

10/23/72

XXV

SCIENTIFIC INSTRUMENT MODULE  
EXPERIMENT STATUS CODE

L1	SIM ATT	A	MAP CAM COVER/POS	B	LS HF ANT	C	IR COVER	D	UV COVER	E
	+ +X FWD - -X FWD * NON SIM		0 CLOSED 1 OPEN/EXTD 2 OPEN/RETR		0 RETR 1 EXTD		0 CLOSED 1 OPEN		0 CLOSED 1 OPEN	
L2	PAN CAM	F	MAP CAM/ LASER ALTM	G	LS	H	IR	I	UV	J
	0 OFF/STBY 1 PWR/STBY 2 PWR/OPERATE 3 BOOST/STBY		0 OFF/OFF 1 STBY/OFF 2 ON/ON 3 STBY/ON 4 ON/OFF 5 ON(IMC-OFF) /OFF		0 OFF 1 HF MODE 2 VHF MODE 3 RECV ONLY 4 STBY		0 OFF 1 ON		0 OFF 1 ON	

USUAL CONFIGURATIONS

PRE - SPS BURN PREP (\*0000) SLEEP (±0011) or (+0111) MIN POWER ( 0000)  
(31000) or (31011) (01011) (00000)

SIM BAY SECURE ( 0000) or ( 0001)  
(Dumps, Thermal, Thrusters) (01011)

# Lambeth 2030

OUR FUTURE, OUR LAMBETH





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impacting lifelong health – this needs to change now. Whilst we have an array of programmes underway to clean up Lambeth’s air, the work we do with our partners and local communities will need to go further and act more quickly in order to achieve our objectives.

Healthy active lives

Good health and wellbeing are fundamental to us leading full and rewarding lives and it is our ambition that Lambeth is a place where people are able and supported to have this.

However, we know across Lambeth the benefits of good physical, mental and social wellbeing are not being felt by everyone. Healthy life expectancy unfairly differs in different areas of the borough, with the poorest communities and those from Black, Asian and Multi-Ethnic backgrounds having the worst outcomes across a wide range of health measures.

Through our **Lambeth Together Care Partnership**, bringing together the NHS, local authority, the voluntary sector and others, we are focussed on improving health and wellbeing in Lambeth and reducing inequalities for people in Lambeth through an integrated health and care system. We must continue to work collectively and draw on our shared intelligence about the borough, listen to local people to understand the needs of their communities and build our understanding of what really works to tackle health inequalities. Lambeth is working together in partnership, with action already underway, connecting us together and enabling us to address these challenges and better understand the impact of wider determinants of health such as housing, the economy, employment and the environment on local inequalities, with a clear focus on prevention. It is through this continued cross-organisational working and civic involvement that we can put health and wellbeing at

the forefront of Lambeth’s partnerships and strategies; as highlighted in the **Health and Wellbeing Strategy**, so it is a place where all people can experience good health and wellbeing and where healthy life expectancy is improved for those groups within the population whose outcomes are the poorest.

Central to our collective approach is ensuring that every Lambeth resident has the best start in life. Through our local partnerships, we will develop safe and secure places for young people and children to socialise and develop their personal skills, through supporting positive emotional health and wellbeing including helping our most disadvantaged young people with access to sports facilities and training programmes.

Alongside our vision that all young people have the best start is that we enable our residents of all ages to live fulfilling and rewarding lives. Our residents must have access to high-quality health and leisure services and by working with our health partners, businesses and by recognising the value of community groups in supporting better health, we will focus on the prevention of long-term conditions and support those at risk of physical and/or mental health issues to access the right early help and resources. This requires a whole systems approach and a focus to support our most vulnerable by developing inclusive and innovative programmes and sports partnerships across health, leisure and a range of activities. As part of this, we will create environments that promote active travel, physical activity and healthy choices. From increasing spaces for people to connect around their health, as well as their areas and communities to improving the availability and consumption of healthy and affordable food in Lambeth, there are remarkable solutions happening across the borough to help people flourish.







The vision

Through listening and building on what we already know, we’ve created a vision for the future of Lambeth that’s rooted in what people want. This is a vision that belongs to everyone.

Achieving this future vision of Lambeth comes down to all of us. We are all connected, and we all have a stake in Lambeth to make it the best place to live, work and visit in the UK.

From our conversations we know people agree with a group of core priorities and ambitions for the future of Lambeth. They are ready to come together and bring this vision to life, and there is also strong support in the shift towards taking a longer-term view, so that we are ready for the unforeseen challenges of the future.

Our Commitments for Lambeth

To deliver this vision requires individual and collective commitment and action. This means the Council and Lambeth’s communities and organisations coming together and standing as one to transform the ways we work.

By listening to our communities, understanding their experiences, and aligning our priorities with theirs, we can build confidence between Lambeth’s institutions, businesses, community groups and organisations, and residents, and we can ensure that the changes we make, and the partnerships we form, are all contributing to improving the lives of those who live, work, learn and visit our borough.

Our Future, Our Lambeth

Our Vision Statement

Lambeth – a borough with social and climate justice at its heart. By harnessing the power and pride of our people and partnerships, we will proactively tackle inequalities so that children and young people can have the best start in life and so everyone can feel safe and thrive in a place of opportunity.

Our Commitments for Lambeth

- 1. We get the basics right and deliver great public services that fit what people need**
  - We will take a one borough approach to deliver our services consistently and well
- 2. People have a say and stake in the decisions that matter**
  - We will be a listening and open borough that recognises and values our community voices
- 3. We work together in partnership, to harness what makes Lambeth special**
  - We will collaborate with our people and partners to innovate and implement together
- 4. We are accessible, transparent and we stand up to challenges**
  - We will focus on what our residents want and be honest about what we can and can’t do, whilst being courageous to take bold action

Our 2030 Ambitions

The Golden Thread - A Borough of Equity and Justice

- 1. Making Lambeth Neighbourhoods Fit for the Future**
- 2. Making Lambeth One of the Safest Boroughs in London**
- 3. Making Lambeth A Place We Can All Call Home**

# FLIGHT PLAN

MCC-H

0753 CST

59:00

:10

:20

59:30

:40

:50

(21111)  
(1111)

60:00

LMP DON BIOMED HARNESS

CHECK LMP BIOMED  
CDR DOFF BIOMED HARNESS

P52 (OPTION 3)  
(PTC ORIENT)

REPORT: GYRO TORQUING ANGLES  
GDC ALIGN

V48 (21111)(1111)  
CHARGE BATTERY B

## NOTES

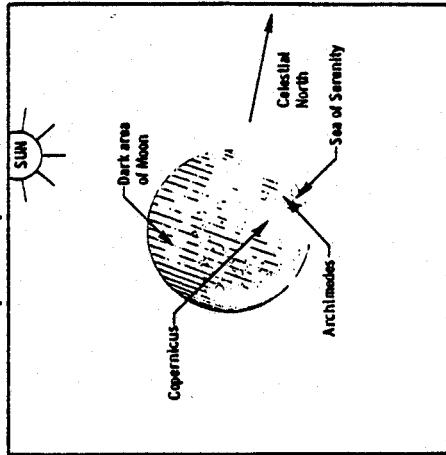
DAP LOAD STATUS  
(21101)(1111)

P52	IMU REALIGN
N71:	---
N05:	---
N93:	---
X	---
Y	---
Z	---
GET	---

PTC

GET=60:00

FOV=5°



MISSION	EDITION	DATE	TIME	DAY/REV	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	59:00 - 60:00	4/TLC	3-54

