

The Centre at Scotsdales

Since Tuesday 4th September we have been meeting on
Tuesdays and Wednesdays from 10am until 1pm in
The Sunflower Meeting Room
Scotsdales Garden Centre
120 Cambridge Road
Gt. Shelford, Cambridge CB22 5JT

We do all the 'normal' things ~ talk to each other, and enjoy healing, reflexology, and Indian head massage. We have lunch in the restaurant. Although we will not be open on Thursday evenings until our new premises are ready, do talk to Jane if you would like to continue to receive healing or reflexology at that time.

We received enormous help settling in on our first day ~ Dean was there making it easy for us. In fact it is fair to say that he and David Rayner say "yes" to every one of our requests ~ as do Carol and all the Scotsdale's staff!

For the moment our phone number will remain the same 01223 566151 (and will be transferred to my home number).

If it is possible for you to provide lifts to the Centre, please let me know. We're particularly looking for help from Huntingdon Road, Mowbray Road and Birdwood Road, and from the Cambridge City area

** See back page for news of our Christmas Party*

The Move



Many thanks to ACB Removers ~ that's Beryl, Bob and Craig. They and Gordon (Cambridgeshire Constabulary) arrived at the Centre on 11 August and efficiently packed everything into their vans and transported it to Scotsdales, where we stored it in David Rayner's portacabin. Those of us who helped were Tricia, Fran, John, Peter, Alex, David, and me.

Once we got to Scotsdales there was some worry that all the packages wouldn't go into the portacabin so we said to David and Charlie ... "this won't all go in". "Yes it will", they said. "No it won't", we said. "Yes it will", they said. "But we just won't be able to get all these sofas through that door". "Yes you can", they said. "No we can't", we said. "Yes you can", they said.

In the end, everything went in to the portacabin
and there was room to spare!

Thanks to all who helped on the two packing days. By the time we moved out we left clean and clear premises. Emmaus took away absolutely masses of stuff and made the moving out easy for us. They will continue to collect our unwanted items once we are at Scotsdales.

Goodbye to the Old Place ~ Sheila B

The last day of July was the last day of the home of the Centre in Stockwell Street. Of course we had to have a little ritual to close this phase and forty-seven people turned up for the occasion.

The room was organised for everyone to sit in a circle and in the middle was a table bearing two candles. One, very burnt down, symbolizing the old time, the other a large impressive one sitting in a garland of flowers for the future. They were lit and then Brighid, one of the therapists, regaled us with a story of Etheldreda of Ely. This was followed by Judith, a long-time member of the Centre, asking each of us to tell of their most important moment, or what the Centre meant to them.

It was interesting what each of us came up with, but mostly it transpired that the friendliness of the place, led by Ann and her volunteers, was uppermost. Plus the sharing of problems and the listening that always goes on. One cheeky man said he came because it was the only place he could get a cup of tea for 20p!

I think it is quite unique that the atmosphere of the Centre is happy and relaxed, considering what we are suffering from. It was inspiring as well to hear the therapists say that they get something back from us, since we receive so very much from them.

The candles were blown out and they will be carried to the new venue. Then it was time to eat ~ always a pleasant time with our pot-luck meals, as we all like to bring something special.

No doubt some of us were feeling misty-eyed and a little nostalgic at the thought of leaving the old place. However, it's time to move on from our slightly scruffy but comfortable venue to the especially built new one. It's such a relief to have a permanent site and, pristine as it will be, I'm sure the ambience from our old one will be carried over.

*Sadly Sheila won't see this piece in print:
she died on 20 September just a day before her 80th birthday ... see page 33*

A dream realised ~ Tricia

Brigid very cleverly found a most appropriate story for our final meeting at Stockwell Street. She led us through some of the many twists and turns in the life of Etheldreda who, in the first century AD, established a nunnery in the Fens. For many years Etheldreda had dreamed of building a special home for nuns in the area, but buildings cost a great deal of money and initially none was forthcoming.

And then one day a benefactor amazingly appeared
and her vision became a reality.
Sounds familiar?!

The following are some of the remarks that were made as we moved around the circle:

This wonderful Centre is a life-saver for me, then (when I was diagnosed) and now. It is an anchor and I could not survive without being part of it. Thank you so much everyone.

I came here when I was very low and it changed everything. I only look forward now. The friendship, laughter and love is always there.

I have received so much healing here. The friendliness and love is so helpful.

I am allowed to be a healer in this lovely place. Always I am aware of the joy, laughing and friendship. Long may it live.

I'm grateful to the Centre for giving me support when I need it, and for providing the opportunity to be creative and to feel useful.

I just didn't want to come to the Centre but I was repeatedly encouraged (I might say 'forced'!) to give it a go ~ it has changed my life.

I have felt a lot of sadness here and great happiness. I shall always remember the happiness everyone has given me.

The Centre is full of people who give the support and love that is found in a close and loving family. That is why it feels like home.

We walk into this place ~ always and every time someone sits us down and makes us tea

It is relaxed here at this Centre ~ we hope that the new Centre will be as homely as this one.

I remember and miss Ron ~ he was the father of this Centre.

I suppose my own view, as I said on that last day at the 'old' Centre, is that whenever times are not easy in one's life, the right thing to do is to sort out the most important things in one's life. Mine are undoubtedly my family and this

Centre. That's why I think about this Centre *every single day* and the reason I do that is because of you, the people who visit it.

Some reflections before I left Stockwell Street for the last time

Collected the phone, biscuits and Sid's sugar, checked the mail and spent two minutes or so in the big room by myself, thinking about my friend Joan who told us about the room at 1A Stockwell Street just before it became vacant (*and who, a couple of years ago, died because of a brain tumour*), the Minister, Gordon who used to whistle his way down the corridor into the Centre, ask me to remove a splinter from his finger, tell me not to worry about taking up more than three car parking spaces and ask me if I had found Jesus yet. I thought about David Wilson, Brian, Fiona, Keith, Olga, Rita, Dan, Ron..... and then purposefully walked, almost skipped, out of the Centre, very happy to be moving on. Then went to Snakatak, to have lunch there in the way that lots of us used to do.

Seen on
a plate in
a shop in
Sheringham



Friendship

Friendship buds and blossoms
Like Summer in full dress.
Friendship brings a harvest
Of joy and happiness.
Friendship is sustaining
Through winter winds and snows.
Friendship can't be hoarded,
By being shared it grows.

Some ladies
will do anything
for a good cause!



*Our Twenty-first
Birthday Party
was held at Scotsdales on 15th June*

About 150 of us were there.

Lots of people helped to make it a success ~ many thanks to all of them.

BUT

One of us who shall be nameless, of course, arrived home after the party to find she had mislaid her house keys. The spare set was in the house. Dilemma. Neighbours gave her refuge while she attempted to find a locksmith. This involved searching the internet and they came up with a locksmith from Arbury Court. House broken into, locks replaced, bill for£180!

