

An ANNUAL GENERAL MEETING

of the CCHC will be held at the David Rayner Building

on Tuesday, 23rd March 2010 at 12 noon

All who are interested may attend, but only paid-up members will be entitled to vote.

Subscribing members include both those who make monthly payments
and those who make a single annual donation

AGENDA

To receive apologies for absence

To approve the minutes of the AGM held on 17th March 2009

To receive the Annual Report

To receive the Centre Co-ordinator's report

To receive the Honorary Treasurer's report

To approve the Annual Report and Accounts for the year ended 31 Oct'09

To appoint the Independent Examiner of Accounts for 2009-10

To elect members of the Committee of Management

The members of the Committee standing for re-election are as follows:

Fran Dawson, Wendy Green, Bob Jackson,

Penny Olesen, Ted Sage, Tricia Smith

New nomination: Stuart Bartrum

To elect the Centre's Officers *The following nominations have been received:*

Chairperson: Fran Dawson

Hon. Secretary: Ted Sage

Hon. Treasurer: Bob Jackson

Any other business

Ted Sage *Hon Secretary*

Christmas Party

We were entertained by:

Dorothea's recorder group,

Gryff and Andrew with their self-defence/karate,

Joan and tea ladies singing to us.

Unfortunately Ian Chadwick, Ian B and Russ were unable to be with us but have promised to come along to show their DVD in the New Year.

As always, an enormous amount of help came to us from **Angela, Margaret Speed**, lots of the **tea team** ~ people vacuumed and cleared up etc. **David B, Brian Diggins** and **Tony Curtin** were serving wine and soft drinks at the bar, along with Margot's fruit punch, and **Penny** served the champagne.

Tony Curtin was the inimitable MC ~

I have booked him for next December!

The **Sawston Police** presented us with an enormous box of Thornton's chocolates and a large, quickly devoured 999 cake!

Messages sent to us in Christmas cards and email messages:

Absolutely everyone at the Centre ~ what a fantastic difference you make to so many people.

Thanks for all the fun at the Centre– a great place to be

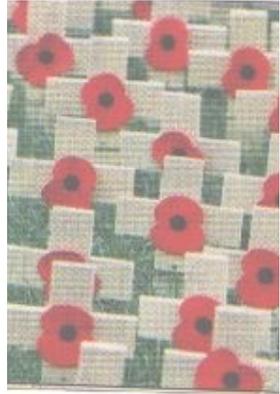
Thank you for all you all do for me and so many of us

Thank you for all you have done for many of us making such a peaceful refuge and 'home from home' – special thanks to the lovely Pat

I'd be lost without the Centre, it is such a great support

11th November 2009

At the 11th hour on the 11th day of the 11th month Stephen Brookes led us into a two minute silence. He spoke about remembering the dead from all the wars, and about the value of their sacrifice. He experienced some very tough times in Burma during the Second World War, when at the age of 11 he suddenly 'became a man' after all the adult males in his family were lost to the War.



They shall not grow old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.

Laurence Binyon



Thank you Stephen for being with us at the Centre on that day.

I think Steven's book 'Through the Jungle of Death' is possibly out of print although I did recently hear that someone had managed to find 7 copies

Christmas Lunch

Angela was in charge of providing our lovely lunch ~ she persuaded Selwyn College to cook and carve a turkey for us. Carole cooked delicious home-made nut roasty things and we were very fortunate that between us we came up with 120 jacket potatoes, cooked in a variety of places! ~ together with home-made coleslaw and salads, all washed down with delicious wine. This year I didn't forget the cranberry sauce, and many people from the Centre had found us millions of salt and pepper pots. We concluded our meal with Waitrose Christmas puddings and home-made trifle and creamy puddings. Angela gave us all little gift boxes containing chocolates.

Over two days lots of people helped get the place ready, and **Stuart**, along with all the ladies, gave us hours of hard work. There was also lots of additional help on the day from **Anne, Liz, Alan, Margaret M, Brenda, Margaret F, Sylvia, Judy. Stuart** did masses, as did **Margaret** and **Carol** and **Linda**, (our three Waitrose ladies), and **Wendy. David Rayner** let us use his tables. People gave us crackers, and Father Christmas (**Jim Starr**) distributed gifts to us all. Many thanks to all the people who supplied the presents.

We had a very good time ~ but much overshadowed by the fact that Bill was no longer with us, Margot's son had recently died in a paragliding accident in Marrakesh, and the day of the lunch would have been Bob's birthday. Hard though it must have been for Helen to join us at the lunch, we were very glad to see her there.

We were also glad to see that Rachel had successfully come through her long, long operation and was able to visit the Centre for lunch ~ as was Geoff, following his stem cell transplant. Here is one of the messages we received:

I thoroughly enjoyed yesterday's lovely lunch. I hope it was as stress-free for all of you as it was for me! An excellent meal in such a happy atmosphere and the children's singing was the icing on the cake. It was difficult to come down to earth.



*Some of the Choir from
Great & Little Shelford
Primary School*

Our waiters:

PSgt Gordon Murray brought along:
Snr Pilot Dave Crisall
PC Simon Amos
PC Adrian Boddington

They were joined by:

PC Mark Howe
PCSO Chris Wiseman
PCSO Gary Kendall
from Sawston Police Station



*Photograph of them with our wonderful
Angela and Waitrose ladies*

In our October 2002 newsletter we quoted part of a letter from 'Big Issue':

Policemen and women are the principal defenders of our rights, mostly against violence and theft. Even people who look down on them are going to pick up the phone and call them when there is trouble. We should support them and admire them because, at the end of the day, someone has to do the job.

