



Six Counties Kidney Patients Association

Run by Patients for Patients Since 1969

VIVA-Online: February 2021

SCKPA trusts everyone is coping with the current situation. Petitions have been put forward from NKF and other kidney charities for people with transplants and kidney disorders to receive the vaccine as soon as possible. We hope you have either had it or been given a date. Our thanks and congratulations go to everyone involved with the Oxford-AstraZeneca vaccine and the Recovery trials for the huge amount of work and dedication given to managing this virus. My thanks again to all who help with the newsletter and to our contributors for their articles.

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We are always delighted to receive contributions on any topic of interest to our readers, be it medical, what you have been up to, a photograph or a favourite recipe. Please email items to webmaster@sixcountieskpa.org.uk with photos as .jpg / .png. Articles may be edited for length.

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T'was ever thus...

How life during the bubonic plague of 1665 mirrored today's pandemic

Samuel Pepys, a 17th-century British naval administrator, kept a diary from 1660 to 1669 – a period of time that included a severe outbreak of the bubonic plague in London. Epidemics have always haunted humans, but rarely do we get such a detailed glimpse into one person's life during a crisis from so long ago. His diary reveals that there were some striking resemblances in how people responded to the pandemic.

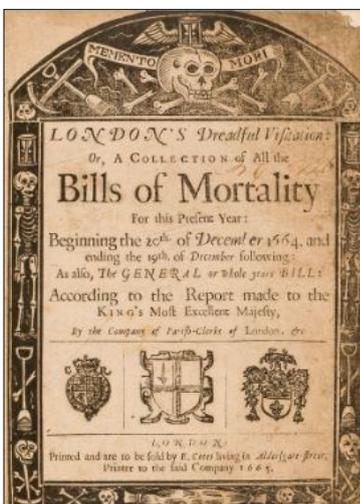


A creeping sense of crisis: for Pepys and the inhabitants of London, there was no way of knowing whether an outbreak of the plague that occurred in the parish of St. Giles, a poor area outside the city walls, in late 1664 and early 1665 would become an epidemic. The plague first entered Pepys' consciousness enough to warrant a diary entry on April 30, 1665: "Great fears of the Sickenesse here in the City," he wrote, "it being said that two or three houses are already shut up. God preserve us all."

Pepys continued to live his life normally until the beginning of June, when, for the first time, he saw houses "shut up" – the term his contemporaries used for quarantine – with his own eyes, "marked with a red cross upon the doors, and 'Lord have mercy upon us' writ there." After this, Pepys became increasingly troubled by the outbreak. He soon observed corpses being taken to their burial in the streets, and a number of his acquaintances died, including his own physician.

By mid-August, he had drawn up his will, writing, "that I shall be in much better state of soul, I hope, if it should please the Lord to call me away this sickly time." Later that month, he wrote of deserted streets; the pedestrians he encountered were "walking like people that had taken leave of the world."

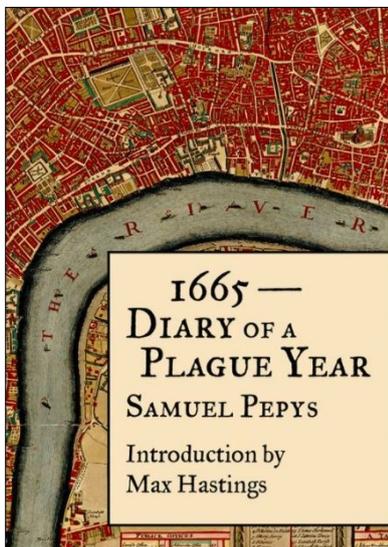
Tracking mortality counts: in London, the Company of Parish Clerks printed "bills of mortality," the weekly tallies of burials. Because these lists noted London's burials – not deaths – they undoubtedly undercounted the dead. Just as we follow these numbers closely today, Pepys documented the growing number of plague victims in his diary.



'Bills of mortality' were regularly posted. At the end of August, he cited the bill of mortality as having recorded 6,102 victims of the plague, but feared "that the true number of the dead this week is near 10,000," mostly because the victims among the urban poor weren't counted. A week later, he noted the official number of 6,978 in one week, "a most dreadfull Number." By mid-September, all attempts to control the plague were failing. Quarantines were not being enforced, and people gathered in places like the Royal Exchange. Social distancing, in short, was not happening. He was equally alarmed by people attending funerals in spite of official orders. Although plague victims were supposed to be interred at night, this system broke down as well, and Pepys griped that burials were taking place "in broad daylight."

Desperate for remedies: there are few known effective treatment options for COVID-19. Medical and scientific research needs time, but people hit hard by the virus are willing to try anything. Fraudulent treatments, from teas and colloidal silver to cognac and cow urine, have been floated.

