

Stapleford

Ne Nuntium Necare!

MESSENGER

May 2020

Volume 79 No 5

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Our Virtual Vicar



Simon Taylor logs on and vlogs away as the coronavirus crisis leaves us all in lockdown, page 9



Mental Health
9-page special
pages 27 to 35

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Who's who at St Andrew's

www.standrewstapleford.org

Parish priest
Rev Dr Simon Taylor 840256

Curate
Rev Clare Coates 07818 618795

Churchwardens
Mary Cooper 842127
Alastair MacGregor
07855 269844

Parish Safeguarding Officer
Lisa MacGregor 07523 668731

Parish Administrator
Gillian Sanders 07752 373176

Youthworker
Zoe Clayton 894656

Children's Ministry
Sue Brown 01954 264246

Director of Music
John Bryden 07803 706847

PCC secretary
Wendy Redgewell 835821

Treasurer
Chris Bow 841982

Verger
Clare Kerr 842984

Sacristan
Peter Green 500404

Captain of bellringers
Tony Smith 843379

Church flowers
Jackie Nettleton 721366
Liz Hodgkins 01638 570060

Stapleford-Nachingwea Link
Trish Maude 242263

Mothers' Union
Hilary Street 840548

Johnson Memorial Hall
Gillian Sanders 07752 373176

Friends of St Andrew's
Tony Hore 843796

SERVICES at St ANDREW'S

Sunday

8am BCP Holy Communion
9.45am First Sunday of the month: All Age
Communion
Third Sunday of the month: Parish
Communion in church and Messy Church in
the Johnson Hall
All other Sundays: Parish Communion in
church with crèche and Junior Church in the
Johnson Hall
6.30pm First Sunday of the month: BCP Evensong
Fourth Sunday of the month during term:
Connect at 5.30pm
Other Sundays: please see Noticeboard p4

Weekdays

9.45am First Wednesday each month: Holy
Communion at Cox's Close Community
Centre

OTHER CHURCHES

Roman Catholic

Sundays 8.45am and 11.15am at Sawston

Shelford Free Church (Baptist)

Sundays 10.30am and 6.30pm fourth Sunday each
month

*Note all house, prayer and Bible study groups are
cancelled until further notice.*

Christenings and Weddings

Christenings take place during Sunday worship.

For both Christenings and Weddings, contact the
parish priest.

Stapleford MESSENGER

Editor

Jon West 521009 or staplefordmessenger@gmail.com

Advertising manager

stapleford.ads@gmail.com

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From the Rev Dr Simon Taylor

SO the other morning I had a date with Jo and Dolly, lockdown style. Jo (Whiley), the radio and TV presenter, was most encouraging as I started the fitness programme on the app *Couch to 5k* (again) and Dolly Parton was, well, Dolly, but I am always pleased to hear that she (*ll*) *will always love (you)* me. I could have made other choices for my companions, but when Michael Johnson, another narrator on the app with his four Olympic golds tells me 'you're doing really well' it rings a bit less true than when Jo does. And for music the last time I started I chose a compilation of great hymns, but it was disconcerting, as I barely managed to huff and puff my way to the end, to hear *In life in death, O Lord, abide with me*.



In any event, one of my ways of coping with the lockdown has been to try and get a bit fitter. And my shed is now tidy. With these things, and the sheer busy-ness of learning new technologies to get church services out, contributing to our pastoral care effort and getting plans for every contingency in place, the lockdown has not proved too hard. The presence of family and ample space in the vicarage has been a huge benefit too, of course.

But it is obvious that others are struggling. Not just the bereaved or those who are ill but many others too. The disease is scary enough, and many are suffering from the loneliness and enforced idleness. So what can we each do for ourselves and for others to try to get through the next few weeks in reasonable mental health? There is lots of helpful stuff online, much more comprehensive than I could be, but here is my take: in brief, look for truth.

The first thing, I think, is to rely on good quality information about the progress of the pandemic. That means avoiding ill-informed speculation – forecasts by the Chief Medical Officer's team are useful, those by someone who paid attention in one biology lesson 30 years ago, not so much. It also means avoiding propaganda, and that includes much of the mainstream media. The blame-deflection agenda is already emerging strongly in some newspapers as they seek to protect those in power. Truth matters, never more so than today.

Second, inform yourself about what the law relating to isolation actually says. Then you will know what you can and can't do and won't be worried every time you step out that you might be breaking the law. Don't rely on

what the police are putting out (their legal advice seems often to have been very poor). It's that truth thing again. The key information is in regulation 6 of the *The Health Protection (Coronavirus, Restrictions) (England) Regulations 2020*. Snappy title. Google it – the actual legislation is readily available. It is written in plain English and contains all we need to know. The essence is that we have to have a reasonable excuse to leave the place where we live. There is no complete list of reasonable excuses, but the regulation contains a list of things that do automatically count. Exercise is permitted. It is not restricted to once a day, just to what is reasonable, and that might vary from person to person. The regulations in Wales, incidentally, are slightly different. They do specify once a day. Odd, and probably rushed drafting rather than a commentary on the comparative reasonableness of the English and the Welsh – try to rationalise the difference and the mind slightly boggles. And there is no law against picking up non-essential items when you are already out shopping for basic necessities. Many police forces have

got that fundamentally wrong and will lose public support if they carry on. Chocolate shopping is fine alongside the bread and milk. But I wouldn't try arguing that going out just for chocolate was within the regulations ...

And last but not least, look after your spiritual health. Now I know that there are many different ways of doing that, and I am pleased if you have found inner peace your own way. I really am. But for me – as with information about the disease and information about the restrictions – the issue is what is true.

Ultimately, what is untrue cannot help us find lasting peace. The fundamental truth I rely on is the historical fact of the resurrection of a man from the dead. I know, as you do, that dead people do not come to life again. So the fact that one did - over 500 people saw Jesus alive when he had been dead – needs our attention. That is



*Easter at St Andrew's:
Original work by Gillian
Halliwell, added to by
parishioners. Photo:
Rosemary Scott*

why for my spiritual health I turn to Jesus. He promised, after his resurrection 'I will be with you always, to the very end of the age.' Christians have been finding the truth of that more and more in the current crisis, and you could too. We have tried to help with our online services and resources pages at standrewstapleford.org.

May you be blessed with peace and truth at this time, Simon

St Andrew's Noticeboard

FROM THE CHURCH REGISTERS

Funeral

23 March: Christine Ruse

Interment of ashes

20 March: Gladys Bunn

BRASS CLEANING ROTA

See below

CHURCH CLEANING ROTA

As the Church is currently closed there is no cleaning rota. When the church re-opens a grand cleaning party will be arranged.

St Andrew's welcomes Zoe Clayton

ZAC Britton's replacement has been appointed. Here she introduces herself.



MY name is Zoe Clayton and I am the new youth worker for St Andrew's. I grew up in Linton with my parents and older brother. For the past three years I have been living as a missionary based in Latvia. My main ministry there was youth work. I volunteered in schools, Church youth groups, orphanages and crisis centres as well as leading short-term youth mission trips. I am excited to be now working with youth in my home country and am looking forward to supporting our young people.

I can be contacted at youth@standrewstapleford.org.

Johnson Hall bookings

FROM 1 May, Gillian Sanders, the Parish Administrator, will be taking over administration of the Johnson Hall. Her days in the office are Thursday and Friday 10am to 3pm, and you can reach her by email at admin@standrewstapleford.org or phone on 07752 373176.

Gillian looks forward to taking your bookings when the Johnson Hall reopens.

World Day of Prayer



FIFTEEN of us attended the World Day of Prayer service on 6 March. The service was prepared by the Christian women of Zimbabwe and was both

interesting and inspiring.

The collection amounted to £87.50, much of which was Gift-Aided; so, about £100 was sent to World Day of Prayer HQ to be used for worthy projects worldwide. To find out more about the World Day of Prayer go online via wwdp.org.uk.



We also enjoyed tea, cakes and Christian fellowship, which made the afternoon extra special.

There will be another World Day of Prayer service on the first Friday of March 2021. A long way ahead, but all are welcome. Why don't you join us? **Joy Barnes**

Financial difficulties?



Are you in need, hardship or distress? Do you live in Stapleford? Then the Feoffees Charity may be able to help you.

For more information contact: Rev. Simon Taylor at simontaylorstandrews@gmail.com.

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Please submit copy **NO LATER THAN MONDAY 18 MAY**

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From a distance



IT'S hard to imagine that only a month ago we were going about our usual day to day routines, until coronavirus or COVID-19 impacted all our lives. I share some thoughts.

Staying locally with no car and advice to avoid public transport unless for work we tried to get on with normal life as much as possible. My planned treats would be missed. Soon they were cancelled anyway. 'Our' number 31 bus tempted us away but although the driver waved we resisted the yearning. It would be a pity if the adage, 'use it or lose it,' came true. Normal life has been suspended. It was quite the strangest Easter. Yet technology has intervened. Greetings online, virtual gatherings for on-screen services, streamed music and short films. 'Necessity is the mother of invention.' When this dreadful time is over I must enhance my technological ability. My admiration for those who understand has grown. The computer has been a valuable link to those we know but from whom we have been distanced.