FLIGHT PLANNING BRANCH

# LM FLIGHT PLAN

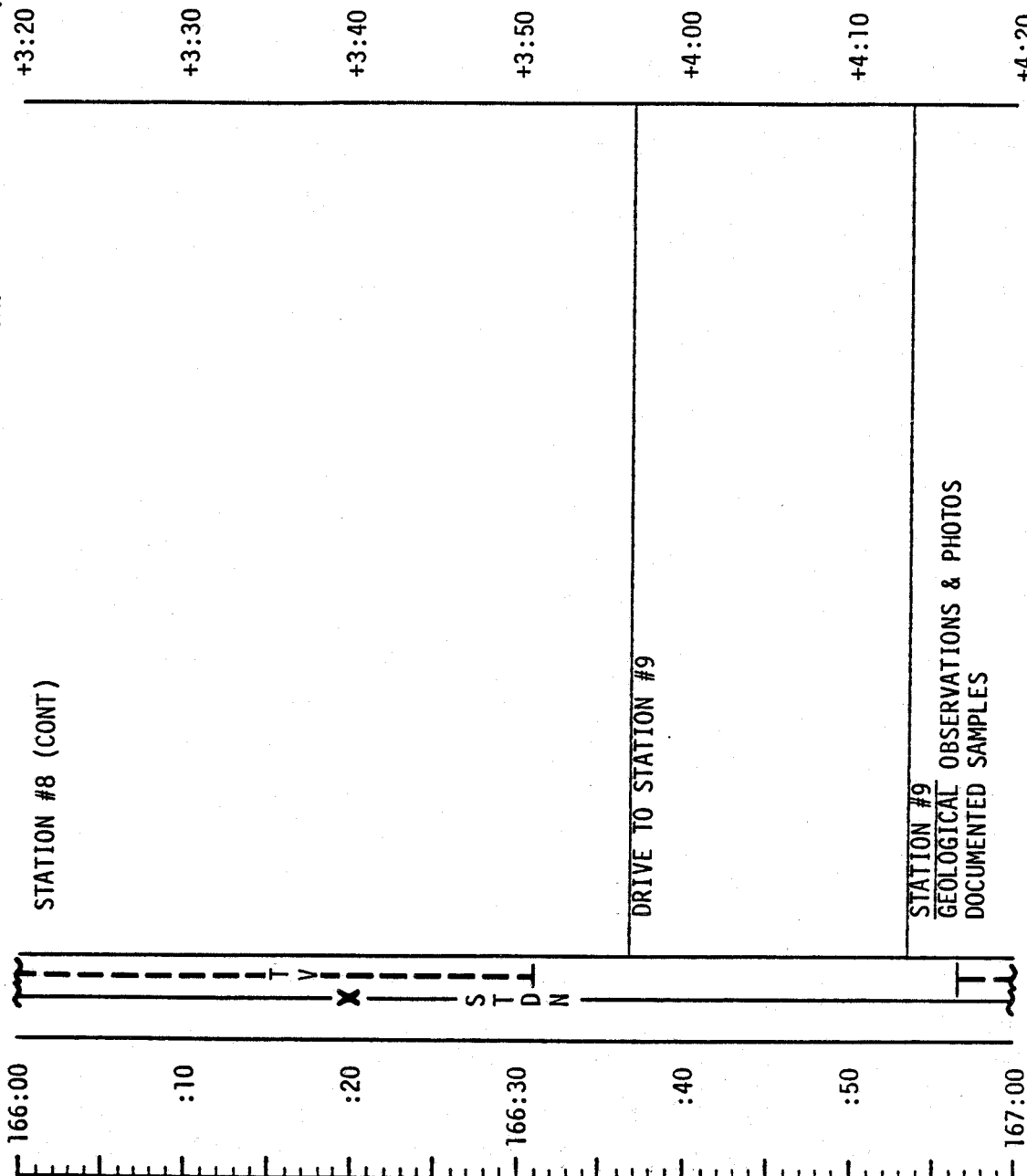
CDR

LMP

NOTES

1853 CST

MCC-H



MISSION	EDITION	DATE	TIME	DAY/REV	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	166:00 - 167:00	8/40	3-232

FLIGHT PLANNING BRANCH

# Work And Education

## What is work?

Work can be paid employment (either self-employed or employed by a company), or something you do on a voluntary basis. Voluntary work can include looking after children or a loved one regularly or working for a local charity. You might be retired, but still take part in community activities, or you might be a student going to school, college or university.

Employment, work or education can be meaningful and important in different ways. Work can be a way of making money, but it can also be something that gives you enjoyment, pride, and it can make you feel good about yourself. Not being in work, or not being able to manage at work for whatever reason, can be scary.

This section will focus on getting you back to paid work, but it should also be useful if you go to school, college or university, or if you volunteer.

## What to do while you are off work:

While you are off work there are a few things you need to do:

- ❖ Keep in touch with your employer and/or line manager.
- ❖ Find out about your workplace sickness absence policy.
- ❖ Know what your rights and responsibilities are about staying in contact with your line manager.
- ❖ Speak to your employer about what sickness benefits you may be able to get.
- ❖ Ask your employer if you will still be getting paid in full, or just getting Statutory Sick Pay (SSP).
- ❖ Speak to your line manager about being referred to occupational health (if your workplace has one).

If you are getting Statutory Sick Pay, it is useful to ask your employer and/or line manager how long this will last for. For more information about other benefits or to get advice about income maximisation, please visit the following website: <https://www.gov.uk/browse/benefits>

What to do when you feel ready to go back to work:

- ❖ If you are off for 7 or less days you can self-certify for this period (you might need to fill in a form).
- ❖ If you have been off for more than 7 days, you will need to get a fit note from your healthcare professional, usually your GP. For more information, please visit: <https://www.gov.uk/taking-sick-leave>
- ❖ Speak to your employer and/or line manager before you go back to work to plan your return.
- ❖ Make a plan (if possible) of what you will be expected to do when you return to work.
- ❖ Remember all your coping strategies in your tool box and use them when you need them.



TABLE 2-3  
(12/6)

CSM COVERAGE BY STDN STATIONS USING 85 FT/210 FT DISH ANTENNA

	GOLDSTONE (GDS)		*PARKS (PKS)		HONEYSUCKLE (HSK)		MADRID (MAD)		*GOLDSTONE (MAR)	
	AOS	LOS	AOS	LOS	AOS	LOS	AOS	LOS	AOS	LOS
EARTH ORBIT	01:29	01:33			01:00	01:05				
TEI (3:21)	03:00	03:06			04:05	08:26			03:01	03:05
	15:17	25:09			19:35	33:27	07:54	16:59	15:52	24:34
TRANSLUNAR COAST			22:15	30:58			22:15	30:58		
							32:07	41:52		
	39:28	49:41	46:40	55:08	44:06	57:35			40:00	49:08
	63:30	73:54	70:50	79:11	68:18	81:36	56:09	66:10	64:02	73:22
LOI (88:56)	87:28	88:44					80:08	88:44	87:59	88:44
TEI (236:40)			245:42	249:33	242:38	252:30			236:52	247:40
	258:25	272:24	270:22	272:53	266:52	276:17	250:45	265:01	258:56	271:52
TRANSEARTH COAST							274:34	289:38		
	282:17	297:25								
					291:48	299:12			282:50	296:43
EI (304:18)							298:15	303:49		

\* 210 FT DISH ANTENNA

## Pace

It is important to balance activity with rest. You may need to rest during activity and allow yourself some extra time to finish what you are doing. Pacing will help you have enough energy to manage your daily activities. It will help you recover faster if you work on a task until your battery is half full rather than empty. Slow and steady wins the race!

Finding a healthy balance can be quite difficult, as on some days you will have more energy than others. Make sure to rest on both 'good' and 'bad' days, and rest before you feel fatigued.

### Top tips for pacing yourself during the day:

- ❖ Break up activities into smaller tasks
- ❖ Use the phone or internet rather than going out
- ❖ Spread tasks throughout the day
- ❖ Build in regular rest periods
- ❖ Plan to rest and recharge between activities
- ❖ Set an alarm (on your phone) to remind you to stop and rest
- ❖ Sit and rest when you can

## Position

Having good postures and comfortable body positions when carrying out tasks (including resting) is really important to help you save energy. For example, sitting in a supportive armchair when watching TV or leaning your hips against the kitchen worktop when washing the dishes.

Good posture lowers the amount of energy needed, as muscles don't need to work as hard. If possible avoid stretching, over-reaching and bending down. Think about how you sit and stand during the day - can you change your posture or position to stop you getting uncomfortable?

