

Liver

NORTH

Patron: Denise Robertson MBE
Registered Charity No. 1087226

Autumn 2010

LIVERNEWS

Support Newsletter for Liver Patients, their carers
and families in the Northern Region

Liver transplant register up 17%
Two people die every day
waiting for a liver.

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LIVERNORTH is run entirely by unpaid volunteers

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twitter: 'livenorth'

Chairman

The schools have just gone back and Autumn approaches. It's a lovely time of the year when the countryside prepares itself for the coming winter. The trees go through a hundred shades of reds and browns before they are stripped bare by the October gales and their leaves become a carpet for the woodlands in our part of the world.

Lovely as it is, no time for looking at the scenery. I started this newsletter in the Southern USA (petrol \$2.50 a US gallon) and I'm finishing it here in the North East - what a difference but much easier to concentrate in your own home. All the important events are featured inside but the Autumn Fair at 1.00 p.m. on 25th September needs a special mention. Denise Robertson has agreed once again to carry out the opening ceremony for us and we have some great stalls this year. Tilly's Tombola has already over 220 prizes so you could easily be a winner. The Grand Prize Draw will take place and someone will win £500 and there will be plenty of things to buy and games to play. Please try to come - parking is free (permit on page 8). Another major event is the Great North Run on 19th September. We have no less than 22 people running for us so look out for the distinctive LIVErNORTH running shirts on TV and if you are a bystander, cheer our runners on.

Also, look out for the Christmas Dinner booking form on page 10. The dinner is on 8th December this year so please book up soon to avoid disappointment.

You may recall that I said in previous issues that we were supporting the new Transplant Institute. So far I have had quite a good response to appeals for Art for an Art Auction but still need more. If you know of any artists who would like to contribute, please get in touch. We need a venue but I have an auctioneer so things are progressing well. Another function raising funds for the institute is a gig at the Tyneside Irish Centre, Gallowgate,

Newcastle by the Abominable Showmen (great name!) on 4th November. Jim Stevenson, a member of the band has arranged the gig and wants the proceeds to go to the Institute.

Please support it if you can. Tickets (on the door) will be under £5 and it starts at 7.30 ish. Finally, whilst Joan was sorting through items in an elderly aunt's home, she came across a dusty exercise book which obviously had been 'hidden' for quite a considerable time. On opening it, she found the heading 'Poetries by R Matthews' followed by numerous hand written poems. Robert Matthews was her Grandfather's brother and was known to her as Uncle Bob. His granddaughter, Valerie, who now works as a nurse in the Endoscopy Suite at the Freeman Hospital, was able to give the background to the poems and she has given us permission to print them. During the depression of the 1920s Uncle Bob with his wife Flora and other members of the Matthews family set sail for Australia in search of a better life leaving behind the grim existence of working in the coal mines of the North East. We have many happy family photographs which bear testimony to the fact that they were not disappointed with life 'down under'. Just prior to World War Two, Auntie Flora and their two daughters, Nellie and Doreen, set sail for the journey back to the UK. This journey was to be the catalyst for what I think is a wonderful record of the love and desperation felt between people when they are apart. Because of the outbreak of war, Uncle Bob and his family were to be separated for a very long time: he was unable to follow them and found it difficult to put his feelings down in a letter so decided to write the poems and send them instead. Although the poems may not always be what is now considered to be politically correct, they give a clear insight into his love for his family, his mixed emotions and his tremendous sense of humour. I intend to print a selection of his poems in this and forthcoming newsletters, I hope you enjoy reading them (Pg 20) as much as his family undoubtedly did and as much as we have.

Best wishes,
John Bedlington

☆ 2010 Numbers Club Results ☆

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110
111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130
131	132	133	134	135	136	137	138	139	140
141	142	143	144	145	146	147	148	149	150
151	152	153	154	155	156	157	158	159	160
161	162	163	164	165	166	167	168	169	170
171	172	173	174	175	176	177	178	179	180
181	182	183	184	185	186	187	188	189	190
191	192	193	194	195	196				

7 prizes of £250 drawn at LIVERNORTH meetings and a Grand Prize of £2500 drawn at our Christmas Dinner!

Congratulations to these £250 prize winners: Mrs N Thurston of Eston with [186] drawn at our general meeting on 16th June by our guest speaker Liam Cornell and to Mrs S Hall of Burnopfield with [161] drawn at our AGM on 21st July by our guest speaker Professor Dave Talbot.

Diary Dates

Our meetings are held in the Postgraduate Functions Room(137/138) on Level 1 at the Freeman Hospital. The meetings are friendly, informal and we have excellent speakers who are always willing to answer individual questions either in the meeting or privately after the talk.

If you are coming by car you should take the side road on the left at the roundabout inside the Freeman grounds, and park in the multi-storey car park. You must display the appropriate parking permit (found on page 8). Access is through the double doors near the portakabin, through the next two sets of double doors, and the Functions Room is on the left hand side.



If you are coming through the main hospital entrance you need to be aware that the doors to the corridor on Level 1 are locked at around 7pm. It is easy to get out afterwards by pressing the button near the door.

All meetings are held on Wednesday, and are open from 7pm with the talks beginning at approximately 7.30. Tea and coffee are served before and after the talks.

15 September	7pm	Professor David Jones	PBC
25 September	1pm	<i>Autumn Fair</i>	
27 October	7pm	Professor Derek Manas	TBA
8 December	6.30	Christmas Dinner, Freeman Dining Room	
12 December	2.30	Carol Service	

If you have any queries please do not hesitate to contact us: 0191 3702961 or email info@livernorth.org.uk. Last minute changes and news on TWITTER!

Please help out with the Autumn Fair on 25th September

**We always need people on the stalls
and behind the scenes.**

It's a busy day but very worthwhile!

Ring us on 0191 3702961

NEXT MEETING:
Wednesday
15th September 2010

Professor
David
Jones



Professor of Liver Immunology

PBC

FREE PARKING FOR THIS EVENT:
PERMIT ON PAGE 8



* EVERYONE WELCOME *
7.00 for 7.30 p.m. in Room 137/138
the Teaching Centre, Freeman Hospital

FUTURE MEETING:
Wednesday
27th October 2010

Professor
Derek
Manas



Professor of Transplantation

Hepato-biliary Surgery

FREE PARKING FOR THIS EVENT:
PERMIT ON PAGE 8



* EVERYONE WELCOME *

7.00 for 7.30 p.m. in Room 137/138
the Teaching Centre, Freeman Hospital

Liver
NORTH
REGIONAL LIVER PATIENT SUPPORT GROUP



Autumn Fair

25th Sept.

1.00 pm

**In the Teaching
Centre, Level 1
Admission Free**

**£500 Raffle
Tombola
Cakes
Games
Jewellery
Bric-a-Brac
Refreshments
Etc.**

**Open to Staff,
Patients &
Visitors**

**To be opened by
Denise Robertson MBE**

**Please help out with the Autumn Fair if you possibly can.
We always need people on the stalls and behind the scenes.
It's a busy day but very worthwhile! Ring us on 0191 3702961**

IMPORTANT: PARKING PERMITS FOR MEETINGS

With kind permission of Mr. Paul Brewis, head of operations at the Freeman Hospital, we have been granted permission to print our own parking permits for LIVErNORTH activities in the LIVErNEWS. This means that parking whilst attending our meetings is free but there are some conditions and the use of the system is to be closely monitored. The first condition is that we have to use the multi storey car park at the rear of the hospital. The second condition is that we have to display a permit for the appropriate day in the windscreen. Failure to do so could mean a fine.

Here are your parking permits for the next few meetings - just cut out the ones you want and ensure they are on show when you park. Separate arrangements are in place for the daytime PBC meetings - just park at the front as usual and collect an exit barrier pass whilst at the meeting. This will lift the barrier and let you leave without paying.

 <p>FREEMAN HOSPITAL MSCP</p> <p>LIVErNORTH VOLUNTEER PARKING PERMIT</p> <p>Valid only on 15th Sept 2010 from 1830 until 2130 Meeting in: 137/138 Level 1</p>	 <p>FREEMAN HOSPITAL MSCP</p> <p>LIVErNORTH VOLUNTEER PARKING PERMIT</p> <p>Valid only on 25th Sept 2010 from 1000 until 1630 Meeting in: 137/138 Level 1</p>
 <p>FREEMAN HOSPITAL MSCP</p> <p>LIVErNORTH VOLUNTEER PARKING PERMIT</p> <p>Valid only on 27th October 2010 from 1830 until 2130 Meeting in: 137/138 Level 1</p>	 <p>FREEMAN HOSPITAL MSCP</p> <p>LIVErNORTH VOLUNTEER PARKING PERMIT</p> <p>Valid only on 8th Dec 2010 from 1800 until 2100 Meeting in: Restaurant</p>

PBC Diary Dates

The lunchtime PBC meetings for 2010 are as follows:

Tuesday	28 Sept	12.00 – 2.00	Bishop Auckland General Hospital, Postgraduate Common Room. Speaker – Prof Julia Newton.
Wed	24 Nov	12.00 – 2.00	Freeman Hospital, Postgraduate Functions Room. Speaker – Prof David Jones.

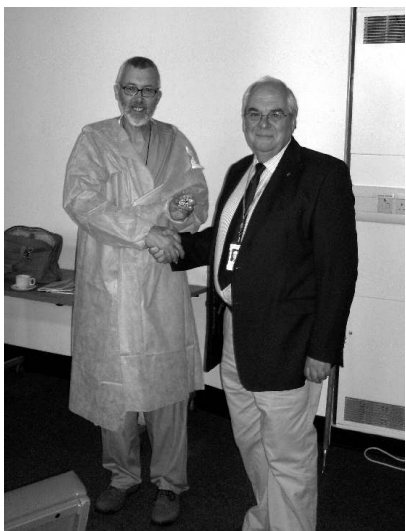
*Please remember that the November meeting is no longer the big fund raising meeting, it will be a regular meeting with a talk, a small raffle, and tea, coffee, orange juice and biscuits will be provided as at all meetings. Please feel free to bring your own sandwich.