People have been creative in entertainment, laughter featuring strongly... Outdoors revives and calms. Birdsong, sun and blue sky, trees in glorious blossom, fluttering butterflies and newly blooming flowers and foliage we have a lot to make us thankful.

It is heartwarming to know people care and want to support, stepping up in times of crisis. Shopping trips, games to stimulate the mind all of them thoughtful, kind and helpful. Massive comfort. There has been an awakening of respect ... and outreach. On our social distancing walks we have spotted colourful pictures with messages from children which raised smiles. On a road sign we saw a painted stone, blue with white daisies and the word, 'Blessing'. Mini Kit Kats were left on a seat with the words 'Eat Me'. On Palm Sunday I heard crosses were left on a Gog Magog seat with vinyl gloves to take your own. Wonderful generosity of spirit. Long may this last.

All this when thousands are suffering. What a contrast. Coping is very difficult when needs are great; too few ventilators, PPE shortage ... the list goes on. So many are working to help. In adversity it is remarkable that so much good is seen. People uniting for the sake of others. That of course makes us think of the brave key workers wearing themselves out and regularly facing grave risks. There are many in this category; wonderful cogs in the battle being waged against a silent invasive enemy. Life will change. For bereaved, ill and recovering adjustment will be hard. We will have to adapt together in time with patience and hope. **Judith and Stephen Lee**

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St Andrew's in lockdown

YOUR parish church is alive and functioning. The need to avoid helping spread the virus has made us shut our building's doors, but we are still



Simon in front of camera

active in the community and online. Many of you will have been helped by our pastoral care team – we have reached out beyond our congregation and are pleased to have been able to help. And we have got our heads round the tech to put services online. If you haven't seen them, check out our YouTube channel. And if you have any young people in the household, put them on to our Instagram and Facebook. Lots of good stuff on there.



Clare Coates and son Bobby singing

The response to our online services has been terrific. Lots of people have found them helpful. But I have not been wholly seduced by the headline viewing figures. YouTube makes available a curve of viewers over time for each video, which keeps us humble. Initial high numbers of viewers do not make it through to the end of each service. The decline at the start of a service has that exponential look we all now know!



John Bryden at his organ

So for me, apart from getting my slightly old head around the tech, the challenge has been learning to communicate in a different way. I am certainly not there yet, and still really doing stuff on camera in the way I would always have done it in church –

that's OK so far as it goes, but the new medium really needs a slightly different approach, as expert vloggers demonstrate. When you catch me pointing to the bottom of the screen and saying 'the link is down there' you will know I am making progress! **Simon Taylor**

Forgive us our “xxxx” as we forgive “xxxx”

I WAS brought up on the Book of Common Prayer where Jesus taught us to pray “Forgive us our trespasses...”. Yes, I knew it was wrong to scrump my neighbour’s apples or walk across a farmer’s field flattening his wheat under my feet.



Then I heard a wonderful tenor voice singing “Forgive us our debts as we forgive ...”. It was the voice of Mario Lanza, (left) talent spotted singing operatic arias as he worked on a building site; he became every young woman’s heart throb. He was no doubt a Roman Catholic, so for them “xxxx” seemed to be about money.

Then came our modern prayer book and we now pray “Forgive us our sins as we forgive those who sin against us”. Ah sins! We have the ten commandments painted on the wall of the chancel. Things like “Thou shalt not steal; Thou shalt not kill; and Thou shalt not covet”. And I know how hard it can be to not ‘covet’ the things the TV, the internet, and the junk mail that drops through my letterbox try to persuade me I must have.

Clearly the bible translators have had a problem with “xxxx”. It then occurred to me that Christ could be referring to the times I have a guilty conscience, such as when I sit down and read the newspaper instead of helping Valerie clear up after she’s served us a wonderful family dinner. Could ‘guilt’ be a better word? It can cover everything from murder to tiny pricks of conscience.

It then dawned on me that the German for ‘guilt’ is ‘Schuld’, and sure enough that is the word they use in the Lord’s Prayer. So I turned to my digital German dictionary and found it can mean: ‘fault’ or ‘debt’ or ‘guilt’ or ‘blame’, and also in many contexts including: having caused a bad event; an obligation to do something for someone.

But notice the word “xxxx” is used twice. First between us and God our Father, and then between each other, such as when I am annoyed with Valerie when I open the fridge only to find my favourite cheese has run out. We must forgive each other, not bear grudges or look for revenge just as God treats us like a loving Father. **Bill Powell**

From the Editor

THESE weeks of lockdown have affected us all, in so many subtly different ways.

Some of us have simply carried on working. For many that meant getting to grips with Zoom on the home computer but for a precious few - literally - their workplace suddenly became a place of immense danger.

Shops have closed down, or been forced to offer a limited service (see pages 54 to 57 for details), and some of us have seen income streams dry up completely. Some in that particular boat have been thrown a financial lifejacket by the Government, others have been left to sink or swim. And we have all become familiar with the concept of 'two metres apart' - well, most of us anyway - plus no dog has knowingly gone underwalked.

Then there is the mental side of coping with confinement. For some, especially those on their own, the task is simply to avoid going 'stir crazy'. For others the battle turned out to be merely between them and their fridge.

The West household has seen one child return from university and one prefer to remain in isolation up north. Both have already been told there will be no summer term return; for eldest child his time has come to an anticlimactic halt and it is the same for the final year pupils at the schools: leavers have already left the building.

Our other two have been educating themselves online with fluctuating levels of enthusiasm, and parental supervision. I'm aware that my own moods have been in no way consistent and that applies to everyone else in the household. Overall, though, there have been surprisingly few flare-ups; 'better than I thought it would be' is such a standard reaction to any gathering of the Wests we might as well have it in Latin as our motto.

As it turned out, Mental Health Awareness Week just happens to be this month. Never before has it been so appropriate. The *Messenger* had already been approached before the coronavirus crisis to make a feature of this and I am delighted to say that this month's edition has a section 'guest edited' by Angie Taylor, Beckie Whitehouse and Erica Dawe. You will find their words between pages 27 and 35.

That the *Messenger* itself is keeping calm and carrying on, as it has done since 1941, is also worthy of praise, especially as many other community magazines were quick to put themselves in mothballs.

I was both impressed and grateful that last month's edition was delivered as usual by so many of the distribution team - those who could not had been prevented by self-isolation guidelines of course. Almost every

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copy eventually found its way through subscribers' letter boxes and the April edition was also posted on the St Andrew's and Stapleford Online websites for the few who missed out.

It is my hope that you are currently reading a paper version of this month's, although as I write there is no guarantee the presses will be manned when it comes to push the button marked print.

Either way, stay safe and enjoy the May edition.

Letters to the Editor

Please include a contact postal address with all correspondence.

From: Ellen Gokkel, Shelford

Re: Great Shelford Train Manager

Following my letter in the January *Messenger* about our local train station manager Angela Milton celebrating her tenth year at Shelford we have received many supportive messages and donations this far for which many thanks! We have collected £200! Any further messages from well-wishers on the site are welcome! The end date is now extended to 31 May.

Visit [JustGiving.com/crowdfunding/ellen-gokkel-3](https://www.justgiving.com/crowdfunding/ellen-gokkel-3).

Many thanks again.

From: Valerie Powell

The Show Goes On thanks to Jon and Ed

I AM greatly indebted to Jon and Ed who are working so hard to get the *Messenger* delivered to everyone as well as dealing with all the content of the magazine. With enthusiasm they took over the collation last month as most of our team were self-isolating due to vulnerability and then delivered bundles to our 30-strong delivery team if individuals couldn't collect them from the church porch. They even did some of the delivery rounds. All this having already done sterling work editing the magazine and getting ready for the May edition.

Our huge thanks go to them for all the work already done and for keeping the magazine alive.

We're waiting for your story!

HAVE you a story to tell or an event to publicise? Or perhaps you have an opinion to share on an issue that is important to you. If so, drop us a line on staplefordmessenger@gmail.com - after all, it's your magazine and we would love to hear from you.

Mothers' Union



ALL MU meetings remain cancelled for the time being. However, this is what we *would* have been enjoying in May! On 4 May the Diocesan Spring

Festival was due to be held in Chatteris Parish Church from 10.30am to 1.30pm. The Spring meeting is always the Annual General Meeting of the Diocesan Mothers' Union, and so a few of us would have gone to hear what the MU in Ely Diocese achieved in 2019.

Then on 21 May, Stapleford was going to host a Granta Deanery meeting with other MUs, when Hazel Williams, our Diocesan President, was coming to speak on 'Modern Slavery'. The Mothers' Union supports the initiative to stamp out modern slavery, which sadly still exists in our country. You can read about how the MU supports the Clewer initiative at:

mothersunion.org/projects/mothers-union-clewer-partnership. In the afternoon of 28 May, a Fellowship Afternoon had been organised.