### Top tips to improve your posture during the day:

- ❖ Get closer to a task to avoid over-stretching
- ❖ Use both hands when lifting and carrying
- ❖ Keep frequently used items close together (tea and coffee near the kettle)
- ❖ Slide items along work surfaces
- ❖ Sit down to do tasks if you can (peeling potatoes over a bowl on the table, or sitting on the toilet when brushing your teeth)
- ❖ Use gravity to help you – allow something to fall rather than place it on the floor

## Permission

Allow yourself NOT to do tasks that make you breathless and fatigued. It is OK to say NO, and also OK to ask for help from family or a friend when you are finding things tough.

Show them your activity diary so they get an idea of what you can manage. Tell them what you need help with.

Instead of thinking 'I must' or 'I should', try to change your thinking to 'I choose to', 'I would like to' or 'I wish to'. Don't force yourself to do too much and stop and rest if you are getting too puffed out or tired.





Jules Chéret. *L'Oncle Sam*. Lithograph, 1873. Sardou's satire was banned in Paris, and it debuted in New York as *Uncle Sam* (Swann Galleries).

to change the title from the original *La Devote*, triumphed in the end when the play was a big success.

His next work, *Patrie!* (1869), his first serious drama, was another huge success that was turned into an opera in 1886 and later, two films (1917 and 1946). Set in Brussels in 1568 during the Flemish revolt against the Duke of Alba and Spain, it is considered by many critics to be his best play; Victor Hugo, whom Sardou had so long admired, wrote to Sardou, calling it 'Votre oeuvre triomphante, Patrie!'<sup>24</sup> That summer Sardou received a letter informing him of his nomination to the Légion d'honneur as a *Chevalier*.<sup>25</sup>

In 1872, Sardou married for the second time. Doing research on the decor for Marly, he met Eudore Soulié (1817–1876), the chief

24. Georges Mouly, *La Vie Prodigieuse de Victorien Sardou*, p. 257.

25. The Legion d'honneur, the highest decoration in France, is divided into five degrees: Chevalier (Knight), Officier (Officer), Commandeur (Commander), Grand Officier (Grand Officer) and Grand Croix (Grand Cross).

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# Post Exertional Response (PESE and PEM)

It is common for your symptoms to get worse after you do something that uses energy.

Your symptoms getting worse after you use energy on something (also called exertion) is called **Post Exertional Symptom Exacerbation, PESE**. For some people this can mean that their 'normal' symptoms become worse. In other more severe cases, it can feel like you have Covid-19 again. These symptoms can really affect how you are able to recover from Covid.

It is also often called **Post Exertional Malaise, PEM**, but technically this only refers to the symptom of fatigue

We will help make you aware of how to recognise it and give you advice on how to manage this. For many PESE causes the tricky problem of 'to exercise or not to exercise'.

**The following two questions may help you find out if you experience PESE:**

1. Do you experience severe fatigue (extreme tiredness), with at least 3 symptoms in the categories below?
  - a) feel unwell
  - b) feel weak
  - c) don't sleep well
  - d) have pain
2. Does it take a day or more to recover if you have had to use a lot of energy?

If the answer to both questions is **yes**, then you may have PESE




When people with fatigue do too much, or use up all their available energy supplies, they stop being able to carry out activities. This is not improved with a long rest or a good sleep. For some people, this means that they are unable to work or carry out household tasks without making their symptoms worse. In some severe cases, the things that our bodies normally do such as: digestion, heartbeat and breathing, can make symptoms worse.

**Post-exertional symptom exacerbation (PESE)**

Is a symptom that can be very disruptive and often described as a 'crash'. The activity that triggers this to start off does not need to be a *hard* or *big* activity.

**It can be something that was previously normal to you, like:**

- socialising
- Reading, writing or working
- An emotionally heavy conversation
- Daily activity ; showering, doing the dishes
- Sensory environments (loud music or bright lights)
- Walking or other exercise



People with fatigue and PESE are thought to have a change in the way their energy is made. So, the normal way that we produce energy through using oxygen is reduced (aerobic fitness), and the body tries to produce energy in another way instead (this is called anaerobic fitness). This is not as fast at giving you energy, so you will get tired quicker. It takes much longer for your energy levels to recover if you have fatigue, so your symptoms might last longer.



TABLE 2-9 (CONT)

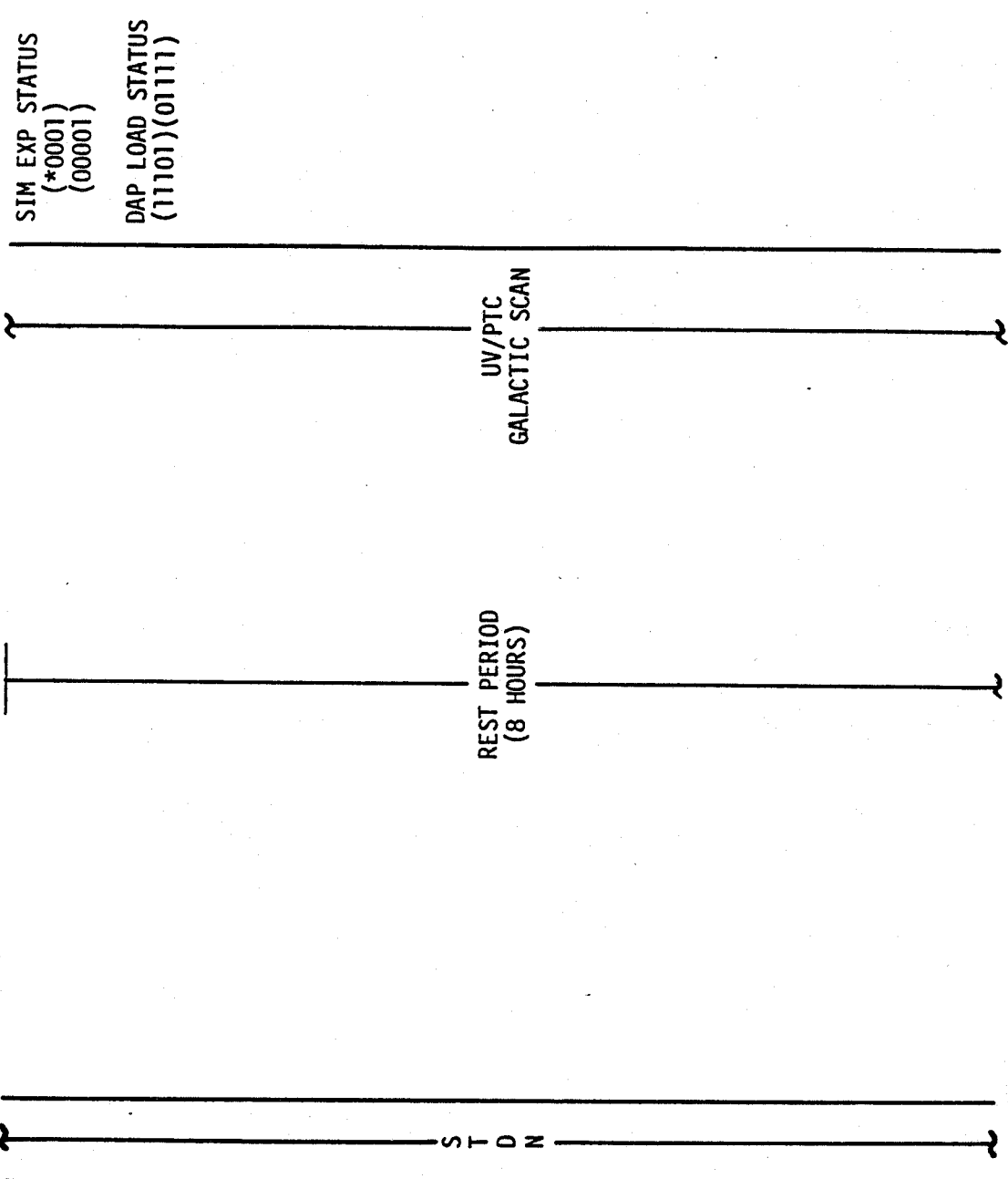
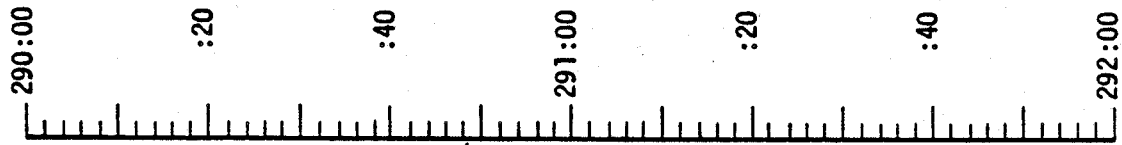
## CSM BURN/EVENT SCHEDULE

