

**STOP PRESS**

Those of you who are pensioners of the NHS will have received an invitation to join the NHSRF with your P60. If you live in the Cambridge area, you would be very welcome to join the Cambridge Branch. A lot of information about the activities of the Branch are given below; and Appendixes 1 and 2 are a Membership Form and Gift Aid Declaration respectively. If you wish to join now that is great, or just come to one of our meetings and join the merry throng to see how we do things. Whichever you decide, you are assured of a hearty welcome.

The Branch meets monthly, January to November, on the last Thursday of each month in The Fulbourn Centre, Home End, Fulbourn, CB21 5BS, by the Recreation Ground. There is plenty of adjacent free parking, or the half-hourly Citi 1 Bus stops within a few minutes walk (see map below in Appendix 3). The doors open at 10.00 for a 10.30 start. Coffee, tea and biscuits are provided free; and there is also a free raffle.

Our General Meetings have Illustrated talks on many subjects. The programme for 2022 is given below and our Rambles programme below that:

General Meetings

- | | |
|-------------|---|
| January 27 | “Cambridge Horse Trams”, David Stubbings: An illustrated talk about the Cambridge street railways. |
| February 24 | “Volunteer Teacher in Ethiopia”, Robert Guyton: An audio-visual presentation of his years there. |
| March 31 | “Blood Runners”, Malcolm Parkinson: A talk on getting blood from the Blood Bank to Hospitals. |
| April 28 | “Addenbrooke’s Charitable Trust”: What the trust is and does. |
| May 26 | Branch AGM and a talk on “Age UK – Support Available”, Ann Chapman: She is the Information and Hubs Organiser Age UK. |
| June 30 | “Womens’ Roles and Achievements in Aviation”, David Taylor. |
| July 28 | “Accents and Dialects in Cambridge”, Prof Mike McCarthy. |
| August 25 | “Bee Keeping”, Jeff Miles, Cambridgeshire Beekeeping Association. |

September 29 "Pye History Trust", Roger Crabtree.

October 27 "Life of a Counter Terrorist Detective", Ann Lawrence.

November 24 TBA

Rambles

Rambles of approximately 5 miles of easy walking, starting and ending at a local pub where we have lunch. The walks start at 10.15 but the programme may be liable to change due to unforeseen circumstances. Check by calling Mike (07981 888149), Paul (07835 763528) or David (07796 333761) in the days before the event.

January 19 Ramble around Elsworth, The Poacher

February 16 Ramble around Heydon, King William IV

March 16 Ramble around Kirtling, Red Lion

April 20 Ramble around West Wratting, Chestnut Tree

May 3 Away day - Ramble around Market Harborough, Foxton Locks

May 18 Ramble around Abington Piggotts, Pig & Abbot

June 15 Ramble around Wyton, Three Jolly Butchers

July 20 Ramble around Therfield

August 24 Ramble around Fen Drayton

September 21 Ramble around Spaldwick

October 19 Ramble around Burrough Green

November 23 Ramble around Boxworth

December 14 Ramble around Hardwick

Our other activities throughout the year include:

Outings to Theatres and Places of Interest

Our next activity is a Platinum Tea at Madingley Hall on Wednesday 6th July which is now fully booked.

However, bookings are still being taken for the trip to Westminster Abbey on Tuesday 18th October. Further details and instructions for booking are given below in Appendix 4.

The trip to Grimsthorpe Castle Park and Gardens on Tuesday 24th May was a great success and enjoyed by all.. Other previous trips have included: Hampton Court Palace, The Royal Hospital Chelsea, The End of the Pier Show at Cromer, and the Comedy About a Bank Robbery That Goes Wrong.

Annual Christmas Lunch

This will be held at Madingley Hall on the 6th December. Further details later.

Summer Holidays

An annual holiday is enjoyed by around 50 members including return coach travel, hotel accommodation and coach outings to local places of interest. This year it is to the "Heart of England" from 15th to 19th August and is fully booked. Recent holidays have included *The Hidden Gems of Northumbria* and *The Lake District*.

A Musical Presentation

Normally in November, consisting of traditional and contemporary folk music.

Welfare Group

A group of volunteers is available to help members who may be in need of extra support.

Award-Winning Newsletter

Distributed to all members containing details of branch activities, reports of meetings and outings, puzzles, and other articles of interest. The latest edition is given after Appendix 4.

A Monthly Raffle

An Occasional Quiz

If you would like to join us, please contact our Membership Secretary, David Cole

Tel: 01223 833656 and Email : memsecnhsrfc@virginmedia.com

Appendix 1, 2 , 3 and 4 and the latest Newsletter are below.

Cambridge Branch

Membership Application Form

Membership Subscriptions are normally due annually on 1 April

Membership is £35 per person. Cheques to be made payable to 'NHSRF Cambridge Branch'.

Please complete in BLOCK CAPITALS

Name and title			
Home address			Post Code
E-mail address			
Home telephone		Mobile telephone	

Date of Birth

Former Occupation

Were you an NHS or NHS-associated employee? Yes No

Are you the spouse or partner of an NHS or NHS-associated employee? Yes No

In case of emergency e.g. illness or accident occurring during a meeting or a social function, it is advisable for the Branch Committee to have contact details of a relative or friend whom we could contact. If you would like to provide details please complete the form below

Name

Address

Telephone number(s).....

Are you willing to assist at meetings with jobs such as coffee, charity stall, raffle, etc.? Yes

No

Special interests

.....
Proficiencies e.g. IT, finance, secretarial
.....

Data Protection

Please note that members' personal data will be available to their Branch Committee and Central Office but strictly only used for membership and activity purposes. Fellowship staff and your Branch Committee will wish to communicate with you concerning Fellowship and Branch activities. This may be via post, email or phone.

I consent to the NHSRF contacting me by:-

- post
- phone
- email
- To maintain my membership of NHSRF;
- To keep me informed about news, events, activities, offers and information about any role I may be undertaking (*note you can unsubscribe from the mailings at any time*).

I agree to abide by the constitution of the NHS Retirement Fellowship. The constitution may be viewed at the NHSRF website at www.nhsrf.org.uk

Signature Date

.....

Please consider completing the Gift Aid Declaration below.

Please send your application form, your remittance and, if applicable, your Gift Aid Declaration to the Membership Secretary, Dave Cole, 5 Huddleston Way, Sawston, Cambridge CB22 3SW (or you may bring them to a branch meeting)

NATIONAL HEALTH SERVICE RETIREMENT FELLOWSHIP**CAMBRIDGE BRANCH****Gift Aid Declaration**

The Gift Aid Scheme provides the simplest way ever for members who are UK tax payers to help the NHS Retirement Fellowship. There is no extra cost to yourself and no future commitment. All Branch members are urged to complete the simple form below, the effect of which will be to increase the value of your subscription or donation by 25% to the benefit of both your Branch and the Fellowship.

Please complete in BLOCK CAPITALS

Title: Forename(s):

Surname:

Address:

.....

..... Post Code:

I would like the NHS Retirement Fellowship to treat all donations and subscriptions that I have made, and any I make from the date of this declaration, as Gift Aid donations.

Please note: You must pay an amount of Income Tax (or Capital Gains Tax) at least equal to the tax the Fellowship can claim on your donation. You can cancel this declaration at any time.

Signature..... Date.....

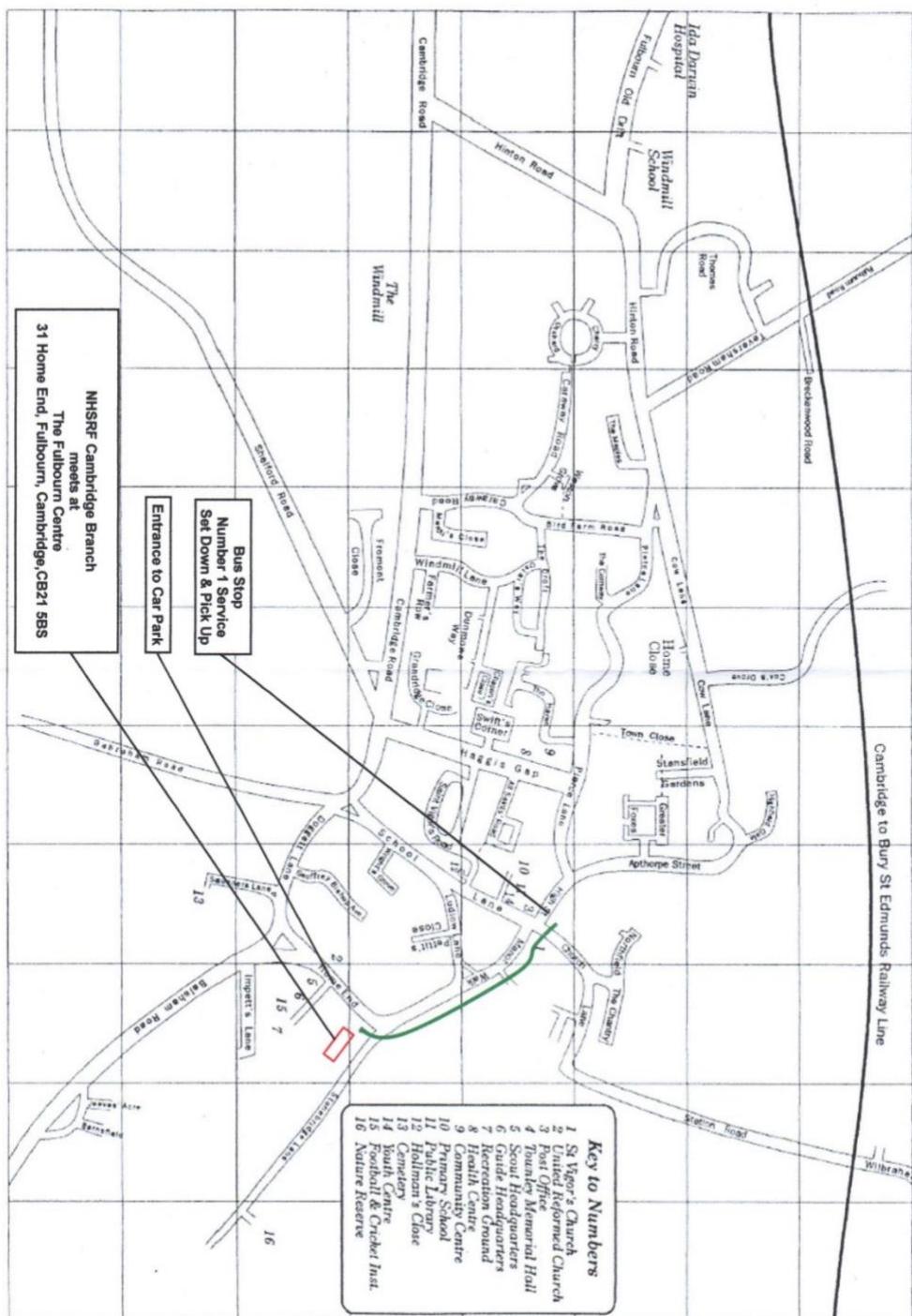
Please pass this completed declaration to your Branch Membership Secretary

