

# St Dunstan's Review

March 2000



## PERFECT TIMING

On January 27th, St Dunstaner John Perfect, whilst on holiday at Ovingdean, attempted to beat Ron Cattell's 10,000 metre time of 1 hour 8 minutes on the Concept Rower. Through sheer grit and determination John managed to shatter the record with an amazing time of 54 minutes and 12 seconds. Another remarkable feat for someone of 76 years of age. Congratulations John!

If anyone else would like to take on this challenge and try to take John's title please contact Grant Cooper, Sports and Recreation Supervisor on 01273 307811 ext 3100.

## The spirit of St Dunstan's comes skiing into the 21st Century

### TEAMWORK AND TRUST

The St Dunstan's ski trip from January 9th-16th, was once again organised by Gerry Jones. The party included Gerry, Charlie Daly and Derry Laviolette plus several 'old friends', including Martin Blank, Vince Stone, Mick Shepley and Bill McDougal, ex and serving personnel who have remained faithful and loyal guides over many years. Peter Zamudio, a guide 'par excellence' describes his experiences:

No one can speak Italian, but we feel accepted and at home on the mountain at Cavalese. The locals are friendly and help us at every opportunity. We realise how amazed the people look when they see us shooting down the mountain for the umpteenth time, weaving in and out of skiers who are standing on the slope. As long as they are standing still we are OK but they do have a nasty habit of skiing in front of us and cutting us up.

Charlie Daly and I run slowly into the entrance to the ski lift, touch right, touch left and we are at the turnstile. In with the tickets and we are through. As we move forward to the start platform I hear a door slam and the lift attendant comes across at a run as he has done since he realised Charlie was skiing blind. I put Charlie in position and off I go on the button lift. A button lift is like a dinner plate on the end of a metal bar that you have to trap between your legs and pulls you up the mountain. One man to one button which means I can only guide Charlie verbally. With practice we found out it was better

when the guide goes in front, but then we rely on the attendant to help Charlie to get on the lift. As I look back I see Charlie hold out his hand ready to take the button bar. The attendant holds his hand as if to say "Don't worry I'm here."

The bar comes, the attendant pops it between Charlie's knees and he is off. Going up a ski lift looking back all the time is the most arduous part of my job. But it is necessary. I would hate to get to the top and find out I was on my own.

As we are going up, a woman about six buttons in front of me suddenly falls off and lands in a heap in the track. A child following her can't get past and falls right on top of her and they both lie there entangled blocking three-quarters of the path.

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## MILLENNIUM MILESTONE

**Congratulations to Jim Johnson! On February 13th Jim became the first person of this Millennium to complete a walk from John O'Groats to Land's End. He completed the walk in 44 foot-blistering days.**

Full details next issue.



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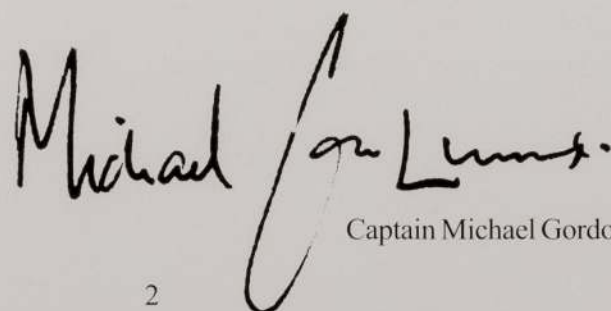
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## From the Chairman



The year's Club activities have got off to a start with the skiing trip to Italy in January. The thought of hurtling down a ski slope, relying on the voice commands of a guide you hope is still by your side is almost unimaginable! I have been told by several St Dunstaners that this sport, amongst others, did much to boost their confidence in the early days of learning to cope with blindness. I hope others will continue to follow this lead and try this or any other sport.

One of the great strengths of St Dunstan's is the support you give each other. In February the Archery Club held their AGM and in March, the Amateur Radio, Bowling and Computer Clubs will be meeting at Ovingdean, presenting such an opportunity. I hope you will continue this mutual help whatever the background and circumstances of those around you.

  
Captain Michael Gordon-Lennox, RN



## NOTICE BOARD



### BOOKINGS AT OIVINGDEAN

Would those wishing to book in for Club activities at Ovingdean throughout the year please note that the following procedure has been put in place.

