

St Dunstons
REVIEW
MAY 1977



St. DUNSTAN'S REVIEW

No. 685

MAY 1977

10p MONTHLY

MATRON OF IAN FRASER HOUSE

On 30th April Mrs. N. J. Blackford retired after 14 years as Matron of Ian Fraser House. She joined St. Dunstan's in February, 1963, and worked under Matron Ramshaw for a short period before taking over as Matron on Miss Ramshaw's retirement.

During the war Mrs. Blackford served in the W.A.A.F. rising to the rank of Squadron Officer and she held a Staff appointment. In civilian life she worked in hospital administration—part of the time as Almoner.

Her years of service with St. Dunstan's have included the difficult period when Ian Fraser House was closed for reconstruction and during that time she took over Northgate House where elderly and infirm St. Dunstaners were looked after while Pearson House was used for training and convalescence.

Matron Blackford agreed to continue after the official date of her retirement to assist in the re-opening of Ian Fraser House and her contribution to the re-establishment of services at Ovingdean has been significant and much appreciated.

She will be greatly missed by her many friends among St. Dunstaners and staff, who have expressed a wish to contribute to a presentation fund. Mr. C. D. Wills has kindly agreed to act as Treasurer for this fund and any readers who would like to contribute are asked to send their subscriptions to him at Headquarters.

Matron Blackford has been succeeded by Miss Margaret Mary Johnson who comes from Yorkshire, and who, after training in nursing, travelled widely and has considerable experience in business and in administering large residential establishments. We wish her the best of luck in her important appointment.

ACCOMMODATION CHARGES IN THE BRIGHTON HOMES

Following the decision announced by the Chairman in the July 1976 *Review*, to introduce charges for Permanent and Semi-Permanent residents in St. Dunstan's Homes, it is now necessary in the interests of equity, to operate the following procedure where extended or frequent other bookings are concerned.

St. Dunstaners visiting the Brighton Homes will be entitled to free accommodation for either:

- (a) A continuous stay of eight weeks. Thereafter, for the remainder of the continuous period a charge will be made, but an additional four weeks taken either together or separately at a later period in the same year, will be allowed free.
- (b) Separate periods up to a total of twelve weeks in a year.

A charge of between £10 and £20 per week will be made according to the regular financial commitments of the St. Dunstaners concerned, for each week's accommodation, additional to the above.

A year is defined as twelve months between 1st July and the 30th June. A continuous period extending into a new year may, however, be subject to the charge, but will not count against the free periods allowable for that year.

Special programmed events in the Homes will not count in calculating the total periods of stay.

C. D. WILLS

IMPORTANT NOTICE

London (Kent & Surrey)
Reunion, 7th May 1977

Will St. Dunstaners attending the above Reunion, kindly note that the Station at Aldwych will not be open on Saturdays.

LETTERS TO THE EDITOR

From: Mark Kingsnorth, Brighton, Sussex

Yesterday I received a cheque from the Commandant, Ian Fraser House, subscribed to by colleagues, pupils and friends as a goodwill gift on my retirement. As some of these were from outside Ian Fraser House I would like to express my thanks and appreciation to them. Thank you all very much. As I wrote in my letter to Commandant, it so happens that a treasured wrist-watch has recently failed and is beyond repair, I propose to replace it with one that will also be greatly cherished as a timely reminder of your goodwill expressed through this gift and of the happy years I was privileged to spend with you in playing a small part in the great concept and work of St. Dunstan's.

In your April issue, mention is made of the "The Third Generation" of St. Dunstaners, may they all experience the inspiration and encouragement so ably passed on to us, the second generation, by so many of "The First Generation".

From: Peter Spencer, Weston-super-Mare, Somerset

The recent display of superb courage and determination shown by David Purches in the face of adversity, will not be surprising to St. Dunstan's sportsmen who know him. When a challenge is before him Dave is fully committed and will always give of his best and a little bit extra. He's just made that way.

We send our admiration for him, together with all good wishes for a speedy recovery following his recent operation.

Welcome to St. Dunstan's



On behalf of St. Dunstan's we welcome St. Dunstaners recently admitted to membership. The Review hopes they will settle down happily as members of our family.

E. L. P. Holliss of Emsworth, Hants., who joined St. Dunstan's in March. Captain Holliss was a Territorial and served with the Royal Artillery in both World Wars. He is a widower with a grown-up family.

William Ernest Sharp of Newcastle-upon-Tyne who joined St. Dunstan's in March. Mr. Sharp served in the North Staffordshire Regiment during the First World War and is married.

Henry Wilson Staines of Greenford who joined St. Dunstan's on 30th March. Mr. Staines served in the Ox. and Bucks. Light Infantry and then with the Pioneer Corps where he attained the rank of Sergeant. He served in the Second World War and is married with four adult children.

Bertie Williamson of Colchester who was transferred from Borderline to Full Benefits of St. Dunstan's in March. Mr. Williamson served with the Suffolk Regiment during the Second World War and is married with a grown-up daughter.

LAST CHANCE

This is our last reminder for applications for Derby Sweepstake Tickets. The closing date is Wednesday, 18th May, so get those stamped addressed envelopes in the post with your cheques or postal orders. The winning ticket will cost no more than the "also rans", 20p.

St. Dunstaners only, please, apply
The Editor, D.S.S. Dept.,
191 Old Marylebone Road,
London NW1 5QN.

Draw: London Club, Thursday, 26th May.
All those drawing a horse will be notified.

JUBILEE BOWLS TOURNAMENT

Any bowler interested in taking part in a Jubilee Bowls Tournament for the Blind, to be held in Hyde Park on June 5th, please contact Jock Carnochan as soon as possible.

FRONT COVER: Before the big ski race in Norway, Alan Wortley is seen with his Norwegian instructor, Marianne.



Mr. Garnett-Orme cuts the Jubilee cake at Southampton with Mrs. Barrett.

REUNIONS

Silver Jubilee celebrations at Southampton and Brighton

The first of the Silver Jubilee Reunions, held in Southampton on March 19th, brought almost a hundred guests to the Polygon Hotel.

Under the Chairmanship of Mr. Ion Garnett-Orme, who was accompanied by Mrs. Garnett-Orme, the opening of the 1977 series of reunions with their special significance in the Jubilee year of our Patron, H.M. the Queen, was a very successful occasion.