At our Christmas Party & Lunch this year
we raised
£354 from our Christmas Raffle
& £238 from our Tombola
Thank you to everyone who bought tickets
and provided the prizes

Recipe for Carole's nut pasties

(as eaten at the Christmas lunch)

Ingredients	Method
1 med onion	Chop onion finely and sauté in oil
Virgin olive oil	Grind nuts and bread
4 oz almonds	Heat stock and yeast extract to boiling point
2 oz hazelnuts	Combine all ingredients and mix well
2 oz pine nuts	Form into pasties and cook in a little oil in frying pan
6 slices wholemeal bread	Serve as an alternative to stuffing balls, with chicken, or with chips and peas for a children's meal (with tomato sauce).
Half pint vegetable stock	
1 teaspoon yeast extract	
1 teaspoon mixed herbs or dried sage	
Ground black pepper	
1 beaten egg	

Andy Filler

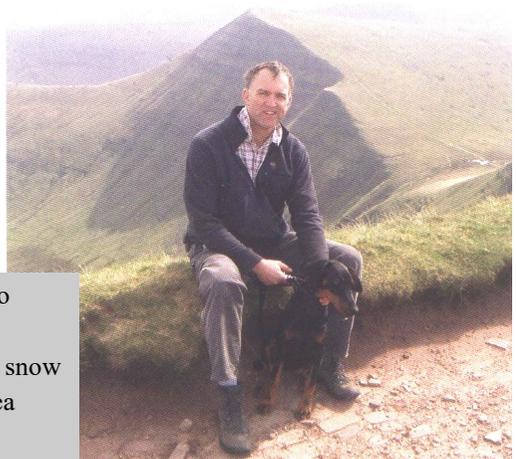
climbed Mont Blanc in July 2008.
and raised almost £1,000 for our Centre.

For our October 2008 newsletter he wrote this about his 'Ascent of Mont Blanc':
Achieving the summit of Mont Blanc (nearly 16,000ft) took us two attempts, our first attempt over two days ended in exhaustion 450m from the summit, due to being forced into a fast ascent because of a limited weather 'window'. As we descended it became obvious the weather forecast was improving, and a second attempt that week became possible. This attempt, staged over 3 days, achieved success and the summit was reached early on the morning of 19 July 2008. A very worthwhile and satisfying experience, heightened by the knowledge that I was raising funds for a good cause.

We are so very sad to say that Andy was killed in a paragliding accident in Marrakesh shortly before Christmas. A lot of us know his Mum, Margot, very well. She has been helping at the Centre for many years.

In Andy's Order of Service was this photograph of him and also these words:

We are the pilgrims, master, we shall go
Always a little further; it may be
Beyond that blue mountain barred with snow
Across that angry or that glimmering sea



**We all send our love to Margot
and will always enjoy seeing her at our Centre**

Chernobyl children ~ Joan & Vic

One April day in 2005, Nicola, one of our daughters, phoned to offer to have a child from Belarus (Chernobyl) for a four-week stay, but the nearest group was at least an hour's drive away from her home. So the next day she phoned again to say that she would be willing to start a group locally. After a lot of hard work, planning and advice, £8,000 had been raised to meet the cost of bringing 16 children and 2 adults for their first of five visits to England. They arrived in Sept 2005.

The children aged seven years old at the time arrived at Gatwick airport and filed through the gateway in pairs, holding hands ~ just like the scene in the film 'Inn of the Sixth Happiness'. The children were placed with volunteer families who had children of similar ages, and within the first week they were talking about their English 'brothers' and 'sisters' ~ such was the bonding of the new family ties.

You may ask "why raise money to spend on children from another country, when there is so much need in our own country?" That is understandable until you realise that Chernobyl was just in line for the greatest amount of contamination from the radiation fallout when the factory there exploded some 25 years ago. Everything was contaminated with radiation and cancer diseases, and the homes they now live in are in many cases not as good as our garden sheds! We therefore feel that it is very much worth our while to do our bit to support these children, who are sadly only a fraction of those who need help.

The plan is for the children to spend their four-week stay with the same host families as in 2005. They arrive with just the clothes that they are wearing together with a carrier bag containing a family photo. It is only with the help and support of various organisations that we are able to give them the time of their lives by taking them on outings to the seaside and a safari park, and inviting them to various parties and barbecues. With the support of 'Sian Home Counties Travel', a coach company in Stansted, we are able to treat them to the things that we often take for granted but that they would never have the privilege of having back home.

Whilst they are with us we manage to have their eyes tested, and a dentist does all the dental work free of charge. One of the boys, on his first visit,

had sixteen fillings! And with the clean air, 12 months supply of vitamin tablets, and food and care from a loving foster family, they return home in a better state of health than when they arrived.

The JOY for us is there all the time when we see the smiling faces of the children, when you see them enjoying a barbecue at the local pub, followed by football and other sports and we realise we are so indebted to so many people who help in many ways to make it all happen.

Because the children stay with the same families for the four weeks each time they visit over the five year plan, they are building up strong bonds with their host families. The children manage somehow to get through the language barrier, but as they get older they do look forward to something a little bit more exciting to do each year. We will always remember the visit to Hunstanton in September 2005 ~ when the children got to the beach, they all ran straight into the sea fully clothed as it was the first time that they had seen the sea. Fortunately we had taken their swim wear and another change of clothes so all turned out well in the end!

The support for fund-raising and practical help comes from many sources. We are indebted to many local groups including Addenbrooke's Hospital, John Lewis, the coach company, local pubs, churches, the Rotary Club, Tesco, the dentist, people who knit jumpers etc and the host families, along with donations and help from many individuals and groups helping us to make it happen for these children who have so much need.

The next visit is planned for June. This will be their fourth visit and plans are already being made for the activities during their stay. Everything possible will be done yet again to give them the time of their lives whilst they are in England.

Note ~ At the Centre we plan to offer tea, entertainment and games to the children one Wednesday afternoon in June. We will need your help and your cakes please! Watch the Centre's notice board for the date.

