

St. Dunstan's Review

November 2001



CONTENTS

SAFETY NOTICE

3

INSURANCE
CHANGE

3

RAY DROPS
AT ARNHEM

6

BEWARE WORMS

8

MAKE-UP TIPS

18

Cover picture:

*A 30ft drop beneath him,
St Dunstaner Trevor Berry
feels his way across the
high wire strung between
the tree-tops. Trevor, aged
72, gave his compatriots a
run for their money during
most events in the
Activities Week.*

Full details on page 10.

From the Chairman



Just over a month ago, you received a letter from our Chief Executive about changes to the management structure at HQ. I cannot emphasise enough that these changes have been made to reflect the increase in the numbers of people we look after and, most importantly, are designed to produce a smooth and efficient welfare service to you all. The vast majority of our work these days is the rehabilitation and welfare of Second World War Veterans.

Recent events in the United States, however, and their possible consequences, have shown an additional potential for new entrants. Regrettably, there will always be a need for an organisation such as ours. We must continually be ready to support and care for those who may lose their sight in the service of their country.

I want to take this opportunity on behalf of us all, to thank Peter Irven for all that he has done for St Dunstan's; firstly, for just over a year with Pensions and Admissions and then for the past two and three quarter years as Head of Welfare. Our very best wishes go with him for the future.

Captain Michael Gordon-Lennox, RN



NOTICE BOARD



IMPORTANT SAFETY NOTICE

A case has recently come to light at Ovingdean where someone has deliberately covered over a smoke alarm in one of the bedrooms.

This mindless act not only threatens the individual in the room but also has serious implications for everyone else in the building in the case of a fire. May this please only be a once ever lax of common sense!

CHANGE TO ST DUNSTAN'S INSURANCE AGENCY

St Dunstan's Royal & Sun Alliance Insurance Agency was transferred on July 1st to our Insurance Brokers, Mathews Comfort & Co Ltd. This was due to changes in the Regulations governing Agencies, which prevented us from continuing to run it. You will still get the 12.5 per cent commission discount. If you need to claim or make any changes to your policy, please call me as normal.

Royal & Sun Alliance renewals will be sent to you by Mathews Comfort & Co. If you pay your premium by direct debit there will be no change. If you normally send a cheque then will you now please send it to Mathews Comfort & Co.

Their full name and address is Mathews Comfort & Co Ltd, 6 St Aldate's, Oxford OX1 1DL.
Tel: 01865 208000.

Eric Scullard
Insurance Coordinator

ACTIVITY WEEK 2002

If you think have acquired a taste for the mad, adventurous, hare-brained escapades which make up the Activities Week and would like to know more about next year's then give Grant Cooper a call at Ovingdean on 01273 307811, extension 1463. Get your name down early! A full report on this year's escapades can be found on page 10.

DEADLINES FOR FUTURE ISSUES

The final date for submitting items for publication in the February Review is January 9th 2002.

The final date for submitting items for publication in the March Review is February 11th 2002.

WINTER FUEL PAYMENTS

Important Information for people aged 60 or over

As winter approaches, many older people will be thinking about putting their heating on for longer periods of time as the temperature drops, but may be afraid to do so because of the cost.

The Government will be making Winter Fuel Payments again to provide financial help with heating bills this winter. This announcement is aimed at people who are aged 60 or over by September 23rd 2001 and who normally live in Great Britain or Northern Ireland.

For winter 2001, the payment is £200 or £100 depending on people's circumstances. Most people should get their payment automatically before Christmas 2001, but some may need to claim. Claims can also be made for payments for past winters 1997-1998, 1998-1999 and 1999-2000. There is one exception, claims cannot be made for winter 2000 as the deadline for that period was March 31st 2001.

A leaflet giving more information is available in print and on audio cassette from Winter Fuel Payment Orderline on 0845 6011562.