The person involved then went off to bed feeling exhausted from working hard at the party, got undressed and out of her bra fell her house keys.

Say no more!

In a Vacuum

A blonde was playing Trivial Pursuit one night. It was her turn. She rolled the dice and it landed on Science & Nature. Her question was, 'If you are in a vacuum and someone calls your name, can you hear it?' She thought for a time and then asked, "Is it on or off?"

At the end of May we went with

Annie's Different Strokes group

to Scotsdales Garden Centre where Annie was awarded a commendation from the Stroke Association, in recognition of all that she has done for 'her' support group.

In the Cambridge Crier it said that she was presented with the award by the Stroke Association to acknowledge her courage in the face of her recovery. These awards celebrate the achievements of individuals who have shown courage in rebuilding their lives. Annie not only battled with her own speech and mobility issues but has also founded the Cambridge branch of Different Strokes, an organisation for younger stroke survivors. Tracey Barker, of the Stroke Association, said "we are delighted to be presenting Annie with this commendation certificate for courage. She is clearly an inspiration and exemplifies that there is life after a stroke, and she is to be applauded for devoting so much of her time and energy to helping and encouraging others who have been affected by stroke.

Thanks to:

Mick Hayward and his wife who gave us a brand-new coffee maker for our new kitchen at our new Centre.

Veronia Curson & Mark Brickell from Cambridge Constabulary who gave us a super, nearly-new computer for the Centre to use. Their colleague **Adrian Eveleigh** did the technical bit of wiping the hard drive. They contacted Steve Peck and he handed it over to us ~ before he and his wife Lee departed to a new life in South Africa.

Marisol who gave us two more sofas ~ cream leather! So now we have five sofas which all came from Marisol. Very many thanks to her. And very, many thanks to Emmaus who collected and delivered them for us. This is something they don't normally do ~ remove furniture but they somehow did it for us.

August

As always we spent our August 'holiday' meeting up in each others' homes and gardens. We got together and throughout the month raised money for Annie's 'Different Strokes' group, Anne's 'Multiple Myeloma' group, and for the Centre. We had coffee, bring and share lunches at

Joan and Don's house,
Anne's house,
Ros's garden and
my garden and the pub.



There was a scary moment earlier in the Summer after Tricia had spent the day in London. She was almost whisked away on the Hogwarts Express ~ but thankfully she spotted the Cambridge train just in time. Hogwarts indeed ~ as if she weren't wizard enough!

Many thanks to Sid, who places and collects lots of our collecting tins in pubs. We think (and so does he) that it is now time for someone else to take on this task for him. Any offers, please? Gill is happy to take it back on and would welcome any offers of help.

Our Anniversary ~ Ingrid

We had a lovely time on the evening of the 28th June, celebrating our eighth wedding anniversary with several of our cancer centre friends at the Curry Queen restaurant in Mill Road. There was Ann of course who always arranges the get-togethers, David and Brenda who have always faithfully attended the event over the past eight years. My mother also managed to be there as she does mostly, even though she wasn't feeling too good ~ bless her. And Annie, who is only a recent newcomer to our gathering ~ not known to us when Tony and I first met at the CCH Centre with our own individual problems ten years ago now, and then marrying two years later.

After Ann opened up the centre ~ well actually David tried unsuccessfully to unlock the door (as we arrived back there first). I was desperate for the loo so stood jiggling about with my legs crossed while David attempted to get in, couldn't undo the door or remember the code! He was laughing and saying he was sorry but he didn't look it! Brenda said there was an outside toilet but to my dismay it turned out to be a shed. They did say to squat down but as I was wearing trousers I didn't think it was very ladylike! Anyway, after a phone call to Ann, pleading urgency, they arrived in a couple of minutes and swiftly let us in ~ so very relieved!! The kettle was quickly put on and chocolate digestive biscuits handed round. Lots of chatting and a Wallace and Gromit card (me being the one with the wild hair), sipping tea ~ plus a Scotsdale's garden centre voucher was kindly presented to us. We did have a special toast to our dear late friend Ron who never forgot our anniversary and always sent a card and flowers through the post and he would have loved to have been with us.

So many, many thanks to those who came and made it such a memorable evening. Thank you everyone. Love Ingrid and Tony xx

118-050 for Directory Enquiries ~
got this from Saga so it is probably the cheapest.

Oranges/Insecticides

are an ethical minefield, says Lucy Siegle in the Observer magazine. 59% of citrus fruit is now imported from outside the EU ~ the bulk of oranges comes from South America.

One Oxfam report found that independent orange farmers in Thailand are financially crippled by loans taken out to pay for insecticides, and in poor health from spraying for 44 weeks a year.

A number of supermarkets now sell fair-trade loose oranges and other fruits and these are the ones that are recommended for use in a juicer. The downside to juicing your own fruit, particularly oranges, is that you throw away skins and husks that have used up energy travelling thousands of miles. It could therefore be argued that it is not as efficient as buying ready-squeezed in, say, a recyclable PET bottle.

In an 'ecologist' magazine I read that (and I'm talking about banana workers) pesticides are used without regard to the effects on workers, so allergies, nausea and lumbago are commonplace. The workers are on their feet for up to 14 hours a day.

Lymphoma Association – freephone helpline is 08 08 808 5555

Reuters UK ~ say that large doses of vitamin D may reduce the risk of cancer according to a four-year US study, which involved nearly 1,200 women over the age of 55. Women who took calcium and a dose of vitamin D almost three times the US government's recommended daily intake for middle-aged adults saw a 60% lower incidence of all cancers than women not taking the vitamin, the study found. The result of the study, conducted by researchers at the Creighton University School of Medicine in Nebraska, was published in the American Journal of Clinical Nutrition. Joan Lappe, a Creighton professor of medicine who led the study said vitamin D may be an effective way to guard against cancer but many people worldwide do not get enough of it.

The American Cancer Society reacted cautiously, calling it a small study. Only 50 of the 1,179 women developed cancer, making broad conclusions difficult, said Dr Michael Thun, who heads epidemiological research for the society. He added that another weakness was that the researchers initially did not set out to examine the effect of vitamin D on cancer, but on bone health in post-menopausal women.

Want to follow this up? Suggest you talk to your GP, oncologist or Penny Brohn Centre.

The Need to Supplement a Good Diet ~ Hugh

Penny Brohn Cancer Care (formerly the Bristol Cancer Help Centre) produce very good pamphlets on 'The Bristol Approach to Healthy Eating' and the 'The Bristol Approach to Supplements'. These are available free by contacting their Helpline on 0845 123 2310.

I believe that their guidelines on Healthy Eating should be followed by anyone suffering from cancer and indeed make good sense for healthy folk. Both I and my Wife, as Patient and as Carer, have benefited from this Dietary advice.

