

# First Impressions of a Novice Runner



**Susan Sneddon** tells us about her Chariots of Fire experience.

I was on a healthy eating and exercise mission (seeing what my brother had to go through to survive his heart attack made me very determined not to have one if I could help it!). Then I saw the e-mail about Chariots of Fire. I'd never thought of myself as a runner (way too wobbly!) but then I remembered the distant days at school when I DID enjoy running and thought that I'd give it a go and see if I could still run.



So I set off round the block in my trainers and discovered that actually I didn't feel anywhere near as silly as I feared, although I was out of puff distressingly quickly. So I put my name down and asked my friend Debs for advice. "Run really slowly" (no problem there) "until you get used to it" (Oh!). And build up gradually.

So I did. ~~Bullied~~ Encouraged by the boss I settled into a routine of going out three times a week and soon began to feel like a proper runner. Especially when Chris Brown allowed me the illusion that I was keeping up with him on the pre-event training run!



The teams were announced (not in "Run Fat Rooster Run" – phew!), the whizzy red team teeshirts handed out and finally the great day dawned. I was incredibly nervous, not knowing what to expect at all. I put several of my colleagues in mortal danger pinning number on their backs with shaking hands. Finally it was my turn, with my team captain's advice "Don't set off too fast...sprint finish" ringing in my ears. (With the boss as team captain there was absolutely no pressure!) I seemed to be going so slowly, plenty of people passing me including all the Jesus runners. There were loads of encouraging

shouts from onlookers and colleagues. Eventually I was just focussed on getting round, legs aching and out of breath. Then I rounded the corner and I'd nearly done it. SPRINT FINISH (well sort of).

Chariots was a great thing to do and I would recommend it to everybody. A big occasion with a cracking atmosphere. Also the real sense of achievement from doing something I didn't think I could do. Big thanks to Ashley (it isn't true what they say about him) and all my running comrades for their kindness and support, and to the College for allowing us all to take part, for supplying the t-shirts and the funds for the post race beer and buns.

@jesus

## Management Qualification Congratulations!

**Cheryl Few** reports.

I am pleased to report that Paul Stearn (Head Gardener), Damian Kramer (IT Operations Manager) and Peter Moore (Electrical/ Mechanical Supervisor), have recently achieved a Level 3 Qualification from the Institute of Leadership and Management (ILM).



*from left: Peter Moore, Paul Stearn and Damian Kramer*

In February 2010, all three began on the path to achieve this qualification and six months later successfully passed the course and became members of the ILM. The course was run externally by a Management Consultancy, EL Consulting.

The course is aimed at middle managers who want to gain a formal qualification in management and expand on their leadership understanding and knowledge. It covers topics such as building a team, solving problems and making decisions, communication and managing performance. The programme involves six days study (plus home work!) and a management project. Much of the course is theoretical but with a large emphasis on applying it all in the workplace.

The course is not easy and it involves a lot of self analysis and deep thinking! All three took the brave decision prior to starting the course to open themselves up to a 360 degree appraisal. This is where their colleagues, managers and those that report to them, have the opportunity to anonymously comment on their managerial styles. After getting over the initial 'who said that...!!' stage of

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*(Management Qualification. Congratulations! cont.)*

questioning (of course they never found out!), all three gained a lot from this exercise and were able to go into the programme with a better understanding of the areas which they needed to focus on and develop. This is not a mandatory part of the course, so I admire them for being so open to this.

The programme ended with each of them having to present their management projects to a team of senior managers from the College. Understandably this was prospect they were not eagerly looking forward to, but that said, they all did fantastically well!

It was great to see all three of them helping and supporting each other through the course. When the going got a bit tough and when the nerves set in about the presentations, it was reassuring to see them all pulling together!

*“...be very proud of their achievements.”*

I think the biggest achievement is how they all passed the course despite continuing to manage their demanding roles within College. I am sure they will all agree that this was the biggest challenge and that the work involved was more than they anticipated. However, I know that they all agree it was worth it!! They should quite rightly, be very proud of their achievements.

This management qualification, as well as other routes to management and leadership training, are available to other managers within College. If you would like to find out more, please discuss it with your own manager, or the HR Manager. I am sure Paul, Damian and Peter would be only too happy to share their experiences of this programme with you too.