BURN/ EVENT	GET I(HR:MIN) BURN TIME	$\Delta$ VT (FPS)	ULLAGE BT	REFSMMAT	RESULTANT HA/HP(NM)	DATE/ CST
TEI SPS	236:39:51.1 2 MIN 22.2 SEC	3045.7	4 JETS 12 SEC	TEI	--	DEC 16 17:33
MCC-5	253:40	Nom Zero	--	PTC	--	DEC 17 10:33
MCC-6	282:18	Nom Zero	--	PTC	--	DEC 18 15:11
MCC-7	301:18	Nom Zero	--	ENTRY	--	DEC 19 10:11
EI	304:18:0.5	NO BURN	--	ENTRY	--	DEC 19 13:11
SPLASH- DOWN	304:31:10.5	NO BURN	--	ENTRY	--	DEC 19 13:24

# FLIGHT PLAN

MCC-H

2253 CST



**NOTES**

SIM EXP STATUS  
(\*0001)  
(00001)

DAP LOAD STATUS  
(11101)(01111)

MISSION	EDITION	DATE	TIME	DAY/REV	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	290:00 - 292:00	13/TEC	3-398

FLIGHT PLANNING BRANCH

Nichols could provide useful materials for his work. In February 1780 he asked to borrow the last edition of Hughes's Letters; and hoped Nichols would get 'Dennis upon Blackmore, and upon Cato, and anything of the same writer against Pope'.<sup>36</sup> In May he asked for the *Oxford and Cambridge Miscellany Poems* edited by Elijah Fenton and Sir Richard Blackmore's *Essays upon Several Subjects*<sup>37</sup> and later the same year, impressed by Nichols's ability to track down rare books, Johnson asked him to find an edition of Prior's works published in 1740.<sup>38</sup> Other borrowers included Joseph Banks, who borrowed *The Craftsman* in 1795<sup>39</sup> and Joseph Warton, who borrowed William Bowyer's copy of the works of Alexander Pope in ten volumes in 1797.<sup>40</sup> But some books were not for loan: in 1805, when Samuel Pipe Wolferstan, a key helper in Nichols's *History of Leicestershire*, asked to borrow Thomas Hearne's 1774 edition of the *Black Book of the Exchequer*, he was told that it was interleaved with notes and too valuable to lend, but that he was welcome to consult it when next in London.<sup>41</sup>

Nichols was wise to be wary because not everything was safely returned. In 1797 John Baker Holroyd, 1st Earl of Sheffield, returned William Lambarde's *Perambulation of Kent* and Thomas Philpot's *Villari Cantianum* which Nichols had lent to Edward Gibbon in 1793 but which were found at Sheffield Park after Gibbon's death in 1794. In 1817 Francis Astley, rector of Manningford Abbots, Wiltshire, offered to recompense Nichols for injury done to a volume of the *Antiquarian Repertory* which had lost its cover having fallen to

36. *Gentleman's Magazine* 1785, p. 10, NAD8975, Samuel Johnson to John Nichols, February 1780.

37. British Library Add. MS. 5159 fo. 21 NAD513, Samuel Johnson to John Nichols, 24 May 1780; Add. MS. 5159 fo. 15, Samuel Johnson to John Nichols, May 1780 NAD8930.

38. British Library Add. MS. 5159 fo. 10 NAD8926, Samuel Johnson to John Nichols, 1780.

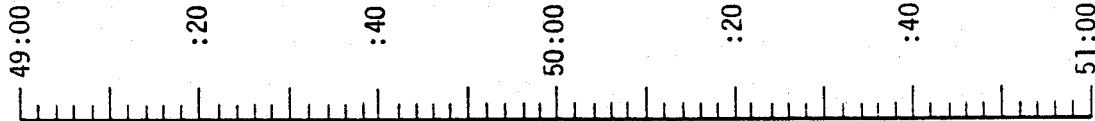
39. *Literary Illustrations*, vol. 4, p. 698, NAD11010, Sir Joseph Banks to John Nichols, 19 July 1795.

40. *Literary Anecdotes*, vol. 6, p. 174, NAD9216, Joseph Warton to John Nichols, 13 September 1797.

41. Leicestershire Record Office, DE6308/28, NAD8043, John Nichols to Samuel Pipe Wolferstan, 11 September 1805.

# FLIGHT PLAN

MCC-H 2153 CST



STDN

REST PERIOD  
(8 HOURS)

PTC

## NOTES

DAP LOAD STATUS  
(21101)(1111)

MISSION	EDITION	DATE	TIME	DAY/REV	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	49:00 - 51:00	3/TLC	3-48

FLIGHT PLANNING BRANCH

## PUT OFF YOUR WORRY

Worrying is normal, but it can become a problem if:

- ❖ It happens a lot.
- ❖ You can't stop worrying.
- ❖ You worry about things that have not happened yet. This means they cannot be solved at the moment.

When you worry for a long time or when you worry a lot – this can make you more nervous and make you worry even more. In turn this may stop you from positive thinking and action.

When a worry thought pops into our head we tend to do two things:

1. We pull it closer - We keep thinking about what makes us worry, hoping to solve it. Instead, because our worry has not happened yet, or may never happen, we get stuck in having negative thoughts about the future that we cannot control or solve.
2. We push it away. We try to get rid of the worry by telling ourselves to stop thinking about it! It seems that the more we try to push it away and not think about it the stronger the worry comes back. What if I told you to not think of a pink elephant? The first thing you probably did was start imagining a pink elephant! It's the same if we try not to think about the thing that is worrying us.

No matter which of these two things you do it is very likely that both will stop you from thinking about your day-to-day activities and the things you like doing. So rather than trying to pull it closer or push it away try to put off thinking about your worry for a while.

Putting off worry does not aim to get rid of a thought. Instead, by setting a specific worry time, we allow ourselves time to express our worries and find solutions. Knowing that our worries will be looked at during our worry time also gives us the space and time to spend the rest of our day in the present moment, enjoying our activities

## HOW DO I PUT OFF MY WORRY?

### Set a worry time

Set a time during the day to think about your worries. This could be anytime during the day for any set length of time (Try no more than an hour). Don't do it too close to bedtime as it might stop you from sleeping.

### Put-off

During the day, if you notice a worry popping into your head, instead of pushing it away or pulling it closer, you can let the thought come into your head. Then tell yourself you will put off thinking about it for now and give your attention to it during worry time.

You can say to yourself something like 'I just had a worry thought of...This is okay. I will let it go for now and I will come back to it during my worry time'.

Once you decide to put off your worry, bring your attention back to the present moment and the thing you were doing. If another thought or the same thought pops into your head, put it off again. You can also write your worry in a notepad for you to remember later.

### During worry time

Think about the worries you had during the day and focus on the ones that are still important. If they are no longer important, you can cross them off your list.

If you are worrying about something that is a problem for you now, then you can use the problem-solving technique on the next page to find solutions.





Feedback from our workshops

“All neighbourhoods, communities and ages are equally connected, invested in and considered”

“Inclusive and diverse spaces for us to connect and build communities”

“Upskill young people by involving them in projects for their community and connect with businesses”

“More council housing and affordable housing more broadly for communities to stay and grow”

“Our streets and estates are socially mixed and there are lots of community activities”

Our Child Friendly focus will cover three areas: safety, place and services. We will use our leadership to ensure that children and young people feel safe in their home and local places across the borough and feel able to trust adults – particularly in positions of authority. We will ensure that through regeneration, children and young people can move more freely in their local areas, and that streets and public spaces are child-friendly and welcoming. And we will continue to transform services, delivered by us and our partners, to ensure they support the growth of all our children and young people, with children and young people involved in shaping decisions about how to make services better at every stage of the process. As a Council, we will be amending our own decision-making process, to ensure that an impact assessment on the rights of children and young people is considered in our policy development and service improvement.

