

# Buttercup Connections – Newsletter 28 November,

December '07 & January '08



*“To help people explore themselves and their links with others - to find a better way of living.”*

## A BUDDHIST NOVICE KNEELS AND PRAYS

O world hurt and torn by strife  
We were born into this life.  
Murder, pain, barbaric acts  
The media report such facts.  
All concerned with matter, not the soul  
Forever trying to be whole

One world, but so far apart  
weep  
It must try another start.  
A Buddhist novice kneels and prays  
Whilst one of us goes off and rapes  
Not merely women, the Earth as well.  
Poor beasts can never ever tell  
*Siebold*  
What outrage man perpetuates  
What guilt he on his shoulder takes.

And so, the novice monk must see  
The rapist in himself, and free  
Him thus, whilst the man  
Committing crimes must find the lamb  
Which is there too, but buried deep.

Until each finds the other, we must  
  
We can only try and heal  
Our inner wounds, which we must feel.  
No easy task for each and every soul  
Forever striving, yearning – to be whole.  
*Lily*

## EDITORIAL COMMENT ( Also, please see page 9.)

**Armed resistance or peaceful resistance? Which wins in the end?** We have watched the courageous pacifist act of the people of Burma, led by Buddhist monks, pleading to negotiate a freer way of life, and have felt powerless to help in any way. Yet, we believe our thoughts of peace to such a situation do count, especially if we can be non-judgmental. Ghandi proved that. Sacrifices will happen, whichever way is chosen. Hopefully, tyrannical leaders are on the way out - that's how things were done in the past. Now, with all our communication, 'people power' is on the ascendancy.

The poem above reminds us very concisely to recognise, somewhere in ourselves, our opposite – that which we so loudly condemn in others. It is, as H-A often reminds us, a question of integrating the Light and the Shadow in ourselves, enabling us to rise above both the righteousness and the darkness within. Only then can we find wholeness and send out truly unconditional love, forgiveness and respect.

## \* \* \* NEW DIMENSIONS IN HEALING \* \* \*

The partnership of **H-A** through **Tony Neate** has triumphed in this cutting-edge book, explaining and building on the exciting new

developments that are taking healing successfully into the Aquarian Age.

£8.99 ISBN: 978- 1- 873545- 04- 1

Newly published by The Eye of Gaza Press, it is to be reviewed in our next issue. It can be ordered through any recognised bookseller or a signed copy from Tony direct on **01684 893697 @ £10.50 incl. p & p**

## **You ask the Questions, H- A Answers. Channelled by Tony Neate**

### **Initiation, Your Own Guidance, the Population, Education.**

**2.7./10.10.07**

**H- A.** First I would like to comment on the second half of this year, for this will be a period when the energies will be very strong and you will be able to maximise your own spiritual input. For those on a spiritual path, it will be ‘a time of initiation’. Now that may sound scary, but it isn’t. It means the awareness of dealing with challenges, of being ready to take the next step forward on your journey. Look inside, acknowledge your uniqueness, look at where you are on your life’s journey. Be in touch with your ‘directional impulse’- how you truly need to go forward. Yet also, look around at the world - with unconditional love, forgiveness and respect.

The second half of this year has already been marked in this country by a number of, shall we say, sensational events: from a new leader - a huge concept - to the act of some people who carry a great deal of anger against this country and what it stands for. This is a time when, on a spiritual level, you must put yourself first, not in an egotistical sense, but in a sense of total humility where you allow that spiritual side to really emerge and take you forward. What is also important is that you have the confidence to do so. Confidence is always difficult because you come up against your doubts, your fears, your lack of confidence. As I have said many times, it is sometime necessary to not only acknowledge but honour those doubts. For those doubts keep you in balance and do not allow you to become involved in an egotistical approach to spiritual understanding. Moving into the Age of Aquarius, it is more and more important to be aware of this issue.

So as you go forward into the autumn let go of any fears, repressions, unhappiness, difficulties. Move beyond the need of them and this will activate your contract with your own guidance and levels of consciousness beyond, spiritual guidance that will not dictate to you or tell you what to do, but be there to encourage you to find your own levels of being. . . Thank you.

