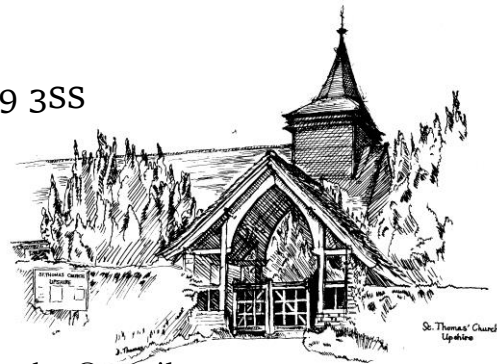


St Thomas' Church, Upshire EN9 3SS

Newsletter

June 2022



Rector: Revd Peter Smith, 01992 767897
Team Vicar: Revd Jane Yeadon, 07960 604416. email janeyeadon@gmail.com
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Editor: Mrs Lyn Wackett, 94 Upshire Road, Waltham Abbey EN9 3PA. 01992 711573.
Email: lynanddavewackett@hotmail.co.uk

This Newsletter is free: donations to Lyn Wackett. Copy date for July: 14th August

We are committed to safeguarding children, young people and vulnerable adults. The PCC has adopted the Church of England's policies and best practice on safeguarding which may be found on the Church of England website and also on the Diocese of Chelmsford website.

SERVICES AND DIARY FOR JUNE

Saturday 4th 3-4pm MESSY CHURCH

Sunday 5th 9.15am HOLY COMMUNION
Readings: Acts 2:2-21 Romans 8:14-17 John 14:8-17, 25-27

Sunday 5th 2.30-4/3-pm JUBILEE AFTERNOON TEAS in the church and churchyard

Sunday 12th 9.15am HOLY COMMUNION
Readings: Proverbs 8:1-4, 22-31 Romans 5:1-5 John 16:12-15

Wednesday 15th 12noon-2pm SUMMER LUNCH in the church – 07899 846711 to book

Sunday 19th 9.15am HOLY COMMUNION
Readings: Isaiah 65:1-9 Galatians 3:23-end Luke 8:26-39
2.30-4.30pm AFTERNOON TEAS

Sunday 26th 9.15am HOLY COMMUNION
Readings: 1 Kings 19:15-16, 19-end Galatians 5:1, 13-25 Luke 9:51-end

Sunday 3rd July 9.15am HOLY COMMUNION
Readings: Isaiah 66:10-14 Galatians 6:7-16 Luke 10:1-11, 16-20

The church will be open every Monday and Thursday from 11.30am to 12.30pm for private prayer only.

PRAYER REQUESTS

You are invited to offer names to be added to our prayer diary to remember those who are unwell or unhappy. First names only are required as God will know who we are praying for.

Contact Lyn Wackett on 01992 711573 or email lynanddavewackett@hotmail.co.uk

This month we pray for Glenis, Laura, Alan & Pam, Lesley, Charlie & John, Anne, Pam & John, Barbara, Vernon, Mal, Louise, Sue, Ann & Cyril, Rosalind, Doreen, Barry, Maureen, Carol & George, Beverly, Dave P, Terry, June, Rose, Peggy, Shirley, Sheila, Jackie, Jean, Andrea and her Mum and Dad, Nina, Carmel & the Price family, James, Tim, Dave, Pat, Christine, Joyce, Kathrine & Paul.

I will be glad and rejoice in Your unfailing love, for You have seen my troubles
and You care about the anguish of my soul. *Psalm 31:7*

The Vicar writes:

On the 3rd of June we celebrate the platinum jubilee of Her Majesty the Queen.

She acceded the throne on Wednesday 6 February 1952 following the death of her father King George VI.

Her full title is "Elizabeth the Second, by the Grace of God, of the United Kingdom of Great Britain and Northern Ireland and of Her other Realms and Territories Queen, Head of the Commonwealth, Defender of the Faith". The title "Defender of the Faith" reflects the Sovereign's position as the supreme governor of the Church of England, a role which has been vested in the ruling monarch since the Act of Supremacy of 1558.

Though now seen as a largely ceremonial role she is certainly not irrelevant to the function of the church. The appointment of Archbishops, Bishops and Cathedral Deans is hers (albeit advised by the prime minister and senior church leaders)

She was the first serving monarch to address the General Synod (the churches parliament) in person in 1970 and Her Majesty has inaugurated and addressed the opening session of the new General Synod elected every five years since. Royal assent is also needed for the legislation and regulations of the church just as with any act of Parliament.

