Japan’s winter slopes
George Clarke
Reunite! 2008
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**Contributors:** Dan Howarth (editor); Philip Hesketh; Carol Botten; Jane Clubley; Gemma Davies, Dave Coverdale and Charlotte Willard; The Courier; and Karen Bidewell, Sarah Cossom and Melanie Reed at the Press Office.

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## Foreword

Mark Scrimshaw, *Chair of the Alumni Association*

‘They teach you there’s a boundary line to music, but man there’s no boundary line to art.’  
*Charlie Parker*

Welcome to another *Arches*: and again, a myriad of pleasures!

The results of the nominations for the Alumni Consultative Group are included, and thanks to everyone who’s shown an interest in keeping this vital and vigorous representative body going, providing a marvellous range of age and experience amongst the membership.

Vis-a-vis Charlie Parker above, the article on the Ambient Kitchen, a Culture Lab project looking at high-tech kitchen facilities for those with mental health problems, surely fills the bill; as does the work of alumnus George Clarke, architect and telly man including Channel 4’s *Restoration Man*, where he travels Britain helping owners convert old properties. He is also creative director of the architectural practice and design company, clarkedesai, which he founded with Bobby Desai.

What Parker thought of skiing isn’t recorded, but he’d surely have admired the creative thought processes behind WeLoveSnow, an alumni business providing skiing holidays in Japan!

And finally, details of this year’s reunion weekend, *Reunite!* Some exciting differences this year as we seek to widen and strengthen the reach and success of the reunions; a general theme, based around the University’s stunning Ageing and Vitality innovations; a fun evening in the Union Building with food based around traditional and available Northumbrian fare; and visits to some of the most excitingly fresh facilities around campus.

Plenty to look forward to then, and here’s hoping to see as many of you as possible — and if you haven’t been back to the Toon for a while, get here quick because it’s a whole new thing!

Mark Scrimshaw

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Reviews of books from the alumni community
Hybrid embryo research go-ahead

In a UK first, Newcastle stem cell scientist Dr. Lyle Armstrong has won approval for research using human-animal embryos.

The Human Fertilisation and Embryology Authority (HEFA) announced in January that he would be licensed to use animal eggs to research the growth of replacement tissues for treating conditions such as Parkinson’s Disease and strokes.

Dr. Armstrong said: ‘The award of the HFEA licence is great news. We initially applied for approval to use cow eggs as a means to understand the way they can convert skin cells into embryonic stem cells. Finding better ways to make human embryonic stem cells is the long term objective of our work and understanding reprogramming is central to this.’

The hybrids are created by transferring the nuclei of human cells, such as skin cells, into animal eggs from which almost all of the genetic information has been removed.

The resulting embryo contains only a tiny amount of animal DNA – around 0.1 per cent – with the rest human. The embryo would be grown in a lab and within a week would have divided to form a tiny ball of cells. Scientists believe they could provide an invaluable source of embryonic stem cells for use in research on human diseases.

‘Cow eggs seem to be every bit as good at doing this job as human eggs’ Dr. Armstrong added, ‘so it makes sense to use them since they are much more readily available. However, it’s important to stress that we will only use them as a scientific tool and we need not worry about cells derived from them ever being used to treat human diseases.’

New lifesaver device for divers

A form of technology traditionally used to communicate with underwater vehicles is now destined to help divers in distress.

Newcastle University, working with Cumbria-based Tritech International, has created 'DiveTrack', which recently won an international design competition set up in memory of a British diver.

The device enables divers to send a distress signal to the surface if they get into difficulty, allowing a boat crew to rapidly locate the diver and attempt a rescue.

This technology was originally developed for communicating with ‘subsea’ vehicles or instruments which explore and drill oil and gas fields below the ocean floor. It works by sending ultrasonic sound waves between the divers and a surface unit up to 800m away.

The DiveTrack technology is deliberately low cost and uses very little power. It is about the size of a small torch, takes normal alkaline batteries, and can be strapped onto a diver’s arm. The batteries last for about two months, allowing emergency services to continue to locate divers some time after they go missing.

The design competition was set up by the family of Penny Glover, who died with her dive buddy Jacques Filippi during a diving accident in 2005. The NU-Tritech team hopes to have the DiveTrack product on the market this year.

The DiveTrack device can help locate divers in distress.
Children’s literacy levels given a helping hand

Children with conditions that affect their learning abilities are being given assistance by a specialist clinic run by Newcastle University.

Working closely with six- to 16-year-olds and their parents, the Literacy Clinic uses a holistic, multi-sensory approach to teaching that builds upon each child’s existing strengths and abilities, rather than focusing on their weaknesses.

Specialist speech and language therapist Carol Moxam, the clinic’s director, said, ‘When these children come to us, their self-esteem is in their shoes. We aim to pick them up and give them and their parents the skills they need to move in the right direction.’

One success story is eight-year-old Nathan Davison, who lives near Morpeth, Northumberland. Two years ago, most of his schooling took place in a school corridor while his fellow pupils were doing ‘hard work he couldn’t do’ in the classroom.

Nathan’s hearing problems had led to speech difficulties and as a result, he had trouble understanding what teachers said to him and vice versa.

But today, after two 12-week sessions at the clinic, he’s taking a far more active role at school, is brimming with confidence, and has scored a perfect ten in a spelling test.

Children attending the clinic are given a comprehensive initial assessment, followed by two one-hour one-to-one sessions every week after school, with further assessments as necessary.

The Literacy Clinic, which was set up in January 2004, is also a base for training speech and language therapy students, working alongside qualified staff.

Scientists develop ‘future proof’ systems

Computer scientists from Newcastle University are leading an €18 million (£13.4 million) EU project designed to make technology – from mobile phones to satellites – more robust and reliable.

With the complexity of today’s computer systems, and their susceptibility to malicious attacks, it is becoming increasingly important to build-in resilience from the outset, rather than simply ‘adding it on’ at a later date.

The DEPLOY project, led by the School of Computing Science, will work across five of the most important sectors in industry today – transportation, automotive, space, telecommunication and business information.

It builds upon a successful three-year project just completed by the University, which created new ways of building fault tolerance into computer systems.

These methods are now ready to be put to the test by some of the top names in industry, with five leading European companies already signed up: Siemens, Bosch, Space Systems, Nokia and SAP (Systems, Applications, and Products in Data Processing).

Work being carried out will feed into projects such as train security on the Paris Metro, and the 2013 European Space Agency’s mission to explore Mercury.
A pain-free and drug-free labour may be many expectant mothers’ dream, but research at Newcastle has revealed that reality hits hard.

A team of researchers, led by Joanne Lally of the School of Neurology, Neurobiology and Psychology, has found that most women’s labour experiences differ markedly from their expectations. They are often ill-prepared for what might happen and consequently may be disappointed when the birth does not ‘go to plan’, according to the team’s review in the open access journal BMC Medicine.

The authors conclude that antenatal programmes should ‘get real’.

‘People involved in antenatal care should listen to women’s hopes for labour whilst also preparing them for what might actually happen during labour’, said Mrs Lally.

‘Plans for drug-free labour need to be complemented by preparing women for the possibility that they might need pain relief. Education can help to fill the gap between expectation and experience and thus ensure women are realistically prepared for their birthing experience.’

Having studied published literature on women’s expectations and experience of pain and pain relief in labour, the research team found that a gap exists between expectations and experience in four key areas: the level and type of pain; access to pain relief; the level of participation in and control over decision-making; and the level of control during labour.

Most of the literature reviewed showed that women underestimate the intensity of the pain they will experience during labour. In one study, more than half of the women interviewed who said they would not use pain relief actually did use it.

‘Our analysis highlights the importance of antenatal education. It can empower women to have realistic expectations and make informed decisions,’ said Mrs Lally.

‘If women can be better educated, they can express their preferences but also be aware that things may not always go to plan. They can then be prepared for different eventualities and so make more realistic decisions and have a better experience.’

The paper, ‘More in hope than expectation’, is published in BMC Medicine.

Creative writing professor and poet Sean O’Brien has become the first author ever to win the UK’s two top poetry awards in the same year.

He was awarded the 2007 TS Eliot prize in January, just a few months after winning the Forward Poetry Prize for best collection for an unprecedented third time last October.

In his prize-winning The Drowned Book, he delves into the imaginative depths of the industrial northern landscape, exploring morality through our complex relationship with water, using murky and menacing language.

Professor O’Brien is now concentrating on his current projects, which include finishing a novel and a book of short stories.

