



Living Villages

May 2020

*Water Newton, Thornhaugh,
Stibbington, Sutton & Wansford*

Editorial

I hope you like the second on line version of Living Villages to be published the team hope that it won't be too long before things return to normal and paper copies are posted through your doors.

The villages have been eerily quiet in April and crossing the road has never been so easy although it is noticeable how much traffic has increased during the past week. Local folks who could get out have enjoyed the record breaking sunshine in Cambridgeshire when around 250 hours were seen during the month. Everybody out walking has been so friendly even at a safe distance. We are so lucky to have a number of safe local walks near our villages and the cover picture of wild garlic came from Sulehay Woods.

We continue to be thankful for the massive community support offered through the pages of Living Villages, it illustrates the true village spirit. We also have our wonderfully organised local shop, surgery and pharmacy who keep us safe and supplied in these difficult times. Local appreciation is heard every Thursday at 8pm, when we also thank all the key workers in and around our village.

Finally, thank you to all our contributors who continue to provide much appreciated news and advice each month.

Tracy Sortwell

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Front Cover - Tracy Sortwell
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Website

www.livingvillagesmagazine.co.uk

Are you self isolating?

If not, can you volunteer time to those who are?

Neighbours 4 Neighbours, with the support of Wansford and Thornhaugh churches, are offering to help.

If you are self-isolating because you are over 70 or have a pre-existing under-lying health issues, we can help you with the following:

- Collection of local shopping or prescriptions
- A friendly telephone call
- Collecting or posting any mail

Just call or text and we will do our best to help (for free)

Our Wansford telephone numbers are 07887760887 or 01780 782416 for the village shop

Our Thornhaugh telephone number is 07719400467

Please be assured we will take every precaution to ensure we are only spreading kindness and will wash/sanitise our hands frequently, however, please wash your hands (for 20 seconds at least) after you've put your groceries in your cupboards.

VOLUNTEERS WANTED

If you can spare some time to help support those self-isolating in Wansford and Thornhaugh please ring or text the above number.

SOMEONE IN THIS HOUSE HAS A WEAK IMMUNE SYSTEM

People with weak immune systems are more likely to catch coronavirus (COVID-19), and more likely to suffer life-threatening complications if they become ill with it.

Because of this we are self-isolating and/or practicing social distancing as a preventative measure.

IF YOU FEEL AT ALL UNWELL OR WE DON'T ANSWER THE DOOR,

PLEASE LEAVE DELIVERIES



Behold, I am doing a new thing.

These were words from God recorded by the prophet Isaiah. They were a message of hope in a time of distress, that the darkness would not prevail. They are indeed words we need to hear now, whatever our circumstances. God is not some sort of a magician with a magic wand to wave “to make this all go away.” His presence and power is much more profound than that. He stands with us in this crisis, and will bring us through. He stands with the grieving and the despairing, he stands with those who bring hope and light in the darkness. He calls us to steadfastness and hope in word and deed.

However, these words occurred to me on a much more prosaic level as I closed our online Zoom service on Easter Sunday. Yes, a Zoom service! I was definitely doing a new thing – a few weeks ago I would never have thought I’d be leading weekly online services with people from across the Watersmete villages signing in. New things indeed! It’s certainly been a learning curve for me.

I suppose we have all been doing new things in the last few weeks. Others, I know are also learning about Zoom, Facebook Live, Skype etc, etc. (As they say, other social media platforms are available.....) Maybe we’ve been getting to know our neighbours better and are being more aware of their needs. Maybe we’re doing the garden with more enthusiasm. Or taking more walks now that it is one of the few things we *can* do. Other new things, I guess, we’d rather not be doing; queuing outside the supermarket or the local shop, being wary of how close we are standing to someone else, managing without visits to family and friends.

People are talking very much about what will be different when “all this over”. I am sure we are all thinking about how much we appreciate the work of those we have so often overlooked before, what we truly value, what is going to be important to us, what we want to forget about after this crisis and what we want to remember. It’s a bit like clearing out cupboards (and I imagine there has been a lot of that recently!); we decide what we want to keep, what we need to throw away, and we discover some real treasures in the process. Someone today said how much they were missing having someone else make them a cup of coffee – something seemingly so trivial, but I am sure we are all missing the social interaction behind that simple act. Something to appreciate in the future!