Information about Gift Aid

- ~ The Gift Aid rules allow registered charities like the Fellowship to claim back from the Inland Revenue an amount which will increase the value of our subscriptions paid to the Fellowship by 25%.
- ~ You can sign a gift aid form if you pay income tax and/or capital gains tax for each tax year (6 April one year to 5 April the next) that is at least equal to the tax that any charities reclaim on your donations. (For example, if you pay a total of £100 of tax, you can sign a declaration for subscriptions and donations up to a total of £400 to the registered charities that you support.)
- ~ Remember, you may be paying income tax on savings and investments as well as your pension.
- ~ You can sign more than one gift aid declaration; in fact, you can sign as many as you wish providing that the subscriptions total is no more than four times the total amount of tax that you pay.
- ~ The branch treasurer and the staff in the Fellowship office do not know how much tax you pay or how much your income is. The form that you sign is sent to the Fellowship Office and then sent on to HM Revenue and Customs. Please note we are required to retain records of gift aid for 6 years and will do so securely.
- ~ Income from gift aid is very valuable to the Fellowship. The more people that sign a gift aid form, the lower we can keep branch subscriptions.
- ~ You can cancel this declaration at any time.

APPENDIX 3

Map of the location of the Fulbourn Centre and nearby bus stop.



NHS RETIREMENT FELLOWSHIP - Cambridge Branch



Westminster Abbey

Tuesday 18th October 2022

Our Autumn outing gives us the chance to walk in the footsteps of kings and queens while enjoying spectacular surroundings in the historical Westminster Abbey.

Our party will be shown around the famous Abbey by experienced volunteer guides and will include a visit to the Queen's Diamond Jubilee Gallery. Lifts are provided for those who may find the twisty staircase too much of a challenge, but once there the visitor is rewarded with some fascinating historical experiences, colourful detail and a chance to view the entire length of the abbey from the gallery immediately above it.

Our tour will begin at approximately 1.15pm and following a comfort break at 2.15 we will visit the Queen's Diamond Jubilee Gallery. A refreshment break will then give us the chance to recharge our batteries before taking up reserved seats for the daily Evensong service and Abbey choir recitals at 5.00pm. Evensong lasts approximately 45 minutes and we plan to leave for Cambridge at 6.00pm.

The price is **£43.00** per head which includes entrance to the Abbey and Jubilee Gallery, coach, park and ride and driver's tip. Lunch is not included but meals and snacks are available within the Abbey Cellarium café and terrace or nearby food outlets.

Our party will leave **Trumpington Park and Ride** at **9.15 am prompt** which should give us ample time to reach our destination and take lunch (not provided) before meeting our guides at **1.00pm**.

Bookings

If you would like to book or require further information please contact Lenore on 01223 244256 or email steveandlenore1928@gmail.com

- Please send a SAE to Mrs Lenore Greaves, 20, Lemur Drive, Cambridge CB1 9XZ if you want a receipt. Cheques should be made payable to NHSRF Cambridge. If you are happy to receive confirmation of your booking by email I will gladly do that.
- The contact telephone number on the day is: 07881901619.

Cancellations

Please note that once you have booked to attend this outing no refunds can be made unless a waiting list exists enabling someone else to take your place, or if the event is cancelled by the Branch committee.

I confirm receipt of £ **cheque only** as deposit or full payment for place(s)

from

Signed on behalf of the Cambridge Branch

Date

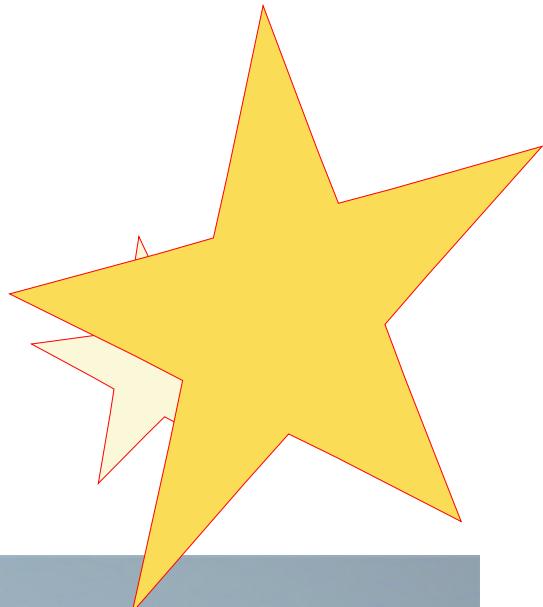


Newsletter

Cambridge Branch

Registered Charity Number 287936

December 2021 Issue 116



An historic Second World War Spitfire decorated with tributes and messages of thanks to NHS workers flew over many hospitals throughout our region adding its very own contribution to accolades given to NHS staff working on the front line during the pandemic.

Picture by David Seton

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Message from our President

I have been very heartened to see the number of members attending our monthly branch meetings now that they have recommenced – albeit at a different venue and on a different day of the week.

Since about two years ago restrictions of one kind or another have been in place during the pandemic. Now that many of them have been relaxed, I earnestly hope that our members can enjoy a traditional and covid-free Christmas and New Year with family and friends, while still remaining vigilant – lest Plan B comes knocking at the door!

I look forward to seeing you all at branch meetings in 2022.

Philip Rundle



**Dates for monthly Branch meetings for 2022
in the Townley Hall, Fulbourn Centre**

Thursday 27 January
 Thursday 24 February
 Thursday 31 March
 Thursday 28 April
 Thursday 26 May (AGM)
 Thursday 30 June

Thursday 28 July
 Thursday 25 August
 Thursday 29 September
 Thursday 27 October
 Thursday 24 November

Chairman's Letter
Sarah Denham



**Cambridge Branch
NHSRF
Chairman's message
Christmas 2021**

Dear Members,

After nearly 20 months the lock down restrictions have finally been lifted to allow people the chance to hold group meetings and take part in social events, although still with limited attendance to maintain social distancing.

For quite a while the autumn weather was mild enough to give people opportunities to meet their friends in their gardens or outdoor areas and feel safe in doing so, but as winter is now upon us and another year draws to a close those meetings inevitably moved inside where it became advisable to keep windows and doors open to allow air to circulate as a lasting precaution against Covid.

Our first Branch meeting since February 2019 took place in September at our new venue in The Townley Memorial Hall, at Fulbourn Centre and was well attended with 85 members turning up as we restarted our Branch activities after a very long absence.

A special word of thanks must go to our members who arrived at the door of Fulbourn Centre full of enthusiasm having had to contend with a new venue, a new meeting day and a troublesome fuel shortage. Well done all of you for making the effort to join us

The event worked well and I would like to thank our Secretary Steve Greaves and Treasurer Mike Rolfe for doing the research involved in securing a new home for our meetings.

I would also like to thank the small team of Audio Visual operators who got to grips with the new P.A system and allowed the speaker to carry out his talk with full vision and sound facilities.

The free raffle, which the committee felt was a safe option, will continue until the threat of covid has subsided and bunching of members in one spot is not quite such a risk to our safety.

Your committee members have worked hard in preparing our Branch for the re-opening of our meetings and social activities and we should offer a vote of thanks to them for their sterling efforts.

As the pace of our activities pick up it is pleasing to see the walking group is back on the march and organising their programme of rambles for our future enjoyment. If you would like further details of these walks please contact Mike Rolfe or Paul Tippett to get more details.

The welfare team is headed up by Pat Godson and throughout the lockdown restrictions they have kept in touch with those members in need of support. If you know of any member who is struggling in any way please contact Pat or one of the team to see if they are able to help

We kicked off the Festive season with our annual Christmas Lunch, held as usual at Madingley Hall, where we once again enjoyed a

success ful and happy after noon devour ing a three course meal before taking part in a Festive



Sarah with Lenore Greaves, organiser of the Christmas lunch, at Madingley Hall

sing-a-long with Paul Tippett and his musical partner Wally Palmer who entertained us so well at our last lunch in December 2019.

Well done Lenore, and thank you for organising the event for us.

Christmas is a time for giving thanks, meeting up with friends and family while sharing festive celebrations, but last year we had to contend with so many social restrictions due to the pandemic many people were unable to keep Christmas in a way they normally do, but as things appear to be easing generally the numbers of people being infected is still rising so we must remain cautious when out and about, and should wear a mask if in close proximity to other people.

Let us look forward with renewed hope and I wish you all a wonderful Christmas and a happy New Year and am looking forward to our 2022 meetings with fully jabbed members.

**Best wishes for the new year
Sarah**



The Spitfire

An historic Second World War Spitfire based at Duxford and decorated with tributes and messages



of thanks to NHS workers has given its own unique accolade in praise of frontline NHS staff who did so much to help others throughout the pandemic.

After initially flying the aircraft around villages near to their base at the Imperial War Museum in Duxford as part of the *Clap for Carers* campaign for NHS workers during the height of the pandemic, organisers found the response so overwhelming they decided to make the aircraft a regular feature of last year's Thursday evening event.

In addition to flying over many hospitals in our region the plane also flew in many areas of the country as part of a national campaign of thanks.

The blue Spitfire PL983 'L' flew over dozens of the hospitals with its 'Thank You NHS' message painted across the underside of its wings to show appreciation of the hard work of frontline health-care workers during the coronavirus pandemic. The Spitfire, which will be decorated with the names of 80,000 people, raising tens of thousands of pounds for NHS charities in the process, was a much-admired entry in an air show at Duxford in July and September.