Although Pepys lived during the Scientific Revolution, nobody in the 17th century knew that the *Yersinia pestis* bacterium carried by fleas and body lice caused the plague. Instead, the era's scientists theorized that the plague was spreading through miasma, or "bad air" created by rotting organic matter and identifiable by its foul smell. Some of the most popular measures to combat the plague involved purifying the air by smoking tobacco or by holding herbs and spices in front of one's nose. Tobacco was the first remedy that Pepys sought during the plague outbreak. In early June, seeing shut-up houses "put me into an ill conception of myself and my smell, so that I was forced to buy some roll-tobacco to smell ... and chew." Later, in July, a noble patroness gave him "a bottle of plague-water" – a medicine made from various herbs. But he wasn't sure whether any of this was effective. Having participated in a coffeehouse discussion about "the plague growing upon us in this town and remedies against it," he could only conclude that "some saying one thing, some another."



During the outbreak, Pepys was also very concerned with his frame of mind; he constantly mentioned that he was trying to be in good spirits. This was not only an attempt to "not let it get to him" – as we might say today – but also informed by the medical theory of the era, which claimed that an imbalance of the so-called humors in the body – blood, black bile, yellow bile and phlegm – led to disease. Melancholy – which, according to doctors, resulted from an excess of black bile – could be dangerous to one's health, so Pepys sought to suppress negative emotions; on Sept. 14, for example, he wrote that hearing about dead friends and acquaintances "doth put me into great apprehensions of melancholy. ... But I put off the thoughts of sadness as much as I can."

Balancing paranoia and risk: humans are social animals and thrive on interaction, so it's no surprise that so many have found social distancing during the coronavirus pandemic challenging. It can require constant risk assessment: How close is too close? How can we avoid infection and keep our loved ones safe, while also staying sane? What should we do when someone in our house develops a cough? During the plague, this sort of paranoia also abounded. Pepys found that when he left London and entered other towns, the townspeople became visibly nervous about visitors. "They are afeared of us that come to them," he wrote in mid-July, "insomuch that I am troubled at it."

Pepys succumbed to paranoia himself: In late July, his servant Will suddenly developed a headache. Fearing that his entire house would be shut up if a servant came down with the plague, Pepys mobilized all his other servants to get Will out of the house as quickly as possible. It turned out that Will didn't have the plague, and he returned the next day. In early September, Pepys refrained from wearing a wig he bought in an area of London that was a hotspot of the disease, and he wondered whether other people would also fear wearing wigs because they could potentially be made of the hair of plague victims.

And yet he was willing to risk his health to meet certain needs; by early October, he visited his mistress without any regard for the danger: “round about and next door on every side is the plague, but I did not value it but there did what I could con ella.” Just as people around the world eagerly wait for a falling death toll as a sign of the pandemic letting up, so did Pepys derive hope – and perhaps the impetus to see his mistress – from the first decline in deaths in mid-September. A week later, he noted a substantial decline of more than 1,800.

Let’s hope that, like Pepys, we’ll soon see some light at the end of the tunnel.

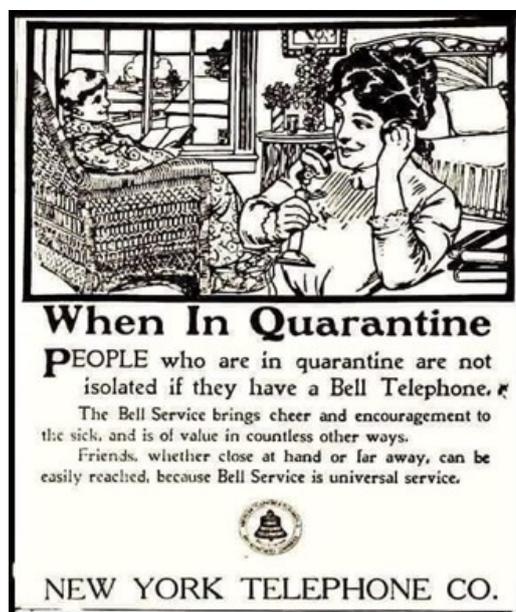
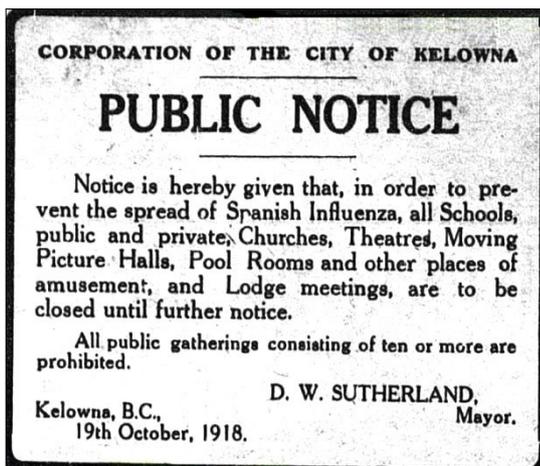
Ute Lotz-Heumann

Heiko A.Oberman Professor of Late Medieval and Reformation History, University of Arizona
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The Spanish Flu of 1918

An article from 1918 was found on the internet relating to the outbreak of Spanish flu in Kelowna in British Columbia, Canada. Thankfully our hospitals are vastly better equipped now with modern treatments available, and we have mobiles and Zoom to keep in touch. But whether it is the bubonic plague of 1665, Spanish flu or Covid-19, the basic messages are still the same:

- wear masks
- self-isolate
- stay at home
- quarantine
- observe the rules!