Computer classes for beginners ~

These will take place on Monday mornings at the Centre, starting at 10am.

We have a friendly tutor ~ *Jean Dalby* You will be able to progress at your own speed ~ great fun. Discover how to:

send emails

check out the internet

pursue your hobbies and interests.

You could even conquer e-bay!

Please add your name to the list on the Notice Board.

3 PC's For sale ~ all Dell desk top units.

They are very small and come complete with a flat screen monitor, keyboard and mouse.

They have a Pentium 4 processor and run on Windows XP. Microsoft Office 2003 is installed ~ Word, Excel, Outlook, PowerPoint etc. An AVG antivirus programme is also installed.

All software is legal and registered and will be updated and the units checked before sale.

Ideal for general home applications.

a bargain at £65 each

If you are interested please contact Ted at the Centre.

Bill Dalby ~ Staff Sergeant 23745400

Known fondly to all of us at the Centre ~ he gave a moving speech at the Centre's Opening Day and he wrote 'from the heart' in our October newsletter.

Sadly, Bill died last November. The chapel at the crematorium was more than full to capacity when some of us from the Centre went to his funeral. The standard bearers were from the Royal British Legion ~ one standard was the Legion standard and the other the Royal Engineers standard, and the drape was the Royal Engineers Colours, combined with masses of red roses from Jean and her family. As is often the case I could write a great deal about Bill ~ how he was independent and wouldn't let us do anything for him if he knew he could do it himself ~ but when the bugler from the Royal Engineer Band at Bassingbourne Barracks stood with Bill and played the Last Post ~ that seemed to say it all.



The Centre funerals are such emotional times, of course they are ~ all funerals are but that is the way life is. The most fortunate thing to say about such times is that at least we share the good and not so good times together ~ as do all families and friends.

Spring Fair

To be held on Saturday 22 May

we aim to fund-raise for the
Scotsdale's Charitable Foundation.

Our plan is to have various stalls including
Handbags ~ so turn out your wardrobes
and a **Chocolate Tombola**,
so please bring along anything chocolatey, such as
chocolate biscuits, chocolate recipes, tin of cocoa,
Charlie and the Chocolate Factory DVD, bars of chocolate,
chocolate cakes, chocolate Easter eggs, jars of drinking chocolate,
chocolate coloured bed-socks

please use your imagination!

We will also have a **cake stall** ~
please make cakes for us.
You usually make super cakes which sell extremely quickly.

Outings ~ Penny

We all went to the seaside last Summer, well some of us did, we went to Southwold on a lovely sunny but windy day. We did our own thing in the Town, on the pier, on the beach, in the shops or in the pub: one intrepid soul even walked to the Harbour had her fish and chips and walked back to the pier.

We decided this was a fun thing to do and we should go on more outings. It was cold and winter so what could we do best but shop? Off to Boundary Mill, near Grantham up the A1, very large outlet store with cafe, selling mainly clothing arranged by brands, Kaliko, Planet or Pringle perhaps for the ladies and maybe the men spotted Regatta, Wolsey and Van Heusen among the famous brands available. There is also a garden centre on the site with a lovely cafe quickly colonised by our Members. The coach staggered back home laden with our shopping bargains.

Then the trouble started ~ a certain Co-ordinator of the CCHC thought we would all be in seventh heaven, if we could only do a trip to IKEA. What? Well she nagged and she nagged and she egged on other people to do the same until I finally gave in to the onslaught and booked the coach. No sooner had we arrived but she had us all signed up to be part of the IKEA FAMILY ~ I ask you? This gave us all free tea and coffee all day ~ yes we needed it and yes we did make excellent use of the restaurant and the loos. Lots of purchases were made too, including a new toy rat for Fran's guide dog puppy. All loaded back on the coach, including one of our members who was unfortunately taken ill during the day. We had a smooth and nag free journey home.

We have had a questionnaire to find out where we should go in the future ~ looks like it is the seaside, gardens and shopping with shows and art galleries which are the most popular. The costs of all of our outings are subsidised by the CCHC. Outings are open to all our Members, and their families and friends are welcome to come along at the same price, space permitting.

Please look out for details on the notice board and if you have access I will be happy to send you details by email.

Many thanks to Penny

for organising the coach trips and for giving us such a fun time.

Michelle and Alan Bailey celebrated Alan's 60th birthday party

with a delicious tea on The Georgiana, which swept its way to Bait's Bite Lock.
This is what Alan said to his guests:

Thank you all for coming, I tried to gather an eclectic collection of friends from various worlds I inhabit. Now I have to try and find positive things to say about being sixty. I suppose the first thing to say is that I've made it this far! Despite being born with the disadvantages of being poor, short and ginger!

What I do have is some great memories (the mind tends to blot out the awful ones). I have lived for some years now (14) in Cancer World which is not a world any of us choose to inhabit, but even so it is by no means entirely negative, and I have seen and benefited from the wonderful and inspiring help and work that goes on at the Cambridge Cancer Help Centre ~ to which I hope you will donate today.

There are many friends here from the world of Sant Mat, a world of mystical philosophy, meditation, gurus, trips to India and many occasions together.

Then there is French World of which I have many wonderful memories, it has really been my second home for 35 years as marrying into it is quite different from just visiting on holiday.

There are also friends here from the world of music and from which I have more great memories starting from the early days of the 1960's when as 14 year olds we 'dared' to visit the legendary Cambridge Folk Club where in a room half this size we listened to the most wonderful acoustic music from such artists as 'Pete Sayers the Singing Cowboy from Newmarket', Rambling Jack Elliot, and a young American called Paul Simon who went on to do rather well!!