The meetings are open to everyone, members, friends and anyone with an interest in PBC.

At Bishop Auckland parking is usually fairly easy, and is paid by meter. At Freeman, we are very kindly given 20 passes to allow people to park in the main car park but to exit for free. I have the passes and can give them out at the meeting. Obviously if you are a disabled driver and able to find a space, please do so.

Please do not hesitate to contact me if you have any queries.

Tilly Hale, 01670 714901, tilly.liveliver@gmail.com



Professor Dave Talbot fresh from the theatre was the guest speaker at our AGM on 21st July. He explained how the success rate of transplants using non heart beating donors was improving with new techniques and procedures. This is of course extremely important in view of the decrease in the number of available suitable donor organs.

Dave went on to draw the numbers club (Susan Hall won for the second time!), answer several questions from the floor and to speak to the operating theatre before dashing off to rejoin the team.

For all of this he received our prestigious LIVErNORTH combined Trolley Token and Keyring (available for £1 donation from Peggy Oliver).

Many thanks for your much valued time Dave - we appreciate it.



CHRISTMAS DINNER 2010



Wednesday 8th December, 6.30 for 7.00 p.m.

Once again at this time of the year, we are beginning to plan the annual Christmas Dinner. Last year as always, several people were disappointed as numbers are strictly limited and allocated on a first come, first served basis. If you would like to attend, please complete the booking form below and return it to me, with your payment no later than 6th November.

The meal includes non-alcoholic punch on arrival, fruit juice throughout the meal, a cheese board selection, coffee and mince pies to finish off the meal, all for £12.00 per person. As those of you who have been before know, the Freeman Catering Department put on an excellent meal at a very reasonable cost and we have a great evening. John Bedlington provides us with a quiz and we also have a tombola to make it a really enjoyable night.

Many thanks for your co-operation, Julie Pyburn



LIVERNORTH CHRISTMAS DINNER, WED. 8th DECEMBER 2010 - 6.30 FOR 7.00 PM

I would like to reserve..... Places at a cost of £12.00 each

I enclose my cheque/postal order for £.....

I/we require.....vegetarian option(s)

Starter: choose either: number

 Cream of Tomato Soup

 Melon Balls with Port & Ginger

Desert: choose either:

 Hot: Christmas Pudding & Brandy Sauce

 Cold: Buche De Noel (posh Chocolate Log)

(Please indicate your choices clearly)

Although we cannot guarantee seating arrangements, if you wish to indicate people with whom you would like to share a table we will do our best to organise this.

I would like to be seated near

Name

Address

.....

.....Tel:.....

Please return with cheque or postal order made payable to LIVERNORTH by 6th November to:

Julie Pyburn, 4 Derwent Gardens, Low Fell, Gateshead, Tyne & Wear, NE9 5XQ

Fill in & detach the section below if you want YOUR OWN REMINDER.



LIVERNORTH Christmas Dinner, 6.30 for 7.00 p.m. Wed 8th December 2010

I have ordered..... Places at £12.00 each and have chosen the following options:

..... Vegetarian options Cream of Veg. Soup

..... Melon Balls with Port Christmas Pudding

..... Cold Sweet

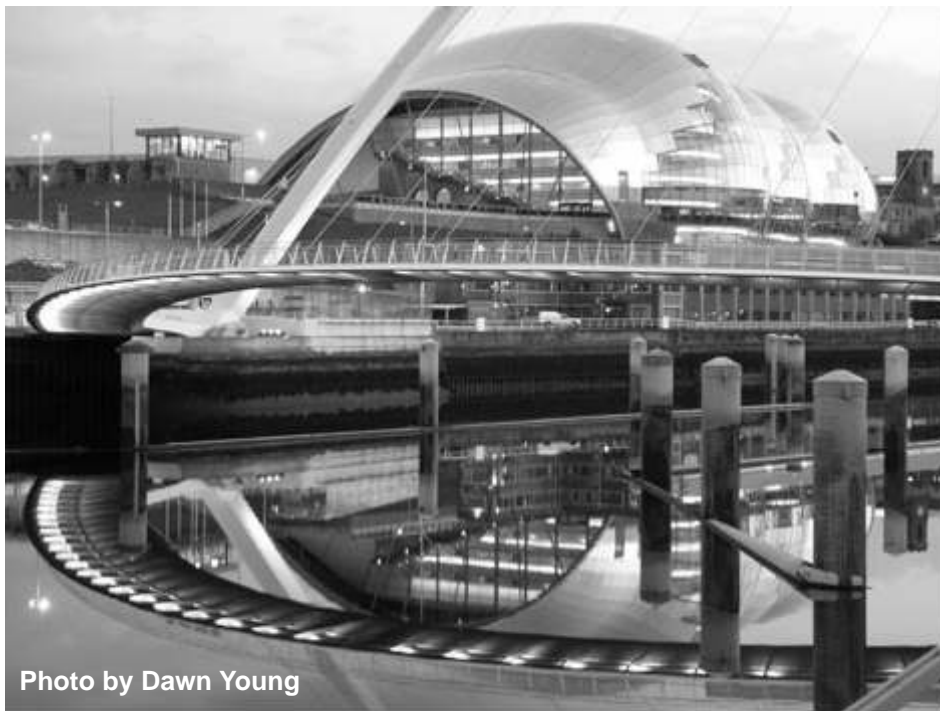


Photo by Dawn Young

Keep in Touch

Email us at info@livenorth.org.uk and we will add you to our email circulation list for updates. We will keep you informed about any recent developments and update you with meeting changes etc. Research, the NHS and the world of medicine in the UK is changing rapidly - we will do our best to keep you up to date with what's happening.

Expert Patient?

Become an expert patient and help others. If you have some experience of hospitals or healthcare you are just who we need for our expert patient register. The NHS has to consult with patient groups more and more so we need your knowledge and opinion. The recent live donor liver discussion at the Freeman Hospital is a good example but we also get asked to complete questionnaires and surveys.

Ring for more information: 0191 3702961 or email us at info@livenorth.org.uk and let us know you are interested.

Tilly Tattle

As summer draws to a close (now don't say what summer, because we have had some lovely days, as well as some not so lovely) it is time to write the latest episode of Tilly Tattle.

I always sit down and think, "what on earth am I going to write about". But it is amazing, just as I can talk and talk and talk (and most of you know this) I always manage to find something to write about. The main thing at the moment is THE LIVErNORTH ANNUAL FAIR, which will take place on Saturday, 25 September, in the Freeman Hospital Postgraduate Functions Room. The fair will be opened at 1pm by our wonderful patron, Denise Robertson, MBE. Denise is truly a wonderful patron. She has at least 35 other charities in which she is involved, and yet she finds time to come along and open the fair, talk to the stallholders (and many other people) and buy from just about every stall. We are very grateful to her for her involvement, and also for her kindness and concern for the group. As always, we need volunteers to sell on the day, and to help in other ways. If you can help out please contact Joan Bedlington (0191 370 1713) or myself (01670 714901) at any time.

In the lead up to the Fair we have been selling raffle tickets. Most of you have had these through the post and we are grateful to you for selling them. Of course, some of you also go the mile further, and sell in the Charity Booth opposite the lifts at Freeman Hospital. This is a labour of love, and I would like to thank everyone who has taken part – I will be writing to

you all personally once the fair is over, but in the meantime, please be assured that we are very grateful for your help. The money we raise selling this way is usually around £1,000+ and is a real boost to the final total. Unfortunately we were not able to fill all the slots this year so the amount raised may be down on previous years.

Please, if you have not done this before, do think about it for next year. It is quite an enjoyable evening, there is quite a lot of laughter and people who stop to buy tickets are often very interested in the group and what we are doing.

I would also like to thank everyone who has donated prizes for the Tombola Stall. I have received somewhere in the region of 220 prizes, with some still to come in.

The Tombola is always a good seller at the Fair, and a good fund raiser. At the moment my spare room is like a warehouse, as I have boxes of prizes, all with their tickets, stacked around the room. I have warned people they are welcome to stay overnight, but might have to climb into bed over these boxes. It is a mark of the generosity and kindness of the members of LIVErNORTH that so many items are donated.

Elsewhere in the newsletter you will see the item on the Christmas Dinner which takes place on 8 December, and there is also an item on the Carol Service which will be held on Sunday 12 December.

Apart from the Fair we only have two evening meetings left this year, and then the Christmas events, so do think about coming along to some of these get togethers.

My best wishes to you all,

WARD 12 NEWS

On 18 June, Marion O'Doherty retired

from her position on Ward 12. Marion had been a familiar and much loved face on the ward and both staff and patients will miss her. Happily, she has not retired from nursing altogether, but is working part time at the Freeman in Outpatients' clinics. We wish her every happiness, and we would like to thank her for all the kindness she has shown to LIVErNORTH members when they have been patients on the ward.

Louise Harrison, the ward clerk on 12, recently gave birth to a second son – Archie. The family are all doing well and Louise intends to return to work around the end of the year. We would like to offer our congratulations and best wishes to them all.

JUNE PBC MEETING

Our June meeting took place at Sunderland Royal Hospital and we had an excellent talk by Lisa Robinson, on her work with PBC patients and exercise regimes. Lisa is a physiotherapist and has found ways to help us with balance and other mobility problems. Although she did not have final results (the research is ongoing) she was able to tell us that she was getting good results and it was felt that this was a useful step forward. She has had two groups of PBC patients attending regularly at the RVI to carry out exercises over a long period and although it is tiring, especially for those people who have a long drive to get to the hospital, it is showing good results.

THE LIVErNORTH CAROL SERVICE

The Carol Service takes place on Sunday 12 December at 2.30. As always it will be held in the Freeman Chapel, and afterwards we will have mince pies, tea,

coffee and orange juice. Sadly, this year, we will not have Nancy Richardson to sing for us. Nancy “retired” as our soloist after the Carol Service last year. She has a lovely voice and entertained us over many years and we are very grateful to her for all her support. Happily, she is still willing to read at the service. Her dear friend, June, is still willing to play the piano for the service, which is a great help, and we are very grateful to her for this.