There is also a Winter Fuel Payment Helpline. If you have any questions about Winter Fuel Payments please call this Helpline on 08459 15 15 15 (0845 601 5613 for textphone users). Lines are open Monday to Friday, 8.30am-4.30pm and calls are charged at local rate. You can also get information from the website at www.dwp.gov.uk/winterfuel.

JIM SANDERS

Jim Sanders, Executive Director of the Sir Arthur Pearson Association has been made President and Chief Executive Officer of the Canadian Institute for the Blind.

CHRISTMAS CARDS FOR SALE

Set 1 (Code M1) £2.00 per pack of ten cards (five of each design). Card size 130 x 98mm/5 x 3³/₄ inches.



Christmas Fanfare, from an original painting by Kareen Taylerson has a trio of winged angels blowing a fanfare on tasselled trumpets against a gold background with stars. This is surrounded by a scarlet border and flanked by a blue column of holly and baubles.

The second card is an acrylic painting of *Bethlehem*. The travelling star rests over purple towers as doves fly through the sky. At the centre of the town is a nativity scene with the three wise men attending the new born Messiah in the stable.



Set 2 (Code T2) £2.50 per pack of ten cards (five of each design). Card size 125 x 125mm/4⁷/₈ x 4⁷/₈ inches.

Robin and Mince Pie shows a plump red-breasted robin sitting on a mince pie with holly. *Christmas Rose* shows the white bloom with red berries. It has a green background framed by a red border.

The greeting reads "With every good wish for Christmas and the New Year". All the cards state that they are sold in aid of St Dunstan's. To place an order please state which set you require. P&P will be added which will depend on the quantity ordered and you will be notified of this charge on your invoice.

Please do not send payment with your order. To order please telephone the Public Relations dept on 020 7723 5021 or write to PR Dept (Cards), 12-14 Harcourt Street, London W1H 4HD or by E-mail: roberta.hazan@st-dunstans.co.uk.

STORY WRITING COMPETITION

The *Review* is pleased to announce that, once again, it is organising a story writing competition. Entries may be on any subject, fiction or non-fiction and should not have been previously published. The competition is open to St Dunstaners, their wives, husbands, widows or widowers.

Please follow these steps when submitting entries:

1. Entries should be typewritten and should not exceed 2,000 words.
2. Please submit your entry under a nom-de-plume.
3. Please write your nom-de-plume and your real name and seal them up in an envelope, which should accompany your entry. Envelopes will not be opened until the judge has made his or her decision.
4. Only one submission per person.
5. Entries must be received by the Editor, *St Dunstan's Review*, 12-14 Harcourt Street, London, W1H 4HD by Tuesday, January 15th 2002.

The winner will receive £50, runner up £30 and the third story selected £20. The first two stories will be published in the *Review*.

ST DUNSTAN'S SHIRTS FOR SALE

St Dunstan's T-shirts, polo shirts and sweatshirts are now available in medium, large and extra large sizes. The logo is of St Dunstan's badge, the torch emblem, with the wording "Caring for blind ex-Service men and women" underneath.

Prices as follows:

White T-shirt 100% cotton with blue left-hand chest logo	£4.30
Navy T-shirt 100% cotton with yellow left-hand chest logo	£4.30
Navy polo shirt 100% cotton with yellow left-hand chest logo	£8.30
White polo shirt 100% cotton with blue left-hand chest logo	£8.30
Navy sweatshirt 70% cotton/30% polyester with yellow left-hand chest logo	£9.00