Ten St. Dunstaners of the First World War attended, 29 from the Second and 4 were those who have come to St. Dunstan's as a result of service in the post war years. With them were their wives or escorts, members of the staff and one guest who had a specially warm welcome, Mr. G. P. Owens, recently retired from his post as Industrial Superintendent.

Welcoming St. Dunstaners on behalf of the Council, Mr. Garnett-Orme said it was a special pleasure as Southampton was in his home county. Mentioning the numbers of St. Dunstaners at the reunion, he named three who were attending their first reunion: Arthur Lowe, of Fareham, Michael Woodcock, of Bournemouth and

Percy Robins, of Salisbury. "We are delighted to have them with us and we hope that this will be the first of many reunions for them," he said.

Referring to Her Majesty's Silver Jubilee Mr. Garnett-Orme said: "Ever since the earliest days of St. Dunstan's, when Queen Alexandra gave Sir Arthur Pearson her gracious support in his work, we have had the encouragement of royal interest in our activities and looking back through old issues of the *Review* one finds a number of reports of special occasions attended by members of the Royal Family.

"Some of you, for example, who are here today, may have been at Ovingdean in February 1948 for the visit of Queen Elizabeth, the Queen Mother; or in 1962 when the Queen and Prince Philip went there; or perhaps you were among those lucky St. Dunstaners who were at our Golden Jubilee reception at St. James's Palace which Her Majesty attended in 1965.

"As you know," continued Mr. Garnett-Orme, "The Queen is our Patron and we greatly value the bond which exists between our family of Commonwealth

war-blinded and Her Majesty and the Royal Family. Long may it continue. Her example is an inspiration to us all."

Mr. Garnett-Orme referred to the special souvenir menu cards and told his audience that the Jubilee Crown pieces distributed to them would be given to every St. Dunstaner, not only in the United Kingdom but to those living in Australia, New Zealand, Canada and South Africa.

After referring to the members of the staff available at the reunion Mr. Garnett-Orme had a special word of welcome for Mr. and Mrs. G. P. Owens. He concluded with a message of love and best wishes from Lady Fraser and said, "I hope that everyone will have a very happy reunion and that, when you go home, you will take with you not only the menu cards and crown pieces as souvenirs but you will also have something to remember and talk about in the future. "I'll give you the toast of St. Dunstan's and ask Mr. Carney to reply to it."

Joe Carney, of Bournemouth, rose to express the thanks of St. Dunstaners in these terms: "Sir, I am sure all St. Dun-

staners here today would like me on behalf of them and their families to ask you to take their best wishes back to the Council of St. Dunstan's and also take our best wishes to Lady Fraser.

"I would also like to convey all our thanks to the staff of St. Dunstan's particularly those whom St. Dunstaners never meet, who are in the background at headquarters. I know some of us have a lot of moans and groans but really at the bottom we do know we belong to an organisation which is second to none in the world."

Mr. Carney paid tribute to Mrs. Yvonne Lyall, Welfare Visitor responsible for the organisation of the reunion and to the staff of the Polygon Hotel. He concluded by reiterating the thanks of all St. Dunstaners.

The afternoon continued with dancing and a great deal of conversation, before tea and the official cutting of a Jubilee cake by Mr. Garnett-Orme and Mrs. R. S. Barrett, who baked it. Altogether Southampton was a very auspicious start to the 1977 Jubilee reunion season.

Joe Carney and Tommy Bice examine the Jubilee crown piece.





Mr. Wills bids goodbye to the Mayoress of Brighton, Councillor Best and Dr. Hopewell look on.

BRIGHTON

The guests of honour at the Brighton Reunion were the Mayor and Mayoress of Brighton, Councillor and Mrs. Peter Best. It was the second of April and the second of the 1977 reunions which celebrate the Silver Jubilee of Her Majesty the Queen.

The occasion drew 103 St. Dunstaners, 27 from the first world war and 76 from the second. With a long list of guests, friends and helpers, with staff and escorts, some 230 people sat down to lunch at the Hotel Metropole under the chairmanship of Dr. D. G. Hopewell, Member of St. Dunstan's Council.

On arrival St. Dunstaners were greeted by Dr. Hopewell and Mr. C. D. Wills and received the Jubilee Crown pieces from Miss H. Stewart, Welfare Visitor responsible for the reunion, and Miss B. R. Blebta, Welfare Visitor assisting.

After luncheon Councillor Best spoke first as he had to go on to another engagement that afternoon. After thanking Dr. Hopewell for allowing him to 'bat first', as he put it, The Mayor pointed out that this was the second St. Dunstan's reunion he had attended: "One of my very first functions and a very pleasant occasion it

was indeed—I remember it well—was to come along here to your reunion and, of course I thought that would be the last St. Dunstan's reunion I would have the pleasure and the privilege of attending but because you have advanced the date this year before I hand over office it is my very great pleasure to be with you again".

Councillor Best said that he felt he was among friends because he had attended a number of St. Dunstan's functions during his year of office and had visited Ovingdean. He concluded with a tribute to the staff of St. Dunstan's, "I've seen with my own eyes the wonderful work that is done by them. It is nice also to see that we have here today some retired staff. I'm so glad that they've been included and have been able to attend this reunion. In addition there are all the helpers, I am paying tribute to all those who help St. Dunstan's and all who have done so over the years".

Dr. Hopewell thanked the Mayor and welcomed the company on behalf of St. Dunstan's Council. He also brought a message from Lady Fraser and said he had promised to visit her to tell her all about

the reunion in Brighton. Although he had been attending reunions for over thirty years, Dr. Hopewell said this was his first Brighton reunion and he was greatly impressed by the occasion.

Saying that it is over 60 years since St. Dunstan's was founded Dr. Hopewell continued; "People will tell you that our work is done. It is nothing like done. It is quite true that there has been no major war for over thirty years but at any time there might be one and if there is, well, St. Dunstan's will be ready for it as it was in two previous wars.

"Although we are supposed to live in a peaceful world, all over the world there are minor encounters taking place and you all know that from these small encounters we have welcomed many men to St. Dunstan's. So long as there is fighting in the world there will be St. Dunstan's ready to help those who have lost their sight."

Dr. Hopewell continued by expressing thanks to the staff and guests, mentioning particularly the Mayor and Mayoress, Mr. K. S. C. Phillips, of the Grocer's Association, and Mrs. Elizabeth Dacre. He mentioned by name members of the Brighton and headquarters staff at the reunion and pointed out that for Matron Blackford and Dr. O'Hara this would be their last reunion in office, "We know they will come to many future reunions and they will always have a place in our hearts as we remember the wonderful work they have done for us."