London Bridges Walk: raising funds for Kidney Research UK

Charities have had a tough time during the Covid Pandemic, because restrictions have meant the cancellation of most of their major fundraising events. Kidney Research UK was hit by the cancellation of major events in London, Glasgow and Newcastle including the London Bridges Walk which has proved popular with many of our members over the years. The Walk was supposed to take place in July 2020. It was delayed to September but eventually had to be scrubbed altogether.

Kidney Research UK funds important research into the causes and treatment of kidney disease. As an example, just a few months ago KRUK announced, in conjunction with the Polycystic Disease (PKD) Charity, a new programme to build capacity and capability in Polycystic Disease research. (More details may be found on both the KRUK and PKD Charity websites.)

KRUK is hoping its London Bridges Walk can go ahead this year, but as yet the date remains “to be confirmed”. So that’s another reason to keep an eye on their website and on the SCKPA website where the event will be announced when confirmed.



The London Bridges Walk is a really happy and enjoyable day out. Every year it is attended by hundreds of patients, carers, mums, dads, grandparents, children, babies in pushchairs and dogs on leads, all wearing the purple T-shirts that are sent to you a few weeks before the big day.

The walk starts at Tower Bridge and runs along the Thames, criss-crossing the bridges up to Westminster and back again. The maximum length is about 7 miles, but it is not a race nor an endurance test. You can do it at

your own pace. There are plenty of cafes and restaurants along the way where you can stop for coffee or a meal. Or you can have a picnic on a bench as you watch the world go by. If the fancy takes you, you can visit some of the attractions you pass, like Tate Modern, Southwark Cathedral or the Tower of London.

If seven miles (or five miles or even two miles) feels like too much, you can shorten the walk by turning back at any point and returning to the start by foot, bus, tube or boat. Nobody will mind. (One year, when we were accompanied by our young grandchildren, we caught the water-bus back from Westminster Bridge to the Tower, which was a bit of a treat for all of us.)

Back at the finish by Tower Bridge, you will receive a commemorative medal on a ribbon which you can show off to your friends. But the best things you will bring back are a big smile, happy memories of a great day out and the knowledge that you have helped fund a charity devoted to promoting vital research into kidney disease.

Martin & Beverly Wood

From our readers

Caistor Grammar School Overnight Protest March

I was in the fifth form at Caistor Grammar School, in the Lincolnshire Wolds, when the County Council was nearing the end of their plans to close the school as a cost-cutting measure. Meetings and heated arguments had divided councillors and been opposed by teachers, religious leaders and local dignitaries for some time.



The planning of the walk

An idea began in the girls' boarding house to march with a petition from Caistor to Lincoln Council Offices. The petition was signed by pupils in the upper school with support from members of staff. During this time, the press was contacted, a police escort planned, refreshment stops arranged and permission granted to use the Youth Hostel in Lincoln at the end of the walk. We held several planning meetings to coordinate all this and the wording of the petition.

18th /19th February 1960: The most visible and most remembered aspect of those turbulent days of 1960 was the epic event of fifty three pupils from the fifth and sixth forms trudging on their own initiative through a 50 mph blizzard in the dead of night; a twenty-six mile walk between Caistor and Lincoln.

The weather report by RAF Manby predicted a freezing, frosty night. Everyone was advised to wear plenty of woolly jumpers and well-fitting shoes. In those days walking boots and trainers were not generally used and girls had to find trousers as few had jeans. Hats, scarves and gloves and cycle capes were worn.

On 18th February, after a "normal" day of schoolwork, we waited to receive our fish and chip supper with a cup of tea before changing our clothes. During the evening, the weather deteriorated until by 10pm it was snowing and the wind was picking up. At around 11pm we were gathered in Caistor Market Square where



Starting out

residents, parents, teachers and younger pupils waved as we set off. We were led by a member of staff as the pace-maker and accompanied by a contingent of police and press cars.

We pressed on through severe blizzard conditions on one of the coldest nights of the winter with flags waved and cheering songs sung. At first we laughed and chatted. After walking for three and a half hours in almost total darkness we reached our first rest point. The longest of three legs was over and we crowded round the coke brazier, stamping our feet, drinking beef broth with a bread roll. It was soon time to leave.

We continued walking with the snow falling and settling, a few inches underfoot making walking slippery. The second stage was a hard slog as we faced a head wind. We walked mostly in silence, advised to conserve our energy. After the next 9 miles we stopped briefly for hot coffee and blisters to be treated. County Council workmen were loading up their gritting lorries in the nearby depot.

The mood changed to serious determination seeing the lights of Lincoln up ahead. However, that long road felt endless. At 7am we arrived at the Youth Hostel, a weary but elated group. After washing and changing into school uniform we enjoyed our breakfast of porridge, sausage, bacon and beans. The cost for 64 people was £17 and 12 Shillings!