I hope by next month you can read news of MU meetings actually taking place in Stapleford! In the meantime, best wishes to all members and friends in these very strange times. **Hilary Street**

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Link News



THANK you to all who so generously contributed to the bucket collection in church, in support of those in Masasi Diocese who were devastated by the recent floods. We raised £220 and have heard from Bishop James that the funds that we and other groups in the UK sent have been of immense help.

The primary needs were for 760 tons of flour, 76 tons of beans, 100 sacks of sugar; also much needed medicines, 5,000 gallons of fresh pure drinking water, 90 tents, 10,000 corrugated iron roofing sheets, 2,000 mattresses, 5,000 blankets and sheets, to enable families somehow to survive.



We recently received the following letter from Bishop James:

So far nothing we can share, only prayers for relief from coronavirus as a worldwide disease today.

I do write this just to thank you for all the arrangements you had made as we planned to come to England later this year. However, I do know that you might be aware that Archbishop Justin has rescheduled the Lambeth Conference until 2021, if God wishes. Of course you had many plans for our visit.

Please accept our apology and let's pray for each other that if God is willing we will meet again.

As ever,

James

This month we are sending funds to St Andrew's Nachingwea to support the following projects:

- Cots for the new maternity unit at Nachingwea Hospital
- Uniforms and shoes for needy children in the Special Needs classes
- A laptop for Siamini
- A gift for Rev Bushiri
- A gift for Rev Kuoni

Unfortunately our plans both for the provision of a School Library, in conjunction with READ International and for the 2020 Orientation Course have been postponed until the health situation in Tanzania is clearer.

NOTE: the Link Lunch scheduled for 17 May is postponed. Watch this space for the new date. **The Link Committee**

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Isolation Support Group update

On the 18 March, 16 enthusiastic people delivered a leaflet to every household in Stapleford informing them of the Isolation Support Group set up to help cope with the consequences of the coronavirus, COVID-19. The very professional and colourful leaflet was designed and printed by the Editorial team of the *Messenger* for which many thanks indeed. Thanks also go to the Parish Council for funding the printing.

There was an excellent response with a number of people offering to help. With the publication of the *April Messenger* more people offered their services and there are now more than 50 volunteers of whom 30 are over 70 and 20 under 70 including several teenagers. They have been kept busy responding to requests for prescription collection - around 20 a week - and for grocery shopping.

Chris Diogenous from the Three Horseshoes kindly offered to do a meal at cost price on Thursdays for the particularly vulnerable. Twenty-five people enjoyed his tasty cooking with a dish of chicken thighs in a bean and tomato sauce on 9 April, delivered by stalwart volunteers. All somehow avoiding people contact and keeping the 'statutory' two metres distance. Many thanks to Chris for providing this valuable service.

Nick Sample, Stapleford's South Cambs District councillor, organised a video conference for the volunteer groups of Great and Little Shelford and Stapleford. This offered support, relevant information and an opportunity to exchange ideas.

To date there have been no requests for social contact, either through the telephone or on social media. This may be because family and friends are rallying round, or loneliness and isolation have not yet taken hold, or people have forgotten about the leaflet posted through their door!

As and when we receive requests for sociable chats, we hope that the more senior volunteers in the Group will offer their help and the benefit of a life time's experience.

Coordinators: Carol Davies 843424 and Gillian Pett 843278



Volunteers Prisha Kotecha (left) and Anna Sanders ready to deliver prescriptions

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Brian Jeffs

1940 to 2020



IT is with great sadness that his family would like to announce the death of Brian Charles Jeffs of Great Shelford. He passed away in March in the home he loved, and is survived by daughter Anna, sons Jamie and Ian, and six grandchildren.

Born in Oxtton, Birkenhead, Brian left Merseyside at age 15 to become an apprentice jockey in Newmarket. Moving to Cambridge in the 1960s he became one of the top rated county long distance runners. He spent many years in social

work, as housemaster at two local special schools. Indeed, his love of sport and dedication to helping young people continued throughout his life.

He moved to Great Shelford in 1978 with wife Nicky. Instantly recognisable in his tartan cap, Brian was a familiar figure to many in the village and was always willing to offer help, a smile and a joke.

He set up a Friday night youth club which ran for more than 20 years, alongside numerous colts sports teams and gave the same length of service to his beloved Great Shelford FC as a physio. The family were also active members of the parish church and choir for many years.

Widowed in 1991, Brian worked as a gardener into his retirement and beyond.

We will be having a private family funeral for him, but will host a memorial service later in the year.

From Anna:

There's not enough space and time here to say all the things I would wish to say publicly about Brian and the fascinating life he had. Above all, to me, he was just the most wonderful soul, Daddy and Grampa whose love for his children and grandchildren knew no bounds, which will live on in us.



From Jamie:

I have always been extremely proud to be Brian's son. From his achievements early in his life to his tireless efforts to provide for his family, he was a remarkable man. His compassion and desire to help others always shone through. I can imagine no better father, role model or friend.

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From Ian:

As kids he gave us a childhood full of love, support and laughter. As an adult I saw him in his element, both as a skilled gardener and as a friend to everyone. My memory is full of his stories and how he would raise a smile from everybody he met.

Christine Ruse

1932 to 2020



CHRISTINE Elizabeth Willis was born on 4 November 1932 in the Magog cottages. These are the cottages on the left as you go up Haverhill Road. When she was born the water was drawn from a pump in the yard and the range was heated by wood that was collected nearby. Very basic.

She grew up a bit of a tomboy. She had a special place in the branches of a large beech tree where she would look over towards the village through the leaves. On her way to school she would see how far she could get without having to touch her handlebars.

The family moved into the new council houses, along what is now Bury Road, living at number 11 Poplar Terrace (which became 40 Bury Road). During her life she only lived away from Stapleford for 10 years. As a child there were Willis aunts and uncles in every street. An old Stapleford family that can be traced back over many generations.

Sometimes biking to Sawston Village College she had to wait while cows were herded up over the bridge in London Road. A totally different world.

At Sawston she learnt shorthand as that was expected of young women, but her ambition was to join the police force and at the age of 21 that is what she did. Working from Castle Hill, ambition saw her progress until she became one of the youngest female Superintendents in the country. One story she loved to tell was when Cambridge was trying to catch a rapist. She had to ride her bike up and down the path alongside Grantchester Meadows at night with only a whistle for protection. Police colleagues were secreted in the bushes at either end. He was eventually caught but not that night.

By the time she had completed her 30 years' service and retired she had bought a house in Jocelyns and moved her parents in with her.

In the mid-eighties Christine bought Stapleford Post Office and Stationers with her sister, she became the Post Mistress. It was hard work but wonderful to be a large part of village life.

It was really the centre of the village and nothing happened that she didn't know about. Pension day brought many old friends through the door and stories were shared about old times. A large gathering of travellers would come to the village for potato picking every year. One particular year the shop had bought six large expensive dolls for sale at Christmas and they formed the window display. The traveller families bought every one leaving an empty window by mid-November.

What to do? What about a nativity scene? No, she would not buy one, she would make one using her nephew's toy plastic soldiers. Nobody guessed that under his cloak Joseph sported a machine gun.

These were worrying times as many post offices were being raided around East Anglia. The post mistress at a nearby Office was shot and so was her dog. To Christine's horror it was a regular customer of hers who was the culprit.



For several weeks, unbeknown to her, a policeman lay hidden behind the wall opposite as they had been told that Stapleford post office was on a gang's list and had already been reconnoitred.

Not many years later both her parents became ill, she had to look after them. The post office was sold to Forbouys.

In 1991 Christine married the village electrician Donald Ruse and they moved into Greenfield Close. It was a very happy marriage that ended with Don's death in 2001. She already had been given the title she most treasured: Grandma to their three grandchildren.

Christine was an original member the local history society and she researched and gave a talk on the Gray family who lived in the big house on the Wandlebury estate. She also helped with the research on those who had died during the First World War.

She and Don played bridge and during her years as a widow she made new friends as a bridge player in and around the village. Her last two years were marred by illness and she died on 22 February. Those who remember her may like to contribute to: 'Arthur Rank Hospice Charity' c/o Peasgood and Skeates, 45 Moorfield Road, Duxford. CB22 4PP or via her memory page at www.peasgoodandskeates.co.uk. **Gillian Francis**

The History of Stapleford WI (continued)

1921 to 1939

IN this article which covers the years up to 1939 I have generalised the subjects and given examples of discussions and activities but quoted extracts from individual years which I think are especially interesting.

The population of the village did not rise much above 500 and yet, as you will see, the membership grew to well over 100. In 1935 there were 128 members. After WW1 some men did not return from the war, some would have been injured and some may have suffered from shell shock and



Stapleford WI in 1935 in front of a house in Gog Magog Way

the jobs of men in the village were still mainly agricultural, gardeners, grooms etc so wages would have been low. Some of the women would have been working in service at Gog Magog House and the large houses in Fox Hill. Most were at home looking after the children and houses with no electricity, no mains water and no sewage - a hard life!

Stapleford WI had a very strong drama group

and choir, led by Mrs Bidwell, and took part in many competitions and performed for other WIs. An example of this was a newspaper report written in 1927.