"Finally I would like to thank you on my own behalf for the work you do as St. Dunstaners, for the example you set and the way in which you keep the good name of St. Dunstan's in the highest terms before the public. The organisation can be no better than the men and women who compose it and I know that in your hands its reputation will be quite safe".

George Killingbeck, of Peacehaven, replied on behalf of St. Dunstaners and expressed thanks to the staff at Brighton and in London. He asked Dr. Hopewell to convey good wishes to Lady Fraser and offered sincere good wishes to Matron Blackford and Dr. O'Hara, "for a very happy and long retirement".

"It has been mentioned already," he concluded, "that 62 years ago St. Dunstan's was formed. During those years



Dr. John O'Hara with George Killingbeck.

there have been many changes of staff but the wonderful thing is that the spirit Sir Arthur Pearson engendered at its inception is still with us with our staff. That spirit lives and we must be truly thankful. So the final word is: to our *friends* the staff, a very big thank you and sincere good wishes".

The afternoon continued with dancing to Ken Lyon's orchestra and a most successful reunion concluded with tea and the prize draw.

H.M.S. DAEDALUS

Will everyone who wants to be considered for a place at camp this year please be sure to remember that applications should be in by Saturday, 21st May, 1977. This will enable me to let you all know in good time whether or not you have been successful in getting a place and enable you to make any necessary holiday arrangements.

Elsbeth Grant, (Flat 1), 7 Craven Hill, London, W.2. Telephone number after 6 p.m. 01-262 2723.

Amateur Radio Week-end

Mr. Ron Ham, F.R.A.S. has very kindly consented to be our speaker at the meeting on Saturday, 21st May at Ian Fraser House. His talk will be on "Satellites". Ron has been with us on previous occasions and he goes to great trouble to ensure that all present can appreciate his subject by virtue of his practical demonstration.

Those interested are asked to make their arrangements direct with Miss Bridger at Headquarters.

TED JOHN

OVINGDEAN NOTES

The Escort Office is ticking over quietly and efficiently with the goodwill and aid of Mrs. J. Catt and helped by Miss M. Scally, both of whom have been assisting Mrs. Williams from time to time over the past year, but little did they expect it to land in their laps! Readers will be sorry to learn that Mrs. Williams has undergone an operation but is now convalescing and we all send her our good wishes for a speedy recovery and hope she will soon be back in harness with pen poised and at the ready to write the next Ovingdean Notes.

Her last words in the April *Review* were about Leaping into Spring with Mr. Michael Hayes and his records which took place on the 13th March but despite his appropriate choice of programme the weather ever since has been more arctic than spring-like. Never mind it simply must be just around the corner, we live in hopes.

Friends of the physiotherapist "Woolly" who so sadly died last year were happy to welcome one of his grand-daughters Mrs. Theresa Perrett who is studying music and came and sang in the Lounge in her glorious mezzo-soprano voice on Sunday 20th March. No microphone needed for her and the choice of songs and the range of her expressive voice enchanted us all. It was nice that her grandfather's friend "Ginger" Scott gave the Vote of Thanks to Theresa and her accompanist. The idea of the Concert was actually "hatched out" when she came to Ian Fraser House for her grandfather's funeral and we feel that it would have delighted him.

A bit of culture has crept into the weekly programme thanks to our local St. Dunstaner Charlie Pilgrim who brings up his French conversation cassettes on Monday's after tea so that if you were strolling past the new annexe you would quite likely learn of the whereabouts of "la plume de ma tante".

Two evenings during March the tapes of the March and April *Reviews* have been played in the Lounge. Everyone agrees that Stephen Jack's way of reading it is superb and we V.A.D.'s really admit that our rendering cannot compare

favourably with his expertise. May this long continue please we like it.

The Theatre Royal have done us proud during March with *In the Red* by William Douglas Home; *Sextet* a comedy by Michael Pertwee; *The Taming of the Shrew* and *Rebecca* by Daphne du Maurier starring young Hayley Mills and Paul Daneman. Most people have heard *Rebecca* on the radio many times but it never fails to have one sitting on one's chair in suspense even when one already knows the ending.

The racing season commences in April so all the optimistic punters will be booking into Ian Fraser House no doubt, don't they ever learn their lesson but never mind what would the poor bookies do without St. Dunstaners?

Weekly drives, archery, bowling, rifle shooting and the Monday night dances have all continued as usual and an occasional splash in the swimming pool for good measure.

Next month we shall be telling you all about the Easter Festivities, that is if someone is found to put pen to paper or better still please come back soon Mrs. Williams you are sorely missed.

TALKING REVIEW

At their last reunion, the handless group asked if the *Review* could be read on to compact cassette. Their request has been carried out and it is hoped this summer to extend the service to any St. Dunstaner wishing to avail himself of the offer.

The present formula which has had unanimous approval, consists of Stephen Jack, a professional reader for the Talking Book Service, reading the inkprint version on to a C90. There is no index, and all photographs are described.

For a trial period, copies will be sent to the first 200 applications received from U.K. based St. Dunstaners already possessing a cassette tape recorder. Applications should contain name and address in full to which cassettes should be sent every month. Details of how the system works, will be sent just prior to commencement of the first issue.

Sports and Recreational Associations for the Disabled — The Family Tree

By Jock Carnochan

There is a wind of change blowing through the organisations concerned with sport for the disabled. This article attempts to explain how these changes will affect St. Dunstan's sportsmen and women. Before I start, it should be pointed out that reference made to major organisations concerns sport and recreational pursuits and in no way refers to other services offered by these organisations for the visually handicapped.

World Council

The parent body is the W.C.W.B.—the World Council for the Welfare of the Blind. This body encompasses all aspects of blind welfare, one of them being sport and recreation. All subsequent organisations are in turn responsible to the W.C.W.B. and are affiliated to each other. So all items concerned with the organisation of International Sport and Recreation are finally decided upon by the W.C.W.B. after consideration of the recommendations made by the Regional committees.

One of the subordinate bodies of the World Council and which is concerned solely with sport is the I.S.O.D.—the International Sport Organisation for the Disabled. Its function is to control all its member organisations and to ensure some rationalisation of rules and regulations governing all types of sports and recreations and to encourage international competition and friendship.

