

# My Somerset Life

## A diary by Brian Snellgrove

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# I have been offered \$5,500,000

## Scam E-mails

In case there is anyone on the planet who has not received such letters, here is one such, quite brief in my experience compared with some.

*My name is Julia Margaret Flesher Koch I am an American socialite and philanthropist, the wife of David Hamilton Koch who was an American businessman, political activist, philanthropist, and chemical engineer. I believe strongly in "giving while living". My philosophy about life is that you should use your wealth to help people and I have decided to secretly give US\$5,500,000.00USD to randomly selected individuals worldwide.*

*On receipt of this email, you should count yourself as the lucky individual. Your email address was chosen online while searching at random. Kindly get back to me at your earliest convenience, so i know your email address is valid.*

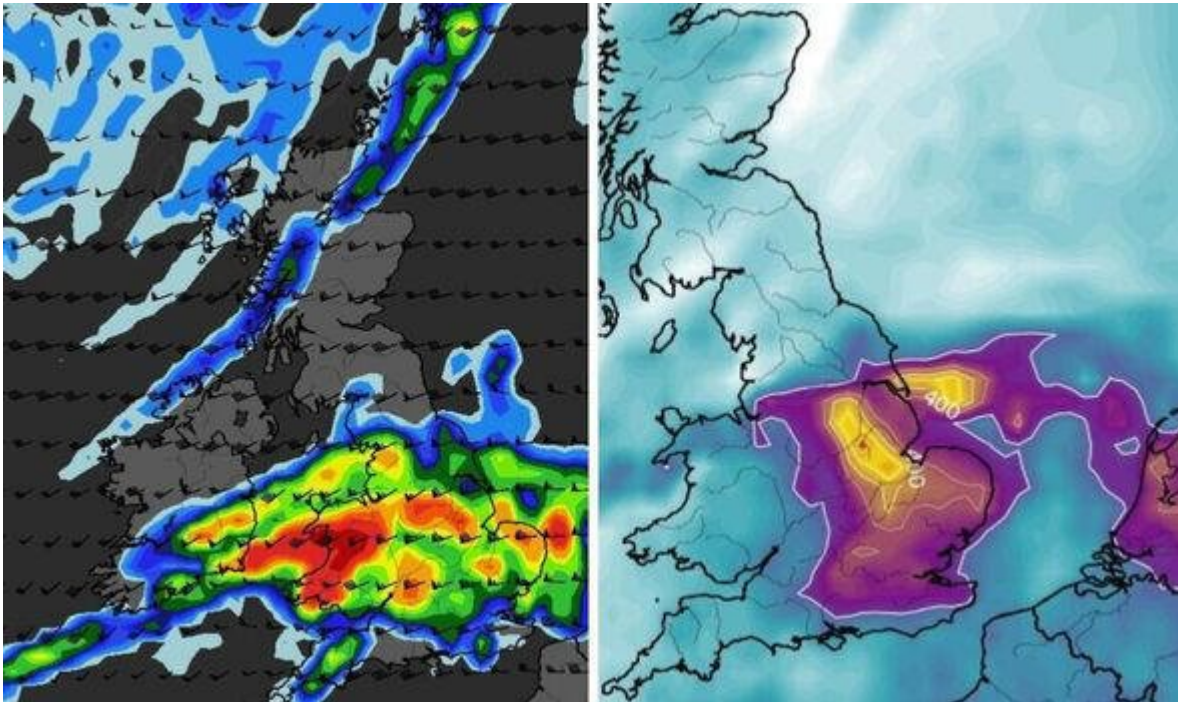
I have not been on the receiving end of scams like this because I've heard enough from the unfortunate experiences of other people. You submit your details and then you are asked for a fee up front to facilitate the payment. This has been known historically as the Nigerian 911 scam. You are then asked to make another payment because of various demands made by other people so the carrot is in front of the donkey but just beyond reach.

This will go on for as long as you allow it and then finally when your phone calls go unanswered you realize that you have been condoned or scammed. I do not understand how people can fall for this, but if it did not work then the scammers would not do it. I suppose if only one person in a thousand responds then that's worth doing, after all emails are easy

enough to send by the tens of thousands so what do they have to lose?