They took part in a WI Drama Festival at the Festival Theatre in Cambridge and performed the 'Merchant of Venice' Mrs Harold Gray, our President, took part and the judge commended the players on the excellent way the some of their beards were put on and congratulated them on their costumes. Bassanio had a good voice but a ghastly beard. The voice was measured and there was dignity and restraint in the performance of Shylock (Mrs Matlock) which was very good. Portia (Mrs Gray) was dignified and stately. The production was very good and they were awarded 86 marks.



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In 1930 there was a national outbreak of measles which affected the village children. There were no vaccines available at this time for measles. There was a National Crisis and the Federation County Organisers advised that this situation may be affecting the lack of members wishing to take on any responsibility and she recommended that the Institute organised fewer activities as some members felt that "they were taking on more than they could do properly".

The Stapleford WI organised a 'Happy Gala' at the Gog Magog House to raise funds for the Cambridge Federation. This was a Victorian Tea Party and there was a competition for the best dress of the period which Lady Gray won. During the afternoon there was an "old world cricket match, in which a team of appropriately top-hatted man challenged voluminously-skirted ladies of the period but were vanquished by the fairer sex. The gentleman had an excuse, however, as they were obliged to bat, field and bowl left-handed and hit the ball in the old fashioned style with a stick, while the ladies played normally, using a cricket bat."

The World Depression broke out in 1931 at a time when the United Kingdom had still not fully recovered from the effects of the First World War more than a decade earlier. The country was driven off the gold standard the same year.

The world financial crisis began to overwhelm Britain; investors across the world started withdrawing their gold from London at the rate of £2½ millions a day. The financial crisis now caused a major political crisis in Britain in August 1931.

Lectures and discussions still revolved around subjects of national importance such as: Women as Voters, The League of Nations, Citizenship, Hygiene and Care of Children's Teeth. Other talks were on such subjects as travel - Australia, Over the Alps, lantern shows of the Sudan and how to grow rich, home nursing, how to cure rabbit skins and how to make a husband happy!

Activities were many and varied and included glove and slipper making, large quantities of jam being made and sold for a small profit, classes in nursing, singing, dancing each week, sports afternoons - often held at Wandlebury House or Galewood Towers where Baroness Morpurgo lived - and tennis tournaments. Dressmaking and straw hat demonstrations, a second hand stall, chair seat caning, loose covers for chairs were also popular.

An Angora rabbit club was begun by the WI. Two hundred and fifty one pounds of wool were sent away to be spun and knitted into garments. There were trips to Wembley and the House of Commons, where members were

shown round by Sir Harold Gray, the MP for Cambridge. Fares were subsidised from the funds.

Stapleford WI helped members and village residents in various ways.

The WI had a National Savings club, a Benevolent Fund which was spent on such things as Bovril, Ovaltine, fruit, food and and gave 1 cwt of coal to the needy of the village. The WI began a library and gave concerts to other Institutes. They gave funds to enlarge the Village Institute and gave money to the Federation £121 (£7,100 in today's value). They made nightdresses for Addenbrooke's and gave £49 to the hospital (£2,900). Eggs were sent to Addenbrooke's (hospitals depended on local support). A sweep's outfit and a stirrup pump were bought!

In 1935 The Voluntary County Organiser, Mrs G Bennett attended the annual meeting of Stapleford WI and commented: "it was my first visit to an Institute near Cambridge. I realised how different and how much more difficult it was to conduct an Institute of this kind than one of truly rural style. I think the best work being done here is not so much the improvement of rural conditions as the bringing together of women of equally different types and interests is presenting them to the other woman's point of view."

A speaker's report after giving a talk on 'Salads' stated she that felt that the audience was most attentive and asked many questions and had thoroughly enjoyed her visit. "It was a particularly happy gathering." The same could be said about our WI in 2020!

In 1935 the programme for the year had a motto for each month.

The programme had a theme 'The Golden Thread of Life' which was looking at life in different lands and here are some of the mottos from that year. These mottos are still applicable for our life in 2020.

- Sympathy is the first great lesson that man should learn.
- You can't help the past but you can look out for the future.
- Economy is not how little one can spend but how wisely one can spend it.
- Great minds are pleased in doing good.
- Life is only worth living if we make it worthwhile for others to live.
- Many receive advice but only a few profit from it.
- Efforts made for the happiness of others lifts us above ourselves.

In January 1936 the motto was: The happiness of the New Year depends entirely on what has been learned from the old.

The same year, Stapleford WI adopted a 'distressed' family from Liverpool and sent groceries and clothes at regular intervals. **Sallie Dixon**

Guest editorial



Enjoy nature - connect with your soul

WELL. What a situation. When Jon and Ed (The Messenger team) asked for help with future issues of The Messenger—with a view toward taking over The Messenger Empire—we three offered to Guest Edit the May Edition and focus on Mental Health Awareness, as 18-24 May is Mental Health Awareness week in the UK, courtesy of the Mental Health Foundation. Their theme is on the connection between sleep and mental

health, but there is a lot more to be learned about Mind, Body, and Soul on their site at mentalhealth.org.uk/campaigns/mental-health-awareness-week And I'll bet you wish you could just click on that, yes?!

Mental health encompasses a very broad spectrum of issues. We cannot hope to cover all of them in the space available, but whatever you are experiencing is important, so please do seek support.

Guest Editors Angie Taylor, Beckie Whitehouse, and Erica Dawe work in different businesses to help people improve their well-being through (respectively) Emotional Freedom Techniques (EFT Transformation), coaching youth through anxiety and other issues (Champs Academy), and Personal Colour & Style/Image consultations (House of Colour). We have no medical qualifications, but recognise there are so many issues involved in Mental Health—from low self-esteem to severe diagnoses—and so many ways to combat this widespread problem for many.

We had no idea the subject we chose for the May Messenger would be as vital as it now is, with this disruption to our previously-known lives.

It used to be called 'boosting morale,' or 'keeping up our spirits,' or 'coping with mental illness.' It might now be called 'supporting the nation's mental health.' Does it matter what words we use? Is a university student struggling with anxiety any less in need of help than a schizophrenic patient in hospital on medication, someone experiencing depression or someone worried and lonely because they are currently confined to their home with no other human contact? Is any one person more worthy of support than another?



Features in this issue are dedicated to Connection, with ourselves and with others, in whatever form possible. Talk to each other. Have tricky/fun/interesting/banal conversations.

Mind. Body. Soul. Nourish them all and encourage teamwork. Puzzles, books, documentaries (Mind); walking running, cycling, Pilates (Body); faith, family, friends, laughter (Soul). Take care of yourselves and enjoy this month's *Messenger*.

Erica Dawe, Beckie Whitehouse, Angie Taylor

A GP's perspective

I WOULD like to write about patients coming to the surgery with mental health concerns. I live locally and work as a GP in Suffolk.

Probably about one in three consultations has a mental health component. Sometimes this is really obvious, but other times mental health issues can be hiding amongst several other symptoms and concerns.

We appreciate that patients can find it difficult to open up about mental health, but for us it is something we are very used to talking through and want to know about. We know that anyone can experience mental health issues and they should be treated with the same importance as physical health complaints. It is common for physical and mental health symptoms to affect each other, so we need to know about both.

Most standard GP appointments are only ten minutes long. We do listen for signals that there may be a mental health component to your symptoms, but if there is something specifically worrying you from a mental health perspective it is really helpful if you bring it up reasonably early in the consultation so we have time to deal with it sensitively and thoroughly.

As with physical health, there can be times when your mental health is not good, but you are not suffering from a mental illness; here, some basic advice, signposting and self-management can help. For conditions such as depression or anxiety, psychological interventions like cognitive behavioural therapy (CBT) have good evidence of effectiveness, or you may be offered medication. Also, as with physical health, there can times when patients have significant illness and we need to seek specialist advice and assessment. **Carrie Shenton, GP**

Editors' note: In this current COVID-19 crisis, GPs are very aware of the potential effects of anxiety and self-isolation on mental health. If you do feel that your mental health is suffering and you need support, please reach out to one of the numbers on the "Mental Health Support" list provided in this issue, or contact your local GP.



The life changing magic of ... walking

WHEN this month's Guest Editors asked me to submit something to tie in with their wellbeing theme, how could I refuse? Since then, the pandemic-induced lockdown seems to have brought about a sharp rise in those I see out enjoying a walk around our lovely village. I do hope that once life returns to 'normal', a lot of those neighbours will continue to enjoy a regular



The local Strollers in action

walk as part of their routine. for those 'constitutional' walks, a standard pair of comfortable shoes or trainers is adequate, plus whatever appropriate clothes feel comfortable. As they say: *there's no such thing as bad weather, just inappropriate clothing!*

Unlike many forms of exercise, walking has the huge benefit that **you already know how to do it** and you almost certainly have suitable clothing and footwear. Sure, for a five-mile Strollers walk on some muddy tracks, you would want specialist walking boots at least... but walking has been proven to beat all other forms of rehab exercise to address lower back pain. And it can be great for your knees: mobilising the joint fluid, thus easing stiffness and pain, as well as building strength in the supporting muscles. Plus of course the gentle cardio-vascular workout of a brisk stroll will raise your heart rate a tad and burn a few calories; OK, so it only burns about half the calories that running would over the same distance or time, but let's be honest, you can probably sustain walking for much longer – I know I can!