But more than any of these functions it is her personal faith, expressed more freely in her later years that has proved an inspiration to so many.

Her public life is inextricably shaped by religious occasions: being seen at church at Christmas and Easter, distributing Maundy money on Maundy Thursday and attending the Remembrance Sunday service at the Cenotaph.

But it is in her Christmas broadcasts that she has talked most freely about the faith that is the "the anchor in my life", as she described it in her Christmas broadcast of 2014.

The turning point in the content of the broadcasts was the millennium. Her broadcast in 2000 was devoted to an account of Christ's life and teaching which, she said, "provide a framework in which I try to lead my life". And in her broadcast in 2016 she said: "Billions of people now follow Christ's teaching and find in him the guiding light for their lives. I am one of them because Christ's example helps me see the value of doing small things with great love, whoever does them and whatever they themselves believe.

As we celebrate the 70 year reign of her majesty this month we, at the church, will join with millions across the country to give grateful thanks for her extraordinary life of faith and service, both to the nation and to the church. But most of all we will give thanks for her deep personal faith that, as it has for Christians throughout the centuries, given meaning and shape to her life and the lives of those she loves and cares for.

God bless you Your Majesty.

Every blessing, Jane

ELECTRONIC NEWSLETTER

Our mailing list to receive the electronic version is now in excess of 70 participants so if you are not one of those and wish to be included please send your email address to : marionne.locke@btinternet.com. We are looking to reduce our 'paper footprint' for climate change by printing fewer copies – your contribution will help.

NEWSLETTER DELIVERY – to ensure continued delivery of our free paper newsletter if there is anyone with free time to deliver to local addresses please contact Lyn Wackett.

ANAGRAM

Unscramble this 12 letter anagram: ELASTICBORNE. The answer will be found elsewhere in the Newsletter.



ST THOMAS' SEEDLINGS

1st Saturdays of each month (unless otherwise stated)

A free Stay and Play church group for children and those who care for them
Join us Saturdays 3-4pm for messy craft, play, songs and stories along with a welcome cuppa
St Thomas' Church, Horseshoe Hill, Upshire, EN9 3SS



NEWSLETTER ARTICLES

Thank you to the people who have sent in articles to be included in the Newsletter. Please keep them coming! Anything: maybe a poem you have written, what you have been doing in the garden, childhood memories, something that happened to make you smile etc, it all makes for interesting reading.

CHURCH FLOWERS

JUNE is upon us and the great occasion of Her Majesty's JUBILEE celebrations. We will aim to reflect the celebrations with flower decorations which are planned for Friday 3 June from 10 am. Donations of foliage would be most useful and everyone welcome to join in.

Each month we can create memorial dedications, wedding, anniversary or special occasion flowers – all can be arranged for any week – email marionne.locke@btinternet.com to discuss.

50/50 CLUB

Congratulations to the winners of the 50/50 Club Draw in April, who were:

- 1st: £35 No. 92 Sarah Dodds of Waltham Abbey
2nd: £25 No. 62 Carol Songer of Nazeing
3rd: £15 No. 1 Ruth Battams of Swaffham

Our thanks to all our members for their support of St Thomas' Church.

It is now time to begin Draw 10 of St Thomas' 50/50 Club.

There will still be monthly draws and the entry fee is £12.00 every six months (or £2 for every month of membership). Each member is entitled to a maximum of two entries, couples can have four. Please complete the form below and return it to me. Payment by Bank Transfer is preferred to the church's account St Thomas Church Upshire PCC, Sort code 404520, Account number 00724505, HSBC Bank or alternatively you may pay by cheque or cash to the address stated. Please let me know if you pay by Bank Transfer so I can include your number in the Draw (email lynanddavewackett@hotmail.co.uk or phone 01992 711573).

Good luck to everyone who enters.

St Thomas' Church 50/50 Club Draw 10

July to December 2022

I wish to become a member of St Thomas' new 50/50 Club and enclose cash/cheque for £12 per entry (maximum 2 per person).

I have paid by Bank Transfer to HSBC Bank, A/c St Thomas Church Upshire PCC, Sort Code 404520, A/c No: 00724505.

OR I enclose cheque payable to **St Thomas' Church**, or cash.

Please return your entries to Lyn Wackett, 94 Upshire Road, Waltham Abbey, EN9 3PA.