So with these and so many more great memories behind me how do I look to the future? I think we all have some great 'inner' adventures ahead of us of personal, emotional and spiritual growth and at this time of life we are relatively free to pursue this. We have largely been through our careers, marriages, children, mortgages etc. and can now work towards discovering new parts to ourselves, to discover in fact what we really always were, but had forgotten about for 60 years (or possibly millions of lifetimes for all I know!). That is essentially what I still have to look forward to for myself and I wish you all well with your own journeys.

Michelle added this about how she and Alan met:

The question we are always being asked is: How did you meet?

I would like to go back 35 years when our paths first crossed very briefly while on holiday in August in England. As Alan was coming to France that September, we thought we could meet again. And we did. We spent THREE DAYS together in my hometown of Lyon, with its lovely romantic lake and gardens. And, after three long months, numerous phone calls, one plane trip and a postal strike, we did what common sense tells you not to do after three days**WE GOT MARRIED.**

I'm sure we all remember these moments filled with joy of life, during which we fly on cloud nine **and nothing is impossible**. Well, it must have been contagious because we did not have any opposition at all, most importantly not from parents ~ just smiling faces cheering us all the way. We wanted a very small wedding, as quickly as possible, to be together forever. The photo on display, taken by a young photographer on the spot, records the moment.

As you can imagine, our family reunions are quite difficult to achieve. Today is no exception: two of my three brothers, due to work commitments, could not be over here. I miss them. Fortunately, Jacques who was 60 only a few months ago, could come. To complete the celebrations, our son David flew back to be with us. Last summer, talking about what was coming, my brothers teased us and called us 'the dinosaur couple'. Little did they know how many new projects we still want to do together!

Anyhow, all this meant that I had to move to England, and meet Alan's numerous friends. Again, smiling faces cheering us and welcoming **me**, surrounded us. This led to lots of very happy moments we can't forget. The rest is history. Time went flying and it went on and on, and better and better. We are here today to share precious time together again and Alan and I feel very blessed. So for all the good times and the difficult times that we shared a big 'thank you' to you, my friends.

Michelle and Alan collected £468 for us
from their friends who had joined them for the celebratory tea.
Many thanks to all of them.

Many thanks to Janet Edwards,

a local artist, who has already given us the two lovely flower pictures which hang in the Centre and has now given us a third one to put on the wall next to the library. *Fran*

We were sorry to hear that

Mike, our friendly Printer,

had been unwell before Christmas ~

a worrying time for him and his family when Mike spent two anxious weeks in Addenbrooke's Hospital.

We're very pleased that he's now back at work and we wish him a

Happy and Healthy 2010

Tricia

Thank you Joe

for fixing the sofa, making hinges for the drinks cabinet
and doing all sorts of odd jobs for us

Thinking of giving up? Don't!

from Michelle

George Frederic Handel was a musical prodigy. At twenty-one he was a keyboard virtuoso. When he turned to composing he gained immediate fame and soon was appointed Kapellmeister to the Elector of Hanover (later King George I of England). When Handel moved to England his renown grew. By the time he was forty he was world famous. But despite his talent and fame he faced considerable adversity. Rivalry with English composers was fierce. Audiences were fickle; sometimes they didn't turn out for his performances. He was the victim of the changing political winds. Several times he found himself on the verge of bankruptcy. His problems were compounded by failing health. He suffered a stroke which left his right arm limp and damaged the use of four fingers on his right hand. Although he recovered, it left him battling depression. Finally, at fifty-six, Handel decided it was time to retire. Discouraged, miserable and consumed with debt, he felt certain he'd land in a debtor's prison. So on April 8, 1741, he gave what he considered his farewell concert. Disappointed and filled with self-pity, he gave up. But that year something incredible happened. A wealthy friend named Charles Jennings encouraged Handel by visiting him and giving him a libretto based on the life of Christ. The work intrigued Handel, so he began writing. Immediately the floodgates of inspiration opened. For three weeks he wrote almost nonstop. Then he spent another two days creating the orchestrations. In twenty-four days he had completed the 260-page manuscript of *The Messiah*. Thinking of giving up? Don't! 'Be steadfast.'

We are not human beings having a spiritual experience,
but spiritual beings having a human experience.

Teilhard de Jardin

Recession, what recession! ~ David

Have you ever realised when a momentous occasion has really passed you by? A friend you meet at the pub mentions an important football result for the local football club. Another star is voted out of Celebrity Big Brother. A politician has claimed expenses for a duck house. You know nothing about it.

Apparently there has been a recession, a credit crunch, a housing crisis. Banks have been bailed out, have folded, or been taken over by the government. Bankers are last in the popularity stakes, big bonuses are taboo, and unemployment is rising.

So where was I when all this occurred? Something more momentous was happening in our family which made money matters pale into insignificance. Susan, my wife had been diagnosed with secondary cancer. We were in a bubble, looking down a very long and dark tunnel with little light at the end. It was as if nothing else mattered except the diagnosis, the treatment, the cure, the timescales and the outcomes. Results were measured only when we visited the doctor and specialists. We just waited for that appointment and time stood still between these dates.

At least that is what Susan and my two sons experienced six months ago when the diagnosis was given to us. Susan had had breast cancer but was still feeling fatigued and had chest pains. A CT scan revealed the worst possible outcome.

What was the future for us? Our depression, our recession, was worse than anybody could imagine. There was nobody who could answer the questions that were on our mind. We avoided meeting friends and having to break the news. We stopped answering the telephone.

As time passed though, the situation took on a different shape. Yes, the diagnosis has not gone away, and the future is uncertain. Yet there have been good things to come out of the situation, and they are the ones that it is important to grasp.

Friends, who maybe we have lost contact with, offer help and companionship. The family bonds gets closer, and we all spend more quality time together. Work takes on less significance. We find people and organisations that can answer some of our questions, and take some of the load from our shoulders. The doctor gives us good news that the drugs are making an impact.