**Staff Changes :**

**Starters**

Anna Harvey	Chapel & Choir Administrator	1 September 2010
Robert Klugiewicz	Temporary Janitor	23 August - 26 November 2010
Ghizala-Ruth Modood	Alumni Relations Officer	1 October 2010
Miranda Seymour	Development Officer	21 June 2010
Tina Thompson	Temporary Linen Assistant	19 July - 27 October 2010

**Leavers**

Tom Chatterton	Assistant Organist	30 June 2010
Kate Conway	Chapel Administrator	1 September 2010
Alison White	Alumni Relations Officer	27 August 2010

**Long Service Awards**

Linda Chappell	Accounts Clerk	10 Years - August 2010
Maria Jacklin	Housekeeping Supervisor	15 Years - September 2010
Michael Morris	Gardener	30 Years - June 2010
Alison Rolfe	Training & Administration Support	20 Years - August 2010

**Retirements**

John Gilligan	Janitor	31 August 2010
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*(May Ball? Don't mind if we do. cont.)*

of a silent disco on First Court. Those inside could bop away to music at the right volume for them without noise leaving the area; those walking past the tent could hear the gentle shuffling of feet singing or humming in time to inaudible music. Cloister Court had under-arch food and acapella singing while the Hall had light cabaret and another warm place for the early hours in addition to the casino in the Prioress' room and the Alcock and Cranmer rooms.



Every year student May Ball committees have to cope with a lot of obstacles and risks but Jesus 2010 showed just how well they can be managed. The hard work of 20 odd students and unfailing support of the College staff achieved something very special. Guests had an amazing time and we even had some of the performers, notoriously difficult to keep happy, asking to come back in the future. 2010 also marked some other improvements. In particular, Jesus now leads a network of Cambridge Colleges in working together to improve Balls for everyone. As one example of this, the Ball moved an hour earlier from the traditional time to run from 8pm to 5am, in order to reduce the disturbance to its neighbours. This was part of a suite of techniques, including the silent disco and other technological tools to make Jesus as quiet as possible. The clear and starry night also helped: it was cold, but there was no cloud cover to bounce the sound back to local residents. And did it work? Thankfully yes: we understand that it was one of the best years ever. The challenges don't stop but the Ball aims to get just a little better each year.

It was great to see so many members of staff, Fellows and alumnae joining the students of Jesus and Cambridge in enjoying such a special night. As I pass on the Senior Treasurer's lion-taming whip to Richard Dennis, I'd like to thank two years of excellent committees, brilliant staff and friendly fellows.

The Ball is something of which the whole College can be proud.



**Gardens Plant Sale**

**Paul Stearn** reports.

Following donations of staff and Fellows at the Gardens Department Plant Sale I proudly handed over a cheque for £112.00 to Peter Hendley of Birdlife International, Girton.

The donation will cover the cost of planting 100 trees in Sumatra for the protection and conservation of bird habitats.



# May Ball?

*Don't mind if we do.*

**Matt Dyson** tells us how it went.

On the 14th of June 2010, guests to Jesus College were treated to a night at the circus. The porters amongst the readership may at this stage be thinking about the aftermath of a weeknight at the College bar, but I assure you we're talking about something even better.

A Night at the Circus began as all Balls begin, with a queue. The almost un-English tradition at Jesus is to open the gates on Jesus Lane early, wristband the guests and have them ready in Chapel Court so they can enter the Ball bang on 8pm. To keep them amused, guests had Fitzbillies cupcakes, a caricaturist, a magician, jugglers, the Sharpe Brothers Diabolo act and ingeniously intricate balloon monkeys on palm trees. Thus amused, it was time to be bubbly in the Ball, and the tables of Champagne at main entrance under L staircase arch. Second court then opened up from the barrel of a cannon: a circle bar encircled by cocktails, BBQ and other fare all watched over by a giant lion. North Court featured the main ents tent, with the likes of Mr Hudson and Two Door Cinema Club delighting the audience. Indeed, the best time to enjoy the crepes and carouse on the carousel on the North Court car park was during the main act when people had other things on their minds and in their ears. The Orchard was awash with colour, knee deep in chocolate fountain, surrounded by doughnuts, full of fajitas and guests were generally Pleased as Punch. A range of fairground stalls, a chill out area with piano and vodka luge rounded off the entertainment. This year the Hockey pitch was not used, allowing the hedge to form a natural boundary for the Ball. The Fellows' Garden boasted a pizza oven, swing boats, a range of drinks and an ents stage. Revelers could also enjoy the remarkably inclusive activity



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## The London to Cambridge Cycle Ride

**Matt Dyson** reports.

A little after dawn on Sunday 25th July 2010, with dew on the grass and bicycles on the brain, an intrepid team of lycra clad and not so clearly glad cyclists set off by coach from Cambridge to London. At 8.30 in Ponders End in North London the team set off amid an arterial road clogging mass of cyclists. The proud team were: Grahame Appleby, John Wright, Jason Thulborn, Geoffrey Howe (Porters' Lodge), Rob Shephard, Deb Baker (Finance office), Matt Dyson (Fellowship), Ali Rolfe (IT Department), Sarah Jackson (Catering Department), Mark Rimmington (Gardens Department) and Brian Maryan (Maintenance Department).

