



# Johnian News

Issue 12

Michaelmas Term 2002

## Working with Mencap

Chris Walters at Cambridge Mencap contacted us about 18 months ago, looking for a location for a work-based course in Catering. The purpose of the course was to provide vocational training for young people who would not normally have such an opportunity because of their disabilities, in the hope that they would then be able to enter full-time employment.

The idea was to have three young adults with learning disabilities working alongside our staff, with the support of a Tutor and a Learning Support Assistant. The curriculum and funding would be the responsibility of Huntingdonshire Regional College, who already had several outreach programmes set up around the county.

St John's was the first Cambridge College to take up the idea. After several meetings with Mencap and Huntingdonshire Regional College, and extensive interviews for the Tutor and the Learning Support Assistant, the course finally started in January this year. Regular review meetings were set up with Chris Walters to ensure that the course would not disrupt the smooth-running of the Catering and Conference Department.



Three students work in the Buttery, Platewash / Potwash and Kitchen from 9.30am to 2.30pm Monday to Friday. Within a short time the students became integrated with our staff and have become part of the team.

Both the students and the catering staff have benefited from this partnership. The students are aiming to progress to NVQ Level 1 and also aim to obtain their Basic Food Hygiene Certificates.

The students are a great help during busy times, using the skills they have gained on the course. In the kitchen, the students are helping to prepare vegetables and also assisting in the pastry section. Almost all of the strawberries eaten between the May Ball and Degree Day were prepared by the students and their teachers.

One of the students said 'I'm working in the cafeteria... and I like it very much. It keeps me busy and I can make new friends.'



Having covered the basic skills within the department, the students are fully equipped to consolidate their learning at another establishment. The first group of students went to Girton College at the beginning of September for their second year placement. Our new students started at the end of September as we continue our involvement in the project. ☺

*Kirsten Bishop is the Deputy Catering Manager for the College and the author of this article*



Preparing eccles cakes



## College news



**Sir Richard Posnett** (BA 1941) sent us this photograph of a pair of black swans nesting near Cripps Porters' Lodge in the summer. If you look carefully you can just see the first hatchling under the mother. ❀

**Professor Jack Beatson**, Rouse Ball Professor of English Law at the University and Fellow of the College since 1994, has been appointed a Justice of the High Court. He will take up his appointment on 29 April 2003.

Professor Beatson was called to the Bar by Inner Temple in 1972 and was elected an Honorary Bencher of that Inn in 1993. He took silk in 1998. He is believed to be the first person to be appointed to the High Court directly from a university chair.

On his appointment, he said 'it will be a great change to me but, while sad at leaving the College and academic life, I am looking forward to the challenge.' ❀



Professor Orr (left) being presented with the Silver Medal

**Professor Robin Orr**, former Organist of the College and now Honorary Fellow, was presented with the Silver Medal of the Worshipful Company of Musicians earlier this year. The award ceremony took place at the Master's Lodge, Pembroke College, where

Professor Orr started his academic life as an undergraduate and Organ Scholar. The silver medal is the highest award of the Worshipful Company. ❀

The College entered several teams in this year's **Chariots of Fire** competition in Cambridge. The competition raised funds for The Prince's Trust and more than 351

teams entered. The College's A Team came seventh overall and won the College category, receiving the Sir Arthur Marshall Inter Collegiate Cup. The team consisted of Alex Weber, Bjorn Stenger, Sudhakar George, Barry Dent, Matt Hallisey and Nigel Sime. ❀

In July 2002 the **Royal Society of Engineering** announced the election of its new Fellows. Amongst the 49 Fellows were five Johnnians: Dr Alan Begg (BA 1976), Professor Richard Friend (Fellow), Professor Ian Hutchings (Fellow), Professor Mark Randolph (PhD 1978, Fellow 1977-1986), and Professor Mark Welland (Fellow). The one Honorary Fellow elected this year is Mr Don Heughan (MSc 1952), and a former Overseas Visiting Scholar of the College, Professor Thomas Lipo, has been elected as a Foreign Member. This must be a record for the College! ❀



To mark the 50th anniversary of the LMBC winning the Ladies' Plate at Henley, Mr David Whitaker (BA 1954) generously organised a reunion on Temple Island during the Regatta for the crew. The day was also attended by members of the 1953 and 1954 Grand Crews, as well as other invited guests.

