

Please bring food to share for the
ANNUAL GENERAL MEETING
of the Centre to be held at 1A, Stockwell Street, Cambridge, on
Wednesday, 4th April 2006 at 12.45 pm.
Lunch at 1.15 PM

AGENDA

- ◆ To receive apologies for absence
- ◆ To approve the minutes of the AGM held on 9th March 2005
- ◆ To receive the Chairman's report
- ◆ To receive the Centre Co-ordinator's report
- ◆ To receive the report of the Co-ordinator of the Therapist's Group
- ◆ To receive the Honorary Treasurer's report
- ◆ To approve the Annual Report and Accounts for the year ended 31st October 2005
- ◆ To appoint the Independent Examiner of Accounts for 2005-6
- ◆ To elect the Centre's Officers

The following nominations have been received:

Chairperson Fran Dawson
Hon. Secretary
Hon. Treasurer

- ◆ To elect members of the Committee of Management

The current ordinary members of the Committee are as follows:
Charlie Barton, David Barylko, Sheila Bennett, Jane Cornell, Mark
Howe, Viv Neville, Ros Nightingale, Tricia Smith, David Wilson

All the current members of the Committee are eligible and willing to
stand for re-election.

- ◆ Any other business

All interested may attend the meeting, but only paid-up members may vote.

D R Wilson *Hon Secretary for 2004-5*

Join us in a Champagne Celebration
for the 20th Anniversary of the
Cambridge Cancer Help Centre (1986 - 2006)
at
Scotsdales Garden Centre
On Friday 2nd June 7pm to 11pm
(with many thanks to David Rayner)

Please join us at this very special event
Bring your family and friends, and food to share
No parking problems

We will greet Mark, as he runs to Scotsdales from the North Pole

If you can be there please let me know. Messages can be left on 01223 871893 or 01223 566151. It would help us (but isn't essential) to know the numbers of those people coming to the party so that we know how much champagne to buy. And if you can get hold of any champagne, please let me know!

On the first evening when the Centre began two people arrived:
now we have nearly 200 members

The Centre needs, please
Champagne for the Party
Tombola prizes for the Party and for Addenbrooke's Hospital Stall

Fund-raising for Mark's North Pole Marathon

Mark is undertaking this hazardous task to secure the future of our Centre. Please do your best for him, have coffee mornings, sales, any fund-raising activity ~ raise small or large amounts.

The decision is easy.....would you like to run round the north pole avoiding the polar bears and facing up to 40 degrees below zero **OR** would you prefer to organise a coffee morning?

Answers please.

(If you want to have a coffee morning for your circle of friends and would like to have it at the Centre let me know. I'll make the tea.)

Collect a Sponsor Form from the Centre



Joan M. sent us this

letter ~ we eagerly await

the results of her request for her birthday cash gifts ~ ultimately for the marathon fund:

Hello and good wishes to everyone,

I am fortunate to have yet another milestone birthday on the horizon, and lucky enough to have all that I need. Every available shelf groans with the weight of knick-knacks and gifts from well-wishers. Yes, I'm a lucky old girl. So I thought this year I would be cheeky and stick my hand out for cash gifts.

With Mark Howe braving the elements to run in the North Pole Marathon, to raise money for the cancer group, I've found my perfect cause to donate the money to.

May I take this opportunity to wish him all the best and a safe return.

Take care of yourselves

Best wishes, Joan

P.S. Joan also knits many beautiful gifts for us to use as tombola gifts or sell on our fund-raising stalls.

Keep Your Hair on from Liz

The final straw in the story of my wig came when I was expecting some builders at our house. At the last minute I couldn't find my wig. Although I had never worn the wretched thing routinely in the house, I had tried, mainly for the sake of my children, to wear it when we had visitors or when I went out ... so that I looked 'normal - like other mums'. I didn't want to add being an extreme source of embarrassment to my children's already tested lives.

This was about Week 5 of my 6 months/8 sessions of chemotherapy. The builder/painter was about to arrive, and I realised, with two minutes to go, that my wig was in a chest of drawers, which, because of the work we were having done, was jammed behind some other furniture and only a Houdini figure would have been able to reach it, and retrieve it. So, at that point I gave up, and, thankfully, I never wore the wig again.

On diagnosis of breast cancer, - and then with treatment involving mastectomy, chemotherapy, and radiotherapy - very little significance was attached to losing my hair. I don't even have beautiful or spectacular hair - it's brown, now greying, and almost straight. So, of course, I assume, no-one might have guessed how vulnerable I felt as it all fell out, and what was really happening to me began to sink in.

I'd look in the mirror and a cancer patient would stare back at me. I felt completely ugly, and very helpless. I'd been told by the medical profession that people generally lose their hair in the first 4 - 5 weeks, and so "what you do is you go and get fitted for a wig, some people prefer scarves or hats, and then you wear them." Maybe if I'd had long flowing golden hair, or red Titian hair, someone might have said I might feel sad at losing it, but no-one commented. Why should they? Why comment on my straight brown hair, and losing it. And that was that. Much care was given to all aspects of my treatment, except perhaps this one ... Once the treatment gets underway, at Addenbrooke's there is a wonderful service which provides a great wig/hair service. The people there are marvellous and very

kind. And they helped me find a suitable wig, and yes, I think they were the only people who said I might feel vulnerable losing my hair.

So, this may only be me – my reaction. “Keep your hair on” my children would say, then fall about laughing, as I struggled with the wig in front of the mirror. It felt hot, and didn’t feel right. I’m glad they laughed, we were trying to keep life as normal as possible at home. Of course. But for me the vulnerability I felt, and the change in how I saw myself, with no hair at all, became symptomatic of the helplessness of enduring chemotherapy, and the vulnerability of the whole situation; of becoming aware of my mortality and human fragility.

I was ‘lucky’ to be having chemotherapy in the summer. Summer 2003 was, ironically, a beautiful summer. Warm, hot, dry. After ditching the wig, I wore scarves, brightly coloured, patterned on some days, dark and dismal on others. And slowly began to develop my own sense of style. Very, very slowly, I came to see the hidden benefits of my new, scarf-look. “Hey mate, have you got any dope?.....” I turned wondering if this guy was indeed talking to me, seeing his dog and ragged clothes. Then realised - I was joining a new ‘group’ “Nah, sorry” I smiled. But something in me rejoiced.