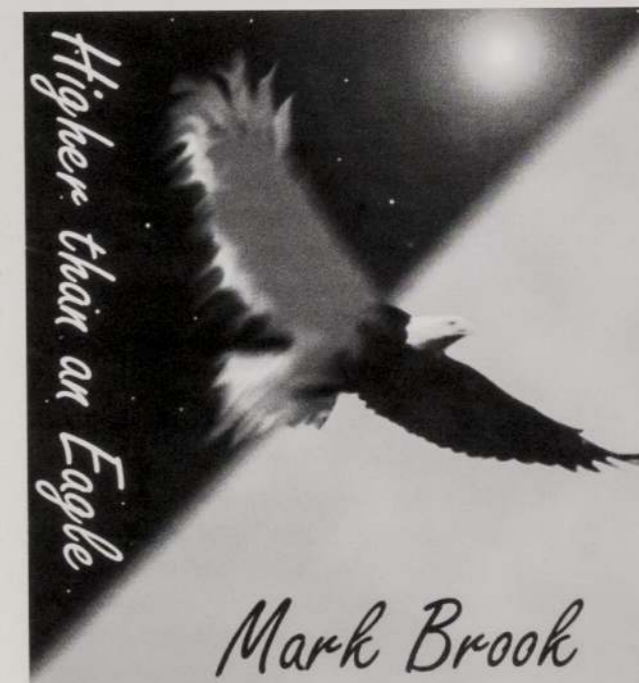
Postage & packing will be added which will depend on the quantity ordered. You will be notified of this charge on your payment request. To order please telephone the Public Relations department on 020 7723 5021 or send in a written order to PR Dept (Shirts), 12-14 Harcourt Street, London W1H 4HD.

HIGHER THAN AN EAGLE

Higher than an eagle is a CD that St Dunstaner Mark Brook produced last year. The music on the album covers a wide range of styles from Celtic to country and from classical to pop.

From his home in Norway, Mark takes us through the tracks that feature on the album:

1. *Phoenix (Higher than an eagle)*. "My words of defiance to the disease that caused my blindness and disability. Consisting of classical strings, guitar, drums and vocals."
2. *Hush*. "A haunting Celtic tune commemorating the tragedy of the highland clearances in the early part of the 19th century. This song combines male and female vocals with the pipes and drums, the sounds of wind, rain and thunder to set the scene for this eerie but beautiful song."
3. *The Frame*. "Played on the harpsichord this love song is a song of a love that could never be."
4. *The wind beneath my wings*. "The beautiful 80's classic made popular by Bette Midler. Male and female vocals backed by keyboard, electric guitar and saxophone."
5. *Smile (You have a friend in me)*. "Everyone needs a friend to help them through at one time or another. Male and female vocals accompanied by keyboard, flute and harpsichord."
6. *Be good to me*. "A song written to tell people that we are all part of the same thing and that we should then take better care of one another."
7. *Long time leaving*. "A fine piece of piano work here. The song is about realisation, finding out that a good friend was anything but."
8. *Where have all the average people gone*. "Made popular by Roger Miller, a country song that asks just that. Where have all the average people gone?"
9. *Alone again today*. "My first country song. As my father once told me when I left home to join the army 'Be good to the people you meet on the way up, you may just meet them again on the way back down.' But this woman just couldn't see!"
10. *Me and Bobby McGee*. "Need I say any more about this classic song? Popularised by Janis Joplin."



11. *Swing Low Sweet Chariot*. "My version of this song. Played at a good tempo with male and female vocals, keyboard and acoustic guitar. Dedicated to the English rugby team."

12. *Kjells song (The accordion man)*. "You don't even need to smell the beer! Play this song and you are down your local! This song was written for the landlord at my local. Lively folk song with accordion and lots of background affects."

13. *Lullaby*. "A song written for my daughters. With music box accompanied by classical strings. Soothing yet thought provoking."

Mark adds that *Higher than an eagle* has proved to have broad appeal. "I have had a lot of feedback from the CD from different types of people and different age groups. It is recognised as a CD that has something for everyone," he said.

"This CD is the result of over a year's hard work. I have managed to gather musicians from the valley in which I live and surrounding valleys. Many of these talented people appear on this album. It has beautiful female vocals, violin, saxophone, piano, keyboard etc. Oh and me!"

The CD is available from the Public Relations department at St Dunstan's. Priced £9.99, half of the proceeds go to St Dunstan's, the rest to cover Mark's production costs.