European Regional Committee

A sub-committee of the I.S.O.D. is the E.R.C.—the European Regional Committee—which has a Sports Council, comprised of delegates from all the European countries including the communist block. The aims of E.R.C. are to ensure that each country in its own way provides facilities and training for the sporting pursuits of its own visually handicapped population. A further aim

is to help complement their rehabilitation towards a better state of general health and fitness with a sharing of advice and cultures of other countries through competition.

This leaves the international scene and brings us to our own domestic affairs. The governing body in Great Britain is known as B.S.A.D.—British Sports Association for the Disabled. This association covers all categories of disablement, paraplegic, polio, etc. The association, whose Headquarters is Stoke Mandeville, is split up into regions. Thus St. Dunstan's is a member of B.S.A.D. Sussex. Under these auspices St. Dunstan's can either hold its own internal competitions e.g. bowls, chess, annual sports, etc., or compete with other groups in the region or take part in the regional team at the National Games held annually at Stoke Mandeville.

B.A.S.R.A.B.

The latest introduction into this mass of abbreviations is B.A.S.R.A.B.—British Association of Sporting and Recreational Activities of the Blind. This association will in future be responsible for the control and organisation of national sports and recreation for the visually handicapped. It too will be based on regions and its line of responsibilities is back to the I.S.O.D. via B.S.A.D.

Another new body is the British Ski Association for the Disabled to which St. Dunstan's is affiliated. The Ski Association is presently a member of B.S.A.D. and will no doubt become linked with B.A.S.R.A.B.

In conclusion, it is hoped that the many St. Dunstaners at present closely involved with regional branches of B.S.A.D. will lend their support, knowledge and experience to B.A.S.R.A.B. I shall try to keep you in touch with the latest news of B.A.S.R.A.B. and hope that this organisation will bring great fulfilment to one and all in the field of sport and recreation.



Escort, Bjorn, with Ray Hazan, Alan Wortley and Ted Bunting.

Stand facing square to the front, feet 6 ins. apart, arms at shoulder height, pointing forwards. Sink slowly, at the same time bringing the right foot forward until you are in a crouched position with the right leg straight in front of you. Then rise to the original position. The left foot should be flat on the floor throughout. Inhale while sinking and rising; repeat 10 times. That is one way of preparing for a skiing course. The other way, is to break a bone in one's hand on the eve of departure, arriving at Heathrow in an arm splint as happened to Alan Wortley. Ted Bunting and I thought we were in good shape and eager to follow our mastermind and doyen, Jock Carnochan. We met up at Heathrow with 11 others who, with us, formed the British contingent. All had been sponsored by their companies or individuals. After the inevitable delay when travelling by air, we found ourselves speeding at some 29,000 feet over the North Sea at 580 m.p.h., but not before we had been twice struck by lightning; a frightening experience with the sharp bang followed by the vibration of the plane.

Beitostolen is a village located at 900 metres (3000 ft.) above sea level some 250 kms north of Oslo. The snow seemed pretty thin on the ground in the capital, but as the bus took us further

SUN, SNOW AND SOARING PRICES ... THE SKIING TRIP TO NORWAY, 20th-27th MARCH, 1977

by Raymond Hazan

North, so the snow deepened, and the lakes froze. We shared the coach with the French and Finnish parties, which baffled any phrases picked up last year in Austria.

Cross-country skiing for the blind was initiated at this centre 14 years ago by a blind man, Erling Stordahl. He also directs the local Health Sports Centre for the rehabilitation of blind and physically handicapped. This centre serves the whole of southern Norway, and we arrived as an appeal started to build a second centre further north. We were all urged to buy red feathers which are then worn in the lapel like a flag.

A cross-country skiing circuit consists of two sets of furrows. One snow vehicle pulls a heavy board to compact the snow while a second follows dragging what looks like a very narrow railway track turned upside down. This creates the tracks into which the skis will fit, and so guide the blind skier. The right hand track is like the inside lane of the motorway, while the left hand track is for overtaking, or while training, for the instructor.



Downhill skiing at Beitostolen.

Three such courses over 5, 10 and 25 km were the goals set for over 300 competitors from 13 countries—a truly international week.

Monday morning dawned bright and sunny; from our hotel bedroom the glistening snow appeared to be about 10 ft. thick. After breakfast we met up with our various instructors to whom we had been introduced the night before. Alan met Marianne, a student in remedial PT; I was paired with Bjorn, a Sports Officer in the Norwegian Army, and Ted did not have far to go to meet Jock. At the ski hire shop, Alan was fitted with the soft, light cross-country boot of which only the toe fits into a pair of lightweight, thin skis. The remainder, on the other hand received fibreglass boots weighing 9 lbs. each, and the thicker, heavier downhill skis. I was determined to resume skiing where I had left it 10 years previously, going down a hill, not along the flat. The first problem to overcome was the 400 yard walk up the slope for the ensuing 3 minute descent. With the

sun beating down from above, and on the left a silent, broken lift and from within oneself the gasping for breath plus the 30 odd pounds of skis and boots—all this made mockery of any training one had done. But this was more than made up for by the exhilaration of the descent; the wind whistling through your hair, the crunch and swish of the snow under your skis, and the sheer freedom of movement. Very soon Bjorn and I had six words which had me turning and, in emergency, sitting down. As soon as capabilities are realised, fitness builds up and, the lifts working, the fourth day was one of fast twisting descents without pause culminating in an acoustic slalom. This was arranged by the Austrian element as a demonstration for the Norwegian instructors. They had the students stand in a zig-zag down the slope. The top person would start yelling "Gate" continuously until the skier was about past, when the person below would start shouting. I finished satisfied I had only run over two of the gates. I little realised that it was to provide my final skiing for the season as I had to rush back to England the next day when some eye trouble developed.

Alan takes up the story on the cross-country course: "I am most grateful to St. Dunstan's for allowing me the



Ted Bunting taking part in the 25 km race.

opportunity to ski in Norway. I can now compare cross-country with Alpine downhill. I did 6 gruelling days on the flat culminating in the 25 km race which took me 3½ hours as I was somewhat hampered by a broken hand. I was accompanied throughout the week by a charming Norwegian instructress who looked after my every skiing need. I was impressed by her physical fitness; she had muscles like cannon balls! The importance of fitness cannot be stressed too strongly. If I had not done circuit training for several months prior to the trip, I wonder if I would have survived the course. Though pleased to have experienced the cross-country, I prefer the Alpine with its thrills and spills."