*Q. Are we on track for dealing with global warming, or do we need to put more effort in?*

**H- A.** Yes, we do indeed. However, the future of this planet is not just dependent on *homo sapiens*, it is also dependent on all the other kingdoms. Humankind is not a superior form of evolution on the planet, it is part of the evolution of the whole planet. But, if humankind starts to do foolish things, it will reach a point when Gaia, Mother Earth, will begin to object and say, “This is enough!”

**The Size of the Population.** First of all, ‘global warming’ is not the end of the planet and I want to make that absolutely clear, it is a *warning* of what could happen if humankind does not take responsibility for its actions. But there is one area where I think humankind does need to take greater responsibility and that is in its attitude towards the size of the population on the planet. It seriously needs

to find ways of dealing with this, with gentleness but firmness, limiting the number of new spirits coming onto the planet.

This is one of the key issues on your planet because, apart from the question of resources, the rapid expansion of Earth's population has brought a whole host of new spirits onto the planet, many of whom are without experience, having not incarnated into a physical body before. They are full of unwanted passion because they have not yet learned to take self-responsibility. So, controlling the population needs to be done with gentleness and understanding, not by killing and torture, the usual means of dealing with this type of situation.

Secondly, there is the question of treating the land with respect, not polluting it with poisons in order to produce more goods - a short term policy that can only lead to self-destruction.

**The Computer.** However, I do want to emphasise that a lot is happening. Perhaps one of the biggest things that has happened on your planet - and it relates to the transition into the Aquarian Age - is the introduction of the computer. This has made it possible for people to access information that they were unable to in the past. Many things are coming to light and people are beginning to wake up and say "What can we do about it?"

If you go back into some of the past civilisations, the Atlantean, the Lemurian and so forth, you will find that some pretty ghastly things happened then. There is nothing new in what is happening on your planet in that respect. The difference is that other planets in your solar system, other solar systems within your galaxy, are this time seriously concerned about the state of planet Earth, because if it were to destroy itself it would affect the solar system, it would affect the galaxy, it would be a major catastrophe. So energies have been brought to Earth from the fifth and sixth planes to try and help humankind to find a balance, to realise that difficult situations cannot be dealt with by force, by fear, by the shadow. It is most important to find greater understanding. When somebody does something you feel is wrong, ask, 'What is it within them that has compelled them to do it? What is their grievance?' It needs understanding, not condemnation.

Remember, every spirit of the Godhead has to face the difference between light and shadow within themselves. It is all a question of finding a balance between the two and not making the choice of harnessing your thoughts to either the light or the shadow. At one level you need both in order to find that balance. The Godhead itself is a level of consciousness where light and shadow are in complete balance.

*Q. I have heard about Firing the Grid on July 17<sup>th</sup>. Could you explain its significance, please?*

**H-A.** This is one of the positive things happening at this time. There are many instances when, through the actions of one person who suddenly finds their own divine purpose, a moment in time is initiated to promote and spread unconditional love, forgiveness and respect around the entire planet and the solar system. This is such a happening. I won't go into the details of the story as they are almost irrelevant - and I say that with love to the souls concerned. What is important is that this person has sparked the unconscious and the higher feelings of millions of people to blend their thoughts in harmony and peace at a chosen moment. So yes, I recommend you to add your thoughts to any such moments.

*Q. Thank you.* **H-A.** Thank you for bringing it up.

*Q. You mentioned young spirits incarnating. I feel that in this country the education system lets young people down. Can you give me your perspective?*

**H-A.** I am a philosopher not a government teacher. *Q. That's why I asked you (laughing).* Education to me is not about academia. It is about helping that spirit, that young person - however old the spirit maybe within them - to understand themselves. I think it is important for a child's imagination to be given full support in its young life, to find its way to where it feels comfortable. When you talk about all these tests, it is very difficult for the child who is at the top and very difficult for the child who is at the bottom. Because in addition to the physical evolution of the body, there is also the evolution of the spirit within the body coming to terms with its body and in one child it may happen very young at five, six, seven, and in another child it may not come fully home until it is in its twenties, thirties or forties. Which is why you find some of your great leaders, particularly, I believe the term is 'fairly useless' at school. So I think there is much too much emphasis on academia and not enough on helping them to expand their consciousness, their imagination and their intuition. Does that answer your question? *Q. Thank you, yes.*

So finally, I come back to the rest of this year and the period leading up to 2012. I want to reassure you and give you the confidence to understand and feel at every level within you, that there is enough love and goodness supporting this planet at the moment to carry it into that new age, into an ambience where one doesn't have to be part of a religion or a political party, but where one can become an individual. The energies are there to create that new ambience on your planet. So cast aside your fears, think positively, act positively in yourself, meet your challenges, and, above all, spend time sending out unconditional love, forgiveness and respect to all forms of evolution. . Thank you, goodnight. . .