Name:

Address:

Telephone:

ST THOMAS' CHURCH COMMUNITY LUNCHES 2022

WEDNESDAY 15 JUNE : SUMMER LUNCH
WEDNESDAY 13 JULY : SUMMER LUNCH
WEDNESDAY 17 AUGUST : SUMMER LUNCH
WEDNESDAY 14 SEPTEMBER : AUTUMN LUNCH
WEDNESDAY 19 OCTOBER : AUTUMN LUNCH
WEDNESDAY 16 NOVEMBER : AUTUMN LUNCH
WEDNESDAY 7 DECEMBER : XMAS LUNCH

PLEASE BOOK YOUR PLACE TO CONFIRM ATTENDANCE : 07899 846711

CHURCHWARDEN'S CHATTER

Last month was very busy with our normal 9.15am Sunday services plus two Afternoon Teas, Seedling, a Baptism, our monthly community Wednesday Lunch and a Plant Sale. We must thank all those who took part and made them happen.

The road surfaces in the area do not improve with a water main burst on Crown Hill plus the new water main being installed opposite Copt Hall Green, both with traffic lights.

We now have two new bus stops for the number 13 bus which passes through the village Monday to Saturday; one outside the Village Hall, the other outside the church.

Check out when the local roads will be closed on Saturday 28th May, Sunday 29th May and Tuesday 7th June for three days of cycling events.

NOTE; our next Sunday Afternoon Teas on 5th June 2.30-4.30pm will be a special Jubilee Teas.

Please drive with care on our local roads this month as most of the deer give birth this month and their young are slow movers.

The Community Pay Back Team are cutting the churchyard grass with mowers and strimmers and keeping it at bay as well as painting our picnic benches on a weekly basis for which we are indebted and thank them.

Stephen Brown 07960 809799

GARDENERS NOTE

Free bagged compost ready for collection: ring 07960 809799. Any donation to the church fabric fund would be nice. Thank you.

GROWERS CORNER

At last summer is here, no ore frosts for a few months. Check your brackets before hanging your summer baskets to show their full colour. Pots and bedding can also be put in place but you must keep up with your daily watering and weekly feeding of pots and baskets to get the best floral display.

A few minutes a day dead-heading in your garden will extend your display and help you to spot any insect damage or disease i.e. aphid or black spot, to enable you to take the appropriate action.

This time of year can be the ideal time to take dianthus and winter jasmine cuttings. Fill a number of pots with sharp sand, stand them in a tray of water for half an hour. Take your non-flowering cuttings with four pairs of leaves. Strip off the lower two pairs of leaves and with a sharp knife cut the stem below the third pair of leaves. Make a small hole with a stick or pencil at the edge of the pot of sand and push the cutting in up to the second pair of leaves, three cuttings to a pot. Firm in with your fingers. Keep the pots damp and in a cool place out of the sun. Roots should form in 3-4 weeks and each cutting can be moved into its own pot of compost. Keep the compost moist to stimulate root & plant growth.

Steve.

PUZZLE – What is it?

This one has two but some one or more,

There are many that have thee and a few with four.

With brakes front and back, lights and reflectors are best

They all have a seat upon which you can travel with zest.

On track roads and cross country with wheels and tyres to suit

All driven by pedal power but batteries can assist en route.

You will find the answer elsewhere in the Newsletter. SDAB

Trees of St. Thomas' Churchyard (3)

The London Plane Tree

Child's Song in Spring (1895) Edith Nesbit

The silver birch is a dainty lady,
She wears a satin gown;
The elm tree makes the old churchyard shady,
She will not live in town

The English oak is a sturdy fellow,
He gets his green coat late;
The willow is smart in a suit of yellow,
While brown the beech trees wait.

Such a gay green gown God gives the larches -
As green as He is good!
The hazels hold up their arms for arches,
When Spring rides through the wood.

The chestnut's proud and the lilac's pretty,
The poplar's gentle and tall,
But the plane tree's kind to the poor dull city -
I love him best of all!

When Edith Nesbit wrote her children's poem in 1895, she was probably thinking of the beautiful trees which graced the squares, avenues and public gardens in London and other cities where the pollution of an industrial age was too much for many other types of tree. She doubtless would have enjoyed the shade of their canopies and their colours changing with the seasons. London Planes have been planted since the seventeenth century. One is recorded in Oxford in 1670 and the great plant collector John Tradescant grew them in his famous nursery garden in Vauxhall. By 1895, there would have been some magnificent specimens, some of which survive still. The pinkish densely veined wood, known as Lacewood, was much prized.