Spirits were high not only on the slopes but in the bar as well. With a bottle of whisky at just under £20 and a beer at twenty five shillings, our entertaining was subdued. Duty free became liquid gold, but had a time competing with the "Mountain Dew", or local "moonshine"

which is common in those parts. There were sauna baths, dancing, a home made variety show with songs in Norwegian, Dutch, German and English, and above all a tremendously interesting "entente cordiale" between all the nationalities, drawn together through sport.

Results were encouraging for the British party. Most improved on previous years. Alan picked up two fifth placings in his section of the 10 and 25 km races, and Ted who went in for the 25 km race after only half an hour's practice got a fourth. Both he and Alan were awarded diplomas. Let Ted sum it up:

"One could be forgiven for thinking that the whole idea of taking part in a St. Dunstan's skiing trip was absolutely ludicrous. Indeed, up to a fairly short time ago, I would have been persuaded to share this opinion. Without doubt, the recent excursion to Norway was an overwhelming success. Many of my friends think I am spinning a yarn, and quite mad to have taken part in such a

venture. It is suggested that the experience must have been painful. It was; I had a very painful pair of boots, and my lips cracked as a result of the sunshine. Hard work? Certainly, but what a boost to the appetite.

There has been a group of blind people going to Norway for some years now to take part in cross-country. They also think the idea of faster downhill skiing too hazardous. They prefer to follow a pre-determined course laid out like tramlines in the snow, and there is no doubt they have grown quite proficient. Against my better judgment, I tried this method on the Saturday before we left, and in so doing, sustained my total number of injuries for the week. The best of luck to those who like that sort of thing, but give me the freedom and exhilaration of fast descent every time. Lack of sight matters not, and if one falls, which I believe can happen, one slides along in a rather pleasant way, rather than bending the

toes backwards, and sticking the head ostrich fashion into the snow alongside the track. I hope skiing continues. I believe that within St. Dunstan's there is sufficient expertise and experience to make it unnecessary to restrict ourselves to special groups trained in the teaching of handicapped people. This would become a new way in which visually handicapped people become absorbed into the sighted world. Would I go again? Well, try to give me a couple of hours notice." We all go along with that.

On behalf of all the party we thank most sincerely our instructors, Mr. Rolf Wilhelmsen, Bjorn, Marianne, and Tor Dahl, who assisted Ted on the final day. "Tusen tak", (a thousand thanks) to them and to Jock. Finally, and most important, our thanks to St. Dunstan's for sponsoring this trip. In future, when you call out on the slopes, "Where are you?", back will come the distant reply, "Gone with the wind."

This long shot, taken as Alan Wortley passes the camera position, gives a good impression of the competition area.

Skiing photos by Jock Carnochan.





Right hand down a bit

On Sunday 20th March, **John Baker**, son of Mr. and Mrs. Paul Baker of Sidmouth, Devon achieved a notable, but generally unheard of success. He coxed the Oxford Lightweight Rowing Eight to victory over Cambridge University. John was highly commended by the coach for the course he steered. John went up to Oxford two years ago to study chemistry, and can now find himself coxing for up to 6 days a week during the competitive season. At the beginning of April he coxed Magdalen College in the Head of the River Race. Some 350 crews taking part. Let's hope John achieves his ambition of participating in the University Boat Race itself.

I have a hobby

George Brooks, or Sabu to his friends, was featured in last April's *Review* when he described the art of modelling elephants in clay. In response to the Editor's request for hobby suggestions, George answers along the following lines. You are warned that fitness, strength, and an artistic temperament are required. Here goes—concrete bird baths. George uses wooden frames, corrugated iron, a cake tin and plastic bucket to make the mould for base, fluted column and the bath itself. "It's a great way of getting rid of scrap metal and stones," he says, "put inside the concrete mix, they help to bind the cement." Over one hundred-weight of these decorate George's Saltdean garden.

For the less physically inclined, French is suggested. This keeps the mental faculties in trim. Finally, not forgetting

IT STRIKES ME

by Magog

those elephants, George is making a special Jubilee line. These will be bedecked with crowns and jewels, while others bear a "howdah" and "sabu". "What's more, you can get the rest of the family on a hobby—painting them!"

Flying carpet

In honour of the Jubilee and his own service in both the R.F.C. and R.A.F. in two world wars, **George Hewett** of Pearson House has made a presentation. The beneficiaries were members of the R.A.F. convalescent home at Sussex Down, Storrington. Accompanied by the Mayor and Mayoress of Hove, and members of the Hove Branch of the R.A.F. Association, George presented a woollen rug, which he had made, bearing the R.A.F. roundel. The rug as well as photographs of his other handiwork, and sporting achievements were admired by all.

The encyclopaedia retires

Reference was made in the March *Review* to **Ernie Russell's** nomination for the Yorkshire Evening Post New Year's Honour Award. Sadly, Ernie did not actually win, but conceded gracefully. Also sad is Ernie's recent retirement after 43 years with Leeds City Council. Since Local Government reorganisation in 1974 Ernie has been Assistant to the City Buildings Manager. He was also the "local encyclopedia", and his knowledge will be greatly missed. A very warm letter of congratulations and good wishes was sent by Mr. Dickson, the Director of the Leeds Estates Department. Ernie is an avid fan of Leeds United; nice one Ernie!

READING TIME

by Phillip Wood

Cat. No. 953

A Composer's Eleven

by Neville Cardus

Read by Duncan Carse

Reading Time 8½ hours

The title is a little bit of whimsy on the part of the author. Sir Neville's twin passions of music and cricket are well-known.

The book is murderously hard going. It consists of a collection of abstruse and scholarly essays on the works of Schubert, Mahler, Wagner and others, contrasting and comparing technique and quality of composition in minute detail.

This is definitely one for the cognoscenti. It is certainly not for me, just an ordinary common-or-garden music-lover.

Cat. No. 1963

The Train with Misted Windows

By John Chancellor

Read by Anthony Parker

Reading Time 7 hours

This is the story of Mario, half-Italian, half-English, his loves and his philosophy that "life is like a train with misted windows".

The book opens with Mario separated from his unit in German-occupied France. From a place of concealment he watches a group of young ladies at archery practice in the grounds of their finishing-school.