David Chipp, a King's man and the Reuters correspondent at Henley in 1952, proposed the toast to the crew. ❀

In September the College received its annual visit from the Year 5 pupils of **Margaret Beaufort Middle School** in Bedfordshire. The children visited the Hall, the Old Library, the Master's Lodge and the Chapel, to find out first hand about Margaret Beaufort and the Tudors. They had a memorable visit and particularly enjoyed being able to see a book that had belonged to Lady Margaret herself. On entering the Hall, some of the children were heard to say 'this looks like something out of Harry Potter!' ❀



## Six years for three minutes

*Mark Hatton matriculated at St John's in 1995 to study for a PGCE. He has been a full-time athlete since 1996 when he put his teaching career on hold to pursue an Olympic dream. He was Great Britain's sole qualifier for the luge competition at this year's Winter Olympics. Finishing 25th in a field of 50, Mark achieved the best ever result by a British athlete in the event and he was the highest ranked finisher from a country without a luge track. He is also the fastest-ever British Olympian. He now has his sights set on Torino 2006, but needs to find funding for his training.*

Having not qualified for the Nagano Olympics in 1998, arriving in Salt Lake City was extra special. Marching into the Rice Eccles Stadium for the opening ceremony was something that I will remember for the rest of my days. A standing ovation from 60,000, waving to the crowd, walking beneath the Union Flag and watching the Olympic flame being lit. It was that evening that it finally came home to me that I was an Olympian. Once all the athletes were seated, however, there was a feeling of tension among all for what was to come over the next two weeks.

The night before my race I went through some last minute tuning of the sled with my coach. We didn't actually change anything, just made sure nothing was left to chance. With each tiny cosmetic change we made to the sled, my coach told me that we had just cut 1/1000th of a second off my time. We managed to drop about 2/100ths of a second by the end of the evening by his reckoning and that was before I had even got on the track! He left me that evening with the advice that it was better to 'go all out and crash' than to play it safe and end up with a mediocre result.

I slept well but couldn't wait to race. I had been flying in training. Everything had been planned to the nth degree. Which entrance to the track we would use, where I would warm up ..... the team physiotherapist even arrived an hour early to get me my favourite seat in the changing room. I stretch out over by the bobsled start, away from the other athletes and spectators, with none of the usual banter and pre-race chit-chat. I suit up and now it's time to wait and visualise and keep warm. Only two sleds before me now and I walk up to the athlete-holding area. Everyone else is incidental, it's up to me. Some athletes have targeted me as the person they want to beat .... after all, I'm from a country without a home track.

I walk out to massive noise, cheers and flashbulbs. An official takes my bodyweight as my coach carries my sled over to the start. He gives me a few encouraging words. As I sit down on my sled it feels perfect .... I say it out loud, 'perfect, perfect'.

**'TRACK IS CLEAR FOR MARK HATTON, GREAT BRITAIN'**

I have 30 seconds to start. Nervous? No. He said that the track was clear for me. I can do what I want.

Deep breath, visor down, and a good strong start. I fly out of the handles, fuelled by six years of hard work, commitment and desire.

I can't remember any of my four runs. All I know is I was relaxed and loved every minute. I remember coming to the finish on the last run and seeing Union Jacks flying, I remember the cheers drowning me and people I had never met hugging me. I remember exhilaration, pride and huge relief. Every weight I had ever lifted, every crash, break, burn and bruise that I had received in training, had been worth it.

I was on average 7/10ths of a second behind the eventual Olympic Champion. I had planned to retire from full-time luge racing after Salt Lake, but I can't give up yet. Four more years with an improvement of less than 2/10ths a year and I'll be up there. I want a medal in Turin in 2006! ❄️





## An out of world experience

*Jyoti Nangalia came to St John's to read Medical Sciences in 1998 and took her BA in 2001. She is currently a clinical medical student at the College. In this article she writes about her participation in the European Space Agency's Student Parabolic Flight Campaign.*

Bordeaux was the setting this summer for the European Space Agency's (ESA) 5th Student Parabolic Flight Campaign. Our team of four was one of thirty from across Europe chosen to perform a scientific experiment in microgravity. As medical students with an interest in aerospace medicine, we elected to study the effectiveness of cardiac massage in weightlessness, using a manikin designed for emergency resuscitation training.

"Zero-G", a modified AIRBUS 300 belonging to Novespace, which is used to train astronauts and facilitate microgravity experimentation, creates an atmosphere of microgravity within the plane by performing parabolic flight manoeuvres. Each parabola lasts 3 minutes to produce 25 seconds of weightlessness flanked by two periods of hypergravity (twice the gravity of earth). There are strict safety regulations; all pieces of apparatus are strapped to the floor of the aircraft, preventing them from going astray during microgravity whilst still permitting realistic experimentation. We received the final go-ahead once reassurance had been given that our RAF masks and helmets, to be used to measure our breathing rates, were easily detachable in the case of sickness during the flight.

I will never forget those first overwhelming sensations as the plane *injected* into microgravity. It felt as if time had slowed to a halt. I felt exhilarated, but relaxed. It took a while to adjust to motion in microgravity and hypergravity; everything was slower and less effort in

the former than on earth, and faster and more difficult in the latter. Initially, I found myself over-compensating for movement and I took note of how best to move and position myself for the main flight of 31 parabolas when we would carry out our experiment. During the safety flight, the crew performed some stunts in the aisle, much to the envy of us all strapped to our seats. We did attempt to eat m'n'm's placed in mid-air, a task much more difficult than it may seem.

