



Christmas Party

At Scotsdale Garden Centre

Due to the kind generosity of
Mr David Rayner

On Monday 5th December from 6 - 10 pm

120 Cambridge Road, Great Shelford, Cambs
(5 minutes from M11 ~ junction 11)

Plenty of parking spaces

- 6 pm - 9 pm** The Garden Centre will be open so that we can do some Christmas shopping. Please do lots to thank Mr Rayner for his kindness in allowing us to have our party there free of charge.
- 7 pm** Visit Father Christmas
- 7.45 pm** A song by Nicholas Heller
- 8 pm** Supper ~ bring and share as usual
(tea & coffee provided, free of charge, by Mr Rayner)
- 8.45 pm** North Pole Marathon up-date by Mark
- 9 pm - 9.30 pm** Carols and songs by 'County Connections'
- 9.45 pm** Raffle *(please bring any prizes to the Party)*
- 10 pm** Close. Please take away all of your remaining food *(if any)*

Please bring ... FOOD ... FAMILY ... and ... FRIENDS

It would also be lovely if everyone brings a present *(costing no more than £3)* to put under the Christmas tree.

We Can Do It ~



We plan to raise £500,000 sponsorship from Mark's North Pole Marathon.

That's the easy bit. Mark will be running in temperatures probably 40° below zero. God knows how. I'm sure that when Mark hits the very tough bits and wants to give up he will think about all of us at the Centre ~ those who came in the past, those who still come to the Centre and those who will come along in the future ~ if we have a good building .

Mark will run 26.2 miles to the North Pole and when he gets there he will whip out his Union Jack and stick it in the ice. *(The flag is at the Centre, awaiting your name and good wishes, for him to carry across the ice.)*

We constantly need to be raising money. If you have a coffee morning for your friends ~ have a coffee morning every month until we have raised the £500,000. Mark had an idea that if everyone of 500,000 people gave £1 we could stop fund-raising right away! If 250,000 people gave £2well, just think of that. Can you give money to the marathon fund via your salary? Something else to consider is to e-mail your friends and family and ask them to make a donation towards the £500,000 appeal instead of giving you perhaps an unwanted Christmas present. You can do this by clicking on to www.justgiving.com

**Keen as we all are we cannot raise this £500,000 all by ourselves.
We so much need lots of help, please.**

Christmas cards

We are already selling Christmas cards at the Centre. We have the recycled variety from Jack which sell well every year. In addition we have printed some polar bear versions ~ from excellent designs given to us by Mark Nightingale. One of them shows an exhausted relaxing polar bear with red hat, having just run 26.2 miles. These cards are to raise money for the £500,000 target to help us buy a building for the Centre.

Telephone your card order to the Centre and collect them from the Centre or at the Party.

Christmas Puddings

£5 each (454g/1lb)

(with our own special label)



Also on sale are the super vegetarian Christmas puddings ~ produced by a small manufacturer in Cumbria. Have been told several times that these puddings are absolutely the best. *Telephone your order and pick them up when you are at the Centre, or when you come to the Christmas Party.*

NPM Launch Day

~ Tuesday 27th September

A lot of people worked very hard to arrange the successful launch of Mark's North Pole Marathon and we say a big thank you to them all:

- The Scott Polar Research Institute for allowing us to use their wonderful (*and very appropriate*) building free of charge
- Our campaign team ~ Jane, Peter, Fran, Viv, Bill (*of the purple hair*), Charlie, Steve, Mark, Tony, Ros, Nicky and Penny. Must mention Jane and Peter particularly ~ if one phoned Jane, as we did frequently, as long as she was saying "*I am quietly confident*" and "*I'm cool*" we knew that things were OK
- Nicky, a professional fundraiser, for all her energy and ideas: without her we wouldn't have achieved nearly so much.
- Lord Lewis for his support
- Charlie for managing the Launch for us
- Steve and Mark for producing such marvellous NPM publicity photographs
- Waitrose for the very attractive and delicious buffet
- Tesco for the water and fruit juices
- An anonymous donor for providing the wine



We are deeply indebted to Lord Lewis

for sparing us his time and for speaking so warmly about our Centre at the NPM Launch.

Lord Lewis visited the Centre recently and felt that “the Cambridge Cancer Help Centre is something for which Cambridge ought to be justly very, very proud indeed”. He outlined the history of the Centre with its ethos of ‘mutual self-help’ and went on to talk of our present difficulties surrounding premises and our attempt to overcome these through our fund-raising efforts. He ended by saying, “I have met so much genuine concern and enthusiasm and I think it would be tragic if we could allow this not to succeed in the way that we want it to. I commend it to you in the highest possible way”.

Conscious of the enormous bear skin hanging lifeless on the wall,



Mark told us of some of his fears and motivations for attempting this enormous challenge.