A number of rooms will be reserved for Club members. These will be held for up to four weeks before the event. After that any unbooked rooms will be released for use by anyone else wishing to visit Ovingdean.

### CAMP AT HMS SULTAN 2000

The camp at HMS *Sultan* will be held from July 28th-August 5th. Contact Elspeth Grant on 01799 522874 as soon as possible, not later than May 8th.

### ARCHERY CONTACT

Anyone wishing to take part in the activities of St Dunstan's Archery Club should contact Roger McMullan on 01273 309927. Please make any call prior to 9pm.

### MILLENNIUM FUN RUN AT METRO GAMES 2000

A Millennium 2000 Metres fun run will be the crowning event of this year's Metro Games. The Visually Impaired Athletics and Pool Tournament will be held in London on Saturday, June 24th. The athletics will be held in Walthamstow E17 and the pool at Kentish Town NW5. For details contact Derek Mileman at Flat 29, Gilda Court, Watford Way, Mill Hill, London NW7 2QN. Tel: 020 8203 1286. Fax: 020 8202 6196.

### TREADMILL ON OFFER

Arthur Tucker of Horsham has a virtually brand new manual treadmill going free. It can be dismantled and carried in the boot of a car. The new owner would have to arrange collection. For more information, please contact Arthur on 01403 262933.

### REMEMBER TELEPHONE CHANGES ON APRIL 22nd

As reported in the February *Review*, there are six places where area codes and local numbers are changing on April 22nd. You will need to alter your telephone book if you have friends or families in the following areas:

CITY	NEW AREA CODE	NEW LOCAL NUMBER
Cardiff (01222)	029	20XX XXXX
Coventry (01203)	024	76XX XXXX
London (0171)	020	7XXX XXXX
London (0181)	020	8XXX XXXX
Portsmouth (01705)	023	92XX XXXX
Southampton (01703)	023	80XX XXXX

The London changes mean that the telephone number at St Dunstan's Headquarters is now 020 7723 5021. The main fax number is now 020 7262 6199.

### REVIEW FORMATS

*St Dunstan's Review* is published monthly and is also available in braille, tape, computer disk and large print formats. For any variation, please contact the Public Relations department.

### SCREEN READER OFFER

Screen reader software *Window Eyes* is available from Alphavision for £410. This offer is open until the end of March. Credit and debit cards are accepted. Contact Alphavision Ltd at St Pirans Hill, Perranwell, Truro, Cornwall TR3 7PX. Tel: 01872 870700. Fax: 01872 870701.

### DEADLINE FOR NEXT ISSUE

The final date for submitting items for publication in the May *Review* is March 27th.

The final date for submitting items for publication in the June *Review* is April 28th.



## DERBY SWEEPSTAKE 2000

Those in mind for a flutter on the National Derby might like to try their hand at *St Dunstan's Review* Derby Sweepstake. The draw is open to St Dunstaners, beneficiaries of the Diana Gubbay Trust, widows and widowers.

This year the race is being run on June 10th. Tickets are 30p each and issued consecutively to a maximum of 25 (costing £7.50). Cheques should be made payable to St Dunstan's and crossed. Loose money should not be sent unless it is registered. The closing date is June 5th.

Each applicant should send their name and address, the number of tickets required, and a stamped addressed envelope, to The Editor, DSS Department, *St Dunstan's Review*, 12-14 Harcourt Street, London W1A 4XB.

Of the total money received, distribution amongst the winners will be as follows:

**50 per cent** to the holder of the ticket drawing the winning horse.

**20 per cent** to the holder of the ticket drawing the second horse.

**10 per cent** to the holder of the ticket drawing the third horse.

**20 per cent** to be divided equally among those drawing a horse which actually starts the race.

No prize won in the sweepstake will be paid to any person other than the person to whom the winning ticket was sold.

The draw will take place in London on June 6th.

## SHIRTS AVAILABLE TO ALL

A new all cotton polo shirt is available in blue with a left-hand yellow chest logo in medium or large or white with a blue logo, medium, large and XL. The polo shirts cost £8.00 each.

St Dunstan's t-shirt, white with small blue left-hand logo, is available in large and XL. It is made from 100 per cent cotton and costs £4.00. T-shirts with the old large blue badge are still available in medium.

