

Recipe : **Sauce Vert** (*a sharp green sauce*)

Leaves of 10-12 sprigs of parsley, mint, and other fresh herbs - mostly parsley and mint
1 clove of garlic
2 oz fine white breadcrumbs (preferably unbleached white)
2 tablespoons cider vinegar
salt and freshly ground black pepper
wine vinegar or water or a mixture of both for thinning to a suitable consistency

Sprinkle the breadcrumbs with the cider vinegar and leave to soak for ten minutes. Finely chop the herbs, squeeze the garlic over them, add to the breadcrumb mixture. Season with salt and pepper. Place in a mortar and pound until well blended. Then add mix of wine vinegar and water (or either alone) to produce a consistency like bread sauce (or a thickened mint sauce).



From *Food and Cooking in Medieval Britain: History and Recipes*, by Maggie Black (English Heritage, 1985) p. 39.



Staff Changes :

Long Service Awards	Zelda Starling	Catering/Porters Assistant	10 Years - November 2009
	Ashley Meggitt	IT Manager	15 Years - November 2009
	Jacky Poskitt	College Nurse	15 Years - November 2009
	Grahame Appleby	Head Porter	15 Years - November 2009
	Tony Johnson	Maintenance Assistant	20 Years - March 2010
Starters	Jenny Mann	Housing Assistant	November 2009
	Dan Launchbury	Temporary Accounts Assistant	January 2010
	Steve Sayers	College Butler	January 2010
	Hugh Granger-Brown	Temporary Gate Porter	February 2010
	James Conway	Bar Supervisor	March 2010
Leavers	Edward Harrison	Temporary Cleaner	February 2010
	Steve Webb	Bar Manager	December 2009
	Marianna Parol	Cleaner	January 2010
	Sue Lewis	Cleaner	January 2010
	Frances Brown	Cleaner	February 2010
Retirements	Stacey Smith	Planned Maintenance Surveyor	February 2010
	Derek Chappell-Smith	Janitor	March 2010
	Michael Morley	Gate Porter	December 2009
	Margaret Eley	Cleaner	December 2009
	David Cockram	College Butler	February 2010

Where am I?

Guess which part of the College I am in and win a bottle of wine.


Answers to the Head Porter by **Thursday 1 April 2010.**

First name out of the hat wins a bottle of wine.



NEW LOOK!



The Close p.2	Novice Beekeepers p.4	Cycle To Work p.5		Sustainable Design p.6	Nun's Dinner p.7
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A Clean Sweep



Simon Hawkey, the Domestic Bursar, reports.

On a bright and sunny morning, 32 members of the team took to their brooms on Friday 5th March, to give the College grounds and courtyards, a thorough spring clean. At the end of the morning, and once the dust clouds had finally settled, the whole College looked pristine, with all of the volunteers expressing a real satisfaction in seeing the results of all of their hard work.

Everyone involved deemed the morning as being extremely enjoyable, and contrary to rumours, it wasn't just the bacon butties that enticed people along – well for the majority of us that is! It is planned to repeat the event again in six months time, when staff from other departments will be warmly invited to 'take to their brooms'!

Catering News

The Catering Department has several changes and achievements over the past few months.

Congratulations to **Mikaela Lines** for completing her NVQ Management Level 2.

Farewell to **David Cockram** after 25 years as College Butler. Many thanks for all your kind messages and contributions. We raised enough money to send David and his wife Nancy on a tour of Buckingham Palace when it opens its doors this summer and while they are in London they can relax and enjoy afternoon tea at the Ritz. We all wish him a very happy retirement.

Welcome to -

James Conway - Bar Supervisor

James took over the bar at Jesus College in February.

Before coming to Jesus James spent 3 years at The Snug Bar on Lensfield Road and also worked at the Loch Fyne Restaurant.

He grew up in High Wycombe before moving to Cambridge in 2002 and is a proud supporter of the worst football team in League One... Wycombe Wanderers. In his spare time he enjoys travelling, motorbikes, rugby and drinking whilst cooking.

He is enjoying working at Jesus and is looking forward to bringing some new events to the bar and making it the best college bar in Cambridge.