The Plane is tough and rarely sheds its branches. It doesn't mind being hard pruned and will put up with the compaction of the concrete environment. Its leathery leaves act like fly papers for particle pollution and then wash clean in the rain. There is some dispute among scientists about the amount of pollution which is absorbed by the bark and then shed when the bark peels off leaving the characteristic mottled pattern but certainly particles cling to the shed bark helping to improve the air quality in the micro-climate of the tree.

Trees in an urban environment also counteract the warming effect of concrete and buildings (known as the urban heat island effect).

All in all, Plain trees are not what you expect to find in a country churchyard so the origin of ours is intriguing. The photograph of St. Thomas' taken in 1903 shows a large tree in the right spot beside the village reading room which is now a bungalow. The reading room had been licensed for Wesleyan worship as early as 1815. At the turn of the century, it was decided that the field between the reading room and Century Cottages should be the site of a church for the village. If in 1903 the Plane tree was already a sizeable tree, it must have been planted near the edge of that field. By whom and why? The Buxtons came to Warlies in 1858 and there is a lovely specimen London plain in the garden of Warlies. Did Sir Thomas Fowell or Lady Victoria have a special attachment to Plane trees? If so, they must have planted them very soon after their arrival or did a previous owner of Warlies add them to the landscape. Are the two trees unconnected, in which case who would have acquired a Plane tree sapling and planted it in a field? Is the tree in the photograph (which was taken on a winters day) not the Plane at all but an elm which subsequently fell or was felled and replaced by the plane, together with the sweet chestnut near it? Shall we ever know?

St. Thomas' Plane tree is inspected regularly and every five years has its crown reduced by 30%.

There are some impressive London planes in Epping High Street but to see the real majesty of these trees, without going too far, make a trip to Cedars Park in Cheshunt (from the roundabout in Waltham Cross, go north up the Hertford Road under the railway bridge and turn left). The park was originally the site of Theobalds Palace, James I's favourite residence. With girths averaging six and a half metres making them around 400 years old, the Cedars Park Plane trees have a dignity which is quite moving.

Sue McKinley

St Thomas Church, Upshire Bank details

St Thomas Church Upshire PCC

HSBC Bank Sort Code 40 45 20 Account number 00724505

Any queries regarding setting up a Standing Order, giving a donation to the church, Gift Aid or about joining the Parish Giving Scheme please contact our Treasurer, Ruth Moore on 07852 668633

Ruth4366@gmail.com

If you are able to Gift Aid donations this increases your gift without any extra cost to yourself.

Thank you

UPSHIRE MOTHERS' UNION

In April we held an informal meeting in the village hall.

There will not be a meeting in June.

Further information from Ann Smith on 01992 767809.

A DATE FOR YOUR DIARY

A Charity event is being held at Upshire School on the field on June 11th (11am-4pm) for the Lullaby Trust for SIDS (Sudden Infant Death Syndrome). If you can help in any way please contact 01992 805151 during office hours Monday to Friday 9am-3pm.

Charities supported by St Thomas' Church

Send a Cow/Ripple Effect

Send a Cow was set up by a group of Christian dairy farmers from the UK in 1988. Outraged at EU milk quotas, which were forcing them to slaughter healthy dairy cows, and in response to an appeal from Uganda for milk, they embarked on a project, which was set to become an innovative and practical charity. Uganda was just emerging from a long civil war, communities and their farmland had been destroyed and much of the country's livestock wiped out. Several of the UK farmers flew to Africa to investigate how they could help. Meeting with Ugandan farmers, the Bishop of Mukono, and a livestock expert, they saw how smallholder dairy farming in Africa could work. People there were unable to feed themselves and milk would provide an instant source of nutrition. They returned to the UK determined to help, and sent cows from their own herds to Uganda. Send a Cow was born. The charity has changed a lot since then. They no longer send cows from the UK, but source them locally. In fact, livestock is just a tiny part of what they now do. Over time, their work has expanded to include much wider training on nutrition, gender equality and business skills. They are proud to have worked with over 2 million people in rural communities in Burundi, Rwanda, Kenya, Ethiopia and Zambia, as well as Uganda.

Send a Cow doesn't impose solutions but develops them with, and for, the rural communities they support.