All of us can do with changing our look, possibly being vulnerable and on the fringes of life. It’s good for the soul – or at least it was good for my soul. Another time, standing in the building society, waiting, a woman in a Hijjab, a Muslim headdress, motioned me forward, in front of two others. I felt a solidarity with this woman. She maybe didn’t realise I was a cancer patient. Maybe she thought I was a Muslim. Whatever she thought, as she motioned me to the head of the queue, again I felt a sense of joining a new community and seeing the world through new eyes.

This is a bit over the top you may be thinking, and yet, I hadn’t anticipated how frail becoming bald would make me feel. And so when I found with my new look, that there was life after hair, and after wigs – it was great. Looking back now, with my straight, slightly greying, brown hair grown back, I even feel nostalgic for those colourful scarves and funky hats ... but no, not for the wig.

Christmas Party

We normally jam-pack ourselves into our Centre's building for the Party but this year David Rayner, owner of Scotsdale's Garden Centre, said we could party there ~ which we did and he didn't make any charge at all. In fact he laid on Father Christmas in his sleigh. Gill went in, pointed out to Father Christmas that many years ago when she was little he said he would give her a present only if she sat on his lap, so she offered to sit on his lap again ~ and he seemed quite pleased about this and invited her to do so again. She got a present. In fact we all (about 145 of us) received a present when we went home ~ and we all still talk about David Rayner's generosity.

We made **£155** on the tombola for the North Pole Marathon
and **£355** for the Centre's funds.

Helpers ~ thank you to all those people who helped us in all sorts of ways including selling our Christmas cards, puddings, raffle tickets, tombola tickets, helped us set up, clear up and make the alcoholic and non-alcoholic punch.

Four of our helpers either are or were police officers. Special thanks to our favourite traffic-cop and ex-traffic-cop, who sold lots of raffle tickets for us. I am reminded of something I read in Big Issue a year ago. It was written by an ex-pat saying what he missed about England ~

“I miss the NHS, an incorrupt police force and democracy”

We had a Christmas Tree and everyone had been asked to bring along a present to put under the tree and then take one home at the end of the party. We didn't organise this very well! Forgot to get someone to nag people to take a present on their way out. However, I had put a particular present there for Ros ~ her favourite liquorice allsorts and a present of pigs ears (or something similar to these doggy treats, because they had run out of her dog Hatty's favourite pigs ears) However, someone else must have taken the present by mistake! So, OK then, who ate the liquorice allsorts and the doggie treats?

Mark talked about his North Pole Marathon and was given two - - - -

warmers, knitted by Brenda and presented by Steve who pointed out that one was a normal size and one was small, on account of the cold weather ... I am going to suggest that Mark brings them both back from the North Pole and perhaps we can raffle them at the Cambridge Cancer Help Centre's 'Twenty Years Celebration Party'.

Many thanks to everyone who brought in their usual delicious food to share. This Party was a marvellous occasion and no one had a problem with parking! We wholeheartedly thanked David Rayner for his generosity in letting us party at Scotsdales.

AND if your name is 'Jean L' and you bought a yellow raffle ticket number 728, you have won a beautiful paper-weight. Give me a ring on 01223 871893 and tell me where you bought the ticket, (which I don't need to see).

THANKS

'Police Inspector Stuart Fletcher retired from Cambridgeshire Constabulary on 19th March 2006. He has lost both his parents and a close cousin to cancer during the last few years and has a number of friends and work colleagues who have been affected directly or indirectly with the illness. He has therefore decided to make a donation to the Cambridge Cancer Help Centre as an alternative to having the traditional retirement 'do'. He extends his thanks and best wishes to all of the staff and supporters of the Centre'.

Marisol gave us two large, beautiful white sofas and a coffee table for the Centre. How to transport them to us was a problem but fortunately Marisol persuaded two lovely young men from Melbourn Flooring in Melbourn to deliver them to the Centre. So, if you need some new flooring do contact them on 01763 262413

Nativity ~ from Wendy

Toby 5 and Adam 3 were in playgroup last year and because it was PC they were not allowed a nativity, so they had a concert and sang ‘When Santa got stuck up the chimney’ and ‘Jingle bells’ and they were allowed to dress up in their own dressing-up costumes. There were hordes of fairies, and action man and spider man costumes and a good time and plenty of videos were had by all.

This year, however, the playgroup closed because they have gone into school where they have a pre-nursery class. Everybody in reception and pre-nursery had a part in the nativity.

Toby as a centurion had one line “And a decree went out.....” which Jo has been rehearsing with him on every occasion.

On the day of the dress rehearsal, Toby took in his IKEA Viking outfit (ie. centurion’s suit), complete with silver tabard, breastplate, helmet with cow’s horns, and to complete the costume, a selection of his favourite swords. Adam was a cow, in a tunic made of brown and white spotted material with a long frayed rope tail attached, and a cow mask.

The other kids played with Toby’s swords, and one of the Kings wanted to wear one. After a bit of um-ing and ah-ing, the teacher reluctantly agreed “...as Kings would maybe carry swords”. And so Caspar, Melchior, and Balthasar went on with swords to protect their gold, frankincense and myrrh.

On the day of the play proper, with half the kids going down with d & v and the other half sniffing and coughing and some important participants missing from class, they started to dress for the play. Most of the kids then produced swords, and those that did not have swords, produced guns and water pistols. Teacher, already stressed by the whole thing, said only the centurion and the kings had swords and the little ones started crying and playing up.

Anarchy reigned. Finally, Miss Edwards capitulated and wearily said that yes they could carry them.

So the nativity went on ~ with all the cast armed to the teeth ~ the Angel Gabriel carrying a Darth Vader laser light, Mary and Joseph carrying Tommy guns, even the sheep and the duck had a sword.

New Natural Death Book

You may not want to read the next bit: when I have written in similar vein in past years a couple of people didn't like to read it. One of those people asked me not to send her any more newsletters ~ but we still send each other the occasional e-mail. So if you don't want to know about the *New Natural Death Book*, skip this page. But perhaps I should point out that some people who visit the Centre do like to know about this sort of thing.

The *New Natural Death Book* is in our Library (ISBN 0-7126-0576-2). The contents contain a guide to all the woodland burial grounds and mail-order cardboard coffins, best funeral directors, cemeteries and crematoria, inexpensive, family-organised funerals without funeral directors, wills, living wills, and forms for Advance Funeral Wishes, DIY funerals, (an advantage of the latter being, according to psychotherapists, that this helps people begin to come to terms with their loss.)