So from the bottom of our 'U' shaped recession we are starting to rise up the other side, out of the cloud of despair. Like the recession, it is a slow process and on the way there are peaks and troughs. At least for us the outcome is not in the hands of politicians and rich bankers. We rely now on love and friendship, and the support and skill of our doctors. We have found the Cambridge Cancer Help Centre, purely by chance, and Susan and I look forward to our visits.

We are no doubt experiencing the highs and lows as many others have and we find that to concentrate on the positives helps us to move forward. Perhaps one day I will have a look at the state of the country's finances, and maybe even worry a bit. But not just yet!

Not Many People Know this ~

Simvastatin ~ used to treat high cholesterol. In a magazine I read that statins can have side-effects, including muscle aches, which may be infrequent but which your GP would want to know about. In the same article I read that if you are taking simvastatin or atorvastatin, you should not consume grapefruit or grapefruit juice. But those foods are Ok to take if you are taking pravastatin and rosuvastatin. *This information came from Noel Wicks, pharmacist at Right Medicine Pharmacy, in Scotland.*

Or this ~ Check that your power providers work at weekends ~ if they do not (and I am told that some do not) it means that if you have a problem, such as no power, you have to wait until the next working day before the problem can be fixed.

Or this ~ There is a suggestion that some home printers are a scam. Jonathan Margolis suggests this in the Saga magazine. He remarks upon the high price of replacement ink for our printers. He says it is staggeringly expensive. A calculation is that up to £3,300 a litre is the price we pay ~ more than four times the price of Chanel No 5 Eau de Parfum. He suggests that the tempting store-branded compatible ink cartridges and messy refills are never quite as good as the manufacturers' own. Either, he says, the print quality is poor or, more likely, you receive messages saying the cartridge is empty when it is not. He talks of 'dodgy practices' ~ some documented, others strongly suspected ~ like selling new printers with cartridges containing enough ink for only a few pages, rigging the smart chip in cartridges so they signal they're empty before they really are, and in rare cases he suggests that the inside of the cartridges are designed with a dummy ink reservoir so even when you think you have refilled them the ink cannot reach the print head. He says that some manufacturers continually change cartridge design to frustrate makers of 'compatibles'. They tell consumers the high price of official ink is because each cartridge contains a new printing head: it often doesn't.

The Current Banking Crisis Explained ~

Someone bought a donkey from a farmer for £100

The farmer agreed to deliver the donkey the next day

The next day he drove up and said “sorry, son, but I have some bad news. Your donkey’s died.”

The young man replied “well, then, just give me my money back”.

The farmer said, “can’t do that. I’ve already spent it.”

Young man said “Ok then, just bring me the dead donkey.”

The farmer asked “what are you going to do with him?”

Young man said “I’m going to raffle him off.”

The farmer said” you can’t raffle a dead donkey!”

Young man said “sure I can. Watch me. I just won’t tell anybody that the donkey is dead.”

A month later, the farmer met Paddy and asked “what happened with that dead donkey?”

Young man said “I raffled him off. I sold 500 tickets at two pounds a piece and made a profit of £898”

Farmer said, ‘didn’t anyone complain?!

Young man said “just the guy who won. So I gave him his £2 back.”

One of Granny’s expressions ~ from Penny

This and better may do
but this and worse will never do.

God in conversation with St Francis

~ from Penny

God: St Francis, you know all about gardens and nature. What in the world is going on down there in England? What happened to the dandelions, violets, thistle and stuff I started eons ago: I had a perfect, non-maintenance garden plan. Those plants grow in any type of soil, withstand drought and multiply with abandon. The nectar from the long-lasting blossoms attracts butterflies, honeybees and flocks of songbirds. I expected to see a vast garden of colours by now. But all I see are these green rectangles.

St Francis: Lord, it is the suburbanites. They call your flowers ‘weeds’ and kill them and replace them with grass.

God: Grass? But grass doesn’t attract butterflies, birds and bees, only grubs and earth worms.

St Francis: They like it – they go to great pains to grow it and keep it green. They fertilise it and poison any other plant that crops up in the lawn.

God: The spring rains and warm weather will make the grass grow really fast. That must make the suburbanites happy.

St Francis: Apparently not, Lord. As soon as it grows a little they cut it, sometimes twice a week

God: They cut it? Do they then bale it like hay?