The poet Peter Porter, Chair of the judging panel which included WN Herbert and Sujata Bhatt, called Professor O’Brien ‘a major artist’ and described The Drowned Book as ‘fierce, funny and deeply melancholy’.

The TS Eliot prize was set up in 1993 to celebrate the Poetry Book Society’s 40th birthday and honour its founding poet. It is awarded annually to the author of the best new single author collection of poetry published in the UK or Ireland.

Creative writing professor and poet Sean O’Brien
Arches Feature

A debut album, a string of imaginative collaborations, and an upcoming tour: Calum Stewart (BMus Folk and Traditional Music 2006) and his wooden flute have captivated the North East’s traditional music scene. But it’s Calum’s ability to blend his sound with a miscellany of influences that is set to define his future work. Dan Howarth meets the experimental young flautist from Morayshire.

A finely tuned tradition

Calum talks about music in the same way he plays: with wisdom, passion and sincerity. Our interview takes place after he returns from a morning jog along the coast of the Moray Firth in Scotland, a place with such a rich musical heritage, it can’t help but fill a young musician with inspiration.

‘I’ve been brought up with a strong Scottish tradition,’ he says. ‘My parents played and sang in fiddle bands and choirs, so I’ve grown up with that kind of music.’

Morayshire is home to a great fiddle and piping tradition, so when Calum picked up the wooden flute, he was already showing signs of originality.

A main feature of Calum’s work is its crossovers with other forms of world music, and he has recently collaborated with Nitin Sawhney, Justin Adams, and a group of Iranian musicians.

Calum puts much of this openness down to the sharing atmosphere on his degree course. ‘In Newcastle, there are lots of people passing through from different parts of the UK and the world, so there’s a real melting pot of musical styles,’ he says. ‘Any musician on the course would tell you that our jamming sessions were totally unpredictable, we’d play such a wide range of music.’

In January, Calum released his debut album, Earlywood, which he produced with his trio; with Andy May on piano, and Lauren MacColl on fiddle. Calum spent a great deal of time researching the album, and searched through old manuscripts and collections to find and revive forgotten music.

What resulted is a real progression of Scottish roots, and an album that the Scotsman newspaper calls ‘a showcase of assertive technique and imaginative instrumental interplay’.

Calum is quite candid about it.

‘In Earlywood, I wanted to do an album that reflected my upbringing with traditional music, but also has a hint of the new, contemporary stuff that I’ll be doing from now on,’ he says. ‘The projects I’ve been involved in, and my exposure to traditional and world music, have made me aware that music is about communicating with the audience. And whatever means you have to do that is fine. It doesn’t have to be pigeonholed.’

This summer, Calum is performing throughout the UK, and travelling as far afield as Northern France and Mexico. His album tour begins in October this year.

Gig dates and venues are listed on Calum’s website and MySpace page, along with a selection of tracks to which you can listen online. His album is also available to buy there.

Visit: www.calumstewart.com and www.myspace.com/calumfrancisstewart

Calum Stewart with his six-holed wooden flute
Architect, author, father, businessman, lecturer, TV presenter... Surely there’s a limit to how many hats one man can wear? But for George Clarke (BA Architectural Studies 1995; Certificate in Architectural Practice 1996), everything’s a bonus as long as he gets to draw buildings. Dan Howarth chats to the new face of property on Channel 4.

It’s an inspiration to see how committed George Clarke is to his work. Even now as the darling of terrestrial TV property programming, his focus on architecture remains untainted. Laid back and fully approachable, he doesn’t seem to have changed too much from the young lad who would break into building sites on Wearside, armed with just his sketchbook, a pen and a packed lunch.

‘All I ever wanted to be was an architect,’ says George. ‘Both of my grandfathers were builders, so it’s in my blood.’

Having left school at 16, George spent two and a half years working for a local architect in his home town of Washington, and after developing a strong portfolio and completing a BTEC in Building and Construction at Wearside College, he applied to study architecture at Newcastle.
‘I’ve always wanted to make architecture accessible to everyone, and TV is a great way to do that.’

George Clarke

Opposite page: George Clarke, whose new show Restoration Man (working title) begins on Channel 4 this year

Right: Right: George would like see Sunderland’s River Wear re-developed in a similar way to the Newcastle Quayside (pictured)
With an abundance of snowfall, infrastructure and time-honoured customs, the Japanese ski experience is about as unique as it gets. No wonder, then, that Newcastle graduates WeLoveSnow are so excited about it. Arches finds itself chest-deep in snow, hot springs and culture in the Land of the Rising Sun...

SNOW COUNTRY

The snow-covered peaks of Japan’s Niigata Prefecture provide some of the most fertile slopes for skiers and snowboarders on Earth. The onsen (hot spring) town of Yuzawa has long been a favourite of Japanese tourists, and its surroundings are known throughout Japan as ‘Snow Country’, after the famous novel by Nobel Prize-winning author, Kawabata Yasunari, which was set in the town. It wasn’t until recently, however, that western folk became aware of its existence.

When Neil Riley and Luke Waddington (BA Politics and East Asian Studies 1996 and 1997) began snowboarding in Yuzawa in 2003, it was very much unaffected by the outside world. ‘The town wasn’t used to foreign visitors, and the language barrier was a bit of a problem,’ says Neil. ‘But our friends loved coming, and we decided to set up a business which would allow westerners to visit Yuzawa as customers – a natural extension of bringing our friends along.’

Neil and Luke launched WeLoveSnow in 2005, and brought over 1,000 customers to Yuzawa on package holidays in their first year.
Yuzawa is 150 miles north-west of Tokyo, in the Japanese Alps, but only 77 minutes from the capital by Shinkansen – a bullet train that travels at speeds of up to 188mph.

Neil has now left WeLoveSnow to return to banking in Tokyo, but Luke remains in the fold, along with another Newcastle graduate, Managing Director Akiko Kino (Foundation English Language 1997). Under Kino-san’s guidance, the business has brought 7,000 snow-hungry tourists to the slopes of Yuzawa in the last year alone.

The ski season in Japan runs from November to May, and is at its peak between January and March. During this time, Yuzawa enjoys incredible snowfall, and the local record is 2.32 metres in one day. Although a sprinkler system is now in place to melt snow that settles on the roads, in the past many locals converted their first floor windows into doors, to use when their ground floor entrances were inevitably buried by the snow.

Infrastructure in the region is highly developed, allowing quick and easy access to the slopes. Yuzawa is home to both the largest and longest ski gondolas in the world, built to hold 166 people and stretching over 5.5km respectively, and the intricate network of ski lifts enabled Neil to set a Guinness World Record last year; riding 44 separate lifts in just ten hours.

Japan has more ski resorts than any other country, and 20 of these are located in and around Yuzawa. Neighbouring Naeba has the world’s largest resort hotel, with 1,700 rooms.

The huge amount of development in Japan has led to a surplus in ski infrastructure and accommodation, and this in turn has brought with it low prices, meaning that the country is now a much more affordable destination for skiers and snowboarders.

Testament to this is Newcastle graduate and freelance photojournalist, Jonny Richards (BA Ancient History 1998), who contacted WeLoveSnow after reading an interview with Neil in the August 2006 issue of AlumNews, our bi-monthly e-newsletter. Jonny is an expert on winter sports, as well as a keen skier, and arranged to visit the WeLoveSnow team in early 2007 for a feature in UK Fall-Line Skiing magazine. Having arrived in Japan with a budget of £650, Jonny was able to cover his flights, travel, accommodation, food and ski passes for a week—everything, in fact, except for beer money.

The town of Yuzawa is built around a number of onsen; natural hot springs that are a traditional feature of Japanese culture. Onsen provide the perfect antidote to a hard day on-piste, but guests must be sure to adhere to their strict rules of usage: bathers can only enter if they have washed themselves thoroughly, and full nudity is normally expected.

Thankfully, WeLoveSnow offer cultural tuition to Western visitors, who might otherwise fall foul of Japan’s many customs. The team also provide language training, and a translation service for local businesses. ‘We realized that local businesses needed a little help to attune their services to the needs of western tourists,’ Kino-san explains. ‘For example, in Japan, shoes must be taken off in the hallway of a house, and even before entering the room in a Japanese style hotel. Not every hotel owner would realize that this is not the case in the west.’

As the ski season draws to a close at the end of May, WeLoveSnow are busy planning a new venture for the summer and autumn months. ‘We’re expanding the business, and covering more areas in Japan,’ says Kino-san. ‘And we’re introducing a green season product which will cover the popular resort areas surrounding Tokyo.’