He said: “I have no idea what it will be like until I step off the plane and on to arctic ice. So ~ a huge challenge for me ~ but dwarfed by the experience that people with cancer have on a day to day basis.

Someone who has run that marathon says that polar bears cover one mile in 3min 45secs and I am thinking ...4 minute mile...what a nightmare. But hopefully the Russians and other soldiers who are equipped with suitable weaponry will deal with these problems. Fingers crossed!

Running on top of the world is exactly what it will be like ~ but really running on top of floating ice. Richard Donovan said they will use GPRS to locate the North Pole precisely and then we will all run along it and put our different flags from across the world in the ice at the end. That's the challenge and I like to be challenged myself. Running in a sense has given me what I call ‘thinking’ time. It gives me an opportunity to manage some of the problems I face at work or outside work. It is my personal space where I can learn about myself. And when I run across the North Pole with fifty others I shall think “what is my journey in this life? So why do I do it? I have been moved by the courage and determination of the people who live with cancer day in and day out. I will be thinking

of them, and when the temperature is dropping down to minus 40° and I want to give up and it is hurting, that will be the memory on my mind ~ people I've loved and met at the Centre ~ the most amazing place in terms of what it does for people.

I wish to raise £500,000 ~ not easy but it is absolutely essential for those who run the Centre to have this. We will have the opportunity to build a permanent home for people who need that cup of coffee, to be guided somewhere.



That polar bear running the mile in 4 minutes ...
he won't catch me!

Well, after that I thought that Lord Lewis and Mark had said it all so I just ate the delicious lunch provided free of charge by Waitrose, (*where they sell that amazing Selenium bread*) and drank the fluid refreshments provided by an anonymous donor and Tesco.

Well, actually I did say that I thought our self-help group is the best in the country, that there was a time I would have relished talking to another carer when I was trying to decide whether to tell my Mum that my loving Dad wasn't going to get better, or to tell my beautiful Mum she wasn't going to get well. So all I could do was live with her for her last year ~ the last 3 months that marvellous Robert Sayle let me stay at home with her and continued to pay my salary. They just don't come better than that. And they help our Centre in all sorts of ways. But what I'm leading up to here is to say that I would have found the Cambridge Cancer Help Centre so very beneficial. It had existed for two years but I didn't know about it.

I also said we were thinking of sending Charlie dressed up in a polar bear suit to chase Mark. Charlie said, "*I'm a bit slower than 3mins 45 secs and, with a suit on, well, probably no chance!*"

These quotes accompanied the photographs

at the Launch:

The warmth and friendship of the people I have met at the Centre
have dramatically assisted my recovery

The Centre is a haven filled with friends and healing

This Centre is an amazing place because of the people who come to it

I needed somewhere to go ~ the Centre has been my saviour
~ from the day I first came, this place has been like a haven ~
bursting with love and support

The Centre has been a bolt-hole, from the time years ago when
I first had a need to talk about a traumatic revelation ~
but not to the family. The Centre and its members have continued to
provide a welcoming informative haven of understanding and
friendship to the point that it is now difficult to imagine
life without the Cambridge Cancer Help Centre.

John Hodgson

John looked after Josette for many years as she very determinedly battled against breast cancer. And she was successful with that battle for a long time. Even when she looked rather ill she still persisted in saying “*I’m fine ~ I’m doing well*”. After Josette died everyone hoped John would sort of be....well... Renewed, I suppose. We imagined him enjoying playing golf, meeting friends, enjoying time to himself free of the restrictions he had experienced in caring for Josette. However, a cruel blow, as they say...John developed a brain tumour. He died a few months ago. Left us all feeling a bit helpless and hopeless.

However, meeting some of the ‘fighters’ from our Centre brings you out of that wondering how people cope with what life has dealt them

~ **Annie** for instance who says: **Well, hello everyone**

I am going to tell you about the new group, ‘Different Strokes’. It started on Tuesday 25th October from 2 - 4 pm. And it’s here at the Cambridge Cancer Help Centre. I am so excited. I only hope it works!

As you all know, I started coming here 15 months ago. I could only walk one or two steps and talk, as in “yes”, “no” and “really”. Well, look at me now. I walk to the car, I chatter on continually and I drive. Hallelujah! So thank you for walking me, the reflexologists and healers for their hard work and to every mortal soul who visited the Centre and let me talk away.

Well, I thought I must pay back. It has been 22 months since this rigmarole started and the one thing I’ve noticed is the lack of places to go, except the hospitals, clinics etc. And who wants to go there. So I looked around and thought I will try and help. I spoke to Alys Mumford the Head of Speech and Language, who had heard of ‘Different Strokes’ and, well, it’s all started from that conversation. Ann heard me talking and said “why not come here? ~ our Centre’s Constitution states that we help people with any life-threatening illness, and you are, after all, already a member of our Centre”. So here we are.