We know that deprivation remains one of the biggest challenges in Lambeth – and will do everything that we can to end child poverty in our borough to ensure that our children and young people get the opportunity they deserve. As a borough we will focus on early intervention, ensuring that services and community groups are equipped to support our ambitions, giving children and young people greater opportunity to shape their own lives. And we will work with our partners and institutions, to make sure that every young person in Lambeth is able to participate in our local offer, and has access to strong employment, training and skills opportunities.

This will require co-operation and leadership – with everyone working together to make Lambeth a better place for children and young people and ensuring that decisions are made with their involvement.

Making Lambeth the best place to age well

As a lifelong borough, we want to make Lambeth the best place to age well by 2030.

We will develop a local approach to becoming an Age-Friendly borough, building on World Health Organisation’s (WHO) framework – creating social and built environments that promote healthy and active later lives for all residents. We will focus on the key areas of community life to build our age-friendly framework: streets, outdoor spaces and buildings, housing, social participation and inclusion, civic participation and employment, community support and health services, and communication and information.

Equity and inclusion will be central to our effort to creating a borough that is truly age-friendly. To do this, we are committed to listening to and working with our older residents to develop shared priorities for the future. We will mobilise action, in partnership, that is targeted to equipping older residents with the support they need to continue to call Lambeth home.



Inclusive economic development and opportunity

Our vision is of a dynamic, strong, equitable local economy, providing opportunities for local people to thrive – irrespective of their starting point. The foundation for this will be Lambeth’s existing strengths in health sciences, low carbon, and creative and digital industries – sectors where we will see our future growth. Economic growth will provide the borough with the resources and tools to deliver the services our residents need.

Our local economy plays an important role in addressing structural inequities across Lambeth. More than ever, we need to be resilient, creative, dynamic, and adaptable to overcome an uncertain economic context. Our ethos is to create an empowered local ecosystem, where all our residents are able to contribute to and benefit from the great opportunities Lambeth has to offer.

By 2030, Lambeth will be at the forefront of an invigorated economy, which provides more opportunities for more people – making a real difference to the realities of our residents. Lambeth will be a place where industry, educational and cultural institutions, the voluntary and public sectors come together to deliver a world class skills system and agile employment support that provide opportunities for good quality work – responding to systemic inequities, the aspirations of our residents and the needs of the economy. We will focus our efforts to create an equitable, anti-discriminatory, anti-racist and inclusive Lambeth, with good quality training opportunities, improved digital inclusion and literacy, and greater financial resilience.

As an attractive destination, Lambeth will capitalise on the opportunities for growth, ensuring that new residential and commercial developments across the borough provide investment to support the creation of an inclusive public realm, parks and new facilities – in support of our ambitions around climate, safety, and health. Our inclusive economic development approach will focus on facilitating sustainable and inclusive development activity which benefits all our communities – providing homes, jobs and vibrant neighbourhoods.

Using our collective civic leadership, we will leverage opportunities for those furthest away from economic inclusion, and those disproportionately so, to unlock their potential – through upskilling, reskilling and sustainable employment pathways. Our businesses and anchor institutions will support this, by working collaboratively to tackle low-pay and in-work poverty and encouraging the growth of local businesses across Lambeth. Our aspiration is to become a Living Wage borough, using a place-based approach to support families, communities and our local economy by uplifting low-paid workers to the real Living Wage. Good and fair working conditions are also crucial to providing opportunity and we aspire to see more businesses across Lambeth engaging with the Good Work Standard. Partnerships will be crucial – and we will continue to maximise collaboration with BIDs, businesses and other partners to create the conditions for our residents to thrive.







### Quality housing for local people

Good quality, affordable housing is the basis of stability and security for individuals and families. It can provide the foundation of good health, wellbeing and independence, and support people to participate in the local economy and benefit from growth. Yet Lambeth, like the rest of the UK, is in the grip of a serious housing crisis – in terms of availability, affordability, and safety. This is compounded by national policy which stifles both delivery and the financial context within which housing operates.

Whilst we have seen the delivery of the first new council homes in a generation, we recognise that the pace of growth has not matched demand and that is why the Council is committed to accelerating the delivery of affordable housing with our partners. We know at the same time as delivering more homes for social rent, that there is more to do around standards and conditions of existing homes, and our relationship with residents. To ensure that Lambeth is a place we can all call home, we are committed to refreshing and resetting our approach – with residents at the centre.

Our vision is to ensure everyone has access to a safe and secure home, which is affordable and sustainable. We have committed to increasing the delivery of affordable housing, ensuring that growth delivers investment in our communities. We will go further in our commitments on sustainability, to achieve our net-zero ambition and protect our collective future.

Driving this forward will be a new **Lambeth Housing Strategy**, setting out how we can accelerate the delivery of affordable housing in Lambeth, providing suitable housing options for all stages of life so that it is easier for people who grow up in Lambeth to continue living here. As a major landlord in the borough, the Council will set out an ambitious improvement plan for its stock including transforming its housing management and repairs service, so that Lambeth residents have the quality they deserve – and a voice to ensure services work for them. And we will ensure that housing is at the heart of our approach to supporting healthy and safe communities – working in partnership to tackle homelessness, deliver better standards for private renters, and supporting residents into work.



### A borough of sanctuary

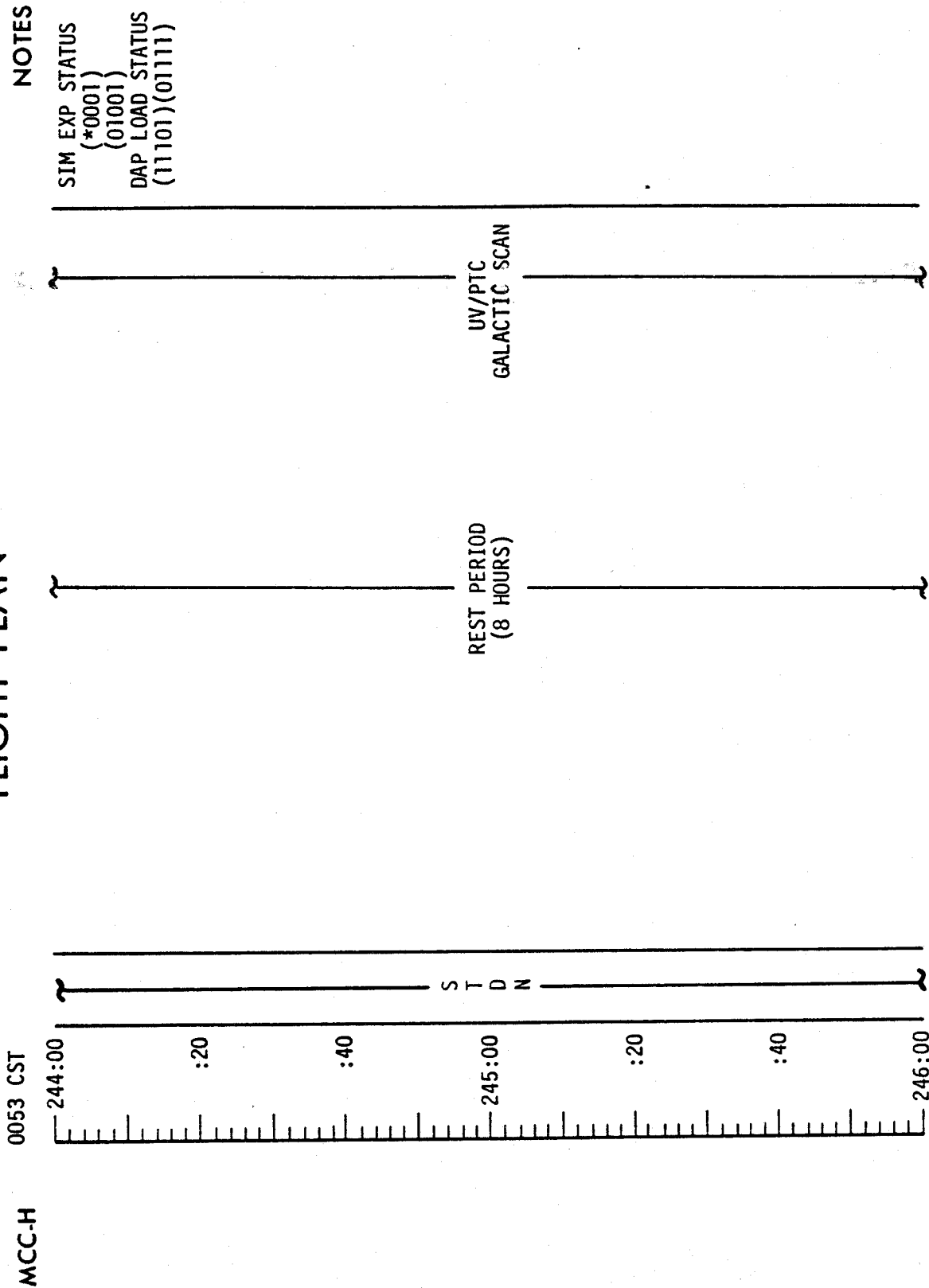
Lambeth has a proud history as a place of sanctuary, hope and opportunity, welcoming refugees from across the world. This will not end, and we have renewed our commitment to never turn our back on those seeking our help by gaining official **Borough of Sanctuary** status – becoming only the second London Borough to achieve this.