One great thing that has emerged in recent weeks, of course, is how people are keeping in touch with each other; yes, over social media with all those new skills, but also by a simple phone call. I think we are aware of those who don’t have the internet and more than ever we need to make sure that no-one is left out. Hopefully the joy of a phone call will never be underestimated again, and

perhaps now that we are all “confined to barracks” for a while we are appreciating the needs of those who are always house-bound with more empathy.

Back for a moment to that Watersmete Sunday Zoom service. If anyone would like to be included in the service do let Rev. Jane know. (01780 782271 – jdtailby@aol.com) It is also possible to phone in and listen for those without the internet. (Yes, I’ve learned how to set that up as well!) Do join us as we seek to worship and to pray in this very new way; you’ll be very welcome! We start at 10 a.m. on a Sunday morning. Behold I am doing a new thing!

We don’t know how long we will be away from our churches, and as well as missing our usual services, not being able to celebrate significant moments in people’s lives, is a great sadness. I understand how those who have had to postpone baptisms and weddings must be feeling, but you are still very much in our prayers, and God blesses our lives in so many ways. We also grieve with those who have not been able to say goodbye to a loved one or friend in church, and we pray for them. We are still here for you in heart and in prayer, and we look to the time when we can open our doors once more.

We are also not able to celebrate or commemorate important moments in our national lives in church as we usually would. In May we had plans for special services to remember VE Day 75 years ago. We will find ways as churches and as a nation to give thanks for those who brought peace to our country, I am sure, and perhaps reflecting upon those battles will be even more significant in our current circumstances. Our Zoom service on 10th May will take the VE Day anniversary as its theme.

There is also an ever-growing range of worship and prayer online and many streamed services of different types. Also aware of the needs of those without internet the Church of England has recently launched a free phoneline of hymns, reflections and prayers on 0800 804 8044 called Daily Hope. You’ll be greeted with a message from Archbishop Justin Welby followed by a range of options for prayers and hymns. Do give it a try!



One thing that never changes is God’s love for us. It is the treasure we can discover again and again, even if it has been languishing at the back of the cupboard for a while. May God bless us, encourage us and see us through.

Rev. Jane

FRIENDS OF ST MARY'S AND ST ANDREW'S

May looks likely to be a quiet month for the Friends this year. Although we are all shielding or social distancing, we are keeping in touch and helping out where possible.

Hopefully, those of us who have flour will be trying out new bakes which we can all enjoy when the Coffee Stops recommence.

Thankfully everyone is well at the moment, and we hope our Living Villagers all stay safe and healthy.

Caroline

Food for the Homeless

Thank you to everyone who has been donating food at one of the collection points in Wansford and Nassington.

Our first week in action as a food provider ended with us serving over 1000 meals. We have over 80 men and women and dogs in 2 hotels having outreached to all the homeless in the area in and around Peterborough. Also we have many people who are in hostels and B &B who live on very little money, and certainly cannot shop in bulk, nor cook easily. So we are still seeking food and will be doing so until this crisis ends. So I am asking you for your help again.

We need donations of tins/packets/breakfast cereal, pasta, coffee, rice, snacks - bars/crisps, longline milk, biscuits, sugar and any other food people can spare. If someone is lucky enough to have a shopping delivery perhaps they would be kind enough to order some extra groceries and put them in one of the boxes outside the shops in Wansford and Nassington, and Wansford church. I am happy to collect from other places if you tell me where I can leave a box.

My contact details are - 01780 789908/07919157645
maureenwoodd@gmail.com. So many thanks for all help at this time.
Donations can also be given through our web site at
www.Lightprojectpeterborough.org.uk

Many thanks.

Maureen Woodd



Communicare

(Wansford & Kings Cliffe Surgery Patient Group)

With the continuing strict Government guidelines on social distancing in an effort to combat the spread of the CoronaVirus, we are not yet in a position to announce any future Group meeting dates. Likewise the Social Group will not be holding their regular coffee mornings until restrictions are lifted and we are all able to return to a more normal way of life.

As a nation we are becoming increasingly indebted to all those working within the NHS and also to many others providing goods and services essential to maintaining our day-to-day existence. We would, however, like to express on behalf of all our patients special gratitude to the doctors and staff at the Wansford practice and pharmacy for their continuing support and care during this very challenging period.

We would also like to record our grateful thanks for two recently received generous donations made in memory of Thomas Dytham of Yarwell and Barbara Headland of Kings Cliffe. As requested by the families, these monies will be used to purchase specific pieces of equipment for the future benefit of patients – discussions with surgery staff to identify relevant items will take place as soon as conditions allow.