For all the love and kindness you have given me,
thank you from the bottom of my heart.

Our **CONSTITUTION** states that,
“The Centre is established to relieve persons suffering
from cancer **and other illnesses** and the families
and friends of such persons”

One of our members is planning to start a
Multiple Myeloma Help Group at the Centre in the New Year.

Lymphoma We do have people at our Centre who cope with lymphoma. It would be good if they had their own support group here in Cambridge and could meet at the Centre. Unfortunately the Lymphoma Association would want them to set up the support group themselves ~ with some help and advice I am sure. Would anyone like to take that on? At least you wouldn't have to worry about premises. Contact them on m.urfitt@lymphoma.org.uk to ask their advice. Their association has produced two films to help patients and families understand more about lymphoma. You can log on to www.lymphoma.org.uk and click on the 'audio visual resources' link to watch them or call their Helpline to arrange the loan of the films.

Everybody aged 65 and over should now be immunised to help protect them against pneumococcal infection, which can cause diseases such as pneumonia, septicaemia (*blood poisoning*) and meningitis. So says a leaflet I picked up from my GPs surgery.

If you are **under** 65 and are at a higher risk from infection you are also recommended pneumococcal vaccine. This includes people with:

- serious breathing problems, for example severe asthma needing regular inhaled or oral steroids
- serious heart conditions
- severe kidney disease
- long-term liver disease
- diabetes that needs medication, or, immunosuppression due to disease or treatment, for example, chemotherapy or radiotherapy treatment for cancer or long-term steroid use, and problems with the spleen, either because the spleen has been removed (*asplenia*) or doesn't work properly, for example, sickle cell disease.

You can get more information about the pneumococcal vaccine from your doctor or practice nurse, or you can call NHS Direct on 0845 4647.

You can also visit the NHS website at www.immunisation.nhs.uk/pneumococcal

Philomena Cooper

We were very sad to hear that **Philomena** had died recently. Our hearts go out to David and their young children Matthew and Emily in their great loss. As the end drew near, Philomena knew that she had very little time left and she bravely told the children herself.

The Sun shone for her woodland burial at Ramsey.

"As the months pass and the seasons change, something of tranquillity descends and although the well-remembered footsteps will not sound again, nor the voice call from the room beyond, there seems to be about one in the air an atmosphere of love, a living presence."

Daphne Du Maurier, from 'The Rebecca Notebook'

ICE (In Case of Emergency)

Ambulance crews spend a long time trawling through mobile phone numbers when they need to contact a relative. Did you know that if you put ICE before a name in your mobile phone directory, the ambulance staff can make a fast contact with someone in your family

Cancer Chemotherapy Testing

Scilla passed this article on to me ~ it was published in Positive Living 2005. The article is long ~ not enough space in the newsletter this time. So look in the library ~ it is filed there.

Jane Smith-Pearse

Some years ago Jane was told she had about four weeks to live. However, Jane made light of it, didn't want to be treated as an ill person and continued to bring light into people's lives ~ for several years. At the service of thanksgiving for her life at Holy Trinity Church in Bottisham we were reminded that during the war Jane worked for the Ministry of Defence After the war Jane worked for a research team which discovered the link between smoking and cancer. She also worked as a Guide in Warwick Castle and was once mistaken for a waxwork! With Jane came a touch of brightness, a smile, chuckle and a ready laugh. Certainly at the Centre we never saw her in any other way.

In case you don't know, Jane's daughter Julia often offers healing at the Centre. Julia is also a McTimoney Chiropractor of some repute! She comes highly recommended by Centre fans. We send our love to her and her sister Sarah and to all the family.

Julia read this passage from 1 Corinthians 13:1-13 at the service.

If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing.

If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking. It is not easily angered, it keeps no record of wrongs.

Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. But where there are prophecies, they will cease, where there are tongues, they will be stilled; where there is knowledge, it will pass away. For we know in part and we prophesy in part, but when perfection comes, the imperfect disappears.

When I was a child, I talked like a child. I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me.

Now we see but a poor reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

And now these three remain: faith, hope and love.

But the greatest of these is love.

Me and 30 men on a mountain top ~ from Julia

One Thursday evening at the Centre just before 'opening time', Ann and I were chatting about how we found ourselves connected with the Cambridge Cancer Help Centre, how our own life journeys had brought us here. Somehow, we managed to get on to one of my 'previous' lives as WRAF Officer ~ trained to kill ~ and here I now am ~ a healer at the Centre. My day job is that of a chiropractor and I am also vegan.