### **The Need to Balance the Left and Right Sides of the Brain** *Ann Neate*

'Children's writing skills decline for a second year' - headline in The Independent 31.8.07. Thinking that Richard Garner, Education Editor, was referring to perhaps 10/11 year-olds, I discovered on reading further that, No, he was referring to children of 7! Already, some academics are warning that young children are being pushed into learning the 3 Rs at too early an age. Professor Alan Smithers of Birmingham University says, 'Youngsters don't have the motor skills and dexterity to write properly. As a result, they produce untidy work and feel 'I can't do this' and are put off for the future.' But I wonder whether any notice will be taken of that opinion, even though, I'm sure, it is multiplied by many thousands?

There seems to be so much competitive ambition for these little ones, as though it is imperative to start as early as possible into the left brain activity, tests included. No wonder that those who cannot keep up get left behind right at the beginning. And is it surprising that they then become more and more disillusioned, incline towards truancy, and ultimately, rebelliousness and gang participation? Professor Smithers points out that some European countries delay formal education until 6. Certainly this is the case of the few 1000s of children at Waldorf schools in this country alone. And that includes our two.

There are two points I would like to make. "The best way to engage with people is to engage with their imagination" – so said Ginette Winston, novelist, on Radio 4 recently. And in the same vein Einstein said, "If you want your young child to be brilliant, read him fairy stories. If you want him to be a genius, read him more fairy stories." This develops the faculties of listening and imagining, both vital for learning willingly; and even more vital for being able to relate to others when they are older, through empathy. Sadly, there

must be a high proportion of children who miss out on being read those early tales, and perhaps even being read to at all.

Secondly, this leads to another factor: Music is considered to be a luxury adjunct to school work. I couldn't disagree more. Music requires playing and/or singing together where, in an enjoyable way, a child learns to listen, to blend and dovetail with others. It becomes an individual yet part of the whole, expressing itself positively and cooperating with others in sensitivity and learning. What could be a better foundation for living in the adult world successfully?

Pushing small children into left-brain (detailed academic) work before the right-brain (imaginative) side has been allowed to develop, can have a disastrous effect on a child as it grows older. Many look upon school work as boring, something you *have* to do. Indeed, school inspectors are warning that unauthorised absences have risen by almost a third since 2003. 'Boring' and 'irrelevant', 'dull', 'unstimulating' were descriptions given by truants when Ofsted inspectors studied the performance of 31 Secondary schools in depth recently. Unfortunately, for those with lesser ability who feel they can never catch up or succeed in any way, this attitude leads to disengagement and lack of empathy. Their individual spark and sense of fascination is blunted and they can quickly become disaffected – life's 'drop outs'. And we all know what that can lead to.

And what about the teachers? Engaging children through their imagination enlivens not only the children themselves, but also their teachers. It is creative. Learning becomes enjoyable for all and, consequently, the academic side is enhanced too. (See our articles in Issues 24 and 25 on **TEACHING FREEDOM**, about James Dakin's enterprise in Leeds. Teaching Freedom Manor House, Skirpenbeck, York, YO41 1HF. T. +44(0)1759 377429).

*"I am enough of an artist to draw freely upon my imagination.*

*Imagination is more important than knowledge.*

*Knowledge is limited – imagination encircles the world."* Albert Einstein

## **BEWARE OF IDEAS!**

### *David Barrie*

**Even more, be prepared for where it leads if you actually decide to put an idea into practice. Ever since a boy, I've always held a deep affection for a little steam narrow gauge railway that climbs into the Himalayas called The Darjeeling Himalayan, in far off India.** Back in 1997 someone told me it was going to close, and said, "You ought to do something about it." So I did. I took groups of people out there to experience it. Now some 10 years later, not only has the Society I started been instrumental in persuading Indian Railways to reinvest in this remarkable and romantic line, but we have become heroes to the people who live in the region! Regular readers of this newsletter may remember I wrote on this topic some years ago and, with recent developments, thought I would bring you an update.