If anyone would like to sing at the Carol Service, either as a soloist, or in a group, I would be delighted to hear from you. I would also be delighted to hear from anyone who is happy to read or speak at the service, and if anyone would like the service to be around a particular theme, please do let me know.

SLIMMING WORLD

I have been a member at a Cramlington Slimming World group for about eight years now. No, I have not been trying to lose weight for all of that time, but having got to a weight with which I felt comfortable I continued to go because I had become “the lady who weighs people”. This is great fun, because I get the chance to speak to everyone. The good thing for them is that with my terrible memory I cannot remember anyone's weight – by the time they have got off the scales and the next person is on them, the previous weight has gone out of my mind.

Some time ago, Samantha, our Consultant, brought in a small piggy bank and asked that we donate spare 5p coins and that she would save it for a charity. People were very happy to donate in this way, especially as the cost of the class

means that you get a 5p in your change. Imagine my surprise when, at one of our meetings, Sam said that over £100 had been raised and she had decided to make the first donation to LIVERNORTH. I was speechless (well, nearly). I was also very touched and almost in tears. I was also thrilled that LIVERNORTH was the first group to be recognised in this way especially as I am the only member of LIVERNORTH who attends our meetings. I wrote a letter of thanks, and took along some of our leaflets and old newsletters, but I will be passing this newsletter around the group so that they can see my thanks.

A FREEMAN OF THE CITY OF NEWCASTLE UPON TYNE

On 19 July, Linda Flint, well known to all of us for her work in Outpatients' Department, was made a Freeman of the City of Newcastle upon Tyne. Until quite recently, the only people who could be a Freeman were men. However, this ruling was changed. Linda's father was a Freeman and so she now has the right to have this honour. Linda tells me it was a very special occasion, and she is thrilled to be given this honour. For interest – the very first lady Freeman was also from Freeman Hospital.

ONE GOOD TURN.....

A little while ago I received a phone call from one of our members. Whilst out shopping, she had found a gentleman's wallet which seemed to contain a great deal of money. She handed it in and was asked to give her name and address. A few days later, her doorbell rang, and when she answered the door, a stranger was standing there. It was the owner of

the wallet. He expressed his gratitude and gave her £20 as a thank you. Obviously the lady refused this, but the gentleman insisted, saying if she did not want it he would be happy if she would pass it on to a charity of her choice. Well, the lady kindly thought of LIVERNORTH and sent it to me, to be given to Professor David Jones' PBC Research Account. The man did not give his name or any other details so we are unable to write and thank him, but I have written to thank the woman who passed it on to us.

THE PBC DVD

The DVD still continues to be popular and in demand. In fact it has been so successful that it is now planned to produce a similar DVD for patients with NAFLD (Non-Alcoholic Fatty Liver Disease). People find it very helpful to hear Prof David Jones and Prof Julia Newton answering questions about PBC, and also giving an overall view of the disease. They also like to see other patients talking about the effect it has on their lives.

If you would like to order one, please contact me direct or go through the website where there is an order form.

An interesting fact Sent to me by Sue Arkle about August 2010: It has 5 Sundays, 5 Mondays and 5 Tuesdays, all in one month. It happens once in 823 years!

Best wishes,
Tilly Hale, 01670 714901,
tilly.liveliver@gmail.com

Fascinating Facts

One out of 20 people have an extra rib

44% of kids watch television before they go to sleep

Istanbul, Turkey is the only city in the world located on two continents

Every three days a human stomach gets a new lining

In 1873, Colgate made a toothpaste that was available in a jar

Mars is the home of Olympus Mons, the largest known volcano in our solar system

The second best selling game of all time is Jenga. Jenga is a Swahili word, meaning "to build."

Cinderella is known as Rashin Coatie in Scotland, Zezolla in Italy, and Yeh-hsien in China

The name Wendy was made up for the book "Peter Pan."

The fur of the binturong, also known as the "Asian Bear Cat," smells like popcorn. The scent is believed to come from a gland located near the tail.

The longest distance a deepwater lobster has been recorded to travel is 225 miles

Orcas (killer whales), when travelling in groups, breathe in unison

The Great Pyramids used to be as white as snow because they were encased in a bright limestone that has worn off over the years

Paul Hunn holds the record for the loudest burp, which was 118.1 decibels, which is as loud as a chainsaw

A monkey was once tried and convicted for smoking a cigarette in South Bend, Indiana

There are six million parts in the Boeing 747-400.

The first TONKA truck was made in 1947

The Tonle Sap River in Cambodia flows north for almost half the year and then south for the rest of the year

Japanese research has concluded that moderate drinking can boost IQ levels

For more than 3,000 years, Carpenter ants have been used to close wounds in India, Asia and South America

The typical lead pencil can draw a line that is thirty five miles long

Got any fascinating facts? Let us have them and we will print them here.

**It's a Crazy World...
or 'the fuse gets a little shorter every day'**

The ancient stepping stones over the river Dove in Derbyshire have been covered by uniform slabs of mortar and limestone, to make them safer. A spokesman for the council said the work had been deemed necessary because some of the stones were submerged in the winter months. Locals, however, point out that anyone worried about getting their feet wet could use the nearby footbridge.

Civil Servants in the Department of Communities and Local Government last year spent £1,600 on massages for employees and £539 on a staff outing to Blackpool



Did you know?

You can now get LIVErNORTH pens, badges and key fobs from the following volunteers:

Ann Ravenhall (Crawcrook) 0191 4131827

Tilly Hale (Cramlington) 01670 714901

Peggy Oliver (Pelton) 0191 3700833

Sarah Murphy (Liver Unit W12)

A £1 donation is suggested for each item and they can be posted to you if required. All Items are always available at our meetings



Dear LIVErNORTH,

Thank you for the DVD. I was surprised no cost was mentioned on the website.
The enclosed cheque is to cover costs etc.

Yours faithfully
JB
Newcastle

Dear Joan,

Many thanks for all you do. Coming up to 10 years for David's transplant and he is very well - we are so lucky and very grateful to the Freeman and his donor.
MY
Washington

Dear LIVErNORTH

Enclosed is a cheque for the Grand Charity Draw tickets. I wish you well on your fund raising.
I also would like to thank you for the support you and your team have shown me and my husband over the last couple of years since he was in the Freeman Hospital. Just to know when we are worried and concerned you are only a phone call away.
Grateful thanks
MR
Carlisle

Dear Tilly

Thank you so much for the DVD on PBC - Having been recently diagnosed with this condition I found the information on the DVD very helpful. Thank you once again and God bless you in your charity work. Please find enclosed a donation towards costs.
Love from
AD
Hemel Hempstead

Dear LIVErNORTH,

Thank you so much for sending me the PBC DVD. I found it most helpful and informative. Please find enclosed a donation to cover costs etc. I hope to make your next meeting at the Freeman.
Regards
KN
Newcastle upon Tyne

Dear Mr Bedlington,

Many many thanks for the loan of Beechwood House. It was lovely and clean and very comfortable. Can't thank you enough. May God bless you and the kind work that you do.

PM

Cleveland.

Dear Sir/Madam,

While my husband was on Ward 12 he needed a liver transplant and was passed to go the list for one. I was so sad that it did not happen as he was so ill, so he came home to die on February 6th 2009. However, while he was in hospital, I could not fault the care of the doctors and nurses and all the staff who gave him the very best attention, so I would like to say thank you for the use of the flat which you provided as I would not have made the travel each day. My sister and I were on the ward every day with my husband and could not have done that without your help. From our experience we learned a lot and also how good the staff were towards Kevin, as in our sadness they sometimes made him have a little laugh. I say a big thank you to you all.

Yours truly

SB

Hartlepool

Dear Tilly

Many thanks for sending the DVD so quickly. It's been very useful. I enclose a donation to cover the cost.

I'm very grateful to all those who produced it.

Kind regards

TG

Notts.

Dear Sir,

Please find enclosed the donations made in memory of my late husband. I firmly believe that my husband gained an extra 7 years thanks to the wonderful research work that you are doing into liver disease and the great facilities that your organisation provided for me when my husband went through his transplant in February 2003. I hope the money we have raised will allow you, in some small way, to continue the sterling work you are so committed to, and to help another family the way you helped and supported my husband and our family. I am indebted to you, and will continue my support.

Yours sincerely

PM

Stockton

Dear Ms Hale

Thank you for sending me the DVD 'A Patients Guide to PBC' Which I found informative and reassuring. Both Professor Julia Newton and Professor David Jones presented the facts of PBC in a professional and straightforward manner - allowing me to better understand the disease, symptoms and available treatments...

Yours sincerely
RT Herts

Dear Mr Bedlington,

Thank you for your cheque which has enabled us to purchase exercise bikes in memory of Wes Clayton.

Yours sincerely,

Eileen Bradshaw
Professional Lead of Physiotherapy
University hospital of North Durham.

(The Wes Clayton Memorial Fund was set up by his family specifically for this purpose. Currently, high specification exercise bikes are being processed for the Freeman Hospital and funds may be available for other hospitals. You can donate to this excellent cause online via our website or by post - address on back cover. Please mark cheques 'Wes Clayton' on the reverse and make payable to LIVErNORTH)

Hello Tilly,

The DVD arrived today. I have watched it and yes, it has been useful. Thank you so much for sending it.

I would like very much to be on your mailing list please, and look forward to receiving the newsletter.

It is surprising how much better I feel after watching the DVD and listening to people who have had the same reaction to finding out they had PBC as I have. Even finding out they are experiencing the same symptoms as I am has made a difference to the way I feel about it now. I guess I really needed to see and hear this more than I thought.

Thank you again.
Kindest regards
BJ

'Poetries' by Robert Matthews

see the foreword in the Chairman's Report



29 Aug 1927

'Sailing Home'

They sailed away, one April day
And I was left alone
My heart was sad, but their's were glad
For they were sailing home.