In the book I came across this poem by Vikram Seth

All you who sleep tonight
Far from the ones you love,
No hands to the left or right,
And emptiness above -

Know that you're not alone.
The whole world shares your tears,
Some for two nights or one,
And some for all their years

Expert Patient Programme

This programme, run free of charge by South Cambridgeshire and Cambridge City PCTs, helps participants with long-term medical conditions to:

- Learn pain management techniques
- Master relaxation and increase exercise
- Learn how to cope with depression
- Understand nutrition
- Learn effective communication methods
- Deal with fatigue
- Help plan for the future

The courses run for six weekly sessions ~ each session lasts about three hours.

To take part in the programme, phone the Expert Patient Co-ordinator on 01223 884866. If you want to talk to someone who has been on this course, let me know ~ or look it up on www.expertpatients.nhs.uk

The positive side

I was not surprised when they diagnosed terminal cancer. The symptoms were clear enough ~ other explanations were possible, but cancer was most likely, and (if so) incurable. Still, it feels different when the news is given by a doctor. I had a strong attack of the wobbly knees, but, being in a hospital bed, it didn't show. I asked the nurse afterwards if they had medicinal brandy on the ward. "Some wards still do", he said, "but not this one." Oh well, it was worth a try.

After the first shock, I found myself able to look at my fate with a fair degree of equanimity (outwardly at least). It was true that family history suggested my natural span could easily have extended to another 12 -15 years; on the other hand, I had read enough obituaries of my contemporaries to know that to go now was not untimely. It's not as if I were 45, or 20, and we all have to go sometime.

What was more important was that I had advance warning of what was coming. With most people, they either die quite suddenly from an accident or a stroke, or just because their 'time is up' or else there is a period of disability caused by disease or trauma, during which they can be helped by their loved ones, but they are certainly not in control of their lives. In either case, what they cannot effectively do is to sort out their affairs before they go.

I regard it as an enormous privilege to have that opportunity. I am involved in a number of projects that it would be very difficult for someone else to take on if I were to die suddenly with my affairs unsorted. Now I have the chance to put the relevant materials in order in such a way that a successor (if one can be found) could simply carry on. I regard that as a pretty good deal, provided I am spared long enough to carry it all through.

There are two great advantages. First, I have the satisfaction of leaving a worthwhile legacy to posterity; and second, I have something to engage my attention (intensely, even obsessively) for as long as I am still competent to do the work. The latter is my version of palliative therapy. If I

can actually get my book finished as well as everything else, then I really shall be pleased.

It befits no man to go to meet his Maker in a smug frame of mind; but I do believe that a feeling of satisfaction will accompany me through the less pleasant final stages of my illness and help to make it more bearable. *Anon*

Bristol Cancer Help Centre

Someone once told me that showering one's head with hot water causes brain tumours. A way to check out such a statement is to contact the Bristol Cancer Help Centre for their opinion. They have much advice to hand. Look in the Orange Folder in the library. We have copies of some of their 'transforming attitudes to cancer' information. Here is what they say about 'Juicing':

Having chemotherapy? ~ try this

Beetroot cleansing juice ~ which they say is a fantastic juice for people on chemotherapy, as beetroot protects and supports the liver.

Use: 3 large carrots, 1 medium beetroot and 1 small apple (not too sweet)

The Bristol Centre juicing guidelines suggest that juices should ideally be consumed on an empty stomach and just before a meal. Use organic produce, in which case peeling isn't necessary. Simply wash the vegetables and fruit and chop them to fit through the feeder. Use the remaining pulp in soups and stews or baking

Finished a course of chemotherapy? ~ try this.

Detox juice

The BCHC suggest buying a centrifugal juicer, obtainable from many	Large floret or stalks of broccoli 2 large leaves of cabbage 2 medium carrots Half a green pepper	1 medium beetroot 1 small apple (not too sweet) Half a clove of garlic
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high street stores, but they also give phone numbers and website addresses of three companies where such juicers may be obtained.



Read in a Reader's Digest reprint that Dr Rachel Naomi Remen, clinical professor of medicine at the University of California, San Francisco, asked why some people get well even though their physicians think they have no chance, while others die who seem to have had every chance to recover? The conclusion was that survival seems to depend on something more than just having the right treatment. Perhaps, it says, that knowing that others care ~ that you matter to other people, strengthens a deep impulse towards life ~ a will to live ~ that is in everyone of us. The article concludes with the view that there is no intention of diminishing the power of diet and exercise or even drugs and surgery but scientific studies have made it clear that the capacity to nurture and be nurtured is vitally important to having a long, healthy life.

In another Reader's Digest reprint I read that repetitive prayer slows heart rates. It lowers blood pressure and even slows brain waves, all without drugs or surgery.

Galloway and Porter

Sandie and Steve Porter very kindly donated books to **Warren Dosanjh**, for a stall in Mill Road on a fund-raising day. They asked Warren to give us the takings and he brought **£217** to us. What a lovely surprise, well deserving all our thanks for such generous support.

Breast Lump/Africa on a shoestring

from Pat Planner

Hope you are well and have had a good year. Ours was fairly O.K. until July when Brian ran into a cow whilst riding his trike in Botswana. His numerous injuries included 3 broken ribs, broken nose and 16 fractures to his right arm. The trike was undamaged! And the cow recovered consciousness after 2 hours! Brian's travel insurance company disclaimed liability by stating that he had invalidated his claim by indulging in a hazardous activity, he was not declared fit enough to fly home until 27 September so we had to leave him in the hands of missionaries and Ursuline Nuns in Serowe.

Since being home we have spent endless hours at the Reading Hospital whilst they decided what to do about re-operating on his badly set arm and the clot in his leg.

In the midst of all this I discovered a breast lump, third time, same side. I thought it had all been removed the last time. To cut a long story short, Brian has now had his op, my scans show no spread of the cancer, and my lump is being taken out on December 23rd, so 2005 is going out with a bit of a bang. We hope for better in 2006.

P.S. Whilst in Botswana running up a bill of £10,000 for the mercy flight, Gabarone Hospital treatment etc. the Henley Library was enquiring about an overdue library book he had taken with him entitled 'Africa on a Shoestring' - somehow I don't think he had read it!