It is well worth listening to!

LUCKY THIRTEEN

St Dunstaner Ray Sheriff returns to Arnhem for a Battle anniversary sky dive

Once again, for the last time (as I say each year!) I crossed over the North Sea to Arnhem, Holland. I was extremely grateful to Danny Stephenson, a long-standing friend, who escorted me at the last minute and he had 48 hours to obtain a passport. At first, the passport authorities thought he was joking when he told them of the purpose for which he required the document – to take an 80 year-old parachuting! A fax from Ray at Ovingdean soon justified the request.

My purpose was to partake in the 57th Anniversary of the Battle of Arnhem by way of a tandem parachute jump with the Arnhem Veteran's Parachute Team. Their strength has dwindled down over the years to only ten members.

The jump took place on Saturday September 22nd, on the DZ on which we were dropped in 1944 and where subsequently, I was blinded and taken Prisoner of War. We were to jump from a Dakota 3, as I had done in 1944. The difference this time was that the jumping height was 10,000ft instead of 500ft on the original Arnhem drop. On this occasion we travelled to a military airfield at Soesterburg, 20 miles west of Arnhem. My jump-master and cameraman awaited my arrival. My jump 13 went off smoothly without complications. The cameraman followed me from exit to landing, which proved to be a super soft one, even though there was a pretty strong wind.

On the following day, Sunday 23rd I was accompanied to the Airborne Cemetery, Oosterbeek, where a Commemorative Service was conducted jointly between the British, Dutch and Polish, the congregation must have totalled over 2,000. At the conclusion of the service, at a given signal, school children standing at the head of the graves of the fallen Airborne soldiers lowered floral tributes. I understand this was a very moving and emotional scene. Four children, accompanied by their mothers,



Picture courtesy of The Argus, Brighton

Back on terra firma, Ray in his jumpsuit adorned with regimental patches.

came to me and presented a small flag on which was written in Dutch, the word peace.

Finally, all the events of the weekend, concerning me, were covered by BBC Television Southern Area. The only blemish to a most memorable and successful weekend was the fact that my wife, Betty, was unable to be at my side due to a health problem.

HOLE ON TAPE

The biography of St Dunstaner Tom Taylor, *Through the Hole in my Head*, is now available in audio cassette format. It tells how Tom was blinded when shot by a sniper during the Burma Campaign.

To obtain a tape copy contact Rebecca Ward at Galloways Society for the Blind on 01772 753705. The tape edition has been produced free of charge, but donations to the Society are always appreciated.

FROM CANADA WITH FEELING

The Sir Arthur Pearson Association of the Canadian War Blind, presented a tactile plaque to our President, Colin Beaumont-Edmonds MC at the 16th National Reunion, held at Belleville, on Lake Ontario, last May. The presentation was made by Anne Michielin, President of SAPA.

This plaque is one of only four, which had been made by the craftsmen of the Canadian National Institute for the Blind. One is in the SAPA Room at the Headquarters of the CNIB in Toronto, one was presented to the Deputy Minister for Veteran Affairs, Larry Murray, and the fourth was presented to Cliff Chadderton, Chairman of National Council for Veteran Affairs (NCVA) in Canada.

Colin is pictured with the plaque at Ovingdean where he entrusted it to the care of Susan Harrison.



FAREWELL, PETER

Lieutenant Colonel Peter Irven served his last day with St Dunstan's on October 19th having joined us in September 1997 to take up the post of Pensions and Admissions Officer.

Peter had previously spent 36 years with the Royal Artillery, 31 of them abroad. He saw active service in Aden and Northern Ireland. One of his first tasks for St Dunstan's took him back to Aden when he travelled to lay a wreath at the British Military Cemetery at Silent Valley. His interests include sailing and rugby.