Onward through the blizzard

A few senior pupils who had led the planning, set off for the County Council Offices to present the petition. The walk had been timed to be completed before the council meeting, where the school closure was on the agenda.

The petition as presented to Sir Weston Cracroft-Amcotts on 19th February, 1960:

"We the present pupils of Caistor Grammar School, respectfully remind you that in the year 1630 our founder Francis Rawlinson, provided in his will for 'the foundation and maintenance of a free grammar school to continue for ever in the market town of Caistor'. We still wish it to continue and it seems to us that a decision by you today to close our school will be breaking faith with the past and us; for we do not consider that the reasons advanced for its closure either good or sufficient. We therefore humbly petition that you will continue to maintain it and spend as much on improving its buildings as will bring them up to the standard of those younger grammar schools that are our friends and rivals. We believe that if this is done, those who follow us will so acquit themselves as to be worthy of your trust and that we shall not have walked in vain."

Following the presentation of the petition, there were several further meetings until, about four years later, the school was saved. Money was granted for refurbishment and extra facilities, including another boarding house. Caistor Grammar School is still thriving.

As for me, it is a memory which will live forever. I continued to enjoy walking, although not such long walks nowadays. I led an active life teaching in a primary school, bringing up a family, playing tennis, gardening and doing yoga. My inherited kidney disease did not slow me down until my late 60s when I went on dialysis and had a double kidney transplant which has given me a new lease of life.

Helen Cliff

What's in a name?

'Of course', said Uncle Jack to my husband Chris, 'Your name isn't really Newman, it's Griffiths.' He went on 'Your mother and father (Evelyn and Philip) fell in love during WW1 and decided that they wanted to spend the rest of their lives together. Your father was married to a Roman Catholic so divorce was impossible. He staged a suicide at Beachy Head and they ran away to Cyprus together.'

We were flabbergasted. How intriguing. I would have been devastated to discover something like that about my parents, but Chris seemed to take it all in his stride. 'Oh well, these things happen. But I know one thing – there couldn't have been any children from that first marriage because Dad would never have walked out on his children'.

Yeah? Right.

Roll on ten years or so. Chris had passed away and I eventually had more time on my hands and decided to investigate further. I employed a professional researcher to help untie the original knot. He made short work of it. He found Philip in no time in his school register. He explained that when people change their names, they very often keep their Christian names and very rarely change their date of birth. Working on those principles, he had come across a Philip Edward LEWIS, whose father was in the Royal Engineers – a snippet of information that I knew and had passed on. Problem solved. We weren't New-men at all, we were Lewises.

And as for Uncle Jack - had he deliberately misled or was he just old and forgetful? Not only did he divulge the wrong name but he got the place of 'death' wrong too. Philip actually staged his drowning off the coast of Brittany. And maybe Philip was very clever to choose that location. . . . as we will see. Having found the correct name, it was easy to put flesh on the skeleton of the Lewis family with the help of online records and I built up quite a tree of brothers and sisters and parents. I found the marriage of Philip Edward Lewis in 1904 and then, horror of horrors, registration of the birth of a son, followed by another, and another and another, to a total of five! So much for Chris's assertion that his father would never abandon a family.

I visited the National Archives with a view to tracing Philip's military career. It certainly didn't look very promising. I found a thin manila file which originated from the time that Philip resigned his commission in the Royal Artillery in 1921 and petitioned to commute his pension. (I take this to mean that he was requesting a lump sum payment with a corresponding diminution of his annual pension payout. A useful way of acquiring capital if you were going to run away) Further on in the file was a clipping from The Times:

Monday August 7 1922
MISSING ENGLISH COLONEL
(From Our Own Correspondent)
Paris August 6

"An English Army officer, Colonel Lewis, who was staying for a holiday at Ploumanach, on the Breton coast near Lannion, has been missing since 31 July. On Friday his clothes were found on the rocks. He frequently dived from the high rocks and it is supposed that he was carried out to sea by a strong current."

Further on still - a translation of the petition made by his wife, and granted in the French Court, October 1922:

Extracts: from the article

“... Mr Philip Edward Lewis, Colonel in the British Army, husband of the petitioner, who was in France in the month of July last, met his death in the following circumstances –

On the thirty-first of July, towards nine o'clock in the morning, he went down to the sea-shore near the Ploumanach lighthouse with the intention, as he had done on the previous days, of diving into the deep sea, despite the fact that the bathing was dangerous at this spot.

Colonel Lewis has not been seen since then, and on the following 1 August, Adrian Briand, a boat-maker of Ploumanach saw some articles of clothing, a sum of money, a few personal belongings and a passport with a photograph bearing the name of Colonel Philip Edward Lewis.

Since that day, nothing has been heard of Colonel Lewis and everything leads to the belief that he met his death diving into the deep water situated near the lighthouse at the spot where his clothes were found.

He is declared dead and a copy of the Judgement is to be forwarded to the British Authorities for whatever purpose it may be required.”