St Dunstan's sweatshirts are blue with a left-hand yellow chest logo and priced £8.50. Available sizes are large and XL. All of these items can be ordered from the Public Relations department at Headquarters either by telephoning 020 7723 5021 or by mail. Please add £2.00 to your order to cover p&p.

We apologise that some sizes are currently unavailable.

## PIN ON A POPPY

The Poppy Pin has a design of a single red poppy with three tiny leaves and stalk on a white background. It has a gilt edge and the single word "Remembering" curving around the base in gold. It measures 2cms in diameter.

To order your pin just write to Sue Cox, Fovant Elm, Tisbury Road, Fovant, Salisbury, Wiltshire, SP3 5JY enclosing a cheque or postal order made out to her for £2.50 and it will be sent by return post.

## OBITUARY:

### Pat Saunders

Pat Saunders passed away on January 29th. She worked for St Dunstan's for over 40 years, retiring in 1984. Pat was a highly qualified and respected member of staff who had worked in most departments within Headquarters. She was PA to A.D. "Douglas" Lloyd, Secretary of St Dunstan's for the length of his tenure, 1955 to 1973.

Pat subsequently worked for the Director of Research, St Dunstaner Richard Dufton and was responsible for setting up the hobbies scheme after the Home Industries department was closed down. Her final task at St Dunstan's was to assist former Chief Accountant Mr E.V. Stevens when HQ transferred to its existing building.

After her retirement, Pat pursued her talent for painting, sculpture and gardening. We extend our sympathies to members of her family.

## LETTER TO THE EDITOR

*Letters to the Editor are always welcome. Send a letter, tape or disk to 12-14 Harcourt Street, London W1A 4XB. Fax: 020 7224 9616. E-mail: ray.hazan@st-dunstans.co.uk*

**From: Mrs Ruby Palfrey, Hethersett, Norfolk**

Dear friends and widows,  
Please accept my heartfelt thanks for all the beautiful bereavement cards and telephone calls I have received. I am overwhelmed by your kindness and thoughtfulness, which is certainly helping me to cope with the sad loss of my very dear lovely daughter.

## St Dunstan's Skiing 2000

### Continued from cover ...

It is always important when you are guiding that you stay as calm as possible. If you sound worried the blind skier senses it and you are bound to fail. Charlie is 10m behind me and we will be passing the pair in about ten seconds time. I warn him as quick as I can and start moving him to the left, "touch left, touch left, go straight, go straight" and we are through.

At the top of the lift I swing away to the left and immediately prepare Charlie for getting off. "Not far to go, get ready to let go, let go ... now, come left, come left and stop!" In my 18 years skiing with St Dunstan's this is the third time I have been able to ski with Charlie Daly. We know and trust each other well, so right from day one we made a good team.

The slope is empty for once, so we want to make the most of it before more skiers arrive. I move away going backwards down a short track with Charlie right behind me, ski tips to ski tips. As we come out onto the main slope I move away to my left and tuck in behind Charlie as he comes past. The trick in ski guiding is to plan well ahead, at least two turns in advance. Control the speed with the turns to suit the slope you are skiing down. Unfortunately the other skiers always like to change your plans, cutting you up or just plain stopping right where we want to turn.

On top of picking the route and missing the skiers in front, the guide must look back up the slope before and after each turn to check for down coming skiers. "Ready for a left, left now, ready for a right, right ... now. And straight. Ready for a left, left now; ready for a right, right now." The slope is getting narrow so the turns have to be quick. "Left now, right now, left now, right now!"

The bottom part of this run widens out to 100m and as it comes into view we start to really let the skis run going straight down. Faster and faster we go, until the wind is roaring in our ears. So I have to stay really close so Charlie can hear me - if I put out my hand I could touch his shoulder. We are already halfway across and to control our speed I turn Charlie a touch up to the right and then "ready for a left, left now" and we swoop down in the direction of the lift. Our speed is still up high and there are groups of skiers standing at various places between us and the bottom. A quick look over my left shoulder and I realise there are skiers just about to cut us up. "Ready for a right, right now, ready for a left, left now."