In January 1999, he was invited to take up the position of Head of Welfare and following the change in our Constitution, was responsible for meeting the increasing needs due both to age and numbers of St Dunstaners. Many will have met him at reunions around the country.

It was Peter who was overall in charge, and together with David Vinall and the Welfare Officers, organised our successful and enjoyable visit to Buckingham Palace in May this year.

We wish him the best of luck in the future.



Peter Irven with St Dunstaner Bernard Blacker.

SPIES, VIRUSES AND WORMS

by Ray Hazan

Sounds like a nasty cold, doesn't it, rather than the usual computer terminology? But, these were indeed the subjects covered by the ten members who turned up for the club meeting and all returned home in the best of health. There was the odd headache, but that was entirely self-inflicted and due to proof levels rather than RAM, FAT or BYTES!

Once again, we were very lucky to have the services of Brad Croshaw to coach and guide us. He has an immense knowledge of numerous different areas of computing and an understanding of how software react with screen readers, the program which reads what is on the screen to blind people.

Many users are unaware that whilst they are linked to the web, others may be accessing your computer, reading your files, finding out how you use the web and which sites you access and how often. This is meant to be under the guise of marketing. They claim that by knowing your preferences, they need only display those pages of interest to you. This is known as spyware and there are programs, which can remove them from your system.

Others may have more sinister motives in finding out some of the personal information you may have stored on your system. A method is not to allow unauthorised access in the first place. The protection programs are called 'firewalls' and will only allow those whom you dictate to access your computer via the telephone line. It is interesting to see just how many times a message flashes up on your screen, when you have a firewall, telling you that someone is trying 'to get in'.

Brad gave a very comprehensive explanation of the different types of viruses and the programs which can protect you from their effects. A worm, for instance, attaches itself to your e-mail address book and sends out messages to, say the first 50 names on the list. This repeats itself from all the other addressees until the whole network gets bogged down. Most importantly, he stressed, was never to open an e-mail attachment of whose source you were uncertain. Secondly, you should always put any floppy disk you receive through a virus checker. Finally, you should update your virus definitions at least once a fortnight and preferably once a week. This will hopefully ensure you against new viruses, which are devised with monotonous frequency.

A demonstration of the Roadrunner was given. This is the equivalent of a cigarette packet sized talking book machine (as described in the September *Review*). A speech synthesiser reads the book to you, but its size and portability outweighs any disadvantage as far as I am concerned. Tom Taylor described the version of the Roadrunner which contains *The Bible*.

Ray described MSN Messenger Service, which most people will probably have as standard on their systems. This enables you to communicate either via the keyboard or voice if you have a microphone connected. It is a speech friendly program and with free telephone time, it means a cheap way of staying in touch with family or friends all over the world.

PBK are frequently acclaimed for the excellence of their catering. But this time, they really did excel themselves with a most superb buffet supper. It is hard to believe that a St Dunstaner stood up at the end to present a magic show. Pieces of rope were magically joined, knots disappeared and the only disappointment was that the magician didn't disappear with them. There were suggestions for alternative uses for the rope! But, well done, Terry Walker, we really did believe you and appreciated your efforts to relieve the shop! Our thanks to all the sighted guests who helped serve up.

Our second day was filled with bits and bobs, as HAL5 was not yet on distribution. A tutorial on message rules, Ray's endless eulogy of Jaws, now on version 4, games and other useful web sites were thrown into the ring. Again, Brad's ability to cope with a variety of subjects was of great benefit.

The following links could be of interest:

www.whitestick.co.uk

Go to the link, which displays 'some useful downloads' where you can pick up all sorts of interesting free software. There are many other useful links on this site.

www.hartgen.org

Contains some useful links.

Here are just two games sites:

www.simcon.net/jkitchen (for free games)

www.gmagames.com

Thank you to everyone who travelled to Brighton and to those who made it all possible. Please do not hesitate to contact me if there is any particular item of hardware or software you would like demonstrated or discussed. Do consult the December *Review* for future dates.