Amongst the many facets which contribute towards the relevance and need for patient participation groups, providing both essential and extra beneficial items for patient comfort and well-being is high on our list. As we normally do not get involved in actual fund raising, unless we can identify a specific target, personal donations are a very important source of income – since our PPG was formed over £100,000 has been raised or donated which has allowed our continuing support of both the practice and all its patients. We are most grateful to all those patients who have left legacies and relatives who have kindly given donations to Communicare, often from the collections made at their loved one's funeral service.

Over the past few days and weeks we have seen numerous acts of kindness and examples of the caring community we live in – 'help thy neighbour' has become the norm rather than an infrequent occurrence – long may it continue not just till this terrible virus is beaten but way beyond into the future.

Good wishes to all patients – stay home and keep safe.

THORNHAUGH LITTER PICK

Thornhaugh litter pick is on hold like many other groups, but as individuals we have been able to be very productive. As I write this we are able to still exercise daily and I have spent several days litter picking in that time. One day, assisted by another villager we set to task on the A47/ A1 roundabout entrances and exits. All made easier by limited undergrowth and traffic at present.

It involved removing large numbers of bottles of urine and moving huge signs and accident debris, where I could get Highways to collect it. It has made a big impact, but there is still very much more to do, particularly on the Wansford and east side. Interestingly McDonald's sponsored us and we rarely pick up their rubbish, but for the first time we did. They have a bad name unfairly I feel.

If you are at a loose end and are out exercising please do help out so we can break the back on what looks like litter from many years. Do enjoy the sparkly clean areas we have created in the meantime.

If you find any tyres, accident debris, bollards, old road signs, sign frames etc, put them together as much as you can, and call The Highways Agency. They responded very well to my requests.

Sadly general rubbish has to be taken home and then one requests the council to collect it (which takes many days), or put in your own bin.

Thank you in advance for any litter collected

Nikki Higgins Thornhaugh,



Today's women working for tomorrow's world



My report is normally based around the monthly meeting and the visiting speaker. However, in these covid-19 times, no meeting has taken place. This has not stopped the WI ladies. Formal meetings have been replaced with WhatsApp chats, zoom meetings and emails. These informal meetings allow a window of the world for all.

Now that we are all in isolation, using these virtual platforms are allowing us to keep in touch with family and friends, not just within WI. For those members that are grandparents, they are now finding themselves helping with the daily lessons by listening to their grandchildren read, or have now become part of the bedtime routine, reading stories to grandchildren. Older grandchildren are starting to realise that grandparents are a font of useful information for school-work assistance. Members that are working from home are now experts at holding virtual meetings, as part of the vast working from home army across the country.

Over Easter, the crafting members have been busy, creating Easter wreaths, baking cakes and scones. Also showing support during the lockdown, by knitting rainbows.

Many members taking their daily exercise have rediscovered the peace and beauty found in Sulehay woods.



Walking often through the woods along the many trails, the changes taking place during spring are being more closely observed by members. With the aconites and wood anemones are now being replaced by carpets of bluebell and wild garlic.

With the lockdown continuing, at present there will be no meeting in May. This extends to 'The 3C's" crafting group.

Book club members are chatting electronically, the current list is below

Half a World Away	Mike Gayle	Contemporary
A Woman is no Man	Etaf Rum	Contemporary
For the Missing	Lina Bengtsson	Crime
The Silent Patient	Alex Michaelides	Thriller
The Secret Guests	Benjamin Black	Historical
The Wings of a Dove	Henry James	Classic



This time we decided not to vote for a short list, as members are likely to have the chance to read more books. If you read any of these and are interested in meeting with like-minded souls who read for pleasure, please join us when meetings recommence. Of course, I will let you know when meetings have started back up again, along with all the WI activities.

Rhona Punter 01780 592 514

Inevitably, with the recent extension of lockdown, the remainder of our 2020 programme is very much up in the air. Whilst we are appreciating the peace and quiet in our gardens and, in most cases, the possibility of spending more time in the sunshine enjoying the birdsong and blossoming Spring flowers, we are still planning for the Annual Show at the end of August.