‘There is a lot of Japan that is still relatively undiscovered,’ she continues. ‘We’re looking into surfing, and other summer pursuits like canyoning, rafting and trekking.’

This latest venture is currently being rolled out on the company’s new multi-language website, so keep an eye on: www.japan-easy.com for more information.

In the meantime, for any readers interested in taking to the slopes in Snow Country, WeLoveSnow is offering a 10 per cent discount to any Newcastle alumni who wish to book before 31 July. Either visit the website at: www.welovesnow.com or email Kino-san at akiko.kino@welovesnow.com and please provide your alumni reference number.

‘There is a lot of Japan that is still relatively undiscovered… we’re looking into surfing, and other summer pursuits like canyoning, rafting and trekking.’

Akiko Kino, WeLoveSnow

Opposite page: Working the slopes in Japan’s Snow Country

Far left: Neil Riley (left) and Jonny Richards

Left: Neil Riley in the Japanese Alps
Inventive care

Researchers at the University are combining skills from a variety of disciplines with new pervasive computing technologies to help ease the lives of people living with dementia.

Pervasive computing is the use of computer technologies integrated in our everyday surroundings. It has special implications for people with dementia and their carers, as it can help those with the condition to live more independent lives.

The research team is based at Culture Lab, and led by Dr Patrick Olivier, a computer scientist and senior lecturer at the University’s Informatics Research Institute. Culture Lab is the hub of interdisciplinary research at the University, where scientists, clinicians, artists, engineers and researchers are able to pool their knowledge and investigate issues that fall outside the boundaries of traditional subject areas. This sweeping approach allows researchers to consider issues which might otherwise be neglected within the confines of their own discipline, and use them to apply their findings more seamlessly to everyday life.

Here, Arches looks at three projects from within Patrick’s diverse research team: the Ambient Kitchen; Digital Jewellery for personal significance; and Keeping In Touch Everyday (KITE).

The Ambient Kitchen

The Ambient Kitchen uses pervasive computing to enable assisted living, which allows people with dementia to retain their independence, whilst their safety is being monitored. Many people with dementia refuse to be labelled as sufferers, and research by collaborator Professor Andrew Monk at the University of York has shown that many wish to live as they always have; although this is often not possible.

As problems with short-term memory begin to manifest, individuals get stuck with simple tasks like trying to make a cup of tea; and this causes concern for their safety. Professor Monk found that many such issues surrounded the kitchen, and this has informed the work of Patrick’s team.

At first glance, the Ambient Kitchen looks and feels like a standard kitchen. Despite the use of advanced technology and wireless networking that allows the kitchen to be aware of how it is being used, there are no alien gadgets in sight. ‘Our design philosophy is to integrate all the technology into the workings of the kitchen, so it retains a conventional appearance,’ says Stephen Lindsay, a PhD student working on the project.

Inventive care

The Ambient Kitchen

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Food and utensils in the kitchen are fitted with RFID (radio-frequency identification) tags and motion-sensitive motes, which are recognized by sensors integrated into the worktop and cupboards. When a tagged item is placed on the worktop, the computer projects an LED display on to the wall, which contains instructions and suggested recipes. A live video feed from the homes of carers and relatives can also be projected into the kitchen, with fitted cameras able to provide a two-way ‘virtual window’.

The floor of the kitchen is also fitted with pressure sensors, which detect movement and can raise alarm if someone has collapsed.

The team are currently working with Philips Research and the Tsinghua University (Beijing) to develop the project further, and will soon be looking to invite people with dementia to test the kitchen’s effectiveness.

Left: Stephen Lindsay demonstrating the Ambient Kitchen
Moving slightly aside from the issue of dementia, the work of Dr Jayne Wallace investigates the fusion of digital technologies and contemporary jewellery to enhance human relationships. Jayne is a Research Associate in the school of Arts and Cultures, and began working in collaboration with Patrick Olivier, Dan Jackson and Cas Ladha when she was artist in residence at Culture Lab in 2006.

The team’s ‘Intergeneration’ project, a collaboration with York University, explores an alternative perspective on mutual awareness to established ‘telecare’ services, which are used to provide care for elderly relatives. Jayne is in the process of designing personalised jewellery, incorporating tactile sensors with a mutual-awareness application, that relatives can use to feel the presence of one another and keep in touch.

The project involves developing digital jewellery for a mother and daughter, whom she recruited through Age Concern Newcastle. ‘I engaged participants in my research and sought to explore what was beautiful or meaningful to them in their lives, relationships and experiences,’ says Jayne.

Supported by the Norma Lipman bequest for ceramic sculpture in Fine Art, much of Jayne’s work uses ceramics – a robust, yet delicate material that is unusual to combine with electronics. Jayne is also currently engaged in a professional artist placement at the Institute of Ageing and Health. ‘The pieces I am developing are in response to the physical, clinical, social and emotional dynamics of memory loss,’ says Jayne. ‘We hope to apply our findings on individual needs to the wider community, and encourage the production of digital objects that are not stigmatising for wearers.’

Ageing and health is the key theme for this year’s Reunite! celebrations in June. As part of this, Patrick and his team will be giving a demonstration of these projects and other interactive technologies at Culture Lab on the Saturday afternoon. See p14–15 for details.

**KITE – Keeping In Touch Everyday**

Only deviating slightly from the work of Ambient Kitchen, KITE is focused on the phenomenon known as ‘wandering’. Being able to go out and about without causing stress to carers is an important part of preserving a person’s independence, and KITE aims to enable people with dementia to walk safely.

The project is investigating the use of GPS devices in common objects, such as notebooks, which the person with dementia carries as they go about their everyday life. These fit easily into the person’s routine, and the subtle design of devices ensures they’re not recognisable to onlookers.

The devices were developed as a result of focus groups and interviews led by Dr Louise Robinson and Dr Katie Brittain of the Institute of Health and Society, and are currently being trialled with two people in the North East; one of which is known within the project as ‘the Runner’.

The Runner is a man in his late fifties who is experiencing the early onset of dementia. A regular jogger, his KITE device doubles up as a pedometer, and is connected to his wife’s mobile phone. ‘This gives the Runner confidence, whilst also reassuring his wife of his safety,’ says Stephen Lindsay, who also works on KITE. ‘The device has been designed to complement his lifestyle, rather than adopting the “NHS look” – cream with a red button – that many potential users fear.’

‘We’re developing the devices for people in the early stages of memory loss, and the trials have so far proved successful.’
20–22 June 2008

Reunite!

at Newcastle University

On Saturday 21 June, we will be rolling out the red carpet once again, and welcoming you back to campus as part of our annual alumni reunion. This year, we’ve freshened up the old Reunion Weekend format, and we’re delighted to invite you to join us for Reunite! 2008.

Friday 20 June

Curry night @ The Valley Junction 397 7pm, The Old Station, Jesmond £5 deposit p/p, to be returned on the night Quite possibly the most original Indian restaurant in Great Britain, the Valley Junction serves up fine Indian cuisine in a converted train carriage and signal box, on a disused railway line. Located at Archbold Terrace, Jesmond, the restaurant is next door to that old favourite of student haunts, The Carriage pub, and a minute’s walk from stylish bars Mr Lynch and As You Like It. Join us for dinner at either 7pm or 9pm.

Saturday 21 June

Early

Meeting of Convocation 10:45am–12pm, LT1, Herschel Building Chairman Jack Jeffery CBE (BSc 1953, MSc 1960) hosts our 51st meeting of Convocation, in which the Vice-Chancellor, Chris Brink, will deliver a report on current developments and plans for the University. A Q&A session will follow.

Convocation lunch 12–1pm, Herschel Building foyer A light lunch for those attending Convocation, hosted by the Vice-Chancellor and Jack Jeffery.

Convocation lecture – Professor Tom Kirkwood 1–2:30pm, Curtis Auditorium, Herschel Building This year’s Reunite! is themed around ageing and health, and Professor Tom Kirkwood, of the University’s Institute for Ageing and Vitality, will deliver the flagship lecture, entitled: Living Ever Longer: The Big Issue of Our Time.

Afternoon

Old Boys football Kick-off 1pm, Longbenton Pitch, Coach Lane North meets South once again this year, as London-based Newcastle Old Boys FC prepare to take on reigning champions Garnett Bohemian FC Newcastle Old Boys, last year’s victors after a 3–0 win. If you’d like to show your support from the touchline, contact either London’s Rob Lusher (LLB 1998) at rlusher@cclaw.co.uk, or Garnett’s Richard Holme (BSc Food and Human Nutrition 1998) at richardholme@yahoo.co.uk
Visit to the Institute for Ageing and Health (IAH) 2:30–4:30pm, meeting point: Herschel Building reception desk Convocation lecturer Professor Tom Kirkwood will be giving a tour around the University’s groundbreaking Institute for Ageing and Health, including the laboratories and imaging facilities. Visitors will be treated to a journey behind the scenes looking at biological studies, clinical research, and assistive technologies. There are only 50 places, so book quickly to avoid disappointment.