So that is what I meant when I said earlier that maybe Philip was very clever in choosing to drown himself in France. In England, if there is no body and a death has not been proved, a statutory period of seven years has to pass before somebody can legally be declared dead. The French decree certainly worked its purpose, because probate was granted to his wife on 21 November 1922, just four months after he disappeared. Philip's will was the one he had made on the occasion of his marriage, and his wife inherited everything, which, I would suggest, is the least he could arrange!

There are questions that remain unanswered. How did he escape Ploumanach? And how did he get a passport in his new name? You can maybe understand why I look askance when I am introduced to a Newman. What is your back story, I wonder.....?

Trish Newman



NKF KPA Day

Including AGM and Council meeting

Saturday 27th March 2021

Registration is now open for this year's KPA day. This will be held virtually on Saturday **27th March** starting at **10.00am** and coming to a close at 1pm, we look forward to you joining us. Everyone is welcome to attend the meeting.

The speakers for the day are going to be talking about COVID and how it has affected the dialysis and transplant world. During the morning our AGM will be held and executive committee members will be elected. In the final hour the council meeting will be held. If you wish to become more involved with the future of the NKF and would like to apply to be a member of the executive committee, please contact the NKF for more information.

Email nkf@kidney.org.uk. Completed nomination forms for the executive committee must be received by 12th February. To register your place please either email nkf@kidney.org.uk or call us on 01909 544999, you will be sent the link to join the meeting closer to the date.

Starting an asparagus bed

For the last few years my wife and I have been delighted to receive the odd few gifts of fresh asparagus spears from some close friends. I had always felt that I wasn't going to be in our current house, where we have lived for over 40 years, for much longer. So, I never got around to starting an asparagus bed because gardening wisdom is not to harvest anything until the plants are two years old. In the last 12 months, in addition to undergoing three periods of lockdown, we decided that we could "cope" without moving to residential care in the foreseeable future. There was nothing stopping me from creating a new asparagus bed (other than age and I am steadfastly ignoring that!).

I didn't want to take up any space in our current vegetable garden so I identified a suitable place in a lawn alongside the vegetables where we would not interrupt the mowing too much. Because we often get rabbits, deer and muntjacs in our garden we also had to plan for a suitable fence to protect the tender shoots that we were anticipating.

Firstly, I consulted the Royal Horticultural Society's website (<https://www.rhs.org.uk/advice/profile?pid=310>) and then created a raised bed in the chosen place, dug it over and covered it with black plastic to deter any weeds.



Credit: RHS/Advisory

I then looked for where to buy the crowns and ended up at Amazon who were offering two-year-old crowns for delivery in March/April. So, they are on order. I'll let you know how I get on later in the year.

Mike Pitcher



A leaflet with comprehensive information on the vaccines for patients with kidney disease is available from the Home page of the SCKPA website. It includes answers to questions on:

- Are these vaccines safe?
- Does it make any difference which vaccine I have?
- Should I worry that the vaccines have not been tested on kidney patients?
- Is it worth having the vaccine if it is not 100% effective?
- I am taking immunosuppressants, should I wait for a different vaccine?
- Is pregnancy a concern?

and many more questions and answers

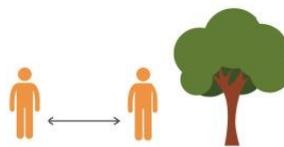
Reduce risk by:



Washing your hands



Wearing a face mask



Maintaining appropriate social distancing, being outside and avoiding crowded places



Getting tested if you have symptoms

A day in the life of a speech and language therapist

I am a newly graduated Speech and Language Therapist. Speech and Language Therapists work with adults and children when they need support with any aspect of communication, eating, drinking or swallowing. Around 20% of the population will require our services in their lifetime. There are around 17,000 therapists working in the UK and we provide tailored support, via the NHS or privately. We work very hard to deliver the best help that we can.

A therapist works with people of all ages. An Early Years therapist may help babies with swallowing problems, toddlers whose speech or play is not developing as expected, or provide specialist support for children with conditions such as cerebral palsy, autism or Down syndrome. School aged children may need help with slow speech or language development, social skills, a stammer or learning to talk with a hearing difficulty. Adults may need support if they develop a condition that affects their speech or swallow, perhaps stroke, dementia, Parkinsons, or head and neck cancer. People with learning disabilities of all ages also benefit from strategies to help communication, such as using pictures or symbols, a communication device or adapting their environment so they can get their message across better. Therapists can help people in prisons, care homes, hospitals, health clinics, schools, homes and, increasingly, virtually.



Some of my colleagues have had a very challenging year on the frontline supporting very ill patients in hospital with COVID-19. They have worked alongside doctors and nurses in full PPE to help people to continue having adequate nutrition and fluid, and to begin eating and drinking safely and to help them to use their voice again after being on ventilators. They help people to communicate their needs when they are unable to talk easily, represent their interests to the medical team and help them to communicate with their families. I am very proud of my colleagues and to be part of this profession, particularly this year. They have shown amazing care, tenacity and endurance.