For some reason!, Ann was particularly interested in my life in the RAF, when I was sent to the Falkland Islands in the mid 80's for four months. It was me and thirty men living in isolation on Mount Alice ~ a mountain almost on the western tip of the Falkland Islands, accessible only by helicopter or boat. Home was one of a group of containers as seen travelling on the back of lorries in the UK ~ nicely converted of course with an en suite basin, loo and shower.

Life reminded me a little of the film Local Hero, which was newly out then, about a small community in which one person was in turn the publican, bank manager, accountant etc. etc. In my case, in this environment, first thing every day I was the Senior Operations Officer, then a fighter controller ~ talking to aircraft ~ a little like an air traffic controller. Later in the day I became the bank manager, shop manager, catering officer and deputy crypto officer and the rest.

We were allowed one weekend off during the four month stay and I chose to go to visit Sea Lion Island an idyllic wildlife sanctuary. This required at least a week of organization and planning. There being no civilian telephone network at the time, I had to radio the neighbouring farming community and ask them to relay a message (*through several intermediaries*) to FIGAS (*Falkland Island Government Air Service*) in Port Stanley to book me a flight from RAF Mount Pleasant to Sea Lion Island. In the meantime I needed to book an RAF helicopter to fly me the night before to RAF Mount Pleasant and also to book accommodation for that night there. Two days before my FIGAS flight I was required to listen in to the Falkland Island Radio Station at 7.10 pm ~ after the news and before the Archers. The announcement went along the lines of "FIGAS 1234 will depart Port Stanley at 8.00 am with Mr and Mrs Smith, next stop Mount Pleasant to leave Mr. Smith and collect Julia; next stop"

Amazingly all went to plan, and at 9.30 am on the appointed day, I was duly deposited on Sea Lion Island with a promise from the pilot that he would pick me up again at 4.30 pm.

I was kindly met by the owner of the island, was pointed in the direction of the elephant seals and sea lions and told where to find the different colonies and thus varieties of penguins. It was a blissfully sunny autumnal day in March! My walk to the seals and sea lions took me across an area of tussock grass, but not as we know it. I suppose it must have been about 100 acres. The tussocks were not a few inches as we would find in this country, but over knee high and tightly packed together. I tried walking through the tussocks, but could not maintain my direction ~ it was like walking through a forest, the spiky bits were about ten feet high. So I tried jumping from tussock to tussock. And then I thought if I broke a leg doing this, I would never be found ~ at 4.30 pm the pilot would simply turn round and fly off again without me. So I alternated until suddenly I landed without warning a few feet from the face of a huge bull elephant seal ~ about 20 feet long. Well, to be honest it is difficult to remember the size after all this time, but really huge! We blinked at each other for a few minutes ~ well it seemed ages anyway, and then he shut his eyes and went back to sleep. I tiptoed around him and made my way down to the beach, where there were hundreds more ~ females and toddlers too. And sea lions too, but not as many sea lions, as most had already migrated, and those there were very shy. For once I was in the moment! and the sun smiled the whole day. Sadly 4.30 pm came too fast and my lift returned to pick me up. A day I still remember with great clarity ~ almost twenty years ago now.

What a culture shock when I returned to the UK. Vehicles and cars going faster than 30 miles per hour ~ terrifying! It was Spring on my return ~ how green and leafy it is here in May. I had left the Falklands in mid winter. There are few trees there at the best of times and how lush it seemed here.

It was another one of those ‘wow’ feelings I hope never to lose.

Cancer, by Phillip Day a reporter/researcher

This book was given to us by Annabelle Law (*of the Selenium Loaf fame*)
Lots of interesting stuff. Here are a few snippets:

“The facts presented in this book are intended for informational and educational purposes only and must in no way be construed as medical advice.”

Under a heading of ‘What is Cancer?’ it is stated that our physical well-being is more directly dependent upon minerals we take into our systems than upon calories or vitamins.

Under ‘The importance of proper nutrition’ we are told that a little known fact is that more than a few of the nutritional deficiency diseases mankind suffers from today have been cured in livestock for decades.

The chapter headed ‘Cancer ~ a healing process’ informs us that cancer researchers such as Professor John Beard of Edinburgh University and Drs Ernst Krebs Jr and Sr believed that cancer is a healing process that has not terminated upon completion of its task.

Read more in the book which is in our library

Latest research news from the

Marie Curie Cancer Care newsletter

“Walking backwards could be the way forward” ~ Top science journal Nature recently published new findings by scientists at the Marie Curie Research Institute. Scientists in Dr Rob Cross’s Molecular Motors Group there have discovered that the extremely tiny molecular motors that power cell division and transport within the cell, called Kinesins, can be forced to ‘walk’ backwards. This is considered to be important because cancer is a disease of out-of-control cell division and these microscopic motors power that cell division. New drugs are beginning to appear that target kinesins directly, stopping them in their tracks.