To this end Gary has been busy collecting together seedlings which we are offering to villagers and members in the hope that they will give you pleasure and home grown food and, hopefully, augment the entries in both vegetable and flower classes at the Show. These are being offered for collection from Gary's home, Goss Cottage which is opposite the village shop and Post Office or can possibly be delivered to people who, like me, are "under house arrest" for 12 weeks. If you visit the shop, please do take a look at the seedlings and small plants on offer or, if you are looking for something in particular, contact Gary directly. Please feel free to take plants from the wall and, if you so wish, there is an honesty box where a small donation can be made to our charity of the year, the Alzheimer's Society.



Finally, I have gleaned some suggestions from our neighbours, the Glington Horticultural Society which may be of use or inspiration.

Weeds

As beds and borders spring into life, so will the weeds. Ensure you weed regularly or they could smother young emerging plants. Make sure you remove taproots entirely, otherwise they will re-grow, and don't forget to mulch around your plants to suppress weeds and retain moisture.

At a Glance

1. Plant out bedding plants when risk of frosts has passed, towards the end of May. If planted earlier, protect with a cloche or fleece. To produce a bushier bedding plant and avoid leggy plants at the end of the season, nip out the growing points, particularly with petunia, fuchsia and verbena.
2. To produce a bushier bedding plant and avoid leggy plants at the end of the season, nip out the growing points, particularly with petunia, fuchsia and verbena.
3. Pruning – there is still just time to cut back hydrangea, buddleia and lavender
4. Stake perennials before it is too late.
5. Gradually harden off plants grown on the windowsill or in a greenhouse.

Eight tips for attracting pollinators to your garden

1. Plant a variety of blooms
2. Avoid flowers that are inaccessible to insects
3. Don't forget winter-flowering plants
4. Provide shelter with trees, climbers and ground cover
5. Let the garden do itself
6. Make a bug hotel
7. Embrace your weeds beloved of bees, such as dandelions
8. Use natural pest control

Happy gardening, stay safe and well.

Gill Fisher: fisher.gill@yahoo.com

‘How understanding the Transition process can strengthen your mental resilience during coronavirus’.

Joan Bolton-Frost - April 2020

‘All is not lost’ is just one small phrase in Paradise Lost, an epic poem of ten books by John Milton. First published in 1667, just after a ferocious plague in London, it holds incredible meaning in a time of great change today.

‘All is not lost’ certainly rings true when thinking about how we can apply the theory of transition to dealing with the situation we find ourselves in now. We have all lost our own version of paradise – for now. By sorting and acknowledging your losses, you are dealing with the first phase of the **Transition process**. It can appear to be a back to front process, as it starts with endings. However, this will clear the decks and help you to see more clearly what is really going on and really concerning you. It will also help you to realise what is actually staying the same.

So, strengthen your mental resilience first by working out what it is you are losing. You read this correctly. What is it just now that you can’t do anymore and therefore need to say goodbye to for a time? And why focus first on losses? Simply because every transition begins with a loss - and a transition is not the same as a change.

A Change is an event which happens at a specific time e.g. The coronavirus appears, countries shut down, new rules and laws are introduced, you stay at home.

A Transition is the process that we go through internally over time in order to get from the old way of doing things to the new reality. Remember, you are a human being, not a robot and you cannot just snap into a new reality in an instant. Luckily, transition has predictable, overlapping stages.

1. An Ending, when we need to detach or disengage from our old way of doing and being and sometimes even from our old identity. (Hence the need to log your losses.)

‘You can’t get to second base with your foot still on first.’

2. An ‘In Between Time’ that’s neither here nor there. It’s a place in the middle somewhere. The old way has gone but you might not feel at home in this new situation yet. You may feel lost.

‘It’s like being between trapezes, you’ve let go of one but you haven’t caught the other one yet and when you look down there is no safety-net.’

3. A New Beginning. Finally you feel at home again, it’s different but you’re coping well and even enjoying this new world sometimes.

‘It feels like I just came out of a long dark tunnel.’

Knowing what to expect when you are in a Transition means you can start to manage it, instead of feeling like a victim.

The In-Between Time

This is the very heart of the Transition process. It's a psychological wilderness. It feels like everything is in flux, the trust gap widens and confusion reigns.

We often feel neither here nor there. You have of course been here before on several occasions. Someone you love dies, a relationship ends, you move house, you leave school after many years, you change or lose your job, you get married. Even good changes create transitions and loss of a previous world.

This phase, sometimes called The Neutral Zone or The Wilderness, has been described in many ways;

"A time of strangeness; Lost between two worlds, one dead the other not yet born; Higgledy piggledy; Limbo; neither here nor there; a fertile void; good news/bad news; everything is up for grabs."