A variation on this is when they get your bank account details and they use the information to systematically clean out your account. Instant communication worldwide can work massively for you, but also massively against you so do everything through your bank especially when you are transferring funds to somebody else.

## **Yet another scare warning**



Oh my goodness, the Powers That Be are not trying to make us afraid are they? UK storm: Fierce 250-mile-long will hit UK in hours- and maps show exactly where, So this was written at 9.07 on Thursday morning. Time will tell. At 10pm in the evening there is no wind and light rain.

## **The largest private jet in the world**



At first glance you would think this is a living room but wait – someone somewhere has decided that there are enough very rich people who may choose to fly around the world in this. Bargain basement it is not. Check out the article here by my favourite blogger Sam Chui

## **Our uniqueness**

One of my given thoughts today was that there are as many worlds as there are individual consciousness. In other words come where we are all unique. This started before we were born with our dispositions in past lives, modifying the generic code, not to mention the manner of our birth and the unique series of events in terms of meeting people, going to places, the effect of our presence on our friends and they on us. There can be no dispute that we are truly unique.

This should affect our attitude. We can be immensely proud that if we've made it this far through this mind field that we call the human life and that whenever we go to a social event,

we have something to contribute that no one else can. It may not be through words or exhibiting a talent like playing music but rather our very presence which will add to the mix because that is the nature of quantum entanglement.

You cannot help but be quantumly entangled because you are a human being.

So when people say, 'I don't know what I have got to contribute to this particular discussion', they have got their perspectives totally wrong. You don't have to know a lot about something but if you know or are interested enough to ask a question that could start a chain of events that unbeknown to you could affect hundreds of people. For example you could be talking to a decision maker. Not only what you say but the way you say it could influence them because you introduced a vector that they had not thought of. You of course will not know the effect you've had.

## **Evening prayer group**

We had our evening of Fellowship. There were six of us and we were asked to say what the most important parables were of Jesus. My favourite one is the sower. Jesus used parables, simple pictorial images that everybody could understand " *a sower went out to sow his seed: and as he sowed, some fell by the wayside and it was trodden down, and the birds of the air devoured it. And some fell on a rock, and as soon as it was sprung up it withered away, because it lacked moisture. And some fell among thorns, and the thorns sprang up with it and choked it. And other fell on good ground and sprang up and bore fruit an hundred fold.*

Jesus was obviously very concerned that they got this most important message because he cried out 'he that has ears to hear, let him hear' and he does not utter that after most of the parables.

Then, unusually, Jesus explains what he has just said;

*the seed is the word of God. Those by the wayside are they that hear, then comes the devil, and taketh it away the word out of their hearts, lest they should believe and be saved. They on the rock are they which when they hear, receive the word with joy: and these have no root, which for a while believe, and in time of temptation fall away. And that which fell amongst thorns are they, which, when they have heard, go forth and are choked with cares and riches and pleasures of this life, and bring no fruit to perfection. But that on the good ground are they, which in an honest and good heart having heard the word, keep it. and bring forth through with patience.*

I have not uttered this in public for years and years but I read it to the other people there and realize that is a very good way of managing our expectations because we may sow seeds in people's minds but they don't appear to take any notice. If they had this attitude when Jesus himself spoke they people can certainly do it with us.

I reflected on what I had said about the right way to approach people and I got a good idea. If they lose their temper and speak in foul language I can say instead of rebuking them," I used to be like that once and it was horrible and the way I got out of it was"... And then tell my story. Why not share the fact that you are human and have failings. Do we really want to put ourselves on a pedestal.

One of the other people was talking about being stretched and how she hated it but knew it was important. I got the image of a balloon which is only a balloon and can perform the functions of the balloons because the rubber of which it is made is stretched by blowing air into it. With no stretching it's just a lump of rubber and will not fulfill its purpose. If we are not going to allow ourselves to be stretched then what is the point? We might as well go along to Tesco's to compare prices.

The evening ended with the guys praying for me and my stomach which was very comforting.

I'm very glad I go to the nearer meeting. To go to the further one it is a 20 minute drive in the dark and the rain. I do not like driving through the countryside in the dark with lights suddenly coming on you and blinding you. It is so easy to miss a corner and create an accident and being in hospital is the last thing I want.