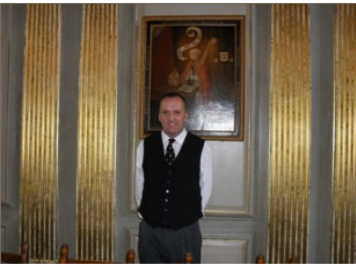
Steve Sayers - College Butler

Steve joined Jesus College in January after serving 22 years with the Royal Air Force.

Steve was born and grew up in Kent and after leaving school went onto Catering College before joining the Royal Air Force.

Within his time there he has had the privilege of being in The Royal Squadron which involved flying to various countries looking after The Royals and various Members of Parliament. He also had a tour of duty at The Chequers, serving the then Prime Minister Tony Blair and his family, this was one of most enjoyable times within the RAF as his duties varied from informal to very formal!!.

Steve is looking forward to his future as Butler and moving his wife and 2 children aged 5 and 9 to Cambridge in the near future and very grateful for the wonderful welcome he has received from all of the Staff and Fellows.



“Nuns’ Dinner”

Frances Willmoth, College Archivist, reports on the Nuns’ Dinner held on 30 November 2009

This dinner marked the thirtieth anniversary of the first admission of women undergraduates to Jesus College by looking back to much earlier female inhabitants of the same site - the nuns of the Priory of St Mary and St Radegund. As the Priory was founded in the late 1130s, it pre-dated the founding of the University by more than half a century. The College Hall occupies the same site as the nuns’ refectory (I’m told the archaeologists now think it was probably completely rebuilt for the College, though the older foundations are still visible on the Pump Court side). So it may well qualify as the oldest space in Cambridge in continuous use for the purpose of eating. As 30 November was St Andrew’s Day, we also spared a thought for the Scottish King Malcolm IV, who happened also to be Earl of Huntingdon and Cambridge and was one of the nuns’ most important early benefactors.

We did not aim to recreate a nunnery meal with exact historical accuracy, but to devise a menu that could have been served on a special occasion in the earliest years of the thirteenth century. I suggested that we could imagine the Prioress was entertaining guests, to explain the unusually lavish nature of the fare; Peter Glazebrook has since pointed out to me that the Prioress would have received guests in her own lodgings rather than in the common hall. So perhaps we ought simply to imagine that there was some cause for celebration and it had been decided to relax the usual dietary rules a little. We do know, in any case, that in the thirteenth century these rules were often not very strictly applied.

“... the nuns weren’t supposed to eat the meat of four-footed beasts ...”

The main menu item that might require an explanation was the mutton. As Benedictines, the nuns weren’t supposed to eat the meat of four-footed beasts, although the aged and infirm could be granted a dispensation. Any aged and infirm would have been very much revived by superlative mutton of the kind served to us, which was very lean, very tender and very tasty. The nuns were allowed to eat fowls - wild or homebred - and

undoubtedly maintained a dovecot. Hence we ate pigeon. Sauces were often provided with meat; we had a sharp green one and a mustard sauce. The staple was, of course, bread - mostly wheaten bread. Many modern vegetables were unknown in the middle ages - there were no potatoes or tomatoes, or carrots of the modern type, and mushrooms were not eaten, as too hazardous. The vegetables that were available appeared relatively rarely on respectable tables, but for this occasion we fell in with modern habits and supplied some (onions, turnips, cabbage). In concern for everyone’s arteries, I believe the cooks adopted another compromise and mixed the frying lard or butter with a proportion of olive oil.

In the thirteenth century olive oil, if known at all in a backwater like Cambridge, was a very expensive imported luxury. But imports were becoming easier to obtain, as the annual Stourbridge Fair had just been founded (1199). We assumed that the nuns were able to purchase some of the commoner spices, and though never a very wealthy house were willing to use them when preparing an important meal. There’s one more ingredient that was regarded as a spice, because it was imported and expensive, and that was rice. The “double mortrels” pottage provided for our vegetarians contained a little rice flour (along with eggs and almond milk), and rice turned up later in the third remove.

“Removes” were the medieval version of courses. The modern fashion of having a long succession of courses in each of which everyone eats the same thing dates (in England) from the middle of the nineteenth century. Before that time, wealth was demonstrated by a offering a profusion of different dishes together, not by increasing the number of changes. We cheated slightly in having three removes, where it was more usual in the middle ages to have only two; this allowed for an interval after the introductory pottage for a short talk (upon which this present description is based).

