

## Norris the Spider



*Norris is a spider that used to live near the sink in the Hatter. This time last year he set of on a spiderdellic journey in to space and beyond. Each month he keeps us posted about his psychonautical journey. So far he's met the extreme surfers, acquired the 'ultimate stone', fallen in love with Spinetta, visited dimensions beyond our comprehension and much, much more... stay in tune with the eight legged 'wonder' of the world...*

Hi Norris here,

Spinetta and I have both swam in the lake of purity and are greatly refreshed. As the waters washed both our mind and our bodies we both have feelings of mental clarity not felt by either of us before. I look back in horror at my days at the Hatter staring greedily at juicy flies as I waited quivering with excitement on a corner of my web.

Spinetta, too, said she is horrified at how she spun the most devious webs to catch giant African Bluebottles, her mouth salivating at the thought of their tasty juices.

We both wonder, now guilt racked, if we could ever go back to our old lives on earth for here in this world we seem to survive on 'heavenly nectar'.

Finally we are to meet with Ishtar soon, as apparently he has a message and a plan for us from the Light Master

*Till next time, Norris x x*

## What's on?

Every Tuesday evening at the Hatter is Backgammon Night. Its £2 entry and the winner gets a £50 cash prize. On Tuesday 3 January, Aidan Menzies, who works at The Globe, Middle St, became the first winner of 2006. He said, "I've been almost every Tuesday since it started and it's a relief to finally win. I played a high-risk strategy that eventually paid off. The money couldn't have come at a better time." Aidan's name will be etched on the Hatters Backgammon Hall of Fame (on the wall above the fridge with the drinks in) along with other past masters.

Looking for something to do in the evenings, come along to the Hatter:

- **Backgammon Nights.** Every Tuesday evening from 7.30 pm £2 entry, winner gets £50
- **Shamanic Stories from the vine of the Amazon.** Come and warm up with colourful tales inspired by the magical plants of the jungle Music songs and chants; Inspiration, imagination and intuition. Listen and enjoy delicious food. Researched and told by Adam Willstrong and Solas Amaru *Wed 18<sup>th</sup> and Thurs 29<sup>th</sup> January.* Tickets are £4 (£3 conc.) on the door. For more info call 01825 724432
- **Open Mic Night** The first and last Wednesday of each month, 8pm. The next is *Wed 25<sup>th</sup> Jan.* Come along sing jam, play or listen. Warm cosy atmosphere. Free entry for everyone.
- **Charity Speed Dating** Get loved up and hooked at the Hatter's Speed Dating. *Feb 2<sup>nd</sup> for 30-45 yrs. Feb 9<sup>th</sup> for 25-30 yrs.* Tickets £15 100% goes to MENCAP. Visit [www.brightonbanter.com](http://www.brightonbanter.com) for more info.

# THE MAD HATTER

Free  
January 2006

Monthly

## 2006

Another year has flown by and as '05 slips in to '06 it's becoming clear that the air of change is blowing strong. The evidence is the media itself. It began with *The Independent* about a year ago. The newspaper shrank in size to the size of a tabloid. Then a couple of months ago *The Guardian*, shrank to the 'Berliner' size and became full colour. Now as we leap into another year, *The Observer* has followed suite and shrank in size. It's not just on a national level either – it's happening locally here in Brighton & Hove. This month *The Insight* explains it is also changing. Changes in media are often a prerequisite of the change in the contents. When newspapers change, so too does the news itself, and if the news is changing then the world is too – for good or ill? Big changes are afoot. Clearly David Cameron is to blame. Whether he's a part of the change or a bi-product of it remains to be seen. However, at the Hatter, we believe in the old maxim 'Stillness is the Father of Motion (and motion is the mother of travel sickness)' so take comfort in the fact that your trusty MHM will remain on dodgy, photocopied black and white paper, and will still be as daft as ever. Happy New Year!!

## Keep Breathing

### The relevance of Yoga today, by Ram

For the average punter these days yoga is either something they've never bothered with, something they might do one day or a load of old codswallop! Yet yoga still survives as it's done for over 1500 years. Now for something to survive that long surely it must have something. These days thousands of people all over the globe practice yoga in one of its many forms: Hatha – physical, Pranayama – correct breathing etc. People who practice yoga regularly will all tell you yoga brings great benefits not only to the body, but also to the

mind. We can quickly learn how to keep ourselves healthy and mentally balanced. Coupled with correct diet (including proper daily fresh water consumption) life can become magical again. Most people go from birth to death without discovering the great secrets buried within. People know all about their motors by delving in to workshop manuals, but take their own bodies and how it works totally for granted, more or less leaving it to 'get on with itself'. Some people are actually afraid to look too deeply at 'what