The main flight was a success. After a few parabolas, we began to work through the phases smoothly but not without strain, concentration and some nausea. Cardiac massage in hypergravity was surprisingly easy, but in weightlessness it put a lot of pressure on our triceps. The new massage technique worked well; we straddled the manikin with our legs locked behind its back, enabling us to perform compressions whatever our orientation in the plane. We rewarded ourselves with an experiment-free 31<sup>st</sup> parabola. I spent my last 25 seconds of weightlessness curled up as a ball floating by the ceiling, watching others gently drift along their way.

We obtained some interesting results, the analysis of which will be exciting. We hope to be one of two teams that will be chosen to join ESA's professional campaign. I am grateful to Wubbo Ockels (astronaut on NASA shuttle mission 1986), who started and still runs the campaign, ESA education and outreach, Novespace, and the other teams, for their enthusiasm and commitment to the success of the flight. It has been inspiring to meet so many people with similar interests.

This was a once in a lifetime opportunity for me. My first and last periods of weightlessness, as well as performing the experiment, are memories, both visual and sensational, which I find myself recalling repeatedly. I hope that a day will come when I shall be able to fly again. ☺

*Coverage of the team's experience, both preparation in London and the 10 days in Bordeaux, by the BBC's 'Tomorrow's World' is due for broadcasting early next year.*



Jyoti Nangalia (left) with Wubbo Ockels and her brother



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## Dates for your Diary

The College is currently holding a small exhibition about the life and work of **Paul Dirac** in the Library Exhibition Area, to mark the centenary of his birth. The exhibition is open from 9am to 7pm Monday to Friday and 9am to 1pm on Saturdays until 6 December, and then from 9am to 5pm Monday to Friday until the end of the year. Johnians are welcome to view the exhibition.

Information about forthcoming exhibitions can now be found on the College's website at:  
<http://www.joh.cam.ac.uk/Library/exhibitions.html>

The seventy third Annual Meeting and Dinner of the **Johnian Society** will take place on Saturday 14 December in the Hall. Members of the Society and their guests (who must be Johnians) are welcome to attend. Sir Mark Moody-Stuart, Chairman of Anglo American and Honorary Fellow of the College, is in the Chair. The cost of the dinner is £25 for those aged under 25 and £33 for others. Accommodation is available in College at a price of £25.50 including breakfast. The closing date for receipt of applications is 8 November. Applications should be sent to the Secretary of the Johnian Society, St John's College, Cambridge, and cheques should be made payable to the Johnian Society.

The bi-annual **Johnian Society Lecture** will take place on Monday 3 February 2003 at 6.00pm in the Fisher Building. The lecture will be given by Sir Mark Moody-Stuart, formerly Chairman of the Royal Dutch/Shell Group and, from 1 December, Chairman of Anglo American. The lecture will be entitled 'Business, society and development'. All members of College are welcome to attend.

As usual, two **Johnian Dinners** will be taking place in 2003. The first, for matriculation years 1977, 1978 and 1979, will take place on Saturday 29 March 2003. Invitations have been sent out but if you have not received one, please contact the Steward's Secretary at the College. The second dinner will be held on Saturday 28 June 2003 and matriculation years up to and including 1943, 1961, 1962 and 1963 will be invited. Invitations will be sent out in January.

The College is holding an **Open Weekend** for Johnians and their guests on Saturday 5 and Sunday 6 July 2003. Those who matriculated in 1952, 1953, 1967-1968, 1974-1976, 1983-1984, or 1988-1990 will be invited. The Weekend offers an opportunity to come back to College for a number of exhibitions, lectures, open rooms, dinner in Hall and other events.

Johnians from other matriculation years who are resident overseas and who expect to be in the UK at the time, are welcome to join us. Please contact Catherine Twilley to be added to the invitation list.

We are also encouraging those who live in the USA to come to the Open Weekend. Invitations will be sent out nearer the time and there will be a special event for Johnians from the USA.

## Notice

### A History of St John's College 1511-2011: A call for material

To mark the College's quinqucentenary in 2011, preparations are in train for the publication of a history of the foundation by a team of six authors under the general editorship of Dr Peter Linehan.

Members of the College in possession of material likely to be of interest and value to the enterprise (items such as family papers, undergraduate journals, correspondence with Tutors, and so on), which they would be willing to allow the authors to make use of, are invited to send a brief description to Dr Linehan at the College - but not in the first instance to submit the material itself.

#### General Contact Details

Telephone enquiries: +44 (0)1223 338600  
Fax enquiries: +44 (0)1223 337720  
Email enquiries: [enquiries@joh.cam.ac.uk](mailto:enquiries@joh.cam.ac.uk)  
Internet: <http://www.joh.cam.ac.uk/>

#### Johnian Office Contact Details

Telephone: +44 (0)1223 338700  
Fax: +44 (0)1223 338727  
Email: [Development-Officer@joh.cam.ac.uk](mailto:Development-Officer@joh.cam.ac.uk)