Different Strokes

Annie has set up 'Different Strokes' at the Centre on a Tuesday afternoon. This group helps young people who have suffered from a stroke. Annie herself has one side that doesn't work very well. But if you'd happened to be there on the Tuesday afternoon when she stood up, and with a bit of a struggle, took her first step with her mainly non-functioning foot as it touched the floor, you would have heard her shriek, "I can feel the bottom of my foot. I can **feel** the floor with my foot for the first time since I had the stroke". Those of us who choose to join in with the stroke group once the cancer group has gone home were thrilled to bits. Annie couldn't stop telling herself and us about this marvellous bit of good news. In fact, she is always laughing. Says she is the happiest she has ever been. Due in part, probably, to the fact that she has formed this group at our Centre.

Peter

One of this marvellous group is Peter. Equally exciting was when he managed to stand up from his wheelchair and take three steps. We seek a repeat performance every time he comes to the Centre. Peter has written many poems. This one was written in June 1986 and dedicated to 'the guys at Sarum House, 1981-1986'

The Sarum House Blues

Mrs West, this food is greasy
Mrs T, these sheets are starchy
Oh, take me away from here
'Cos I've been here for many years
N' ev'ryday it's getting harder
Yeah, ev'ryday it's getting tougher.

*I've got the Sarum House blues
It's just those Sarum House blues
We've got the Sarum House blues
Oh, it's those Sarum House blues*

Mrs West, this food is putrid
Mr T, your mind's distorted
Ev'ryday is another tear
N' I've been here too many years
I took a walk down Romsey Road
'Cos I felt like on auto mode.

Chorus

Bridge (spoken)

"We'll let you out." - When can I leave?
"As soon as we're done." - No! I'm
breakin' free!
I'm on the run - I'm gettin' out
I'm on the run - I'm free! I'm out!

Now it's been so long, take me back
It's been so long, jus' take me back
I miss my friends from long ago
I wonder, where did they go?
'Cos it's been so long since I left
Wonder what became of the rest?

Chorus

Saw a picture the other day
Of us guys as the band would play
I cast my mind back thru the years
N' saw a vision thru my tears
Do you remember me, do you?
Do you get the Sarum House blues?

Peter was born with defective kidneys which couldn't be put right until he was 10 years old. Because his father was in the Army, Peter was educated at Sarum House, Winchester from 11-16 years of age. At age 17 Peter moved to Newcastle. There was a bad time for him when he was involved with alcohol and drugs. But he came out of all of that scene when he moved to Cambridge. However, in Newcastle he was run over by a car. He can remember being taken to the morgue. Fortunately somebody noticed his hand was moving and he consequently made a good recovery, met Claire and they were together for one year.

In 1992 he met Tricia. They got engaged but that relationship didn't last.

In 1994 Peter's Dad was riding his bike, hit a tree and never recovered.

Peter came to Wilburton from Newcastle in 1997 to do a computing course. After one year he decided to change to philosophy, but after doing two years of that he had a stroke in 2003. Once he came out of hospital he was able to live in George Pateman Place. And I'm very glad to say he visits our Centre once a week - where we all admire him for his tenacity and his three steps - perhaps it will be four steps next month!

Do not walk behind me ~ I may not lead.

Do not walk ahead of me ~ I may not follow.

Just walk beside me and be my friend.

Anon

Myeloma

Support

Group ~ Anne Fleming is setting up a new myeloma support group in Cambridge ~ actually at our Centre.

For more information call Anne on 01223 503322 or Ellen Walters at IMF(UK) on the Myeloma Infoline: 0800 980 3332 email: ellenw@myeloma.org.uk

A well-known Building Society is very pleased to announce that it is installing new 'Drive Thru' Cash Dispensers.

Procedures for MALE customers:

1. Drive up to the cash machine
2. Wind down your car window
3. Insert your card into machine and enter PIN
4. Enter amount of cash required and withdraw
5. Retrieve card, cash, and receipt
6. Wind up window
7. Drive off

Procedures for FEMALE customers:

1. Drive up to the cash machine
 2. Reverse the required distance to align car window with cash machine
 3. Re-start the stalled engine
 4. Wind down the window
 5. Find handbag, remove all contents onto passenger seat to find card
 6. Turn the radio down
 7. Attempt to insert card into machine
 8. Open car door to allow easier access to cash machine due to its excessive distance from the car
 9. Insert card
 10. Re-insert card the right way up
 11. Re-enter handbag to find diary with your PIN number written on the inside back page
 12. Enter PIN
 13. Press "cancel", and re-enter correct PIN
 14. Enter amount of cash required
 15. Check make-up in rear view mirror
 16. Retrieve cash and receipt
 17. Empty handbag again, to locate purse and place cash inside
 18. Place receipt in back of chequebook
 19. Re-check make-up
 20. Drive forward 2 metres
 21. Reverse back to cash machine
 22. Retrieve card
 23. Re-empty handbag, locate card holder, and place card into slot provided
 24. Restart stalled engine and pull off
 25. Drive for 2 to 3 miles
 26. Release handbrake
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From Dorothy

It is important for men to remember that, as women grow older, it becomes harder for them to maintain the same quality of housekeeping as when they were younger. When you notice this, try not to yell at them. Some are oversensitive, and there's nothing worse than an oversensitive woman.

My name is Ron let me relate how I handled the situation with my wife, Julie. When I took 'early retirement' last year, it became necessary for Julie to get a full-time job, both for extra income and for the health benefits that we needed. Shortly after she started working, I noticed she was beginning to show her age. I usually get home from the golf course about the same time she gets home from work. Although she knows how hungry I am, she almost always says she has to rest for half an hour or so before she starts dinner.

I don't yell at her. Instead, I tell her to take her time and just wake me when she gets dinner on the table. I generally have lunch in the Men's Grill at the club so eating out is not reasonable. I'm ready for some home cooked grub when I hit that door. She used to do the dishes as soon as we finished eating. But now it's not unusual for them to sit on the table for several hours after dinner. I do what I can by diplomatically reminding her several times each evening that they won't clean themselves. I know she really appreciates this, as it does seem to motivate her to get them done before she goes to bed.

Another symptom of ageing is complaining, I think. For example she will say that it is difficult for her to find time to pay the monthly bills during her lunch hour. But, boys, we take 'em for better or worse, so I just smile and offer encouragement. I tell her to stretch it out over two or even three days. That way she won't have to rush so much. I also remind her that missing lunch completely now and then wouldn't hurt her any (if you know what I mean). I like to think tact is one of my strong points.