We want Lambeth to feel like home for everyone – and we will continue to be a borough that values refugees, migrants and all those seeking sanctuary, supporting them through loss and trauma and working with them to rebuild their lives – safe from violence and persecution.

Lambeth’s vision is clear – we want to improve equity of access to support for all sanctuary-seekers and raise the voices of people with lived-experience. We will be led by five core values: Inclusivity, Openness, Participation, Inspiration and Integrity. To drive this forward, we have created the Lambeth Sanctuary Forum, a multi-agency group working with the voluntary and community sector, structured to deliver the priorities of our sanctuary-seekers, with humanity and compassion.



# FLIGHT PLAN



MISSION	EDITION	DATE	TIME	DAY/REV	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	244:00 - 246:00	11/TEC	3-357

FLIGHT PLANNING BRANCH

However, library catalogues in this period served just as much to advance the fundraising needs of their relatively fledgling institutions as they did to connect books and readers, especially critical since these institutions did not generally have funds available for the purchase of books and were completely reliant on donations. The deployment of early library catalogues for fundraising has been little studied. In this article, I shall try to explore how they came to serve this function in the early 18th century, focusing on the case of Harvard's 1723 catalogue.

Many objects circulating in the early 18th-century world of print, and particularly in libraries, were intended to recognise or encourage philanthropy. Manuscript benefaction registers existed at many Oxford and Cambridge college libraries in the 17th and 18th centuries, inspired by the example set by Thomas Bodley, who began to prepare a 'publike Register' more than two years before the opening of the Bodleian Library on 8 November 1602 to record three kinds of gifts: 'one in bookes alone, an other in mony, and a third in bothe'.<sup>3</sup> The sumptuous bindings and elaborate illustrations of surviving registers suggest that their chief purpose was to encourage gifts from prospective patrons. A particularly elaborate example from The Queen's College, Oxford, bound at the workshop of the great Restoration bookbinder Samuel Mearne, was silver-embossed, with finely prepared calfskin used for its leaves.<sup>4</sup>

(N[ew] London [CT]: Printed by T. Green, 1743). The only other American college library catalogue printed before the American Revolution was Princeton's: *A Catalogue of Books in the Library of the College of New-Jersey* (Woodbridge [NJ]: Printed by James Parker, 1760). All three have been reprinted in modern facsimile editions with introductions: W. H. Bond and Hugh Amory, eds, *The Printed Catalogues of the Harvard College Library, 1723–1790* (Boston: Colonial Society of Massachusetts, 1996); James E. Mooney, ed., *Eighteenth-Century Catalogues of the Yale College Library* (New Haven: Yale University, 2001); Julian P. Boyd, ed., *A Catalogue of Books in the Library of the College of New Jersey* (Princeton: Princeton University Library, 1949).

3. G. W. Wheeler, ed., *Letters of Sir Thomas Bodley to Thomas James* (Oxford: Clarendon Press, 1926), pp. 32, 611.

4. Jonathan B. Bengtson, 'Benefaction Registers in Oxford Libraries', *Library History* 16 (2000), pp. 143–52; Bengtson, *Treasures of The Queen's College Library, Oxford* (Oxford: The Queen's College, 1999), p. 9; Charles Benson, 'Libraries in University Towns', in Giles Mandelbrote and K. A. Manley, eds, *The Cambridge History of Libraries in Britain and Ireland: vol. II, 1640–1850* (Cambridge: Cambridge University Press, 2006), pp. 113–14.



# Our Shared Vision: Lambeth 2030

## The process

Our residents are local experts and are the people who know Lambeth best. Building the future of Lambeth will take all of us working together and we wanted to use this process as the start of our collective effort to shape the future of Lambeth.

Everyone who lives, visits and works in the borough was invited to share what makes Lambeth unique and why it is important to them, what they would like the future Lambeth to look and feel like and the challenges they are facing now and anticipate on the road to 2030. Crucially, we asked what ideas for change people had also so that this Borough Plan and its ambitions can make a real difference to people's lives.

Building on the results of the Child Friendly Lambeth consultation, and data and learnings from the Citizens' Assembly on the Climate Crisis and the Health and Wellbeing Strategy, Citizens' Assembly and the Health and Wellbeing Strategy, across 2022 we held a series of open invitation workshops attended by residents and local voluntary and community organisations, ran several focussed discussions with charities and local organisations to better understand the perspectives of different resident groups and to ensure we were capturing a representative voice of Lambeth's residents, we held weeks of on-street conversations in community and public spaces, and we also ran an open Lambeth 2030 survey.

**'Our Future, Our Lambeth' is a product of these conversations. It has been shaped by our residents, local organisations and partners and is a result of your time, expertise, and passion – and it represents the beginning of our journey to Lambeth 2030 together.**

## The results

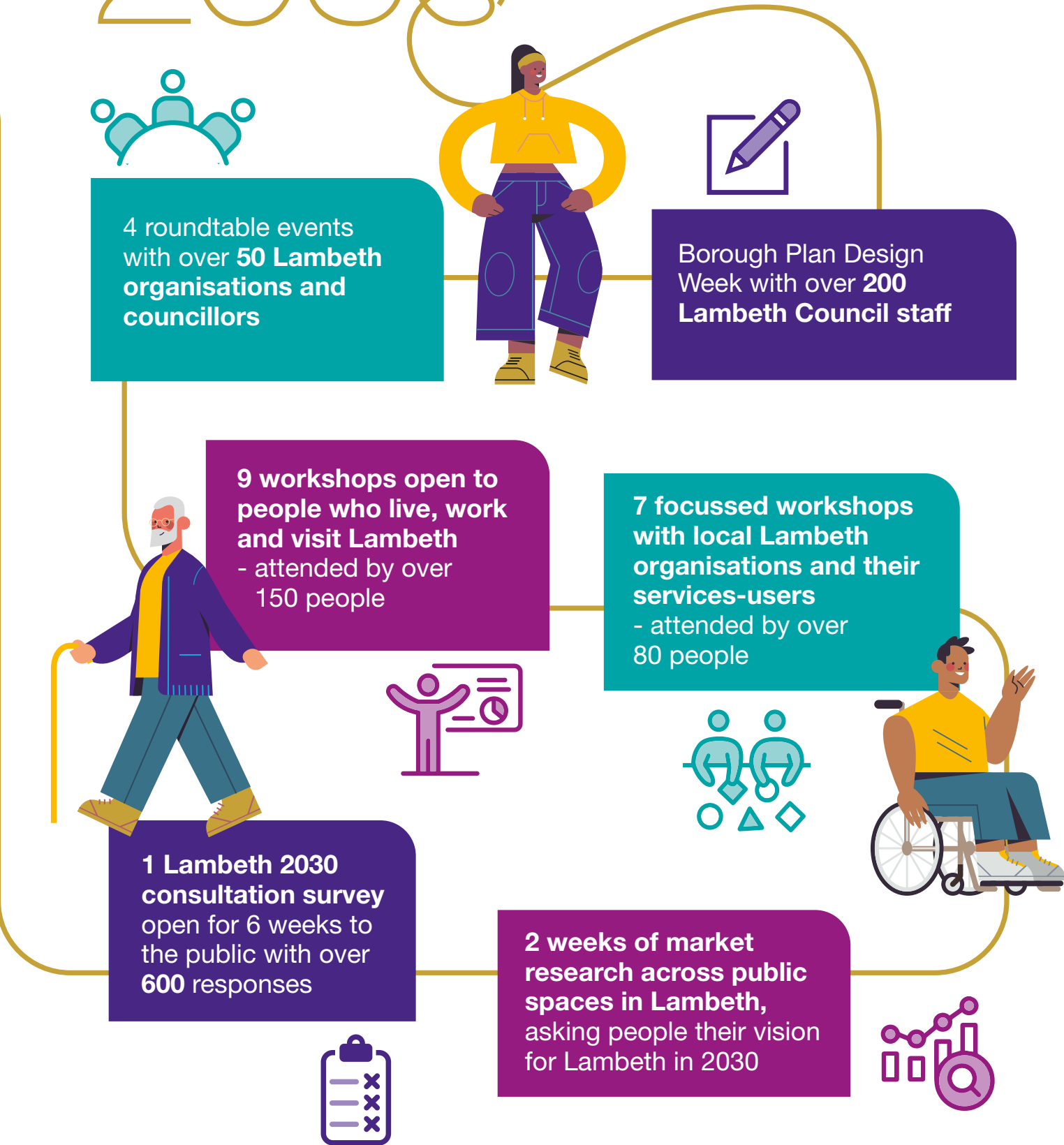
We know that the people of Lambeth are proud of its rich history and legacy of activism, and that our ability to be different and lead the way must be celebrated and not forgotten. Underpinning this is the pride in the diverse cultural offer that the people of Lambeth bring to one another, making it a place where people feel welcome, and our renowned institutions, venues and green spaces feel like home.