You can visit www.mcrc.ac.uk for further detailed information about their scientific work.

25th Celebration of the Bristol Cancer Help Centre ~ from Sheila B

On Saturday October 1st I went to the Thanksgiving Service of the Bristol Cancer Help Centre held in the Cathedral. The Cathedral was packed. I imagine that most of the people who were there were either patients who had attended the Centre or staff and helpers from the Centre itself. There was a lot of movement, up and down the aisles, of people looking out for those who had attended at the same time. Sadly I couldn't see any I knew from the time I went three years ago.

The service commenced with a hymn followed by a recorded address by HRH The Prince of Wales. He was full of praise for the work done by the Centre, wishing everyone well, and sending his good wishes for the future. He counted it an honour to be asked to be Patron.

The service followed usual C/E, bidding prayers and more hymns and readings etc. interspersed with speakers. One was Sheila Hancock who spoke from the pulpit. She said she was a complete mess, riddled with fear and panic when she discovered the place. At that time she had a very small daughter, a bigger one who was difficult and a very demanding husband! She said she was more than a lump, she was heart, soul, mind and spirit.

Pat Pilkington spoke on remembering Penny Brohn. The two of them had founded the Centre but it was Penny who had the vision. She said they were touched by God. Penny's daughter, Jessica, read an extract from T.S. Eliot's poem 'Little Gidding'. She broke down in the middle but bravely recovered enough to finish it. By this time we were all in tears as well.

There was music: two pieces by Fauré, (*one of my favourite composers*) and the boys choir sang 'The Lord Bless and Keep You' by Rutter. Celia Harper had composed three pieces especially for the occasion performed by a soprano, counter-tenor and violin.

Near the end the Chairman of the Trustees gave an address and told us the Centre was preparing to move to larger premises to expand as they are now internationally known.

Many birthday messages were read out. I give you one ~ "You provided me with an oasis in my despair. May you continue to give love and understanding that so many of us need. I am forever grateful to all you wonderful people!".

Although we are not as high powered as the Bristol Centre that could just as easily allude to our own Centre. So may it too experience a 25th birthday celebration in the future.

Welcome Home from Hospital

This is a free and confidential service provided by a team of trained volunteers to help patients settle back home after a stay in hospital.

Welcome Home from Hospital does not replace any statutory services or the help already given by family, friends or neighbours.

Volunteers offer short-term practical help as soon as the person arrives home and can continue for up to two weeks, if necessary.

The volunteer can provide the following help:

- Checking to see if someone is OK
- Shopping
- Collecting a prescription
- Collecting a pension
- Light housework
- Liaising with other services

Volunteers will also be happy to sit and have a chat if the patient would like this.

On average four visits of just over an hour long are made in a two week period but we try our best to respond to individual needs.

Tel 01223 714433 or email whfh@lineone.net

Homemade Cakes "Heavenly Taste"

Free delivery in Cambridge

Brownies with marshmallow

Apple pie with cheese

Cheesecake with choc chips

Coffee cake with sour cream

Mini pecan pies (30 mini pies)

Pineapple and cream pie

Unique savoury ~ sushi ring with salmon

Seafood sticks and soy sauce

For more details contact Catalina Brumann

T 01223 503708 M 07950 766696

Email CATALINABRUMANN@YAHOO.CO.UK

Sid, as we all know, makes it his business to put our collection tins into pubs. Here is a list of the ones he has on the go at the moment ~

Live and Let Live
White Swan
The Locomotive
Rose and Crown
Free Press
Clarendon Arms
The Atrium Club
Alexander Arms
Tram Shed
Dobblers Inn
The Fountain
The Burleigh Arms
The Corner House
Gianni ~ Mill Road
Fighting Cocks at Audley End where we celebrated Sid's birthday

The 'Alexander Arms' actually collected nearly £100 in their most recent collection tin.

Unfortunately a handful of tins have been stolen or lost over the year but Sid carries on! Thank you Sid.

Sid's son James is a consultant ophthalmologist. He recently operated on a private patient who, with thanks, gave James's daughters some beautiful dolls. One of James's daughters, **Maria**, said "*I'm going to give this doll to my grandad for the Cancer Help Centre*". Bless her heart.

We raised nearly **£100** by using the doll at our fund-raising stall at Addenbrooke's Hospital. The idea was to pay £1 and try to guess the doll's name.

Is YOUR home full of little red lights?

A recent article in The Independent reported the following statistics:

- “Appliances on standby pump **one million tons** of carbon into the atmosphere”
- “Wasted energy of appliances on standby could power **400,000 homes**”
- “Up to **85% of power** used by a video recorder is consumed on standby”
- “Government says Britain would save **240,000 tons of Carbon dioxide** emissions by switching off televisions”

How can WE help to reduce carbon emissions?