A party of German officers approaches, waving to the girls in friendly greeting. They wave back—and turn their bows upon the officers. Mario helps the dear things to dispose of the bodies and they show their gratitude by giving him shelter—and a great deal more! He manages to get back to England.

Later in Italy (and by this time commissioned) he deserts and teams up with a multi-national band stealing army supplies and selling them (at reasonable prices) to the local peasants. Here he meets Joan, the only woman for whom he has ever felt any real love.

With the ending of the war, however, the peasants turn on the group, killing them for the large sums they carry. Mario manages to escape, but Joan is killed by a stray bullet.

Back home, Mario's plausible tongue saves him from a desertion charge and with the small fortune he has made from the illicit trading, settles down to enjoy the good life.

This is a splendid tale, sparkling and full-bodied like a good wine, and the characters are incredibly well drawn.

Cat. No. 859

Will You Walk A Little Faster?

by Russell Braddon

Read by Robert Gladwell

Reading Time 8 hours

Mike, who is English, and Montana, an American, both twenty-two, are on holiday at a Bulgarian resort. They become intrigued by two elderly German widows, sisters, who are able to meet only once a year on neutral ground. One lives in Western Germany and the other in the East.

The boys decide to smuggle the East German widow into Turkey, from where she will eventually join her sister in the "free" West. The first attempt is by car—and the Bulgars close the roads to vehicles for a local cycle race.

Nothing daunted they plump for an air passage—and the flight is cancelled for military manoeuvres.

Third time, they feel, has just got to be lucky. They set about making elaborate plans, assisted by Mike's girlfriend, to take their willing victim to Istanbul on a cruise-ship. This involves the sisters' exchanging identities—hair styles and colours, passports, rings and watches.

It all comes right in the end—but by no means the end for which the boys had worked so hard and so long.

A most enjoyable book, sometimes sad, sometimes funny, but always full of action and interest.

TWO NEW LONG CANES

by Walter Thornton

There is no reason for Great Britain to be dissatisfied with its record of the long cane; it just so happens that the two latest canes on the market come from the United States and New Zealand.

The American version is the Equipoise, a rigid cane made by Macam. The cost plus import and delivery charges is about £7.50. This cane is nice to handle. A push-in, rubber sprung, split nylon tip does away with the need for threading the $\frac{1}{2}$ " aluminium alloy shaft which is coated with white scotch-light, and has a 9" red section at the handle end. The D shaped rubber golf grip is standard. The novel feature is the cast aluminium crook. This is a separate unit pushed onto the shaft and retained by a grub-screw, tightened by the supplied Allen key. Its weight balances that of the cane.

There is a small space between crook and grip, which is ideal for fitting the elastic loop which the writer finds invaluable in maintaining a relaxed grip, and obviating the risk of dropping the cane on the inevitable occasions when it snags. The weight of the cane is just over 9 oz. for the 50" model. The red aluminium crook is of novel and useful design, but could be improved by being sprayed to prevent dirtying the hand. This is an excellent cane, which is better perhaps in the hand of the more experienced user.

The New Zealand cane is a four-piece folding version, manufactured by Wormald Sensory Aids Company. The cost in this country would be £25.50 inclusive of all charges. The cane is made rigid by a cord notched into a groove in the handle end. Tension is increased by rotating a knob which replaces the crook. This cane is also covered with white scotch-light with a red tip and has the usual D grip. The nylon tip pushes on over the shaft, and the all up weight is just over 9 oz. A 1" rubber band on a knob protruding just below the grip is used for holding the sections together when folded. An elastic loop replacing the band is suggested. The cane is light and handles well, though after a short time, there were signs of wear on the cable. In cold

weather, and on stressful occasions the cane proved awkward to re-align. The most serious objection is that with light-weight alloy tubing, there is the risk of serious damage if the cane catches when travelling at speed. The tension cord requires some strength to pull it into position.

While there are many new types of long cane, there is still room for improvement. There is a use for expensive canes, if they meet requirements. But the New Zealand model does not meet this test. It does show the interest that both these countries are showing in the field of mobility, to which these countries have contributed so significantly.

MISS EILEEN COWMEADOW

Both past and present members of the staff will be sorry to learn of the death on 20th March, of Miss Eileen Cowmeadow who was with St. Dunstan's for fifteen years until she retired in June 1972. She worked first with the late Mr. J. Hyams in the Maintenance Department and then with Mr. D. E. Neale. Miss Cowmeadow was responsible also for the cleaning staff and for the stationery supplies. From time to time she undertook relief duties on the telephone switchboard and many St. Dunstaners will remember her very pleasant speaking voice.

Miss Cowmeadow was born in India and spent almost half her lifetime there. She first came to know of the work of St. Dunstan's through Sir Clutha Mackenzie, while she was managing a hotel in Cawnpore, and when following the partition of India in 1948 she returned to England for good, she had in mind seeking work in the field of blind welfare. Before coming to St. Dunstan's she worked for six years with the Metropolitan Society for the Blind where she gained an insight into the difficulties and needs of the civilian blind of London.

Everyone who met her will recall her charming and gentle manner and she will certainly be missed by her many friends.

Our sympathy is extended to her sister, Mrs. M. A. Ford, with whom Eileen had been staying in the Channel Islands prior to her death.

CLUB NEWS

MIDLAND

Since the last club notes were written we have had two meetings, the first on Sunday, 13th March the second on Sunday, 3rd April.

Both meetings, I am pleased to report, were well attended. The main theme of our March meeting was dominoes, quite a number of games being played. Our April meeting was largely taken up with another of our "Bring and Buy" sales, which is always a good fund raiser for the club, and this one was no exception.

We are now planning our summer outing. This will take place in June, lunch will be taken at Tewkesbury and then we shall travel on to Stratford for tea with our old friends at the Stratford branch of the Royal British Legion. We should be able to spend some time at Tewkesbury, what we shall do during this spare time has not yet been arranged.

Although I have been trying to arrange somewhere for us to try out our hands at bowls a venue has not yet been found. It does seem though that this idea will die a natural death even before it gets off the ground, mainly through lack of support. The support is lacking from our own members.

The teas for both meetings have been arranged for us as usual by our wives and a really grand job they all make of it, thank you ladies most sincerely from us all.

A small number of members, with their wives, escorts and friends, have been attending dances at the Austin branch of the Royal British Legion and we have all enjoyed them very much.

Our next club meeting will be held on Sunday, 8th May, when final details for the outing will be announced and the completed numbers taken.