T'was on the 'Esperance Bay' they sailed
A truly bonser ship
A letter to every port, I mailed
Enquiring of their trip.

Forty days and four they sailed along
And 'Home in the Merry Month of May'
"They are safely over" it filled my heart with song
For them it was a happy day.

One, eight, five days they've been away
And I'm the ruler of my shack,
King of all I can survey,
But - only till the wife comes back.

'The Batchelor'

I am alone and feeling blue,
Because you women keep me scratching
Toil and slave, to keep four like you,
as well as damn well batching.

'Hitler'

The monster, known as Hitler,
Rules o'er a foreign land,
A callous, brutal dictator
Where none can stay his hand.

Flushed with success, he looks for land anew,
And with grisly smile, persecutes the Jew,
Cunning, scheming, a glitter in his eye,
He now roughly tears, The Treaty of Versailles.

Hitler hates us, we can plainly see
By words spoken lately about democracy.
That we hate him, has also been made plain
By an English politician, Neville Chamberlain.

The monster now turns
upon other nations
But of power he'll be
shorn

By the younger
generation
Who will save democracy, for children, as yet
unborn.



'Darky the Cat'

Just a big black bundle,
Curled upon the mat,
Cares not for noise or rumble,
One of the family, "Darky the Cat"

'The Little Soldier'

I was surprised, one day last week,
The day the English mail arrived,
This surprise knocked me, in a heap,
T'was the photo of a "Girlie Guide".

I knew that England was afraid of war,
With a fear, she really could not hide,
That she was safe, she and I had never saw
Because, my little Aussie, was on her side.

While English folk were in a fright,
My girlie, took the situation calmly,
She ventured forth, one cold dark night,
And joined "The Little Girl's Army".

My little girl is very brave,
For this, I just adore her,
And England, always shall be safe,
While my Doreen, is a soldier.

'My Baby'

Some men boast of their girl friends,
Give flash names to their young ladies,
But I show a picture of a "Girlie Guide"
And tell 'em "That's My Baby"

'Noses Up'

Hello dearie, this is all for you
To tell you of my love so true
Never more shall I cause you pain,
Until I can push your nose up again.

'My Daughter'

I see a picture on a card,
Of a girl, she looks a snorter,
I look again, I look so hard,
Cripes, it's a photo of my daughter!!

Charlotte's Crackers...not just for Christmas

One line jokes for kids - if you have any, please email them to info@livernorth.org.uk - put 'crackers' in the subject box

Q. Why did the man freeze his money?

A. He wanted cold hard cash!



Q. What did the tooth say to the other tooth?

A. The dentist is taking me out tonight!



Q. Where does the judge eat lunch?

A. At the Food Court!

Q. What is a bird's favourite cookie?

A. Chocolate Chirp!



Q. What is a vampire's favourite dog?

A. A Bloodhound!

Q. What did the pencil sharpener say to the pencil?

A. Stop going in circles and get to the point!



Q. Why did the golfer have to change his pants?

A. Because he got a hole in one!



Q. Why are fish afraid of computers?

A. Because they could get caught in the net!

Q. Why did the ballplayer bring a string to the game?

A. So he could tie the score!



Q. Doctor, how is the boy who swallowed 50 pence?

A. No change yet!

Q. Why was Cinderella kicked out of the baseball game?

A. Because she ran away from the ball!



Q. Why did the lifeguard kick the elephants out of the pool?

A. Because they couldn't keep their trunks up!



Q. What kind of ship lies at the bottom of the ocean and shakes?

A. A nervous wreck!

GREAT NORTH WALK 2010

19 July 2010 - My eight Great North Walk & the hardest yet! But with the difficulty comes the rewards. On one of the hottest days in the year myself & fellow walkers assembled at the start near the market town of Guisborough at the Pinchinthorpe walkway visitor centre. The Mayor sent us off with a blast of his air horn & almost immediately started to climb through Bousdale woods.

At this point the trees providing much needed shelter from the sun. As the trees gave way to moor land we could now get our first clear view of



the very impressive Roseberry Topping. An unusually shaped hill partly formed by a geological fault & a 20th-century mining collapse. Stopping only for water & a few photos we made our way to the summit of this impressive landmark. The view from the top well worth the hard steep climb. The decent was equally challenging as the ascent, dropping down before climbing again up to Newton Moor. More great views as we made our way to Black Nab & Highcliffe farm. Now dropping down back into the cool of the trees through Blue Lake Wood & onto the finish. The goody bag & medal well & truly earned!

Big thanks to Jean & Carl who not only gave me a lift to the event but were great company on the route.

Robin Coombes,
South Shields

Robin is a great Great North Walker and has helped the group by raising sponsorship each year. His support is very much appreciated and we wish him many great walks ahead.

The Great North Run is on 19th September and we have 22 runners this year. We will be at the finish line to try and photograph them as they come through so watch this space. If you are running this year, go through the finish line and keep to the left side of the fence (the road side) we will be standing with the LIVErNORTH banner outside of the compound. GOOD LUCK ALL and Please come and get your photo taken!

Helens Howlers

Most of the funnies you see in these pages are sent from friends and colleagues or a freely circulating via the internet. I am constantly on the look out for more material so please send in anything you have or

have heard whilst out and about. It doesn't have to be 'professional' – your witty observations on life are always welcome. If you wish I will ensure you are credited with whatever you send me and even if it's in bad taste - let me have a look... I might be able to tone it down a bit. If you're feeling a bit low - read on... You can't cry & laugh at the same time!

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WARNING - SOME JOKES UNSUITABLE FOR CHILDREN - YOU HAVE BEEN TOLD!

THESE ARE ENTRIES to a Washington Post competition asking for a two-line rhyme with the most romantic first line, and the least romantic second line:

1. My darling, my lover, my beautiful wife, marrying you has screwed up my life.
2. I see your face when I am dreaming, that's why I always wake up screaming.
3. Kind, intelligent, loving and hot, this describes everything you are not.
4. Love may be beautiful, love may be bliss, but I only slept with you 'cause I was p*d.
5. I thought that I could love no other, that is until I met your brother.
6. Roses are red, violets are blue, sugar is sweet, and so are you, but the roses are wilting, the violets are dead, the sugar bowl's empty and so is your head.
7. I want to feel your sweet embrace, but don't take that paper bag off your face.
8. I love your smile, your face, and your eyes, Damn, I'm good at telling lies!
9. My love, you take my breath away, What have you stepped in to smell this way?
11. What inspired this amorous rhyme?

two parts vodka, one part lime.
WHO SAID POETRY IS BORING?

Recently a routine Police patrol car was parked outside the Govan (Glasgow) Working Men's Welfare Club.

Late in the evening the officer noticed a man leaving the bar so intoxicated that he could barely walk. The man stumbled around the car park for a few minutes, with the officer quietly observing.

After what seemed an eternity, and trying his keys on five vehicles, the man managed to find

his car, which he fell into. He was there for a few minutes as a number of other patrons left the bar and drove off. Finally he started the car, switched the wipers on and off (it was a fine dry night). Then flicked the indicators on, then off, tooted the horn and then switched on the lights. He moved the vehicle forward a few yards, reversed a little and then remained stationary for a few more minutes as some more vehicles left. The Bobby could clearly hear him singing "Annie Laurie" in a raucous voice. At last he pulled out of the car park and started to drive slowly down the road. The Police officer, having patiently waited all this time, now started up the patrol car, put on the flashing lights, promptly pulled the man over and carried out a Random breathalisher test. To his amazement the breathalisher indicated no evidence of the man's intoxication. The Police officer said "I'll have to ask you to accompany me to the Police station - this Breathalisher equipment must be broken..." "Ah dinna think so pal," said the man, "this is ma' nicht for bein' the designated decoy!!".

Morning Sex

She was standing in the kitchen, preparing our usual Soft-boiled eggs and toast for breakfast, wearing only The 'T' shirt that she normally slept in. As I walked in, almost awake, she turned to me and said Softly, "You've got to make love to me this very moment!" My eyes lit up and I thought, "I am either still dreaming Or this is going to be my lucky day!" Not wanting to lose the moment, I embraced her and then Gave it my all; right there on the kitchen, table. Afterwards she said, "Thanks," and returned to the stove, Her T-shirt still around her neck. Happy, but a little puzzled, I asked, "What was that all about?" She explained, "The egg timer's broken."

Should children witness childbirth?

Due to a power cut, only one paramedic

responded to the call.

The house was very dark so the paramedic asked Kathleen, a 3-yr old girl to hold a torch high over her mummy so he could see while he helped deliver the baby.

Very diligently, Kathleen did as she was asked. Heidi pushed and pushed and after a little while, Connor was born.

The paramedic lifted him by his little feet and spanked him on his bottom. Connor began to cry.

The paramedic then thanked Kathleen for her help and asked the wide-eyed 3-yr old what she thought about what she had just witnessed.

Kathleen quickly responded, "He shouldn't have crawled in there in the first place...

Smack his bottom again!"

The Hotel Bill

Next time you think your hotel bill is too high, you might want to consider this:

My wife and I are travelling by car from Victoria to Prince George . Being Seniors, after almost eleven hours on the road, we were too tired to continue, and decided to take a room. But, we only planned to sleep for four hours and then get back on the road. When we checked out four hours later, the desk clerk handed us a bill for \$350.00.

I exploded and demanded to know why the charge is so high. I told the clerk although it's a nice hotel; the rooms certainly aren't worth \$350.00 for four hours. Then the clerk tells me that \$350.00 is the 'standard rate'. I insisted on speaking to the Manager.

The Manager appears, listens to me, and then explains that the hotel has an Olympic-sized pool and a huge conference centre that were available for us to use. 'But we didn't use them,' I said. "Well, they are here, and you could have," explained the Manager.

He went on to explain that we could also have taken in one of the shows for which the hotel is famous. "We have the best entertainers from New York , Hollywood , and Las Vegas perform here," the Manager says.

