:08
3. - "*Out of Time*" - 5:37. Covered eight times, including by Chris Farlowe who had a number one hit on the UK singles chart with it.
4. - "*It's Not Easy*" - 2:56
5. - "*I Am Waiting*" - 3:11
6. - "*Take It or Leave It*" - 2:47
7. - "*Think*" - 3:09. Another song covered by Chris Farlowe who hit number 37 with it on the UK Singles chart.
8. - "*What to Do*" - 2:32

Released 20 June 1966

Recorded 3–8 December 1965, 6–9 March 1966

Released: 7 May 1966, The American version featured different cover art and a shorter running order that eliminated "*Out of Time*", "*Take It or Leave It*", "*What to Do*", and "*Mother's Little Helper*". All four tracks were later issued in the US on other compilations, and "*Mother's Little Helper*" was also issued as a single in 1966, peaking at No. 8 on the Billboard charts. In their place, the album substituted their current No. 1 hit "*Paint It, Black*". The revamped *Aftermath* still reached No. 2 in the US, eventually going platinum.

Personnel

The Rolling Stones

Mick Jagger – lead vocals (all tracks), backing vocals (2, 7, 9-14), tambourine (2, 12), maracas (11), and harmonica (5)

Keith Richards – electric guitar (1, 2, 4-7, 9, 10, 13, 14), backing vocals (2, 7, 9-14), acoustic guitar (1, 3, 8, 9, 11, 12)

Brian Jones – electric guitar (5, 7, 10, 13), acoustic guitar (1, 2, 14), sitar (1), dulcimer (3, 10), harmonica (6, 8), marimba (4, 9), koto (12), bells (12)

Bill Wyman – bass guitar (all but 3)

Charlie Watts – drums (all but 3)

Additional personnel

Jack Nitzsche – piano (1, 9), organ (12), electric piano (2), harpsichord (3, 12), percussion (5), tambourine (6), maracas (6)

Ian Stewart – piano (4-7, 14), organ (2, 9, 10)

Club Fact File

Wolverhampton Wanderers	
Founded	1877
Turned Professional	1888
Admitted to the League	1888
Ground	Molineux
Capacity	31,700
Previous Ground(s)	Windmill Field, John Harper's Field, Dudley Road
Previous Names	St Luke's FC
Nickname(s)	Wolves
Trophies	
League Champions	1953-54, 1957-58, 1958-59
Division 2 / Championship Winners	1931-32, 1976-77, 2008-09, 2017-18
Division 3 / League 1 Winners	1988-89, 2013-14
Division 3 (North) Winners	1923-24
Division 4 Winners	1987-88
FA Cup Winners	1893, 1908, 1949, 1960
League Cup Winners	1974, 1980
Texaco Trophy Winners	1971
Auto Windshields Trophy Winners	1988
Charity Shield	1959 and Shared in 1949, 1954 & 1960
League Seasons	
Seasons in Premier League (Top Flight)	65
Seasons in Championship (Tier 2)	50
Seasons in League 1 (Tier 3)	4
Seasons in League 2 (Tier 4)	2

Story Time

Missing Jennifer

Jon woke to the sound of The Jam's "Town Called Malice" blasting from the alarm. Another day of work to look forward to. He turned to look at Jennifer, only to find the bed empty. The duvet lay untouched on her side of the bed. There was no indentation in the pillow. No beautiful face to look upon. No body to draw close to and cuddle. Just a cold empty place where Jennifer used to lie.

Jon missed her. There was no doubt about that. Jennifer had only been gone for three days, and it already felt like a lifetime to him. He doubted he could ever get used to waking up and not finding her lying next to him. He moved his arm along the duvet where she should have been. He imagined stoking Jennifer, and he wished she was there.

The song changed on the radio. Jon couldn't believe his ears. He didn't want to believe them. Tina Charles' "I Love To Love, But My Baby Just Loves To Dance" was playing. He was transported back to The Palais' dance floor. Was it really forty-two years ago? He had plucked up the courage to ask Jennifer to dance to this song. He had walked up to where she had stood with her friends. The dark-haired beauty, standing out in the crowd in her orange jump suit. He could still remember the sense of nervousness as he approached her. He had expected her to decline his offer to dance. She would take one look at his best Showaddywaddy crepe suit and say no. Or even laugh at him with her friends. But she didn't, she asked him if he just loved to dance, or did he love to love too? "I'd love to do both given the chance," was his reply.

She smiled, and took his hand and they moved onto the dance floor. They didn't leave the floor again until the lights came up at the end of the night, not even for a drink. Jon walked Jennifer home and kissed her goodnight, not even thinking about asking her for her number. Jon was still stood on the pavement outside her terraced house in a happy daze when the door reopened and a piece of paper was thrust into his hand with her number on it.

Jon hadn't looked at another woman since that day. He contemplated the empty space next to him in the bed. How he wished Jennifer was here. They would have smooched and smiled as the song played. Hearing it without her being here wasn't the same. A wave of melancholy washed over him. He sat up in bed and leant over to turn the radio off. He didn't feel like having any more musical memories thrust upon him this morning.