Re-discovering children’s literature at Seven Stories 2:30–4:30pm, meeting point: Herschel Building reception desk Adult tickets: £5 + free entry for one child Seven Stories, the Centre for Children’s Books, is opening its doors for one child with each accompanying adult. Dr Matthew Grenby, of the School of English, Language and Linguistics, will be guiding visitors around this literary wonderland, situated in Ouseburn Valley. More info: www.sevenstories.org.uk

Newcastle University Business School: 25 years of the MBA 2:30–7pm, Citywall, Citygate, St James’ Boulevard The Business School is celebrating 25 years of its MBA programme, with a lecture by eminent US economist, Ian Shepherdson; a panel discussion; networking, drinks and canapés. The Business School is now based at Citywall, behind Newcastle’s Chinatown district.

Pervasive technologies at Culture Lab 3:30–4:15 and 4:45–5:30pm, Grand Assembly Rooms, King’s Walk Dr Patrick Olivier will be giving a hands-on demonstration of the pervasive technologies research, introduced on page 12 of this magazine. Visitors will have an opportunity to talk to the researchers directly about the technologies and the novel approaches that are being adopted to the design of technology for people with dementia.

The medicinal properties of European plants 3:30–4:15 and 4:45–5:30pm, Clement Stephenson Lecture Theatre, Agriculture Building, King’s Road Dr George Wake will be giving an interactive talk on the medicinal properties of European plants, some of which have a long history of use as cognitive function restoratives in traditional Western European medicine. Come and learn about recent studies at Newcastle, and possible future benefits.

Donor reception 4:30–6pm, Herschel Building foyer Donors to the University are invited to join staff and students for a personal thank you, consisting of Pimm’s and strawberries, and the opportunity to see some of the results of their support. By invitation only.

Late
The taste of Northumberland 7:30pm onwards, Union Society Global Café Ticket price: £12 The main event of Reunite! 2008 will be a mélange of Northumbrian-themed food, drinks and music. Top-flight fiddler, Peter Tickell, will be providing a soundtrack to the evening, which will feature a food demonstration by Gareth Marks of the Flatbread Café, and stalls by various local suppliers in the region. A live band will play into the night, with drinks available from the Union bar.

Sunday 22 June
Walton Trophy Golf Tournament Registration: 12:30pm; tee-off: 1pm. Close House Country Club, Wylam, Northumberland £35 non-members, £20 members (inc. dinner and competition entry) End this year’s Reunite! festivities with a round of golf at one of the North East’s finest courses. Set in the magnificent surroundings of Close House in Wylam, the trademark narrow fairways and challenging par 3s appeal to golfers of all abilities. After completion of the course, there will be a two-course dinner in the mansion, when the winner of the Walton Trophy will be announced. Money raised from tickets will be used to support Elite Athlete Sports Scholarships at Newcastle; please see our website for more information.

Old Boys vs students football 11am, Longbenton Pitch, Coach Lane London-based Newcastle Old Boys FC return on Sunday morning to square up against the current crop of student footballers, led by Paddy Paisley. Contact London’s Rob Lusher at rlisher@claw.co.uk for more info.

Additional Information

Contact Your Friends Online
If you plan to contact friends from your time at Newcastle to see if they are attending, why not sign up for and search our online alumni directory, NUGrad? Over 7,500 alumni are already signed up for the directory at www.ncl.ac.uk/alumni/nugrad Alternatively, DARO holds a database of over 70,000 contactable alumni and will be happy to forward messages on your behalf.

Disabled Access
Disabled access provision is not uniform across campus. Please contact DARO for more advice on disabled access. Phone: 0044 (0) 191 222 3638 or e-mail: m.szpitun@ncl.ac.uk

Accommodation
Many hotels are located in and around Newcastle, and limited accommodation is also available in University halls of residence. Take a look at our website for full details of all accommodation options at www.ncl.ac.uk/alumni/events/reunite Alternatively, to request a full list to be sent to you, please contact Maria Szpitun at the address below.

University Memorabilia Shop
Alumni returning for Reunite! 2008 can benefit from a special 15 per cent discount on all merchandise purchased at the Memorabilia Shop. The shop will be open from 10:30am–1:30pm on Saturday in the Herschel Building foyer.

Contact Us
If you need any further information on any of our events, have any suggestions for future events, or would like to recommend a venue, please contact our Events Officer, Maria Szpitun, by e-mail at m.szpitun@ncl.ac.uk or by phone on 0044 (0) 191 222 3638. You can also visit our website at www.ncl.ac.uk/alumni/events

Booking
Please complete and return the booking form on the back page to the address given at the bottom. To request additional booking forms, please telephone 0044 (0) 191 222 7250 or visit our website at www.ncl.ac.uk/alumni/reunite where you can also book online. Final details, including tickets, venue details, campus maps and parking information, will be sent from mid-May to those booking in advance.
For thousands of years, the West has been oblivious to the vibrant beats and tones of classical Indian music. Now, the beat of the tabla has arrived at Newcastle University, through a programme of workshops and performances.

Launched in March 2006, the 'Introducing Indian Music' project is one of the key strands of the World Music project, part of the Centre for Excellence in Teaching and Learning for Music and Inclusivity (CETL4Music) – a partnership between the six North East universities, in association with The Sage Gateshead.

Headed up by Professor David Clarke, a scholar and practitioner of Hindustani music, the project brings together students, academics, performers and South Asian arts organisations from across the region.

As part of the project, a new module has been launched, 'Introducing Indian Music', which enables its 30 registered students to engage with Indian music both theoretically and practically.

The success of the project has taken Professor Clarke by surprise. 'Initially I thought only a minority of students would be interested, but a sixth of the entire Centre are now involved,' he says. 'It's completely exceeded my expectations.'

In total, there are 50 students involved with the project, and interest is growing each year. 'One of the main attractions of the module and workshops is that students are able to learn about Indian music, and use it to influence their own practice in some way', says Professor Clarke. 'We have students from a multitude of musical genres, and it's intriguing to see how they combine Indian music with their own interests.'

A trained violinist, Professor Clarke is currently developing his vocal skills, which involves singing in Hindi. 'It's quite a challenge!' he admits, 'but learning the language isn't essential, fortunately!'

The CETL has strong links with organisations such as Kalapremi, GemArts, and the Pakistan Cultural Society – the region’s main promoters of South Asian arts. Last September, it collaborated with these organisations in the SAMA 2007 South Asian Festival, and hosted the SAMA symposium, which attracted speakers and delegates from across the world. And it is currently supporting a new venture with Kalapremi, the 'Indian Music Trail', which includes a series of Bhaitaks (informal gatherings) involving students, performers and the local community. The Centre is also making plans for the next SAMA festival in October this year.

The Centre is proud to work with two internationally renowned classical Indian musicians: Dr Vijay Rajput, a vocalist; and Shahbaz Hussain, who plays the tabla. As part of the project, two CDs have been produced which feature their work: 'Twilight Raags from North India' by Dr Rajput; and Hussein’s 'Solo tabla recital'.

The World Music project has a wide scope, and the Centre employs three ethnomusicologists, who study various specialisms of world music, including Mediterranean, South American and Latin, and Celtic. In follow up to the Indian music CDs, the Centre also plans to produce a series of world music records, and is currently working with Sardinian folk guitarist, Paolo Angeli.

For more information on the CETL, its upcoming events, and to buy a CD, visit: www.cetl4musicne.ac.uk
Nominations have been cast, and we’re pleased to announce that the following eight graduates will sit on the Alumni Consultative Group from 2008–11:

**Alastair Mitchell**  
(MEng Naval Architecture 2008)  
Ali graduates this year, with a job lined up as a graduate Naval Architect for Babcock in Newcastle. Whilst at University, Ali was Captain of the sailing team and President of the Marine Science and Technology society.

**Louise Needham**  
(BA Sociology and Social Policy 2002)  
After graduating, Louise worked in marketing and student recruitment at Newcastle, before moving to York University, where she now works in widening participation.