When doing simple jobs, she seems to think she needs more rest periods. She had to take a break when she was only half finished mowing the yard. I try not to make a scene. I'm a fair man. I tell her to fix herself a nice big, cold glass of freshly squeezed lemonade and just sit for a while. And, as long as she is making one for herself, she may as well make one for me too.

I know that I probably look like a saint in the way I support Julie. I'm not saying that showing this much consideration is easy. Indeed, some will find it impossible!

Nobody knows better than I do how frustrating women get as they get older. However, guys, even if you just use a little more tact and less criticism of

your ageing wife because of this article, I will consider that writing it was well worth-while. After all, we are put on this earth to help each other...

Signed, Ron

EDITOR'S NOTE: Ron died suddenly Thursday May 26. He was found with a protruding 'foreign body'..... the foreign body being a Calloway extra long 50-inch Big Bertha Driver II, with only 2 inches of grip showing. His wife Julie, was arrested but the all-woman Grand Jury accepted her defence that he accidentally sat down on it very suddenly.

It's not that we're being sexist here ~ we all love our men to bits at the Centre and we even let sexist Bill get away with outrageous wind-ups.

Eager to Please



Bill, at the Centre to have reflexology to his feet, called me over and said, "I desperately need some storage space, wondered if you can help me". I looked around the Centre, knew we have just about no storage space and tried to break that to him gently, wondering how much stuff he wanted to store... He said, "I want to store 52 mail bags". I'm thinking what on earth is he doing with mail bags and it wasn't until he said they were full of money that the penny dropped.

He'll be sorry.

Newsletter ~ if you would like us to send a copy of the newsletter to family or friends, do let us know.

Flirting

For goodness sake. We closed the Centre at 4 pm a couple of Tuesdays ago. By the time I had locked up and got outside with the tail-enders Fran came up to me and said “Ann, how would you like to go and flirt with Alan at Cambridge Resale and ask if he has got any jump-leads because George’s car won’t start”. I started off by saying she would do a better job but she wasn’t having any of that. So I marched off down the road shouting by way of retaliation that I would put this in the newsletter and went in to see Alan at Cambridge Resale. He is a very nice man but I don’t think I have ever flirted. So when I got in there I said “I have been sent in to flirt with you to ask if you have any jump leads, but I have never flirted in my life”. He thought this was amusing, grinned and said “yes you have”, “no I haven’t”, “yes you have” was the conversation for a couple of minutes. However, he hadn’t got any jump-leads but phoned G.A.N. electrical shop across the road and they were very happy to help.

We now have ten therapists at our Centre ~ Jane, who leads the team, **Dennis, Mandy, Linda, Lesley, Margot, Don, Brighid, Scilla** and now **Ayshea**, who offers reflexology. Ayshea is at the Centre on Wednesday mornings. During Tuesday mornings we offer healing, both Reiki and Sekhem, Indian head massage, hand massage and reflexology. During Wednesday mornings we offer healing and reflexology. Relaxation takes place at midday for three-quarters of an hour. Booking isn’t necessary for the relaxation or hand massage but it is for all the other therapies. All the therapists offer their help free of charge at the Centre. Any donations for the therapies are much welcomed and during the last year the donations reached over **£1,000**.

Some of the therapists will offer healing in your home (there may be a charge for this).

Don can offer healing at
13, Willow Way, Hauxton, CB2 5JB.
Please 'phone 01223 874556 for appointment.



Hodgkins Disease ~ The Lifeline Kit ~ from Hugh

In November 2005 the hospital confirmed that I had a second recurrence of Hodgkins Disease (a cancer of the lymphatic system). They advised that the disease did not appear to be too aggressive and that I should monitor the symptoms and return to the hospital in two months or earlier if there was progression.

The Doctor further advised that progression of the disease was likely within “months” and that in that event they may consider offering palliative radiotherapy or single agent chemotherapy, which I understood to mean there was little they could do for me following the failure of two previous courses of chemotherapy to cure the disease.

I had previously received two lines of radical chemotherapy in 2001/2 and 2004/5, the second treatment being complicated by haemolytic anaemia and pneumonia. I did not wish to receive any further chemotherapy, both because of the likelihood of it being ineffective and also because I considered from my previous experience that it would unreasonably compromise my immune system and cause my body to deteriorate generally. I was concerned, however, to deal with the recurrence quickly before it progressed any further. A policy of watching and waiting was therefore unacceptable to me.

I had recently bought ‘The Cancer Directory’ by Dr. Rosy Daniel which provides a very comprehensive view of both orthodox and alternative cancer treatments and I had read this prior to my consultation at the hospital. I decided to consult Dr. Daniel to investigate alternative treatments and my wife and I travelled to Bath on 29th November 2005 for a consultation, having previously obtained and studied her Introductory Pack, comprising the ‘Message of Hope’ video, a CD about coping positively with cancer treatment and her ‘Picture of Heath’ self-assessment exercise and also her ‘Information about Heath Creation Doctors at the Apthorpe Centre’ and “Information about Carctol”, (these last two documents are stapled inside the cover of The Cancer Directory in the Centre library)

Dr. Rosy Daniel was very positive and provided me with a personal programme of alternative treatment based upon taking Carctol herbs.

Carctol is an Indian Ayurvedic herbal medicine available in this country on prescription from only a few doctors. The Indian pioneer of Carctol, Dr. Tiwari, believes that Carctol works by the alkalinisation of the body with simultaneous detoxification through enhanced liver, kidney and digestive function. Dr. Tiwari has had considerable success in India using this medicine since 1980 and Dr. Rosy Daniel has also seen many cases of remarkable recovery whilst prescribing this medicine for some years. (see her website on www.healthcreation.co.uk)

Whilst taking Carctol it is necessary to adopt a non-acidic vegetarian diet, excluding tomatoes, acidic drinks and fruit (ie. only melon, banana, papaya,

dates and figs are admissible) and yoghurt, pickles, vinegar and jams (I have also personally excluded animal milks and cheeses). This involves considerable commitment regarding the organisation of shopping and cooking and we were helped in this respect by a small recipe book on non-acidic diet called “Where’s the Meat” available from Health Creation. Dr. Daniel also advised that up to 3 litres of clean water is drunk per day (I think 2 litres is a more appropriate aim) and also one tumbler-full of home-made vegetable juice three times a day. In addition, I was advised to strengthen my nutrition, tissue healing, digestion and immune system by taking a number of supplements including Salvetro Gold capsules. Dr. Daniel also encouraged me to continue with acupuncture, homeopathy and spiritual healing, all of which I had previously commenced.