"But we didn't go to any of those shows," I said. "Well, we have them, and you could have," the Manager replied.

No matter what amenity the Manager mentioned, I replied, "But we didn't use it!" The Manager is unmoved, and eventually I gave up and agreed to pay.

I wrote a check and gave it to the Manager.

The Manager is surprised when he looks at the cheque. "But sir, this cheque is only made out for \$50.00." "That's correct. I charged you \$300.00 for sleeping with my wife," I replied. "But I didn't!" exclaims the Manager.

I said, "Well, too bad, she was here, and you could have."

Don't mess with Senior Citizens

A sailor meets a pirate in a bar. The pirate has a peg leg, a hook, and an eye patch.

"How'd you end up with a peg leg?" asks the sailor.

"I was swept overboard in a storm," says the pirate. "A shark bit off me whole leg."

"Wow!" said the sailor. "What about the hook?"

"We were boarding an enemy ship, battling the other seamen with swords. One of them cut me hand clean off."

"Incredible!" remarked the sailor. "And the eye patch?"

"A seagull dropping fell in me eye," replied the pirate.

"You lost your eye to a seagull dropping?" the sailor asked incredulously.

Said the pirate, "It was me first day with the hook."

A man was riding his Harley beside a Sydney Australia, beach when suddenly the sky clouded above his head and in a booming voice, The Lord said, "Because you have TRIED to be faithful to me in all ways, I will grant you one wish."

The biker pulled over, thought about it, and said, "Build a bridge to New Zealand so I can ride over anytime I want."

The Lord said: "Your request is materialistic, think of the enormous challenges for that kind of undertaking, the supports required to reach the bottom of the Ocean and the concrete and steel it would take! It will nearly exhaust several natural resources. I can do it, but it is hard for me to justify your desire for worldly things. Take a little more time and think of something that could possibly help mankind."

The biker thought real hard about it for a long time.

Finally, he said, "Lord, I wish that I, and all men, could understand our wives.

I want to know how she feels inside, what she's thinking when she gives me the silent treatment, why she cries, what she means when she says nothing's wrong and how I can make a woman truly happy."

There was a long silence.

Then The Lord replied:

"You want two lanes or four on that bridge?"

A young engineer was leaving the office at 3.45 p.m. when he found the CEO standing in front of a shredder with a piece of paper in his hand.

"Listen," said the CEO, "this is a very sensitive

and important document, and my secretary is not here. Can you make this thing work?" "Certainly," said the young engineer. He turned the machine on, inserted the paper, and pressed the start button.

"Excellent, excellent!" said the CEO as his paper disappeared inside the machine, "I just need one copy".

Lesson:

Never, ever assume an executive knows what he/she's doing.

Good Questions

1. Is it good if a vacuum really sucks?
2. Why is the third hand on the watch called the second hand?
3. If a word is misspelled in the dictionary, how would we ever know?
4. If Webster wrote the first dictionary, where did he find the words?
5. Why do we say something is out of whack? What is a whack?
6. Why does "slow down" and "slow up" mean the same thing?
7. Why does "fat chance" and "slim chance" mean the same thing?
8. Why do "tug" boats push their barges?
9. Why do we sing "Take me out to the ball game" when we are already there?
10. Why are they called "stands" when they are made for sitting?
11. Why is it called "after dark" when it really is "after light"?
12. Doesn't "expecting the unexpected" make the unexpected expected?
13. Why are a "wise man" and a "wise guy" opposites?
14. Why do "overlook" and "oversee" mean opposite things?
15. Why is "phonics" not spelled the way it sounds?
16. If work is so terrific, why do they have to pay you to do it?
17. If all the world is a stage, where is the audience sitting?
18. If love is blind, why is lingerie so popular?
19. If you are cross-eyed and have dyslexia, can you read all right?
20. Why is bra singular and panties plural?
21. Why do you press harder on the buttons of a remote control when you know the batteries are dead?
22. Why do we put suits in garment bags and garments in a suitcase?
23. How come abbreviated is such a long word?
24. Why do we wash bath towels? Aren't we clean when we use them?
25. Why doesn't glue stick to the inside of the

bottle?

26. Why do they call it a TV set when you only have one?

27. Christmas - What other time of the year do you sit in front of a dead tree and eat candy out of your socks?

28. Why do we drive on a parkway and park on a driveway?

I dunno, why do we?

An American decided to write a book about famous churches around the world.

So, he bought a plane ticket and took a trip to Orlando, thinking that he would start by working his way across the USA from South to North.

On his first day, he was inside a church taking photographs when he noticed a golden telephone mounted on the wall with a sign that read '\$10,000 per call'.

The American, being intrigued, asked a priest who was strolling by what the telephone was used for.

The priest replied that it was a direct line to heaven and that for \$10,000 you could talk to God.

The American thanked the priest and went along his way.

Next stop was in Atlanta. There, at a very large cathedral, he saw the same looking golden telephone with the same sign under it.

He wondered if this was the same kind of telephone he saw in Orlando and he asked a nearby nun what its purpose was.

She told him that it was a direct line to heaven and that for \$10,000 he could talk to God.

'O.K., thank you,' said the American.

He then travelled all across America, Europe, England, Japan, and New Zealand.

In every church he saw the same looking golden telephone with the same '\$US10,000 per call' sign under it.

The American decided to travel to Yorkshire to see if he had the same phones there.

He arrived at Saturday Market, in Beverley and again, in the first church he entered, there was the same looking golden telephone, but this time the sign under it read '40 Pence per call.'

The American was surprised so he asked the priest about the sign. 'Father, I've travelled all over the world and I've seen this same golden telephone in many churches. I'm told that it is a direct line to Heaven, but in all of them price was \$10,000 per call.

Why is it so cheap here?'

The priest smiled and answered, 'You're in Yorkshire now, son; This is Heaven, so it's just a local call'.

It was Sunday morning, and the preacher was very satisfied with the good turnout. He was especially pleased to see Leroy sitting in the front row. Leroy hadn't been to services in several years.

After his usual lengthy sermon, the preacher made his usual offer: "Anyone with 'special needs' who wants to be prayed over, please come forward to the front by the altar."

And Leroy leapt up to be first in line!

"Leroy, what do you want me to pray about for you?" the preacher asked.

Leroy replied, "Preacher, I need you to pray for help with my hearing."

The preacher certainly had experience with that! He put one finger of one hand in Leroy's ear, placed his other hand on top of Leroy's head, and then prayed and prayed and prayed. He prayed a "blue streak" for Leroy, and the whole congregation joined in with great enthusiasm.

After a few minutes, the preacher removed his hands, stood back and asked, "Leroy, how is your hearing now?"

"I don't know, preacher," Leroy answered. "My public defender sez it ain't 'til next week."

Charity

A man went to church one day and afterward he stopped to shake the preacher's hand. He said, "Preacher, I'll tell you, that was a damned fine sermon. Damned good!"

The preacher said, "Thank you sir, but I'd rather you didn't use profanity."

The man said, "I was so damned impressed with that sermon I put five thousand dollars in the offering plate!"

The preacher said, "No sh*t?"

This guy goes to a costume party with a girl on his back. "What are you?". "I'm a snail."

"But you have a girl on your back"

"Yeah," he says, "that's Michelle"

As a senior citizen was driving down the freeway, his car phone rang.

Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on 280 Interstate.

Please be careful!"

"Hell," said Herman, "It's not just one car. It's hundreds of them!"

A banker, an electrician and a politician were all taking an IQ test. One of the questions read: "What term would you use to describe the problem when outflow exceeds inflow?"

The banker wrote: An overdraft.

The electrician wrote: An overload.

The politician wrote: What problem?

The screwdriver and a hammer were having a day off from the toolbox. The hammer wanted to go to the zoo, but the screwdriver wanted to go for a drink, so he walked into a bar and sat on the barstool. The bartender said, "Hey, we've got a cocktail that's named after you!" He said, "What, Eric?"

Family Court Ruling

A seven year old boy was at the centre of a courtroom drama yesterday when he challenged a court ruling over who should have custody of him.

The boy has a history of being beaten by his parents and the judge initially awarded custody to his aunt, in keeping with the child custody law and regulations requiring that family unity be maintained to the degree possible.

The boy surprised the court when he proclaimed that his aunt beat him more than his parents and he adamantly refused to live with her. When the judge, having removed his wig to talk to the lad, suggested that he live with his grandparents, the boy cried out that they also beat him.

After considering the remainder of the immediate family and learning that domestic violence was apparently a way of life among them, the judge took the unprecedented step of allowing the boy to propose who should have custody of him.

After two adjournments to check legal references and confer with child welfare officials, the judge granted temporary custody to the England Association Football Team whom the boy firmly believes are not capable of beating anyone.

A doctor, a priest and an engineer were trying to enjoy a morning of golf, but they were stuck behind an extremely slow group; those men missed every putt, had a hard time lining up shots, and occasionally even teed off in the wrong direction.

The engineer fumed, "What's with these guys?" The doctor chimed in, "I don't know, but I've never seen such ineptitude!"

The priest said, "Hey, here comes the pro. Let's have a word with him."

They signal him over. "Hi, George," the priest says. "What's with that group ahead of us? They're delaying our game."

The pro replied, "It's a sad, sad, story. That's a group of blind firefighters; they lost their sight saving our clubhouse from a fire last year, so we always let them play for free."

The group fell silent in shame. The priest said, "That's awful! I will say a special prayer for them tonight and take up a collection with my congregation." The doctor added, "I'm going to contact my ophthalmologist buddy to see if there's anything he can do for them." And the engineer said, "Why can't they play at night?"

New Medications for Women

St. Mom's Wort

Plant extract that treats mom's depression by rendering preschoolers unconscious for up to six hours.

Empty Nestrogen

Highly effective suppository that eliminates melancholy by enhancing the memory of how awful they were as teenagers and how you couldn't wait till they moved out.

Peptobimbo

Liquid silicone for single women. Two full cups swallowed before an evening out increases breast size, decreases intelligence, and improves flirting.