We can all reduce the number of red lights around our homes by switching off (*at the wall*):

- The washing machine as soon as it has finished its cycle
- The television, together with the video recorder, DVD and radio before going to bed
- The microwave oven when not in use
- The computer when not in use

Do the right thing for the environment. Unplug your phone charger when it’s not in use. Left plugged into a socket it still draws around 5 watts of electricity every hour. It’s an energy vampire.

Small inconveniences could have a huge impact on the planet

Doing the Right Thing ~ let’s resolve a common washroom dilemma, (*it says in the Observer Ethical Living page, written by Lucy Siegle*): using electric hand dryers is in fact twice as energy efficient as drying your hands on a paper towel. It also says that contrary to popular belief, if you are leaving a room even for a few seconds you’ll save energy by switching the lights off rather than leaving them on.”

Every little... from Don

An elderly lady was wending her way along the beach. She suddenly pulled down her knickers and proceeded to pee in the sea. Passers-by were amazed and amused ~ to them the elderly lady said reassuringly, “every little helps”.

Please Be Extremely Careful ~ especially if using internet mail such as Yahoo, Hotmail, AOL and so on. This information arrived recently direct from both Microsoft and Norton.

Please send it to everybody you know who has access to the Internet.

You may receive an apparently harmless email with a Power presentation 'Life is beautiful'. If you receive it **DO NOT OPEN THE FILE UNDER ANY CIRCUMSTANCES**, and delete it immediately. If you open this file, a message will appear on your screen saying: "It is too late now, your life is no longer beautiful". Subsequently you will **LOSE EVERYTHING IN YOUR PC** and the person who sent it to you will gain access to your name, e-mail and password. AOL has already confirmed the severity, and the antivirus software is not capable of destroying it. The virus has been created by a hacker who calls himself 'life owner'.



Viv says ~

When you get the opportunity, do look up our very own website: www.cambridgecancerhelp.org

We are indebted to Matt Harvey ~ matt@videnda.co.uk ~ for his work on our behalf. He has just organised for us that our site be connected with Mark's online sponsorship page: www.justgiving.com It really is very easy to give money securely on line towards the North Pole marathon and, maybe if the computer is not your thing, your whizz-kid friends, relatives, neighbours may want to support Mark's fantastic athleticism and, of course, our Centre in this way: alternatively you could forward the page to your friends.

Last time Matt sent an e-mail, he wished Mark good luck and added that for his work "there is no charge from us". How nice is that? A good guy to contact for any of your own computer queries.

“I’m seriously ill with a parasite”

So says the article found for me by Fran, describing how computer clangers hit the Japanese. Written by Colin Joyce it tells us that there are perils in writing Japanese. It seems that careless use of word processors was topped by a woman who intended to write *“I started living overseas this year”* but ended up saying, *“Shellfish started inhabiting my stomach this year”*.

Hilarious errors result if used by a poor, or inattentive, speller.

We are told that the main problem with word-processing is that the limited number of sounds in Japanese means there are thousands of synonyms with vastly different meanings. Therefore *“there is traffic because of restrictions”* became *“I am seriously ill with a parasite”*.

Vagina/Angina

That reminds me about when I worked as a secretary to some G.P.s. On some occasions one of the doctors would phone through and say “please will you come and take dictation”. So I’d swan up the corridor with notebook in hand, looking proper secretarial, and the minute I got through his door, before I’d shut it, he’d sometimes start dictating his letters, while amidst all of this I would find a chair, sit down and rapidly write the shorthand.

So it’s no surprise is it that one day, after I’d typed his letters and sent them off to the hospital, he pointed out that in one letter I had referred to this gentleman patient’s vagina, rather than to his angina!

If you are a Pitman’s shorthand person you will that a careless ‘an’ outline can look very much like a was covered with confusion. He was amused.



realise
'va'. I

Whoops! ~ from John Dawson

Rome airport. I drop my friends and the luggage near Departures, and return the hired car to its garage. Outside Departures I tell my friends that I'll just return the car key to the Rentacar office. This takes longer than expected, so I grab my luggage trolley and run back across the car park to Departures, where my friends are waiting ... with ALL our luggage. I have stolen someone else's trolley!! I rush back across the car park, rehearsing abject apologies (*and imagining hours of questioning by Italian police*). The owners hadn't even noticed that their luggage had gone, but were very glad to have it returned. Phew!

Braking News ~ from the Observer Magazine

It seems that research from the RAC has pinpointed 4-5 pm on Fridays as the single most lethal hour of the week. They suggest starting the weekend early with a drink ~ and taking the bus.

Congratulations to Karen

who did so well in her recent

A level exams.

She is now studying at

Lucy Cavendish College ~

we wish her every success.