My wife and I decided to commit ourselves to this programme and I ordered the Carctol and supplements and started the programme on 10th December 2005. At that time I was aware of significant enlarged nodes in my neck, I was having occasional night sweats and I was very weary, losing weight and in addition some bumps had appeared on my forehead.

At my next visit to the hospital on 18th January 2006 my red blood count had reduced further to 12.3 and they were concerned about the forehead bumps which they considered to be associated with the Hodgkins Disease. They suggested that if the bumps continued to develop, biopsy and possibly radiotherapy may be advised. They wished to see me in a further month.

I referred back to Dr. Rosy Daniel who suggested I apply Salvetro Gold cream to the bumps and that I also consult a homotoxicologist ([see www.heel.com](http://www.heel.com)). I followed her advice and by the time of my next visit to the hospital on 15th February 2006, the bumps on my forehead and all enlarged lymph nodes had almost disappeared and my red blood count was up to 13.0. i.e I was no longer anaemic. The hospital Doctor suggested that I continue with my alternative treatment “as it appeared to be working” and arranged to see me for a check-up in a further four months, i.e. from their point of view I was back in remission.

I do not know at this stage how long it will be necessary to continue with the treatment because this is dealing with healing the whole body not just treating the apparent symptoms.

The cost of the treatment I have had is as follows:-

Dr Rosy Daniel: Consultation at Bath £120.00

15 min Telephone Consultation £30.00

30 min ditto £60.00

Carctol Herbs: £95.00 per month

Enzymes: £20.00 per month

Supplements: £200.00 per month

Homotoxicology: Consultation and a month's remedies £170.00

Salvetrol Cream: £15.00 per pot

Dr. Rosy Daniel's book 'The Cancer Directory' is in the Centre's library and her 'Lifeline Kit' is also available in the Centre for reference. I would be happy to discuss my experiences with Carctol either at the Centre or on the 'phone (01799 527190)

The Importance of an Organic Diet

At Rutgers University, researchers studied the mineral quality of conventional and organic produce and discovered that, on average, the organically grown foods had an 87% higher content of magnesium, potassium, manganese, iron and copper. A review paper looking at 150 scientific investigations confirmed that organic vegetables generally contain higher levels of vitamins and less nitrate.

It is also said that the American organisation, the *Environmental Working Group* produced a list of the top 12 most contaminated vegetables and fruit, as shown below. There is no such equivalent list in the UK at present. They head this list the Dirty Dozen

The Dirty Dozen ~ buy only organic if possible

Apples

Peppers

Celery

Cherries

Grapes

Nectarines

Peaches

Pears

Potatoes

Raspberries

Spinach

Strawberries

Reducing Dairy Consumption

In recent years concerns have been raised regarding possible links between high levels of dairy consumption and an increased risk and promotion of certain cancers, in particular those that are hormone dependent such as breast and prostate cancer.

Health Benefits of Tea

... in the past a lot of research investigating the health benefits of tea has focused on the catechins, giving green tea a glowing reputation as a health promoting drink. Recently, scientists have expanded their studies to include black tea and are concluding that black and green tea have similar beneficial attributes in lowering the risk of many human diseases. In addition to the antioxidants, teas contain trace amounts of various nutrients such as the minerals calcium, magnesium, manganese and potassium and the vitamins C and K.

The health benefits of herbal teas will differ from those of the black, oolong, green and white teas and will depend on the properties of the particular herb. Most herbs are good sources of antioxidants and also contain trace amounts of other nutrients. They also possess a variety of other health benefits, for example peppermint aids digestion, ginger counteracts nausea and chamomile acts as a mild sedative.

A herbal tea that has recently become popular in the UK is prepared from the leaves and stems of the South African plant *Aspalathus linearis* (rooibos). The tea is commonly known as red bush or rooibos tea. Like the teas prepared from the *Camellia sinensis* plant, red bush tea has been shown to contain very high levels of antioxidants. Unlike most other herbal teas, red bush mixes well with milk (we would recommend non-dairy milk). And when it comes to caffeine ... well ... all teas produced from the *Camellia sinensis* plant contain caffeine. Black tea contains the highest amount, then oolong, green and white tea (which has the lowest amount). Herbal teas including red bush are naturally caffeine-free. Decaffeinated teas are available, however some de-caffeination processes involve the use of toxic solvents, traces of which can remain in the tea. Safe removal of caffeine involves the use of carbon dioxide gas; good quality tea companies such as Clipper and Twinings use this method of de-caffeination.

Comfrey ~ also known as *knitbone*, *blackwort*, *bruisewort*, *gum plant*, *healing herb*, *knitback*, *salsify*, *slippery root*, *wallwort*.

Comfrey is a medicinal plant with tissue-regenerating, anti-inflammatory and analgesic properties. Comfrey is recommended only for external use. Internal consumption of comfrey is thought to lead to liver damage in humans. To reassure people who may be using comfrey, or those who have used it in the past, it is thought that people would have to ingest a large amount to be exposed to a high enough concentration of alkaloids to cause liver damage (i.e. drinking 10

cups of comfrey tea every day for a number of years and also taking comfrey supplements).

Coenzyme Q10 ~ a vitamin-like substance made naturally by the body and used to assist the function of certain important enzymes within the cell. CoQ10 can be taken in supplement form and may provide some benefit to those with cancer. But before you do this, please read all the information about it given by the Bristol Cancer Help Centre. It tells us that for people with cancer, there are three main potential benefits for taking CoQ10 i.e. it may be an anti-cancer agent, it may support the body, lessening the toxic effects of chemotherapy and it may alleviate chronic fatigue. Unfortunately, they go on to say, to date no absolute clear-cut evidence exists to support any of these approaches. They give the evidence that does currently exist.

Other headings in the Bristol Centre information are:

Gerson Therapy

Essiac/Burdock-Sheep Sorrel Tea

Pomegranate

Imagery (Guided imagery and visualisation)

Blue-Green Algae

Carctol

The Bristol Cancer Help Centre says: “While we make every effort to use up-to-date and reliable sources, we cannot accept liability for errors in the sources which we use and also cannot guarantee to find all the information relevant to your enquiry or request. All responsibility for interpretation of and action upon that information rests with you. This information and advice is offered on the understanding that if you intend to support your treatment with complementary or alternative approaches then you will consult your medical team to ensure that they have a complete understanding of your situation and the complementary or alternative approach that you are considering.”