Walking is also fantastic for your mental wellbeing. Partly this is thanks to the natural release of endorphins, but also there is something fundamental to our being about just putting one foot in front of the other, making progress, and being outside in nature – whether on a remote mountain, immersed in the bustle of a city, or anywhere in between (a quiet, leafy village in South Cambridgeshire, for instance?) Alone, it's a great time for reflecting, or just observing the world; in company, it's perfect for catching up with people, and the shared experience adds a different dimension.

One final benefit is that it is also very cheap. "Active travel" really is the magic bullet to address climate change and the obesity crisis. So leave the car at home, put your sensible shoes on, and experience the Joy of Walking!

Miranda Fyfe



No man is an island



Male bonding over footy and a family

It is perhaps unfair, indeed a stereotype, to say that men don't 'do' emotion, but phrases such as 'boys don't cry' and 'take it like a man' permeate our culture from an early age. So-called male bonding occurs on the pitch or down the pub, but do these avenues afford men a chance to share fears, problems, *feelings* with any hope of receiving help or support? Hmm. In England, one in eight men have a common mental health problem, but are far less likely to seek support from friends or professionals.

We have chosen some poetry to represent the contrasting sides of male mental health: snippets from Simon & Garfunkel's 'I Am a Rock', which presents the stereotypical male reaction to pain and disillusionment - isolation and a hardening of the heart. In contrast, there is 'No Man Is An Island', by John Donne (1572-1631) who encouraged the idea that isolation is bad for us, that we are all connected, and that we need to participate in relationships and communities to thrive.

Boys, teens, men: talk more. Someone will understand. **Guest Editors**

Selections from I Am a Rock by Paul Simon

I am a rock
 I am an island
 I've built walls
 A fortress deep and mighty
 That none may penetrate
 I have no need of friendship, friendship causes pain
 It's laughter and it's loving I disdain

I am a rock
 I am an island
 And a rock feels no pain
 And an island never cries



No Man Is An Island, by John Donne

No man is an island entire of itself,
 Every man is a piece of the continent,
 A part of the main.
 If a clod be washed away by the sea,
 Europe is the less,
 As well as if a promontory were,
 As well as any manor of thy friend's,
 Or of thine own were.
 Any man's death diminishes me,
 Because I am involved in mankind.
 And therefore never send to know for whom the bell tolls;
 It tolls for thee.

Ways to connect...



Clockwise from top left: by volunteering in the community; through music; with pets; on holiday or across the ages over a cuppa



Stay connected online



Guest editors working online

NOTHING will replace human contact, but long before the COVID-19 pandemic technology was making it possible for more people to connect across the world than ever before. Social media has its downside—trolls, predators, attention seekers, bullies—but the world was ever thus. Ignore the negative online and focus on the wonders of technology instead. These days you can find groups discussing your favourite subjects or hobbies with 100 people who share that passion, which might be more difficult in your village or at work if that passion was, say, the Japanese art form Hikaru Dorodango.

Now more than ever, work is being conducted via technology, with Zoom, Microsoft Teams, and others. Tech has long supported education and learning, now assignments are delivered online and teachers communicate with pupils solely through the magic of computers and smartphones while the schools are closed. Friends can have virtual coffees through

Facetime on smartphones, teens seem to hang out on Houseparty, children can indulge their love of Minecraft or FIFA with real friends and virtual ones online, and I've even heard of a dinner party and games night being conducted through Skype!

The regular quiz at The Three Horseshoes has been rearranged using an app called Kahoot, and most of us have probably seen the virtual singalongs broadcast on the news. Book groups still meet, albeit virtually, and there's almost no form of exercise, such as pilates, yoga, cycling, that isn't being delivered via YouTube.

Obviously people need a computer or tablet or smartphone to have access to the wonders of technology, but there's also that great technological advance from years gone by, the landline. Either way, connection with others is at your fingertips. **Guest Editors**



Mental health and wellbeing at Stapleford Community Primary School

EVIDENCE suggests there are five steps you can take to improve your mental health and wellbeing. At Stapleford Community Primary School, we endeavour to provide our children with as many opportunities to fulfil these steps as we can.

1. Connect

There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world. It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages. At SCPS, we welcome any opportunities to connect with our wider community, such as at Christmas 2019 when our Year 1 children sang to the residents at Cox's Close.

2. Be active

Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Our PE curriculum provides our children with the opportunity to be active for at least two hours a week. We are lucky to have the expertise of Premier Sport coaches within our school who run after school clubs and games four lunchtimes a week. We are also extremely lucky to have such vast and wonderful outside areas, including the moat. Our youngest pupils enjoy regular sessions of outdoor learning, several classes enjoy gardening activities and we take the opportunity to have cross curricular learning outside whenever we can.

3. Give

Participation in social and community life has attracted a lot of attention in the field of wellbeing research. Individuals who report a greater interest in helping others are more likely to rate themselves as happy. At school, staff will share random acts of kindness ideas for the children to do. Several children run lunchtime clubs they have planned themselves. Our school council regularly meet to decide which charities that they would like to raise money for. We have been particularly proud of their desire to run their own events to enable such fund-raising.

4 Take notice

Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities. When the children answer the



register in the afternoon, we give them the opportunity to identify something that they feel grateful for in that moment. Friendship, water, colouring pencils, my teachers, cats... The list is endless and it starts our afternoons off with a smile.

5. Keep learning

We pride ourselves on our broad and balanced curriculum, particularly the opportunities we provide our children with to learn skills and knowledge that will support their mental health and wellbeing. We have yoga lessons throughout the school to allow our children time to be calm and to reflect; CosmicKidsYoga on YouTube is a particular favourite. Learning a new skill boosts self-confidence, and we teach our children that it is never too late to start something new. (I'm currently brushing up on my GCSE Spanish skills using the Duolingo app!)

Ellis Cooper Y5 Class Teacher

The voice of youth

THE whole of year 11 is about your GCSEs and that's what creates the anxiety of our year, the homework and the tiring coursework all impacts that final exam you sit. Except this year was different, our anxiety was about exams but now it's about the fact that we have no exams to sit.

That sounds ideal doesn't it? No exams must be great! Actually it isn't great because now we're full of concern about what is going to happen, we don't know exactly how we will get our grades and whether it will all be good enough to get to where we want to go. We don't have a chance to prove to ourselves and our teachers how great we really can be, we don't have the satisfaction of knowing that all the hard work we've put in for almost five years has paid off, it's sad because we haven't got an opportunity to display our full potential.

Whether or not we would have to sit exams at the end of the academic year we would be full of anxiety about the exam or the results, a lot of which is natural anxiety but without these exams our year hasn't really got a full idea of how the whole process works.

Although this can affect our mental health it is however, reassuring to remember that we are all in this together, and we all have to work through this, with our peers and our teachers, but it's helpful to remember that nothing like this has happened before and that we are all working together to do our best to ensure that we succeed in every way we can. **Gwynnie Whitehouse**



Mental health support - helplines

Samaritans	For people experiencing distress or despair	116 123 (24-hour helpline) jo@samaritans.org
SANE	Emotional support, information and guidance for people affected by mental illness, their families and carers	0300 304 7000 (daily, 4.30pm to 10.30pm)
Papyrus	Young suicide prevention society	HOPELINEUK 0800 068 4141 (Mon-Fri 10am to 10pm; weekends & bank holidays 2pm to 10pm) pat@papyrus-uk.org
Men's Health Forum	24/7 stress support for men by text, chat and email	www.menshealthforum.org.uk
CALM	Campaign Against Living Miserably, for men aged 15 to 35	0800 58 58 58 (daily, 5pm to midnight)
Rethink Mental Illness	Support and advice for people living with mental illness	0300 5000 927 (Monday to Friday, 9.30am to 4pm)
Young Minds	Information on child and adolescent mental health. Services for parents and professionals	Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)
Alzheimer's Society	Information on dementia, including factsheets and helplines	0300 222 1122 (Monday to Friday, 9am to 5pm; weekends 10am to 4pm)
Cruse	Bereavement Care	0808 808 1677 (Monday to Friday, 9am to 5pm)
Age UK	Support for later life	Daily, 8am to 7pm
Switchboard	Support for those who identify as gay, lesbian, bisexual or transgender	0300 330 0630 (daily, 10am to 10pm). All phone operators identify as LGBT+. chris@switchboard.lgbt
National Childbirth Trust	Practical and emotional support with feeding your baby and general enquiries for parents	0300 330 0700 (daily 8am to midnight)
NHS Helpline	For coronavirus, call only if you cannot find help online	111



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The view from Villedômer

STAPLEFORD is twinned with the village of Villedômer in the Loire Valley.

Isabelle Tondereau is the Secretary of Villedômer's Twinning Association. She writes about life from her perspective in the village during lockdown:

LOTS of people are working in a virtual environment. Take me for example: I'm a teacher and I communicate with my two classes using an online platform. I'm really lucky not to have any exam classes. This year there's going to be continual assessment for the *baccalauréat* (equivalent to A level). There won't be any end of year exams. It's a first! Even in 1968 (when there were several weeks of civil unrest) there were exams.