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## **Dieting, a visit to Bath, a noisy bus, use of English words**

I am writing on what I suppose is a fairly personal matter but I have no qualms about sharing such things. If you have been suffering some of the same symptoms it may be worth looking at some of the matters I have mentioned below and seeking advice.

**Please understand that what I am writing does not comprise medical advice. It is just me trying to figure stuff out.**

After many years of difficulty with my stomach and its performance I have been seeking advice and today I attended with Francoise a consultation with a dietitian and an acupuncturist by the name of Stacey Beckitt. She is very intuitive and perceptive and has been helping me recently. If you would like a reliable person and you live in Bath you might want to have a look at Stacy's website, <https://staceybeckitt.com/>

The problem with prescribing anything by way of a regime is that each person is different. They have different tolerances to different things and may have inherited certain weaknesses and qualities from, for example, their parents and it could go back to some condition when the patient was still in the womb. Also we don't know in each case the effect of eating one type of food with another.



I don't mind discussing my situation because we all have bodies and we all have to look after them. The problem is that a lot of food is manufactured without considering our health so for example homogenized milk has had its structure changed and cannot be digested by the body and so goes into the veins. For this reason I was advised to try KoKo milk or almond milk.

I was told that porridge has the ability to raise blood sugar. This hit me like a bombshell because I thought porridge was 'good for you'. I'm now going to mix it with stewed apples and nuts to mitigate the effect and also buy organic porridge.

I understand that I may be intolerant to histamine. Histamine intolerance means you have high histamine levels in your body. It can happen if your body cannot break down histamine. It can affect multiple systems in your body, but gastrointestinal symptoms are most common. Histamine is a chemical responsible for major functions including sending messages to your brain, and triggering the release of stomach acid to help digestion.

When there is too much histamine or it can't break down properly it can affect your regular body functions. Gastrointestinal symptoms are the most common and include digestive issues, abdominal pain, bloating, diarrhea, constipation, flatulence, nausea and vomiting. Well I seem to have a enough of those symptoms. I was recommended to have a test.

Tomatoes have high histamine. I love them. They are best grilled. If they are fried, I get symptoms. It was suggested that I use coconut oil which is much better than sunflower oil. It may be that the wrong type of fat is a trigger. Olive oil is as good as coconut oil.

Many people suffer from dehydration and it is the most common cause of symptoms. If you drink coffee, you need to have three

times the volume of water to make up for the caffeine in the coffee. The same applies to tea, there is also caffeine in the tea. Coffee is a diuretic and takes some minerals and vitamins out of the body.

Not everyone knows that when you drink water it needs to be digestible and if you place a grain of rock salt under your tongue and leave it to dissolve and then drink the water the system will be able to absorb it more.< >An Epsom Salt bath is a good way of taking in iodine and indeed magnesium<

I have a time-related problem in that I seem to have more trouble with gastric juices in the afternoon than the morning. In other words I produce less digestive acid in the afternoon and I found in recent years that my main meal should be at lunchtime.

I thought that in the afternoon I would start on herbal teas as ordinary tea or coffee and cake can repeat on me in short order. We discussed chamomile and ginger tea but for me, avoiding peppermint tea would be a good idea.

We also discussed having tinned foods including tinned rice pudding. It may be that there are small amounts of chemicals in them that affect the digestion and I was told that even with iron pots there is a certain effect which is deleterious. I made a vow that I would try to make my own rice pudding, which I adore, and only put the minimum necessary ingredients.

Alcoholic drink I find a problem, I can drink small amounts of white wine but pinot gringo from a bottle I get in a supermarket is more deleterious than the same named wine bought in the Wetherspoons by the glass. I did a dowsing and found that red wine and rosé wine had no effect but white wine was indeed deleterious.

Evidently, an Epsom salt bath is a good way of taking in magnesium and most of us are deficient in this substance.

General information, deficiency here causes your thyroid not to produce enough thyroid hormone, which can cause other health conditions.

Also, we need to pay attention to our iodine intake, an English medical website says that iodine deficiency affects about 2.2 billion people worldwide and it is most common in developing countries where people may lack access to enough healthy food.