However you describe it, you will recognise the signs and you will hear people who are experiencing transition themselves saying things like:

"I don't know if I'm coming or going."

"Everyone is confused."

"This is surreal isn't it?"

"This has never happened before."

"Some days I'm really enjoying it then I'm down again."

"I feel adrift and no one seems to care."

'I've just had a great idea.'

It is also useful to ask yourself a few 'P' questions at this time.

1. What is your Purpose?

Why are you doing this? What are you trying to accomplish? What would happen if you didn't do this? If you have a clear sense of purpose you can endure far more upheaval than you could otherwise.

2. What does your Picture look like?

You also need a picture of your future and how it will be. You need a vision to strive for that makes your efforts worthwhile. e.g. You will get through this, if your current job doesn't work out, you will find another way to support yourself. Humans are incredibly adaptable and we will find new ways of being.

3. What is your Plan?

It is also vital not just to have the end in sight but also to have a step by step plan for reaching that end. The government gives us information to help individuals and businesses financially, issuing guidelines on social distancing, suggesting plans for shopping hours. You need your own step-by-step plan too. Your daily routines and goals need structure so that you have a way of getting to the outcome.

4. What Part can you play?

Making sure this change works depends on you getting involved, feeling you are part of it and can help to bring it about.

'We are all in this together.'

Joining a National HELP Service of volunteers, applauding the NHS workers every Thursday at 8pm and so on, makes us feel we have a part to play in the effort and captures all the other P's. What other part might you play? How can you help others? Who else needs to know this stuff?

The New Beginning

The new start is the easiest part of this process if you have made an ending and managed the 'in between time' well. It will slowly or suddenly dawn on you that you are there. It has happened. You have developed a new understanding of the situation, new attitudes and behaviours. You feel more confident in adapting to a continually changing environment.

Some things to remember about Transition.

- It is not the same as change.
- You have to end before you begin.
- Between the ending and the new beginning there is a hiatus.
- This hiatus can be creative.
- Transition can be a time of learning and renewal.
- People vary in how long they take to go through it.
- People are impacted differently by the same change.
- Most of us have a transition deficit.
- This can be a good time to deal with other 'unfinished business.'

Finally, remember that there will be many other transitions in your life in future. Knowing how the process works and having strategies for dealing with it can help to restore a sense of control over your life during times of great uncertainty.

Good luck and stay safe on your journey.

Sources:

William Bridges. Transitions: Making Sense Of Life's Changes.

©Joan Bolton-Frost April 2020 Email: joandevaney@aol.com
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7/4/20



Wansford Cricket Club

"For the first time in a long time, Wansford CC are facing the prospect of no cricket being played during summer. It would seem we used all our cricket tokens in 2019 with England winning the World Cup. Hopefully watching highlights of the winning super over may sustain us through to when cricket is able to resume for Wansford CC. The ECB are looking at July 1st as the date that they will review whether cricket is able to happen – we hope for a positive decision which will mean cricket can resume in Wansford after this date, but some are sceptical that it may not resume at all for this season.

We hope this isn't the case. At this point, the team would bite your hand off at the prospect of 3 months of cricket, so let's stay positive and hope we are able.

With this in mind, the date for your calendar is the 30th August. This is Wansford CC's annual tournament which could potentially be one of the only events happening this summer. This is still being monitored so we are not 100% sure that it will be happening but we are monitoring advice and guidance on a regular basis and will make decisions accordingly.

The tournament is free to spectate and can be done at plenty of distance, so we really hope we are able to put it on for everyone. If it does happen - in whatever capacity – we would love to see as much support as possible for this event. Hopefully the current situation has calmed down and has been put behind us and we are able to enjoy a day of sport with what is normally great weather.

So, until we have more news, that is all from the Wansford Cricket Club.

Stay safe, and we look forward to welcoming you down once we have the all clear."

With the Grand National in its normal format, and the Wansford Cricket Club Race Night cancelled, a hastily arranged sweepstake for the Virtual Grand National was arranged in the village.

I sold horses around the village observing Government Health Guidelines, and owners settled down in their homes to view the event live on TV.

There was great enthusiasm for this and it was seen as a good way of breaking the "lockdown boredom " The winning horse Was Potters Corner, and the winning owner donated his winnings, along with a top up donation to charity I am delighted to report that the amount was donated to Sue Ryder Thorpe Hall, who are extremely grateful for this kind gesture.