It's very, very quiet. No planes in the sky, only very few cars driving

around. It's hot for the beginning of April. It was 24 degrees yesterday. The blossom is out and the birds are singing. We couldn't hear them before this. Despite everything, it feels very peaceful.

We can go out for a limited number of reasons. There's a document called an *attestation* ... that we have to sign every time we go out (see illustration left).

Some of our friends are working. One who works in the locomotive industry gets checked by the police every day. There's a 135 € fine for going out without a permitted reason, 300 € for a second offence and more than 1,000 € for multiple offences and ultimately there is imprisonment for even more offences.

I do food shopping once a week. People are

ATTESTATION DE DÉPLACEMENT DÉROGATOIRE

En application de l'article 3 du décret du 23 mars 2020 prescrivant les mesures générales nécessaires pour faire face à l'épidémie de Covid19 dans le cadre de l'état d'urgence sanitaire

Je soussigné(e),

Mme/M. :

Né(e) le :

À :

Demeurant :

certifie que mon déplacement est lié au motif suivant (cocher la case) autorisé par l'article 3 du décret du 23 mars 2020 prescrivant les mesures générales nécessaires pour faire face à l'épidémie de Covid19 dans le cadre de l'état d'urgence sanitaire¹ :

- Déplacements entre le domicile et le lieu d'exercice de l'activité professionnelle, lorsqu'ils sont indispensables à l'exercice d'activités ne pouvant être organisées sous forme de télétravail ou déplacements professionnels ne pouvant être différés².
- Déplacements pour effectuer des achats de fournitures nécessaires à l'activité professionnelle et des achats de première nécessité³ dans des établissements dont les activités demeurent autorisées (liste sur gouvernement.fr).
- Consultations et soins ne pouvant être assurés à distance et ne pouvant être différés ; consultations et soins des patients atteints d'une affection de longue durée.
- Déplacements pour motif familial impérieux, pour l'assistance aux personnes vulnérables ou la garde d'enfants.

Déplacements brefs, dans la limite d'une heure quotidienne et dans un rayon maximal d'un kilomètre autour du domicile, liés soit à l'activité physique individuelle des personnes, à l'exclusion de toute pratique sportive collective et de toute proximité avec d'autres personnes, soit à la promenade avec les seules personnes regroupées dans un même domicile, soit aux besoins des animaux de compagnie.

- Convocation judiciaire ou administrative.
- Participation à des missions d'intérêt général sur demande de l'autorité administrative.

Fait à :

Le : à h

(Date et heure de début de sortie à mentionner obligatoirement)

Signature :

¹ Les personnes souhaitant bénéficier de l'une de ces exceptions doivent se munir s'il y a lieu, lors de leurs déplacements hors de leur domicile, d'un document leur permettant de justifier que le déplacement considéré entre dans le champ de l'une de ces exceptions.

² A utiliser par les travailleurs non-salariés, lorsqu'ils ne peuvent disposer d'un justificatif de déplacement établi par leur employeur.

³ Y compris les acquisitions à titre gratuit (distribution de denrées alimentaires...) et les déplacements liés à la perception de prestations sociales et au retrait d'espèces.

The official document for leaving one's home

watching one another. They're very wary. Just before the confinement food shops were raided. No more flour, no more toilet paper, no more pasta. They are the most sought-after items. There's help available for elderly people. Volunteers deliver essentials to them.

The first round of local elections took place in March, but the mayoral elections due to take place on 21 March were cancelled, so the current mayor will remain in office until the next round of mayoral elections next autumn. This means that Marie-Claude Foucher, who did not stand in the local election and would have relinquished the role of mayor, will remain as mayor of Villedômer.

Before this crisis the GPs were overwhelmed with work. Now they have very few patients. People are frightened and so they are delaying their appointments. Care staff are still waiting for masks, overalls and reinforcement. Our daughter Julie is a nurse. She's really frightened when she goes off to work, but she doesn't panic and she goes back regularly.

We spend lots of time reading, doing DIY and working in the garden. For people living in a flat, life must be much more complicated.

Original text by Isabelle Tondereau translated by Jackie Bow



*The rather lovely scarecrow on the allotment is doubly busy these days. Not only is it warding off feathered crop thieves as usual but it is also reminding us of our social distancing obligations. Stay safe folks. **Jon West***

Pulling together

This year has had its problems,
Not to say the least.
The Village Weekend is cancelled,
Just like the Shelford Feast.

It's a major disappointment.
But it had to be done,
For everyone's safety,
Until coronavirus is gone.

We didn't do it lightly, we did it with regret,
But next year's Village Weekend,
Will be something extra special
That you'll never want to forget.

Now we turn our attention,
To those who are frail and in need.
We check on their welfare,
And make sure they feed.

Times like these bring out good and bad.
Things some people do make you so mad.
But they have their own conscience,
They'll need to atone.
As if they follow that road
They'll end up so alone.

Thankfully those people you can count on one hand,
As the rest of our community together bands,
To help one another through these dark times,
With a little light relief from my silly rhymes.

By Michael Gatward

Quiz time

THE return date for the every other Thursday quiz to the Three Horseshoes remains firmly in the 'completely unknown' category, and whether any cricket will be played this summer is anyone's guess. So for those of you who are missing both here is a round entitled 'It's Just Not Cricket'.

Answers on page 49.

1. Name the only best selling author to catch fire while playing cricket at Lord's. He was born in Scotland, believed in fairies and his most famous creation first appeared in Beeton's Christmas Annual in 1887 if that helps.
2. Alec Douglas Home was the only UK Prime Minister to have played first class cricket. He lasted less than a year in the post as his party lost the general election. Who replaced him as Prime Minister?
3. Name the only first-class cricketer to win a Nobel Prize for Literature. He was born in Dublin and his most famous play was performed first in French and then English.
4. Which celebrated lyricist, now in his seventies, bemused Americans by thanking Denis Compton in his Oscar acceptance speech? The man in question had written the words for 'Can You Feel The Love Tonight?' for 'The Lion King', with Elton John supplying the music.
5. The only man to captain England and feature in more than 100 Hollywood films was Sir C Aubrey 'Round the Corner' Smith, whose final movie was the 1949 version of 'Little Women'. Elizabeth Taylor (right) played Amy in that - but which 24-year-old English actress played her in the 2019 version? Previous roles include a wrestler and a posh Scot.
6. Which former international sportsman and current TV presenter joked after being dismissed for a single run while playing for the MCC against Germany: "I always get one against the Germans...?"
7. In 2003 fast bowler Darren Gough became the first cricketer to feature in the Beano. Which equally speedy character did he join on its pages? Goughy had only one word to say if that helps - 'chortle'.



8. The name of which Disney character had previously been uttered in 'Snow White and the Seven Dwarfs', 'The Wizard of Oz' and the Mickey Mouse cartoon 'Brave Little Tailor'?
9. Geoffrey Boycott, the most Yorkshire Yorkshireman who ever lived, surprisingly revealed he was a big fan of which American singer 44 years his junior? Her albums include 'One Of The Boys' and 'Prism'.
10. Buddy Holly (right) and the Crickets were from which US state? The state in question boasts the fourth and seventh largest cities in the US, and has borders with four other US states as well as plenty of seaside.



Award for the Three Horseshoes



THE year-long efforts of Chris Diogenous and his team to transform the fortunes of the Three Horseshoes have been recognised by The Campaign For Real Ale.

The pub was among the winners in the Cambridge CAMRA branch's 2020 awards, being voted Most Improved Rural Pub of the Year.

Chris (pictured below) said: "It's official - we are winners!

"A big thank you to Cambridge and District CAMRA for the award and all those who voted for us!

"And a big thank you to all those who work hard to make it happen. In the current situation, it's great news and a real boost!"

The White Lion in Sawston was voted the area's best watering hole for dark beer and the Lord Byron in Trumpington was also a category winner.

The coronavirus crisis saw the planned awards ceremony cancelled however.

A Cambridge CAMRA spokesman said: "Although we were unable to hold our Gala Night we still want to sing the praises of the places and people who have won this year's branch awards.

"We will get the certificates out and have a drink with the winners once restrictions ease." **Jon West**



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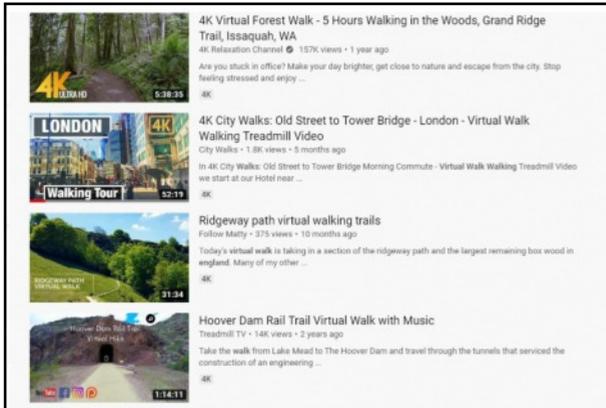
Stapleford Strollers

A walk for these times

THERE is little point in coming up with a new walk route for you, given the current circumstances. The official guidance, though, is a walk-a-day for exercise and, given the advice to stay at home, logically that walk should be one you can do from your place of residence, remembering to keep at least

2m from anyone you come across. There is conflicting advice about using cars but, in general, the police (including Cambridgeshire) are telling people to avoid travelling unnecessary distances to get walking exercise.