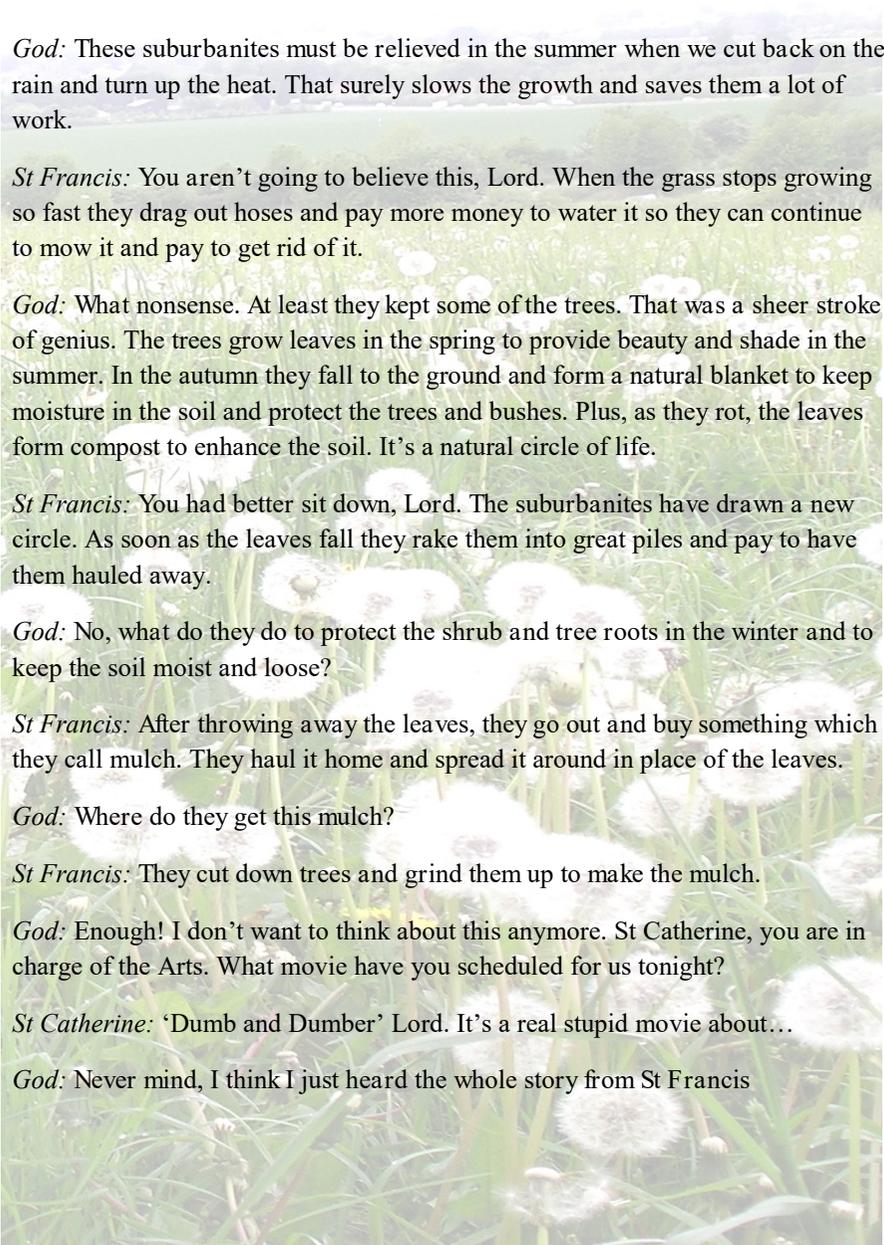
St Francis: Not exactly – most of them rake it up and put it in bags

God: They bag it up? Is it a cash crop? Do they sell it?

St Francis: No – just the opposite. They pay to throw it away.

God: So they fertilize grass so it will grow and when it does grow they cut it off and pay to throw it away

St Francis: Yes, sir



God: These suburbanites must be relieved in the summer when we cut back on the rain and turn up the heat. That surely slows the growth and saves them a lot of work.

St Francis: You aren't going to believe this, Lord. When the grass stops growing so fast they drag out hoses and pay more money to water it so they can continue to mow it and pay to get rid of it.

God: What nonsense. At least they kept some of the trees. That was a sheer stroke of genius. The trees grow leaves in the spring to provide beauty and shade in the summer. In the autumn they fall to the ground and form a natural blanket to keep moisture in the soil and protect the trees and bushes. Plus, as they rot, the leaves form compost to enhance the soil. It's a natural circle of life.

St Francis: You had better sit down, Lord. The suburbanites have drawn a new circle. As soon as the leaves fall they rake them into great piles and pay to have them hauled away.

God: No, what do they do to protect the shrub and tree roots in the winter and to keep the soil moist and loose?

St Francis: After throwing away the leaves, they go out and buy something which they call mulch. They haul it home and spread it around in place of the leaves.

God: Where do they get this mulch?

St Francis: They cut down trees and grind them up to make the mulch.

God: Enough! I don't want to think about this anymore. St Catherine, you are in charge of the Arts. What movie have you scheduled for us tonight?

St Catherine: 'Dumb and Dumber' Lord. It's a real stupid movie about...

God: Never mind, I think I just heard the whole story from St Francis

Helen, who sent us the following, said she thought her luck was in!

I shall take you to bed and have my way with you.

I will make you ache, shake and sweat until you moan and groan.

I will make you beg for mercy, beg for me to stop.

I will exhaust you to the point that you will be relieved when I'm finished with you.

And, when I am finished, you will be weak for days.

All my love,

The Flu

Colds/Infections

Because of people's low immune systems, following, say, chemotherapy/surgery/stem cell transplants it would help if you stayed at home if you have an infection. It is difficult to know where to draw the line but for instance when one of our tea ladies arrived she said she was concerned whether it was OK for her to be at the Centre because she had looked after her grandson who, it now seemed, had Swine Flu. So to settle it once and for all I suggested she phone her GP. He/she said it was fine for her to be there. She hadn't got Swine Flu and we all visit shops, supermarkets, go on buses etc. and mix with all sorts of people who are brewing up all sorts of health problems. It's just that we want to do our best for our Centre members to avoid obvious infections.

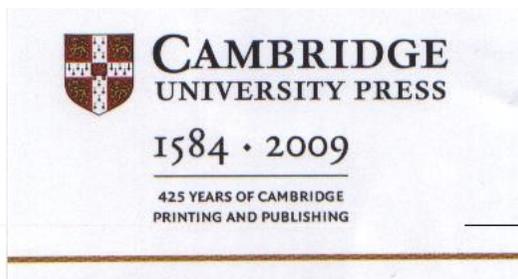
*The views expressed in articles in our newsletters,
and the products that are referred to, are not necessarily endorsed by the
Cambridge Cancer Help Centre.*

Thank You ~~£££~~,

Thank you ~~£££~~,

Thank You ~~£££~~.

~ Bob



Those of you who read the July 2009 edition of *Lifeline* will remember that I reported on a memorable production of ‘A Midsummer Night’s Dream’ which took place in the grounds of Cambridge University Press. It was a wonderful production but the icing on the cake was that, as one of that company’s three ‘Charities of the Year’, we were presented, on the night, with a cheque for £4,000.