Richard pointed out that it is

Mouth and Throat Cancer Awareness Month *this November.*

Almost 5,500 new cases of mouth and throat cancers are reported in the UK each year. World Cancer Research Fund research shows that 30% to 40% of all cancers can be prevented through diet and lifestyle changes. Not smoking can reduce your risk by a further 35%. Diet and lifestyle have a direct impact on the chances of developing different types of cancers ~ including cancers of the mouth and throat.

We think this information came from Cancer Research UK

Dry Cleaning

Dry cleaning is bad for the environment. Laundries discovered perchloroethylene in the thirties but it transpired in the eighties that it was neurotoxic and carcinogenic. It is thought it will be phased out by 2020. In preparation some progressive dry cleaners are already bringing in perc-free dry-cleaning. These include the Johnson Services Group, which owns Sketchleys.

SPECIAL THANKS

to Steve's Mum,
Maisie Peck.

She very kindly gave us a child's high-chair ~ 50 yrs old Merche sold it on e-bay for us and raised **£18** (*minus a bit for e-bay*). The cash will boost the marathon fund.

Thanks to

Charlie for fantastic raffle and
tombola gifts

Maureen, Terry, Anne & Robin
for tombola and Christmas raffle prizes
Ann & Roy & Maureen Hancock
for giving us items to sell or use
in the tombola/raffle

Thanks to Richard Hall who has just filled his first collecting tin for us

We thought we'd reprint Sid's story that first appeared in the 'Summer 2001' newsletter ~ so that you could enjoy it all over again!

A Lost Soul ~ from Sid

I was a Ticket Inspector on the 18.35 Liverpool Street to King's Lynn train. One Friday night, on leaving London, the guard came and told me that he had a passenger in his guard van. She told him she had lost her soul.

I went with the guard and found the passenger and saw that she was in shock. I asked the guard to see the steward to get a cup of sweet tea for her.

I asked the passenger where she was going. She said, "Norwich". I then asked her where she had lost her soul and she told me that she had lost it on the underground train.

I said to him, "Another problem solved!"

I told her she was very lucky. She was going through Ely and I told her that souls go to cathedrals. She seemed to settle when I told her that.

I had to leave the train at Cambridge so I told the guard to let the passenger stay in his brake van until the train reached Ely.

I got on the phone at Cambridge and rang the Ely Station Inspector. He said to me, "You're mad".

I told him to take her just outside the station where there's a good view of Ely Cathedral.

Later the Ely Station Inspector rang me. He told me the passenger stood outside Ely station and she said to him, "I can feel that I have found my soul".

Minerals in Food

In the Daily Mail on 5 March '01, Paul Kendall, their Technology Correspondent wrote an article ~ 'Why Fruit and Veg were better for us 50 years ago'

It seems fruit and vegetables are not as good for us as they were 50 years ago. Modern farming methods mean that the amount of essential minerals in the food we eat has been reduced alarmingly. For example there is up to 75% less calcium and 93% less copper in fruit and vegetables, the study says. Also the levels of iron, phosphorous, potassium and magnesium have plummeted.

Nutritionist David Thomas believes that the reduction in the mineral content of food was a result of modern farming methods, which use massive amounts of fertiliser on the soil. Although the fertilisers encourage plant growth, this is at the expense of the minerals. David Thomas went on to say that we are made up of these substances. If they are deficient then the body cannot cope as well as it would otherwise. He based his conclusions on data from 'The Composition of Foods', a comprehensive study of the content of all major foods dating back to 1940.

A similar analysis comparing data from 1930 and 1980 was published in the British Food Journal in 1997. It compared 20 vegetables and found levels of calcium, iron and other minerals had declined significantly.

Professor Tim Lang of the Centre for Food Policy at Thames Valley University said the results revealed an important trend which needed to be exposed. He stated that the nature of production is altering what we are eating. Plant breeders, he went on to say, are trying to develop tomatoes and carrots and fruit that look nice, resist disease and can withstand being shipped halfway around the world. They have been less concerned about the minerals in the food.

We are dying prematurely, he went on to say, of coronary heart disease and cancer and we are being told to cut down on fat and eat more fruit and vegetables. But at the same time the content of what we are eating is changing .