Tourism in India is generally confined to the 'Golden triangle', west of Delhi or Goa. A white face in the east, in West Bengal, is still a comparative rarity. It is here from the humid plains that the little train daily claws its way up to the hill station of Darjeeling.

Having been successful in saving the line, our Society found itself looking at the broader picture. Even by Indian standards this is a region of great poverty and hardship. I and a number of friends travel out there regularly and have struck up friendships with many local people. We founded a charity, the Darjeeling Railway Community Support Group, and now, in conjunction with a number of our wealthier Indian friends, are engaged in a number of charity works. We've just paid for over 70 elderly people in one village to have cataract operations. In another, we furnished a school and supplied both reading and writing materials. In a third, we financially helped an orphanage. . . Imagine travelling behind a little steam engine, barking its way up through the jungle as night falls, arriving at a station lit by paraffin lamps and the whole village turns out to greet you!

Our gift - a sewing machine. One lady learns to sew, she teaches others. They make their own cloths and sell the surplus. One way out of poverty.

My wife and I generally act as couriers on tours to the area, mostly in February. If you want to know more, contact me, David Barrie, on 01886 833695, or visit the DHRS website. If you can, come to Hanley Swan Village Hall, between Upton and Malvern, on Nov. 11th afternoon, for displays, curry, films. **N.B.** For curry and tiffin, please book on 01684 311931.

## IN PURSUIT OF HAPPINESS

*David*

*Barrie*

**A survey conducted by a National Opinion Poll and widely aired over a year ago, made provocative reading. In essence it found that people in the UK now are less happy than in the 1950's.** Then, 52% of the population were very happy, compared with only 36% in 2005, despite us being 3 times richer and with a life expectancy 9 years longer. This trend is not confined to the UK; it is also mirrored in the USA. The poll was conducted for the BBC series, 'The Happiness Formula'. In the same survey the question was asked, "Should a pursuit of wealth or happiness be a Government's prime objective for its people?" A staggering 81% favoured happiness, whilst a mere 13% opted for wealth.

If we ask, 'What is the ultimate aim of society?' Surely, beyond a level of wealth in which hunger and suffering is eradicated, the pursuit of Gross National Product, (GNP,) becomes redundant. In any case, the desire for more and more material wealth is not sustainable. The human race is finally beginning to realise our impact on the planet. The Nobel prize winning economist Amartya Sen, amongst others, confirms that, environmentally, we are unable to continue on this path. Growth simply cannot continue indefinitely. As mentioned above, I travel regularly to India. Not far from Darjeeling lies the Kingdom of Bhutan. In 1976 the King made a decision to put happiness before GNP. A basis of nine markers was devised so that any decisions could be made by putting GN Happiness before GN Product.

Is it not time we citizens in the UK persuaded those who govern us to develop a strategy that would allow us to follow in the bold steps of Bhutan? I realise that I am addressing individuals who all probably experience a higher ration of happiness than many others; and whilst I also subscribe to the techniques and ways of thinking that encourage this, what I am promoting is something far more active: to encourage a way of thinking that can become a concrete reality for the many. I shall be giving a presentation on this theme at the Beacon Clinic, Malvern (see Diary of Events, page 8), on Monday, November 5, 12 or 19, entitled:

**The Journey from Gross National Product to the Land of Shangri – La.**

## Book Reviews by *Tony Neate*

### **Life is a Gift - Four Cosmic Secrets for Making your Dreams come True. Gill Edwards**

Congratulations, Gill, on producing a beautiful book – well-timed to help calm the world in its present polarised situation, where no one wants to hear what the other is saying. Once I started reading it, I couldn't put it down! I felt in total accord with everything you said. I loved your statement on Page 55, "My happiness is my own responsibility. I let everyone else off the hook." It is summed up by your offering of four cosmic secrets for creating the life of your dreams:

- Seeing life as a gift
- Understanding the law of attraction

- Feeling your way into the flow
- Practising unconditional love

This is definitely one for the bookshelf and it would make a wonderful present.