It was also customary to place dishes on the table for the diners to serve themselves (and each other). For convenience, the diners were divided into

small groups - usually groups of four - with the appropriate amount of food for each group dished together; these groups were called messes. We attempted to follow that system to some extent, at least in the dishing of the meat. Other dishes were placed on the table for people to serve themselves, the only snag with this turned out to be that the hall tables did not seem quite big enough to supply such a numerous company.

We had no choice but to use some modern crockery. The pottage should have been eaten from wooden bowls. For the meats we provided trenchers - thick slices of stale bread which served as plates - but suggested placing the trencher on a china plate, for the sake of hygiene. As for cutlery - forks had not yet been introduced to the dining table; knives would usually have been brought in by the diners themselves, but for this occasion we provided knives and spoons. Everyone was also expected to use their fingers (and I believe in the end most of them did).

“... diners had to settle for drinking ale, Gascon wines (from the English monarch’s French territories) and “hypocras”...”

There was one piece of possibly bad news: coffee, tea and chocolate all became known in England only in the seventeenth century. Our diners had to settle for drinking ale, Gascon wines (from the English monarch’s French territories) and “hypocras”, a strongly spiced wine, with the final remove.

To conclude, I’d like to thank some of the people involved in planning this occasion: Madeleine Arnot for helping launch the idea at the outset, Veronique Mottier for taking it up so readily, and Caroline Yeldham - a food historian - who gave us essential advice. Alf Curtis and his staff were enthusiastic about the venture, even though we’re on the verge of their busiest season; Shaun Platt was in charge of the cooking. Compliments go to him for the undoubted success of this event, and appreciation to all those who attended, for joining in the experiment.

A recipe for Sauce Vert (a sharp green sauce) can be found on page ??.

The Close

In February the Gardens Department planted 50 *Betula utilis* ‘Jacquemontii’ in The Close. This is to give winter colour that can be seen both from Jesus Green and Victoria Avenue as well as from the College. The plan is to extend this by a further fifty trees in the Winter of 2010.

The planting scheme is based on the Head Gardeners visits to Anglesey Abbey’s ‘Winter Garden’.



Sustainable Design

Alan Fosbeary, Buildings Projects Manager, reports.

One of the challenges for the design team for the refurbishment of Chapel Court is to consider ways of reducing energy consumption in this building and it being the largest building in the college it could result in a substantial reduction in the Colleges carbon footprint.

Before energy reduction measures can be designed it is essential to understand how the current structure performs and what sections of the structure give the greatest heat loss.

The design team commissioned the Building Research Establishment to undertake air leakage tests and thermal imaging to assess the areas of the building with the greatest heat losses. Air leakage testing basically means pressurising the building with high performance fans and smoke testing the building to identify the air leakage routes. It was decided that the testing could be restricted to 2

typical staircases and our thanks go to the residents on staircases 3 and 12 who co-operated in the tests. The tests were successfully carried out on the 4th March.

The weather conditions on the day were also ideal for thermal image photographs which require a minimum of a temperature differential of 10°C. between the interior and external air temperatures.

The photographs which were taken are interesting in themselves. The results are now being evaluated and will help in designing effective and economical thermal insulation measures for the refurbishment.

The next stage will involve investigating the equipment to be installed to minimise fuel consumption and review the types and sources of fuel including the possible use of renewable sources of energy.



INTRODUCING...

Jenny Man - Housing Assistant

Jenny joined Jesus College in November 2009 as Housing Assistant, working for the Housing Manager and is based in East House. Jenny previously worked for the MRC Epidemiology Unit at Addenbrookes Hospital, where her role was Clinical Research Project Support. Jenny was born in Brighton but later moved to north London as a child. Indeed, Jenny’s claim to fame is that she attended the same school as Rachel Stevens and Amy Winehouse! She remembers Amy singing in their school assemblies!

Jenny says she is enjoying working at Jesus College and finds her new role to be varied and interesting. However, Jenny has noted that you do need to be fit to do her job as there is a lot of walking required, especially when it comes to checking student houses the length and breadth of the college campus and beyond!

FENNERS FITNESS SUITE

Opening Hours :

Monday - Friday	07:30 - 22:00
Saturday	10:00 - 19:00
Sunday	09:00 - 21:00

Membership Fees :

	12 Months	6 Months
Student	£40	-
Staff	£70	-
College Fellows & Staff	£70	-
Family Members	£100	£60
Alumni	£170	£100

Further information can be found at :

www.sport.cam.ac.uk

NEW LOOK!