The NHS Spitfire Project was launched by The Aircraft Restoration Company – a family-owned business that specialises in aircraft maintenance, restoration and operational services.

John Romain, the company's founder and director who flew the Spitfire during the special flights, said: "It all began with an idea around a family table during lockdown to fly our beloved photo-reconnaissance Spitfire 'L' around the local villages for the *Clap For Our Carers* with 'Thank U NHS' emblazoned on the underside of the aircraft.

"We hoped it would lift the community spirit and it did, the response was utterly overwhelming. We were not prepared for the emotionally charged messages of support and gratitude that we received for that first flight; it was what paved the way for the development of the NHS Spitfire project.

"Our aim was to involve the nation, enabling them to become a part of the story while raising funds for NHS Charities Together. Having now flown over hundreds of NHS hospitals and with thousands of names hand-written onto the Spitfire, we are humbled to have been able to give those in our communities a way of saying a simple thank you."

During the tenth week of *Clap for Carers*, the Spitfire was flown with 'Thank You NHS' across the underside of the aircraft for the first time. Over the course of the coming year, organisers are attempting to hand write 80,000 names onto the Spitfire, either the name of a NHS worker, a tribute to a loved one or family member, friend or neighbour who has gone the extra mile during the pandemic.

To have a name written on to the Spitfire this summer, visit the NHS Spitfire Project JustGiving Page. A minimum of £10 donation along with the name of the person and the reason for the nomination is required. All money raised will go to NHS Charities Together, and more than £150,000 has already been raised.

Steve Greaves

The pictures featured were taken by David Seton at Duxford in July of this year during a delayed air show spectacular

Present committee members of the Cambridge Branch NHSRF

Sarah Denham (Chairman);
Steve Greaves (Secretary);
Mike Rolfe (Treasurer);
David Goodman (Asst Treasurer);
Dave Cole (Membership Secretary);
Lenore Greaves (Social Secretary);
Tony Ward (Speaker's Secretary);
Pat Godson (Welfare team leader);
Kate Eagin (Welfare team rep)
Christine Ward (Committee member)
Tony Moffat (Committee member)

The Change of Venue for our Meetings

The Covid pandemic has brought about many unsought changes to our way of life and the way we do things. Unfortunately, the Cambridge branch of the NHS Retirement Fellowship has not escaped such enforced changes.

In recent weeks one question above others has been asked at regular intervals: Why did we have to vacate our meeting venue at Addenbrooke's Hospital?

Through no fault of our own we had to relocate from the Hexagon Room at Addenbrooke's because it is currently not available for our use as a



meeting centre. At the start of the pandemic restrictions in March 2020 the Addenbrooke's senior management decided to turn the Hexagon Room into a quiet rest and relaxation sanctuary available to NHS staff and ambulance crews only. Visitors are not allowed in and there are no immediate plans to revert the Hexagon to its previous role, so your committee had to look elsewhere for a suitably sized room capable of hosting our monthly meetings and accommodating our speakers.

Other on-site rooms which may have worked for us are also out of bounds because the hospital, following Government guidelines, quite rightly does not want to risk increasing infection with upwards of ninety people traipsing through hospital corridors or using the lifts or stairways until further notice.

Other factors have come into play too. The land immediately outside the Hexagon is currently a building site as new medical blocks are provided.



The coming and going of construction site vehicles has created a traffic nightmare around the Frank Lee

Centre with congestion, traffic diversions and blocked roads adding to the misery. In addition to this chaos the nearby disabled parking bays have been replaced by marquees currently being used as a staff Covid testing centre and it is unknown when, or if, these disabled bays will be reinstated.



The small open air car park opposite the bus station at the front of the hospital, where we were able to park previously, now has twelve parking spaces reserved for staff only of Cambridge University and have locked access to those twelve spaces to prevent others parking there. This means of course that already sparse parking facilities have deteriorated beyond measure since the first lockdown in March last year. This car park is basically reserved for hospital staff and volunteers and our entry was conditional on a grace and favour agreement with the hospital authorities and was on a first come first served basis.

At several of our branch meetings before the pandemic outbreak the available spaces had inevitably been taken at the time of our meetings. How many of our members circled this car park, were unable to find a space and either went home without bothering to attend the meeting or drove to the Babraham Road Park and Ride?

With free spaces now as rare as hens' teeth, and there also being a serious lack of disabled places, temporary or otherwise, a further option discussed by your committee (subject to a suitable room being obtained) was to use the multi-storey car parks on site, but this would be expensive. The fee up to one hour is £3, up to two hours it is £4.50 and up to four hours it rises to £8.20. Up to six hours it is £12.40. There are no discount facilities unless we





are patients or patients' visitors, and the car parking firms NCP and Saba are not prepared to leave spaces blank for our members to use

freely or at a reduced rate. Who can blame them? They are after all commercial businesses.

So, you will see from this sorry tale of woe that your committee had no choice but to relocate to another venue and after carrying out research on several alternative venues the committee decided to approach management at the Townley Memorial Hall in Fulbourn to ask if they were willing to host our meetings on a monthly basis until further notice.

You also need to know that due to current booking arrangements already in place at Townley Hall our monthly meeting day has changed from the last Wednesday in the month to the last Thursday in the month.

The hall has plenty of free and level parking spaces, including disabled, close to the buildings themselves and is on the Citi1 bus route which offers a 30 minutes service from many areas close to Cambridge itself and stops in Fulbourn with a straight walk to the Townley Hall entrance. It is a walking distance of 10-15 minutes from the bus stop, which is very little difference to that from the Addenbrooke's car park to the Hexagon Room.

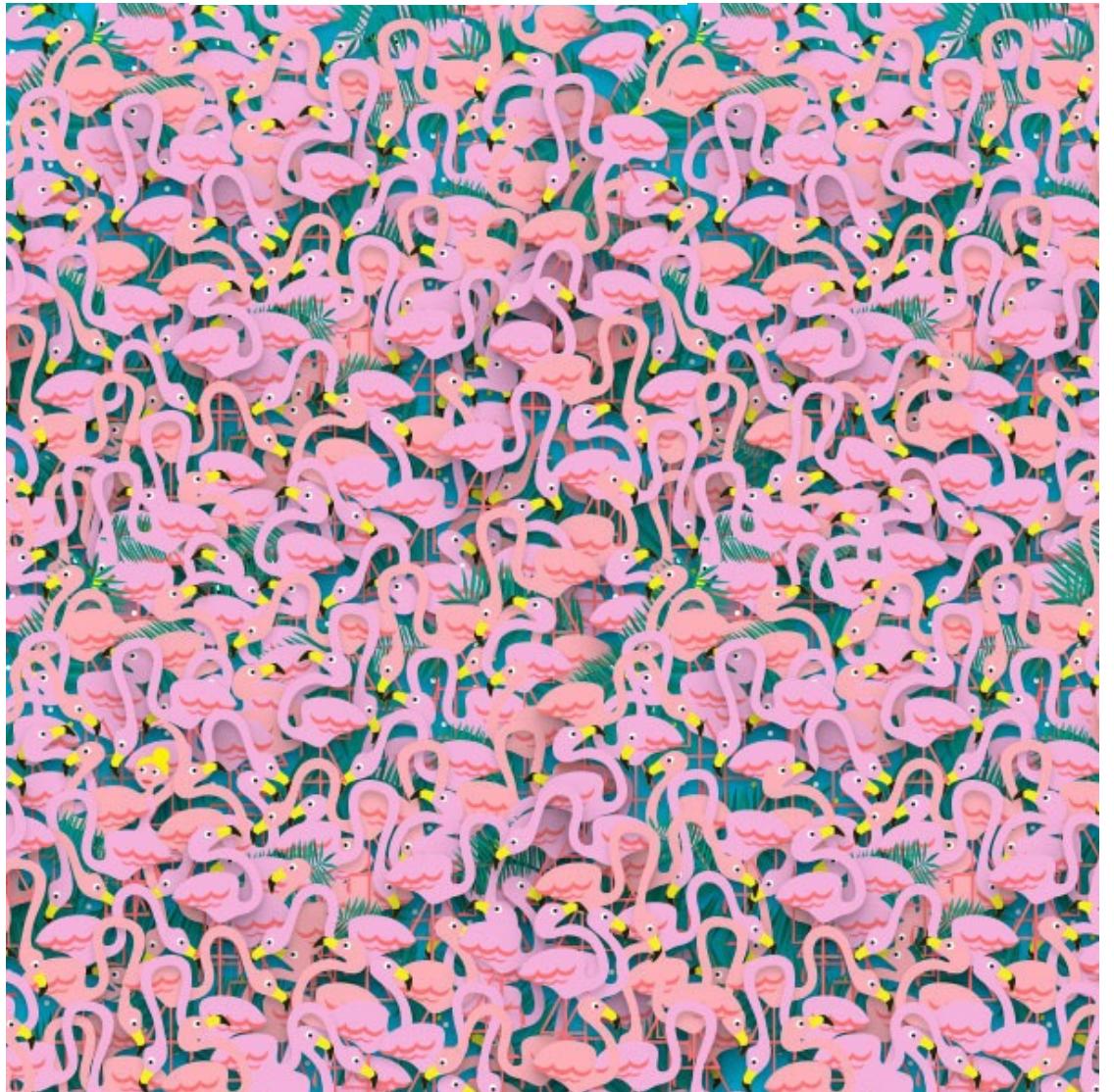
The decision to relocate was forced upon us and the move to Fulbourn was not taken lightly. Hopefully you will come to enjoy and appreciate the facilities there as you did when we used Addenbrooke's.

Steve Greaves



**The first
of our
Christmas
puzzles...
see pages
21-28 for
more!**

*Find the
ballerina*



Philip Rundle

After spending twenty years as the principal correspondent for the Cambridge Branch newsletters our president, Philip Rundle, has decided finally to put away his quill pen and close his ink pot for the last time.

Philip, who recently turned 90, has decided to retire after a distinguished career doing excellent summaries of the numerous talks provided by the monthly guest speakers.

He said: "I have really enjoyed contributing to the newsletters and covered some very interesting topics, but there comes a time when one has to stand down. That time has come for me."