In addition to following a healthy diet there is now a need to take supplements as suggested by the 'Bristol Approach'. They say " We recommend that people take vitamins and minerals as a supplement to a healthy diet as numerous research studies show that the right levels of nutrients are protective against cancer and support health following a diagnosis. While ideally we should receive these nutrients from food, even with the best diet this may not be possible. Intensive farming practices have led to a decline in the nutritional value of certain foods so it may not be possible to get all the nutrients you need in the right amounts all of the time. Also, no one is quite sure of the impact of the increased number of chemicals we are exposed to in everyday life, so there is an even greater need for nutrients to help detoxification and protection of the body's organs"

Penny Brohn Cancer Care have produced the 'Bristol Approach Supplement Pack' which includes four different products giving a three-month supply of all their core recommendations. These are available from their shop, which has a 24 hour order line on tel: 01275 370 112 or on line at www.pennybrohncancercare.org. The cost is £85.00 for three month's supply or £28.33 per month.

Dr Rosy Daniel was for many years the Medical Director of the Bristol Cancer Help Centre and is looked upon as one of the most eminent practitioners in the field of integrated treatment of cancer. I have consulted her myself and have benefited greatly from following her advice. She is now practising as an Integrated Medical Consultant at the Apthorp Centre in Bath. Her website is (www.healthcreation.co.uk).

Rosy Daniel has recently collaborated with Cytoplan Ltd to produce a "New Health Creation Supplement Range, offering comprehensive support using all the nutrients that she has found to be effective and beneficial, at optimum levels of inclusion. The range has been tailored to reduce the number of products needed, to provide smaller tablets and to offer powder alternatives for those who do not like taking tablets. The range is also recommended by Rosy as part of her cancer prevention programme".

For people newly diagnosed with cancer, undergoing treatment and during 6 months of convalescence, Rosy recommends the Lifeline Formula (10 tablets twice

a day), Fruits, Shoots and Fruits (one capsule twice a day) and Max-Immune (one capsule daily). The cost of the Range is £105.78 a month. For maintenance support, the recommended levels reduce to a cost of £50.41 per month.

A catalogue entitled 'Health Creation Supplements' is available from Cytoplan tel: 01684 310099.

Whilst Rosy Daniel's products are more expensive, I suggest that they are worth the extra if they can be afforded. I have found benefit from using both ranges of these products and suggest that irrespective of which range is used, taking Supplements is a necessary part of a strategy for dealing with Cancer.

A gathering was held at Scotsdales on 20 July

A big Thank you to Heartbeat
who have supported our Centre in their magazine for the third
year running, donating £1,000 each year

to thank the companies who have provided building materials/labour to complete the foundations of the new Centre. Also present were companies who intend to provide other building materials as the new Centre grows. Andrew Lansley also attended and laid the first brick. The Cambridge Crier editor was there, as was the Cambridge Evening News. BBC East also did an interview.

Despite the terrible weather, quite a lot of people turned up and enjoyed refreshments provided by us and served by Penny and Ilze.

Elke ~ We were all very upset when we heard that Elke had died. She was young, bright, funny we all felt we just couldn't bear it. But there was nothing that could be done to change what had happened. All we can do is be glad that when Elke knew things weren't going well for her, health-wise, we were able to offer counselling very quickly, in the beautiful surroundings of the little, cosy cabin at Scotsdales, and hope that what came out of that session helped her prepare herself for what she wanted to achieve over the time she had left of her life.

We'd like to send her family our love and to thank them for the very generous donation they have sent to the Centre.

Recently a package arrived from Germany, and when I opened it out fell a shower of beautiful photographs of Elke (sent to us by her parents). Pleasantly surprised, and sad, I then caught sight of this verse:



And if you think of me and cry,
better do not think of me at all.
But if you think of me and smile,
look upwards and I know,
that I am still being loved!

Kathe und
many

our Elke in affectionate sympathy, who gave us comfort and strength through kind words, lines and visits, last but not least all of those people who accompanied her on her last road."

Ludwig Hunold added ~ "We would like to say thanks to all who took leave together with us of

Nell and Eric Gipp

Four of us (Margot, Tricia, Dennis and I) went to their son Robin's funeral. I vividly remember the day that Nell, Eric and two of their sons came to the Centre for the first time. It was the day six new people arrived. Robin wasn't with them and in fact he hasn't ever come to the Centre, much to Nell and Eric's disappointment. But Nell and Eric have been committed to our Centre for all those years ~ about eight I think, as Robin battled away with his cancer.

Viktor Frankl, in his book **‘Man’s Search for Meaning’** *ISBN 0-671-66736-X* describes the inside story of a concentration camp, told by one of the survivors (himself). He suggests we should say “yes” to life in spite of everything. He also says that life is potentially meaningful under any conditions, even those which are most miserable, making the point that if one has a purpose to live, perhaps that makes a lot of difference and gives impetus to a fight for survival. He quotes Nietzsche’s words ...

“He who has a WHY to live for can bear with almost any HOW”.

We felt that Robin and Elke had both said “yes” to life,
in spite of everything.

Funerals always generate interesting discussions, and after Robin’s funeral the four of us shared our ideas on how we’d like our own funerals to be. We each had different views and assured ourselves we would put them into writing, hoping that our wishes would be carried out when the time comes.

We all had different beliefs ~ perhaps a similar basis to all of them but after that, all going off on different tangents into the detail. We recognised that it is possible for our funerals to be the way we want them to be. We considered the humanist point of view, but to some of us that somehow didn’t have the right content because no mention was made of recognising an after-life.

There was some discussion about the different views each of us have about God. Some of us wanted a traditional Church of England funeral service, another suggested that the vicar be replaced by a spiritual chap in jeans and jumper!

Realising that we all saw things differently we were reminded about the elephant poem, introduced to us by Tricia some years ago and printed in a past newsletter. Here it is again ~

The Blind Men and the Elephant

by John Godfrey Saxe

It was six men of Hindostan,
To learning much inclined,
Who went to see the Elephant,
(Though all of them were blind):
That each by observation
Might satisfy his mind

The *first* approached the Elephant
And happening to fall
Against his broad and sturdy side,
At once began to bawl:
“God bless me! But the Elephant
Is very like a wall!”

The *second* feeling of his tusk,
Cried, “Ho! What have we here
So very round and smooth and sharp?
To me ‘tis mighty clear
This wonder of an Elephant
Is very like a spear!”

The *third* approached the animal
And happening to take
The squirming trunk within his hands
Thus boldly up and spake:
“I see,” quoth he, “the Elephant
Is very like a snake!”

The *fourth* stretched out his eager hand
And felt about the knee,
“What most this wondrous beast is like

Is mighty plain,” quoth he;
“‘Tis clear enough the Elephant
Is very like a tree!”

The *fifth* who chanced to touch the ear,
Said: “E’en the blindest man
Can tell what this resembles most;
Deny the fact who can,
This marvel of an Elephant
Is very like a fan!”