We have to make short turns to avoid the other skiers and sometimes they think we are about to ski

straight into them, but we swing away at the last moment to get us down below another group. The speed is still too fast so I decide to cut more to the right and around the outside and then back to the left across towards the lift. As I give Charlie the word to go right and at the same time checking over my right shoulder up the slope I suddenly see the skiers that were cutting us up on the left are now passing us on the right and heading straight for Charlie. There is a small gap straight down the hill and we have to go for it. "Go left, go left, go straight, touch right, touch left."

We are through but going much too fast. "Left now, go left, go left, ready for a right, right now, slow it down, ready for a left, left now, slow it, slow it down and stop right." Charlie is a bit out of breath but has a wide grin on his face. We are both grinning after yet another super run. It's teamwork, trust and perfection. It's a thrill and a tremendous sense of achievement for both of us. And we can't wait to do it again.

## Marathon Update

St Dunstan's London Marathon Team is hard at it, training for the big event. There have been a few changes to the team: Mark Maddock had to drop out due to studying commitments. Taking his place will be Dave Powell. Dave was at Ovingdean when the bombshell was dropped on him. He quickly found someone to run with and knuckled down to some hard training. Thanks Dave for stepping into the breach.

Don Planner will not now be running with us as he could not get a place through the ballot. Sorry you won't be with us Don.

Some other Marathon runners have offered to raise funds for St Dunstan's. We hope to meet up on the day and perhaps run together. (Although I doubt if anyone will be able to keep up with Andy Mahoney!)

The big day is on April 16th and we will have many miles of training under our belt by then. We hope by suffering a little now, we will save a lot of pain later. We ran in the Brighton and Hove Half Marathon in February and will be tackling the Portsmouth Half Marathon on March 12th and the Worthing Open 20 miles on March 26th - wish us luck.

If there is anyone who would like to sponsor the team, would like to run with us, or just to wish us luck, please contact either Lynda Stringer, Training Co-ordinator on 01273 307811 ext 3235, or Grant Cooper, Sports and Recreation Supervisor on ext 3100.



# WELCOME

**We welcome the following and hope he will settle down happily as a member of our family.**

**Mr Keith Puplett** of Werrington, Peterborough became a St Dunstaner on February 4th. Now aged 55, he served as a Sergeant in the Royal Air Force from 1959 to 1997, serving in Libya, Germany, Ascension Island and the UK. Mr Puplett's interests include philately, computing and gardening. He and his wife Tonnie have two daughters Claire and Yvonne.

**We welcome the following who have become beneficiaries of the Diana Gubbay Trust:**

**Mr Wallace Burnett-Smith** of Brighton, East Sussex served as pilot in the Royal Air Force from 1941 to 1972. Now aged 77, he suffered second degree burns after a crash landing in 1942. During his time in the RAF, Mr Burnett-Smith accumulated 14,000 hours of flying. He later trained as an air traffic controller working with the Army Air Corps and BP. His interests include woodwork, swimming and walking. He and his wife Jean have four sons and a daughter and 12 grandchildren.

**Mr Charles Chappell** of Heald Green, Cheshire, now aged 85, served in the Royal Air Force from 1938 to 1946. He flew Spitfires and Mustangs in North Africa, the Mediterranean and Europe. After the war he moved to South Africa as a pilot. Back in the UK, he joined the Auxiliary Air Force until it disbanded in the 1960's. He then worked for Ford. His interests have included golf, cars and gardening.

**Mr Ronald Hart** of Cheam, Surrey served in the Royal Artillery from 1940 to 1943. A Dunkirk veteran, he also served in Egypt and Libya, suffering gunshot wounds in 1942, which resulted in his left arm being amputated above the elbow. Now aged 81, Mr Hart worked for a property company and then as an office manager for a tool distributor.

**Mr Walter Humphrey** of North Woodingdean, Brighton served in the Royal Artillery as a Gunner from 1949 to 1951. A keen footballer, he played for the Royal Artillery and was invited to join Leicester Football Club. After leaving the Army, he returned to his milk round and completed 30 years before joining an engineering firm. Now aged 68, his interests include carpentry, brickwork and gardening. He and his wife Doreen have two sons and seven grandchildren.

**Mr William Jones** of Dinas Powis, Vale of Glamorgan served in the Royal Air Force from 1940 to 1946. He began his service as an engine fitter and completed a flying course but was grounded due to poor eyesight. As an aeronautical engineer he was deployed after D-Day with 2nd Tactical Air Force in support of Army re-supply in France. After the war he was manager of a motor dealership in Cardiff. A keen motor rally competitor he took part in many international rallies including Monte Carlo, RAC and the London to Sydney. Mr Jones has two daughters, a son and five grandchildren.