During his long connection to the newsletter Philip proudly produced some glorious pen and ink drawings which were regularly published in the newsletter. He has been a skilled and enthusiastic artist for many years (self-taught, he proudly tells us), latterly using mostly watercolours for his illustrations, which generally took the form of buildings that were associated with the NHS in Cambridge and surrounding areas. For all that time he used a paint box given to him by his father when he was ten and although it has been replenished many times since it is still one of his most treasured possessions.

Philip, who was born and raised in Lancaster, has two daughters, Bridget and Christine, with whom he spent his birthday at Quy Mill, Cambridge with their respective families.

For a while he was a rolling stone with no firm idea of what to do but he gradually began to follow a career in administration and took his first job as an administrator at King's College Hospital in Denmark Hill, London, finally reaching the shores of the River Cam in the mid-1960s several jobs later.

Considering the style and finesse Philip showed when composing his articles for the newsletter it comes as no surprise to hear that he was in the top stream of scholars at Lancaster Grammar School where he gained high marks in English literature, history and divinity at Higher School Certificate and Scholarship levels, the forerunners to what became GCE A level exams.



Philip with the paint box which has given faithful service for the past eighty years

After leaving school he was in the fortunate position of being offered places at both Cambridge and Oxford universities, but chose to attend Worcester College, Oxford where he read modern history rather than Jesus College, Cambridge as it allowed him to begin his university education within a few months of finishing his National Service rather than wait a year to begin at Cambridge University.

While doing his National Service at Brecon, North Wales and Shorncliffe in Kent he became a teacher of a number of subjects being studied by his fellow National Service recruits.

Philip arrived in Cambridge in 1965 when he was appointed Assistant House Governor at Addenbrooke's, moving here from Carshalton with his bride Miriam, whom he had married in 1959.

After a few years in this role Philip became the hospital secretary at Addenbrooke's and was later appointed as Sector Administrator in South



One of Philip's line drawings of Ditchburn Place which appeared on the front cover of the Newsletter in November 2010

Cambridgeshire. A further promotion in 1984 led to him being installed as Head of Administration, a position he held until he retired in 1992.

Following his retirement Philip became a voluntary archive assistant helping the resident archivist, Peggy Cant, to catalogue and safeguard Addenbrooke's records, some of which went back to the late 18th Century and were very fragile. When Mrs Cant retired Philip took over as the main hospital archivist. He enjoyed his time in this role but, in his own words, was computer illiterate and in 2002 he bowed to the inevitable and persuaded the Addenbrooke's management to appoint a full-time archivist who had the necessary

computer skills to transfer the records to electronic storage devices. The job was taken by Joan Bullock-Anderson, who stayed in her post as archivist for less than a year but in that time became a good friend and a regular Scrabble opponent, a rivalry that exists to this day.

She was replaced by Hilary Ritchie who held the post for many years.

During his time with the Fellowship Philip has

The Semi-pro Sixties David Caulfield September meeting

Our opening return to Branch activities at the end of September, following a very long enforced absence, could not have provided greater evidence of the friendship and camaraderie that exists within the Cambridge Branch of the NHS Retirement Fellowship.

There was a lot to contend with: a new venue, a new meeting day and a fuel crisis which made travelling difficult for everyone.

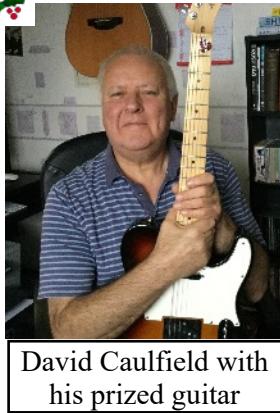
Yet our members responded magnificently and 85 of them turned up at the Townley Memorial Hall at Fulbourn Centre to hear – and clearly enjoy – a very amusing speech by our guest speaker, David Caulfield.

A great big Thank You to those of you who were able to attend. Your presence and support of the Branch was fantastic and greatly appreciated.

David, who hails from Barkingside in Essex, chose for his subject the creation of pop music groups who performed in semi-professional circles in the mid-sixties.

Judging from the enthusiastic response of his audience it was an inspired choice.

His trip down memory lane and his comedy anecdotes brought warm murmurs of appreciation from the people before him, many of whom had experienced the exact emotions as he himself did as a young guitarist trying to make the big time by visiting a wide collection of pubs and social clubs with a small number of different bands, (the word Band replaced the more familiar Sixties name of Group in 1968), providing live entertainment for the good people of Essex, where he grew up and spent most of his amateur



David Caulfield with his prized guitar

played a leading role with the rambling, quiz and Scrabble groups and after a few years as a Fellowship member he became Branch Chairman and years later maintained his connection with the Fellowship by taking up the post of Branch Secretary.

Now of course he is our life President. Happy retirement Mr President.

Steve Greaves

musical career before later becoming a published author about the music scene in the Sixties.

The venues ranged from a tiny space in an impossibly tight corner of a back street pub to a larger room upstairs which were inevitably narrow and twisty, making it very difficult for them to get their equipment up and down them.

For those of us who attended such events we would remember well his tales about the group on stage being interrupted during a live performance by the entertainments' Secretary/club chairman saying without preamble things like:

“If you want to buy your cockles or crab sticks, the lad the who sells the fish has just arrived and has his basket ready for customers at the back of the hall.”

Or:

“Bingo and raffle tickets are now on sale at the back. Go and get them now without delay.”

Or:

“Edna Lostaqid has mislaid her favourite umbrella. It’s red with white spots. If you find it bring it to the office at once.”

Ha! Those were the days my friend – cue a

favourite song from the Sixties . . .

Your correspondent can vouch for this type of intervention for he was that lad who sold cartons of fish foods at such clubs in his dim and distant



David with his group The Tropics in the 1960s. David is the guitarist first on the left

time as a sallow youth!

During his talk David covered various aspects of the 1960s including the arrival of mini cars, mini-skirts, Radio Luxemburg and the eye popping, jaw

dropping beauty that was the famous, and much coveted, red and white electric guitar widely used by Hank Marvin, who was a leading member of the group originally known as *The Drifters* who played as the backing group to Cliff Richard years before they became known worldwide by their more familiar name of *The Shadows*.

David had our members giggling with his descriptions of how he and his first group raised money to buy their equipment by collecting as many glass beer and wine bottles they could lay their hands on and returning them to the local off-licence in exchange for cash.

That was true recycling and is a lesson to those modern day eco lovers who think they are the only ones who know about recycling.

In 1976 David and his group then known as *Flashmac* answered an advertisement in *Melody Maker* to audition for ATV's *New Faces* programme, which launched the careers of Lenny Henry and Victoria Wood amongst others.

The Compere of the show, a forerunner to *Britain's Got Talent*, was Derek Hobson and the judging panel was comprised of Les Cocks (the show's producer), Tony Hatch (famous songwriter), Jimmy Henney (music publicist), and Jack Parnell (well-known bandleader).

Nothing really came of their fifteen minutes of fame, but at least they got their faces on television.

Another humorous tale concerned the time he and his fellow members of their band called *The Tropics* tried to personalise their battered old Bedford van which they used to reach their destinations.

At the time the new James Bond film franchise was enjoying a successful launch of the film series that was to last for the next 60 years.

While other people were naming their vans Chloe, Connie, Lisa or Maggie, this lot thought it would be a jolly jape to name their van ***Bond, James Bond 007***, but they chose to use stickers based on the Letraset system and in the course of much leaning on the van, too-ing and fro-ing loading and unloading equipment into and then out of their precious vehicle, plus the very occasional wash the wording became something less exciting — ***BO JIM BUM 007***.

True or false?

It didn't matter because it brought howls of laughter from our audience who really appreciated the walk down pop music memory lane and was a fitting end to our first day back after the twenty months lay-off due to the pandemic.

Steve Greaves

David Caulfield

David Caulfield was born in 1948 in Barkingside, Essex.

He started playing guitar at the age of 13 after being given a guitar by a family friend. He then formed a group with friends at school and has maintained his interest in playing guitar and has performed with a number of bands right up to the present day.



A young David Caulfield pictured in front of the many glass bottles he used to return in exchange for cash from a local off licence to buy equipment

David and his wife Marie have two sons, Anthony and Stephen, who have continued the musical family tradition by playing both guitar and keyboards. Grandson Thomas has now followed that tradition, becoming proficient at guitar and drums and performing with family and friends.

After leaving school in 1965 David joined the Westminster Bank (now NatWest) and worked in the Architect's Department as a draughtsman.

He later realised that a life in sales offered a new desirable career and he was soon on the road, spending five years selling photocopiers at the Remington Company before joining the newly formed Casio Electronics in 1975.

At first, the range of products offered amounted to just three calculators, but this quickly expanded into hundreds of different products and David embraced the task of running the new Electronic Instrument Division.

Casio's range of affordable keyboards became an enormous success and changed the face of the keyboard market worldwide. In 1985 David was approached by Akai to launch a new range of professional musical instruments.

Akai's philosophy was to provide innovative digital musical products to the market and, once again, David found himself responsible for a market leader.

Since leaving his last employer Martin Professional, the Danish Lighting Company in 2007, David has run his own sales and marketing consultancy.

His book '*Semi-pros in the Sixties*' is also available as an ebook through Amazon.

A car on the roof of the University Senate House Gordon Hannah October meeting

What is the definition of a prank?



According to the Cambridge dictionary a prank is described as: ***a trick that is intended to be amusing and often to make someone look foolish.***

Ever since a university was first formed at Oxford in the early 13th Century college students have been renowned for their pranks against each other; against college staff; against unfortunate townsfolk who had the misfortune of living near to a university; and against any unsuspecting hapless target considered fair game.

Sometimes these pranks were funny, some silly and some were ingenious, or downright dangerous: one such example of the latter is the stunt pulled by twelve Cambridge students who decided one day that it would be an eye-catching prank to park a car on the roof of a university college building.

And thus, in June 1958, was born a piece of Cambridge University folklore which still resonates today.

A car on a roof was the highly engaging topic chosen for the enjoyment of our Branch members at our meeting in October when Gordon Hannah regaled us with a very amusing, informative and entertaining talk.

The origins of this escapade began when one of the perpetrators, Peter Davy, peered out of his bedroom window one morning and looked at the roof of the Senate House building directly opposite his room.

Ding!! A light bulb came on and an idea began to form. Would it be possible to get a car on that roof? Preposterous, but could it be done?