Dumerol

When taken with Peptobimbo, can cause dangerously low I.Q., causing enjoyment of country western music.

Flipitor

Increases life expectancy of commuters by controlling road rage and the urge to flip off other drivers.

Antiboyotics

When administered to teenage girls, is highly effective in improving grades, freeing up phone lines, and reducing money spent on make-up.

Menicillin

Potent anti boyotic for older women.

Increases resistance to such lines as,

"You make me want to be a better person ... can we get naked now?"

Buyagra

Injectable stimulant taken prior to shopping. Increases potency and duration of spending spree.

Beauty and the Beast

Bob, a 70-year-old, extremely wealthy widower, shows up at the Country Club with a breathtakingly beautiful and very sexy 25-year-old blonde who knocks everyone's socks off. She hangs on Bob's arm and listens intently to his every word.

Bob's buddies at the club are all agog. They finally corner him and ask, "Bob, how'd you get the trophy girlfriend?"

"What do you mean, girlfriend?" Bob replies.

"She's my wife!"

They're knocked over, and press on.

"How in the world did you persuade her to marry you?" they ask.

"Well," he admits, "I lied about my age."

"You cad!" one says, breaking the shocked silence.

"What, did you tell her you were only 50 or something?" asked another.

"No," Bob smiles. "I told her I was 90."

In a small country pub,

all the patrons became quite used to the pub owner's little dog being around the bar, so they were quite upset when one day the little dog died.

Everyone met to decide how they could remember the little dog. The decision was to cut off his tail and stick it up behind the bar to remind everyone of the little dog's wagging tail.

The little dog went up to heaven and was about to run through the Pearly Gates when he was stopped by Saint Peter, who questioned the little dog as to where he was going.

The little dog said "I have been a good dog, so I am going into heaven where I belong!"

Saint Peter replied "You can not come into heaven without a tail. Where is your tail?"

The little dog explained what had happened back on Earth. Saint Peter told the little dog to go back down to Earth and retrieve his tail. The little dog protested that it was now the middle of the night back at the pub, but Saint Peter would not change his mind.

So the little dog went back down to Earth and scratched on the door of the pub until the bartender who lived upstairs came down and opened the door.

"My goodness, it is the spirit of the little dog. What can I do for you?" said the bartender. The little dog explained that he wasn't allowed into heaven without his tail, and he needed it back.

The bartender replied "I would really like to help you, but my liquor license doesn't allow me to...retail spirits after hours!"

A man was driving down the road and ran out of gas. Just at that moment, a bee flew in his window.

The bee said, 'What seems to be the problem?' 'I'm out of gas,' the man replied.

The bee told the man to wait right there and flew away. Minutes later, the man watched as an entire swarm of bees flew to his car and into his gas tank. After a few minutes, the bees flew out.

'Try it now,' said one bee.

The man turned the ignition key and the car started right up. 'Wow!' the man exclaimed, 'what did you put in my gas tank?'

The bee answered,
BP!

Once upon a time there was a female brain cell which, completely by mistake, happened to end up in a man's head.

She looked around nervously but it was all empty and quiet.

"Hello?" she cried, but there was no answer.

"Is there anyone here?" she cried a little louder, but there was still no answer.

Now the female brain cell started to feel alone and scared and yelled at the top of her voice,

"HELLO! IS THERE ANYONE HERE?"

Then she heard a very faint voice from far, far away:

"We're down here...."

Taking a Woman to Bed

What is the difference between Girls and Women aged 8, 18, 28, 38, 48, 58, 68, and 78?

At 8

You take her to bed and tell her a story

At 18

You tell her a story and take her to bed

At 28

You don't need to tell her a story to take her to bed

At 38

She tells you a story and takes you to bed

At 48

She tells you a story to avoid going to bed

At 58

You stay in bed to avoid her story

At 68

If you take her to bed, that'll be a story

At 78

What story?

What bed?

Who the hell are you?

An Aussie truckie walks into an outback cafe' with a full-grown emu behind him.

The waitress asks them for their orders.

The truckie says, 'A hamburger, chips and a coke,' and turns to the emu, 'What's yours?'

'Sounds great, I'll have the same,' says the emu.

A short time later the waitress returns with the order 'That will be \$9.40 please,' and he reaches into his pocket and pulls out the exact change and pays.

The next day, the man and the emu come again and he says, 'A hamburger, chips and a coke.'

The emu says, ' Sounds great, I'll have the same.'

Again the truckie reaches into his pocket and pays with exact change.

This becomes routine until the two enter again.

'The usual?' asks the waitress.

'No, it's Friday night, so I'll have a steak, baked potato and a salad,' says the man..

' Same for me,' says the emu.

Shortly the waitress brings the order and says, 'That will be \$32.62.'

Once again the man pulls the exact change out of his pocket and places it on the table.

The waitress cannot hold back her curiosity any longer. 'Excuse me mate, how do you manage to always pull the exact change from your pocket every time?'

'Well, love' says the truckie, 'a few years ago, I was cleaning out the back shed, and found an old lamp. When I cleaned it, a Genie appeared and offered me two wishes.

My first wish was that if I ever had to pay for anything, I would just put my hand in my pocket and the right amount of money would always be there..'

'That's brilliant!' says the waitress. 'Most people would ask for a million dollars or something, but you'll always be as rich as you want, for as long as you live!'

'That's right. Whether it's a gallon of milk or a Rolls Royce, the exact money is always there.'

says the man.

Still curious the waitress asks, 'What's with the bloody emu?'

'I asked for a tall bird with long legs that would agree with everything I said'

Laws

1. Law of Mechanical Repair - After your hands become coated with grease, your nose will begin to itch and you'll have to pee.

2. Law of Gravity - Any tool, nut, bolt, screw, when dropped, will roll to the least accessible corner.

3. Law of Probability -The probability of being watched is directly proportional to the stupidity of your act

4. Law of Random Numbers - If you dial a wrong number, you never get a busy signal and someone always answers.

5. Law of the Alibi - If you tell the boss you were late for work because you had a flat tire, the very next morning you will have a flat tire.

6. Variation Law - If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now (works every time).

7. Law of the Bath - When the body is fully immersed in water, the telephone rings.

8. Law of Close Encounters -The probability of meeting someone you know increases dramatically when you are with someone you don't want to be seen with.

9. Law of the Result - When you try to prove to

someone that a machine won't work, it will.

10. Law of bio mechanics - The severity of the itch is inversely proportional to the reach.

11.. Law of the Theater and Hockey Arena- At any event, the people whose seats are furthest from the aisle, always arrive last. They are the ones who will leave their seats several times to go for food, beer, or the toilet and who leave early before the end of the performance or the game is over. The folks in the aisle seats come early, never move once, have long gangly legs or big bellies, and stay to the bitter end of the performance. The aisle people also are very surly folk.

12. The Coffee Law - As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.

13. Murphy's Law of Lockers - If there are only two people in a locker room, they will have adjacent lockers.

14. Law of Physical Surfaces - The chances of an open-faced jelly sandwich landing face down on a floor, are directly correlated to the newness and cost of the carpet or rug.

15. Law of Logical Argument - Anything is possible if you don't know what you are talking about.

16. Brown's Law of Physical Appearance -If the clothes fit, they're ugly.

17. Oliver's Law of Public Speaking - A closed mouth gathers no feet.

18. Wilson's Law of Commercial Marketing Strategy - As soon as you find a product that you really like, they will stop making it.

19. Doctors' Law - If you don't feel well, make an appointment to go to the doctor, by the time you get there you'll feel better. But don't make an appointment, and you'll stay sick.

Extracts from letters written to local councils:

1. It's the dogs mess that I find hard to swallow.

2. I want some repairs done to my cooker as it has backfired and burnt my knob off.

3. I wish to complain that my father twisted his ankle very badly when he put his foot in the hole in his back passage.

4. Their 18 year old son is continually banging his balls against my fence.

5. I wish to report that tiles are missing from the outside toilet roof. I think it was bad wind the other day that blew them off.

6. My lavatory seat is cracked, where do I stand?

7. I am writing on behalf of my sink, which is coming away from the wall.

8. Will you please send someone to mend the garden path. My wife tripped and fell on it

yesterday and now she is pregnant.

9. I request permission to remove my drawers in the kitchen.

10. 50% of the walls are damp, 50% have crumbling plaster, and 50% are just plain filthy.

11. I am still having problems with smoke in my new drawers.

12. The toilet is blocked and we cannot bath the children until it is cleared.

13. Will you please send a man to look at my water, it is a funny colour and not fit to drink.

14. Our lavatory seat is broken in half and now is in three pieces.

15. I want to complain about the farmer across the road. Every morning at 6am his cock wakes me up and it's now getting too much for me.

16. The man next door has a large erection in the back garden, which is unsightly and dangerous.

17. Our kitchen floor is damp. We have two children and would like a third, so please send someone round to do something about it.

18. I am a single woman living in a downstairs flat and would you please do something about the noise made by the man on top of me every night.

19. Please send a man with the right tool to finish the job and satisfy my wife.

20. I have had the clerk of works down on the floor six times but I still have no satisfaction.

21. This is to let you know that our lavatory seat is broke and we can't get BBC2.

22. My bush is really overgrown round the front and my back passage has fungus growing in it.

23. He's got this huge tool that vibrates the whole house and I just can't take it any more

Dear Wife,

I'm writing you this letter to tell you that I'm leaving you forever. I've been a good man to you for 7 years and I have nothing to show for it.

These last 2 weeks have been hell. Your boss called to tell me that you quit your job today and that was the last straw.

Last week, you came home and didn't even notice I had a new haircut, had cooked your favourite meal and even wore a brand new pair of silk boxers. You ate in 2 minutes, and went straight to sleep after watching all of your soaps. You don't tell me you love me anymore; you don't want sex or anything that connects us as husband and wife.

Either you're cheating on me or you don't love me anymore; whatever! the case, I'm gone.