CYCLE RIDE FOR ST DUNSTAN'S

by Martin Brennan

(Mid-Ulster Friends of the Somme and Maps Cycling Club, Cookstown)

As a member of the local Harps Cycling Club, based in my home town of Cookstown, County Tyrone, I'm no stranger to long distance cycling nor indeed charity cycles, having ridden the Belfast to Dublin Maracycle on two occasions, and others.

It was during a conversation with a colleague, Capt (Ret'd) Tom McKinney soon after Remembrance Sunday 1999 that the idea of doing the cycle for St Dunstan's cropped up. We had both heard through the BBC broadcast that St Dunstan's had failed in their bid to acquire funding from the National Lottery.

It was while visiting London in 2000, as a guest of the World War One Pardons Campaign (Shot at Dawn), that I chanced to call on St Dunstan's at Harcourt Street. By the next spring all systems were go for the cycle to take place. Along with the Chairman of Friends of the Somme, Maurice Clements we sat down with maps in hand and plotted a course. By early May 2001 all my B&B stopovers were booked and all tickets purchased. Initially the cycle would have covered 500 miles but a personal visit to Chesterfield, Derbyshire, meant that I would cover a few extra.

The journey itself started in Dublin at 0800 hours on Friday 15th June 2001. The Ulster part of this cycle would take in towns with a regimental history with WWI, making the Irish part of the cycle a total of 272 miles. A couple of days rest and then I proceeded to England.

My journey took me to the National Memorial Arboretum at Alrewas near Lichfield, Staffordshire, to Stratford-upon-Avon and Meriden, the Memorial to all cyclists killed in action in both the World Wars. Day 5 of the cycle took me to Oxfordshire, and the village of North Stoke. I arrived in London at about 1600 hours on Sunday 24th June where I stopped for a couple of days rest and took the opportunity to visit St Dunstan's HQ.

On Wednesday June 27th I left London for Canterbury and on the next day to catch the ferry from Dover to Calais. I had covered 254 miles on the English part of my tour.



Left to right (front): Long distance cyclist Martin Brennan, St Dunstaner David Corscadden, Wesley Wright, Vice-Chairman of Mid-Ulster Friends of the Somme, **(rear)** Mr and Mrs John Corscadden and John Swann who joined Martin on the cycle trip.

On the morning of June 29th I cycled up to the Thiepval Memorial and the Ulster Tower for the last couple of miles of the trip, which had totalled 646.23 miles. The Mid-Ulster to the Somme cycle was complete.

Later that evening I met up with my colleagues of 'Friends of the Somme' for our annual weeklong visit to the war graves and memorials at the Somme and Normandy. It has been an amazing experience with so many lasting memories and characters along the way. It was fitting that as a postscript to the cycle that I should fall into the company of Arthur Halestrap from Banbury, Oxfordshire. He is a 103-year-old veteran of two World Wars and an inspiration to us all. We met on board the ferry from Calais to Dover on my return journey and he tells me that he too has received support from St Dunstan's.

The cycle could not have happened as it did without the support of the members of Mid-Ulster Friends of the Somme to whom I am forever grateful for all the help with the fundraising. To St Dunstan's, keep up the good work and I hope that this small contribution of ours will be of benefit to the service you provide for our veterans. I know that in some small way, it has raised local awareness of your existence.

GO-GETTERS GET WET, WET, WETTER

Lynda Stringer

reports on this year's

St Dunstan's

Activities Week

held September

16th to 22nd

Paul Chadwick and Bob Willis canoe their way towards Trent Bridge.

This year's Activities Week promised to be a good one. A lot of money had been raised for the Activities Fund through the efforts of the St Dunstan's Marathon Team which meant we could venture further afield providing a programme completely different from anything we had done before.

On September 16th, the group mustered at Ovingdean to find out what lay ahead of them. As well as the daily activities there would be theme nights where everyone had to don fancy dress - wherever they may be! Anyone not wearing the appropriate dress would have to pay a forfeit. We managed to shock a few people with our costumes during the week.