Across Lambeth's communities this pride and spirit has culminated in people coming together in inspiring, resilient partnerships, and there continues to be a strong and determined willingness to stand up to the challenges facing us in the here and now to improve and fulfil the lives of others throughout the borough.

**It is this connectedness to one another, our neighbours, our spaces and the borough that people have told us they want to be nurtured and grown as we look forwards to the future of Lambeth.**

As well as retaining this uniqueness and enabling people to have a stronger stake in their borough and its future, it is widely understood that the stark pressures of inequality and injustice and their distinct impacts are felt differently across our communities, with some feeling like they no longer have a place in Lambeth. These challenges, compounded by central government funding cuts to local services despite a rise in demand and need, mean that we need to be bold and innovative to create a borough that works for everyone, and that we need to do this through working together, listening to those who know best.

# Our Borough Plan Engagement 2030





1053 CST

**CDR**

**LMP**

## NOTES

**CABIN REGULATOR CHECK**

## RATE GYRO TEST

PREP FOR UNDOCKING

LM TIMELINE BOOK PAGE 1

SET DAP  
V06 N20

P47 THRUST MONITOR  
CSM/LM UNDOCKING 8

YAW LEFT 60°, PITCH UP 90°

110:27

MISSION	EDITION	DATE	TIME	DAY/REV	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	110:00 - 110:30	6/11-12	3-112

Books in the Library, and that the same be printed in order to transmitt to friends abroad: And that this be don at the Charge of the College.<sup>17</sup>

Seven months later, Joshua Gee, the 'Library-keeper', had prepared a catalogue for the press and was 'desired to take care to get 300 Copys printed off and stitch'd for the Use of the Corporation'.<sup>18</sup> Bartholomew Green, of the Green family that supplied so many printers in colonial Massachusetts and Connecticut, had printed Harvard's annual half-sheet *Theses and Questions* for several years. His services were engaged again to print the catalogue, which must have been a more complicated and multilingual project than he was accustomed to. Hugh Amory has discussed the irregular sizing of Greek versus Roman and italic type and the wide variety of initial capitals in the catalogue, as well as its unusual format (quarto in 2s), all of which suggest a printer out of his depth.<sup>19</sup>

The Harvard catalogue may not have been a typographic masterpiece, but by the Harvard Corporation's 5 October 1723 meeting, it had finally been printed and stitched. The Corporation voted to send 100 of the catalogues to England, ordering 'that 30 of them be deliver'd to Mr Hollis, 30 to Mr Neal, 12 to Mr Newman, 12 to Mr Agent Dummer, 6 to Governor Shute, 6. to Iohn Chamberlayne Esq<sup>r</sup> & 4 to Mr Loyd'. They also deemed 'that the Overseers of the College, the Members of the Corporation, the Professors and Tutors in the College, & the Speaker of the house of Representatives be each of them presented with a Catalogue of the College Library'.<sup>20</sup> Important figures at Harvard and in Massachusetts received single copies. They presumably did not have the sort of valuable contacts the college sought. The largest quantities were reserved, not surprisingly, for well-connected English and colonial friends of the college living in England. These were Hollis and Neal, Englishmen whose powers of persuasion had already been proven; Dummer,

17. College Book IV, *Harvard College Records* 2 (Boston: Colonial Society of Massachusetts, 1925), p. 467.

18. College Book IV, *Harvard College Records* 2, p. 476.

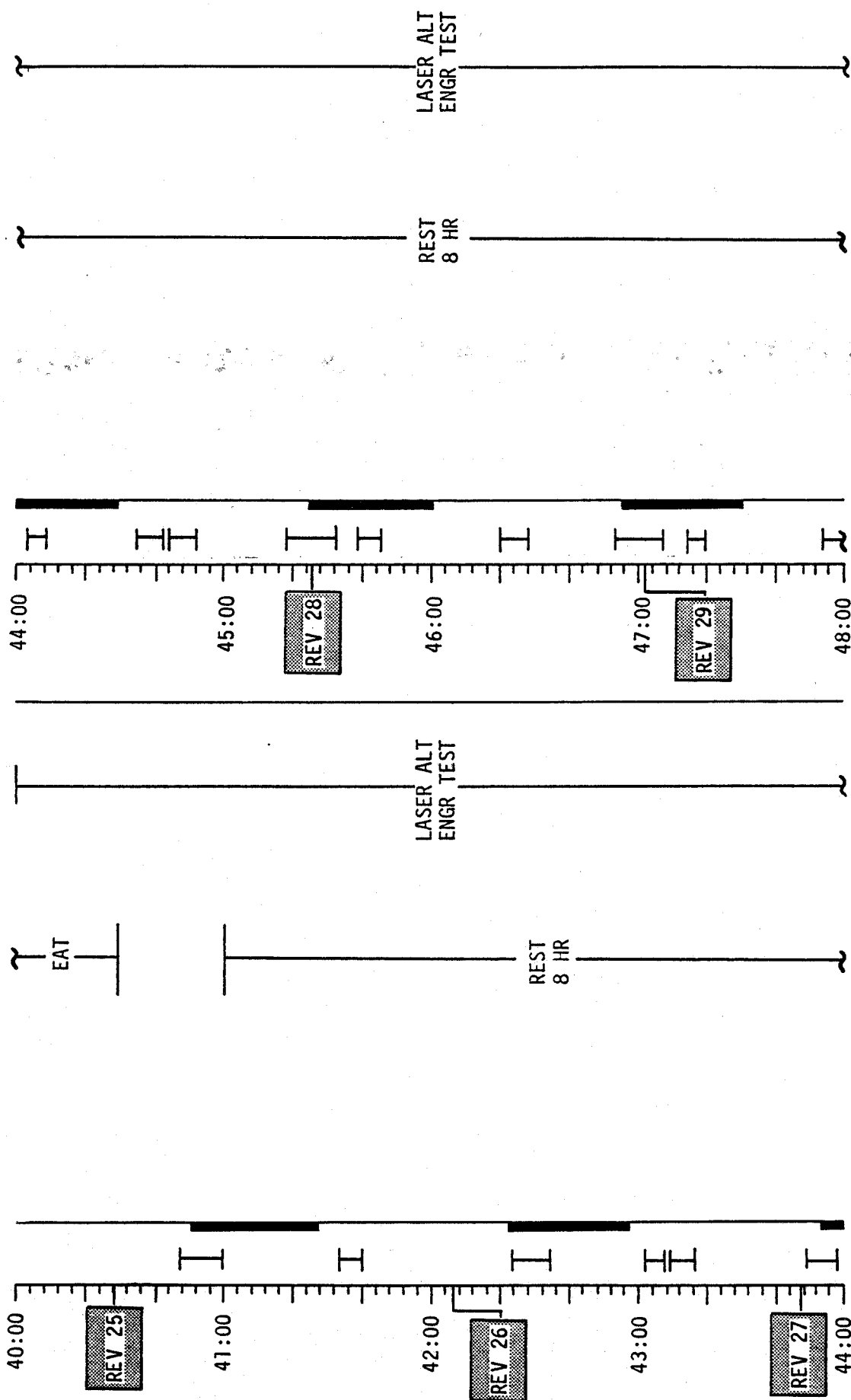
19. Bond and Amory, eds, *The Printed Catalogues of the Harvard College Library*, pp. xxxi–xxxii.