I learned that our body doesn't naturally make it, so our diet is the only way to get it. Adults typically require 150 micrograms per day. Pregnant women need 220 micrograms per day, while those who are nursing need 290 micrograms per day.

I discussed the recommendation of having a sweet course before the main course which sounds daft but if you have sweet sugar food first and then the main meal on top of it, it will start to ferment and create some of the symptoms that I have.

## **Use of words chapter 53**

This all started off when Stacey said that she would 'ponder on' the best advice to give me. As you know, I am an extreme case of someone who loves word definitions and the use of English language in general. We discussed pondering vs. mulling over vs. cogitating. Each of these words means about the same thing but the context is different and should be taken into account.

Here are some more words that cover this situation such as thinking about or thinking over, pouring over, weighing up, contemplating, wrestling with, musing, deliberating, brooding, speculating, fretting about it or even ruminating though I thought that was for cows.

So, when we are faced with a decision, how we react to it depends on what sort of situation it is. I would not brood about buying a house but I would do plenty of weighing up and

calculation.

If I was proposed to in marriage I would mull over it if I did not have enough information. If I saw something about the prospective partner that concerned me I would wrestle with it.

Cogitate is quite an interesting word in that it is something imagined or pictured in the mind., a particular idea that might challenge our capacity to think or reflect.

If I were to fret about something that would mean that my previous experience of a situation had been unproductive and I'm trying to find the least bad way of getting through something

Morrisons buffet lunch

I know I've mentioned this before but near Stacey there is a large Morrisons branch and they offer this great Meal Deal for four pounds. You get a medium sized plastic container which you fill with cold salad type food and then with that you can have some healthy fruit juice and some crisps or for the princely sum of four pounds. We did our duty in this respect and then went off to the Central Gardens to eat it. A passing pigeon took a momentary interest in my crisps but decided after a short while that the food was not up to the standard that they were accustomed to.

## **Noisy bus journeys**

Oh dear, I'm about to reveal my intolerant side yet again. I have already confessed that I don't like people shouting into their phones, using the loudspeaker on their phone for everyone to hear and shouting loudly. With buses you have to pick your time. Anytime after school closures or when people are going home after work, is going to be an exercise in tolerance.

I don't mind school children because they are normally well behaved if noisy but when the buses are full you have to

accommodate someone sitting next to you and I much prefer two seats for myself as most people do

I took the 172 which is the long route from Bath to Bristol via Radstock. If you want to get to Bristol quickly you take the Express bus which leaves once every 15 minutes. Behind me sat a lady trying to control three rather noisy children. What gets me is that when they scream suddenly without reason. Well of course they know what the reason is but us mere mortals do not. Also the child was poking its hands into my seat area. I couldn't be bothered to react on this occasion and just moved away a bit. It must be far worse for plane journeys of say five hours. I have read that some parents let their children run around the plane and cause mayhem without any attempt at control. The little darlings must not be disciplined.

This sentiment is not in my book. How can they grow without boundaries?

Anyway, I have lived to tell the tale so I suppose in cases of acute irritation I could move from the top Deck to the bottom but of course I could be going from the frying pan into the fire. There are perhaps other factors more important.

## **The mystery of why people still wear masks.**

At Bath bus station there was an older woman asking travel advice from two inspectors. I think she wanted to go to Winchester. That would be possible via Warminster or she could go directly from Bristol to her destination. The elderly lady seem quite confused. What I noticed was that she had a mask on and tied firmly around her face and it was absolutely filthy.

Why are people still wearing masks when their effectiveness has been disproved so many times over it is beyond a joke? Why are they not allowing their breath (waste products) to exhale

and why are they inhibiting the inflow of oxygen. It is a great environment for bacteria to thrive. If I asked them they would take offense so what is the point.

I need to do a couple of gardening jobs this week but the forecast is for heavy rain from tomorrow evening so once again the weather wins.

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## Swansea – Day 2 – museums markets and wind farms

[tta\_listen\_btn]

We took a bus somewhat after 10 o'clock in the morning, the X7, and alighted at the central bus garage which is really posh and well designed for large numbers of vehicles arriving and departing. Well done architects. The cost for a day ticket is £4.70. Warning – Free bus passes issued in England do not work in Wales.