National Telephone Helpline: 0845 123 23 10 9.30a.m. to 5.00pm weekdays or 24-hour answer-phone www.bristolcancerhelp.org

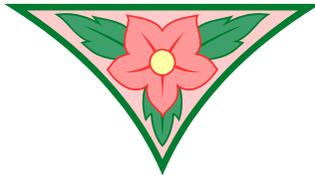
If you would like to photocopy any of the information in the orange folder, please do so. If you would like the information but cannot get to the Centre to obtain it, let me know and I will send it to you.

Edwin Neather

Dear Edwin was introduced to the Centre by Anne Fleming. He and his wife Val were always very welcome visitors. Edwin told me this...

When I got to know about your place I was sceptical at first but found the healing and relaxation were great, and the support of the Centre keeps me going.

Many thanks to Val for giving the Centre a share of the money raised in Edwin's memory. Hope you'll come and see us sometime Val.



Roy Pitman

You probably didn't know Roy but he did read our newsletter. At his humanist funeral we heard these 'Closing Words' about 'the journey of life' from Sir Winston Churchill's *Thoughts and Adventures*

Let us be contented with what has happened in life and be thankful for all that we have been spared. Let us accept the natural order of things in which we move. Let us reconcile ourselves to the mysterious rhythm of our destinies, such as they must be in this world of space and time. Let us treasure the joys but not bewail our sorrows. The glory of light cannot exist without its shadows. Life is a whole and good and evil must be accepted together. The journey has been enjoyable and worth making ~ once.

Research into men's cancers (Cancer Research UK)

The most common cancer affecting men in the UK is prostate cancer, followed by lung cancer and bowel cancer.

Prostate cancer: scientists have made a discovery that could help doctors predict how aggressive a man's prostate cancer is. Many prostate cancers grow slowly and don't pose a serious risk to health, but others can grow much more quickly. The researchers have identified a gene that is more active in aggressive forms of the disease. This could pave the way for a test allowing doctors to treat men more effectively in the future.

Lung cancer: one of the most preventable forms of cancer. Nine out of ten cases are caused by a single factor ~ smoking. The Health Behaviour Unit is investigating the best ways to help smokers stop. Cancer Research UK funded scientists have recently discovered a faulty gene which is present in the majority of lung cancers. This work may help to explain how lung cancer develops, as well as paving the way for new treatments. They have also recently launched a major clinical trial of Tarceva, a drug designed to treat the most common form of lung cancer.

It also seems that smoking whilst drinking coffee is very hazardous to arteries.

On television, as I type this newsletter, I've just heard that a Cambridge company has come up with a product called 'Nicogel' which contains a tenth of the nastiness that is in cigarettes. All you do is rub a blob of it on to your hands and it enters the blood stream within ten minutes ~ and the effect lasts for four hours. Two supermarkets in Cambridge are selling it.

Bowel cancer: Scientists are testing a screening method known as flexible sigmoidoscopy. Their promising results have prompted Government to include large scale trials of this method in the national bowel screening programme being introduced this or next year.

www.cancerresearchuk.org

I also read advice to cut out red and processed meat, to eat plenty of vegetables, not to drink too much or smoke as there is an added risk of bowel cancer if you do so.

Pancreatic Cancer UK ~ out to raise awareness and make change

Pancreatic Cancer UK is a new organisation specifically for this type of rare cancer. You can find out more about its activities and awareness raising by visiting www.pancreaticcancer.org.uk

Sid celebrated his 79th birthday ~ at the Fighting Cocks pub in Audley End. Due to a breakdown in communications (clearly my fault) only three people from the Centre were there but many of Sid's friends/ex work-mates were there and Sid raised £85 for the Centre. We did celebrate his birthday at the Centre a few days beforehand. Anne made a marvellous cake for Sid, Sheila and Joan. I should have asked Anne to make it in the shape of a collecting tin! because Sid deposits so many in pubs and brings in a lot of money to the Centre. Perhaps next year!

Anne's cake recipe ~ Pear and Almond Cake

175g softened butter
150g golden caster sugar
1 tsp vanilla extract
2 med. Eggs
220g self-raising flour
½ tsp bicarb. of soda
1 tsp grated nutmeg
140ml sour cream
Finely grated zest of 1 lemon
50g ground almonds

2 firm pears
A little lemon juice

For the almond topping

50g butter
50g light muscovado sugar
2 tbsp double cream
75g flaked almonds

- Line a loose bottomed cake tin with non-stick baking paper.
- Preheat oven to 180C/fan160/gas 4.
- Cream the butter, sugar and vanilla in a bowl until pale and fluffy. Beat in the eggs 1 at a time, adding a spoonful of flour with the second egg. Sift the remaining flour, a pinch of salt, bicarb of soda and the nutmeg together. Fold half the flour into the creamed mixture. Fold in the soured cream, zest and ground almonds, then the remaining flour.
- Peel, core and slice the pears. Toss with lemon juice to prevent discolouration. Spread half of the cake mixture over the base of the tin, cover with the pears, then remaining cake mixture. Bake for 40 minutes.
- Meanwhile, make the almond topping. Melt the butter in a pan and stir in the sugar and cream, and then stir in the almonds.
- Remove the cake from the oven and pour the almond mixture evenly over the top. Bake for a further 20-25 minutes or until the topping is toffee-coloured and a skewer comes out clean from the centre of the

Lucy Siegle on the Ethical Living page in the Observer asks if it is OK to drink supermarket milk.

She suggests it is time to drink organic because intensive farming means that today's dairy herd is prone to disease and abnormalities. She points out that dairy cows almost never suckle their calves, which are used merely as a device to stimulate the cow's milk production. And male calves are usually killed for meat within a fortnight because they are considered to be useless to the £6 bn dairy industry. Lucy tells us that Daisy, Gertrude, et al, the long-lashed cows favoured in adverts, have long been dispensed with in favour of the Holstein Friesian, which will be injected with growth hormones allowing it to produce three calves a year. She goes on to say that the lifespan of an average dairy cow has decreased from 25 years to five years and up to 20% of the UK dairy herd has a physiological abnormality. Disease such as mastitis is controlled by antibiotics, traces of which can find their way into dairy products. The answer, Lucy suggests, is to buy organic from as small and traceable a herd as possible and preferably from cattle fed on pasture. Also she suggests we question decades of dairy-friendly nutritional advice. Recent studies suggest that the white stuff may not always be the right stuff, ie liquid goodness in a glass. She goes on to ask amongst other things, why subsidise and aggressively encourage an industry that promotes high-fat dairy products in an age of spiralling obesity. She concludes the article by saying that cow's milk is not the only source of calcium.

