

Spring seems a long time ago when you last heard any news of the green and now here we are into winter when not much can be done. However work has continued in the background. Many of you will have seen the lovely bench made by Paul Mutti as part of the memorial to Mike Wright. Bulbs have been planted and new willows round the area and we are awaiting the arrival of two bollards to go either end of the bench as a tribute to Mike's Naval career. A plaque will be fitted to the bench and we hope Gillian, his wife, and family will be able to come along in the spring for a dedication.

The **AGM** was held in October, the Chairman reported that the green and Harry's Wood had been particularly well used and enjoyed by a number of villagers and visitors as 'lockdown' meant more people worked from home and children's playgrounds were shut this year. Thanks were given to Peter Emery for keeping the Trustees well versed in the necessary legal documentation as well as the accounts. Income, like everything else, was down due to Covid as there had been no funds from the Fete or Tug of War this year. Thanks also went to Heather Emery. The MG Lottery has helped funds and we would encourage all villagers to join if you haven't already done so. As always, a big thank you to all those on the Mowing Rota who keep the grass in good order and those who cut the hedges and pick up litter. The Parish Council has moved the waste bin from near the seat beyond the white bridge to the green where it will be more useful. Dog fouling continues to be a problem despite notices, bags and appropriate bins.

Ash die back has been recorded in Harry's Wood and the smaller trees will be felled in January. Tawny Owls have been spotted in Harry's Wood and are using the nesting boxes we provided.

We have lost some Trustees this last year and would love to recruit new members. If you are interested in our green and Harry's Wood and would like to join us, please get in touch with the secretary.

Saturday 5 December was to be our big Autumn clear up but rain stopped play and it was rescheduled for the Sunday. A big thank you for all those who turned up and within 2 hours they had cleared all the undergrowth, burnt it on a rather smoky bonfire, tidied the bank and cut the inside of the hedge! Well Done!

We all look forward to a better year next year and hopefully the Frampton social calendar will return to the Millennium Green.

**Cynthia Whyte,
Secretary, Frampton Millennium Green**



Nature Notes

- Christine Chappell -

Once again nature notes are coming from The Gambia to make you think of long summer days, warm sunshine and the holidays that so many have missed this year.

As no direct flights were scheduled I made the decision to make the journey via Brussels which did extend the travelling time, but with careful planning, including arranging my Covid negative test, and checking procedures for my return, I succeeded in my planned trip. Some travellers took the PPE to extremes as you can see from the photo taken at Brussels airport. They even wore goggles and some had plastic bags over their shoes – reminiscent of people entering the site of a crime scene or recent nuclear disaster.

I stepped out of the plane into the warmth of a tropical evening in Banjul and after having my temperature taken, hand sanitising and the checking of Covid negative certificate and passport, I headed to my nearby accommodation for the first two nights. The remainder of my trip was spent further along the coast in a small newly built eco-lodge situated 100 yards from the beach and surrounded by perfect birding locations. Without moving from my sunbed in the shade of a spreading laburnum tree in the grounds, I had excellent views of some of the commoner small birds such as fire finches, village indigo birds, weavers, and red-cheeked cordon bleus (photo shows this was not a food item).

On morning walks my guide spotted more beautiful birds such as pin-tailed whydah yellow billed shrike Senegal parrots, purple glossy starlings and red bishops. Walking along the miles of deserted sandy beach there were a few more familiar birds, among them whimbrel, grey plovers

and sanderlings, and ospreys were seen flying overhead daily. I enjoyed seeing the local cattle on the beach, apparently they wander about all day grazing and lying on the beach (just like tourists) then return home at night. Whilst they relax on the sand any mites and pests are removed by the diligent ospeckers.