I retrained part-time over six years at Birmingham City University and have been working as a Therapist since last October. I am based in Special Schools in Oxfordshire and I love my new job. It is very fast-paced, but I very much enjoy working with teaching staff, colleagues and the children and young people and their families.

When I am in school, I spend time in each of the classes I am allocated to: assessing and providing therapy for the children on my caseload. I see children individually or in groups. I may work on helping them with speech so that they can be understood better, developing social skills, to follow instructions, or to show that they understand information as this is often a bigger area of concern. As with most jobs, there is a lot of admin to complete after seeing each child and I like to contact parents or carers to help them to keep working on developing skills at home, as well as updating teachers and helping them to work on these targets in class too.

The schools I work in have been so welcoming and have so many excellent staff that settling into my role has been made much easier. I have been on a very steep learning curve combining the theory I learnt at university with practical experience, but having completed a full school year, I can see the bigger picture more clearly now. I am pleased to be working in special schools, seeing the children and young people increase in ability and confidence.

During the first lockdown, all speech and language therapists worked from home if they did not volunteer to be redeployed. As a type 1 diabetic, I had to stay at home and learnt to use technology to work remotely. After some research I was able to start teletherapy (online video-calls) with some of the children I see and even use green screens to liven up their therapy with disappearing toys and fun backgrounds. Many of us have been surprised that this was



just as effective as face-to-face therapy in some cases, and teletherapy has become part of the way we offer services now where possible (although I am seeing children back in schools wearing PPE now).

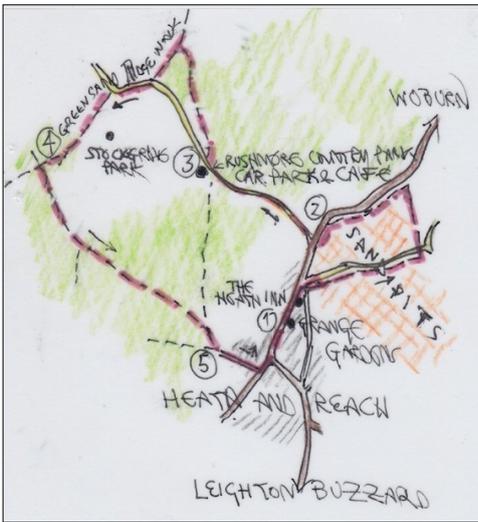
From a diabetes point of view, COVID has been strange. Having had diabetes from a young age, I grew up knowing nothing else and it has not taken up much mental space for me aside from being something to manage. I am lucky to have an insulin pump and now Libre testing sensors, which I just scan to find out my blood sugar.

But the mention of COVID being dangerous for diabetics so frequently does mean it becomes more of a worry - as I know so many people with renal disorders and their families know only too well. I am looking forward to a vaccine and am proud that so many of our society have worked hard to protect those considered vulnerable. It has been a major task, but I hope we will all emerge stronger and with more compassion ultimately. I certainly value my freedoms more and know that being occupied is critical - my work, family and friends have made a big difference to my experience and the virtual world has meant that this has continued albeit in a different form. I hope that others are maintaining their coping strategies with these newer ways of communicating too. Effective communication is, after all, a Speech and Language Therapist's goal for everybody.

Ed: our thanks for this article giving an invaluable insight into the essential work of speech therapists. I am pleased to report that the author has since received the first dose of vaccine.

Walks across six counties: Bedfordshire Heath & Reach

HEATH & REACH: SANDPITS AND RUSHMERE COUNTRY PARK



This issue's walk through Midsomer Country heads to Heath and Reach in Bedfordshire, a county visited only once for Midsomer Murders location filming, and not in *Roaming Midsomer*. Astonishingly the sand pits nearby were used to shoot African scenes for the episode, *A Sacred Trust*. Also in this episode were The Heath Inn and a 1960s close of neo-Georgian style houses, Grange Garden. My walk starts in the village, circumnavigates one of the vast sandpits, then climbs into the Greensand of the Brickhills, mainly within the rolling woodland of the Rushmere Country Park with its many pines, oaks, birches and bracken.

Starting in Heath and Reach (1), walk north along Woburn Road, passing Grange Gardens and *The Heath Inn*. Just

beyond, at a small green, bear right onto a lane. Soon go right up steps to walk parallel to the lane, another sandpit on your right. Continue ahead until a kissing gate, go through it and cross the lane to another kissing gate. Follow the path, skirting a sandpit. Bear left to go parallel to Woburn Road. Join the main road (2) and bear right just after a bus stop. Follow this lane as far as the car park and café building to Rushmere Country Park. Through a kissing gate opposite (3) walk up a delightful open valley, eventually entering woodland. Reaching a path T-junction bear left onto the wider one (the Greensand



Ridge Walk). Follow this to a road and turn right. Where the road bears right, leave it, going between gate piers, one with a post box. The lodges to the left belong to Stockgrove Park, a 1930s country house and now a school. Walk along a tarmac drive. Beyond Greensand stone cottages, head into woodland again, still on the Greensand Ridge Walk. At a footpath crossroads (4) go left (signed Stockgrove

and Rushmere) and follow a fence. The path descends to cross a brook, then climbs. Ignore all turns to left and right until, merging with a path from the left, bear half-right to pass a *British Legion* hall (5). Continue ahead along a road, then left at the T-junction. Follow this road back to the centre of Heath and Reach.