He and his friend Gilbert Roberts put the idea to a group of their fellow engineering students and they began to consider the how, the why and the when.

Deep discussions followed and it became clear the ‘when’ was easier to solve than the other questions: it would be during the annual Bumps suppers night when many students and townsfolk would, hopefully, be preoccupied with the celebrations.

Contrary to popular thinking the project was not an overnight scheme inspired by idle chatter in a bar and was anything but a prank. It became an audacious exercise of detailed engineering

planning and operation which took twelve months of careful preparation to execute.

They put their training to good use and came up with an ingenious crane and pulley design to help them raise what was actually a derelict Austin 7 van which they had found in a farmer’s field in Harston.

The team were able to buy the vehicle, which had no engine, from the farmer for the princely total of £4 10s.

But before the deal could be completed he demanded the rear axle be returned to him later. No, they didn’t know why either.



To help maintain the secrecy of their scheme they pretended that towing the van away was a May Week stunt being organised by the students at

St Catharine’s College and as part of their preparations two teams were created: one on the roof to haul up the vehicle and one below whose initial responsibility was to organise the first stage of lifting under the command of Nigel Balchin.

This second team was also responsible for implementing pre-arranged signals in case strangers strayed too close to the operations centre. One of the signals was the starting of a Vespa scooter engine if anyone strayed too close to the lifting area while some other enterprising tactics were employed by female members using feminine wiles to distract the attention of anyone who took too much of an interest in what was going on above them. Something about legs and the hitching of skirts came into the equation.

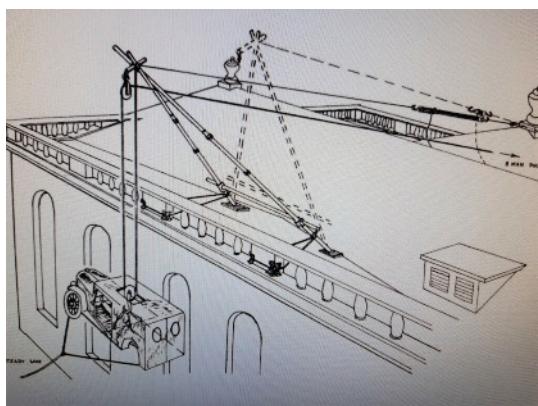
As the plan entered the more serious phase of operation rather than just the highly detailed planning stage the students found themselves having to take bits off the car to reduce the weight of it. The back wheels were removed when the axle came off and, amazingly, were smuggled past the



normally eagle-eyed college porters who failed to notice that bulky, heavy cushions were actually two wheels belonging to a van and were being sneaked upstairs for later transfer to the roof of the Senate House where they would be refixed to the car.

The front wheels remained on the car as they were needed for it to be wheeled up Senate House Passage on a wheelbarrow contraption making use of ‘borrowed’ scaffolding.

The entrance point for this was actually a gap of about six feet between the Senate House and student accommodation building opposite, which



the intrepid students crossed by tying themselves together and using a few planks as a rough bridge.

To help raise the

car they cut a hole in its roof and attached an iron bar inside to hold the hook from the lifting apparatus built from scaffolding pipes and cables, which created a very effective crane and pulley operated by a team of eight men.

Not everything went according to plan and the vehicle was dropped twice before successfully being hauled to the roof of the Senate House and then manhandled over the rooftop balustrade and edged into position.

There was a further hiccup when someone came too close and was diverted away by team members who said the dangling ropes were tied to a hot air balloon that was to be launched as part of a money-raising project. Naturally the tipsy stranger wanted to pull on the ropes (and who wouldn’t?), but he was finally dissuaded from doing this with the suggestion that while it was dark it would not be a good idea to pull on some unidentified ropes, an action that

might result in something dropping on his head. We now know what the something was and thankfully he didn’t pull and the ‘something’ did not fall on his head.

The task was completed overnight and when Cambridge awoke from her slumbers the following morning residents were greeted with the sight of a car parked on the roof of the Senate House building, seventy feet above ground.

What the . . .? was a common refrain from people going about their early morning business in a still sleepy Cambridge.

Needless to say, the authorities were quickly told to remove this vehicle and ironically more damage was done to the Senate House roof by the Fire Brigade and members of the Civil Defence team in their attempts to remove the car than had been caused by the perpetrators themselves.

The students kept their identities secret, but as they would already have taken their exams by this time they would escape the ultimate punishment of being denied their degrees had they been caught in the act. However, their names became known to the Dean of Caius at the time, the Rev Hugh



Montefiore; he insisted no-one knew the perpetrators’ identities but carried out his own punishment – by ordering a case of champagne to be delivered to those responsible. A gesture that was much appreciated by members of both teams.

- *The whole episode is reported in the College magazine 'The Caian' and full acknowledgement must be given to Dr Michael Woods, Fellow of the College, who prepared the original talk.*

Steve Greaves

See page 12 for brief biography of Gordon Hannah

Gordon Hannah, who is well known in the engineering circles of Cambridge, is a north country man born and raised in Eccles, Greater Manchester.

Now aged 81, he came to Cambridge in 1958 to read engineering (then called Mechanical Sciences) at Trinity College, Cambridge and never returned home, making his life here in Cambridge instead. He is a founding partner in Hannah-Reed and Associates, a consulting engineering company, and in 1991 they moved into the former Fulbourn Water Pumping Station which they renamed as Telford House in honour of 18th century Scottish engineer Thomas Telford. He and his associates stayed in those premises until he retired.

While working he had taken up gliding at Duxford and after retiring he became more involved in this hobby, later qualifying as a glider pilot instructor. He also served as the secretary of the Cambridge Gliding Club, previously known as the University Gliding Club, which was then based at Duxford but later moved to its own airfield at Gransden Lodge.

He is a lifelong fan of flying model aircraft, is a Cambridge Blue Badge tourist guide and founder member of the Cambridge Rutherford Rotary Club. He later became president of the club which was formed in 1983 and is a former member of the University Building Committee.

He is married with two daughters, both of whom obtained honours at Gonville and Caius and Trinity colleges.



I am sure I speak for all of us in saying a huge thank you to Steve Greaves, who has given so

much time to writing all the excellent reports in this issue – and many previous ones – and for also supplying the photographs, all of which, with the exception of those individually acknowledged, are his.

Thank you Steve

Cannabis: menace or medicine

Professor Tony Moffat November meeting



There is an urban myth you may well have heard.

It goes like this: “I don’t know why the government does not legalise cannabis, it does some good and doesn’t do any harm.”

As myths go this one could not be further from the truth: cannabis *is* dangerous, so dangerous in fact that under the Misuse of Drugs Act 1971 people found producing it or holding it in large quantities face up to five years in prison and unlimited fines. Taken in sufficient quantity it can severely impact on physical and mental capabilities as witnessed by a court case recently reported in the national press which saw a man acquitted of murder because he was so under the influence of cannabis that he lost all reason and was unable to distinguish what was right or wrong, or even remember what he had done.

Although there has been a steady increase in the use of cannabis for personal recreation and the gradual relaxation of laws surrounding it, it is still classed as a Class B drug which makes it illegal to farm, sell for profit or be in possession of it, but recently there has been a steady movement to make cannabis possession for personal use less of a criminal act.

An Act of Parliament passed in November 2018 allowed the use of cannabis for medicinal use only. Using it for recreation purposes is still illegal, although some police chief constables have gone so far as to tell their officers not to prosecute citizens caught in possession of it.

Using cannabis, sometimes known as ‘weed’ or ‘grass’, produces a brief sense of euphoria, but can also lead to increased heart rate, lowering of blood pressure, toxic psychosis, panic attacks and paranoia, in some cases even engendering thoughts of suicide. There is also a lesser-known downside to taking this drug: passive inhalation which can cause unexpected – and sometimes amusing – results on those unfortunate enough to be sitting close to someone puffing away on a reefer, particularly in a ‘brown café’ in the side streets of Amsterdam when very often more than just coffee is on the menu.

Official surveys have found that cannabis is less harmful than alcohol abuse or tobacco, but the effects of it are



The reaction one might expect from using cannabis

considered so serious that certain sections of society are banned by law from using it. These bans are intended to stop the drug being taken by members of the armed forces, official transport drivers such as bus, train and coach, and sportsmen among others.

The number of deaths from cannabis abuse is low compared to other drugs of abuse and was reported as being 31 in one survey taken in 2014 from a death toll of 3,346 that year.

This information and much more was imparted to Branch members at our November meeting by Cambridge member Professor Tony Moffat, who gave an excellent and humorous talk on ***Cannabis: menace or medicine.***

Despite the known downside of taking cannabis the farming of it continues to rise and those who produce it continue to find more and more ingenious ways of growing it. For instance, one laboratory was detected and closed down after a lengthy period of production in a former police station in Failsworth, Greater Manchester. What cheek, carrying out an illegal activity in a law enforcement building!

Another example of this ingenuity concerned a hemp shopkeeper in Glastonbury who surreptitiously planted some cannabis seeds in hanging baskets and flower tubs provided by the local council then sat back and watched them water his cannabis plants until it was time for him to harvest them. Tony also gave an example of how people make a profit from cannabis in Colorado, USA where some shops are now licensed to produce and sell cannabis. In one case the trader makes money from over the counter sales and the state makes money from taxes and licensing fees.

Another group which makes money from the sale of this drug is a Denver troop of girl guides.

Wait!!

What was that?

One effect of using cannabis is to increase the appetite among users which is known as a case of ‘having the munchies’ which is where the girl guides come in: they are making money for their group by setting up a confectionery stall outside or nearby to sell brownies to hungry customers.

Well done girls. Entrepreneurs in the making.

So much for the downside of using cannabis.

What about the upside?

The use of this drug is believed to ease muscle spasms, menstrual pains, rheumatism, convulsions, rabies and epilepsy. Indeed, one famous user of

cannabis to ease discomfort was Queen Victoria who used it to relieve her period pains.

Other therapeutic benefits are said to include the easing of bronchial asthma, glaucoma, hypertension, muscle spasticity, pain, anorexia, nausea and vomiting.

Cannabis is a prescribed drug used with positive effects for some people, but there are increasing pressures on the government to decriminalise its recreational use. The number of prescriptions is actually quite low and in 2019 only eighteen NHS prescriptions were issued from a total of 277 prescriptions written.