However, it appears that the play was only part of their 2009 fund raising activities. A few days ago CCHC received the balance of the funds raised by Cambridge University Press’s management and staff. **A staggering £7,600!! Just in case you think you have misread this, I shall repeat it, £7,600!!!!**

It is difficult to know how to express, adequately, our thanks to everyone at the Company who has put in so much effort to raise such a large amount of money for us and the other two charities. The total of **£11,600** is one of the largest donations we have ever received.

Once again a big

THANK YOU, CAMBRIDGE UNIVERSITY PRESS

Therapists ~ we have some new therapists ~

Stella who offers head/neck/shoulders/hand massage

Ann who offers chiropody and Reiki healing

Ghislaine who offers reflexology

Sylvia, taught by Margot, to give hand massage

Do add your name to the appointments' list at the Centre

Sian has taken a break for 4-6 months because of family commitments. She promises she will be back later this year to offer EFT and healing.

Thursday evening therapies are discontinued for the moment but should anyone require a therapy on a Thursday evening please let me know. Michelle and Ilze will gladly offer a therapy.

Rosie, who also offered therapies on Thursday evenings says she has extra family commitments at the moment and would find it difficult to be at the Centre on a Thursday evening but she wishes the Centre well.

Relaxation

will now take place on Tuesdays and Wednesdays from 12.15-1pm. The sessions will be led by Peter, Dennis and Anne F. We are endeavouring to be very quiet during the relaxation time and are trying hard to minimise any background noise.

A large group of people now enjoy the sessions so we would be happy if you would use only the front door to enter and leave the Centre between 12.15 and 1pm on Tuesdays and Wednesdays, please.

Cynthia Webdale

We got to know Cynthia after she attended the Macmillan ‘Living with Cancer’ course at the Centre. Sad to say she died recently. I remember that she was very eager to set up a separate group at the Centre to support people who required lymphatic drainage. Sadly, that idea didn't come to fruition.

I know that the group of people she met on the course, who formed strong friendships with each other, will miss her lots, as will the rest of us at the Centre

Lymph Drainage

We are looking for a volunteer therapist who can offer lymph drainage to people who have had their lymph glands removed during surgery. They experience considerable discomfort in their arms so if you know anyone who may like to offer this therapy to people at the Centre, please ask them to get in touch with me.

Benefits/Allowances

Are you receiving all the financial help you think you should receive? Or are there some benefits you don't have any information about, which may be helpful to you? A gentleman from the Job Centre will visit the Centre for the day on Wednesday 3 March to talk individually to people who would like to discover information about the maze of benefits that are available. Please tell me if you would like an appointment to discuss your own situation.

A lot of us know **Chris Stagles** pretty well. He always joined us when we had long weekends in Sheringham, where great fun was had by all of us! We spent Friday to Monday in a large house with large bedrooms and we all slept in bunk beds. The house was very large so it did mean that most of us had our own large room and a couple of us shared a room. We always had very big breakfasts, and evening meals in pubs. Perhaps we should repeat the experience some time?

Chris wrote recently to say that Sally, one of his daughters was marrying Rob on 2 January 2010 and that as they'd already set up home together, as an alternative to wedding presents they were asking guests (if they wished) to make a donation to one of two charities that were nominated by their parents. Chris immediately thought of the Centre. The guests have been most generous and we have received donations totalling **£450**.

How marvellous for us ~ what good friends we have because even if we don't see them very often we are in their thoughts a great deal.

Gordon Murray, who captains the
Cambridgeshire Constabulary Golf Society

sent us **£581.70** mainly accumulated from fines!

He said "as captain I fined police golfers for not turning up on time, wearing non-team colours, not wearing the society tie for dinner, using mobile phones on the golf course and anything else I could think of to get a pound from them"

Thank you Gordon

Very many thanks to the following for their generous donations ~

Mr & Mrs C Hawes ~ £100

Richard Mackley ~ £100

In memory of Jennifer Wilson ~ £230

Abington/Hildersham Whist Drives ~ £100

In memory of Cynthia Quick (Acacia Court) ~ £104

Haslingfield Churches ~ £100

Province of Cambridge Masonic Bowls Ass. ~ £250

Adams Harrison Solicitors donated £200 collected in lieu of Christmas cards

Maria Louisa Armstrong sent us £132.50 from a fundraising event held in her house

And as always, our thanks to the large number of people who have donated amounts under £100. We appreciate all your gifts.

Bill Gates and GM

For all of us who feel only the deepest love and affection for the way computers have enhanced our lives, read on:

At a recent computer expo, Bill Gates reportedly compared the computer industry with the auto industry and stated “if GM had kept up with technology like the computer industry has, we would all be driving \$25 cars that got 1,000 miles to the gallon.

If GM **had** developed technology like Microsoft, we would all be driving cars with the following characteristics.

- For no reason whatsoever, your car would crash ... twice a day
- Every time they repainted the lines in the road, you would have to buy a new car.
- Occasionally your car would die on the motorway for no reason. You would have to pull to the side of the road, close all of the windows, shut off the car, restart it, and reopen the windows before you could continue. For some reason you would simply accept this.
- Occasionally, executing a manoeuvre such as a left turn would cause your car to shut down and refuse to restart, in which case you would have to reinstall the engine.
- Macintosh would make a car that was powered by the sun, was reliable, five times as fast and twice as easy to drive ~ but would run on only 5% of the roads.
- The oil, water temperature and alternator warning lights would all be replaced by a single ‘This car has Performed An Illegal Operation’ warning light.
- The airbag system would ask ‘are you sure?’ before deploying
- Occasionally, for no reason whatsoever, your car would lock you out and refuse to let you in until you simultaneously lifted the door handle, turned the key and grabbed hold of the radio antenna.
- Every time a new car was introduced, car buyers would have to learn how to drive all over again because none of the controls would operate in the same manner as the old car.
- You would have to press the ‘start’ button to turn the engine off.