The *sixth* no sooner had begun
About the beast to grope,
Than, seizing on the swinging tail
That fell within his scope,
“I see,” quoth he “the Elephant
Is very like a rope!”

And so these men of Hindostan
Disputed loud and long,
Each in his own opinion
Exceeding stiff and strong,
Though *each* was *partly* in the right
And *all* were in the wrong.

The Leatherback Turtles ~ Charlie B

Isn't nature incredible? I have recently been working in Trinidad for ten weeks. Whilst there Terrence, our local advisor, told us that we should go and see the giant leatherback turtles on the northern coast of the island.

So Mick and I decided on a visit. We booked what we thought was a four star hotel not far from the beach where the turtles lay their eggs. After a bumpy two hour drive, (thank goodness for 4 x 4 vehicles) across wooden bridges we finally arrived at what on first appearance looked like a public changing room. I checked the name. Yes, it was the Grand Riviera Hotel. First impressions are normally difficult to change.

Well I now realise there are two types of four star. One is normal luxury that you see on holiday programmes. The second type of four star is in the ambience, position and tranquillity of the place and the people that run it, a lot like the centre it is not the outer appearance that counts but the inside feeling you get.

We both had rooms that fronted onto the beach, the actual beach where the turtles lay their eggs, which certainly wouldn't happen in Britain, and we looked out over a bay that only the Caribbean Sea can produce, with rain forest behind us, a beautiful tranquil setting.

So a walk round the beach and bay is a must. As I walk along I see a local man carrying a big red tub on his shoulder. I've got to ask what's in the tub as I can't just walk by. He kindly lowered the tub and inside it were about two hundred day-old leatherback turtles. He explained that the ones that hatched during the day were going to be collected to release at sunset to give them a chance of survival, as during the day they were easy prey for the dogs and vultures on the beach. They required sunset to get their bearings properly. I then got to handle a couple of the turtles and he allowed me to photo them, absolutely brilliant. He said at sunset he would come to the room and let us know when they were releasing them.

About 6.30 he arrived and then we watched as they released in excess of five hundred day-old turtles into the sea ~ a fantastic sight as they seem to have inboard radar as to the direction they need, although to watch them bob out to sea,

no bigger than my palm was both amazing and daunting, as only about 2 or 3% survive.

Mick and I went for dinner before the main event of a guided tour on the beach to watch the females lay their eggs. During dinner we learnt that a nest had hatched by the hotel front and the little turtles had been drawn by the lights and were moving away from the sea. Chance here to be a turtle rescuer so Mick, I, Bruce, (a Trini who visits the beach several times a year,) his Danish cousin and daughter then caught all of the baby turtles and released them at the waters edge in the pitch black. How absolutely brilliant!

About 10.30 pm the guide came for us and we walked along to where a female leatherback had lifted herself onto the beach and commenced to dig a big hole for her eggs. I say lifted because she was about a metre and a half in length (about five feet in old money) and she weighed about eight hundred pounds. She then dug a hole about two to three feet deep and then to protect the fertile eggs she laid unfertile eggs in the bottom to soften the others' fall. The guide then lifted her rear flipper and you could see the eggs being laid. You could also touch her skin and shell which didn't bother her at all and she continued to lay eggs for about ten to fifteen minutes and then covered them up. We left then to allow her to return to the sea in peace ~ a truly wonderful experience. The guides told us if we got up about 5am and walked the beach we might see one of the females before they left at just after sunrise, because on that night only seven females came to the beach, whereas at peak season there can be up to two hundred on one night.

The next morning I was up and walked down the beach. There were no females on the beach but there was one little turtle, about to be eaten by a vulture. I managed to rescue the little one and put him into the sea. However where the females had been on the beach you could see their carefully constructed nest sites.

They are a protected species and the money from the guided tours goes back into research and following them around by tracking them. They are wonderfully peaceful and serene which was in keeping with the setting. What a most marvellous experience, which left me musing... isn't nature incredible?

Hospital Patient!! ~ Viv

A male patient is lying in bed in the hospital, an oxygen mask over his mouth and nose still heavily sedated from a difficult four hour surgical procedure.

A young student nurse appears to give him a partial sponge bath.

“Nurse,” he mumbles from behind the mask, “are my testicles black?”

Embarrassed the young nurse replies, “I don't know sir. I'm only here to wash your upper body and feet!”

He struggles to ask again “Are my testicles black?”

Concerned that he might elevate his blood pressure etc. from worry she sheepishly pulls back the covers. She raises his gown, handles and finely examines the area of concern and replies, “There's nothing wrong with them, Sir!”

The man pulls off his oxygen mask, smiles at her and says very slowly:

“Thank you very much. That was wonderful but listen very, very closely. Are-My-Test-Results-Back?”

That reminds me of when I started my nursing training at the age of 40.

On our first shift after some basic training, two of us were sent to a surgical ward for the day. We had had lessons in ‘school’ on giving bed-baths so there we were, sent to bed-bath this 30 something man. First bed-bath ever. Mandy (who was 18) and I were furiously thinking ahead, wondering what shall we do about the ‘middle bit’. So when we got to the bit in the middle, my partner was covered with confusion, but you know ~ when you are 40 you are better able to conceal any embarrassment than when you are 18, so I seized soapy flannel, offered it to him and said “perhaps you would like to wash the next bit” and he said “no, you do it.”

So I did.

Coping with Stress ~ from Ros

Just in case you've had a rough day, here's an eight-step stress management technique recommended in the latest psychological tests. The funny thing is that it really works.

1. Picture yourself near a stream.
2. Birds are softly chirping in the cool mountain air.
3. No one but you knows your secret place.
4. You are in total seclusion from the hectic world.
5. The soothing sound of a gentle waterfall fills the air with a cascade of serenity.
6. The water is crystal clear.
7. You can easily make out the face of the person you're holding under the water.
8. See. You're smiling already!

The Bottle of Wine ~ from Jane

Sally was driving home from one of her business trips in Northern Arizona when she saw an elderly Navajo woman walking on the side of the road. As the trip was a long and quiet one, she stopped the car and asked the Navajo woman if she would like a ride. With a silent nod of thanks, the woman got into the car.

Resuming the journey, Sally tried in vain to make a bit of small talk with the Navajo woman. The old woman just sat silently, looking intently at everything she saw, studying every little detail, until she noticed a brown bag on the seat next to Sally.

"What in bag?" asked the old woman.

Sally looked down at the brown bag and said, "It's a bottle of wine. I got it for my husband."

The Navajo woman was silent for another moment or two. Then speaking with the quiet wisdom of an elder, she said: "Good trade."