*(Continued on next page)*



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## Yoga today (from front)

we're all about', in spite of remarks, like say the Christian Bible where it says 'Man knoweth thyself' or 'The Kingdom of Heaven lies within'. People, through ignorance and its consequence, abuse our real home – the body – and wind – up with premature bad health, treating consultants in hospitals like Gods – “will I live or die?” Yoga contains the ultimate path for all – for once get our bodies and minds in a fit and balanced state, then we can go on to higher forms of yoga that leads to the unfolding of the great spiritual knowledge, which is at present locked away in the dark cupboards of ourselves. For most of us, this secret unfortunately goes to the grave with its owner. All too soon the merciless river of life sweeps us like captive puppets from our first breath here to our last.

## Crystal of the month

### OPAL

#### Cancer, Libra, Pisces, Scorpio Vibrates, in numerology to No. 8.

As opal is made up of tiny uniform stacks of spheres it often, when shown to the light, reflects fire – and in all colours – the best fire opals come from Lightning Ridge in Australia. Mexican fire opals are pretty flash too! Opal is an amplifier of our traits and emotions and is sometimes considered unlucky. With its high water content opal will sometimes crack. But they will magnify and bring back what we give out, so if your wearing one make sure your give out good. They can be used to make oneself invisible in a crowd. They can bring psychic awakening and 'brilliance in ideas and concepts. Opal purifies the blood and kidneys, regulates insulin, is good for the eyes and helps alleviate fever. It is also one of the stones that is beneficial for people who suffer from Parkinson's Disease. Opal brings comfort and ease during childbirth.

## MHM Review



**The Lord Nelson Inn**  
36 Trafalgar St, Brighton.  
☎ 01273 695872

Set down from Brighton Station, The Lord Nelson may look flat from the outside but when entered the depth of the pub may be startling. Basically don't judge a book by the cover. The bar is welcoming as you walk in and there's a warm room to your left and a two rooms further back. The last being a conservatory which is nice and airy and when the blinds (on the ceiling) are down there is a nice view of the sky. The conservatory at the back doubles as the 'Nelson's Gallery' that is currently exhibiting 'New York Story', which is a selection of photographs by Tracey Wadey, and it's pleasing to the eye, especially when accompanied by opulent fauna (including a nice tree!) all potted in lovely pots. The pub has a good atmosphere and as one sexy punter said, "It's a good place to come with your sugar daddy and feel at home with the patterns on the wallpaper – I like it!" There's a good selection of beer and the Nelson provides succulent roasts on Sunday from 12 – 4.30pm, priced around £7.50. The vegetarian option includes cashew, almond and leek to tantalise the taste buds. Lord, check it out.

## Beautiful people in the café

MHM chats to Gabby, a full time mother, who was in the café on 6 January

### Do you come to the Mad Hatter often?

It's the third time I've been here. I came hoping to meet my friend.

### What did you get at the counter?

A coffee – its good.

### What's your favourite part of Brighton?

'Friends' shop in Kemptown. You can get clothes there for a quid. There's also good banter between the shopkeeper and the customers. The shopkeeper really puts in a lot of effort in to her shop window display as well – it looks really good.

### What's the favourite part of your body?

My hands.

### Is there any similarity between your favourite part of Brighton and the favourite part of your body?

Not sure. There probably is some similarity though – maybe creativity.

### What do you think of David Cameron?

He's fresh, but he's still an idiot because he's a Conservative.

### Imagine for a second that you are Margaret Thatcher's dildo. Using that imagination can you explain what she looks like on the inside?

I didn't try to imagine anything. I didn't want to go there.

### What's the biggest thing you need to get off your chest?

I've just got rid of it all the other day, so there's nothing at the moment.

### The world is short of a messiah, or redeemer. Have you performed any miracles that you could put on your CV should you apply for the post of 'Jesus Resurrected'?

We are not short of good people. I saw a blind man outside Marks & Spencer's recently and he had two dogs. Everyone made sure they gave him enough



Gabby didn't want her picture taken, but would let us take a snap of her nice woolly hat and mobile phone

space. It depends if you've got your eyes open.

### Do you like people in uniforms?

Yeah.

### Could you explain the best way to beat up a policeman without being caught by the officer in question?

I've got a friend who's done it before – well that's what he told me. He said he bashed him over the head with something hard. He never got caught.

### If you owned the Mad Hatter Café for one week, what would you do with it?

I would invite all my friends, get all the homeless people off the street, have a children's party for my little girl. Also I'd probably get married to my boyfriend and have the party here.

### If you had one wish to come true in 2006 what would it be?

To get the people in the West to all pull together and make an effort. We could all be a lot happier if we wanted to be happier.