My thanks to all who took part, and perhaps we can repeat next year when the " real " Grand National is run.

Archie Bennett



WANSFORD PARISH COUNCIL

All Councillors were available for the April Parish Council Meeting albeit, via Skype video conferencing.

Planning.

There were no new Planning Applications to be considered, although Councillor Clarke reported on the PCC Planning Meeting that considered Mr Allen's Application for 2 new houses at 23 ONR. There were no formal objections, other than that of the Conservation Officer, and PCC approved the development with some conditions.

A47

A video conference was held with representatives from WPC, Sutton PC, Highways England and the Contractor, Galliford Try, to review progress to date. The route has been proposed to follow more closely that recommended by WPC/Sutton and the Contractor is negotiating with Historic England to improve the line yet further.

The Western Round-a-bout is proving troublesome as there is insufficient room to accommodate 2 lanes of traffic; HGVs closing the road completely as they negotiate the turn into the northbound A1.

Imagineering continues and if you have any clever solutions please contact Councillor Clarke.

Speed Sign

Councillor Clarke continues to work with the preferred supplier to obtain an electronic transportable speed monitor. There are some issues with the mounting of the solar panel, but progress is being made.

Defibrillator Training

A Defibrillator training session was held in the Community Hall where the only attendees were the Parish Councillors; I can but hope everyone else knows how/when to use one ?

Play Area

The Play area is closed at present, in line with PCC guidance, but WPC is arranging for the Supplier to carry out essential repairs and ensure that the area is safe for use when it can be reopened.

Covid-19 Lockdown.

With most things in Lockdown many of the routine Agenda items have been deferred and so this report is limited to those that are active.

Deferred also, are the Annual General and Parish meetings that were scheduled for May. Appointments are to roll over and so the Chairman is stuck with the job for another year !

Thank You

It's good to see neighbours helping neighbours and WPC is aware that there are several neighbourhood support groups operating within the Village. However, there are some support contacts published on the Village Web Site, www.wansfordvillage.com, and on the Village Notice Boards also.

The WPC wishes to offer Satiish and Heena its wholehearted thanks for the extraordinary effort that they have put in to ensure that the Village shop is well stocked, open longer and in providing a delivery service for the vulnerable. Well done indeed.

As always, I sign off with Dave Allen's salutation; God Bless and may your God go with you.

Dave Johnson
Wansford Parish Councillor

SIBSON-CUM-STIBBINGTON PARISH COUNCIL

Dear Residents

Due to the current Covid-19 situation the Parish Council will not hold their Parish Council meetings in May. It is hoped that we will be able to meet again in July but we will obviously keep you advised.

If you have any issues please contact our Parish Clerk, Wendy Gray on 01778 441312 or via email wendy7wansford@gmail.com

Keep safe.

Margery Beuttell
Chairman
Sibson-cum-Stibbington Parish Council

Exposure Explained (Part One)

Exposure – Shutter Speed, Aperture (f/stops) and ISO

Photographers set their exposure using a combination of **shutter speeds** and **f/stops** to get the correct amount of light on the sensor of the digital camera. The shutter speed regulates **how long** the sensor is exposed to light coming through the lens. The f/stop regulates **how much** light is allowed through the lens by varying the area of the hole the light comes through. For any given ISO and lighting combination there is one correct amount of light to properly expose the image. This amount of light can be achieved with many different combinations of f/stops and shutter speeds.

Fill That Bucket!

A good analogy for exposure is filling a bucket with water. A bucket is of fixed size and needs a certain amount of water to fill it, just like the sensor in your camera, which is of a set sensitivity (the ISO) and needs a certain amount of light to optimally capture an image.

To fill a bucket, you can pour a small stream of water for a long time or a fast stream of water for a short time. Either way, you end up with the same amount of water. In photography, the size of the stream of the water is analogous to the f/stop, the length of time you pour is analogous to the shutter speed, and the size of the bucket is analogous to the ISO.

Broadly speaking, from the bucket's point of view, it doesn't matter which combination of stream size and length of time you choose as long as the right amount of water ends up coming in. Photography is the same; within limits, your camera is indifferent as to the combination of time and amount of light as long as the right amount of light eventually arrives.

Shutter Speeds

Both exposure controls (shutter speed and f/stops) run through a sequence of settings which involve doubling and halving the amount of light reaching the sensor. Shutter speeds are measured in seconds and fractions of a second and so the doubling and halving is fairly self-evident. One quarter second is half as long as one-half second but is twice as long as one-eighth.