BRAND OF THE MONTH ~ Waitrose

Read in Saga magazine that that's because of all the supermarket chains, they pay the highest prices to beleaguered dairy farmers for their milk. Waitrose have pledged to give 100% of the recent increase in milk prices back to their farmers: around a healthy 23p a litre. Further, the chain takes milk only from farms using ethical and sustainable farming practices. Saga points out that many dairy farmers have been forced out of business by rising overheads and sinking profits. The WI and the NFU have a campaign ~ The Great Milk Debate ~ which aims to highlight the importance of keeping our cows, not just for farmers but for the countryside as a whole.

Saga adds that Waitrose has made a "good moove".

Read in Saga about the

'Incredible Journey'.... taken by salmon fillets

- Caught off Norway and frozen
- Loaded into refrigerated containers and shipped to Rotterdam
- Container loaded on to a large vessel bound for the Far East via the Suez Canal
- Month later it arrives at Qingdao, a large port on China's northeast coast
- Salmon is trucked to a fish-processing centre, defrosted and moved to the factory floor where it is skinned, bones removed and cut into the exact portions specified by the UK supermarket
- Salmon is refrozen and put on another ship
- After a month at sea the fish arrives in Felixstowe and is trucked to various supermarket depots around the country for another trip to each branch.
- Fish hits your shopping trolley, more than two months old
- Read more in "Movable Feasts" by Sarah Murray, published by Aurum Press, price £9.99

NB I read in the latest edition of Saga that our major supermarkets do not buy their salmon from this source.

Prostate Cancer Vaccine Trial

(read about this in the Saga magazine)

Doctors at the Royal Surrey County Hospital, Guildford are looking for patients to participate in a new clinical trial for a cancer vaccine designed to treat prostate cancer

To be eligible for this trial, patients:

Must be receiving hormone therapy

Must have a rising PSA level

Must be able to visit the hospital every month

Patients are *not* eligible if:

They have disease detectable by radiology (CT or bone scan)

They received chemotherapy 3 months before trial entry

They have been on a clinical trial 3 months before trial entry

For further information, see www.onyvac.com

For possible referral into the trial, contact

Angel Garcia-Imhof Tel 01483 688572 Email: clinical.trial@surrey.ac.uk

One of our members, **Peter S** has given me details of his complementary approach to cancer, after he was diagnosed with prostate cancer. I have a list of homeopathic remedies and vitamins he has been taking since 2000. At the end of the list he remarks ~ “All these products should in no way be used as an alternative to the medication from your doctor, but should be used as a supplement. These products I have researched from reading many books on the subject. I must state that I am not a doctor and if you are in any way unsure of the products I mention, you are advised to consult your medical practitioner”

Prostate Centre

I believe there is a Prostate Centre in Wigmore Street, London ~ set up by Professor John Kirby and his anaesthetist Peter Ambrose. In an article I read about them it concluded that he, Professor Kirby, felt that men can delude themselves by doing 20 minutes in the gym and saying “I do exercise, I’m OK” but, he says, you should have the blood tests done to detect diseases.

In the CEN I read about John Mouatt, who is a keen fundraiser to help research into the disease. The article is long so if you would like to read it, let me know and I will give you a copy. He said that he did a lot of research and downloaded about 1,000 pages from the internet. He describes his treatment, which was having 29 needles containing 89 seeds, each the size of a grain of rice, inserted into his prostate gland. He said that for him it was a cure. He has been in remission for over six years. He had been taking Saw Palmetto, on the advice of a Malaysian doctor. Saw Palmetto is believed to keep the prostate healthy. He did wonder, though, if it had been doing its job too well and ended up masking the problem. In the article I read that people in the Far East are less likely to get prostate cancer. He drinks a lot of green tea and instead of dairy products will go for soya and rice milk and he eats fish three times a week.

For more advice visit www.prostate-cancer.org.uk or phone 0800 074 8383.

Diane sent me a copy of an article in 'Mature Times' of May 2007. I can photocopy the article if anyone would like to read it. One of the things it says is that the Prostate Specific Antigen (PSA) test is currently the best method of detecting prostate problems which may turn out to be prostate cancer. This test is available to men over 50 on request, from their GP. However, the NHS Screening Service adds that its benefits are not proven and men need to think carefully before asking for the test. The article goes on to explain that a PSA test does not detect prostate cancer but it can give an early indication that prostate cancer may be present. Statistics show, however, that approximately two out of three men with a raised PSA level will not have prostate cancer. This could mean they may go on to have unnecessary invasive investigations following the test.....A raised PSA could also be a result of other conditions such as enlargement of the prostate, prostatitis and urinary tract infection. Julietta Patnick, Director of the NHS Cancer Screening Programmes explains that prostate cancers range from being fast growing to very slow growing. The PSA test may result in further procedures which could detect a very slow growing cancer that may never cause any symptoms or shorten a man's life-span. In the article it is asked, "what should men who are considering a PSA test do?" The Department of Health has set up the NHS Prostate Cancer Risk Management Programme. The programme aims to raise awareness among men of the benefits and limitations of the PSA test so they can make their own decision, after seeking guidance from their GP, about having the test. One of the resources available to men is a website called DIPEX. Here can be found personal first hand accounts of men who have had the test: it aims to assist men in making an informed decision about whether or not to take a PSA test. Mrs Patnick says that men considering having the test should discuss it with their GP who will be able to give them a fact-sheet called 'Testing for Prostate Cancer' and she adds that she would encourage them to look at the DIPEX website. This website can be found at www.dipex.org/psatesting. Men

should visit their GP to discuss the test or if they have any urinary symptoms or concerns. They may also like to view the website PROSDEx at www.prosdex.org.uk.

Can't Sleep?

Tune into your circadian rhythms.

Get up at sunrise.

If you want to enjoy a good night's sleep, go to bed at 10.30 pm or earlier.

Throughout the year, spend as much time as you can out of doors in natural light, even if only for a half-hour lunch break

We need darkness at night for optimum levels of the hormone melatonin. If you have trouble getting to sleep, it could be that your bedroom is getting too much light from streetlamps or security lighting. If this is so, fit blinds that exclude all light, or wear a soft, dark eye-mask. If you wake in the night, don't switch on the light. An experiment to assess whether you are getting enough sleep is...turn indoor lights right down after dinner, then go to bed around 10.30 pm in a dark room. You may be surprised how well rested you feel when you wake up.

If you work all day under artificial lighting, install a full-spectrum light in your work area ~ the next best thing to real daylight. Life Energy Biolight full-spectrum bulbs can be used in most light fittings with ordinary lampshades. They cost around £23.90 with free p & p and last approximately 10,000 hours. To order call 01435 882880.

I read the above in Health and Beauty magazine.

In a '**Research Into Ageing**' booklet. I read that as we get older one of the most marked changes that occurs is that stage IV sleep, the phase of 'deep' and restorative sleep, declines. Apparently if the problem is that people are waking more frequently it takes longer for them to cycle through the various stages of sleep to reach stage IV. Dr Stephany Beillo, a Research into Ageing researcher from the University of Glasgow, says that the result is that many older people live in a permanent state of exhaustion.