DOUG CASHMORE

BRIGHTON

BOWLING SECTION

On March 9th we were once again the guests of Worthing Indoor Bowling Club, and once again we received the V.I.P. treatment. The match was a very enjoyable one, followed by a very fine tea,

for which a vote of thanks was given to the ladies responsible. We then proceeded to the bar where we met many old friends, and also made many new one's (what great folk they are). Everyone agreed it had been a great day.

March 11th saw us in action once again, this time at Ian Fraser House, where we were hosts to Burgess Hill Bowling Club. This match saw some very good bowling and resulted in a very tight finish. Our ladies showed their skill once again by providing a grand tea (thank you ladies). This was followed by Joan and Bob Osborne entertaining us with two or three songs, followed by a sing-song which was enjoyed by all.

April 1st saw us at Preston Bowling Club where once again a keenly contested match took place. It was great to see our Captain, Mr. Ted Frearson at Preston, and although he will not be bowling for some time yet, it was nice to know he is making good progress.

HARRY PREEDY

FISHING SECTION

On March 30th we had another successful fishing trip, it was a fine day and a decent catch for all. There is a notice on the notice board giving future fishing dates for any members interested so let me know if you want to come along but in good time please.

All Brighton Club Members who will be participating in the 4 National Fishing Tournaments please note that their individual catch will be included for the Sir Arthur Pearson Trophy for the largest fish of the season.

BILL PHILLIPS

ENTERTAINMENTS SECTION

Following our advance notice in last month's *Review* re our visit to Wisley Gardens on the 15th June, we are now making arrangements for a trip to the Congress Theatre at Eastbourne, on the 13th July for the Summer Show. Last year's outing proved to be a great success and we are repeating the invitation to all Members to join us. £1.75 will ensure a seat on the coach, an afternoon tea and a ticket to the Show.

CLUB NEWS—continued

67 Members and friends once again enjoyed themselves at our monthly Dance on the 12th March. These social evenings are proving most popular and we are making many new friends.

WHIST AGGREGATE

Ladies

1st	Mrs. B. Griffiths	Score 88
2nd	Mrs. J. McCormack	" 86
	Mrs. M. Crabtree	" 86

Gentlemen

1st	B. Phillips	Score 87
2nd	W. Holmes	" 86
3rd	F. Griffiee	" 82

BOB OSBORNE

BRIDGE SECTION

Our third Pairs Competition was held on the 13th March. The winners were:

North-South

B. Ingrey and Mrs. Gover

East-West

A. Dodgson and Mrs. Dodgson

The fourth Individual was held on the 19th March. Results as follows:

W. Phillips and R. Fullard	75
P. McCormack and A. Dodgson	66
A. Smith and W. Lethbridge	58
F. Griffiee and J. Padley	56
C. Walters and W. Burnett	49

Owing to the St. Dunstan's Brighton Reunion being held on the 2nd April our Easter Bridge Drive has had to be held over for a fortnight.

WALTER LETHBRIDGE

Mr. and Mrs. William Elgood of Chingford whose daughter Janet died in March aged 29.

Mr. Herbert Greasley of Coventry whose mother died on 8th March.

Mr. and Mrs. Alec Guylor of Hayes whose son John died on 6th November aged 28.

Mr. William Lear of Plympton, Plymouth, whose wife Annie died on 22nd March aged 79.

Mr. William Slade of South Wootton, Kings Lynn, whose younger brother Harry died on 13th January aged 51.

Mr. Ernest Percival Wasser of Rainham whose wife Gwendolin Helen died on 4th April.

In Memory

It is with great regret we have to record the deaths of the following St. Dunstaners and we offer our deepest sympathy to their widows, families and friends.

Colonel Charles Harington Bowker

South Lancs and Welch Regiments

Colonel Charles Harington Bowker of Charlton Horethorne, Dorset, died at Pearson House on the 1st April, 1977, at the age of 71.

He was a Regular Army Officer from 1926 to 1957, when he retired, and his distinguished career included service in many different spheres: India, partly with the Chindits; Holland and Germany during the War and Berlin again later, including the Air Lift; Singapore, and Europe again. During the War, he sustained an injury to one eye and in his retirement both his sight and his general health gradually failed, though he and his wife were able to enjoy a quiet life in the West Country for some years. He had been a St. Dunstaner since 1975 and, after a couple of holidays in Brighton, he became a permanent resident at Pearson House last summer, with his wife making frequent happy visits.

His funeral in Brighton was attended by his widow, family mourners, and representatives of his two Regiments, including his former batman.

Joseph William Clare 1/4 Leicestershire Regiment

Joseph William Clare of Petersfield died on 30th March, aged 83.

He was one of our oldest surviving members having been admitted to St. Dunstan's in 1917 after service as a Corporal throughout the 1st World War. He enlisted in 1911 and was Acting Lance Sergeant on his discharge in 1917, having received injuries at Loos in 1915.

Mr. Clare received Joinery Training and became an expert picture-framer eventually running his own shop in Hammersmith where he was frequently entrusted with valuable etchings and other works of art. Mr. and Mrs. Clare then moved to Brockenhurst, Hants, where he continued with

Joinery work in a workshop erected in the back garden. Despite deteriorating health his extremely high standard was maintained and our St. Dunstaner exhibited at Arts & Crafts Exhibitions. However, following a series of operations, Mr. Clare was forced to curtail his business activities but he continued to make some items for Stores until 1969 when they moved to Petersfield.

Our St. Dunstaner was a frequent visitor to our Brighton Homes for convalescent holidays but his health deteriorated so much that he was eventually admitted to Pearson House as a resident in 1975.

Mr. Clare will long be remembered for the fortitude and independence he displayed despite failing health, and he will be sadly missed by Matron Hallett and all members of the staff at Pearson House.

He leaves his widow, Mrs. Olive Clare, their son, Lt. Col. D. G. Clare (retd.), daughter-in-law, grandchildren and all members of the family.

Ernest Jordan Pioneer Corps

Ernest "Ernie" Jordan of Rottingdean died on the 12th March, aged 66.

He served as a Private in the Pioneer Corps from 1940 until the end of 1942, and following his loss of sight was admitted to St. Dunstons in 1952.