Don't be a Drip

Lucy Siegle also writes that an ex-CEO of Perrier once said that it struck him that all you had to do is take the water out of the ground and then sell it for more than the price of wine, milk or oil. She tells us that it seems that even the expensive 'bottled-at-source' water is typically derived via an environmentally taxing method, which involves it being extracted from municipal water sources and filtered in a process that loses two gallons of water for every single gallon bottled. Malvern, the most famous of English waters, is a subsidiary of Coca-Cola. Last year, Coca-Cola announced plans to quadruple its extraction efforts in the Malvern hills, increasing production from 2.6m litres to 11.3m litres per year. But a robust protest campaign from local conservationists convinced Coca-Cola to put these plans on ice.

The single-use plastic water bottle now accounts for 500,000 tonnes of non-biodegradable rubbish each year in the UK. Research reveals that you can wash and reuse your plastic water bottles without them becoming a breeding ground for bacteria. Just select your favourite empty, then turn on your kitchen tap to reveal a miraculous source of potable water that is 500-1000 times cheaper than the bottled variety, and subject to much tighter regulations.

You can read more of Lucy Siegle's article if you search it out in the Centre's library.



I note that if you report an episode of D and V to the Public Health Authority, they ask, on their extensive enquiry form, if you have drunk bottled water. And which variety. I also note that it isn't unusual for people who come to our Centre to choose to drink tap water rather than bottled water ~ and that on their doctors' advice.

Have you had your bowels open today?

is a question all nurses will have asked their patients a million times. Well, a friend of mine was complaining that he wasn't performing up to standard in this direction. "What you need", I said, as we drank tea and ate toasted tea cake, "is a muesli (home-made is good) and add to it, chopped up prunes, figs and bananas. And in the winter it is good eaten with hot soya milk."

He didn't contemplate this with much enthusiasm. But in his desperation bought a pack of Waitrose muesli, to which he would add the prunes, figs and banana. So at breakfast time next day he warmed the soya milk, added the ingredients and manfully tried to eat his way through it all. However, he was heard to say to his wife that he didn't think my recipe was very delicious at all and didn't like the 'hard bits'... but he manfully persevered.

During that day, to his great joy, he had three very satisfactory bowel experiences.

The next day, when he went to repeat making the new breakfast menu, he discovered that the Waitrose muesli pack was *unopened* unlike the packet of dried Whiskas' cat food.!

Many Thanks for your donations

Robert Sayle ~ £500

Harston Folk Dance Club ~ £100

Abington Whist Drive Group ~ £42.60

Cambridge Funeral Service ~ £100

Cambridge Education ~ £20

Cambridge University Press ~ £445

Dorothea raised over £30 for us at her bookstall

Alison and colleagues at Cambridgeshire Constabulary Crime Training Team sent us £68 raised by raffling their chocolates

Addenbrooke's Stall raised £288 for the Marathon.

Thank you to Brenda, Ken, Ros, Ingrid & David

And a very big 'thank you'

to Jane and her team ~ Fran, Vera, Dorothy, David,

Jane's parents, Tom & Olive, and her sister Sue ~

for shaking their tins and collecting an amazing

£690 for the NPM at Waitrose

We no longer send receipts (unless you ask for them) for your

Annual Subscriptions, but to everyone who

Subscribes or Covenants we would like to say a big

'Thank You'

Your money plays a large part in keeping our Centre going.

Congratulations~



Beverley, our Treasurer

has recently become engaged.

We send her and Simon our congratulations and very best wishes.

Many of you will remember

Karen Wolstenholme, Fiona's friend

who suggested the colours for the front cover of 'Looking at the Stars'. A daughter, Lucia, arrived on 23rd January to the delight of Karen & Paulo. Very warm wishes to all three.



And thinking of Fiona (as we often do) ~ here's one of her 'doodles' that we found recently when we were sorting through some of her Committee of Management papers. It appeared on her 'Agenda' for the November 1999 meeting.



Our thanks to **Fiona's mother Barbara** and her **Aunt Diana** for again sending us generous cheques in memory of Fiona on her birthday on 6th March. We do appreciate their continuing support .

Thailand son

'Lonely planet Thailand' ISBN 0-86442-636-4 says ... "not safe to trek in the Golden Triangle area, without a guide because you could be mistaken for a USDEA agent by the opium traders or a drug dealer by the Thai army rangers who patrol the area. You may hear gunfire from time to time which might indicate that the rangers are in pursuit of MTA or Karen rebels or others who have been caught between two hostile governments."

"So we'll go there then", said Thailand son, but we were in a car.

So off we set along this Thailand road which is on the border of Burma. The Army checked us in and again checked we had safely reached the end of the journey.

Thailand son and wife knew that Thai orphans felt the cold in the Thailand winter (which lasts about 3 weeks) because they hadn't got warm clothes. So son set off to Tesco's in Bangkok (which, if you haven't seen Bangkok Tesco's you ain't seen nuthing yet), and filled large suitcase with footballs, warm jackets, cuddly toys, drawing paper, pens, crayons. We set off to find an orphanage. Not much luck in the beginning, and we tried asking the police who were stopping cars on the roadside and searching the cars and young people's belongings (oh my God) ~ they didn't know but we found a policeman in a place all on his own who eventually told us to try a particular church. So we set off in that direction, found orphanage ~ on Christmas Eve ~ which had fifteen boys and girls, and their leader was busy wrapping presents for a party to be held the next day. They quickly found us a meal and told us that their fifteen children would be at the party as well as up to a hundred children whose parents had died from Aids and who lived with their grandparents or friends. So all the presents were very welcome and we specially asked that the boys were given the footballs. So, what a brilliant Christmas Eve we had. Next day Christmas Dinner was in a street-side noodle café, just us in the café ~ for about twenty pence I had one of the best meals I'd ever had. It was so good we returned there for Boxing Day lunch.

*Much love
From Ann*