Museums a-plenty can be found in the area to the sea side of the town divided by the main through route. It is a pity the road is there in a (the) way as the museums are separated from the town as such but never mind.



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the bus station we visited the National Waterfront Museum. Just to be doubly sure where we are here is the national symbol, a dragon. It is physically very large, on two floors. The variety of items and themes is too great to even list here so I suggest you visit the website for a better view. The staff are helpful.



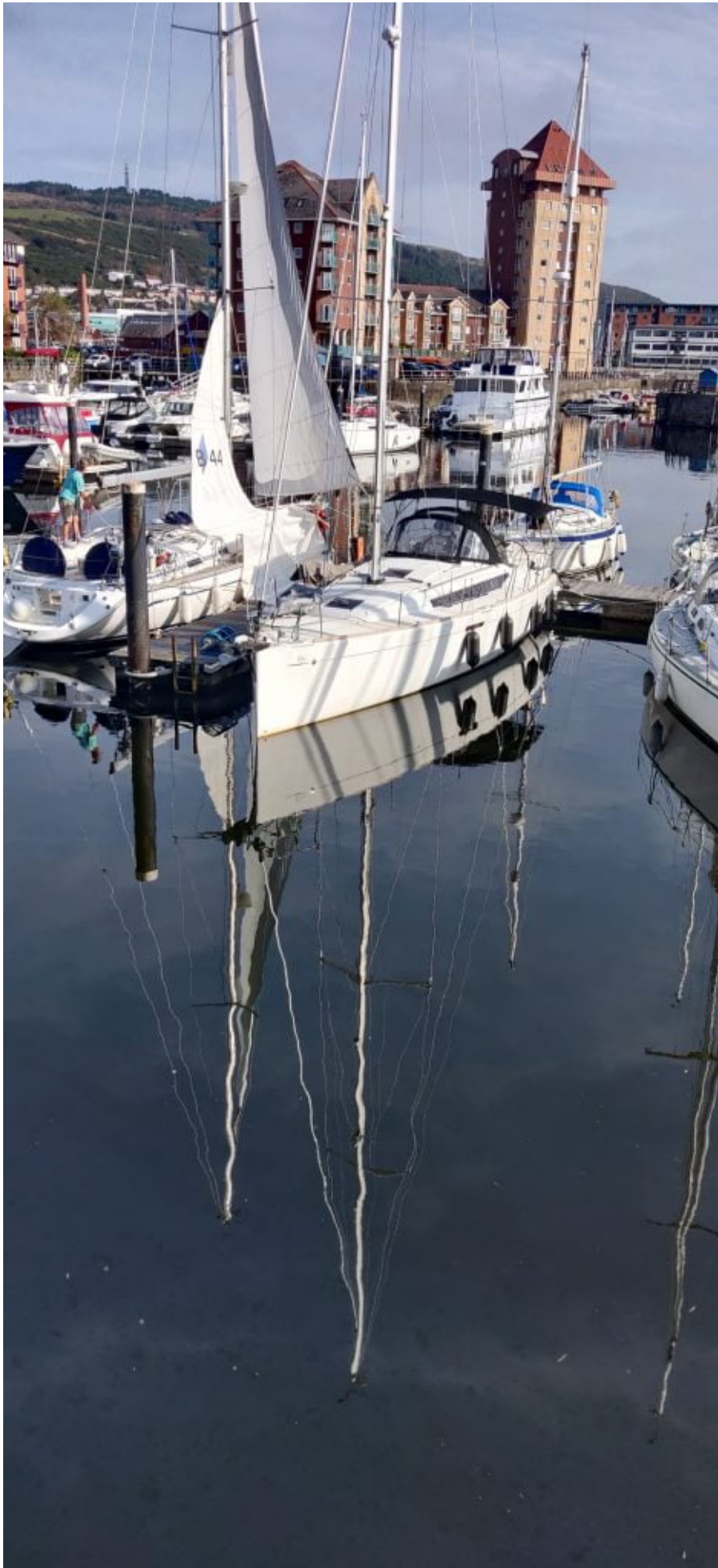
The picture shows the view from the upstairs window of an area that used to be used for docking bananas and for distribution throughout the United Kingdom.