EDITORIAL

Do you like the new look? In a bid to conserve paper we’ve gone down in size!

What do you think? We would welcome your feedback about @jesus - what you like or don’t like about it, topics you would like covered in future issues, ideas for future articles.

If you want to write an article yourself, either as a one-off or as a regular contribution, please let us know.

Email :
newsletter@jesus.cam.ac.uk

Staff Forum

Sarah Jackson gives an update on its progress.

The Staff Forum has been going nearly a year now and has already proved to be a big success.

It is great to work on a Forum that allows staff to have their say on big issues in College. Recently we have taken on board peoples suggestions for free staff lunches, and brilliantly this is coming into force so from July all qualifying staff will be entitled to a free lunch.

The Staff Forum also used staff’s suggestions and feedback to improve the staff Christmas hampers and the Cycle To Work Scheme has been launched to enable staff to get loans on bikes.

The Staff Forum also had an input into the new bonus scheme to ensure it is fairer for all staff.

The ongoing success of the Staff Forum is reliant on staff completing suggestion forms and giving ideas to their Staff Forum representative. This ensures that the agenda for the meetings is always relevant to what the staff feel they need changed or improved.

IT Department: Training

The following training course is now available –

Outlook 2007 Calendar – Beginners

This course covers calendar navigation and viewing, creating events, working with appointments and scheduling and managing meetings.

Also available is -

Powerpoint 2007 – Beginners

The course covers creating and deleting slides, inserting and manipulating images, automating slides and previewing your slide show.

Coming in the next couple of weeks is –

Word 2007 – Beginners

This course will cover an introduction to the toolbars, creating and saving new documents, inserting, deleting, moving and copying text, formatting text, paragraphs and margins, moving around documents, printing, spelling and grammar.

If you are interested in the above courses, please do not hesitate to get in touch with me.

Contact: Ali Rolfe
Tel: 39944
Email: training@jesus.cam.ac.uk

Two enthusiastic novice beekeepers get under way...



Sheena Bridgman reports.

After a change in the scenery of working life – my husband, Dave, and I mulled over a choice of new hobby. Sheena's long held backburner interest in beekeeping was brought forward and the flame fanned into life. After spotting the Cambridgeshire BeeKeepers Association (CBKA) trailer at a couple of local events and spending some time with the experts in charge of the trailer we signed up for the introductory course in January 2008 (we were 2 of 45).

For eight weeks our conversations ranged around varroa, drawn comb, queen rearing, swarms, diseases, honey extraction and hive products. We then had to wait a couple of months to get our hands on some "real" bees at the Association's apiary up at Wandlebury one early summer Sunday when the temperature had come up a bit. We got togged up in our veils and sparkling white suits, wellies and new thick leather gloves, looking (and feeling) like creatures kitted out for chemical warfare. Elegant ... forget it, protected from the stings and buzzy things - absolutely! Our two sons (then 10 and 11) posed searching questions and, as junior members, were thrilled to be invited too, proudly wearing their new veils and suits.

We attended hivemaking sessions and built our hive and frames. On the very day in May that we sited our first hive on the edge of a friend's field, we got a phone call asking us to rescue a swarm. An onward call to our mentor who lives in the same village resulted in a troop of veiled and booted individuals of varying sizes going to collect said swarm and

rehouse it in our new hive. A hugely satisfying success resulting in a very proud number of filled honey jars at the end of the season in September!

The spring and summer of 2009 brought a steep learning curve! This was our first experience of a hive getting going again after clustering in the hive over winter. The queen bees laying again like crazy, nectar being collected from any flower that had its petals open, pollen in a variety of colours coming in from everywhere. Busy, busy bees. There was a very memorable week with swarms almost daily after a polarically wrong manipulation (that was probably the steepest bit of the curve - like vertical!). We had a good honey harvest in the early autumn and subsequently fed and treated our bees against varroa (a nasty crawly mite that can pass on viruses and infections) before closing up the hives for the colder weather. We are pleased to see that our husbandry has resulted in 5 happy and healthy strong colonies who have overwintered well and bees can now be seen housekeeping and flying on those few warmer days that we have had lately.