**John Pearcy**  
(BSc Mining Engineering 1962)  
Now retired after a career in engineering, commerce and marketing, John is a committed volunteer for organisations such as Age Concern and Diabetes UK. He also edits Underneath the Arches, the North of England alumni branch newsletter.

**Judith Penny**  
(BA Geography 1967)  
Having worked in local government for 32 years, Judith is now retired and lives in Exeter.

**Mark Scrimshaw**  
(BA History 1976)  
Mark is the current Chair of the Alumni Association. He is a Director of documentaries for BBC North East and Cumbria, and Chair of the Broadcasting Entertainment Cinematograph and Theatre Union (BECTU) BBC Division.

We would like to thank the members of the last ACG for their support and commitment during the past three years.

For more information on the work of the ACG, visit Arches Online at www.ncl.ac.uk/alumni/arches

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**John Connolly**  
(BA International Management 2005)  
A former manager of the Annual Fund, John now spends his days matching people to jobs for Nigel Wright, one of the North East’s biggest recruitment consultancies.

**Ian Forster**  
(BA Geography 1955; Diploma in Education 1956)  
Ian is Chairman of the North of England branch of the Alumni Association, and formerly Director of the University’s Careers Service.

**Donald Gascoigne**  
(MB BS 1951)  
Donald has produced a dynasty of Newcastle graduates, including two sons and one granddaughter, and is a retired GP and Clinical Tutor. Currently, he is Chairman of NORTH (Northern Research into Diseases of the Hip), and Deputy Chairman of Convocation.

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**Summer learning**

Newcastle University’s International Summer School 2008 is better than ever.

Having successfully run for two years, Newcastle University’s International Summer School is back for 2008, in an improved format. Running from 21 July to 10 August, these programmes are part of the University’s global education provision and form part of its commitment to internationalisation. We look forward to welcoming students of all ages from around the world.

The courses on offer include: Culture and Heritage; Creative Writing; International Politics and Contemporary Global Change; History: Culture and Imperialism; Media and Journalism; Planning in Developing Countries; and Doing Business in Europe. These intensive three-week study opportunities are open to anyone with an interest in an educational holiday who meets the basic entry requirements.

Professor Charles Harvey, Pro-Vice-Chancellor of the Faculty of Humanities and Social Sciences explains: ‘The goal of our Summer School is simple: to inspire students from other countries through programmes of intensive learning and teaching excellence, while creating an exciting yet supportive environment in which to experience British culture and society.’

Alumni, students and their friends and family are eligible for a £200 discount on fees for the Summer School. This discount can be claimed by indicating on the application form that the applicant is, or knows, a graduate of Newcastle University, and including their name and graduation details.

For more information visit www.ncl.ac.uk/nuiss or contact Carol Botten on 0044 (0)191 222 5925 or carol.botten@ncl.ac.uk

By Carol Botten
GOING SOLO

For many budding entrepreneurs, the logical first step away from full-time employment is freelancing. This provides an opportunity to escape the shackles, politics and egos of the workplace, and find freedom in your work.

But the prospect of isolation, and the loss of employment security like holidays, sick pay and a guaranteed wage mean it is a decision that should be carefully considered. In this issue, we look at freelance journalism, and chat to freelance editor, journalist and editorial consultant Peter Davies (BA English Language and Literature 1978).

How long have you been freelancing?
I began freelancing in 2002. Beforehand, I was the editor of a weekly magazine called Health Service Journal for eight years, and I was feeling burnt out, and felt that my creative juices needed replenishing. So having done every other job in journalism apart from freelancing, I felt it was a natural step.

How did you find the transition from full-time editor to self-employed freelancer?
I found it very good, although in many ways it was a bit like stepping off a cliff. Obviously as an editor, you're pretty well paid, you've got security, and I had 18 staff and a hectic daily schedule. So to go from that to working in a room on your own at home, where everything is down to you, it's quite a big leap. But it's one I've enjoyed, and in return for the insecurity you get a massive amount of freedom, and that's compensated really. I have two young children, so it's allowed me to see a lot more of them too. It was a work-life balance thing more than anything else.

So if freedom is the best aspect of freelancing, what's the worst?
I think the worst aspect is not getting paid on time! This seems to have become much more of a problem over the last couple of years. You put 'please pay within 30 days' at the bottom of your invoice, but you rarely are, and it quite often takes several phone calls and emails before you get people to stump up. So that's a real pain. And I do all of my admin myself – I had two secretaries when I was an editor; and now I'm my own secretary, my own IT guy, everything really.

Were you able to build your client list quite quickly?
Yes, I had a big network of contacts in the health service and the surrounding industries, and I was pretty well known. Quite a lot of work came my way immediately, and soon after I was writing for a wider number of publications, and began to pick up work from new people.

So would you recommend a move into freelancing for people working in the industry at the moment?
I would, but I'd advise everyone to think hard about it. I'd tried lots of other jobs in journalism and knew what they were about, and I think I went into it with my eyes open. My wife's a freelance journalist too, so I'd seen what it was like first-hand. My advice to anyone considering freelancing would be to talk in a lot of depth and detail with people who are doing it already, to make sure that it's going to suit you. You need a lot of networks, both people who are going to provide you with the work, and a less formal support network so you don't feel isolated. Many freelancers I know work from home, but it doesn't suit everybody's temperament.

Useful links
Freelance UK
www.freelanceuk.com
A useful online resource for freelancers working in the media and creative industries.

Business Link
www.businesslinknortheast.co.uk
Business Link North East offer advice and support for all business start-ups, including freelancers.
The Hotlist

Our alumni business community stretches across the world, offering services and products as diverse as fine wines, creative education and office spaces for your garden.

If you would like to feature your business in the Hotlist, email the editor at thehotlist@ncl.ac.uk

**Hesketh Talking**

Philip Hesketh (BSc Psychology 1975)

Philip Hesketh is a Psychology graduate from Newcastle University and a sales graduate from Procter & Gamble. He sold his advertising agency after 16 consecutive years of growth and, having spent his entire working life studying and practising influence and persuasion he is now a professional speaker on 'The Psychology of Persuasion'. [www.heskethtalking.com](http://www.heskethtalking.com)

**Daisy Chain**

Emma Towers (BA Economics 1998)

Daisy Chain supplies the retail trade with high quality branded contemporary jewellery that is inspired by nature, with flower, butterfly and silver foliage silhouettes. The jewellery is crafted to the highest quality from 925 sterling silver and a variety of shells from around the world, and some designs also feature semi-precious gemstones and claw-set cubic zirconium. The jewellery comes beautifully presented in elegant Daisy Chain branded packaging. [www.daisychaindesigns.org.uk](http://www.daisychaindesigns.org.uk)

**Vivid Green**

Neil Johnston (BSc Agricultural and Environmental Science 1977)

Vivid Green designs and builds low energy garden offices and other timber framed structures, offering inspiring spaces that don’t cost the earth. Canvas lodges are also available for bunkhouse accommodation or romantic bedrooms. [www.vividgreen.co.uk](http://www.vividgreen.co.uk)

**Casa Mauri**

Mike and Anne Harrison (BSc Physics with Maths and BSc Agricultural and Environmental Science, 1977)

Casa Mauri is a holiday retreat situated in Spain’s Catalunya region. Comprising three self-catering properties, Casa Mauri is set high above the town of Tremp, providing magnificent views of the snowcapped Pyrenees and surrounding lakes.

For more info and to book, visit [www.ownersdirect.co.uk](http://www.ownersdirect.co.uk) and enter ref. S3

**BrightStarr**

Joe Carlebach (BA Politics and Social Administration 1983)

BrightStarr are a Microsoft Gold Partner-certified web technology consultancy, who provide expertise on the use of software to optimise business performance in the digital age. Their services include consulting, implementation, training and support for both SharePoint and Microsoft Dynamics CRM technologies. [www.brightstarr.co.uk](http://www.brightstarr.co.uk)

**Limerick Lane Cellars**

Ross Batterby (BSc Agricultural Economics 1981)

Limerick Lane is an estate winery in California’s Sonoma County. Fine wines have been produced on site for over 100 years, and Limerick Lane is well known for its exquisite Zinfandel and Syrah. The cellars include vineyard are open for tours and tasting, and wines can be ordered from the website. [www.limericklanewines.com](http://www.limericklanewines.com)

**Digital White**

Julian Ehrhardt (BA Politics 2000) and Alex Holt (BA Combined Studies 2000)

Digital White is an integrated digital agency based in London, delivering web design and build as well as online strategy solutions to a diverse range of clients including Sony Ericsson, E.ON, Lloyds TSB, McDonalds and PayPal as well as a host of start up enterprises. Digital White was established and is run by two former Newcastle Politics graduates.