Interestingly in the grounds outside the museum there were some allotments with 10 raised beds. The descriptive text



read 'raised beds are a simple way of transforming space dash especially where there is little soil depth, or where contamination and heavy industry have left their mark. They also provide multi-level access for people. These raised beds contain over 40 tons of topsoil, mixed with manure and sand'



The day was still with very little wind so we got a reflection in the water of the many boats parked – or moored should I say.

## A hidden Gem

We had a wander around the very well designed housing estate which abutted the sea front and in front of the old Harbour. We noticed a tiny little shop, you could call it quirky, and I was immediately attracted to it. When I got back home to Somerset I rang the lady concerned, Kelly, an American, and I discovered that Francoise does the same type of work – though not with old books. Kelly has a wonderful channel on YouTube and Francoise and I watched a video. Next time we go to Swansea we shall definitely visit her. What an absolute gem and what a delight. See below







Website: <https://bookandpaperarts.com/about/>

One of the videos from her channel:

<https://www.youtube.com/watch?v=LbV0suHCFqw>

**And now to the market, which claims to be the biggest one in Wales.**

Markets are very personal 'individual' places and people go there regularly to shop and out of loyalty to the seller. I don't think any description is adequate and I hope some of the images that I took will convey something of the charm and the variety of the stalls. I don't think 'stalls' is the right

word but I can't think of a better one. It is so lovely to see stall after stall of fresh fish and fresh meat and fresh vegetables not to mention various types of bread. I could have spent £100 there without any difficulty, the problem is that we had no cold place to store the food on our journey home.

# Croeso i farchnad

## Swansea Market and Cockles

Cockles are one of Swansea's most celebrated food exports.

Traditionally gathered by women, these small molluscs have been harvested in Swansea and Gower since Roman times.

For centuries, Gower cockles (from the Burry Estuary) have been sold at markets in Swansea by women who walked from the coast to the city centre carrying their wares.

The most common depiction of the traditional 19 century cockle picker shows them wearing Welsh flannels, shawl and apron. The flatter, distinctive 'cockle bonnet', as opposed to a tall hat, allowed the pickers to carry heavy baskets on their heads.

The Cockle Industry in the Burry Inlet is still an important part of the local economy and remains one of the key industries in North Gower.

Although cockles can be bought all over the UK, Swansea Market remains one of the most popular places to buy them. The shellfish stalls in the centre of the market have been modernised and refrigerated in order to meet today's food hygiene standards and many visitors travel here to sample this local delicacy.



### Did you know?

- In the year 2000, the Burry Estuary was accredited as a sustainable fishery by the Marine Stewardship Council
- Gower cockles are exported to Holland, Spain, France and Portugal where they are canned and distributed to far flung corners of the globe
- The Cockle Industry in the Burry Estuary is one of the very few which hasn't been fully mechanised, as a result the meats are sweet and grit free



CITY AND COUNTY OF

Images supplied by West Glamorgan Archive Service - Gŷwylfa













## A journey to some wind farms.

We had enough at this point so we went to the bus station, again I say what a lovely work of art, and we decided to go home and then set off into the hillside to see what we could find. We went west along the M4 for a bit and then turned to the right where some hills beckoned. We found ourselves at a high point. The view would have been even more spectacular had there been a lack of mist which was already coming down although it was only 4 o'clock in the afternoon.





All these towers are connected together and to the grid. This is a map of the whole. In the distance were other groups of towers.





It is difficult to describe how big these masts are. If you look at this picture, at the bottom you will see a tiny figure. This is Francoise. You have to stand underneath it to understand its sheer size.

## **Home Jeeves**

To the hotel and then to the Harvester restaurant, another half a pint each of delightful beer. We ate some food at the hotel. We had incessant news from the BBC on Israel and Hamas which I had had enough of. What about this event reminds me of 9/11?

At another table in the hotel restaurant / bar there were two muscular men, obviously rugby players, and I commented to them that they were two types of men in Wales. Rugby players and fans, and others. Thank goodness they found that quite funny.

We repaired to our room. The television did not go on and we spent the time either dozing or reading. That was a very full day.

Swansea Day one

Swansea Day two

Swansea day three

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