Your EX-Husband

P.S. Don't try to find me. Your SISTER and I are moving away to West Virginia together! Have a great life!

Dear Ex-Husband,
Nothing has made my day more than receiving your letter. It's true you and I have been married for 7 years, although a good man is a far cry from what you've been. I watch my soaps so much because they drown out your constant whining and griping. Too bad that doesn't work. I DID notice when you got a hair cut last week, but the first thing that came to mind was 'You look just like a girl!' Since my mother raised me not to say anything if you can't say something nice, I didn't comment. And when you cooked my favourite meal, you must have gotten me confused with MY SISTER, because I stopped eating pork 7 years ago. About those new silk boxers: I turned away from you because the \$49.99 price tag was still on them, and I prayed it was a coincidence that my SISTER had just borrowed \$50 from me that morning.

After all of this, I still loved you and felt we could work it out. So when I hit the lotto for \$ 35 million, I quit my job and bought us 2 tickets to Jamaica But when I got home you were gone. Everything happens for a reason, I guess. I hope you have the fulfilling life you always wanted. My lawyer said that the letter you wrote ensures you won't get a dime from me.. So take care.

Signed,
Your Ex-Wife, Rich As Hell & Free!
P.S. I don't know if I ever told you this, but my SISTER Carla was born Carl. I hope that's not a problem.

Painting the Church

There was a Scottish painter named Smokey Macgregor who was very interested in making a penny where he could, so he often thinned down his paint to make it go a wee bit further. As it happened, he got away with this for some time, but eventually the Local Church decided to do a big restoration job on the outside of one of their biggest buildings.

Smokey put in a bid, and, because his price was so low, he got the job.

So he set about erecting the scaffolding and setting up the planks, and buying the paint and, yes, I am sorry to say, thinning it down with turpentine..

Well, Smokey was up on the scaffolding, painting away, the job nearly completed, when suddenly there was a horrendous clap of thunder, the sky opened, and the rain poured down washing the thinned paint from all over the church and knocking Smokey clear off the scaffold to land on the lawn among the gravestones, surrounded by telltale puddles of the thinned and useless paint.

Smokey was no fool. He knew this was a judgment from the Almighty, so he got down on his knees and cried: "Oh, God, Oh God, forgive me; what should I do?"
And from the thunder, a mighty voice spoke.. "Repaint! Repaint!
And thin no more!"

A man went in to a seafood restaurant

because he had heard that the squid was extremely good. The head waiter, Gervaise, met him at the door and showed him the tank of fresh live seafood so that he could pick for himself the dish he wanted. It was quite late and there were only two squid left, an old red crusty specimen and a young green one. When he looked at the green one he fancied that it was a gentle creature and it had long whiskers and a cute tash. It seemed to be smiling at him but he was hungry so he chose the young one and asked for it to be well done. Gervaise picked the squid out of the tank with tongs and took it into the kitchen but when he put it on the worktop to kill it, he didn't have the heart. Unpreturbed, he asked the pan man (a big Swede called Hans) if he would kill the squid so that the chef could cook it. Once the pan man looked at the squid, he too was overcome with guilt and said he couldn't bring himself to kill it either. The moral of this story, and you will have heard it before is this: 'Hans that do dishes can be soft as Gervaise with mild green hairy lipped squid'

A man was fed up with his wife and wanted her bumped off. He knew somebody at the pub who knew somebody and a meeting was arranged. The hired murderer was introduced as 'Arty' nothing else, and it was arranged that he would undertake to kill the man's wife for the sum of one pound. He asked when and where the man's wife shopped and how she dressed. On Thursday morning, Arty was waiting in the supermarket looking out for a woman in a grey coat when he saw her bending over a freezer. He rushed forward and strangled the lady but was soon attacked by the shop manager. He turned and strangled him too before rushing to get out of the shop. He could hear a police car in the distance but as he went past the checkout he saw the man's wife waiting to pay and realised he had killed the wrong woman. He quickly strangled her too but the police arrived and took him into custody. You may have seen the reports in the newspapers. The headline was: 'Arty chokes three for a pound in Tesco'

My 1st day of employment after 'retiring':

So after landing my new job as an ASDA greeter, a good find for many retirees, I lasted less than a day..About two hours into my first day on the job a very loud, unattractive, mean-acting, typical Essex chavvy woman walked into the store with her two kids, yelling obscenities at them all the way through the entrance. I said pleasantly, ' Good morning and welcome to ASDA. Nice children you have there. Are they twins?' The ugly woman stopped yelling long enough to say, 'Hell no, they ain't twins. The oldest one's 9, and the other one's 7. Why the hell would you think they're twins? Are you blind, or stupid?' So I replied, 'I'm neither blind nor stupid, Ma'am, I just couldn't believe someone slept with you twice. Have a good day and thank you for shopping at ASDA.' My supervisor said I probably wasn't cut out for this line of work .

Three Hells Angels are sitting at a table in a transport cafe when in walks a nun, takes a seat next to them and begins to eat. Astonished, one of them says, "I went to my parents wedding last week and we all got sh*t-faced."

The nun continues to eat even though she obviously heard the exchange. Being quick on the uptake the second one says, "My dad says he will marry my mother next year." Despite this the nun stays right where she is. Eager to get a response from the nun, the third one says, "My old man will never EVER marry my mother!" The nun looks up from her food and says, "Would one of you bastards please pass the salt?"

A Scotsman was dying. On his deathbed, he looked up and said: "Is my wife here?"

His wife replies: "Yes, dear, I'm here, next to you.."
The Scot goes: "Are my children here?"
"Yes, daddy, we are all here?" say the children.
The Scot: "Are my other relatives also here?"
And they say: "Yes, we are all here..."
The Scot gets up and says: "Then why the blazes is the light on in the kitchen?"

A woman has terrible arthritis through-out her body. Wanting to make a difference, she donates her body to science for research. She dies. During the autopsy the Pathologist finds that, indeed, she has arthritis in every joint of her body:
shoulders, toes, hands, spine, knees. Every

joint, that is, except her left elbow, which is a pure and healthy as a 2 year old. At seeing this the doctor declares, "What's a nice joint like you doing in a girl like this?"

One liners

Those who jump off a bridge in Paris are in Seine.
A man's home is his castle, in a manor of speaking.
Dijon vu - the same mustard as before.
Practice safe eating - always use condiments.
Shotgun wedding - a case of wife or death.
A man needs a mistress just to break the monogamy.
A hangover is the wrath of grapes.
Dancing cheek-to-cheek is really a form of floor play.
Does the name Pavlov ring a bell?
Condoms should be used on every conceivable occasion.
Reading while sunbathing makes you well red.
When two egotists meet, it's an I for an I.
A bicycle can't stand on its own because it is two tired.
What's the definition of a will? (It's a dead give away.)
In democracy your vote counts. In feudalism your count votes.
She was engaged to a boyfriend with a wooden leg but broke it off.
A chicken crossing the road is poultry in motion.
If you don't pay your exorcist, you get repossessed
With her marriage, she got a new name and a dress.
The man who fell into an upholstery machine is fully recovered.
You feel stuck with your debt if you can't budge it.
Local Area Network in Australia - the LAN down under.
Every calendar's days are numbered.
A lot of money is tainted - taint yours and taint mine.
A boiled egg in the morning is hard to beat.
He had a photographic memory that was never developed.
A midget fortune-teller who escapes from prison is a small medium at large.
Once you've seen one shopping centre, you've seen a mall.
Bakers trade bread recipes on a knead-to-know basis.
Santa's helpers are subordinate clauses.
Acupuncture is a jab well done.

A 20-year-old Jewish girl tells her mom that

she has missed her period for 2 months. Very worried, the mother goes to the drugstore and buys a pregnancy kit. The test result shows that the girl is pregnant.

Shouting and crying, the mother says, "Who was the pig that did this to you? I want to know!"

Without answering, the girl picks up the phone and makes a call.

Half an hour later, a Mercedes stops in front of their house. A mature and distinguished man with gray hair steps out of the car and enters the house.

He sits in the living room with the father, mother and the girl and tells them, "Good morning. Your daughter has informed me of the problem. I can't marry her because of my personal family situation but I'll take responsibility. I will pay all costs and provide for your daughter for the rest of her life."

"Additionally, if a girl is born, I will bequeath two retail furniture stores, a deli, a condo in Miami and a \$1,000,000 bank account."

"If a boy is born, my legacy will be a chain of jewelry stores and a \$25,000,000 bank account."

"However, if there is a miscarriage, I'm not sure what to do. What do you suggest?"

All silent at this point, the mother placed a hand firmly on the man's shoulder and tells him, "So, you try again."

Paddy goes to the vet with his goldfish. "I think it's got epilepsy" he tells the vet. Vet takes a look and says "It seems calm enough to me". Paddy says, "I haven't taken it out of the bowl yet".

Paddy spies a letter lying on his doormat. It says on the envelope "DO NOT BEND ". Paddy spends the next 2 hours trying to figure out how to pick the thing up.

Paddy shouts frantically into the phone "My wife is pregnant and her contractions are only two minutes apart!"

"Is this her first child?" asks the Doctor. "No", shouts Paddy, "this is her husband!"

Paddy was driving home, the worse for wear, suddenly he has to swerve to avoid a tree, then another, then another. A cop car pulls him over as he veers about all over the road. Paddy tells the cop about all the trees in the road. Cop says "For pete's sake Paddy, that's your air freshener swinging about!"

An old Irish farmer's dog goes missing and he's inconsolable. His wife says "Why don't

you put an advert in the paper?" He does, but two weeks later the dog is still missing. "What did you put in the paper?" his wife asks. "Here boy" he replies.

All drugs have two names, a trade name and a generic name.

For example, the trade name is Tylenol and its generic name is Acetaminophen...Aleve is also called Naproxen.

Amoxil is also called Amoxicillin and Advil is called Ibuprofen.

The FDA has been looking for a generic name for Viagra.