We have had such a buzz (sorry!) from our beekeeping. We have introduced bee friendly plants to our garden, our fruit growing neighbours noticed how much better their crops were - if you consider that a bee has had an influence through pollination on one in three mouthfuls of anything we eat, think what our food would be like without our little friends? We are hoping to get our hands on a derelict orchard for rehabilitation at some point through the summer and will aim to site some of the new hives there. We are aiming to build up to about 10

hives through this year and be more efficient with our honey harvesting!

The CBKA run beginners courses every January. The current course actually finishes this week – 95 takers this year! It is so well worth doing, even if you don't end up keeping bees. It's fascinating to learn about our little buzzy friends and how very important they are to us mere humanoids!

Our friends, and I am sure yours too, often ask about the diseases decimating our bee population. The CBKA promotes beekeeping through various events, exhibitions and shows, encourages interested people to participate in the beginners course thus becoming enthusiastic beekeepers like me. Through this we can all do our bit to keep colonies going, to promote the business of pollination, to reintroduce the general public to the benefits (and much better taste) of REAL honey and gradually up the bee numbers again! If you see the trailer out and about, Thriplow Daffodil weekend, Lambing at Wimpole Hall, Fenland Fair at Quy and many others, do go up and say hello!

If you want to try the REAL honey mentioned above, please do give me a ring and taste the difference (to coin a phrase from a well known supermarket chain!).

Feel free to call or email and I will bring some in. Please do get in touch if you have any questions.

Sheena Bridgman
Email : s.bridgman@jesus.cam.ac.uk
Tel : 01223 339421



RAGGED  ROOSTERS

Roosters Hit Buxton (and they're still not over it!)

Ragged rooster stalwarts, Damian Kramer, Ali Rolfe, Debbie Baker, Katy Baker and Ashley and Jane Meggitt descended on the Norfolk town of Buxton to take part in their Christmas 5km run. This was a landmark event as it was the first official Roosters race. Damian opted to handicap himself by running with his parents dog Roxy. However, we believe this wasn't a handicap at all but a cynical use of dog pulling power. From the off the roosters worked hard to put in a good showing. Ali, Debbie, Katy and Jane formed a pack and single-mindedly eye balled all those before them. Ali, let the side down half way through the race by making friends with a swift footed Santa so the others left her to keep up the charge. Ashley, who got carried away, found himself too near the front so manfully slowed down (nothing to do with being absolutely knackered – no). Damian scrapped it out with other dog runners and claims to have won the 6 legged race. The post hot drinks and mince pies were well received but alas we came away with no trophies. Still, there is always next year.



Why not come and join us so you too can be knackered beyond belief – you'll love it. We meet every Monday and Wednesday evening @ 5:30 outside East House. And for those that like a harder time of it, there is the Wednesday lunch run featuring the rooster's marathon runner, Chris Brown and Simon Redfern. Contact Ashley or Ali if you'd like to join in or even if you just want to start running. We can cater for all abilities.

JNet > Community > Social



by **Jennifer Hawton**, Development Office

On 16th May 2010 at 2pm I will set off on a 10k run for Race for Life in aid of Cancer Research UK.

Cancer affects one in three of us directly during our lifetime, and the work of Cancer Research UK has already saved thousands of lives through improving treatments and early diagnosis of various curable cancers.

Please support their work by sponsoring me at:

www.raceforlifesponsorme.org/jenniferhawton



Cycle To Work Scheme

College to introduce Cycle to Work Initiative

Cheryl Few – Human Resources Manager, reports.

In a cycle-friendly place such as Cambridge, many of us who can bike to work are doing so and are aware of the significant benefits it offers. Not only does it encourage fitness and reduces our 'carbon footprints' – it helps with the increasing congestion on the roads, and demand on the limited amount of parking availability within College.



In a commitment to help staff travel to work by alternative means, the College will be introducing a government-backed Cycle to Work Scheme in April 2010.

The scheme offers a tax break to staff to enable them to make savings on a bike hired from the College. It means that staff will be able to select a new bike of their choice (and of course safety equipment!) up to a maximum value of £1000, from local participating shops and spread the costs over a year to save on tax and NI. The term of the hire will be 12 months and at the end of the period, staff would be given the option to purchase the bike.

Further information on the scheme is available through the HR Department or by visiting

www.cyclescheme.co.uk

We hope that you will make the most of this scheme and with the nicest possible intentions, get - on your bike!!!