The route took the team through Waltham Abbey, Roydon, Widford, Furneux Pelham, Langley and Whittlesford before bringing the day to a close on Midsummer Common via Barton. The event was well marshalled and organised, leaving the riders just the tying to do. In fact, it was a lovely day of sunning, cycling and saddle sores for all concerned, made all the lovelier by a pub-based BBQ dinner at the end!

The generous sponsorship of colleagues and friends at Jesus has enabled the team to raise hundreds of pounds for for Breakthrough Breast Cancer (<http://breakthrough.org.uk/>) and Exhall Grange Specialist School (<http://www.exhallgrange.org.uk>). The exact figure is not available yet, but the team is very grateful for the support (both in money and encouragement): it really made a difference.

Particular credit should go to Grahame Appleby for organising the Jesus Team (along with our Workplace Law colleagues we were a 40 or so strong sight in matching T-shirts); to John Wright and Jason Thulborn for their first long distance cycle (but not the last if their smiles both during and at the end are any gauge); to Geoffrey Howe for having frankly the snaziest bike out of the 4000 or so people doing the ride (and yet always sparing time and encouraging words for the rest of us lesser-biked mortals) and to Brian Maryan who really did go there and back again: cycling both ways on the same day, just to make it interesting.

In sum: When the larks sang we went down but the larks on the way up took us back!



# 30 Years of Insulin

**Damian Kramer** informs us of the advances in the medicine.

Thirty years ago this year, shortly after my 4th birthday, I was diagnosed with diabetes mellitus type 1, more commonly known as juvenile diabetes. In the last thirty years there have been significant advances in the treatment of this condition. I thought I would share with you some of the changes I have seen over this time.

Type 1 diabetes requires injections of insulin to regulate the glucose levels in the blood. Type 2 diabetes, more often seen in adults, is usually regulated through tablets and/or diet. After I was first diagnosed I only required a single injection of insulin each day. Back then syringes were reusable. They were made from fragile glass and required sterilising by boiling. The needles were large and not altogether comfortable to use. Thankfully things got better!

At around seven years of age I became capable of injecting myself. My grandmother was especially proud of this achievement, and many years later could still recite the certificate I received, word for word! By this time the syringes were disposable, made from plastic, and had much shorter and finer needles. Testing of blood glucose levels was somewhat primitive, utilising urine test sticks. The stick would change colour and had to be matched up with a chart, giving a rough indication of the levels of glucose in the blood.

Up until this time I had been injected with pig insulin, as it wasn't possible to effectively synthesise human insulin. Advances in this field meant that this became viable, and pig insulin was phased out. I started injecting two times a day, with two different types of insulin. Each type remained active for different durations, allowing a better regulation of the blood glucose level.

It was around this time that blood tests for glucose levels became more popular. I can still remember the first device I had to use. It had an arm on a spring that you attached a lancet to, pulled the arm back, and pressed the trigger. The arm would swing down and plunge the lancet into your finger (oddly enough, as a small boy I was never particularly keen on this device!). The drop of blood was then placed on a test strip and again the colours were matched up, although this was more accurate than the urine tests.

Although insulin types changed, and the equipment became more refined, things continued in this manner until I was around 15 years of age. At this point I received my Novopen. This device was about the size of a large cigar, and contained a cartridge of insulin with a replaceable disposable needle on the end. The insulin dose was dialled up on the end of the pen, and then injected. It was much more convenient to use and carry around than vials of insulin and syringes. I started injecting four times a day, once before each meal with short-acting insulin in the Novopen, and one long-acting insulin dose before bed using the normal syringe.



A Novopen

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# Gas Lamps

**Peter Moore** tells us about their refurbishments.

Over the last 3 years the Maintenance Department has been involved in a project to refurbish the antique gas lanterns which light up the exterior of most staircases in the older part of the college. Many of these lamps were converted from gas to electricity in the 1920s when electricity first came to Jesus College. Additional lanterns were added to the collection in the 1980s. These additional lanterns were fabricated especially for the college and installed on top of various existing original lamp posts. These posts were in some disrepair and had to be extensively refurbished before the lanterns could be fitted.

As you can imagine when the lanterns were taken down they were found to be in a very bad state of repair many of them had to go away for specialist refurbishment. Many parts had to be remade, a difficult task as a lot of the lanterns were constructed from copper. Finding a local copper smith with the skills to repair this lanterns was a large ask but eventually we found a company called Steel Craft who, despite their name, could work with copper. They remade and repaired the lanterns as well as the wrought iron brackets to as near to the original specification as possible – only a few minor modifications were necessary.