PS when all else fails, you could call ‘customer service’ in some foreign country and be instructed in some foreign language how to fix your car yourself!

From Anne ~

Several men are in the locker room of a golf club. A mobile phone on a bench rings and a man engages the hands free speaker function and begins to talk. Everyone else in the room stops to listen.

Man: “Hello”

Woman: “Honey, it's me. Are you at the golf club?”

M: “Yes”

W: “I am at the shops now and found this beautiful leather coat. It's only £1,000. Is it OK if I buy it?”

M: Sure, go ahead if you like it that much.

W: I also stopped by the Lexus dealership and saw the new models. I saw one I really liked.

M: How much?

W: £45,000

M: OK, but for that price I want it with all the options.

W: Great! Oh, and one more thing...the house we wanted last year is back on the market. They're asking £980,000.

M: Well, then go ahead and give them an offer of £900,000. They will probably take it. If not, we can go the extra 80 thousand if it's really a pretty good deal.

W: OK. I'll see you later! I love you so much!

M: Bye! I love you, too.

The man hangs up. The other men in the locker room are staring at him in astonishment, mouths agape.

He turns and asks: “Anyone know who this phone belongs to?”

Art & Crafts

Pat looks after a large group of people on Wednesdays ~ watercolours rule on Wednesdays. Due to the popularity of the Art sessions, Pam will run an Art group on Tuesdays.

Pam writes:

Why not join us between 11am and 4pm for our Tuesday Art Group.

You can create your own abstract pictures, copy a picture of your choice
or create a picture from memory.

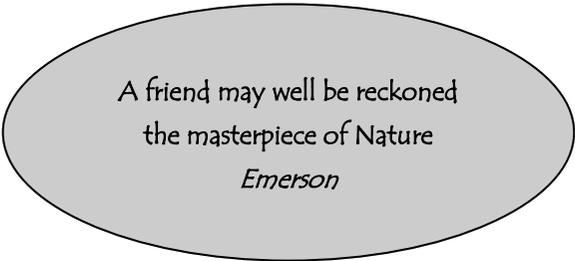
Come and have fun with Acrylics and Pastels

All abilities welcome.

Don't forget that we also enjoy other crafts
i.e. sewing, knitting, card-making scrapbooking etc.

The group enjoys a laugh and lots of fun. If anybody has any scrap items of material, old cards, beads, buttons etc. we can make use of them. Please join us if you can ~ if only for an hour or so. We look forward to seeing you.

PS If anyone has a sewing machine they don't have any use for we would be grateful to receive it for our group.



A friend may well be reckoned
the masterpiece of Nature
Emerson

Harry Rutherford ~ senior Captain of
Girton Golf Club

Visited us recently and presented us
with a cheque for
£1,000

Thank you for supporting us so generously

CBI East of England

Have sent us a cheque for
£1,287

donated by their members
who attended their Midwinter Lunch in December

Our thanks to all who gave so generously

Picture for Sale ~

given to us by Karen

when we were at

Stockwell Street.



The picture is now for sale. We would like to raise at least £100 for it ~ it cost £95 in an exhibition several years ago. Do take a look at it when you next visit the Centre. If no one buys it we will include it in the Easter raffle.

Many thanks to Noel Gooch

who gives us masses of new rugs to sell ~ rugs he has trimmed and bound, and which sell very quickly on every occasion we exhibit them.

If you would like to use his

Carpet Trimming & Whipping Service,

you can contact him on 07984 725006

Noel's workshop is on the Cottage Industrial Estate, Fen Road, Chesterton

Hi Everyone ~ from Anne F

I wanted to thank you for the e-mails you have forwarded over last year.

I no longer have any savings because I gave it all to a sick girl (Penny Brown) who is about to die in the hospital for the 1,387,258th time. But that will change once I receive the £15,000 that Bill Gates/Microsoft are sending me for participating in their special email programs. Or from the senior bank clerk in Nigeria who wants to split seven million dollars with me for pretending to be a long lost relative of a customer who died intestate.

I no longer worry about my soul because I have 363,214 angels looking out for me.

I have learned that my prayers only get answered if I forward emails to seven friends and make a wish within five minutes. I no longer drink Coca-Cola because it can remove toilet stains.

I can no longer buy petrol without taking a friend along to watch the car so a serial killer won't crawl in my back seat when I'm filling up. I no longer go to shopping centres because someone will drug me with a perfume sample and rob me.

I no longer answer the phone because someone will ask me to dial a number and then I'll get a phone bill with calls to Jamaica, Uganda, Singapore and Uzbekistan. I can't use anyone's toilet but mine because a big brown African spider is lurking under the seat to cause me instant death when it bites my bottom.

I can't even pick up the £5 I found dropped in the car park because it probably was placed there by a sex molester waiting underneath my car to grab my leg.

If you don't send this email to at least 144,000 people in the next 70 minutes, a large dove with diarrhoea will fly over you at 5pm tomorrow afternoon and fleas from 12 camels will infest your back, causing you to grow a hairy hump. I know this because it actually happened to a friend of my next door neighbour's ex-mother-in-law's second husband's cousin's beautician.

Easter Sunday falls on 4th April this year.
The Centre will be closed on Monday 5th April
and will reopen on Tuesday 6th.

I look forward to seeing you all at the AGM ~ please will you provide a bring-and-share lunch. Experience tells us that your food is not to be missed. And bear in mind that this is our 24th year ~ the Centre will be 25 years old in 2011 ~ we shall have a PARTY to end all parties!

Much love

Ann x x x