So why not continue the gradual decriminalisation of cannabis use and legalise it?

Well, the simple answer is that cannabis-based medicines by and large do not work.

Prof Moffat took part in a one million pound trial by Dr John Zajicek at Derriford Hospital in Plymouth in 2003, when 600-plus patients took part in a 16-week oral trial which saw 220 of them issued with capsules which contained extracts of cannabis, 220 of them were given capsules containing Marinol (a man-made form of cannabis normally used to treat anorexia and to stop nausea and vomiting in cancer patients) and 220 were supplied with capsules that contained absolutely nothing of medical substance: a placebo. The results showed that some people reported lessening of pain and others no effect at all, but more than 30% of the people who took the placebo said they had felt better having taken it!

Taking cannabis may alleviate pain and lead to some feelings of happiness and short-term

euphoria, but according to Prof Moffat the same effects can be achieved with a large G and T.

Now that is something we can drink to! Cheers!

Steve Greaves



Queen Victoria who used cannabis to curb her period pains



Health warning

Speakers at forthcoming Branch Meetings

Thursday 27 January 2022

David Stubbings

Cambridge Horse Trams

An illustrated talk about the Cambridge street tramways

Thursday 24 February 2022

Robert Guyton

Volunteer Teacher in Ethiopia

An audio-visual presentation of his years there

Thursday 30 March 2022

Ann Chapman (Information and Hubs Organiser Age UK)

Age UK - Support Available

WANTED!!

Audio-Visual Officer

John Overhill has retired after several years valued service as our AV facilitator.

Replacement sought! Steve Greaves is gallantly filling the role at the moment but as General Secretary he already gives a lot of time so new help would be much appreciated.

Full training given.

Please speak to Steve.

FROM THE WELFARE TEAM

Welcome back everyone to a world of reasonable normality following the long and tedious period of lockdown which we have all had to endure due to the Covid 19 virus pandemic.

I am sure that many of us, especially those who live alone, those who have had other health problems, or those who may have been home-caring for another have all found the restrictions extremely difficult, even unbearable at times. It is to be hoped that those who suffered so much during the past year may have managed to recover somewhat from their various ordeals.

To be with family and friends again, to be able to get out and about (with caution no less) and to meet up with our much-missed social groups including the Fellowship have been a great joy.

It is to be hoped that we have all been fully vaccinated with the three Covid jabs and the one for 'flu as well.

Throughout the past year or more the Team has tried to keep in touch with members by telephone where necessary.

Unfortunately we have to report three deaths within the past year:

Joan Berryman who succumbed to Covid 19 infection. The date of her passing is not known

Puri Frostik passed away in January 2021 after a long illness. Puri had been a member of the Welfare Team for some time and she will be greatly missed.

Chris Whitby, a former member of the Fellowship has recently passed away. We have no further details.

We look forward to seeing as many members as possible at our monthly meetings at Fulbourn Village Community Hall which has been selected after much hard work of searching and researching by our wonderful team, mainly Steve and Mike, during the past year or so. Many thanks to both of them. I am sure that most members will know that we are now unable to meet at the Hexagon Room at Addenbrooke's which is why another venue had to be found.

As the Festive Season approaches we can all hopefully look forward to being with loved ones this year and we wish everyone a happy, healthy, peaceful and blessed Christmas.

With best wishes on behalf of the Welfare Team

Kate Eagin

**Joan Berryman
Committee Member
1997 to 2005**

Long-serving Branch member Joan Berryman was born in Leeds in 1933, and was educated at the City High School.

As job opportunities loomed she quickly made up her mind that nursing was her career of choice.

In 1951 she started her general nursing training at Bradford Royal Infirmary and after gaining her SRN trained as a midwife in London and became a pupil midwife in the Earl's Court and Fulham districts. These areas were very run down after the war and Joan cycled to deliveries, but never felt threatened or in danger. During her training Joan particularly enjoyed orthopaedics, and later obstetrics and gynaecology. The trainee nurses worked a 48-hour week, the work was hard and the Sisters very strict. After completing her training she worked in Ormskirk where she did part-time agency work.

Her daughter, Claire, was born in 1960 and the family moved to Cambridge in 1971. Once in Cambridge she started to look for a job but was feeling somewhat out of touch with nursing. She decided to apply for a job in general practice and was appointed as a receptionist at the practice of Doctors Dewhurst and Campbell in Hills Road.

It was then that general practices were beginning to employ practice nurses. Joan could see the attraction of practice nursing, particularly for married women who wanted to work social hours, and started to look round for an opportunity to move back into nursing. Dr Sandell was advertising for a practice nurse and Joan applied for the post. She was employed on a three-month trial at 80 pence per hour for a 20 hour week in 1974. At this time she met June Cross of the Chesterton Road surgery who was very concerned about the training of practice nurses. The outcome of the meeting was the formation of the Cambridge Practice Nurses group: the first of its kind in the UK and most of the local practice nurses joined.

Having made the move to general practice, she never went back to hospital employment. In the 1980s practice nursing took off and all surgeries wanted one. Eventually there was a recognised training programme for them. Joan was well supported by the practice where she worked and was sent on any training course available.



Joan's husband died in 1982, and practice nursing was her salvation: she continued at the Queen Edith's practice until she retired in 1996.

On retirement she joined the NHSR in 1997, joined the Committee and immediately became its secretary; a post she held until 2001 when she became social secretary until 2005. Joan was a good Committee member and contributed much to the running of the group for many years whether it was officially in her remit or not. Even after retiring from the Committee, for many years she was well known for being in charge of the booking arrangements for Christmas lunches, regional meetings, quizzes and trips to such events as Thursford Christmas Show, and helped with the preparation and circulation of the Newsletter when it was all done within the Committee.

Joan remained an active member of the group until the last couple of years when health problems precluded her from attending meetings, however, she was still keen to know what was going on in the group.

Away from nursing and the NHSR Joan enjoyed her large garden, visiting stately homes and gardens, the theatre and television.

Joan died peacefully 1st January, just before her 88th birthday, in Addenbrooke's Hospital from Covid although her health had been deteriorating for some time.

Joan's funeral was held at the Cam Valley crematorium on Monday 25th January. The service was conducted by Licensed Lay Reader Margaret Cooper (friend and NHSR member) and the Cambridge Branch was represented by long term friends Margaret Steane and myself.

Brenda Disbrey

IN MEMORIAM

**Joan Berryman
Puri Frostik
Chris Whitby**

The Fellowship is very sorry to hear of the passing of these members and would like to extend our sympathies to their families and friends.

Membership Subscription 2022/2023

The membership subscription for the year 2022/2023 is £35.

The amount comprises £20 for the national levy and £15 for branch costs.

The subscription remains the same as for the year 2020/2021. The 2020/2021 subscription was subsidised from branch funds by about £15. This level of subsidy was a large drain on the branch reserve and could not continue. Late in 2019 the committee decided to cut branch costs. This has been done by ceasing the printed Newsletter and by reducing the cost of refreshments at meetings, the latter made possible by our ability to self-cater now we are meeting at Fulbourn. In spite of the cuts, the branch will still be subsidising subscriptions but to a much less amount of just under £5.

Please pay your subscription by 31st May 2022. Please note that membership of the NHSRF will be withdrawn from any member who has not paid by this date.

Payment may be made as below from 1st January 2022. (Cheques payable to *NHSRF Cambridge Branch*.)

At Branch Meetings

By cheque or cash (please avoid paying by cash if you can).

By Post

Cheques only (no cash). Send with member's name and address to:

The Assistant Treasurer
NHSRF (Cambridge) Branch
215 St Neots Road
Hardwick
Cambridge
CB23 7QJ

By Electronic Bank Transfer

Barclays
NHSRF Cambridge Branch
Sort Code 20-17-19 Account no. 60650781
Payments must be referenced RFSUB with the surname and initials of the member(s). Please email the Treasurer to let him know that you have made your payment: mrolfe@ntlworld.com

MEMBERSHIP SECRETARY'S REPORT November 2021

Well, the last couple of years have certainly been very strange for all of us – and Covid has made its mark on branch membership. Quite a few members decided not to renew in 2020 when it became apparent that there was likely to be little activity in the branch in the months ahead and sadly a lot of those have not yet rejoined us now that we are once again active. This means that the current membership is now down to 159.

On the positive side, we have had a number of new members joining us and efforts will continue, both locally and nationally, to recruit more.

The first branch meeting of the year was awaited with some apprehension about how many would actually turn up but the numbers were greater than we had dared to hope. The average attendance at the three meetings held this year has been 75.

NEW MEMBERS

Elizabeth Murlis
Ailsa Potter
Allison Ryder
Terry Reynolds
Patricia Seymore



Patrick and Jane Landucci at the Christmas lunch. Patrick is kindly pursuing options with Fenn Holidays for a Fellowship holiday next year.

Christmas Lunch

Madingley Hall Tuesday 7 December

Barely had the last word of Grace been uttered by our Branch stalwart Margaret Cooper than the first party popper exploded its contents on to unsuspecting neighbours and the first cracker spilled its gift and usual groan-inducing party jokes.

Such was the beginning of our Christmas lunch celebrations at Madingley Hall when sixty of us gathered for our first Christmas lunch together for two years.

The explosive start was the prelude to three hours of Christmas fun which included plenty of festive food and good-natured conversation laced with a happy buzz of enthusiasm as friends met other friends not seen together for some time.

We also enjoyed a Christmas singalong led by

Branch member Paul Tippett and his singing partner Wally Palmer, who perform a variety of charity gigs in the area under the guise of their stage

name The Two of Us.

They produced a lively selection

of Christmas songs and carols which included old favourites such as *Hark the Herald Angels Sing, Silent Night, O Come All Ye Faithful, Mary's Boy Child, It's Beginning To Look A Lot Like Christmas, Jingle Bells, Rudolph and White Christmas.*

The ever-popular *Que Sera Sera, Amarillo* and *Sweet Caroline* also made it on to the songs list, the rendering of which led to an increase in the noise levels as our diners joyfully raised their voices, no doubt spurred on by Norman Gutteridge and his percussion ensemble which included teaspoons, coffee cups, glasses and the occasional coffee pot!