Before the 2nd World War, Mr. Jordan worked in a fish market. However, he undertook training in Woodwork, Rug-making, Carpentry, Braille and Typewriting proving very proficient in all subjects, and eventually was placed in Industry in 1955. Due to declining health, our St. Dunstaner was forced to give up industrial work in 1965 and from then on he worked for our Stores making wool rugs and items for our Netting Department.

Mr. Jordan was a frequent visitor to Ovingdean and 'Ernie' as he was affectionately known will be long remembered by Matron Blackford and all

FAMILY NEWS

Marriages

Many congratulations to our St. Dunstaner Robert Holmes of Templepatrick, Northern Ireland, who was married on 14th March to Mrs. Maureen Hughes. We wish them every happiness.

Mr. and Mrs. Joseph Corrigan of Leysdown, Isle of Sheppey, are pleased to announce that their daughter Kim was married to Daniel Conoughton in London on 11th December.

Mr. Leonard Withington of Wigan is pleased to announce that his daughter Norma was married to Thomas Unsworth on 30th March.

Diamond Wedding

Many congratulations to Mr. and Mrs. Sydney Letch of Hatfield Peverel, near Chelmsford, who celebrated their Diamond Wedding Anniversary on 27th March. Mr. and Mrs. Letch received a congratulatory telegram from H.M. The Queen.

Grandchildren

Congratulations to:

Mr. and Mrs. David Bell of Edinburgh, on the birth of their second grandchild, a

girl, born on 8th March to their daughter Diana and her husband. The grandparents are doing well!

Mr. and Mrs. Arthur David of St. Athan, Glamorgan, on the birth of a grandson, Wyndham Evan, born on 8th February to their son Ralph and his wife Mary in Australia.

Mr. and Mrs. Walter Rundle of Marldon Cross, Paignton, on the birth of their first grand-daughter born on January 25th to their son Brian and his wife.

Examinations and Career Successes

We warmly congratulate:

Miss Anne Minter, daughter of our St. Dunstaner, Mr. James Minter of Ruislip who has been awarded the Sir Harold Werner Gold Medal. This is given each year to the best nurse of the year at the University College Hospital.

Deaths

We offer our sincere sympathy to:

Mrs. Ruth Batty of Sheffield, widow of St. Dunstaner Joseph Ellis Batty, whose only son Lloyd Dunstan died on December 10th aged 57.

In Memory *continued*

members of the staff as well as by many fellow St. Dunstaners.

He leaves Miss I. A. Fox with whom he lodged for the past seven years.

Frederick Lock *15th Essex Home Guard*

Frederick Lock of Halstead, Essex, died on 18th February, aged 82.

Mr. Lock served as a Sergeant with the 15th Essex Home Guard during the Second World War and his sight was badly damaged by the explosion of a hand grenade. He came to St. Dunstan's in June, 1962, by which time he had retired after being employed for nearly 20 years as manager of a depot dealing in agricultural machinery. Mr. Lock's connections with farming went back over many years and he was justly proud of having designed some machinery to improve upon farming methods which was later patented.

Even after losing his sight and whilst not always enjoying the best of health, Mr. Lock took a keen interest in his garden and greenhouse and the vegetable produce and flowers he grew were a great credit to him. He also enjoyed keeping a few poultry.

Mr. Lock was an active member of his local branch of the Royal British Legion and for some 37 years it was his honour to read the exhortation at the Remembrance Sunday Services.

He leaves his widow, Lilian, and their three children and families.

Stewart Nixon *1st Royal Warwickshire Regiment*

Stewart Nixon of Milford-on-Sea died on 17th March, aged 83.

Mr. Nixon enlisted as a Private in the 1st Royal Warwickshire Regiment in 1916 and following injuries received at Armacourt in December 1916 was admitted to St. Dunstan's the following year. He was a successful Physiotherapist in private practice until retirement in 1962 when he moved from Birmingham to Milford-on-Sea. Mrs. Hilda Nixon unfortunately passed away in 1974, but with help from his daughter and good neighbours our St. Dunstaner remained in his own home until recently when illness made it necessary for him to be admitted to Pearson House.

He was a man of great independence and spirit with a sense of humour which endeared him to all and, in particular, to Matron Blackford and her staff at Ian Fraser House when Mr. Nixon visited our Home for the first time over the Christmas holiday last year.

He leaves his daughter, Mrs. A. Harber, and his good friends, Mr. and Mrs. Harold Johnson, who were always concerned for Mr. Nixon's well-being.

John Rhead Nolan *Royal Army Medical Corps*

John Rhead Nolan of Crewe died on 21st March, aged 68.

Mr. Nolan served as a Regular in the Forces from October, 1931 to October, 1938 and in September, 1939 he was recalled into the R.A.M.C. and served again until April, 1943. He held the Military Medal. After his military service he followed a career as a male nurse until September, 1971.

He came to St. Dunstan's in January, 1973 but unfortunately indifferent health prevented him from visiting us at Brighton for holidays or any hobby training.

He leaves his widow, Elsie.

Brigadier Harold Elwes Pike, C.B.E., D.S.O. *Royal Engineers*

Brigadier H. E. "Jack" Pike, of Tavistock, Devon, died on the 14th March, 1977, at the age of 76 years.

He was a Regular Army Officer who served in the Royal Engineers from 1918 until 1952, including long service in Nigeria, Malaya and North West Europe. In retirement, he and his wife enjoyed quiet country life, including fishing and gardening, but his health and eyesight gradually failed. He became a St. Dunstaner in 1968. More recently, he was very seriously ill, being cared for devotedly at home by his wife, then at Pearson House and finally in a West Country nursing home.

He leaves a widow and two sons.

Arthur Wilkes *Royal Welsh Fusiliers*

Arthur Wilkes of Crewe died on 8th March, aged 80.

Mr. Wilkes enlisted in November, 1915 and served as a Private with the Royal Welsh Fusiliers. He was wounded at Ypres in 1917 and discharged from the Army in November, 1919. After coming to St. Dunstan's in August, 1923 he trained as a mat-maker and although he did follow this occupation to some extent for a while, he mainly kept himself busy on his family's farm near Oswestry. In 1949, Mr. Wilkes, who never married, moved with his sister to a small farm at Wybunbury, near Nantwich where for some 15 years our St. Dunstaner worked very happily keeping cattle and poultry. He retired from farming in 1965 and moved to Shavington, near Crewe where he then concentrated on his garden and greenhouse work with considerable success.

He leaves his niece, Miss Ivy Wilkes, and other members of the family.