After careful consideration by a team of government experts, it recently announced that it has settled on the generic name of Mycoxafloppin. Also considered were Mycoxafailin, Mydixadrupin, Mydixarizin, Dixafix and of course Ibepokin.

Pfizer Corporation announced recently that Viagra will soon be available in liquid form, and will be marketed by Pepsi Cola as a power beverage suitable for use as a mixer. It will now be possible for a man to literally pour himself a stiff one.

Obviously we can no longer call this a soft drink, and it gives new meaning to the names of 'cocktails', 'highballs' and just a good old-fashioned 'stiff drink'

Pepsi will market the new concoction by the name of "Mount and Do".

Thought for the day: There is more money being spent on breast implants and Viagra today, than on Alzheimer's research. This means that by 2020, there should be a large elderly population with perky boobs and huge erections and absolutely no recollection of what to do with them!

Sent in by Bev Johnson.

Thank you to our regular stalwarts who keep sending us such brilliant howlers. Your dedication to spreading mirth is much appreciated! Please keep them coming because it's your contributions that make the Howlers so popular.

Contributors: Ian Wilson, David Hastings, Patricia Heard, J Robson, Jeffrey Blain and others!

send via email to: info@livenorth.org.uk or by letter to our FREEPOST address

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INSURANCE

These are the insurance companies our members have reported having some success with. Please let us know your experience and we will update this page.

Able2Travel are very reasonable and cover transplants. 0870 7506711

Age Concern 0845 6012234

Bib Insurance Brokers 01325 353888

www.bibinsurance.co.uk

Bishop Skinner 0191 232 8682

Bradford & Bingley

Firstassist Insurance 0800 1694078

City Bond 0117 9426877

Churchills* 0800 200388

CNA 01452 623623

Direct Travel Insurance* 0800 068 1603

Endsleigh Insurance 0191 2210900

Freedom 01223 454290

Floyd's Direct 0870 442 3234

Holiday Services 01773 747 426

(Quote MS for LiverNorth discount)

Insure and Go 0870 2202240

Intune (Croydon) 0800 0223192

Jardine/Lloyd Thompson 0121 2246934

Leisure Care Insurance 01793 514 199

Marcus Hearn 0207 7393444

Norwich Union Direct* 0800 121007

Post Office 0800 1699999

RIAS* 0800 552100

SAGA 0800 0964556

Sainsbury's 0845 3003190

Sladdin & Co Ltd. 0800 731 3989

Tesco Insurance 0845 300 8800

Travelcare Ltd 0800 181 532

www.the-life-insurance.co.uk

* not TX patients - check with others also.

NB: do you NEED travel insurance? (not health)



Answers to UIOLI No.50

We hope you all enjoyed doing the SUDOKU puzzles in our last issue. Those of you who completed either (or both) puzzles will know that you got the correct answer because that's how it works!

For those of you didn't manage it, there are two more on page 34 and the correct answers to last issues SUDOKU's are shown below.

Keep trying - Use It Or Loose It!

Medium SUDOKU

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

Diabolical SUDOKU

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

UIOLI No.51

It's the craze that has swept the nation...SUDOKU. With the kind permission of the creator (Wayne Gould of Pappocom). You don't need to do any arithmetic or be good at maths - all it takes is logic so please have a go. Recent research has PROVEN that it will help to keep your brain active if you use it regularly.

NO MATHS REQUIRED - JUST LOGIC

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

Medium SUDOKU

SU DOKU

As featured in the Times
Monday to Saturday

©Puzzles by Pappocom

www.sudoku.com

SUDOKU IS LOGIC NOT MATHS!
Look at these squares below and in the left hand set of nine, write in the number that is missing (each box must contain the numbers 1 to 9 once).

2	6	1						
4	9							
5	3	8						

Diabolical SUDOKU

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

Yes, 7. Now, each row also has to contain the numbers 1 to 9 so see if you can write in the missing numbers in the middle and right hand boxes.

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

There are 2 numbers needed in the bottom row and these must be 4 and 1 but which is which? well, 4 can not be in the middle box because it is already there so the missing number in the bottom row of the middle box must be 1. Therefore: =

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

UIOLI No 52

Here's a history quiz for a change! See how much you know about who reigned when..

Answers on page 36

1. Those nasty peasants led by Wat Tyler revolted in my reign.

Edward II, Richard II, Henry IV, Edward III.

2. Which reign saw England lose Calais?

Mary I, Henry VII, Elizabeth 1, James 1.

3. I was forced by some of my subjects to sign Magna Carta at Runnymede in 1215. Who am I?

John, Henry II, Richard II, Stephen.

4. I didn't expect to be King but I stepped into the breach when my elder brother abdicated. Who am I?

George V, George VI, Edward VII, Edward VIII.

5. I'm the inspiration for a Swedish pop song. One of the highlights of my reign was the Battle of Trafalgar.

George III, George IV, George II, Edward VIII.

6. It is said that I exclaimed angrily: "Who will rid me of this turbulent priest?" Thereupon four knights set off for Canterbury and murdered Thomas Beckett.

Edward I, Henry II, Henry VII, Henry VIII

7. I took the unprecedented step of changing the name of my dynasty. Who am I?

George V, George VI, James I, William IV

8. Sir Francis Drake was the hero of the day in my reign. After finishing a game of bowls he went and defeated the Spanish Armada.

Anne, Mary, Elizabeth I, George I

9. My reign was known as the Restoration period and saw the Great fire of London and the Great Plague. It was a period known for sexual licence. Who am I?

Charles II, James I, James II, William IV.

10. After breaking with Rome and my dissolution of the monasteries, some of my subjects decided to protest in 'The Pilgrimage of Grace'.

Henry II, William IV, Henry VIII, Charles I.

11. My reign finally saw the joining of England and Scotland through The Act of Union.

Anne, Charles I, James I, William III

12. Made into a play by Shakespeare, I fought the French at the Battle of Agincourt in my reign.

Henry IV, Henry V, Henry VII, Richard II

13. Guy Fawkes and his co-conspirators tried to blow up Parliament and my very own royal self at the beginning of my reign.

Charles I, James I, James II, Charles II.

14. Florence Nightingale tended the troops in the Crimean War which took place in my reign.

Edward VII, Edward V, George V, Victoria.

15. Although there has been more than one civil war in English history, the one known as The English Civil War was fought in my reign.

Charles I, James II, Richard II, Henry VIII

ANSWERS to UIOLI No 52

Isn't it amazing what we don't know about our own history? It's also amazing what you can dredge up from the back of your memory when you try. This quiz shows you two things: what you don't know and what you do know. Most people completing it get roughly half (6-7) of the questions right so that's a good benchmark. Any more and you're flying, any less and you need to study our British history a little more. Well done whatever your score because at least you had a good brain workout!

1. Richard II...The Peasants' Revolt occurred in the reign of Richard II in 1381. Major events included the burning down of John of Gaunt's palace, The Savoy.
2. Mary I...The loss of Calais was one of the things that, it was said, weighed heavily on Mary's heart, and it is said she referred to it when she was close to death.
3. John...Magna Carta literally means 'Great Charter'. Most of it has been repealed as irrelevant, but in Stuart times it was widely seen as a solemn guarantee by the Crown of many essential English liberties.
4. George VI...George became King after his elder brother abdicated in order to marry the American divorcee, Wallis Simpson.
5. George III...The Battle of Trafalgar in 1805 assured British naval supremacy till the end of World War I. The Battle of Waterloo (1815) also took place in reign of George III, though by then his eldest son was ruling as regent in view of George III's insanity.
6. Henry II...Thomas a Beckett was murdered inside Canterbury Cathedral on 29 December 1170. He was later made a saint and in the 20th century inspired T. S. Eliot's play, "Murder in the Cathedral".
7. George V...Given the level of anti-German feeling in World War I, the monarchy changed its surname from Saxe-Coburg-Gotha to Windsor. In this reign the British Empire reached its greatest territorial extent.
8. Elizabeth I...The defeat of the Spanish Armada was a highlight in the reign of the Queen Elizabeth which was known as 'The Golden Age'. Other highlights included a religious settlement that gave England a relatively long period of peace at home after a spell of religious strife.
9. Charles II...The Great Fire in 1666 followed the Great Plague that ravaged England in 1665. The fire however was a blessing in disguise because it helped stop the spread of the plague. As for sexual licence, the King with his many mistresses set an example, so to speak.
10. Henry VIII...After the Pilgrimage was finished the leader Robert Aske was executed by being hanged from the walls of York.
11. Anne...Although England and Scotland had shared a monarch since 1603 it wasn't until 1707 in the reign of Anne that any union was made official.
12. Henry V...The Battle of Agincourt in 1415 was won with the help of the English and Welsh archers even though they were greatly outnumbered by the French.
13. James I...The attempt to blow up parliament is still remembered on the 5th of November with 'bonfire night', when Guy Fawkes is burnt in effigy.
14. Victoria...Victoria is England's longest serving monarch a record 63 years. She died in 1901.
15. Charles I...The result of the English Civil War was that Charles was beheaded and the abolition (for the time being of the monarchy). After a period known as the interregnum Charles' son, Charles II was restored as King.

If you, or someone you care about is worried,
confused or uncertain about liver disease,
we may be able to help:



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SYLVIA 01661 881020
NANCY 01325 463754
JOAN 0191 3702961
ALAN 0191 4821802
TILLY 01670 714901
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for alcoholism ring:

MICHAEL 01228 810598

Also - for health advice ring

NHS DIRECT 08 45 46 47

Lots of information also available via our website:
www.livernorth.org.uk

Liver
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Registered Charity No. 1087226

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Marion Edwards
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01353 862466

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Gift of Life - Derby Liver Support Group
(for transplants and all with liver disease)
Contact: Sister Gerri Casey
0133 234 0131 bleep 1926

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HAEMOCHROMATOSIS SOCIETY
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If you run a liver patient support group you can have your contact details printed here free in every issue. Just ring LIVERNORTH on one of the numbers above or e-mail us on info@livernorth.org.uk

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