The Gambia does have a few tourist attractions besides the beautiful beaches, the markets and the abundance of friendly people, but sadly I was the only tourist at this time. I did enjoy my visits to the reptile farm and the crocodile pool at Bakau. A 10 year old girl escorted us round the reptiles confidently handling all the snakes, lizards and other creatures and at the same time giving a very informative talk about them. I was persuaded to have a royal python draped round my neck – not as frightening as anticipated – just a bit cold and soft.

The crocodile pool at Bakau is estimated to contain over 100 of these reptiles and visitors just walk among them. They are fed a daily diet of fish so spend most of the daylight hours either lying in the pool or lying in the sun and totally ignoring the visitors who are encouraged to feel the difference between their hard scaly backs and soft underbelly.



Ibrahim



The wildlife even extended to my lodge as I had to remove a very persistent large toad from the shower room every night and on one occasion a 6 inch long black centipede from the veranda.

I have to say that my ten days of sunshine and relaxation more than made up for the 14 days of quarantine imposed on my return, and as the UK had again gone into lockdown during my absence it did not make a lot of difference.



Red-
cheeked Cordon
Bleus



Yellow billed
Skrike



Purple Glossy
Starling



Red Bishop



Pin tailed
Whydah

Dear Roving Press readers,

It is with sadness that we have decided to close the local books part of our Company. Covid, and the lack of any government support, and the sudden loss of our son Will has forced us to reappraise our priorities. See our website for remaining stock, which we're selling at reduced prices (www.rovingpress.co.uk).

Thanks for your support.

Julie and Tim Musk

A note from Dr Jill Vines on infectious diseases in relation to Covid 19

You might think that with the 3 vaccines for Covid 19 developed and being produced there is nothing more we need to do to get on top of the pandemic, but I think we all need to look after our health carefully.

So in November I decided to write some notes with links to web sites for my family, encouraging them to stay well this winter. One of them suggested that I should send the notes to FVN. I hope you keep well too.

What can you do to help?

Protect yourself and reduce spread of disease

Infectious diseases and many other diseases require:

Pathogen/Transmission/Host Response

Pathogen is usually a microbe, but can be a toxin (tetanus) or a chemical that can trigger a disease.

Typically, Pharmaceutical industries carry out interventions against pathogens by drugs to treat, prevent, and/or vaccinate.

Transmission can be by food, water, touch, droplet, blood and body fluids. Transmission can require another host or a vector such as mosquito. Public Health Departments and Government intervene to reduce transmission: for example, with masks and social distancing in this outbreak of Covid 19. They also advise on public health measures like social distancing, or may take measures to prevent malaria by reducing mosquito spread.

Host Response is variable in many diseases: for example, Rubella causes teratogenic effects in pregnant women, a rash and fever in young children, but in adults a fever and arthritis or arthralgia.

So the fact that Covid 19 corona virus has such varied symptomatology and disease presentations is not surprising.

Factors that effect the Host Response

The individual's age and sex.

Ethnicity (probably genetic differences though culture, lifestyle, diet may play a part.)

Immunity to similar viruses, or previous sub clinical infection may bestow some protection from Covid.

Co-morbidity: other conditions that the individual suffers from - diabetes, obesity etc., (e.g. those with respiratory problems have a worse response to Covid infection). Some co-morbidity is well known, others are not yet recognised associations. Some co-morbidity may be sub-clinical manifestations; conditions not yet known to the individual or their doctor.

Drugs: some drugs may worsen outcomes especially immunosuppressant drugs. There is some concern about NSAID drugs such as ibuprofen as a treatment for fever in Covid sufferers.

Viral load (an ENT surgeon was the first doctor to die). The longer an individual is in contact with an infected person the greater the risk and severity of infection. Also individuals coughing/shouting/sneezing/singing will transmit more droplets and transmit further than quiet breathing.

Time of exposure to droplets, transient meetings are unlikely to lead to disease whilst members of a household are more at risk. (This is the case in TB as well as Covid 19).

The above factors may not be modifiable but it's still useful to know these factors so as to reduce transmission in vulnerable people.