See the table below

FIVE DECADES OF FALLING NUTRITIONAL LEVELS

<u>Watercress</u>	93% of copper	<u>Orange</u>	67% of iron
<u>Carrots</u>	75% of magnesium	<u>Avocado</u>	62% of sodium
<u>Broccoli</u>	75% of calcium	<u>Strawberry</u>	55% of calcium
<u>Spring onion</u>	74% of calcium	<u>Melon</u>	45% of magnesium
<u>Swede</u>	71% of iron	<u>Passion Fruit</u>	43% of potassium
<u>Spinach</u>	60% of iron	<u>Raspberry</u>	39% of calcium
<u>Potatoes</u>	47% of phosphorus	<u>Blackberry</u>	35% of calcium

Selenium Bread



Nutrilaw Selenium Enriched **Wholemeal** Bread ~

available at Waitrose, 89p/800g

3 slices = 75mcg = the daily recommended intake of selenium

Average daily UK intake of selenium ~ 31mcg (MAFF 1997)

Nutrilaw tell us that selenium is added to the soil, not added to the flour, providing selenium in a very absorbable and natural form (*a seleno-protein*) - as nature intended, the only food in the world grown in specifically selenium enriched soil to provide specific levels of selenium in the food (*25mcg per slice*)

Selenium is ~

- a vital trace element to the human body
- very important for improving immunity
- halves the risk of cancer
- can help fight cancer
- reduces risk of heart disease
- improves brain activity, moods, hence reduces depression
- increases fertility for men and women, *half the male sperm head is made of a selenium compound. Selenium has been used in animal husbandry for decades*
- powerful anti-oxidant that can decrease the rate of ageing

Populations with low selenium levels have a far higher incidence of cancer and other serious diseases

For further information please contact Nutrilaw L1td:01760 339999

Food and cancer in the headlines ... in an article written by Jo Stagg in the Cambridge Evening News it seems that pomegranate juice and avocado work against prostate cancer cells, broccoli could play a role in preventing colon cancer, tomatoes are thought to play a role in preventing cancer. In June scientists reported that the bowel cancer risk was a third higher in people who regularly ate more than two 80g portions of red or processed meat a day, compared to those who ate less than one a week.

Subscriptions

Before returning your Subscription forms please remember to tick the box if you wish us to reclaim the tax. It means that on a donation or subscription of £10 (*for instance*) we could claim almost £3 more for the Centre at no extra cost to you.

But please note that this does NOT apply to anyone paying tax only at the starting rate (*currently 10p in the pound*) ~ or to those who pay no tax at all.

As the 'October' newsletter has become a 'November' one this year we've had to notify some of you of the Christmas Party in a separate letter. It would have saved postage if we had been able to contact you by email. If you would like your email address added to our list please include it on your form when you return your subscription renewal. Many thanks.

Our thanks to ~

Mike, Steve & Nicky

at 'Print-out', Histon

for their good-natured service.

They are most helpful and can always be relied upon to produce our newsletters at short notice.

The search goes on



The sunlit patch, that looked so tantalisingly bright back in the Summer, is unfortunately now buried beneath the falling leaves. We're disappointed that on this occasion our dream didn't materialise, but we are still confident that just the 'right' premises will yet appear!

Tricia

Tried/Trusted./Reliable

Danny ~ carpenter, decorator, repairs, windows, can build a house, tree-house, built-in cupboards, any carpentry, eco-friendly paint
phone 07786 510797/01353 615610

John Fidler ~ most odd jobs ~ *contact him on 01223 891800*

Tricia ~ Maths tuition up to GCSE ~ *contact her on 01223 862412*

Angus ~ car service and MOT repairs ~ second-hand vehicles supplied
Tel 01223 847324

David Cooper ~ driving lessons, intensive courses
contact Annette Walsh on 01223 830427

Cambridge Albion Angling Society ~

Mr Gentle and Mr Harris

together with Mrs Mary Farrington

(from Farrington's Fishing Tackle shop in Chesterton)

gave our Centre **£125** ~ raised from a fishing match.

How marvellous of them to do that for us.

Our very lovely traffic police officers have started a new system where, with points earned by all those who buy fuel for the traffic cars, they plan to help us this Christmas by buying a Marks and Spencer hamper for the first prize in the raffle. This scheme hasn't been operating for long so in case there aren't sufficient points to buy the hamper one of them will make a personal donation to make up the sum required. Bless him.

Now - we aren't allowed to sell raffle tickets at the Centre but I have bought numerous books of raffle tickets so that if you want to sell tickets to your friends and family please start doing that as soon as you can. Don't sell to the public ~ just to family and friends, so that we keep within the legalities of the thing. Don't give me any of the money at the Centre ~ hand it in on the party night. I suppose we will sell five tickets for £1. I hope we will have lots of raffle prizes ~ the hamper will be the first prize. We have to make sure we don't duplicate the colours of the tickets so please get your tickets from me. Don't buy them yourself.

It's getting exciting! I have a feeling we will have lots of party people at Scotsdale's. I'll repeat what I said before...bring family, friends and food!



See you there

Love from Ann

PS Our Self-Help Centre is, in my view, the best in the country. We have around 250 members. If anyone you know thinks we are too small to make much difference, tell them they have obviously **never shared a bed with a mosquito!**