[www.digital-white.com](http://www.digital-white.com) or email info@digital-white.com

**ANYTHING But Limited**

Peter Hirst (BA Applied Communications 2004)

ANYTHING But Limited is a small company that likes to get stuck into projects that are creative, worthwhile and display a clear benefit for everyone taking part. Its main focus is on education and it runs two brands: ‘GiantMinds’ which designs and delivers creative education for schools, and ‘Kidology’ which helps companies test products, services and ideas with young people.

[www.anythingbutlimited.com](http://www.anythingbutlimited.com)

Newcastle University cannot take responsibility for any of the services or products purveyed by the businesses featured here.
Editorial

Since the last edition of Arches, there have been lots of goings-on at the Union Society. As I write this, the building has been coated in posters of all colours, as over 30 candidates battle it out for elusive sabbatical and part-time officer positions (results have now been posted on the Courier’s website, Ed.)

It is these new officers who will see in some of the biggest ever changes to the Union Society, as a new governance structure will have (hopefully) been accepted by Newcastle students as the Union moves to comply with the new Charities Act. All very confusing to someone like me, but our President assures me that we’re moving in a positive new direction!

Arguably the Union’s biggest recent achievement is Team Newcastle’s great effort in regaining the Stan Calvert Cup. Newcastle overcame Northumbria in fine style with a record victory over their bitter local rivals – see our report to read all about it.

The current officers have been organising lots of successful events this term, including another well-supported Ethics and Environment Week – well done to the E&E girls! And this year’s RAG Week, organised by the RAG and Activities Officers, raised over £16,000 for five local and national charities.

And as for little me, The Courier continues to go from strength to strength (she says with no bias at all!), and with the website up and running – www.thecouriernewcastle.com – I’ve had messages from alumni all over the world saying they’ve bookmarked us for all the latest news from campus. Make sure you pay the site a visit, if only to read some of our exclusive interviews. This year we’ve had Tony Benn, Jacqueline Wilson and even B*Witched!

Gemma Davies xxx
Editor of The Courier

Stan Calvert glory

After a day of the highest sporting drama, Newcastle University overturned their bitter rivals to emerge victorious in the 2007–08 Stan Calvert Cup.

The fourteenth year of the varsity event was brought to a glorious climax in Gateshead International Stadium, as hundreds of Newcastle students stayed to see AU President Lydia Oxenham lift aloft the Stan Calvert Memorial Trophy.

All the experts predicted one of the closest results in the event’s history. What do the experts know? A 14-point win does not lie, and Newcastle were the dominant force throughout the day.

Before the masses descended on the evening’s events at Gateshead, the outcome of the trophy had already been pretty much sealed, barring seven fixtures that went to the independent adjudicators for appeal.

Despite much deliberation, only one of Northumbria’s appeals was accepted and after an agonising wait, the news began to filter through that the Stan Calvert Memorial Cup was to return back home.

By the time AU President Lydia Oxenham stepped up to lift the trophy, Northumbria supporters had disappeared. All that was left in the Gateshead International Stadium was the sweet smell of victory and the rapture of applause to soar into the night.

Oxenham was understandably delighted with the win. ‘It still hasn’t sunk in’, she said. ‘Throughout the afternoon I was convinced we had lost, it seemed everything was heading in their favour. ‘I would like to congratulate all of our teams for the immense amount of effort they put into the day; I couldn’t have asked for more. The rugby finale was a fitting end to a brilliant competition.’

by Dave Coverdale

Stan Calvert glory

The Stan Calvert Cup returns home to Newcastle University
Making poverty history

Students at the University became part of a Guinness World Record in November, when they took part in a World Poverty Day demonstration. Over 38.7 million people worldwide joined in the event, which saw the record smashed by more than 15 million participants.

Here at Newcastle, the day was marked by around 100 students and staff wearing white t-shirts for a march from outside the Union down to the Millennium Bridge.

The campaigners also held aloft eight placards bearing the aims of the Millennium Development Goals, set by the United Nations.

Supporting the event was Dr David Golding, co-ordinator of Make Poverty History North East, who gave a speech prior to the march about the work being done to help the world’s poorest nations.

Vice-Chancellor, Professor Chris Brink, was also at the rally. He said: ‘Real poverty is despair and hopelessness, and it is also a moral issue.

‘Universities should take part in these issues, and I am pleased to have joined an institution that is taking a moral stance against poverty.

Big congratulations are in order to the organiser, Nicola Martin, the President of the U8 International Development Society.

by Gemma Davies

Union Week promotes student democracy

The Union Society hosted their first ever ‘Union Week’ last term, essentially a ‘Refreshers Week’ to promote the work the Union does for Newcastle students.

Each day of the week had a theme which covered areas core to the Union Society: the concept of ‘not for profit’, campaigns, diversity, democracy and activities.

The theme for the week was ‘I heart Union Society’, with t-shirts sporting an adaption of Milton Glaser’s famous ‘I heart NY’ logo. A variety of societies put on taster events to show students what they were all about, and student radio station NSR were playing outside for their 07–08 launch.

The week was a great success, and the message that the Union is run for students by students was spread to the masses in time for the next big event on the calendar, the Fresher’s Week elections, allowing them to put their democratic rights to the test!

This year’s sabbatical officer team are hoping that the Union Society will be hosting ‘Union Week’ many years into the future.

by Gemma Davies

NUS referendum votes ‘yes’

Newcastle students resoundingly voted ‘yes to NUS’ in their referendum in November, as part of the first ever Union Week.

With a 92 per cent majority, students voted to remain part of the National Union of Students in the first referendum since 2004.

The referendum opened after a debate on the Union lawn between Stephen Brown from NUS and Peter Dixon representing the ‘no’ campaign.

The result also marked the first testing of the e-voting system used by the Union Society. All Union elections will now be conducted at vote.ncl.ac.uk after a successful first attempt.

Union Society President Jamie McDonnell was clearly pleased with the referendum result. He said ‘The margin shows just how much the students of Newcastle care about their NUS status.

‘The result is down to a great deal of work from NUS representatives and members of the Union Society officer team.’

by Gemma Davies

Outgoing President of the NUS, Gemma Tumelty
A Pudding Full of Plums
Jack Jeffery (BSc Chemistry and Bacteriology 1953; MSc Applied Science 1960)

Genre: Autobiography
Published: 2006 (The Memoir Club)
ISBN: 1841041548

A well-crafted memoir is more than a collection of details and anecdotes, it is a glimpse into a person’s soul. And A Pudding Full of Plums is certainly no exception, providing a deep excavation into the life of an extraordinary man. Jack Jeffery chronicles his life with candour, wit and humility. From his rural childhood in County Durham, growing up against the backdrop of the Second World War, to an illustrious career in the water industry and public health, Jeffery presents as much a social history as an autobiographical tale.

For those interested in the privatisation of the water industry in the late 1980s and early 90s, the book provides a valuable insight; giving a detailed account of the author’s dealings with colleagues and government officials during the period. And although modestly understated, it is clear to see how his influence has had a positive impact on the shape of the industry.

As our very own Chairman of Convocation, and Chair of a number of organisations including Northumbria Larder (the regional food organisation for the North East), Jeffery continues his dedication to causes he feels passionate about, whilst many have long since retired. Maybe a sequel won’t be too far away...

Pride in the Lion
Professor Stewart Evans

Genre: Non-fiction, sport
Published: 2007 (Newcastle University)
ISBN: 0701702176

Rugby has a long, proud history at Newcastle – full of triumph, tears, and tales of comradeship. In Pride in the Lion, Stewart Evans ensures that none of this is forgotten.

Professor Evans is President of Newcastle University RFC, and has been a dedicated follower of the team for nearly 40 years. The sheer scale of research he has undertaken for the book is nothing short of astounding, and his detailed prose is profusely illustrated with statistics; photos; cartoons; and extracts from The Journal, Evening Chronicle, Durham’s historic Northerner, and our very own Courier.

Pride in the Lion chronicles over 100 years of passionate rugby, fierce rivalries (with the likes of Loughborough, Durham and Northumbria), and pilgrimages to Twickenham for championship finals. It follows the journeys of student heroes, both men and women, who have gone on to glory at club and international level. And playfully recounts some of the scarcely reputable antics of players away from the pitch.

The book is a nostalgic and entertaining delve into one of the University’s greatest sub-cultures, and well worth a read.