20. College Book IV, *Harvard College Records* 2, p. 503.

# FLIGHT PLAN

EARTH ALTERNATE

1253 CST



MISSION	EDITION	DATE	TIME	DAY / REV	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	40:00 - 48:00	2/25-29	6-8

FLIGHT PLANNING BRANCH

building of the new house.<sup>13</sup>

Assessing Winn book ownership of any period is complicated by the preponderance of Edmunds, Georges and Rowlands, and by the family's inconsistency in signing their books. The earliest book with a definitive Winn family inscription is a bind-up of an edition of Horace printed in Paris in 1544 with an edition of Juvenal printed in Lyon in 1557, which bears a rare dated inscription: Ed: Win 1602 (fig. 4), identifying it as a book from the library of Edmund Winn of Thornton Curtis (1583–c.1645), the son of Elizabeth I's draper.<sup>14</sup> This book must have come to Nostell with the family, along with three other books bearing inscriptions also relating to this Edmund Winn, all printed in the early 17th century.<sup>15</sup>

13. Three significant collections of early books at Nostell can be discounted, as they were acquired post-1750. Firstly, in 1781, Louise Sabine d'Hervart (1734–1798), the wife of the 5th Baronet, inherited from her mother a collection of 'Bound and unbound books, French, German and English'. These books were shipped from her family home in Vevey, Switzerland, and remain at Nostell today. The French and German books are relatively easy to identify – many are bound in characteristic Swiss bindings, or marked with the names of former d'Hervart, Weiss, and Dünz owners – the English books less so, but around 150 books can now be securely identified from the inheritance. Secondly, Charles Winn acquired significant numbers of early-printed books in the 19th century, but he was assiduous in recording his ownership: his books are all clearly marked with inscriptions, stencils and bookplates. He was equally assiduous in not marking books inherited by him. Thirdly, the West Yorkshire Archive Service contains a collection of 254 Civil War pamphlets, accessioned as part of the Nostell Priory papers. The examination of these volumes, however, suggests that these were not collected by the family during the Civil War, but instead by Charles Winn in the 19th century. WYL1352/A1/8/34/1–245 are bound in paper bearing the watermark of (among others) Gilling & Allford, active in the first quarter of the 19th century. Many bear an 18th or 19th-century ink monogram stamp, YMJ, indicating they were not at Nostell in the 17th century, while WYL1352/A1/8/59/1–12 are bound in waste wrappers from subscription books issued in the 1780s and 1790s, indicating that they were in the book trade at that time. Once these three sources are discounted, around 1,000 titles remain printed prior to 1750, none of which bear contrary evidence of ownership. It is the contention of this paper that these represent the Winn family library amassed before the move to the new house.

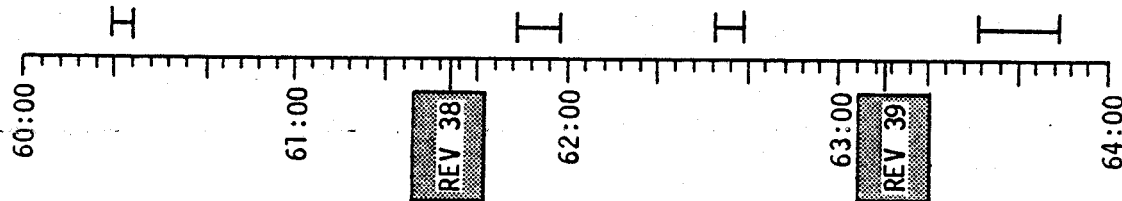
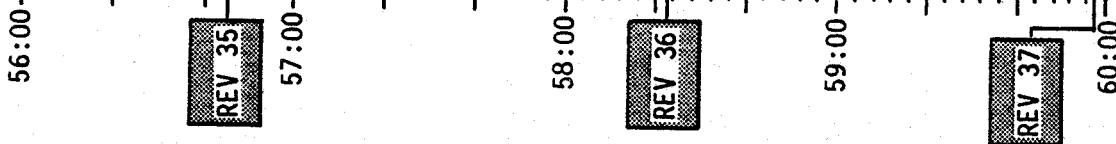
14. Horace, *Q. Horatii Flacci Poemata: Ratio mensuum quibus Odæ eiusdem poetæ teneantur. Centrimetrum Marij Seruij. Variæ lectiones ex uetustiss. Codicibus* (Paris: Ex officina Roberti Stephani typographi Regij, 1544); Juvenal, *Iunii Iuvenalis: & Auli Persii Flacci Satyræ. Iam recens recognitæ, simul ac adnotatiunculis, quæ brevis commentarij vice esse possint, illustratæ* (Lyon: Apud Theobaldum Paganum, 1557) – National Trust Collections Database [henceforth: NT] 3089698.

15. *Iesu Christi domini nostri Novum Testamentum* ([Geneva]: Ex typographia Iacobi

# FLIGHT PLAN

EARTH ALTERNATE

0453 CST



MISSION	EDITION	DATE	TIME	DAY/REV	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	56:00 - 64:00	3/35-39	6-10

FLIGHT PLANNING BRANCH

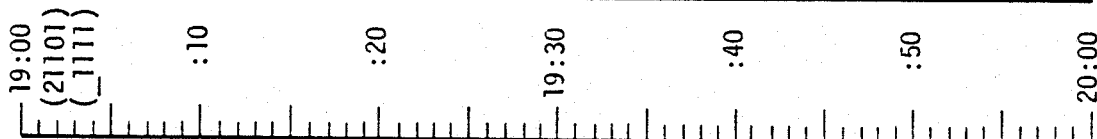


# FLIGHT PLAN

MCC-H

1553 CST

NOTES



LMP DON BIOMED HARNESS

OMNI B

SECURE HGA: MAN, WIDE P -52, Y 270

CSM G&C CHECKLIST

PASSIVE THERMAL CONTROL PAGE G/8-2

V49 MNVR TO PTC ATTITUDE (N20,090,000)

P20 OPT 2, X-AXIS

N78 (0,0,0)

N79 (-0.4200, +000.50)

N34 (0,0,0)

CHECK LMP BIOMED

CDR DOFF BIOMED HARNESS

EARTH PHOTOS

CM/EL/250-CEX(f8,1/250,∞) 4 FR

MAG (KK) \_\_\_\_\_, FR # \_\_\_\_\_

PTC

MISSION	EDITION	DATE	TIME	DAY/REV	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	19:00 - 20:00	2/TLC	3-20

FLIGHT PLANNING BRANCH

UPDATE  
QUADS TO ENABLE  
FOR PTC SPINUP  
FLIGHT PLAN

## Laundry

- ❖ Sit to iron, sort clothes and fold the laundry.
- ❖ Move wet clothes into a dryer a few items at a time.
- ❖ Get help to fold large items such as sheets.
- ❖ Buy clothes that are easy to wash and need little ironing.
- ❖ Use a trolley to take washing outside to hang it up.
- ❖ Use a low washing line to avoid reaching up.



Use this section to make any notes to help you manage your fatigue and save your energy. If you want more information on managing fatigue, please visit the web links in the Resources section on page 79.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.