People with insomnia are four times more likely to suffer from depression than people who sleep well. Health conditions such as diabetes and enlarged prostate cause people to urinate more frequently and frequent trips to the bathroom make it harder to get back to sleep. Apparently there is mounting evidence that poor sleep can lead to serious diseases that affect the quality of life. Dr Biello believes one contributing factor in the sleep difficulties is that people have problems synchronising their internal body clock with the external environment and, with 'Research into Ageing' funding she has been investigating a pea-sized region of the brain which receives nerve signals from the eyes. It seems that the SCN emits an alerting signal maintaining wakefulness.

‘Research into Ageing’ has also funded Professor Paul McKeigue to look at the phenomena of nocturnal polyuria, (NP) where people produce more urine at night, with the result they need to visit the toilet more frequently, resulting in poor sleep. His team estimate that 12% of older men and women suffer from NP and that it’s important that men in particular are screened for the condition before being referred for potentially unnecessary prostate surgery. Once identified, polyuria can be treated.

Tips for improving your sleep

- Make sure your room is quiet, dark and your bed comfortable
- Get up and go to bed at the same time every day. If you must take a nap limit yourself to half an hour
- Before sleep have a bath or drink a glass of warm milk or herbal tea
- Don’t toss and turn for longer than 20 minutes. Get up and do something calming, such as reading
- Limit your caffeine and alcohol use, eat dinner at least two to three hours before bedtime.
- Give up smoking. Nicotine is a stimulant and when smokers go to sleep they experience nicotine withdrawal
- Exercise regularly. Physical activity early in the day may promote deeper, better quality sleep.
- Spend enough time outdoors. Sunlight helps the body’s circadian rhythm to work appropriately and gauge when to sleep.

For more information you can obtain a range of free advice leaflets – with titles such as Better Sight, Bladder and Bowel Weakness, Healthy Bones, and Neuro-degeneration

*For further information, email: ria@helptheaged.org.uk www.ageing.org
Tel 020 7278 1116. They welcome donations.*

The Good Old Days ~ from Ernie aged 94

We met we married a long time ago
We worked long hours, wages were low
No telly, no radio, no baths: times were hard
Just a cold tap, and a walk up the yard
No holidays abroad, no carpets on floors
But we had a coal fire and no locked doors
our children arrived, no pill in those days
And we brought them up, with no state aid
No valium or drugs no LSD
we cured ourselves with a cup of tea
If you were sick, you were treated at once
No fill in forms and come back next month
No vandals, no muggings there was nowt to rob
In fact you were rich with a couple of bob

People were happier in those far off days
kinder and caring in so many ways
The milkman and paper boys used to whistle and sing
and nights at the flicks were a wonderful thing
We had our share of trouble and strife
We just had to face it that was life
But now I am alone and look back through the years
I don't think of the bad times the trouble and tears
I remember the blessings our home and our love
We shared them together for which I thank God

*John's response to
the Government's new
Home Information Pack (HIP)*

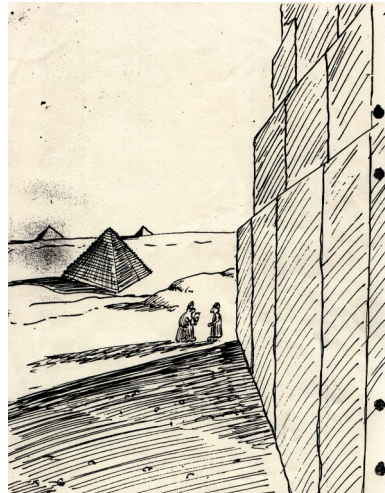
Suggested captions ~

“Is your mummy in?”

“So that's the Buildings and 'new for old' on the contents then.”

“Yes, you'll have to be in for a Pharaold time to avoid Capital Gains Tax.”

“But is it a CAVITY wall?”



A 'new husband' store ~ from Anne

A store that sells new husbands has just opened in New York City, where a woman may go to choose a husband. Among the instructions at the entrance is a description of how the store operates:

You may visit this store ONCE ONLY! There are six floors and the value of the product increases as the shopper ascends the flights. The shopper may choose any item from a particular floor, or may choose to go up to the next floor, but you cannot go back down except to exit the building!

So, a woman goes to the Husband Store to find a husband.

On the first floor the sign on the door reads: Floor 1 ~ These men Have Jobs.

The second floor sign reads: Floor 2 ~ These men Have Jobs and Love Kids.

The third floor sign reads: Floor 3 ~ These men Have Jobs, Love Kids and are Extremely Good Looking. "Wow," she thinks, but feels compelled to keep going.

She goes to the fourth floor and the sign reads: Floor 4 ~ These men Have Jobs, Love Kids, are Drop-dead Good Looking and Help With Housework. "Oh, mercy me!" she exclaims, "I can hardly stand it!"

Still, she goes to the fifth floor and the sign reads: Floor 5 ~ These men Have Jobs, Love Kids, are Drop-dead Gorgeous, Help with Housework, and Have a Strong Romantic Streak.

She is so tempted to stay, but she goes on to the sixth floor and the sign reads: Floor 6 ~ You are visitor 31,456,012 to this floor. There are no men on this floor. This floor exists solely as proof that women are impossible to please.

To avoid gender bias charges, the store's owner also opened a New Wives store just across the street.

The first floor has wives that love sex.

The second floor has wives that love sex and have money.

The third to the sixth floors have never been visited.

But I See You Have All The Equipment” ~

from Kay S

One morning, the husband returns the boat to their lakeside cottage after several hours of fishing and decides to take a nap. Although not familiar with the lake, the wife decides to take the boat out. She motors out a short distance, anchors, puts her feet up, and begins to read her book. The peace and solitude are magnificent.

Along comes a Fish and Game Warden in his boat. He pulls up alongside the woman and says, “Good morning, what are you doing?”

“Reading a book,” she replies, (thinking, “Isn't that obvious?”).

“You're in a Restricted Fishing Area,” he informs her.

“I'm sorry, officer, but I'm not fishing. I'm reading.”

“Yes, but I see you have all the equipment. For all I know you could start at any moment. I'll have to take you in and write you up.”

“If you do that, I'll have to charge you with sexual assault,” says the woman.

“But I haven't even touched you,” says the Game Warden.

“That's true, **but you have all the equipment.** For all I know you could start at any moment.”

“Have a nice day” he said as he left.

There is a Ladies 7 - a - side Football match
on Sunday October 28th 2007 to win the Village Cup

The matches will be played on Gt Shelford recreation ground at 2pm. Please join us to see the football battle and cheer on the Scotsdales ladies. I have got a sponsorship form which will be at the Centre if you would care to make a donation. There is also a sponsor form on the Information desk at Scotsdales GardenCentre. Money raised ~ to SCF.