The Menopause: answers at your fingertips
Dr Heather Currie (MB BS 1982)

Genre: Reference, health
Published: 2006 (Class Publishing)
ISBN: 1859591558

As Kathy Abernethy rightly states in the book’s foreword, the menopause is a natural event. However, like many other natural events such as parenthood, no-one is ever fully prepared for what this means in practical terms, particularly as we are all very different in how we respond both physically and mentally to certain situations.

The menopause conjures up half-heard conversations about falling apart, ageing overnight, being unable to cope, the purchase of numerous electric fans, and the horrors or delights (depending on your viewpoint) of something known as HRT.

Thank goodness then to have a resource that takes a look at the menopause in a holistic way, recognising that we are all individuals, and presenting the information in a clear and practical manner. How fantastic to have a reference book to which we can run when that rash, pain or groan of joints we are experiencing may cause us concern on this journey of change.

This book helps women to make informed judgements about how they might wish to deal with any changes that occur during the menopause, and empowers them to discuss their needs more fully.

Bravo, perhaps a similar book for the male species would also be useful. And in the interim we should, as appropriate, plan to read relevant extracts from this one to our partners, in the name of understanding and harmony... Thank you Dr Currie!

By Jane Clubley
Wear your Newcastle colours with pride

The Memorabilia Shop has a wide selection of quality merchandise, designed exclusively for Newcastle University. For our full range of products, visit our online store at www.ncl.ac.uk/university-shop which can be accessed 24 hours a day, seven days a week.

| Clothing | L15* Newcastle University Hoodie | £24.95 | (Size options XXS, XS, S, M, L, XL or XXL) |
| L22* Splash Top (Gortex Type Lining) | £37.95 | (Size options XS, S, M, L, XL or XXL) |

| Scareves and Ties | S2* Lion (Silk) | £19.95 |
| S3* University Shield (Silk) (Navy or Wine) | £19.95 |
| S4 University Shield (See S3, Polyester) (Navy or Wine) | £9.95 |
| T5 Broad Stripe | £9.95 N/A |
| T4 General University Tie (See T11) | £9.95 £19.95 |
| T11 Humanities and Social Sciences Tie (HASS) | £9.95 £19.95 |
| T12 Medical Sciences Scarf Tie (MEDICS) | £9.95 £19.95 |
| T13 Science, Agriculture and Engineering Tie (SAgE) | £9.95 £19.95 |
| S6* General University Scarf (Pure Wool also S11/12/13) | £24.95 |
| S11* Humanities and Social Sciences Scarf (HASS) | £24.95 |
| S12* Medical Sciences Scarf (MEDICS) | £24.95 |
| S13* Science, Agriculture and Engineering Scarf (SAgE) | £24.95 |

| Miscellaneous | M18 Newcastle University Monopoly Game | £24.95 |
| H1* Wooden Wall Plaque | £27.50 | (Light, Medium or Dark Base) |

| Jewellery | J14* Gold Plated Enamel Cuff Links | £19.95 |

| Parchment Frames | M26 Gilt Parchment Frame (30cm x 40cm) | £19.95 |
| M27* Black Parchment Frame (30cm x 40cm) | £19.95 |

| Leisure Wear | L11* Baseball Caps, Cotton Drill | £7.95 |
| L12* Bronx Wool Hats | £7.95 |

To order, please either visit our online store, or contact us by post, fax or telephone:

Memorabilia Shop
Newcastle University
Newcastle upon Tyne NE1 7RU
Tel: 0191 222 7849
Fax: 0191 222 8489

Postal charges apply, please contact the shop for more information.

* Indicates item shown in photographs. Items not to scale. All orders subject to availability and price change. An alternative item may be substituted if out of stock. Allow up to six weeks for delivery. Prices correct at time of print April 2008.
After 35 years, the residents of 17B Richardson Road are still the closest of friends. Their annual reunion has grown from the original six to include partners, children, and their other halves in turn. And late night jamming sessions are still the order of the day. Philip Hesketh (BSc Psychology 1975) reminisces over three decades of good times.

The extended family of

17B Ricky Road
When the six of us became firm friends at Eustace Percy Hall in the academic year 1972–73, we saw that some new flats were being built across the road in Richardson Road. As the year wore on, we decided to get a place together, and although 17B wouldn’t be ready until January 1974, we decided to put our names down and stayed in student accommodation, in Windsor House, from September to December ’73.

Despite us being the very first students into the flat we painted the internal walls pink and yellow (to hide the marks from the Instant Whip games we played after dinner) and also had a green mural on the wall. Happy days. Between us we had three guitars.

When we all graduated in 1975, we had no idea that we would continue to have an annual reunion every year for the next 33 years that would go on to involve our 12 children who, in turn, would become firm friends.

John Hopwood and myself studied Psychology; Chris Leech (always known as ‘Walt’) and Rob Kinna (who for some reason had two nick names – Bobby Bear and The Animal) studied Agriculture; Mike Caddy read Economics, and Max (aka Keith May) studied Biochemistry.

Whilst John, Rob and I stayed in the North East, the first few reunions were in this neck of the woods. But as careers and families developed, we moved to the Lake District, Harrogate, the Peak District and Gloucestershire. As our children started to arrive, the reunion became a fixture in the calendar, and Center Parcs at Sherwood Forest was the regular spot for some years.

After Rob and Barbara moved to Cornwall, and with Mike living in Hong Kong and Max and Steph in Kent, Center Parcs at Longleat became a more logical choice. Now, one of our offspring is playing minor counties cricket; some of the kids live and work in London; and the three ageing guitarists have been upstaged by four, much better, more successful, and more tuneful singer-songwriters.

As a consequence for the last 10 years or so, Center Parcs, Longleat has hosted us on the first weekend of September, and the recent format has included football matches, world bowling championships and regular jam sessions into each of the three evenings. Our children travel great distances now to be part of this tradition, and as they form their own partnerships, girlfriends and boyfriends are welcomed into the fold.

It’s only a matter of time before the first inmates of 17B Goldsborough Court, Richardson Road will be celebrating their first grandchild.

Sadly, Rob Kinna died in January 2008. Needless to say the five flatmates were at the funeral in Cornwall, and we all continue to support and help his wife Barbara and his three children.

We all look forward to being together again next September when we will undoubtedly laugh, joke and reminisce about the great times we shared with Rob. His memory lives on in his children and the legacy from 17B may well outlast all of us. We see ourselves as family and it all began in Eustace Percy Hall in the autumn of 1972.

Where are they now?

Phil Hesketh Graduated in Psychology in 1975 and then completed a PhD at Sheffield University in 1980. Played a pivotal role as Head of Research and Development for two successful start-up companies in the medical diagnostics industry (Unipath and Inverness Medical). Inventor of Clearblue pregnancy test. Awarded the inaugural Heatley prize for innovation by the Biochemistry Society. Now enjoying retirement in the South of England with his wife and two cats.

Rob Kinna Graduated in Agricultural Engineering in 1975. Worked for several companies including Mars, Flymo, Ciba-Geigy and Inversys in product development and manufacturing roles. He survived the Dragons’ Den, on BBC TV, with his Bak-Jak product – see www.bak-jak.co.uk He died in January 2008 and leaves a wife, one daughter and two sons who live in Cornwall.

Mike Caddy Graduated in Economics and Accounting in 1975. Qualified as a Chartered Accountant with Deloittes in 1978. Moved to Hong Kong in 1984 as an investment banker with HSBC. Major career change in 2005 to thoroughbred horse breeding in Newbury – see www.heatherwold-stud.com Now dividing full-time leisure between Newbury and Hong Kong.

Keith May Graduated in Biochemistry in 1975 and then completed a PhD at Sheffield University in 1986. After 16 consecutive years of growth he sold his interest in the agency and is now a professional speaker on the Psychology of Persuasion. His website is www.heskethalking.com Married with three sons, he lives in Harrogate.

Chris Leech Graduated in Agriculture in 1975. Returned home to run the family farm back in Cheshire where he can be found ploughing the proverbial straight furrow. Captain of the University cricket club in 1975 and still (slowly) chasing the leather in the Cheshire cricket leagues. Married with two sons and living in the house of his birth.