One second is twice as long as half a second and half as long as 2 seconds. It's pretty easy, and this works through the whole sequence of shutter speeds. In the middle part of the exposure ranges, the shutter speed sequence is:

8 seconds 4 seconds 2 seconds 1 second 1/2 second 1/4 second
1/8 second 1/15 second 1/30 second 1/60 second 1/125 second
1/250 second 1/500 second 1/1000 second

Each of these settings is clearly half/double the length of time of its immediate neighbours (OK, 1/15th isn't exactly half the time of 1/8th and 1/125th isn't exactly half the time of 1/60th, but it's close).

F/Stops

f/stops are a bit more confusing because the numbers appear so arbitrary. This is the standard sequence of f/stops from f/1.4 to f/22. Although it may not seem intuitive at first, in this sequence the f/1.4 setting lets in the most light while the f/22 setting lets in the least. Also, each of these f/stops has precisely the same halving/doubling relationship as the shutter speed sequence.

f1.4 f2.0 f2.8 f4.0 f5.6 f8 f11 f16 f22

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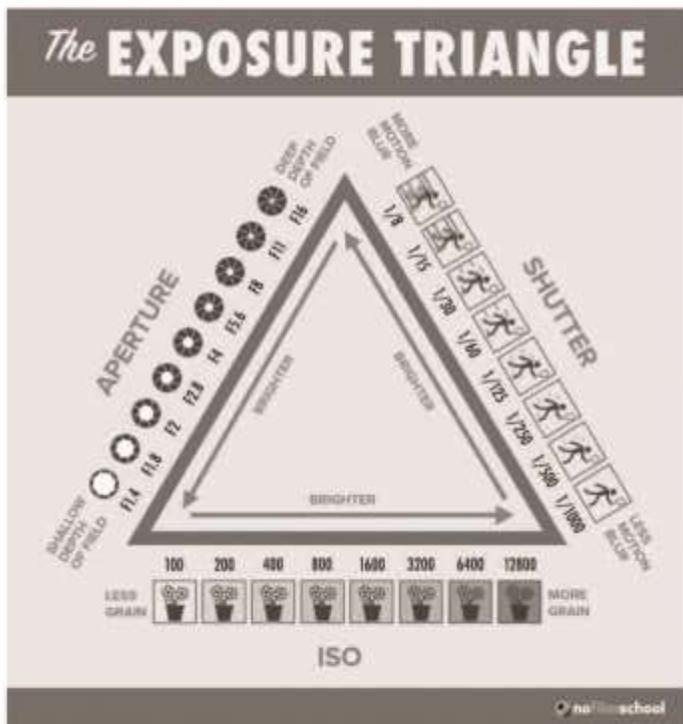
Exposure Explained (Part 1 Cont:)

On the face of it, going from $f/4$ to $f/5.6$ doesn't sound like halving the amount of light. What's more, 5.6 is a larger number and sounds like it ought to be more light, not less. Neither does $f/4$ to $f/2.8$ sound like doubling the amount of light. In fact, each of the numbers in this sequence is a halving/doubling of the amount of light from its immediate neighbours, just like the shutter speed settings are. Not only that, but it makes sense, as I shall show below.

The reason that both the halving and doubling and the smaller numbers mean more light things make sense is that **the f/stop is a ratio**. The ratio is between the **diameter** of the aperture in the lens and the **focal length** of the lens.

So, does that mean $f/8$ is the same brightness of illumination on the sensor regardless of focal length of the lens?

Yes. That's why they're so handy! It's also why handheld light meters work—they have no idea what sensor size or camera body or lens you're using, but they can tell you that $1/125$ th at $f/8$ is the correct exposure (or at least one of a whole host of equivalent exposures, we'll get to that later). It doesn't matter if you set that $f/8$ on a 20mm or a 400mm, or if the camera is from 1954 or from last July.



This spring is like no other and hopefully will remain unique. Nature is developing without the influence of our normal human pressure as a result of the Coronavirus. Feral goats, normally confined to the Great Orme Head, have spread into the outskirts of Llandudno chewing on garden plants. There is little human activity about to scare them away. Only a mile to the west of Yarwell I have seen a number of groups of fallow deer, possibly bemused by the peace of quiet roads and lack of humans during this unprecedented lockdown. Following a recent three week holiday I returned home to look out of my bedroom window next morning to see a baby rabbit munching away at the new spring grass of my lawn. No fears!



fading white with age. From March to early May these bright yellow stars can also be found in hedgebanks and lawns.