A team effort ~ from Trícia

We've had lots of kind comments about our May newsletter. Several people remarked that it was the best one yet. I must admit I really enjoyed working with the material that Ann handed to me. There was so much humour and lightness about it but also moving reminders of the seriousness of what we do here at our Centre ~ it's a fine balance, which relies upon individuals sending in their various contributions. I get a great deal of pleasure from working to bring all these disparate pieces into something that works as a whole.

Without material there'd be no 'Lifeline'. So thank you Ann for using your persuasive powers to encourage the flow ~ and thank you to everyone who contributes and keeps me happily occupied.

Please keep your stories and articles coming ~ no material, no newsletter ~ it's very much a team effort. This time we've had more material than we could cope with (in spite of the fact that we've added 4 pages to the usual 32) and we still have a substantial overflow for the next newsletter!

Thank you also for your feed-back. We do appreciate it ~ it really spurs us on to do even better next time.

Here are just a couple of the comments we received:

"I just wanted to tell you that I'm in the middle of reading the newsletter and I'm laughing and shedding tears by turn. Thank you so much for a wonderful 'Lifeline'".

"I think your magazine is absolutely superb ~ full of hope, courage, humour, reality and good writing. I especially liked the teenager's poem 'Slow Dance', very touching."

Revital Health @ Cambridge

To obtain Revital's Discount Card, telephone them on 01223 350433

Or email Cambridge.store@revital.com

With this card you will get a 10% discount

Many thanks to Maureen who invited us to sell the fruit from her newly acquired orchard. With the help of Lillian, John and Kath we gathered some plums and apples and sold them outside Scotsdale's Garden Centre on several Sunday mornings. We have averaged £100 each time and this money has gone to the Scotsdale's Charitable Foundation, to help with the new building. All the fruit, along with Annie's home-grown tomatoes, was organic and was quickly snapped up.

We will be holding another Quiz Night at Harston Village Hall on Friday 18 January 2008

We will be providing food (included in the ticket price) with a choice of cod & chips or chicken & chips (from Jack's of Sawston), or a vegetarian option. There will be quiz prizes, a cash bar and raffle. Each team will be of six people, but as before you do not need to be part of a full team to buy a ticket, we will group people into sixes on the night as needed.

The 2007 Quiz Night was very popular, with 110 people attending. So please come if you can and join the fun!

Full details on ticket price and start/finish times are available from Jane (01223 300294 or cchc@hotmail.co.uk) from Peter

Other Dates for your diary ~

Autumn Fayre ~ at Scotsdales on Saturday 27 October from 10am - 4pm

If you would like to help 'man' a stall, make a cake, contribute a tombola or raffle prize, please phone me on 01223 871893.

We plan to have a raffle, tombola stalls for adults and children, book stall, Christmas cards, home-made cakes, jams & chutneys

A Craft Fair ~ in Shelford Village Hall on Sunday 18 November

in aid of the Scotsdales Charitable Foundation.

Please phone me on 01223 871893 if you can offer help or want to book a stall.

Some years ago Fran and I went to meet Christianne Heal, because we had heard about her workshops. We were very impressed and mentioned our meeting in one of the Centre's newsletters. We did ask if anyone was interested in meeting Christianne. Here are some details about her next

‘LIVING WITH DYING’ A Workshop led by CHRISTIANNE HEAL

An opportunity to explore your hopes, fears and assumptions around the subject of your own death. Many find this workshop gives them a new perspective on life and helps them to acknowledge what they really want to accomplish before they die.

Date: Monday, 29 October 2007: 10am - 4pm

Fee: £50.

Venue and Booking: 32 Station Road, Waterbeach,
Cambridge CB25 9HT Tel. 01223 861709

Please send a cheque payable to Christianne Heal to confirm your booking. Refunds will be given only if you are able to find a replacement.

***This workshop was featured in the BBC1 TV series ‘Living with Dying’ 1990.
Christianne has run this course for 17 years.***

Comments from previous participants:

‘The course was really well thought-out, engaging, inspirational. It will ripple through my life for a long time to come, making a difficult subject approachable, educational and magical.’ (SW)

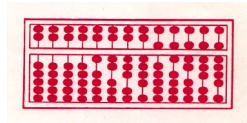
‘A marvellous way to deal with a difficult subject. There was safety, holding in the group, but a challenge too and lots of humour. I cannot imagine how it could have been better’. (HG)

New Book ~ Brighid has very kindly donated a copy of
‘Life After Death’ by Deepak Chopra. ISBN 184604057-4. It is in the mini
-library we have at the moment at our temporary Centre at Scotsdales.

Donations to Scotsdales Charitable Foundation ~

thank you to everyone who has sent in a donation to S C F. We will list every donor's name in the newsletter once the building is finished. We have received many donations - one from the marvellous first Sister I worked for when I started my nursing training (on an oncology ward) and she is a longstanding member of our Centre - two families (also members of the Centre) who each donated £1.000 because they want to build a wall of the new Centre - people who put money in the bucket every time they visit Scotsdales! All donations whether large or small are so important to us and extremely welcome. We also had a £500 donation from the **marvellous** Robert Sayle

Money Matters ~ from Tricia



1st November is the start of our new financial year so traditionally we enclose the Membership Subscription renewal form for the coming year.

Many of you have given very generously to the recent appeal for help with our new premises and we are most grateful for your support. I know that day to day running expenses don't have quite the appeal of helping with bricks and mortar for a brand new Centre, but our bills have to be paid and we rely on our Members to contribute towards those costs.

We thank the many supporters who help to keep our Centre moving forward



Christmas Cards
are now on sale at the Centre



Acid flashbacks

Life Nutrition in the Observer magazine, has a heading 'Acid flashbacks'. Dr John Briffa suggests several strategies for taming heartburn at night.

- Don't take a carbonated drink in the evening as it appears to increase the risk of acid reflux at night. The acidic nature of these drinks adds to the stomach's own acidity, thereby increasing the risk of heartburn.
- Avoid overwhelming the stomach with food in the evening. A modest-sized supper is a good ploy. So after a decent lunch have a snack of, say, fruit and/or nuts in the late afternoon and have an early dinner.

His advice is to miss out fizzy drinks in the evening and keep intake of all fluids to a minimum around the time of the evening meal because drinking dilutes stomach acid, impairing digestion.

Additional fluid also adds volume, he says, to the stomach contents, which tends to increase reflux risk. He continues to say that alcoholic beverages seem to be a particular problem as they promote laxity in the gastro-oesophageal system.

And if prone to reflux at night ~ avoid nightcap of whisky and soda.

Another idea is to avoid mixing protein-based foods (bread, potatoes, rice and pasta) at the evening meal. Some believe that digestion is made easier by basing meals on either protein or starch, along with cooked vegetables or salad.