Social secretary and lunch organiser Lenore Greaves with Rebecca Barnes, Conference and Sales Manager at Madingley Hall



Branch member Paul Tippett (right) with his singing partner Wally Palmer

The proceedings were opened by Chairman Sarah Denham, who praised the lunch organiser, our Social Secretary Lenore Greaves, for her efforts in bringing the event together.

She said: "Of course without the efforts of Lenore in organising this event we would not be here, so I would like to thank her on your behalf for taking the time and trouble to set this up for us. Well done Lenore and thank you."

She also praised the staff at Madingley Hall for their part in making the lunch so enjoyable, reserving special praise for the kitchen and serving staff.

In his annual address President Philip Rundle paid tribute to the NHS staff who faced continuing difficulties dealing with

Covid and its inevitable knock-on effect which led to patients facing longer delays in admission to hospital.



The superbly laid out dining room at Madingley Hall



He said: "This two-year Pandemic has been full of twists and turns. Periods of relaxation have been followed by periods of restriction.

"Let us earnestly hope that the latest Covid variant, which is already affecting public transport and travel, is not extended to

ruin arrangements for meeting family and friends over Christmas and New Year.

"It has been heart-warming to see how well our monthly meetings have been attended since they resumed, all be it at a different venue and on a different day of the month.

"All this makes a good, if tentative, start to the festive season, but let us remember whatever frustrations we may have felt over the past 18 months it pales in comparison to the pressure on the NHS and its staff and to the inevitable delay to patients waiting for admission.

"I must not end on this sombre note, so let me wish you a Covid-free Christmas and New Year.

"If we're allowed, let us eat and drink wisely and still have festive fun – without getting too merry."

Finally, the distribution of the last raffle prize marked the end of what had been a splendid gathering of old friends, who have waited a long time to be able to relax and enjoy themselves in pleasant company and in comfortable surroundings.

Steve Greaves



The bar area where guests assembled



The photographs of the general views of the diners on this and the previous page were taken by Sue Roe. All others in this report are from the camera of Steve Greaves .

The raffle table with carefully arranged prizes





Rambling Group

All are invited to enjoy our rambles. They are approximately 4 to 6 miles.

Walks start at 10.15 am.

Change(s) to the Programme: The programme may be liable to change because of unforeseen circumstances. Check by calling Mike, Paul or David in the days before the event.



Inclement Weather: We do not consider rain a deterrent to walking. It is possible, however, that weather conditions may be such that it would be safer not to travel, e.g. driving to and from the start on icy roads. If, on the morning of a walk, you are uncertain as to whether or not the walk will proceed, please call Mike, Paul or David before 9 a.m.

Start Times, Lunches and Speed: Except where indicated otherwise, walks will start at 10.15 a.m. Please arrive no later than 15 minutes before the start to order lunch if required. Walking speed is leisurely – about 2.5 mph, and in our part of the world there are not many hills to climb.

Start Points

An address with post code is given for each start point. Google maps, Apple Maps, OS maps etc will give directions to the start using postcodes.

For more information please contact:

Mike Rolfe **01223 882202 / 07981 888149**

Paul Tippett **01223 276502 / 07835 763528**

David Goodman **01954 210196 / 07796 333761**

Programme - issued 16th December 2021				
2022				
Wed 19 January	Poacher	1 Brockley Road	Elsworth	CB23 4JS
Wed 16 February	King William IV	43 Chishill Road	Heydon	SG8 8PN
Wed 16 March	Red Lion	214 The Street	Kirtling	CB8 9PD
Wed 20 April	Chestnut Tree	1 Mill Road	West Wratting	CB21 5LT8
Wed 15 June	Three Jolly Butchers	3 Huntingdon Road	Wyton	PE28 2AD
<i>Away Day</i>				
Tues 3 May	Foxton Locks	Arrangements to be finalised	Market Harborough	LE16 7RA

The photographs here were taken on the November walk – a 5 mile circuit from Hardwick

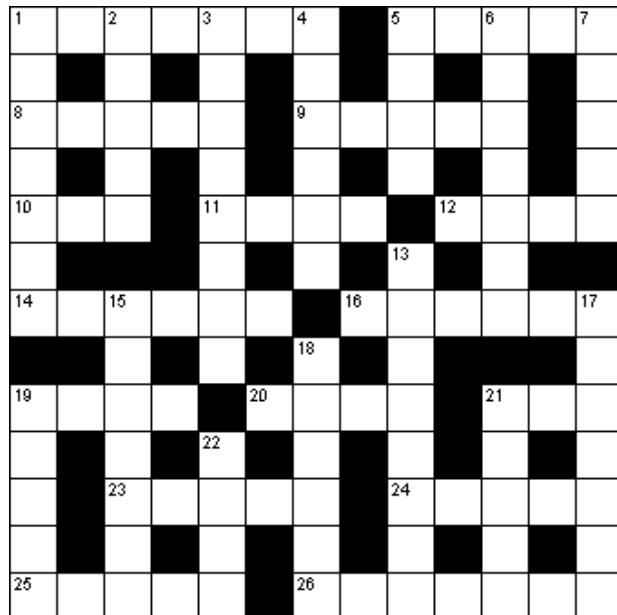
Above: A brief halfway stop

Right: Relaxing after the walk over a good lunch in the Blue Lion

Photos: Bernard Pearl



Catchword 007



Across

1. An illusion (7)
5. Full of ____ (5)
8. The ___ of reason (5)
9. Heads or ___ (5)
10. The mighty ___ (3)
11. Fly the ___ (4)
12. Look before you ___ (4)
14. ___ of influence (6)
16. ___ for courses (6)
19. His bark is worse than his ___ (4)
20. Over the ___ (4)
21. Vanished into thin ___ (3)
23. ___ and doves (5)
24. All to no ___ (5)
25. ___ pole (5)
26. Snakes and ___ (7)

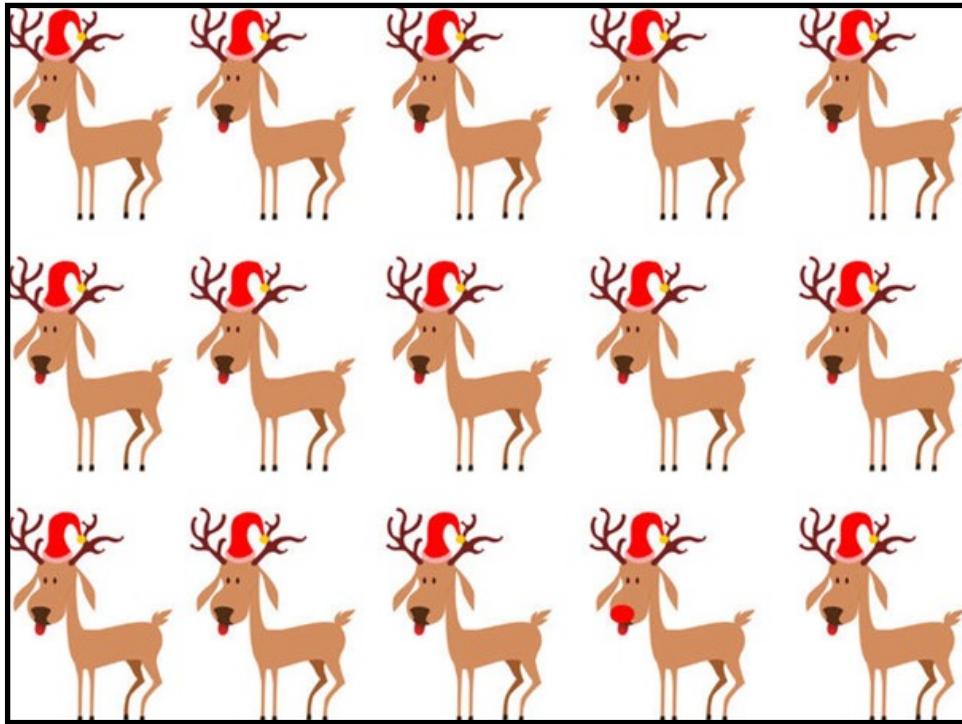
Down

1. Stating the ___ (7)
2. ___ and thin (5)
3. Taken to the ___ (8)
4. The ___ news (6)
5. Take the ___ (4)
6. Questions and ___ (7)
7. Counting ___ (5)
13. A ___ spiral (8)
15. Bury the ___ (7)
17. ___ to requirements (7)
18. ___ fuel (6)
19. Beauty and the ___ (5)
21. Wide ___ (5)
22. Sink or ___ (4)