**Mr William Mills** of Thurnby Lodge Estate, Leicester served in the Auxiliary Military Pioneer Corps. In civilian life he worked in a brickyard, tannery, light engineering and as a driver's mate. His interests include music. Mr Mills has a son and daughter.

**Mr Leonard Smart** of Southcrest, Redditch served in the Royal Navy from 1936 to 1946. Stationed in the UK as an aircraft fitter, on the outbreak of war he joined HMS *Indomitable* in Ceylon. He served in the Far East until the end of hostilities, supporting actions in Sumatra and Burma during the Irrawaddy crossing. He was discharged as a Petty Officer and then worked as a contract toolmaker. His interests include music. Mr Smart and his wife Olive have two daughters Angela and Shirley and four grandchildren.

**Mr Nigel Whiteley** of Eastbourne served in the Royal Navy from 1961 to 1986. He started as an electrician on submarines but later transferred to the medical branch, becoming one of the first ratings to train as a State Enrolled Nurse and the first to complete a course on intensive care at university. He served in the Falklands and Lebanon. Mr Whiteley also acted as a medic for the Fleet Air Arm Field Gun Crew at the Royal Tournament. Leaving the Royal Navy with the rank of Petty Officer, he worked as an offshore oil rig support medic and then as a residential caretaker. He is married to Jacqueline.

**Mr James Wooten** of Andover, Hampshire served in the Royal Electrical and Mechanical Engineers from 1943 to 1947. After the war he became a bus driver and then joined the Fire Brigade. He later returned to bus driving and worked as a driver for a car delivery agency. Now aged 74, he was a keen photographer until he lost his sight. He and his wife Maria have three children.

## MESSAGE FROM THE HEAD OF FUND RAISING

by Neil Swan

### Little Ruby



It gives me great pleasure to print below the letter recently received from Mrs Ruby Crane, the girl in the picture supporting this article, since it gives a first-hand account of life at Regent's Park back in 1916. It is wonderful that "Little Ruby" still has such happy memories of St Dunstan's after all these years.

"Please accept my cheque for your funds. I wish it could be a lot more. I have always felt so sorry for all those brave people blinded at such a young age, knowing it would be for ever, fighting for the freedom of our country and others. My sight has got very poor these last two years, but something has to wear out when you are 87 years old.

"I was living at St Dunstan's in Regent's Park when Sir Arthur Pearson took over. There was always a welcome for me in his drawing room and my father, who was head gardener, always picked a big bunch of roses for me to take in. I mingled with the blind freely, always ready to chat to me as I was the only child on the estate. At three years old, everyone knew me as Little Ruby. I don't know how they kept so cheerful.

"God bless you all - the blind, the staff and the helpers."

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## FAMILY NEWS

### BIRTHS

**Congratulations on the birth of:** Taylor Fearn in September. She is the great-granddaughter of *George and Cynthia Fearn* of Spondon, Derbyshire.

Daniel Aperios on October 25th. He is the great-grandson of *Ted and Dorothy Cooper* of Colwyn Bay, Clwyd.

Rory Watson on January 21st. He is the grandson of *David and Alma Young* of Acocks Green, Birmingham.

Millicent and Isobella, both in 1999. They are the great-granddaughters of Mrs Rose Shed of Burgess Hill, West Sussex, widow of *George Shed*.

### WEDDING

**Congratulations to:** Gina and Paul Freeman who married on August 7th. Gina is the granddaughter of *Charles and Agnes Coston* of Elm, Wisbech, Cambridgeshire.

### SILVER ANNIVERSARY

**Congratulations to:** Peter and Susan Walker of Abingdon, Oxfordshire on January 25th.

### DIAMOND ANNIVERSARIES

**Congratulations to:** Bertie and Eva Williamson of Colchester, Essex on January 27th.

*William and Gladys Reid* of Peterborough, Cambridgeshire on February 12th.

### SPECIAL ANNIVERSARIES

**Congratulations to:** Joseph and Ellen Bane of Morden, Surrey who celebrated 66 years of marriage on February 5th.

*William and Ivy Hain* of Weymouth, Dorset who celebrated 64 years of marriage on February 6th.