Published by Piatkus – ISBN 978–0–7499–2781- 3 £8.99

## Your Future in a Coffee Cup - The Art of Divining with Coffee Grounds

Sah

ar Huneidi

The ideal book as the autumn evenings develop. We are all psychic on some level and this is something we can do to see if it works for us - an opportunity to exercise our intuitional abilities. Sahar writes with clarity, even advising us the right kind of coffee to use, how to prepare it and, most important of all, how to interpret psychically the grounds in the cup. The book comes with a beautiful coffee cup and saucer – the perfect present for anyone interested in psychic prediction and good coffee!

Connections Book Publishing Ltd – ISBN - 978- 1- 85906- 222- 7 *Can be ordered from Amazon- UK, Amazon- USA, and Waterstones £16.99 (Special offers on Amazon)*

**The Helios Foundation** runs an important spiritually based charity in London's Kings Cross area. It is currently starting up a Healing School, drawing from the teachings and methods of both H-A and Akhenaten and giving the kind of tuition and support that new practitioner trainees need.

The Foundation is presently seeking people to help with administration and publicity and, also, experienced healers to work in the clinic. **If you are interested, please contact Greg Branson, 116 Judd Street, London WC1H 9NS 0207 713 7159. [helios@dialstart.net](mailto:helios@dialstart.net)**

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*When insults had class:*

**George Bernard Shaw to Winston Churchill:** "I am enclosing two tickets to the first night of my new play. Bring a friend . . . if you have one."

**Churchill's response:** "Cannot possibly attend first night. Will attend second . . . if there is one."

## Mobiles & Black Fruit

Adapted from *Rethink Health*

Oct.'07

Even though it is funded by a government and industry with axes to grind, it is some comfort to know that research continues to identify whether micro-wave communications (masts and mobile phones) may harm people. Less than ten years of use carries no identifiable hazard, they say. Longer-term users may, however, risk an excess of brain tumours. If the research group have been forced to concede this, despite vested interests, then we should watch this space carefully.

. . . Your best protection from radiation hazard is in a high consumption of anti-oxidant foods – the vividly coloured vegetables and fruit mainly - and avoidance of pollutants such as non-organic foods and toiletries. Fluoride, in particular, is worth avoiding – whatever your dentist says. It deters metabolism and upsets protein structure, and there is no safe lower level for consumption since it accumulates in your bones, throughout life.

We've known for some time that the anti-oxidants that colour fruit and vegetables clean up free radical damage all over the body and can deter cancer, but recent studies at Ohio State University emphasise the value of dark colours such as berries and damsons, which contain anthocyanins. These can deter colon cancer and even kill some cancer cells, making them, like orange-red carotenoids, natural chemotherapy. It's fine for research laboratories to encourage new patentable medications, but all you and I need to do is eat the vegetation! [doctorpetermansfield@yahoo.co.uk](mailto:doctorpetermansfield@yahoo.co.uk)

**The Duck Effect** Condensed from *Positive Living*, Issue 41  
[www.positivenews.org.uk](http://www.positivenews.org.uk)

A Japanese rice farmer has discovered how to improve his rice yield. He would watch wild ducks fly into his farm and splash about in the rice paddies, yet his rice yield grew & improved year on year. He began to realise that the ducks ate the pests and weeds and loosened the soil around the roots of the rice. He had no need to use pesticides, herbicides or fertilisers – the duck droppings provided plant nutrients and their swimming increased the rice growth. Now he introduces his own ducklings, 100 per acre, and has been honoured as a 'social entrepreneur' at New York's *World Economic Forum*.

### Holding the Vision

I dream of peace on planet Earth where happy children play,  
Where life is joyful and has worth. The News nothing bad to say.

There is no war, no hate and strife, just awe and tenderness for life,  
With lakes and rivers sparkling clean, and fields and forests verdant green.

I hold this vision in my heart, to bring the world a brand new start.  
I pray for peace eternally. This is my hope for you and me.