John Hopwood Director and General Manager of Xerox Global Services UK. After a spell teaching in the North East, John joined Xerox and rose through the ranks there. He now lives in Oxfordshire with his wife, son and daughter.
If you would like your news to be printed in the next issue of *Arches*, please contact DARO either by phone on 0044 (0)191 222 7250 or by e-mail at alumni-office@ncl.ac.uk

1950s
Victor PRESCOTT (BSc 1952) and Dorothy ALLEN (BA Geography 1952) were married in 1953. In the years that followed, Victor lectured in Geography at universities in the UK and Australia; and Dorothy (daughter of the late Dr Leonard Allen, reader in Divinity at Newcastle) created map collections for the university libraries. In 1979, Dorothy became Map Curator of the National Library of Australia, and in 1983, Victor was given a personal chair at Melbourne University and became President of the Academic Board. Dorothy has since pursued her research into the history of cartography, and published the results in books and papers. They retired in 1996, and now spend their time reading, writing books and papers, travelling, gardening, and playing bridge.

1960s
Organisers of this October’s Electrical Engineering Class of 1961 reunion are still trying to contact Gurlal Singh (aka George) GREWAL and George Michael SMITH (both BSc Electrical Engineering 1961). George Smith was last seen two years ago in Darlington, and George Grewal may be anywhere in the world. If you know of their whereabouts, please contact John Dore at: johnrdore@googlemail.com

We are pleased to announce that, following our appeal for information regarding the Class of 1961 Electrical Engineering reunion, a friend of Jeff LEVETT (BSc Electrical Engineering 1961) spotted his photo in *Arches* and returned to Greece with a copy. Jeff is now in touch with his former classmates and hopes to attend the reunion at the end of the year.

1970s
Dimitris PAVLIDIS (PhD Applied Science 1976) has been Professor of Electrical Engineering and Computer Science at the University of Michigan, USA, since 1986; and has been Professor at Darmstadt University of Technology, Germany, and Director of External Relations at the Institute of Electronics, Microelectronics and Nanotechnology (IEMN), France, since 2003. A Fellow of the IEEE, he received the decoration of ‘Palmes Académiques’ in the order of Chevalier by the French Ministry of Education for his work in education, and has been awarded various prizes for his research work.

1980s
Edmund KING (BA Politics 1980) has been appointed as President of the Automobile Association (AA), where he will lead campaigning efforts on behalf of motorists. A Fellow of the Chartered Institute of Public Relations, Edmund was previously Executive Director of the RAC Foundation, where he was responsible for the re-branding of the RAC.

Anwar MALL (PhD Physiological Sciences 1988) has been appointed to a full professorship in surgical research at the University of Cape Town, South Africa.

Debbie MYERS (BSc Biochemistry and Genetics 1983; PGCE 1986) was awarded the AstraZeneca Primary Science Teaching Award 2007 at the ASE Conference in Liverpool, in January this year. Debbie is Head Teacher of La Sagesse school in Jesmond, Newcastle.

Geoff TAYLOR (MSc Occupational Hygiene 1986) is editor and co-author of a new book entitled Enhancing Occupational Safety and Health. It has now been published in Chinese as Zhiye Anquan Jiankang by Chemical Industry Press, Beijing.

1990s
YUNIWO Edison (BSc Soil and Land Resource Sciences 1990) is founder and President of the Foundation for Resources and Community Empowerment of Cameroon (FORCE-CAM), a Cameroonian NGO that takes care of HIV and AIDS orphans, in providing support for their education, medicare, nutrition and livelihood needs.

2000s
Hossein ABBASPOUR (PhD Agricultural and Environmental Sciences 2000), Hassan MARASHI and Mohammad Reza AMERIAN (MPhil Agricultural and Environmental Science 2000; PhD 2002) are all friends from Newcastle University, and are now based back in Iran. Dr Marashi is Deputy Head of Education at Mashhad Ferdowsi University, where Dr Abbaspour is also Head of Postgraduate Education in the Department of Agriculture. Dr Amerian is Vice-Chancellor of Shahrood University of Technology.

We are pleased to announce that, following our appeal for information regarding the Class of 1990 Civil Engineering reunion, a friend of John Dore organised a reunion at the end of the year. John Dore is now in touch with his former classmates and hopes to attend the reunion at the end of the year.

David LITTLEFAIR (BA Applied Communication 2007) has been working in marketing since his graduation, and is currently part of ifeverynedid.com, a North East-based online social network that encourages users to adopt habits that reduce their impact on the environment, and enables them to quantify their energy savings. If you’d like to register, visit www.ifeverynedid.com

Alistair STATON (BSc Geography, Surveying and Map Science 2007) is currently working for British Waterways in Leeds, where he’s found himself handling 400-year-old documents relating to the Aire and Calder Navigation.

Zhen YE (LLM 2000) pursued a PhD after graduating from Newcastle, and is now a senior lecturer at the University of Hertfordshire Business School, researching the business and economics aspects of creative industries both in the UK and China. In September 2007, Dr Ye was also appointed Professor at Xiamen University in China, a partner of Newcastle University. Mandarin speakers can read an interview with Dr Ye in Beijing Business Today at http://tinyurl.com/23ppdr

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The Development and Alumni Relations Office (DARO) organises a number of alumni events and reunions each year, and all graduates are encouraged to attend where possible.

For our full events programme, and reviews and photos from previous events, please visit our website at www.ncl.ac.uk/alumni/events Please keep us informed of any change to your postal or e-mail addresses, using the contact details at the bottom of the page, so we can ensure that your event invitations arrive with you in plenty of time.

Event Reviews

Triple event in South East Asia.
On 28 March, the Meritus Mandarin Hotel in Singapore welcomed around 120 Newcastle alumni, who heard about recent University developments from a number of speakers. The following night in Kuala Lumpur, around 60 Malaysian alumni met up at Le Meridian hotel, and heard about our new NuMed campus, amongst other developments. And in Bangkok on 4 April, around 40 guests met for an inaugural Thai alumni event at the Manna restaurant in the Siam Paragon. We hope this will be the first of many meetings. We would like to thank everyone who was able to come, and extend a special thank you to those who lent their support in these three successful events. If you were unable to attend we would still like to hear from you. Please contact alumni-office@ncL.ac.uk for more information.

Golden opportunities for Newcastle graduates

Have you graduated in the last ten years? If so, you might be interested in a new series of social and business networking events, hosted by our Gold Network.

The Gold Network has been running since 2006, and launched in Newcastle, London, Greece and Norway. Some great sponsorship deals mean that we’re able to provide complimentary drinks in some of the world’s finest venues, with special guest speakers offering insights into the world of business. We’ve recently held events in London’s Soho House 21, and the British Ambassador’s residence in Athens, and reviews and photos are available to view on our website.

The next Newcastle event is planned for 17 July at the Baltic’s Riverside Restaurant, so keep an eye on www.ncl.ac.uk/alumni/intouch/branches/gold for details on how to book your place.

Forthcoming Events

20–22 June 2008 – Reunite! 2008. This year’s Reunion Weekend has had a revamp, and all our graduates are invited to help us celebrate the highlight of our annual events calendar. Curry night at the Valley Junction; visits to Culture Lab, Seven Stories, and the Institute for Ageing and Health; football; golf and a Northumbrian themed evening of culinary indulgence. Don’t miss out on the festivities! See p14 for our full itinerary, and book your place by filling out the attached form, or visiting www.ncl.ac.uk/alumni/reunite

22 June 2008 – Walton Trophy alumni golf tournament. Close House Country Club, idyllically located by the Tyne near Heddon-on-the-Wall, Northumberland, is the venue for our annual alumni golf competition: the Walton Trophy. Eighteen challenging holes will be followed by a two-course meal and award presentations. And proceeds from this year’s event will go to support Elite Athlete Scholarships right here on campus. See p15 for more details, and book your place using the attached form.

Summer 2009 – MB BS Class of 1959 Reunion. 2009 marks the fiftieth anniversary of the Class of 1959, and a group of North East-based graduates are organising a midsummer reunion to mark the event, which will conclude with Reunite! 2009. Please contact Dr Ann Brown (née Crump), with details of your whereabouts, and anyone with whom you are in contact, at: annandhughbrown@c-pac.biz

Contact Us If you need any further information on any of our events, have any suggestions on future events, or would like to recommend a venue, please contact our Events Officer Maria Szpitun by e-mail at m.szpitun@ncl.ac.uk or by phone on (+44) 0191 222 3638. You can also visit our website at www.ncl.ac.uk/alumni/events
Think postgraduate study

Think Newcastle

We have over 250 taught postgraduate programmes and research degrees available, some of which are fully funded. We also offer a 10% alumni tuition fee discount on most of our postgraduate programmes.

For more information see www.ncl.ac.uk/postgraduate, enquire online at: www.ncl.ac.uk/enquiries or call us on 0191 222 5594

Postgraduate Open Days
26 November 2008 and 4 February 2009