### DEATHS

**We regret to announce the death of:** Mrs Betty Rundle on January 25th. She was the wife of *William Rundle* of Paignton, Devon.

Mrs Joyce Preece on February 14th. She was the wife of *Ralph Preece* of Bournemouth, Dorset.

Mrs Mary Wheeler of Wembley, Middlesex on October 21st. She was the widow of *John Wheeler*.

Mrs Honoria Booth of Wimborne, Dorset on January 13th. She was the widow of *Peter Booth*.



Mrs Helen Herring of Dursley, Gloucester on January 14th. She was the widow of *Leslie Herring*.

Mrs Mary Arnold of Keighley, West Yorkshire on January 17th. She was the widow of *William Arnold*.

Mrs Jessie Neill of Coventry, Warwickshire on January 20th. She was the widow of *Eric Neill*.

Mrs Elizabeth Boseley of Wallasey, Merseyside on January 21st. She was the widow of *Albert Boseley*.

Joyce on December 31st. She was the daughter of Mrs Ruby Palfrey of Hethersett, Norfolk, widow of *Frank Palfrey*.

Mrs Susan Sharples on February 5th. She was the daughter of *Tom and Nancy Taylor* of Leyland, Preston, Lancashire.

**Our sympathy goes to their families and friends.**

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## IN MEMORY

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

### **Leslie Tanner**

*Royal Engineers*

Leslie Edward Tanner of Morden, Surrey died on January 23rd, aged 84. He had been a St Dunstaner since 1978. Originally a plumber, he enlisted in 1942 and served as a Sapper in 55th Field Coy Royal Engineers. After being injured in Belgium, suffering from gunshot wounds, he came to St Dunstan's in 1944 for rehabilitation and training. At the time, his sight recovered though it had deteriorated by the time he retired in 1978. His interests included gardening, listening to the radio and talking books. Our sympathy goes to his widow Rose, their sons and daughters and all other members of the family.

### **Henry Sykes**

*Royal Air Force*

Henry Sykes of Halifax died on February 3rd, aged 77. He had been a St Dunstaner since 1997. Originally a milkman, he joined the Royal Air Force in June 1941, serving in the Far East and Pacific area. While overseas, he represented the Service at cricket in Australia and India. While serving in India,

he was temporarily blinded by illness. Mr Sykes recovered at the time, though his sight deteriorated over the years. In civilian life he worked as a labourer. Our sympathy goes to his widow Gisela and all other members of the family.

### **Major Eva Thorpe**

*Queen Alexandra's Royal Army Nursing Corps*  
Major Eva Thorpe of Drayton, Norwich, Norfolk died on February 6th, aged 89. She had been a St Dunstaner since 1969. As a nurse, she enlisted with the Queen Alexandra's Royal Army Nursing Corps in 1939 and was discharged as Major in 1961. Our sympathy goes to her brother John and all other members of the family.

### **The Diana Gubbay Trust for the Blind**

#### **Alexander Thomas**

*Highland Light Infantry*

Alexander Thomas of Greenfaulds, Cumbernauld died on December 5th, aged 79. He served as a Corporal with the Highland Light Infantry from 1936 to 1947. He was blown up and buried alive in North Africa suffering temporary blindness. He was taken prisoner in Italy in 1943 and received further injuries when beaten by Germans. Our sympathy goes to his daughter Susan and all other members of the family.

#### **John Dargue**

*Royal Army Medical Corps*

John Clive Dargue of Washington, Tyne & Wear died in January, aged 78. He served as a Private with the Royal Army Medical Corps from 1942 to 1947 in Italy, West Africa, France and India. After this he resumed work as a joiner. Our sympathy goes to his daughters Margaret and Susan and all other members of the family.

#### **John McCallum**

*Royal Electrical & Mechanical Engineers*

John McCallum of Ross-on-Wye, Hertfordshire died on January 20th, aged 76. He served in the Royal Electrical & Mechanical Engineers from 1941 to 1959. He left the service as a WO2 having served in north west Europe, Gibraltar and the UK. After leaving the service he worked for Browns Motor Parts. Our sympathy goes to his widow Annelisa, daughter Katherine and all of the family.