Families get back the skills and confidence they need to get the most from their land. Families can grow enough food, earn a living and go after their dreams. And because the families they work with pass on what they know, success quickly multiplies, from family to family, community to community, generation to generation.

Send a Cow's local staff in Africa help farmers understand and map out the resources available to them within their community. Then they teach them the organic agricultural principles and skills the farmers need to integrate these into a sustainable, biodiverse farm – without expensive artificial fertilisers or GM seeds. Techniques such as water harvesting, composting, vegetable growing, tree planting and animal husbandry are easily adaptable to each farmer's own land and needs. As farmers start producing enough food to feed their families and sell a surplus, their confidence and self-esteem are boosted.

Once families are eating well and earning enough to send their children to school, they are encouraged to think bigger. They learn money management and enterprise skills so they can access savings and credit services. They discover how best to add value to their produce, and how to store it. They even group together into cooperatives, allowing access to more training, better infrastructure, and more reliable markets. They become resilient entrepreneurs, capable of making choices and in charge of their own futures.

As the name Send a Cow no longer reflects the work of this charity, in May they changed their name to Ripple Effect. This emphasises that the impact of their work is felt far beyond where it starts and that for every farmer helped directly many more will benefit.

For further details about the work of this charity see sendacow.org.

Ruth

ANAGRAM

The answer to the anagram is CELEBRATIONS.

STAMPS!

Please continue to save your postage stamps and foreign or out of circulation coins – many charities can use them to raise funds. At the moment we are supporting the Essex and Herts Air Ambulance. Stamps

and coins can be left with Lyn and Dave at 94 Upshire Road and left in the porch. Note: please remember to leave about ½” of envelope around the stamp. Thank you.

ST THOMAS CHURCH EVENTS FOR 2022 TO NOTE IN YOUR DIARIES:

AFTERNOON TEAS EVERY 1st AND 3rd SUNDAY MAY-SEPTEMBER.

JUNE	SUNDAY 5	SUNDAY TEAS - HMQ 70 TH TEA CELEBRATION
JULY	SUNDAY 17	SUNDAY TEAS - SUMMER FAYRE
SEPTEMBER	FRIDAY 23	MCMILLAN COFFEE MORNING/CAKE COMPETITION
DECEMBER	SATURDAY 10	CHRISTMAS FAYRE

COPPER JAR

Our thanks to the people who donated their coppers and small change to the Copper Jar supporting Water Aid. £36 was raised in the last two months.

.....

HIGH BEACH CHURCH, Saturday 11th June at 7.00pm

CONCERT by THE SONGBIRDS

Music to include Chilcott, Quartel, Schubert/Gilbert & Sullivan, Bernstein and Bacharach

Tickets £15 each to include light buffet/glass of wine/soft drink. Jane Begley 07572 111387 or

janey.begley@outlook.com

PUZZLE

The answer to the puzzle is: A bicycle

UPSHIRE VILLAGE HALL

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Monday to Saturday 9.30am – 1.30pm

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WELLBEING WEDNESDAYS IN WALTHAM ABBEY

Location:

Epping Forest District Museum, The Space (life access to 1st floor), 39-41 Sun Street, Waltham Abbey, EN9 1EL

Book online: eppingforestdc.bookinglive.com Book on the phone: 01992 564226

Email for further information: for Musical Memories & Café – lcleverly@eppingforestdc.gov.uk

Men's Shed – communityhub@vaef.org.uk

Musical Memories 11am-12pm from 23rd February

For adults to reconnect with nature using the most powerful memories through music!

Advance booking required. £5.40 and free for carers/companions.

Community Café 12pm-1.45pm from 2nd February

Enjoy some light refreshments, an opportunity to chat, meet new friends in a relaxed, warm and welcoming environment. Just turn up! Free.

Men's Shed 2pm-4pm from 26th January

For men of all ages to meet, socialise, and engage with a range of practical activities and interests. Advance booking recommended. Free.

There are no groups on 1st June and 24th August.

Please note all activities are dementia friendly.



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¼ page advertisement £10 a month or £100 per year
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Full page advertisement £40 a month or £400 per year

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Enquiries to Lyn Wackett, 94 Upshire Road,
Waltham Abbey EN9 3PA 01992 711573

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*Min spend £25

We are grateful to all those who, by advertising, help to finance the production of the Newsletter. However, the PCC and members of St Thomas' Church accept no individual or joint liability for the veracity of any of the advertisements contained in the Newsletter nor for the quality of any of the work or services offered.