The bizarre scenes from weeks ago when Skegness, Scarborough



and many East Anglian resorts were heaving with people, the Peak District was packed and Snowdonia had its busiest day on record will stay long in the memory, for the wrong reasons.

OK; so what can you do that is a bit different, but still gives a flavour of the UK countryside even if you can't get out and about in the usual way?

You need the internet for this but try it out. You need to go on to youtube.com and put Virtual UK Walks in the search box; then take your pick from all sorts of routes at all times of the year. It's the YouTube equivalent of slow television. At this time of the year it might be fun to do one of the Bluebell Woods walks but, whatever takes your fancy. The length of the items varies but, for a decent walk, try to pick something that is at least 30 minutes. Occasionally, you will find one of the pieces that has really annoying background music, but these are in the minority.

If you want a walk somewhere overseas then pick your country and put this in the subject box; there's bound to be something.

The advantage of YouTube is that the items on it are free. There are many Virtual Walks websites on the internet too, but they tend to cost money.

Good luck. Stay safe. Keep well. **David Barnes**



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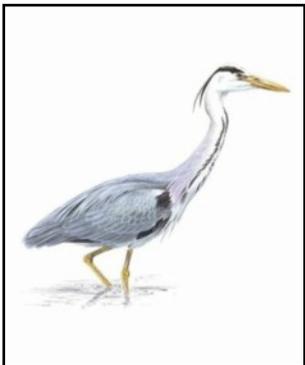


Stapleford Bird Club

THERE is no report of birds from Magog Down this month because of lockdown so instead I am focusing on the birds of Stapleford. Without any census of the number of *breeding* birds in the parish, a rough and ready estimate can be formed by using figures from the British Trust for Ornithology (BTO). It reports that an astonishing 170 million birds (85 million pairs) breed in the UK, the top ten species in order being Wren (left) (11 million pairs), Robin, House Sparrow, Woodpigeon, Blackbird, Chaffinch, Blue Tit, Dunnock, Meadow Pipit and Great Tit (2.35 million). The 11th species is Pheasant! Of course every area will have differences, and Stapleford



does not have any reported breeding Meadow Pipits, this being mainly an upland bird. Using the UK figures a rough and ready estimate of breeding birds in the parish is 4,850, or 2.5 birds per person, though I hope that in such a leafy village with many gardens it is actually much higher than this. At the other end of the scale, Greenfinch numbers, hammered by a disease called Trichomonosis, are now so low that they are below the Song Thrush and the tiny Goldcrest. Chaffinch is at number 6 but for how much longer? They are now in crisis, their breeding population fallen by a quarter in just five years. Again disease is implicated though there may be other factors too.



One bird also not doing well in the parish is the Grey Heron (left). These graceful birds nest in colonies and Stapleford has been fortunate to have had a long-standing heronry at Bury Farm. Unfortunately in the past ten years or so surveys have shown a downward trend in nest numbers and our heronry has not escaped this trend and now seems to be extinct. It was thriving and stable just four years ago and there is speculation that in 2017 a group of Rooks displaced from the Sawston area were so aggressive towards the herons at a vulnerable time in late winter that the

herons deserted the site. Let's hope that they return some time, and we can again listen to the loud and far-reaching clacking calls of the young in their nests. **Mike Foley**



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Puzzle Corner

Find the country

IN *each* of the paragraphs below are hidden the names of *five* countries. Initials such as U.S. do not count. They are hidden in one of three forms:

- written forwards e.g. France in "Off ran Cecil"
- written backwards e.g. Sweden in "the fine dew sparkles"
- in anagram form e.g. Yemen in "his worst enemy"

An anagram will always consist of one or more whole words. Good luck!

1. Eric had the strangest pets; an ox, mice, a near-giant hairy spider, and these all had fleas and lice.
2. Romeo can beat Ali by at least a second. When I regain my form, I hope I find I am able to compete as well as when Ray won last year.
3. Dan handles rent payments on the house which I let. I've recently had to replace a sink tap and a bucket, and clear vermin in a dusty cellar corner.
4. After hours and hours of clambering through small gaps and holes to get to the hidden cave, I found strange golden markings on the wall and also forty Latin scrolls.
5. After thorough analysis of the back panel of the camera I had bought from the gentleman I rushed into selling it to me, I saw that it was faulty, but I'm sure no malice was meant.

Eight-letter words with unusual endings

THE solutions are commonplace words, although in some cases you may find more obscure alternatives. How many can you find?

.... ABET NINE RUDE TINY POUR
 TACK RISK TRUE EDIT AMEN



Set by *Hermes* – Answers on page 49



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2G3S Events and news



LIKE almost everything else, our public meetings have been brought to a halt for now. We had a planning meeting by Zoom to make some decisions and share ideas for future events.

So Bill's talk on 27 April on Cooking and Forests in Africa and the Extinction Rebellion evening were both postponed. If possible we look forward to two guided walks, one on Saturday 27 June at 2pm at the Parish Pit, and one on Sunday 26 July at 2pm at the Challis Garden in Sawston.

If you look at our Facebook page you will hopefully find some positive stories to come out of the COVID-19 crisis e.g. the pollution levels over China have dropped enormously since their lockdown, and the same is becoming true in Europe. More locally the birdsong is amazing without the traffic to interfere, and it is lovely that the community is helping each other out.

Take care of yourselves, **Helen Hale**

Quiz answers

- | | |
|--|--------------------|
| 1. Arthur Conan Doyle. The ball struck some matches in his pocket if you were wondering. | 5. Florence Pugh. |
| 2. Harold Wilson. | 6. Gary Lineker. |
| 3. Samuel Beckett. | 7. Billy Whizz. |
| 4. Sir Tim Rice. | 8. Jiminy Cricket. |
| | 9. Katy Perry. |
| | 10. Texas. |

Puzzle corner answers

Find the Country:

1. Chad, Mexico, Argentina, Syria, Iceland;
2. Cameroon, Libya, Nigeria, India, Norway;
3. Netherlands, Chile, Pakistan, Cuba, Sudan;
4. Honduras, Lesotho, Denmark, Laos, Italy;
5. Ghana, Nepal, America, Suriname, Mali

Eight-letter words:

alphabet, feminine, protrude, scrutiny, downpour, haystack, asterisk, construe, accredit, cyclamen



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Monday	CLOSED	17:00 ~ 23:00
Tuesday	12:00 ~ 14:30	17:00 ~ 23:00
Wednesday	12:00 ~ 14:30	17:00 ~ 23:00
Thursday	12:00 ~ 14:30	17:00 ~ 23:00
Friday	12:00 ~ 14:30	17:00 ~ 00:00
Saturday	12:00 ~ 17:00	17:00 ~ 00:00
Sunday	12:00 ~ 17:00	17:00 ~ 22:30

Kitchen Service Times

	Lunchtime	Evening
Monday	CLOSED	CLOSED
Tuesday*	CLOSED	18:00 ~ 2130
Wednesday	12:00 ~ 14:30	18:00 ~ 2130
Thursday	12:00 ~ 14:30	18:00 ~ 2130
Friday	12:00 ~ 14:30	18:00 ~ 2130
Saturday	12:00 ~ 14:30	18:00 ~ 2130
Sunday	12:00 ~ 16:00	CLOSED

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*On Tuesdays we run special events such as Steak Night or food trucks!

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OVID-19? Some virus verse

THE current pandemic has inspired Messenger readers to capture the moment in poetry. Stapleford's resident bard Michael Gatward has penned his take on the subject while Cathy Challis insists her rapid style has not been influenced by Stormzy or any other rappers.

The coronavirus epidemic has now reached a scary phase,
Isolated from friends and family
For weeks, not just days.
Not allowed to leave our homes,
Confined behind our own door,
This country has never been
In a situation quite like this before.

It brings out the true colours
Of the people in this land,
As some of their actions
Can be so hard to understand .
When you hear that an old man,
was mugged for a toilet roll.
What kind of person does this?
Have they got no soul?

They swoop on the supermarkets,
Take all they can,
Think only of themselves,
Don't consider their fellow man.
So many are then left wanting,
Can't find what they need,
Just because of others' selfish actions,
Consumed by their own greed.

But they are thankfully overshadowed,
By what so many others give.
As they risk their own lives each day,
In order to help others live.
There's also so many unsung heroes,
Quietly beavering away,
Feeding the hungry,
And giving the homeless somewhere to stay.

(continued on on page 53)



AA

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We all need to strictly follow
Our Government's advice.
To keep our social distance,
Protect the weak in our community,
Try to think more of others,
Be more kind and thoughtful,
But above all be nice.

Be kind to one another.