Distance 4 Miles (6.5 Kms) Recommended Map: OS Explorer Sheet 192

Going: : Surprisingly hilly, the Greensand Hills. Easy going but mud likely in places.

Ed: our thanks to Martin Andrew for the fifth walk in this series.

His book '*Roaming Midsomer*' by Chris Behan and Martin Andrew, published by The History press, covers Midsomer walks in Oxfordshire and Buckinghamshire.

Kidney friendly recipes

Chicken noodle soup for 8

- ◆ 4 cups of cooked chicken cut into bite-sized pieces
- ◆ 8 cups of chicken stock, low sodium
- ◆ 1 onion, chopped
- ◆ 1 cup of celery, chopped
- ◆ 1 cup of carrots, chopped
- ◆ 170g wide noodles
- ◆ 3 tbs chopped parsley

Method

1. Put the chicken stock in a large saucepan and bring to the boil
2. Add chicken, onion, celery, carrots and noodles
3. Bring back to the boil and simmer for 15 mins or until the noodles are soft
4. Serve, garnished with parsley



Shepherd's Pie for 4

- ◆ 450g minced lamb or beef
- ◆ 1 large onion, chopped
- ◆ 2 medium carrots, chopped
- ◆ 1 tbs flour
- ◆ 1 beef stock cube in 300 ml boiling water
- ◆ 1 tbs oil
- ◆ 675g potatoes
- ◆ 25g grated cheese
- ◆ Knob of margarine, dash of milk and black pepper to season

Method

1. Preheat oven to 190C, Gas Mark 6
2. Heat oil in a pan and fry onion until soft. Then add mince and stir until just starting to brown
3. Boil carrots in a separate pan until soft. Drain and add to the mince along with the stock
4. Boil potatoes until soft. Drain then mash with margarine, milk and black pepper
5. Put mince into an ovenproof dish, cover with the mashed potato and sprinkle cheese on top
6. Bake in the oven for 30-40 mins until the potato is golden brown

Fruit crumble for 2

- ◆ 400g tin of fruit, e.g pears or peaches
- ◆ Handful of frozen berries (optional)
- ◆ 30g diced butter, softened
- ◆ 75g plain flour
- ◆ 30g sugar
- ◆ 2 tbs rolled oats (optional)

Method

1. Preheat oven to 200 C, Gas Mark 6
2. Drain the tinned fruit and put into 1 litre baking dish with the frozen berries
3. Rub the butter into the flour until it resembles breadcrumbs
4. Add sugar and optional oats, mix well
5. Layer crumble over the fruit
6. Bake for 20-30 mins until crumble is golden and bubbling

Recipe from NKF's Food with Thought booklet

From the archives: Autumn 2009

Patient on the Plinth

When Antony Gormley proposed his project for the empty plinth in Trafalgar Square, I wonder if he realized what an incredible range of good causes and individual exhibitionists he was unleashing on an unsuspecting public. I was fortunate to be picked by the random ballot before the whole thing started when the pool was a comparatively small one.

I had a kidney transplant two years ago at the Churchill Hospital and wanted to highlight the importance of the Organ Donor Register and express my gratitude to my donor's family and to the NHS. I was allocated 10 pm on Monday 10th August, which meant a floodlit session and worries about visibility.

It took some time to work out what size of type would be visible from the ground and plan what I wanted to say. I did not want to use a megaphone and had decided to use a few placards for those in the square and speak directly to those watching on the live website. Mike of MP Printers in Thame (who produce Viva) was very helpful in advising on encapsulation or lamination, necessary in case it rained.

The NHS Organ Donor Register people were pleased to hear my plans and supported me by providing a banner, a very large pen and a member of staff, Ruth Greenaway, to organize a photographer and be there in the square.

The journey from Oxford gave me plenty of time to regret my decision but my nerves were settled by the One and Other team. They interviewed me in their portacabin control centre before I was hoisted up



by a JCB and placed gently on the plinth. It is very high up indeed but had a wide safety net. The lights were so bright that it was difficult to spot people in the crowd but I was gradually able to pick out family and friends who had come to support me. My main message was for people to sign up on the Register and, most important, to talk with their family and friends so that their wishes were known.

I also wanted to thank everyone at the Oxford Transplant Centre and the NHS for the excellent care I received. With the current controversy about the American health care system I am very conscious of the excellent free treatment I received and continue to receive.

The whole experience was quite extraordinary and I would not have missed it for the world. My other message was 'Carpe Diem', seize the day. No-one knows what lies around the corner, or how long my transplant will last, and I intend to make the most of my new life. I understand that the Wellcome Trust will be archiving the interviews associated with the project.

Elizabeth Oliver

Ed: An amazing experience and Elizabeth's message is still as relevant today as it was in 2009.