Rosemarie Jeannero (Earth Rainbow  
Network)

#### *Heard These?*

*What did the hat say to the tie? You hang around while I go on ahead.*

*Why couldn't the skeleton go to the party? He had nobody to go with.*

*Why was 6 afraid of 7? Because 7 ate 9.*

*What time did the Chinaman go to the dentist? Tooth hurty.*

*What did one eye say to the other? Between you and me, something smells.*

*Why is the nose in the middle of the face? Because it's the scenter. Hmm!*

*Please see page 9!*

## Buttercup Connections Nov/Dec '07/Jan '08

**Meetings held at THE BEACONCLINIC, Portland Rd., Great Malvern**

*Admission £5 (or what you can afford). Please check times!*

Friday 9<sup>th</sup> November 2007

**7.00**

**for 7.30**

**The Journey from Gross National Product to the land of Shangri- La (See page 5)**

How can we bring more happiness into the world? Talk by **David Barrie**

Wednesday 21<sup>st</sup> November

**7.00 for**

**7.30**

**H- A Development Group**

Personal inner development work with **H- A** channelled through **David Furlong**

Monday 26<sup>th</sup> November

**7.00 for**

**7.30**

**Is there a Day of Reckoning?**

**H- A energy** channelled through **Tony Neate**.

- Wednesday 5<sup>th</sup> December **7.00 for**  
**7.30**  
**Bowen, Q and Chi**  
 All three methods can balance your energy. Bowen therapy solves specific problems.  
 A practical demonstration and talk by **Tim Wilcox**
- Monday 10<sup>th</sup> December **7.00 for**  
**7.30**  
**Ancestral Healing**  
 Experience a practical exercise that will free ancestral influences. **Tony and Ann Neate**
- Sunday 16<sup>th</sup> December **10.30**  
**am**  
**Winter Solstice Walk on Hills** Ring Fiona: 01684 892533. E: fiona@song-of-the-earth.com
- Friday 21<sup>st</sup> December **5.30**  
**for 6.00**  
**Celebration of the Winter Solstice by Candlelight**
- Wednesday 9<sup>th</sup> January 2008 **7.00**  
**for 7.30**  
**Looking at the Year Ahead**  
**H-A energy** channelled through **Tony Neate** and **David Furlong**
- Monday 14<sup>th</sup> January **7.00**  
**for 7.30**  
**Inner Door Meditation – the Key to Feeling Better about Oneself and Life in General**  
 Using imagination in an effective way to produce tangible results. Led by **Paul Mayo**.
- Wednesday 23<sup>rd</sup> January **7.00 for**  
**7.30**  
**Inner Fear, Outer Conflict**  
 When & how to develop inner calm when there is outer conflict.  
 A personal view of the difficulties. **Penny Douglas**

**BUTTERCUP CONNECTIONS** is an 'idea in action' – a coming together of free spirits who wish to connect spiritually in a way that is relevant for today, to discover through open hearts the freedom of choice to reawaken our true Self within. We explore further ideas, thoughts of a new paradigm, free individual expression in relation to health and ecology, deep questions in our minds today.

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## Buttercup Connections – a letter to you

**Dear Friends,**

We need to establish a subscription system for Buttercup Connections to simplify our financial and administrative work and

overheads, so that we may continue and hopefully grow, according to the needs of us all.

To form this into an easier structure, we would like contributions to be made each year by 30th November, starting this year. If you have already paid within this past year, please send whatever you consider to be a fair proportion.

We do need this support to help us make ends meet in printing, posting and out-of-pocket administrative costs - a constant requirement.

We would like to establish a £10 subscription or, for those who find it difficult, whatever you are able to contribute. The main need is a consistent income, hence the dateline.

Below is a coupon with which to make your chosen payment and a space for your comments and suggestions.

With thanks and love from us all at Buttercup Connections.

***Cut here*** .....

I enclose my payment of £10 or other.....for the year ahead. Please make cheques payable to Buttercup Connections. *(If you wish to donate a little extra, it will be gratefully received)*

Buttercup Connections, c/o Helena Park, The Yat, Walwyn Road, Colwall,  
Malvern, Worcs, WR13 6QB

Name.....

Address.....  
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Tel.....email.....  
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Your comments/suggestions/needs welcomed in the space below: