



Steve's Prediction League

Steve Smith tells us how to get involved.

At the beginning of the 2010/11 football season I set-up a prediction league. This entailed predicting up to 10 matches each weekend.

The first league I did started as a bit of fun at the tail end of the 2009/10 season with 15 of us (comprising mainly of chefs, part-time waiting staff with the odd gardener and porter thrown in) with Oliver Barnard (part-time waiter) winning £75. Last season, the league really did take off with a total of 34 players and most departments having a member of staff in the league. Stephen Sayers (College Butler) won first prize and he walked away with a tidy £231.

Next season is already beckoning and plans are in place to have a league once more – well actually two as I am tweaking the format slightly! As I write this, I already have 15 players in for next season with two months to go! It has certainly got a fair few people talking in College this season and I look forward to having even more of you involved next season!

If you are interested in next season, either see me in person or drop me an e-mail at: m.smith@jesus.cam.ac.uk or bethandsteve@sky.com.



And finally...

David Goes Round the Island...

Jacky Poskitt has sent in this photo (*left*) of her son David and Ellen Macarthur, when they sailed in Round the Island Race last week! Cancer is a foul diagnosis for young and old: but NEVER give up!



The 'Visitor' Arrives...

The new Bishop of Ely, who is the 'Visitor' of the College and the successor of its founder Bishop Alcock, knocks on the College gates (*image right*) before being welcomed by the Master and preaching at Evensong on 1st May.



~ Last Call ~

Margaret Mair gives a farewell speech.

As we leave the Master's Lodge after 10 very happy years Robert and I just want to thank all of you for your support to us personally. When people ask me what we will miss or at any rate what I shall miss, the truthful answer, - although not necessarily the one I give - is that what I shall miss is being able to lift the phone to one of you and then shortly afterwards hear the doorbell ring.



I don't know what it is about Fridays but things always seem to go wrong on Friday afternoons and always on Fridays before a particularly busy weekend of functions. I will never forget the moment when Prince Edward was expected any second and Pete Moore was practically upside down trying to fix the picture lights in the dining room. There are a ridiculous number of different light bulbs needed in the Lodge and some of the fittings are miles out of reach or fiddly and difficult. I will miss the maintenance team, all of you, cheerfully sorting out blocked drains or leaking pipes or getting that boiler to work, or moving furniture around and generally fixing things.

Then there are the gardeners. I know that you know that gardening is not my strong point. When we first arrived somehow word got round that I didn't like yellow. I never really knew where this came from as daffodils are one of my favourite flowers. Probably because they're one of the few I know. There's something about all those latin names that gets to me. I like snowdrops, bluebells and daffodils and tulips – good English names. And for sure Spring in the Master's Garden is quite beautiful and we will miss it. And I know that never again in my life will I look out of my kitchen window and see Mark really and truly trimming our lawn with lawn cutters or Mike mowing it into a beautiful curve or Neil planting the

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beds. Having said that, you know what I won't miss. Your noisy leaf blowers. Again there are some sixth senses at play here because it was inevitably on a morning when we had visitors or someone was hoping for a lie in that the leaf blowers were up and about their work at what when we had teenage children still with us was the middle of their night. Bring back the rake I say.

There are lots of reasons to dread my return to what people call the real world but right up there is that I will get completely cut off in this computer age as I won't be able to call on IT to sort my email and so on. Rob Spragg has been unfailingly patient with both of us as we have called on his services countless times to help. And once the next digital switch happens we won't be able to watch television either. I'm sure lots of you have the same trouble as I do with instruction books for which one needs a magnifying glass and a languages degree so what you need is Ron. Ron comes in and in two clicks the fuzzy screen has gone and there like magic is the BBC. But there is one mechanical thing I do look forward to and that is having a phone which does what I want it to do instead of a whole raft of sophisticated functions I don't need. I want it to ring more than 5 times before it cuts out to the message "The person you are calling at the University of Cambridge is unable to take your call". Even I haven't quite brought myself to ask someone to come over to change the settings on the phone. Then I will have an answer phone which does not need you to remember not one but two different sets of numbers to get at your messages.

I couldn't count the marvellous dinners and functions that I have to thank all the catering staff for. Shaun and Tim and your teams, Lisa and all in what Robert and I call the Mancipality, you all know, I hope, how much you have done for us and how much we appreciate it. You work so hard and you so professional and you work with such good humour and I have really enjoyed working with you, planning the detail of so many lovely occasions. I know that I've driven you nearly mad on many an occasion going through every last detail.

Clare in housekeeping has been a mainstay of support in the background and Maria who cleans for us and does High Table lunch is quite without question the single most important

person in my life here - after the Master. And of course special thanks to the porters- for letting me in on those endless occasions when I have forgotten my keys and for so many small but essential services. Not least feeding the cat when we are away. By the way the cat, Simba, is in theory coming with us. But he is a Cambridge educated cat and I wouldn't put it past him to do a sort of incredible journey act and make his way back. If he does, dining rights please.



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Recently I've been joined in my practice sessions by Tim Hurst – the newest Dad in the College who likes nothing better than to abandon nappy changing duties for a while at least and to chase me round a twenty four mile circuit. And he's getting rather good at it. So much so that my fifty year old frame is gradually being usurped by the much younger thirty year old model.

Other groups made up from different departments and individuals around College will be doing the same as me, to a lesser or even greater extent, from Fellows, Porters, Kitchens, I.T and Maintenance, all will be engaged upon a training programme by the time you read this which will have gradually honed the body and made for a fitter individual, and therefore one who'll enjoy the actual day itself.

There's still time for you to join us and make the Jesus Team an even bigger and more noticeable group within a group. But if you can't do that, then how about sponsoring us instead on the team sheet in the Porters' Lodge?

Steve Sayers gives advice on

Cleaning Red Wine Spills



BUTLER'S
TIPS

When red wine is spilled onto your carpet or clothes, white wine can be your companion.

White wine will neutralise red wine and make it easier to lift the colour off your carpet or clothing. Simply pour white wine over the stained area and very gently blot the liquid up with a thick towel (being careful not to rub as this can force the stain back into the carpet or clothing fibres). Once you have the majority of the spill blotted up, take your favourite carpet shampoo or clothing stain remover and clean as you would if the wine stain was a bit of dirt.

Club Soda and Salt:

Club soda can be poured on the stain and the carbonation will help to lift the stain from the carpet fibres while the salt acts as a buffer to keep the stain from setting.

Salt:

Salt can be poured on the spill until you figure out which method of clean up you would like to use.

Cycling for Charity

Geoffrey Howe tells us about the London to Cambridge preparations.

Sixty miles seems quite a short distance in this modern age. A mere hour in a car or perhaps quicker if your car is better than mine! Yet there was a time back in the early part of Queen Victoria's reign when it was generally believed and expounded by the medical profession at least, that the human body could not possibly withstand travelling at such an unheard of speed.

Nowadays of course sixty miles is nothing, and if your car is good enough then you can perhaps do the distance in less than forty minutes – illegally of course! But sixty miles is certainly still some distance if you are propelling yourself. I've done it a few times and of course once you are up and running (or cycling) the miles seem to pass far quicker than ever you imagined they might. But that of course is when it is the height of summer, the sun is out and the birds are singing, and you are surrounded by hundreds of other riders who are enjoying or perhaps enduring the pollen laden countryside and cursing the fact that they ever allowed themselves to be coerced into this madcap scheme.

At the end of July this year I'll be doing just that – I mean enjoying it. For the second time Jesus College will have a goodly number of riders forming a part of the Workplace Law team in the London to Cambridge Charity Cycle ride. I shall personally be aiming to better my time of last year and hope to come in at something like three hours twenty. But if I'm to achieve that then I need you all to rewind the year back a bit to the much darker days of late winter in mid February to really appreciate all the effort that is put in by the participants in this ride and in many others around the country. This is because it is during these much shorter days that I and many of my contemporaries will begin the early training that will make the future sponsored ride that much more enjoyable.

And believe me it is no fun going out in blustery and sometimes wet conditions to push out ten or twenty miles out all by yourself. I personally have a huge battle in switching from the wining and dining mode of winter and ridding myself of any remaining festive exuberance. This year already there have been many false starts and restarts in the annual game to stop the belly overhanging the belt; but now I think I'm well on the way and the muscles are firming up and getting used to being pushed to a limit and beyond. And it is important for me that I do this and do less wining and dining this winter as next year I am committed to a one hundred mile race as part of a cycle team who'll be counting on my performance through the Appellation Mountains in eastern America.

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[Last Call cont.]

And so finally the College as a place where everyone's job or role counts. There is one occasion here which I am sure none of us who were there could forget and that is the funeral in the chapel of Charlie Moore, Pete's father who worked here for 50 years. I remember how we all stood in the Master's Garden watching the hearse go and how then there was a tea party which turned into drinks as evening came with children playing on the lawn. For me as I am sure for many of you, that moment was one where the hierarchy of College life simply vanished. It's like that children's song about the skeleton where the bones are all connected to each other. Robert and I would not have been able to perform our roles without you. You are all every single one of you important to the enterprise whether you are making beds, or mending lights or unblocking drains or washing up the plates. You are a fantastic team and Robert and I both thank all of you from the bottom of our hearts.



Introducing...

Zoe Stubbings

Conference and Events Co-ordinator

I joined Jesus College in March this year as Conference and Events Co-ordinator working in the Conference and Catering office. Prior to March, I worked at the University Centre in Cambridge for three years as a Conference Administrator.

I am a Cambridge girl, born and bred but please do not ask me for any directions around the city as you will end up lost!

I am enjoying the role here at Jesus; Ann and I deal with a varying range of people from, Fellows, corporate clients, a High Sheriff or a couple wishing to book a wedding or family occasion. Each event is different and you never know what enquiry you are going to deal with next. I am particularly looking forward to dealing with wedding bookings as this is something that I have not dealt with in the past.

I have a keen interest in travelling, I am currently planning a trip to America and Canada next year so please let me know if you have any recommendations of where to visit.

Finally I should like to thank everyone for their help and advice over the past few months and for making me feel very welcome. I feel lucky to be chosen to work at this beautiful College, not least because at my last job my office did not even have a window.

Three Tri-s for Charity

Ashley Meggitt, IT Manager, tells us about his challenge.

It's that time of year when the urge to swim/bike/run comes upon me and I rush to lug my aging body about the place in a desperate attempt to fool myself into believing that I am still a young man. However, this year I've decided that my motivation should be a lot less fatuous than my usual self interest and so inspired by my late sister-in-law Melanie Wright, I've decided to put her dedication and support for a group of children and their school in Bagdad together with my midlife crisis to help generate some much needed funds for its continued running.



Kindness above dogmatic belief was one of Mel's defining features and this quality was recognised by the school children themselves when they came to naming their new classroom. They choose to call it Melanie. So, it makes sense to me to turn my triathlon challenge (remarkably easier than those faced by the children of the school) into one that continues what Mel so enthusiastically started.



While the charity that oversees the running of the school has a broad remit with regard to reconciliation in the Middle East, any sponsorship you undertake will go directly to the School.

Right, so for those that want to support the school and want their pennies worth out of me, quite right too, I'm picking 3 events that I promise to do to earn your sponsorship. As it happens I've already done the first one as the event took place before the @Jesus publication but please don't let that stop you. I can assure you it hurt and more effort will be required for the next two as the events get progressively tougher. The top photo shows my wife Jane (centre), myself and, for those that remember our former Financial Controller, Hannah Freeman with our shiny medals from this year's Blenheim Triathlon.

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[The adventure of excavating! cont.]

still preserved but also others that have been arranged in patterns, such as piles of human skulls or parallel lines of long bones. I was there in March with a colleague, and we were helped by a conservator from the ministry and three local women sent by the ministry of work; the women were a delight to work with although we had no shared words apart from 'Bom Dia' (the local people speak Creole). They would find my colleague and me highly entertaining, openly giggling if we tried to move the full buckets, which they effortlessly swung on to their heads. They were also, however, intrigued. One of them became especially good at recognising and finding tiny bone beads (probably from rosaries), and they were all amused by the weird 'bone patterns' and seemed intrigued by the skulls and the bones from babies. I felt enormously rewarded when, as we said goodbye to each other through the interpreter, the women said they had enjoyed working with us because they had learned something every day!

Writing this I can see the church for my inner eye – precarious close to the cliff, overlooking the bay and then the sea and to all other sides just lava fields with sparse yellowed grass and stunted acacia trees. The place is so alien, but it is also weirdly alluring, and I look forward to working there again.

end of summer
BBQ & Karaoke
Friday 2 September 2011
£5 per person - guests welcome
tickets on sale - monday 1 august 2011

SAVE THE DATES

A NIGHT AT THE DOGS
Friday 28 October 2011
£21.00 per person (one guest allowed)
Contact Ali Rolfe, IT Department, if interested

The adventure of excavating!

Marie Louise Sorensen tells us about excavating the church at Alcatrazes

Term is almost over and I'm beginning to pack for my next excavation in Cape Verde - or may be not exactly pack rather creating a pile of necessary things to take: my trowel, drawing board, waterproof pens, and lots of plastic boxes for samples, I must remember to bring more boxes! People always think that archaeologists live adventurous, almost romantic, lives, but most of the time I do



exactly the same as the other fellows, it is only through my visits to Cape Verde that I glimpse how archaeologists used to work – out there exploring, working with local people, making discoveries and adding to knowledge. My Cape Verdean adventure was actually meant to be a kind of 'foreign aid' from my husband and me in respond to a call for help in discovering the remains from the islands's earliest history so tourist and ramblers may find the place more interesting to visit. We soon became involved also in training the government's cultural heritage staff and teaching them the whole process from discovery to analysis to publication – and the place has become interesting and enticing in its own right, it creeps up on you!

The islands are extremely poor, with little and unpredictable rain and no resources. But from the 15th to the 17th century AD it was very different. Shortly after they discovered the islands in 1456 the Portugese began to use them to infiltrate the trade in west Africa, and when the Trans Atlantic slave trade started Cape Verde was for a while a transshipment centre with thousands of slaves passing through each year, commerce from every part of the world traded, and cultures and people mixed up. But when the slave trade ceased the economic foundation for the islands disappeared.

I am going out to finish our excavation of the human remains under the floor of the church in Alcatrazes. The church is reputed to have been part of an early but unsuccessful settlement, and it stands abandoned with no roof, a kestrel nests at the gable, and the plaster has worn off the walls. The church is to be restored, so we dig to unearth its history. There are a large amount of human remains under the floor, some wrapped in shrouds and

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[Three Tri-s for Charity cont.]

The second photo show the organised chaos that is the transition area – easy to get lost in when you've starved your brain of oxygen in the swim and your eye sight isn't what it used to be! I should add that this is a great sport, super friendly, highly entertaining and can be done by anyone with a bit of self motivation. Triathlon is the fastest growing sport in the UK and we stand an extremely good chance of getting gold and silver at the Olympics with as the Brownlee brothers sweep all before them. If anyone is interested in knowing more about the sport then please don't hesitate to contact me.

Ok, the events I'm doing are as follows:

The Blenheim Triathlon – this is a sprint distance event and consists of a 750m swim, a 20km bike leg, and a 5km run. I'll be doing this on 4th June at Blenheim in Oxfordshire – DONE - HURRAY! (www.theblenheimtriathlon.com)

The London Triathlon – this is a standard or Olympic distant triathlon and consists of a 1500m swim, a 40km bike leg, and a 10km run. This event takes place on 31st July in and around the docklands of east London (www.thelondontriathlon.com)

The Vitruvian – this a middle distance or half ironman and consists of a 1900m swim, an 85km bike leg and 21km run (half marathon). This final effort takes place at Rutland Water in Leicestershire on 3rd September. (www.pacesetterevents.com/vitruvian-triathlon.php)

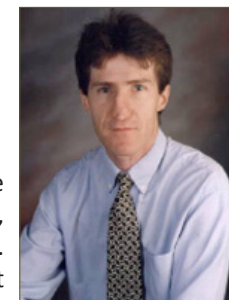
So if you'd like to sponsor me please go to www.justgiving.com/Ashley-Meggitt or contact me directly on 65080 or on my mobile 0791 753 5958.

Many thanks.

A new appointment

Stuart Clarke has just been appointed as a BP Technology Fellow.

The role involves developing common interests in surface science across BP, upstream, in oil recovery, and downstream in fuels, lubricants and refining and at a variety of locations around the world. This work will complement and extend his research programmes at the Department of Chemistry and the BP Institute in Cambridge, centred on the study of interfacial behaviour, from soap molecules when you wash your hands to the control of the size of ice crystals in icecream by adsorption.



Jenny Jenyon, Admissions Coordinator, tells all.

As the parent of a teenager most of your time is spent rushing from one place to another in pursuit of their hobbies and interests. My life was no different from this I spent most of my time rushing to school, onto work, back to school and then to the Stables. My 13 year old, Maisie discovered horses around the age of 11 (we bought her lessons as a birthday present) and has been obsessed ever since.

As soon as she was old enough she started helping at the stables as well as having lessons and now we don't see her from early Saturday morning until late Sunday evening, only coming home to shower and sleep. This new found hobby now meant that I spent a lot of time back and forward to the stables, tack shops and saddlers.

When she joined Pony Club I became the email contact for all the Pony day bulletins and last June I received an email calling all Mothers to have a go at riding on a special Ladies Day. Whilst I hadn't been on a horse for around 20 years I was secretly yearning to have another go. I sent an email back and put my name down for the Ladies morning in July. As July approached I told Louise and Jane in the office what I had done and then looked for as many excuses as I could find not to go. Right up to the night before I had not really done anything about it, I even had to leave the office early to go and buy a pair of riding boots. The next morning came and I was due at the stables at 10am, at 9.45am I was still at home and feeling very nervous. Jane rang me to ensure that I would go. There was no way out of it now as so many people were rooting for me. Armed with my new boots I drove the five minutes up the road to the stables, luckily or unluckily dependent on your frame of mind, the first hour was spent mucking out and familiarizing ourselves with the horses. Then came the time to tack up and mount our steeds. I was riding Passion a 16HH (that's quite big) Thoroughbred. The time just flew past and suddenly it was time to dismount and take our horses back to their stables. I was buzzing with adrenaline and elated, I had forgotten just what it felt like to ride, I was hooked there and then.

One year on, I have been having riding lessons every week since August and for the first time in my life I tell people that I can ride a horse rather than just being a passenger. My current ride is Piper he is 15.2HH, a Cob X Dales although 17 years old he is still very full of energy. I have progressed from walking and trot to working on short dressage routines and have even had a couple of jumping lessons.

Last Bank Holiday I was able to take Piper to Waresley Park (<http://waresleypark.co.uk/waresley-park-facilities>) which has a Cross Country Course and Race Gallops. Piper has a background in Eventing so loves being out and I could tell from the minute that we arrived that he was a very different horse in the open to the one that I normally ride in the arena. His head was up and he was bouncing along even in walk, we went around the cross country course a couple of times in walk and trot (this meant trot the whole way to Piper) to try to get rid of some of his excessive energy. On the third time round we were meant to go for a gentle canter up the hill but as soon as I let Piper have a rein he was off and I was at the top of the hill before any of the other horses even started

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Homemade Natural Cleaning Products

Claire Andrews passes on some tips.

One of my earliest memories is of my mother cleaning with what looked to me like cooking ingredients. She would be listening to the radio as she poured baking soda, lemon, and vinegar combinations on the surfaces of our home. Magically these natural cleaning products kept our home clean and smelling fresh, without stretching an already thin household budget. Here are a few basic household ingredients and items you can use to clean your home.

Vinegar

Vinegar naturally cleans like an all-purpose cleaner. Mix a solution of 1 part water to 1 part vinegar in a new store bought spray bottle and you have a solution that will clean most areas of your home. Vinegar is a great natural cleaning product as well as a disinfectant and deodorizer. Always test on an inconspicuous area. It is safe to use on most surfaces and has the added bonus of being incredibly cheap. Improperly diluted vinegar is acidic and can eat away at tile grout. Never use vinegar on marble surfaces. Don't worry about your home smelling like vinegar. The smell disappears when it dries.

Here are some uses for vinegar in the rooms of your house. Use it in the -

Bathroom - Clean the bath, toilet, sink, and countertops. Use pure vinegar in the toilet bowl to get rid of rings. Flush the toilet to allow the water level to go down. Pour the undiluted vinegar around the inside of the rim. Scrub down the bowl. Mop the floor in the bathroom with a vinegar/water solution. The substance will also eat away the soap scum and hard water stains on your fixtures and tile. Make sure it is safe to use with your tile.

Kitchen - Clean the stovetop, appliances, countertops, and floor.

Laundry Room - Use vinegar as a natural fabric softener. This can be especially helpful for families who have sensitive skin. Add ½ cup of vinegar to the rinse cycle in place of store bought fabric softener. Vinegar has the added benefit of breaking down laundry detergent more effectively. (A plus when you have a family member whose skin detects every trace of detergent.)

Lemon Juice

Lemon juice is another natural substance that can be used to clean your home. Lemon juice can be used to dissolve soap scum and hard water deposits. Lemon is a great substance to clean and shine brass and copper. Lemon juice can be mixed with vinegar and or baking soda to make cleaning pastes. Cut a lemon in half and sprinkle baking soda on the cut section. Use the lemon to scrub dishes, surfaces, and stains. Mix 1 cup olive oil with ½ cup lemon juice and you have a furniture polish for your hardwood furniture.

Baking Soda

Baking soda can be used to scrub surfaces in much the same way as commercial abrasive cleansers. Baking soda is great as a deodoriser. Place a box in the refrigerator and freezer to absorb odors. Put it anywhere you need deodorising action.

Try these three kitchen ingredients as natural cleaning products in your home.

Frances Willmoth explains how the organisation OVACOME is helping to spread awareness of this disease.

As some of you will know already, Frances is currently undergoing treatment for cancer. Because of this she would like to make others aware of one of the cancers that often goes undetected for too long and is thus difficult to treat: ovarian cancer.

Ovacome (founded 1996) is devoted to combating ovarian cancer. This is a relatively rare but particularly troublesome form of the disease, as it can be difficult to detect before it has reached a dangerously advanced stage and initial symptoms can be easily confused with those of other conditions. If you'd like to know more about the organisation, try its website: www.ovacome.org.uk.

Ovacome provides support for sufferers in various ways, and is currently running a campaign to raise awareness of the disease and spread information about it using the acronym "BEAT". That stands for:

- B** for bloating that is persistent and doesn't come and go
- E** for eating less and feeling fuller
- A** for abdominal pain
- T** for telling your GP

It has also produced web resources including an easy-to-use checklist of possible symptoms, which people can use to help explore any concerns they have and then explain them to a GP. This can be found at www.beatonline.info - look for "symptom tracker" (on the front page).

Another piece of news recently is that the National Institute for Clinical Excellence has recently recommended to GPs that they should provide the relevant blood-test for any women with unexplained symptoms where there is a chance that ovarian cancer is the explanation, so anyone with unresolved worries can confidently ask their GP to have that test carried out.

Please pass this information on to anyone you think might benefit from it.

[Never too late to take up a new hobby... cont.]

cantering. We then went round and down to the water jump, we went through the water in walk, trot and canter, the horses loved going through the water and I think would happily kept going back and forward for ages.

After the Water we headed back up the hill to the gallops, we decided that to stop the horses actually racing we would go around one at a time. Piper obviously had to go first, so off I set, this was not only the first time I have ever ridden at a really fast pace but also the first time outside of an arena. We set off on the seven furlong circuit and after an initial shock at the speed I was going I got into a nice rhythm and started to really enjoy the feeling of the wind racing past me as we rode around. We went around the top bend and I was kicking him on to keep the pace going when he stepped slightly to the righthand side and caught his foot in the deeper sand around the edge, surprised and spooked he veered to one side, bucked, hopped and then bolted. At this point I lost all composure, my position went, I lost both stirrups and it was a case of hanging on and trying to slow him down with my voice. I finally managed to get him into canter, then trot and then walk, as he came into walk I think I was so relieved that I gave up trying to stay on and with a very graceful glide down his neck I ended up sitting on the sand. At this point Piper stopped dead turned around and looked down at me very angelically as if to say "What are you doing down there".



Whenever our children fall over or can't do something we always say come on get up, try again so I knew that however much my pride and confidence was dented by this fall I had to get back on the horse as they say. I did and I have had a couple of lessons since and my confidence is nearly back to where it was before the fall. They say you have to fall of at least three times before you are a proper rider so I only have another two to go.

I am so pleased that I made the effort and started a new hobby in my forties, I already feel fitter and stronger than I did this time last year. The next chapter in the story is that I am in the process of trying to buy my own horse, which is scary and worse than trying to buy a secondhand car. No-one will ever tell you that they selling their horse because it is a nightmare and keeps throwing them off. Every advert is the perfect horse until you go to see it, I have seen a few so far and am sure the right one is there to be found – I am hoping that I find him or her by the Summer holidays so I can enjoy my time hacking out and about the Cambridge countryside on my own horse in the sunshine.

Rob Shephard tells us about his

Trip to the Sinai Peninsula

During the Easter vacation 15 people led by Professor Janet Soskice and Chaplain, John Hughes went to the Sinai Peninsula. The group was wide ranging and included Fellows and their children, Ordinands, staff and students. In the past chapel trips had only been open to students, but this one was open to all members of the college, regardless of their religious beliefs. John held a religious service every day for those wishing to attend.

We went for a variety of reasons, some for a religious retreat, a social holiday or an educational experience. Sinai is the beautiful and historic peninsula, sacred to Christians and Jews as the traditional site of the giving of the Law to Moses. Sinai is actually in Egypt.

We landed at Taba airport and a coach took us to the beachside 4 star Hilton Nuweiba hotel. We soon learnt that the resort was all inclusive, so we enjoyed all the lovely food and drink, and the ice creams at the beach, even more so! The weather was warm and the beach was a great place to relax after the exertions of term.

The highlight of the trip was the two day excursion into the desert. Land rovers took us from our hotel into the desert. We saw an Oasis; Greek carvings in rocks, ancient tombs and drank tea with some Bedouin people.

In the early afternoon we started climbing Mount Sinai, it was hot and hard work getting to the top. It took about three hours, some of us starting the trek by camel. There were some wonderful views from the top, particularly of the rock formations. The latter part of our downward descent was completed in darkness.



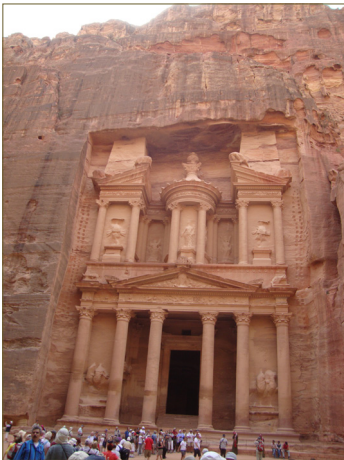
We returned to the sixth century St Catherine's monastery, where we spent the night in its guest hotel. St Catherine's is famous for its collection of early Christian art and manuscripts. We spent the morning in a museum and the church and also saw the burning bush. This was the location Moses was appointed by God to lead the Israelites out of Egypt. We all carried 6

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[A Trip to the Sinai Peninsula cont.]

copies of Janet's book, Sisters of Sinai in our luggage and we presented these as a gift to the monastery. Later we called at a Bedouin shop.

Most of the group went to Petra in Jordan for a day trip. It was a stunning place. The carvings in the rock were incredible and the Treasury building was particularly impressive. This day trip certainly improved our local geography. The most obvious way to travel to Jordan would have been to travel through Israel, but the easiest way was to catch a ferry to Jordan, which also gave us a view of equally near by Saudi Arabia.



Some of the group (Rob, Tim and Pierre) took part in a sports competition comprising golf, table tennis, pool, squash and tennis that lasted the whole week. Other highlights of the week included Lily singing, John dancing and a Fellow revealing his mis-spent youth at the pool table!

There was something for everybody on the trip: It was educational, relaxing, sporting and all shared with a great group of people associated with Jesus College.

Staff Changes	Starters -		
	Alison Barnes	Part-time Secretary to the Master's Office	3 May 2011
	Hugo Brown	Temporary Management Accountant	20 June 2011
	Haidee Carpenter	College Receptionist/Administrative Assistant	1 June 2011
	James Conway	Relief Porter	10 May 2011
	Timothy John Copley	Temporary Gardener	4 April 2011
	John Moran	Relief Porter	10 May 2011
	Marta Soares	Assistant Functions Supervisor	1 April 2011
	Zoe Stubbings	Conference & Events Co-ordinator	14 March 2011
	Michael Swan	Relief Porter	10 May 2011
Staff Changes	Leavers -		
	Debbie Baker	Management Accountant	17 June 2011
	Audrey Stephens	Cleaner	27 April 2011
	Retirements -		
	Alan Fosbeary	College Projects Manager	30 April 2011
	Peter Fowler	Gate Porter	30 April 2011
	Robert Harrower	Gate Porter	30 April 2011
	Ann Herron	Cleaner	30 April 2011
	Long Service Awards -		
	Wendy Andrews	Accommodation Officer	10 years - April 2011
Staff Changes	Janet Cooper	Cleaner	20 years - April 2011
	Jenny Jenyon	Admission Secretary	10 years - April 2011