THE QUEEN'S PLATINUM JUBILEE WORDSEARCH

All the words in the list are made up from the letters in 'QUEEN ELIZABETH'S PLATINUM JUBILEE' and hidden in the diagram below. Words are printed across, up, down or diagonally, but always in straight lines. Letters may be used more than once.

ALBUMEN	LAMENTABLE	SILENT	S U L P H A T E A T E Z T N A L I B U J
AMAZE	LAMINATE	SILT	S Q M N L U I S E L I L B A U M A S A U
AMBUSH	LIBEL	SITE	E U U I E N M L I N A E B P N L B S L L
AMNESIA	LISTEN	SLIT	L L N A S M B B N L Z U I A M T M U A E
ANIMATE	LLAMA	SNIP	E A T T L A E I L I E N S U T I A E S P
ANNIHILATE	LUMP LUPIN	SQUALL	M N E S T L A S Q E Q N T U N N U L E H
BALM BATTLE	MAINTAIN	SQUASH	A I I N E N I U I U B N T E N Q E B U A
BEAN BEETLE	MALTA	SQUEAL	N S U H E P E M E A A E H N S U B M M S
BEZIQUE	MANATEE	STAIN	T A Q T S L I S A U N A E U A L N N A E
EASEL EAST	MANILA MEAN	STATEMENT	H U S U T N T L Q N Z I S T E S E I L L
EINSTEIN	MEET NAIL	SULPHATE	U I N S A E U E E E U E M Z L S A B T T
ELEMENTAL	NAMELESS	SUNSHINE	L N I L T S T S L T J S A A I E M E A E
ELSE EQUATE	NEMESIA	TABLET	A H P A E A H A M E A M T A T I S N H L
ESSENTIAL	NEPTUNE	TANTALIZES	T E U L M Z I E T A A L A B N E T A A P
ESTIMATE	NEST NESTLE	TANTLUS	N Q T I E T A A S I I L I Z A A N M E U
HAULM	NETT NIMBLE	TEAM	E E T A N A M H N I B N E H L T I A M T
HAUNT	PEAT PEBBLE	TEASEL	M S S E T I S U A U T N T I I N T L N N
HAZEL	PESTLE	THINE	E A S T T I T A M U I A Z A A N A L I I
HAZELNUT	PETUNIA	THISTLE	L S E L L E M E N T L E T T I U N A E U
HESITATE	PHASE	TINTS	E N U T P E N I H T S M E E T N I A U Q
HUMBLE	PHEASANT	TSUNAMI	
IAIN IMITATE	PILE PLAN	ULTIMATE	
INANE	QUAINT	UMLAUT	
INQUEST	QUANTUM	UNITE	
ISLE JASMINE	QUIET	UNPLEASANT	
JESUS	QUINTUPLET	UNUSUAL	
JUBILANT	SALT	ZENITH	
JULEP	SAUNA	ZETA	
LABELS	SELL	ZINNIA	

Stairs As you get older, you've got to stay positive. For example, the other day I fell down the stairs. Instead of getting upset, I just thought, "Wow, that's the fastest I've moved in years."

Raise needed

I told my boss that three companies were after me and therefore I wanted a raise from him. My boss asked what companies wanted me. "Gas, water and electricity."

Don't fool me

A three-year-old put his shoes on by himself. His mother noticed the left was on the right foot. She said, "Sam, your shoes are on the wrong feet."

He looked up at her and said, "Don't kid me, Mum, I KNOW they're my feet."

Weight

Signing the register at a wedding, the groom had difficulty in making his ball-point pen work. "Put you weight on it," said the vicar. So the groom complied: 'John Smith (12 stone, four pounds)'

Found

On the church notice board: Contact lens found in church. See vicar. If you can.

Those memorable school reports...

What did your teachers say about your progress at school? The following were sent into the Daily Telegraph some years ago....

~ One of my French reports simply said: 'Sheila attended the lessons'. - Sheila Blow, Surrey

~ My housemaster wrote: 'He has an overdeveloped unawareness.' - Ian Jones, Wirral

~ A friend's son's report said: 'By the time he has mastered French, he will be too old to cross the Channel.' - M Knaggs, Dorset

~ My teacher observed: 'The improvement in his handwriting has revealed his inability to spell.' - Colin Sutherland, Switzerland

~ My teacher was a realist: 'I am sorry to have to tell you that he is doing his best.' Stan Proctor, Surrey