Also on the Life Nutrition page, under Nutrition News, it is pointed out that alcohol has the ability to increase the risk of conditions such as liver disease and certain forms of cancer. Therefore the optimum level of alcohol consumption for men and women is close to none at all.. Alcohol consumption can lead to raised blood pressure.

In a study published in the journal "Hypertension" (high blood pressure) the effects of drinking beer (two pints a day) and red wine (about half a bottle a day) on blood pressure were assessed. The drinking of red wine and beer led to an increase in the higher blood pressure reading and although these increases are small, they would be expected to significantly increase risk of cardiovascular disease, especially stroke.

So this research casts more doubt on the proposed health benefits of alcohol, particularly for those with a tendency to raised blood pressure.

Junk Mail ~ Call Mailing Preference Service

on 0845 703 4599 or go online at www.mpsonline.org.uk
and the vast majority of junk mail can be eliminated, at no charge.



Sheila Bennett

Sheila's funeral was held at the Quaker Meeting House on 28 September, and started with a reading, chosen by Sheila, from Robert Frost's 'Road Less Traveled'. Very many of her friends were there.

She had said she hoped all of us would be very happy today and have a bit of a party. Her life in Africa, where she was a Bush nurse was mentioned several times, as was the fact that she was never self-pitying (which we all agreed), and that her common sense and courage were an example to everyone. Her "robust sense of humour" was remarked upon and one of her friends pointed out that she visited Sheila a few days before she died, when, whilst flicking through the Observer newspaper, Sheila said to her friend "you need your hair cut"! How typical of the Sheila we knew!

Elizabeth Kubler Ross said, "One should truly live until one dies" ~ Sheila certainly did that. She would arrive at the Centre and occasionally say "now they say there is cancer somewhere else....." She would be despondent for a little while and then cheerfully plod on, truly living until she died.

E K R also said in her book *'The Wheel of Life'* ISBN 0-553-50544-0 that her heart goes out to those who are left behind.

We remember Sheila with very much affection and admiration and send our love to her family, especially Jeff and Richard.

Road Less Traveled

Two roads diverged in a yellow wood
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth

Then took the other as just as fair
And having perhaps the better claim
Because it was grassy and wanted wear
Though as for that, the passing there
Had worn them really about the same

And both that morning equally lay
In leaves no step had trodden black
Oh, I kept the first for another day!
Yet, knowing how way leads onto way
I doubted if I should ever come back

I shall be telling this with a sigh
Somewhere ages and ages hence
Two roads diverged in a wood
And I took the one less traveled by
And that has made all the difference

Trail-blazing oncologist

In Saga magazine I read that **Prof. Karol Sikora** is a ‘trailblazing oncologist’. His first reaction concerning complementary medicine left him cynical ~ he thought the fledgling Bristol Cancer Centre was “where nutty people went”. Then three of his patients blossomed under its care. He checked it out for himself, and left the then-controversial centre a convert. Sikora used it as the model when he set up the first complementary medical centre on the NHS in 1991, becoming one of the first oncologists to treat cancer patients holistically and doing much to demystify the disease. He is now Professor of Cancer Medicine at Imperial College, Hammersmith Hospital, and an adviser to the World Health Organisation.

(The Bristol Centre is now known as the Penny Brohn Centre.)

Plug-in Air Fresheners

When they combine with ozone they produce formaldehyde and other substances known to cause respiratory problems and trigger asthma attacks. So says Lucy Siegle on the Ethical Living page in the Observer magazine.

And ~ also in the Observer magazine ~ one alcohol binge doubles the risk of suffering a stroke. Alcoholics were found to have 11% smaller brains than tee-totalers. But recent studies show brain cells regenerate when drinking is halted... in rats, at least.

Airborne Humour

A plane was taking off from Kennedy Airport. After it reached a comfortable cruising altitude, the captain made an announcement over the intercom. “Ladies and gentlemen, this is your captain speaking. Welcome to Flight Number 293, non-stop from New York to Los Angeles. The weather ahead is good and therefore we should have a smooth and uneventful flight. Now sit back and relax ~ OH MY GOD!”

Silence followed, and after a few minutes the captain came back on the intercom and said, “Ladies and Gentlemen, I am so sorry if I scared you earlier, but while I was talking, the flight attendant brought me a cup of coffee and spilled the hot coffee in my lap. You should see the front of my pants!” A passenger said, “That’s nothing. He should see the back of mine!”

Brain Stuff ~ from Margaret P

Olly srmat poelpe can raed tihs.

I Cdnuot blveiee that I cluod aulacity uesdnatnrd what I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdrnig to a rscheearch at Cmabrigde Uinervtisy.

It deosn't mttair in waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can still raed it wouthit a porbelm.

This is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. I awlyas tghuhot spleling was ipmorantt! If you can raed this psas it on!



Macmillan Cancer

Support ~

Living with Cancer Self-Management Programme

Living with Cancer? Get more out of life!

Join us on a free six-week programme for people living with cancer

The course is run by trained tutors who have had personal experience of cancer themselves. During the programme participants meet each week for two and a half hours to learn new skills and techniques to manage their illness better.

When is it? Friday 25 January – Friday 29 February 2008

What time? 11.00 am – 1.30 pm (Tea, coffee and light refreshment)

Where is it? Cambridge Cancer Help Centre

Cost? It's free!

Who can attend? People living with cancer

For more information please contact Janet or David tel: 07922126508 or email colin.hickman@homecall.co.uk

Viv, one of our trustees,

sent this letter to the members of the Planning Committee

Dear Mr Barrett,

Could I ask you to pass on to the members of the Planning Committee the gratitude of the Cambridge Cancer Help Centre for the decision that was taken in their favour against the advice of the officers to build a new centre at Scotsdale's Garden Centre. The decision was a triumph for local democracy and humanity and has been universally applauded. You will know from the many letters that you received prior to the decision being taken how significant this will be for so many inhabitants of the district suffering from so many different forms of cancer to be in the therapeutic environment at Scotsdales. The site has now been cleared and it is hoped the building may be completed by Christmas. Thanks to you. A dream coming true.

New Building

It is growing extremely rapidly. At the time of writing, the outside of the building is almost complete. By the time you receive this newsletter I expect it will be nearly finished!

In fact, we are assured the building will be finished by the end of November. And I believe every word David Rayner and Charlie Nightingale say! So we could have a Christmas party in this new building, just for the Centre members and their friends and families and then have a Grand Opening in January, for all of us as well as inviting all the people who have supplied building materials and labour either free or at heavily discounted prices.

We want to bring in other charities to use the building so if you know of any who would like to use our Centre, please let me know.

Much love Ann

P.S. ~ The following is from "Wrinkles, Wit and Wisdom" by Rosemarie Jarski,

At 75 I sleep like a log.

I never have to get up in the middle of the night to go to the bathroom.

I go in the morning.

Every morning, like clockwork, at 7am I pee.

Unfortunately I don't wake up til 8 (*Harry Beckwith*)