The lanterns were installed with sun resistant perspex which means there will be no clouding with age so we should have good clean light from the lanterns for years to come. The lanterns were also fitted with energy saving 26 watts 4 kilowatts lamps. This modern addition allows the college to run the lamps though out the night at just £2.50 per lamp.

There are 43 lanterns in total and we have just completed work on the 39th which can be found outside 13-14 Chapel Court. With just 4 to go we expect to finish the project in 2011.



*Above: gas lamps before and after restoration*



# The Chapel and the Chaplain

John Hughes introduces us.

A surprising number of people working in Jesus have never even seen the inside of our beautiful Chapel (the oldest in Cambridge). Many others will perhaps have been to the Fellows and staff carol service but nothing else. But the Chapel is not just here for students and fellows! It is open all day and all members of the College community are very welcome to use it as a place of peace and quiet, to pray, or just to escape from everything else. Services take place twice daily in term time (8.30am and 6.30pm on weekdays and 9.30am and 6pm on Sundays) and staff are very welcome at any of these. On Tuesdays, Thursdays, Saturdays, and Sundays the evening service is sung by one of our two excellent choirs. Forget all the clichéd tourist hype and queuing of King's and John's; come and bring your friends to discover the less well known musical and spiritual treasures on your own doorstep!

Current staff and fellows and their children also have the option of being married or having baptisms in the Chapel, subject to availability (as in the picture of the wedding of Tim Hurst, from the kitchens, this summer).



Finally, the Chaplain, John Hughes, hopes that staff know that they are also very welcome to come and speak to him in confidence at any time if they would like simply to talk something over, whatever their own religious beliefs. His room is D1 and he can be contacted on (3)39438.

Tours of the Chapel: for those who would like to know more about the Chapel, the Chaplain will be offering a tour for staff on Friday, 22 October 2010 at 10:00am, meeting in the Chapel.

## A Fond Farewell

The College bade a fond farewell to Geoff and Joan Harcourt this summer as they headed back to Australia to enjoy their retirement.

The Harcourts have made many friends not only in College but throughout Cambridge during their long stay in England and will be remembered for their good nature, humour, kindness and devotion to College life - they will be missed.

We wish them both much happiness in their new home.



*(30 Years of Insulin cont.)*

I also received my first blood glucose meter. Although I still had to prick my finger for a drop of blood, the meter was able to give a far more precise glucose reading. The finger-pricking devices had also improved, being less painful to use, and a little less intimidating to look at! In theory I was supposed to be testing my blood at least once a day, but it was many years before this became a habit for me.



*Damian's new insulin pump*

My diabetes control was generally very good, up until I started university. Eating the wrong foods, not testing my blood very often, and generally not having my mother around to look after me(!) meant that my sugar levels were running a lot higher than they should have been. Fortunately I was able to bring this back under reasonable control when I left University, as leaving things in this manner for too long can have lasting unpleasant consequences.

The final significant change I've seen in my treatment started a few months ago. I have stopped using the pen (after having done somewhere in the region of 35,000 injections over the years), and now use an insulin pump. This device is about the size of a pager, and it contains a small replaceable vial of insulin. That is attached to a length of tubing and a cannula that is attached to my body via a sticky pad. This clever little device allows me to input my glucose level and the amount of carbohydrates I'm about to eat. It then calculates the amount of insulin required and starts pumping it in automatically. It also trickles insulin in throughout the day, taking the place of the long-acting insulin injections.

Because the pump can deliver much smaller amounts of insulin (down to a 40th of the smallest amount I could inject manually) it allows much more refined control of the glucose levels in the blood. It is effectively acting as an artificial pancreas, with the appropriate information supplied by me. It also helps with exercise, as I can adjust my insulin levels on the fly, without having to adjust manually hours in advance. I'm now testing my blood at least 5 or 6 times a day. Meters have gotten far better over the years, and now require just a tiny drop of blood. This means I can use the pricking device on my arm rather than my fingers, which is far more comfortable.

Being attached to a device twenty-four hours a day has certainly been a learning experience. As I'm sure you can appreciate, there are times when it just gets in the way! Several times during the first few weeks I woke up a little tangled in the tubing, but I soon managed to get used to it. The tubing does seem to have a habit of wrapping itself around things like door handles and catches; which has taken me by surprise a few times when I've been yanked backwards while walking past. I've since learnt to keep it tucked out of the way!

I'm very lucky to have the chance to use this equipment, and fortunate that I have access to a fantastic team at Addenbrookes that have been looking after me for the past twelve years. I owe a debt of gratitude to the thousands of people that work hard each and every day to improve the treatment that all diabetics receive. I'm very much looking forward to the next thirty years of advances.



# Summer at Jesus

A Staff Buffet Lunch, A World Cup, A trip to Lille and a Chariots of Fire Race