By Michael Gatward

I woke up this morning wondering if last night was a dream, this awful virus is so very mean. It has killed, made people all over the world very ill.

When will people listen to what they are told? Stay home, be brave, be bold. The more we take note believe it's no joke, the sooner we can be free from COVID-19.

People go mad, bulk buying it's sad. Leave things for the old and the vulnerable. Just take one or two; it's all you need and hopefully soon we'll be coronavirus free.

I know we don't like being told what to do. It's for our own good, do as they say stay safe stay home and watch COVID-19 go.

We will soon be able to rejoice and get together with family and friends again. For young children its hard to explain why they cannot see their friends, I know it's a pain. But all will come good if we do as we should. Be safe, stay home and avoid the mean COVID-19.

I'm sorry to go on but I won't be too long, we must pay attention and definitely mention those who strive to save all our lives, working on the frontline defeating that mean COVID-19.

By Cathy Challis

**STAY HOME > KEEP SAFE
> PROTECT THE NHS**

Stapleford and Shelfords local businesses Coronavirus update

Stapleford

The Three Horseshoes offers meal deliveries. If people phone 503402 from 5pm, Wednesday to Saturday and place an order, pay over the phone they will deliver. On Sundays the phone line opens at 11am. The kitchen closes at 3pm.

The Spar shop offers a door drop home delivery service. Go to sweettalkonline.com.

The Rose pub offers takeaways from 12 noon to 2.30pm and 6pm to 8pm. Ring 837755. All takeaways to be collected from The George, Babraham.

Stapleford Granary is closed until further notice.

Magpie Garage is closed.

Travis Perkins is closed.

The Gog Farmshop is open as usual (with distancing), stay in car shopping available, online delivery service being created, cafe closed.

Stapleford Rec play equipment and tennis courts are closed.

Magog Down car park is closed. Locals who are able to reach Magog Down on foot must respect others taking into account government advice on social distancing and maintaining a distance of 2m (6ft) from anyone not in your household group.

Wandlebury Country Park remains open for people to exercise. However some facilities such as toilets are closed. Please follow government guidelines and observe social distancing.

Great Shelford

Tesco currently open 7am to 10pm.

Zara Indian restaurant is providing a takeaway collection service. To encourage social distancing please pre-order early so when you come to collect there is no wait and no crowd.

Forum House Chinese restaurant is currently offering contact free delivery as well as pick up takeaways.

Days of Ashwell is open from 8am to 2pm.

Shelford Deli is open for essential goods service only. No takeaway pizzas or coffees are available. Closed Mondays.

Barkers Butchers is open and also offers a delivery service. Closed 1pm to 2pm and Mondays.

Noel Young Wines is open 10am to 7pm Monday to Saturday on a two in, two out basis, free deliveries to CB postcodes with orders over £50 and if in Great Shelford will drop in a couple of bottles especially if self-isolating.

Great Shelford Dry Cleaners is open Monday to Thursday 9am to 1pm but closed Friday and Saturday. They are running a free collection and delivery service on Monday afternoons - phone 844344 or email greatshelforddrycleaning@gmail.com.

Cara Coffee is closed.

Square and Compasses is doing takeaways, Tuesday to Sunday 12 noon to 2pm and Tuesday to Saturday 6pm to 9pm. To place an order call 843273. Orders taken from 11.30am to 1.30pm and 5.30pm to 8.30pm on applicable days. Please order Sunday lunch by 8pm Saturday.

The Plough is closed.

The Great Shelford dental surgery is closed.

Great Shelford library is closed.

Lay Electrical is closed but can deliver domestic appliances (07740 543187).

The Cambridge Building Society is closed.

Davies Solicitors is open as usual from 9am to 5pm.

Rayments Garage is open.

T & J Tyres (845155) is open.

Scotsdales is closed.

Little Shelford

The Navigator is closed.

Winners Chinese Takeaway is closed.

Harveys Garden Centre is closed but have set up a website (harveyandson1930.wixsite.com/mysite) and online order service for bedding plants and vegetable seedling / plants that you can collect at an allotted time from outside the property on Hauxton Rd.



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Information courtesy of Staplefordonline.com. For latest information visit sites.google.com/site/staplefordonline/home

Calling cycle path users

AS a part of the curriculum at Hills Road Sixth Form College, every student is expected to undertake an Extended Project Qualification (EPQ). An EPQ is a one-year, self-directed and self-motivated project equivalent to an AS level. Students must choose a topic and then plan, research and develop their ideas into a finished product such as a research-based written report, a piece of art, or a production such as a charity event or a fashion show.

For my extended project, I am reviewing the cycle route between Great Shelford and Hills Road Sixth Form College, and creating a proposal for some improvements. So far, I have researched cycle paths and regulations, and I have met with members of the County Council and cycle campaigners. At present I am conducting a survey. It would be great if you could help me with this research by completing a 60-second survey at the following link: <https://forms.gle/bygFQSu9HWPZYoQw9>. **Jonathan Mack**



*The pink supermoon was an arresting site over the village on the evening of 8 April but I'm sure I'm not alone in coming away disappointed by my photographic efforts to capture it. On the left is how it appeared to the naked eye and through the lens of a proper photographer; on the right is what my Nikon thought it saw. Anyone manage to do any better? The bar is not exactly high... **Jon West***

Great Shelford Library



ALTHOUGH our libraries are closed to the public until further notice, the Library Service has been hard at work developing new and updated online offers to keep everyone going until we can open again. Please don't worry about accumulating fines on books you borrowed before the closure. Books currently on loan are being renewed automatically and charges have been suspended since

17 March.

We're all missing our hard copy books, but remember that if you have a computer, tablet or smartphone your library card gives you free access (via our website) to many electronic resources, including e-books and e-audiobooks. If you're not a member it's free to join and you can do this online.

Did you know?

- You can download magazines such as Gardeners' World, BBC Good Food, National Geographic, Newsweek and BBC Countryfile (see online resources link below).
- Daily newspapers can also be downloaded via the same link.
- We now have a regular Twitter chat and a live Rhymetime - see our Facebook page (below) for details of these and many other new resources.

Useful links:

Joining the library:

cambridgeshire.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/OPAC/BRWREG

Online resources:

cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries/library-online

Library Facebook page:

facebook.com/CambridgeshireLibraries/

Take care everyone - we look forward very much to welcoming you back to our library when normal life resumes! **Rosemary Humby, Great Shelford Library**

From the Chair of the Parish Council



STAPLEFORD Parish Council did not meet formally in April because of the current restrictions, but we have had a discussion via Zoom on current matters. A formal virtual meeting on Zoom will be run at our next meeting on Wednesday 13 May. (For access information, please email the parish clerk on staplefordparishclerk@gmail.com)

Faced with the current crisis there is a resolve to 'keep calm and carry on' subject of course to the self-isolating rules. The kindness offered by neighbours to collect prescriptions and food et cetera is a strong indication of our community spirit, as is the COVID-19 response set up by Carol Davies and Gillian Pett and to whom we are very grateful. They have coordinated a great response, reaching every house in the village.

Despite closing the Pavilion and children's play areas following Government guidelines there are several housekeeping arrangements which must continue such as the tennis court netting is damaged and needs to be replaced, and the temporary container on the recreation field replacing the shed arrived last month. The Stapleford Parish Council website is almost ready to go live at the time of writing, alongside all Councillors new email addresses.

We have had an approach from the Magog Trust to secure the future of the special environment of the Parish Pit, an historic chalk quarry located just off the Haverhill Road. We are currently investigating how best the interests of the two organisations can be aligned for ongoing safeguarding and conservation.

Disappointingly there is no progress to report on the Cambridge South East Transport Scheme. Approaches by ourselves, Great Shelford and South Cambs District Councillor Peter Fane have failed to elicit any response from the Chair of the GCP (Greater Cambridge Partnership, incidentally an unelected body). This is despite the support we have received from our MP Anthony Browne and also from the Mayor of the Combined Authority James Palmer. We have pointed out that the original decision not to consider the railway route for this link must be revisited because the GCP have never provided evidence for their decision not to offer this route as an option. This is clearly unacceptable and we still await their response. **Cllr Howard Kettel**

Stapleford Parish Council

COUNCILLORS

Howard Kettel (Chair)

Michael Gatward

Colin Greenhalgh

Barbara Ann Kettel

Mark Lusby

Paul McPhater

Charles Nightingale

David Pepperell

Gillian Pett

Jez Raphael



CLERK

Belinda Irons

07840 668 048

staplefordparishclerk@gmail.com

ASSISTANT CLERK

Kerry Byrne

07545 847 976

staplefordpavilionbookings@gmail.com

CARETAKER

Kevin Diver

842306 or 07419 144 433

All correspondence for Councillors should be directed in the first instance to the Parish Clerk using the contact details given above.

OFFICE OPENING HOURS

The office in Cox's Close Community Rooms is open by prior arrangement only.

SOUTH CAMBS DISTRICT COUNCILLORS

Peter Fane, 27 London Road, Great Shelford CB22 5DB

peterfane1@live.co.uk

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Nick Sample, 7 Vine Close, Stapleford, CB22 5BZ

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