Conundrum corner

Abbreviations & Acronyms

What do the following 28 abbreviations & acronyms stand for?

1	ASAP	2	NB	3	RNLI	4	AIDS
5	SUV	6	AKA	7	GCHQ	8	HMRC
9	NOYB	10	RSVP	11	ADHD	12	IBM
13	SCUBA	14	QUANGO	15	BACS	16	MRCS
17	RNA	18	IQ	19	FYI	20	SATs
21	AWOL	22	SOCO	23	SARS	24	ZIP code
25	KISS	26	UNESCO	27	STD	28	OPEC

Word Search

Find the 14 gemstones hidden either across, backwards, diagonally or down

A	D	I	A	M	O	N	D	L	D	A	L	Amethyst	Jasper
O	R	L	L	R	E	R	A	L	Y	O	Q	Aquamarine	Onyx
R	U	A	A	S	P	M	A	D	I	O	G	Beryl	Opal
E	E	N	I	R	A	M	A	U	Q	A	P	Diamond	Quartz
P	L	O	P	A	E	P	A	E	R	A	M	Emerald	Ruby
S	B	A	H	T	O	M	P	N	E	Q	J	Garnet	Sapphire
A	X	L	H	T	A	P	E	H	A	U	J	Jade	Topaz
J	E	Y	B	U	R	T	A	L	I	A	A		
P	S	R	N	Y	M	D	M	L	D	R	S		
T	H	E	L	O	U	A	E	E	B	T	E		
H	S	B	D	P	R	J	E	P	U	Z	Q		
O	A	U	Z	A	P	O	T	U	R	E	A		

Puzzles from the Happy Puzzle company www.happypuzzle.co.uk

Sudoku

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

Sudoku involves a grid of 81 squares divided into nine blocks, each containing nine squares. Each of the nine blocks has to contain all the numbers 1-9 within its squares.

Each number can appear only once in a row, column or box. Also each vertical nine-square column or horizontal nine-square line across must contain the numbers 1-9, without repetition or omission.

Every puzzle has just one correct solution.

Answers to January's Conundrum

Cities

1	Recent fortress	Newcastle	14	The last place for a burial	Gravesend
2	Finished the fourth letter	Dundee	15	Appropriate place for a tea party	Boston
3	What a vandal does to cars	Wrexham	16	Between six and eight trees	Sevenoaks
4	A quick ringer	Belfast	17	Distribute cards	Deal
5	The darkest water	Blackpool	18	Part of a boat	Hull
6	Dog controllers	Leeds	19	Secure tightly	Bolton
7	Which car?	Watford	20	A female servant's rock	Maidstone
8	Type of haircut	Crewe	21	After the meal, the plate is still full	Nuneaton
9	Store an after dinner drink	Stockport	22	Where the cook picks crops	Sheffield
10	The very bottom of the compass	Southend	23	The lady leaves	Exeter
11	Outdated meat	Oldham	24	Open this to get to a top school	Harrogate
12	Obviously a place to get clean	Bath	25	Where ships might dock to eat	Portsmouth
13	A local competition	Derby	26	Writing implements and small insects	Penzance

Photo Gallery: theme 'February'

Our gallery of photographs, sent in by readers, with the monthly theme.



Stay safe! By Martin Wood



Sunset over the lake by Chris P

Email your favourite photo with a March theme to webmaster@sixcountieskpa.org.uk
Include a title and the sender's name (pseudonyms acceptable).
Closing date is 20th February 2021.

Photo Gallery: theme 'February



Crocuses in the snow by John Heald



Frozen Reflections by Beverly Wood

Email your favourite photo with a March theme to webmaster@sixcountieskpa.org.uk
Include a title and the sender's name (pseudonyms acceptable).
Closing date is 20th February 2021.

And finally

Polishing Pontius Pilate from VIVA! Autumn 2009

This receipted bill of a country decorator was found in 1936 in the archives of a small Swedish country church. The receipted account recorded work done exactly 100 years earlier, in 1836. The literal translation follows:

To: -

- ◆ Altered the Ten Commandments and repaired the sixth
- ◆ Made a new nose for one of the robbers on the cross and straightened his fingers
- ◆ Polished Pontius Pilate, put new furs on his bonnet and painted him front and back.
- ◆ Put a new pair of wings on the Angel Gabriel and gilt the front ones
- ◆ Painted the Pontiff's head three times
- ◆ Put a new tooth in St Peter's mouth and repaired the feather of the cock
- ◆ Expanded Heaven and put in some new stars
- ◆ Improved the fires of Hell and made the Devil's face more awful
- ◆ Improved St Magdalena, who was absolutely spoilt
- ◆ Made new hair for the chaste Susan
- ◆ Prolonged the end of the world
- ◆ Cleansed the Red Sea, which was very dirty
- ◆ Made new shoes for the horses of Elijah's carriage and carefully marked the way to Heaven
- ◆ Put some more wisdom in Joseph's face and varnished Potiphar's wife
- ◆ Made new bird's dirt on Blind Job's eye.

A.P. Bjorklund, Painter