Some of the committee members at Madingley Hall before the Christmas lunch

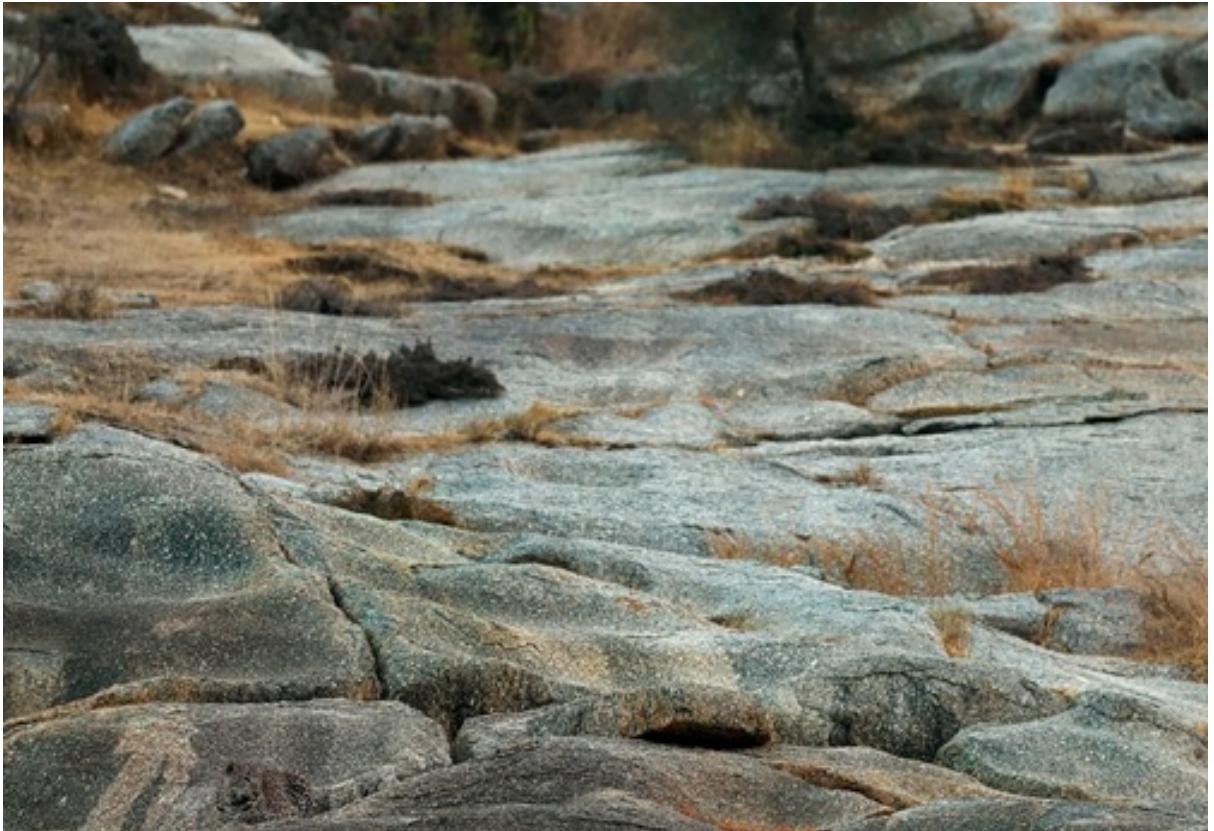


Rudolph in snow



Solutions to all
the puzzles in
this issue will
be forwarded
in a separate
email a few
days after
Christmas.

Missing Leopard





A mixture of general knowledge questions, dingbats (see examples at end of quiz) and anagrams, all related to Christmas

1. What occupation is carried out by the dwarfs in *Snow White*?
2. In the pantomime *Jack and the Beanstalk* what does Jack swap in exchange for magic beans?

3. **CONGRESS LIAR** = XXXXX XXXXXXX (anagram)

4. In which language is Christmas referred to as NADOLIG?
- 5.

PPPPPPP
Our planet (dingbat)

6. The original story of *Aladdin* appeared in which book?

7. **VICARS THEMES** = XXXXXXXXXXXX XXX (anagram)

8. Which English ruler banned the singing of Christmas songs?
9. The Christmas tree in Trafalgar Square is an annual gift from the people of Oslo, when did this custom originate?
10. According to the carol, when did Good King Wenceslas look out?
11. Often served as a starter, what is Gravlax?
12. What is the chemical formula for snow?

13. **ENJOY MAD SHARP** = XXXX XXX XXXXXX (anagram)

14. Out of which metal are church bells made?
- 15.

XMAS (dingbat)

16. The plant *Viscum album* is better known as a Christmas favourite?

17. What colour is the egg of a robin?

18. **STREAKY ROUT** = XXXXX XXXXXX

(anagram)

19. What substance makes a Christmas tree green?

20. What time of the day did the ships come sailing by according to the Christmas carol?

21. The song *Do you want to build a Snowman* comes from which Disney film?

22. By what other name is the Abominable Snowman known?

23. **SMART HERETICS** = XXXXXXXX XXXX

(anagram)

24. What alcoholic drink is added to lemonade to make a Snowball?

25.

Hello Spring
Hi Summer!
Howday Autumn
Yo! Winter

(dingbat)

26. In which city did the ice skaters Torvill and Dean win Olympic Gold with their Bolero dance?

27. The character Dandini appears in which traditional pantomime?

28. **UNREADY CABS** = XXXXXX XXXXX

(anagram)

29. Gold was one of the gifts brought by the Magi, what is the chemical symbol for gold?

30. What was the poor man collecting in the carol *Good King Wenceslas*?

31. What spice is often added to bread sauce?

32. Which Christmas carol contains the line *Star of wonder, star of night?*

33. **IN ACTION SLASH** = XXXXX XXXXXXXX

(anagram)

34. Which Christmas dessert features in the song *We Wish You a Merry Christmas?*

FIR

Here Here Here Here

(dingbat)

36. What is a female turkey called?

37. According to the Christmas song, what type of nuts are roasted?

38. BE THE HELM = XXXXXXXXX

(anagram)

39. How many sides are there to a snowflake?

40. What Christmas carol goes a *rum pum pum pum*?

Note: for those unfamiliar with Dingbats the word(s) represent a well known saying. The knack is to read exactly what you see

For example:-

XQQME (X QQ ME) = EXCUSE ME

ROFORKAD (RO FORK AD) = FORK IN THE ROAD



Wordladder

A word ladder is a sequence of words formed by changing just one letter each time eg: CAT - COT - DOT - DOG

Can you find the missing words from GAMES to CHESS ?

Brenda Disbrey has once again given us this varied and challenging Christmas quiz. Something to tease the brain after the turkey!
Many thanks Brenda!

CLUES:	
	GAMES
Stares	
Mantles	
Manages	
Middle sections	
Army unit	
Cages	
Harvests	
Traverse	
Herb	
	CHESS

WHICH TWO PICTURES ARE EXACTLY SAME?

A

B

C

D

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Santa's missing objects

Can you find the following objects among the Santas?

1. Mrs Claus
2. A grumpy Santa
3. A snowman
4. A bell
5. A polar bear
6. An elf
7. An apple



Sudoku

Place the numbers 1-9 once per row, column and 3x3 box

			2				5
9	6		3		4		
2			1		9		
	3		6		5		
5	9			7		8	
4			1				
	7				6		
		3	4				
	5					1	



Christmas Crossword



ACROSS

- Pumpkin or mincemeat
- Santa's ride
- Celebration
- Newborn
- Northpole crew
- Word of praise
- Words on a Christmas card
- It's opened on Christmas

DOWN

- Alternative word to 17 across
- Christmas drink
- Christmas dinner centerpiece
- Dec. holiday
- Christmas warmer
- "Jingle ____"
- Christmas tree
- O. Henry's "The Gift of the ____"
- What carolers do
- French Christmas.
- Snow glider

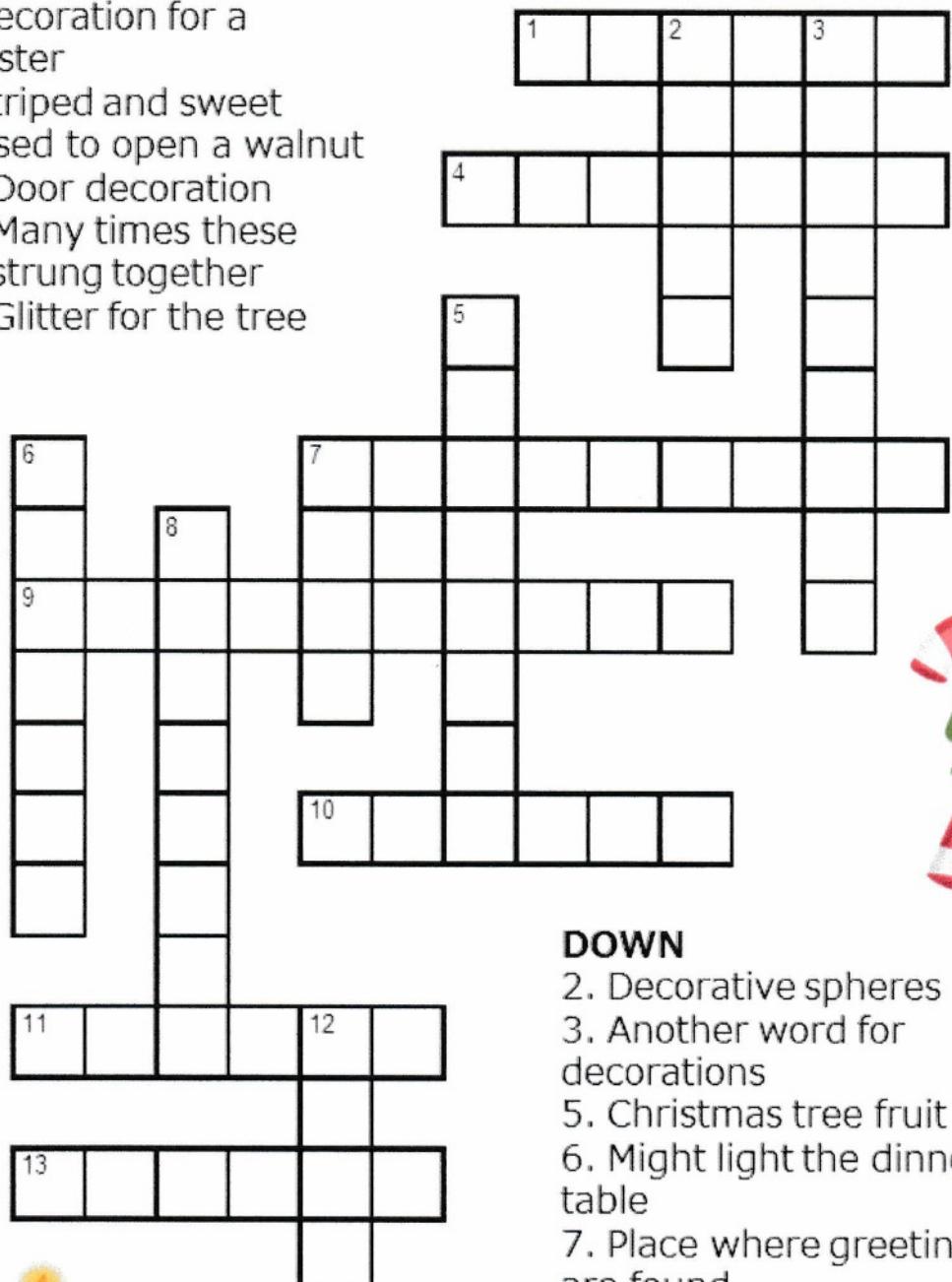




Christmas Decorating

ACROSS

1. Used to wrap a present
4. Decoration for a banister
7. Striped and sweet
9. Used to open a walnut
10. Door decoration
11. Many times these are strung together
13. Glitter for the tree



DOWN

2. Decorative spheres
3. Another word for decorations
5. Christmas tree fruit
6. Might light the dinner table
7. Place where greetings are found
8. Hung by the chimney
12. Might be cedar, fir or pine