Jon shuffled into the bathroom and automatically reached down to put the toilet seat up. Only to find it was already up. With no Jennifer in the house there was no one to put the seat back down. Especially seeing as both the girls had moved out this year to live their own lives. The house felt very empty to Jon now.

He took his pyjamas off and walked into the shower cubicle. He cursed as the initial spray of cold water splashed over him. Being first in the shower was never great. He always forgot the pipes needed to clear the cold water that had sat in them overnight. Jennifer never did, and she got to the shower ahead of him most mornings.

As the water gradually got warmer he reached for his shower gel. A solitary bottle on the shelf amongst a multitude of toiletries. There must be nearly twenty plastic bottles of all shapes and sizes sat there. He had counted four different shampoos when he had looked one day. They obviously kept Jennifer's hair in great condition. It looked as good as it had when they had first met. Jon just wished he needed to use a single bottle of shampoo instead of needing polish to shine his bald pate.

He dried himself off and hung the towel on the hook on the back of the door. It had taken years of towel training before he had done it for himself. He had traditionally left the used towel draped over the edge of the bath, ready for the next use. Only to find it hanging on the back of the door when he returned. He wasn't going to revert back now that Jennifer wasn't here. That wouldn't be right. He brushed his teeth and put the toothbrush back in the little cup. It rolled around before coming to rest up against Jennifer's. Naturally coming together as if they were meant to be that way.

Jon sighed and went to get dressed. He got pants and socks from the drawer and sat on the end of the bed to put them on. He got his trousers from the back of the chair and pulled them on too. He took a crisp white shirt from a hanger in the wardrobe, ironed to perfection and starched within an inch of its life. As were all the other shirts in there. Jennifer was a wonder with an iron. He pulled out a tie and stood in front of the mirror as he tied it into a Windsor knot. It felt strange to have the mirror to himself. None of the usual sharing as both he and Jennifer got ready for their working days. He slipped the suit jacket from the hanger and headed downstairs.

He put the kettle on and put teabags into two mugs and went to get the milk from the fridge. He looked at the two mugs and shook his head. So many everyday actions were automatic. He was close to making tea for Jennifer as he always did. Half a spoon of sugar and the tiniest splash of milk. Ten seconds max for the teabag and it was done. Jennifer would have been doing the toast at the same time. A smile and a kiss as they would exchange items for breakfast. Jon put his own toast on. Then made a mess of it trying to spread butter that was too hard onto the soft toast. He didn't know how Jennifer managed to have it looking so perfect every morning.

Jon flicked the television on as he sat to eat his toast and drink his tea. It was still on Sky News from the night before. Jennifer would have teased him about his so-called news obsession. It always seemed to be the same to her. He liked to see what was happening in the outside world. It was good to know what was out there. It made him feel better that he had his own little inside world. The one he shared with Jennifer.

As he watched the news he got a sense that Jennifer may well be right. It was a carbon copy of most days. Politicians saying something that the people didn't like. Violent deaths all over the world. Freak weather conditions. Shops going out of business, and financial hardship. Then tales of overpaid sportsmen winning some obscene amount of money. Jennifer would say it was always sportsmen, never sportswomen that got the large cheques. She had a point.

Jon put his plate and mug into the sink. He would put last night's dishes away when he got home tonight. He still had sandwiches to make. He cursed to himself that he hadn't made them last night. He always had done, he was out of his usual routine with Jennifer gone. He needed to pull himself together. He didn't have time to grate the cheese, so just sliced some off the block and put it on the bread. He couldn't find the pickle and couldn't remember where he had put it away previously. He got some mustard and spread that on the cheese instead. The knife clattered into the sink with the plate and mug, and he put the sandwiches into the Tupperware container he'd been using for the last thirty years. He put it in his briefcase.

Jennifer had tried to persuade him to get a different bag for work. A small rucksack or even a man-bag, but he liked the professional look of the briefcase, even if it did only ever have his lunch and newspaper in it.

He picked up his shoes to put on. They had looked dull next to a pair of Jennifer's patent pumps sat in the hall. She looked so good in heels. She would sashay along in them with a hypnotic sway of the hips, as if walking in four inch heels was the easiest thing in the world to do. Jon smiled at the thought of it. Wishing Jennifer was swaying along the hall to the door with him.

The house phone rang as Jon got to the door to leave for the day.

“Hi handsome. Don’t forget I get back from my sister’s this evening. I don’t know what time yet, but I’ll stop off at the chippy to get tea. I’ll pick up your favourite; fish, chips and mushy peas. I’ve missed you Jon, I love you and I’ll see you tonight.”

“I’ve missed you too Jennifer, I can’t wait to see you later, love you loads.”

Jon walked out the door to go to work with a big smile on his face. He wouldn’t be lonely tonight.

Puzzle Corner

Quiz

Answers from Issue 16

A large number of Stephen King’s books are set in his home state of Maine.

This Issue’s quiz.

Is split into two parts. First part is how many Christmas number one singles in the UK did The Beatles have? Second part is to name them.

Crossword

Crucifix

Sudoku

Issue 16’s Solution

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

This issue’s puzzle

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

Dilbert



06/07/18

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/>
Sign up to the mailing list on the home page there. E-mail any ideas or suggestions to kev@onetruekev.co.uk

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