The common Meadow Buttercup grows up to one metre tall and will be a common sight all through the summer in our grass fields. This is the typical buttercup we know and love. Hold it under someone's chin - a yellow glow will indicate that the person likes butter! The Bulbous Buttercup grows in drier conditions and only reaches fifty centimetres in height. It can be recognised by its reflexed sepals below each flower. Gardeners will know the Creeping Buttercup, a low growing weed which they struggle to eradicate from their shrub and flower borders. Its yellow flowers give it away. One other member of the buttercup (*Ranunculus*) genus is the Water Crowfoot, commonly found in ponds and streams. The flower has white petals with a yellow centre. The leaves are quite fine and follow the flow of the stream.

When you go for your daily exercise walk along roadsides take notice of the flowers that you see. As long as verge cutting is discontinued more and more flowers will appear, more each month, and more each year. Many of these will not have had the opportunity to display their blooms for many years. In future we should continue to leave our verges to grow naturally, other than for safety reasons, (lowering sight-lines on bends etc.) so that everyone can appreciate the beauty and colour on display.

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Are you feeling vulnerable, lonely or in need of support? The Peterborough Support Hub is here to help you!

Anyone who needs support during the Coronavirus pandemic, who does not have friends, family or neighbours to call upon for assistance, is being asked to get in touch.

The hub was set up by Peterborough City Council in partnership with representatives from the public, private, voluntary, independent and faith sectors, and is working hard to ensure the most vulnerable in our city are kept safe, well and connected in these unprecedented times.

Its role is to support those who are in need of help and support the most, but are not classed as being high risk (shielded). Those who are classed as highest risk and identified as shielded will continue to be supported by the countywide co-ordination hub.

Since the hub was launched on 2 April, more than 300 people have been in touch because they are feeling isolated and lonely, need assistance to source essentials such as food and medicine, require advice around loss of income and family relationship issues.

Our message to all those vulnerable residents, is please don't struggle in silence. We are here to help, so please get in touch as we have a range of local organisations and a bank of volunteers waiting to help you.

For those people who need help and support should get in touch with the Peterborough hub by visiting peterborough.gov.uk/coronavirus or by calling [01733 747474](tel:01733747474). The hub is open Monday to Friday, 9am to 5pm.



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Slimming World—All meetings are currently cancelled, they will be in touch as soon as they start again.

InStep Foot Clinic—Open for high risk cases

Embrace your roots!

If you are a customer of **Beaux Amis** you will have been sent an email about the suspension of their business until further notice, with an encouraging message saying that *'they will be back.'*

The email included some very useful information if you have regular hair dye appointments and Zoe agreed to share these with us all.

We have the expectation that you will all be very tempted to home dye your hair, which we are very resistant to encouraging! However we do understand that for those that do have regular root touch-ups/highlights this will be tempting. We would advise that you try to avoid home colouring, as it can have adverse effects, It is very unlikely that you will find a unprofessional hair colour from the local shop that matches your professional colour and they will not achieve 100% grey coverage.

Also if home colouring does go wrong it will be more expensive to rectify and currently ALL hairdressers are not available to correct it for you! SO if possible embrace your grey hair and roots, or use something temporary. Temporary colouring powders and sprays are a popular alternative, you will find them online (Amazon.)

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Castor Benefice, to which we now belong will be holding a Flower Festival over the weekend of **26th and 27th September**. Look forward to seeing decorated churches and the opportunity to attend special events and services. Plans are well underway for the festival and further details will be published in due course. In the meantime **SAVE THE DATE** so that you don't miss out.

Carol Lindsay

Copy deadline next month: 20th April 2020

editor@livingvillagesmagazine.co.uk

This magazine is available online at **www.livingvillagesmagazine.co.uk**

Advertisement section

During this unprecedented time, I have placed all the adverts at the end of the magazine. All businesses have been given a payment holiday and the chance to amend their advert, send details of their new arrangements and/or write an article for us all to read.

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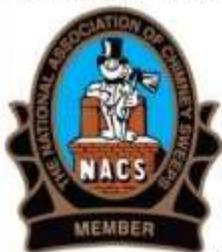
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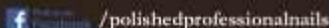


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