Factors that are modifiable:

An individual host's immune response varies depending on:

DIET: Checkout the WCRF guidelines which give a 30-40% reduction in cancer risk by diet, exercise, low alcohol, no smoking.

<https://www.wcrf.org/dietandcancer>

Having plenty of a variety of plant based foods: greens for folic acid, fruit has Vitamin C. Variety ensures that most vitamins and minerals are present in the diet.

Oily fish provides omega 3 fatty acids and Vitamin D.

Vitamin D supplements are important in winter when there is inadequate absorption of the precursor to Vitamin D from sunlight in the UK. Vitamin D is essential for bone health, immunity, cancer and cardiovascular protection.

Probiotics, and prebiotics, as found in yoghurt and fermented drinks improve immune response.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4006993/>

Raw food has more nutrients since cooking decreases vitamin content. The loss in nutrients depends on the temperature and time of the cooking process.

Good nutrition isn't just the food we eat but the combination of foods at a meal that can change the bioavailability of the nutrients, e.g. wine increases the absorption of iron in a meat meal. Tea and tannins and phytates can chelate (bonding of metal/mineral ions) minerals in a meal leading to less availability of nutrients.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4325021/>

EXERCISE improves cardiovascular health, mental health (exercise liberates endorphins), and respiratory health, helps with normalising weight and so is important for our immune response.

SLEEP: adequate sleep, at least 8.5 hrs in most people, improves immune response.

FRESH AIR: the importance of air flow and air volume in reducing infection by droplet transmission has been documented in Covid. Fresh air reduces exposure of those sensitive to allergens such as house dust, dust mite, moulds, feathers, animal hair, and so can improve symptoms in allergic asthma. Rhinitis has similar causation. The mucosa is important for immunity so fresh air and breathing techniques, see below, may improve the condition of airways mucosa and thus mucosal immunity. <https://medicalxpress.com/news/2020-11-covid-focus-mucosal-immunity.html>

BODY MASS INDEX: BMI. Aim to keep between 20-25 with diet and exercise.

ALCOHOL: it is well documented that heavy drinking increases central adiposity (fat tummy) and obesity that are risk factors for complications with Covid. Alcohol increases the likelihood of Vitamin B deficiency (especially thiamin) which is needed for good immune response.

https://www.euro.who.int/_data/assets/pdf_file/0010/437608/Alcohol-and-COVID-19-what-you-need-to-know.pdf

SMOKING: risk of cancer, to the respiratory system and cardiovascular health.

MENTAL HEALTH: anxiety, depression and loneliness are well documented to increase the risk of many illnesses, not just infection but also cardiovascular disease.

RELAXATION: relaxation has been found to be important for health and protection against a variety of disease. Yoga, meditation, or relaxation have all been found to have positive outcomes in health.

BREATHING TECHNIQUES: Buteyko breathing techniques have been found to reduce requirements for bronchodilators in asthma. Breathing in Yoga is similar.

AVOID VIRAL ILLNESS: Colds, flu and other viral illness can temporarily lower immunity and White Blood Cell (WBC) count. They can cause post-viral fatigue and leave the individual at risk of picking up another virus: perhaps Covid.

So look after yourself and reduce your risk of infections this winter. If you don't contract infectious diseases you will not spread infections. Even if you are infected, asymptomatic individuals produce less viral droplets than symptomatic individuals because they are not coughing.

Jill Vines

I am retired. My first job, as a junior doctor, was in the Infectious Disease Unit of the Royal Free Hospital, at that time (in 1975) in Coppetts Wood. I did an elective at the London School of Tropical Medicine (in 1974). I spent a Sabbatical in 2008 working at Kisiizi Hospital, Uganda, where the commonest infections are Malaria, TB and HIV, some poor people suffer from all 3.

I was interested in Nutritional Medicine and from 2001 to 03 studied Nutritional Medicine part-time at Surrey University. Most of my work was in General Practice or Primary Care.