There was also a surprise - HATS! Everyone was handed a St Dunstan's Baseball Cap to wear. Steve Sparkes was nominated Hat Monitor. Whenever he shouted "Hats!" they had to be produced, if not 50p went in the kitty. Stealing was permitted, if you 'lost' your hat it could be bought back for a negotiated sum, also to go into the kitty.

Everyone soon got into the swing of things. "Hats!" was heard at some very awkward moments during the week. There was certainly going to be a lot of money to put behind the bar at the end of the week!

Monday morning, we made an early start for the Tony Edge National Centre, Heron Lake, Middlesex, home of the British Disabled Water Ski Association. The weather was not being kind. Although dry it was cold and windy, not the best for first time skiers. Katy Russell voiced her fears about the temperature of the water. "Don't worry Katy," said Mike Godden, "the reservoir is heated, they use the water to supply hot water!"

"Oh, that's all right then," replied Katy. Thus she was the first to don the Yellow Jacket, given to anyone who was heard or seen to perform a gaffe.

At the Lake, a skiing order was produced. Those who were less disabled went first, starting off on a boom attached to the side of the boat, progressing through the short rope attached to the boom, onto the long rope from the back of the boat. Some went off with two instructors holding a three-part bar. The instructors on either side eventually broke away leaving our St Dunstaners skiing on their own.

First to go was Gary Ogden and didn't he do well! Progressing as far as the long rope, but not quite managing to stay up. Steve Sparkes followed showing his prowess having skied before, quickly

getting up on the skis and zipping backwards and forwards across the wake of the boat.

Everyone had a turn. The Centre had such a varied supply of equipment that there was nothing to stop anyone having a go at something - unless, like Paul Chadwick, you are 6ft 6ins tall! Unfortunately they didn't have a wetsuit big enough for him, but he did enjoy a ride in the boat, accompanied by Jilly.

Steve Finlay managed to wobble his way to the jetty and get himself strapped into a 'sit ski' which is a specially adapted wide ski with a seat on. Steve soon zipped off over the water accompanied by instructors on either side. "That was great," said Steve in his best Geordie accent.

Pièce de la résistance had to be Billy Baxter, not only did he manage to get up on two skis and ski alone, he ended the day with a donut ride accompanied by the British Disabled Water Ski Jumping Champion, Mike Appleford. Billy was to be heard screaming as the donut sped from side to side across the wake of the boat at a veritable rate of knots. They were flung all over the place. Mike was heard to say afterwards that he was scared to death, but Billy could not get the smile off his face.

Next day was a very early start, 5am from Ovingdean, to head up to Nottingham for bridge swinging, canoeing and white water rafting at Holme Pierrepont. The group split, with some canoeing up-river, the rest being taken to Trent Bridge for the bridge swinging.

They swapped over for the return. Everyone at the bridge was strapped into a harness and led to the water's edge. The bridge swinging involved the harness being clipped to a belay, then climbing a wire ladder to the underside of the bridge. The climber then had to take hold of the rope and kick away from the ladder and trust in the person at the other end of the rope as they dropped some 20ft, almost touching the water, before being dragged back onto the bank. A knee shaking experience I can tell you, but very exhilarating.

We then had to wait for the other group to join us in the canoes. An hour later they were still not in sight. Reg, our instructor, headed off on his bike along the riverbank to see where they had got to. On his return he said someone had fallen in the river and the others had turned around to go back to them. Wagers were placed as to who had fallen into the drink. Favourite was James Poole. Sure enough we were right. James had got himself safely settled in his canoe, Tim "Nice-but-Dim" Lane stepped in to join him, but not into the centre. This tipped the canoe up, shooting James over the side. Both looked like the proverbial drowned rats.

The paddle down the river was less eventful and everyone managed to arrive dry and in one piece.

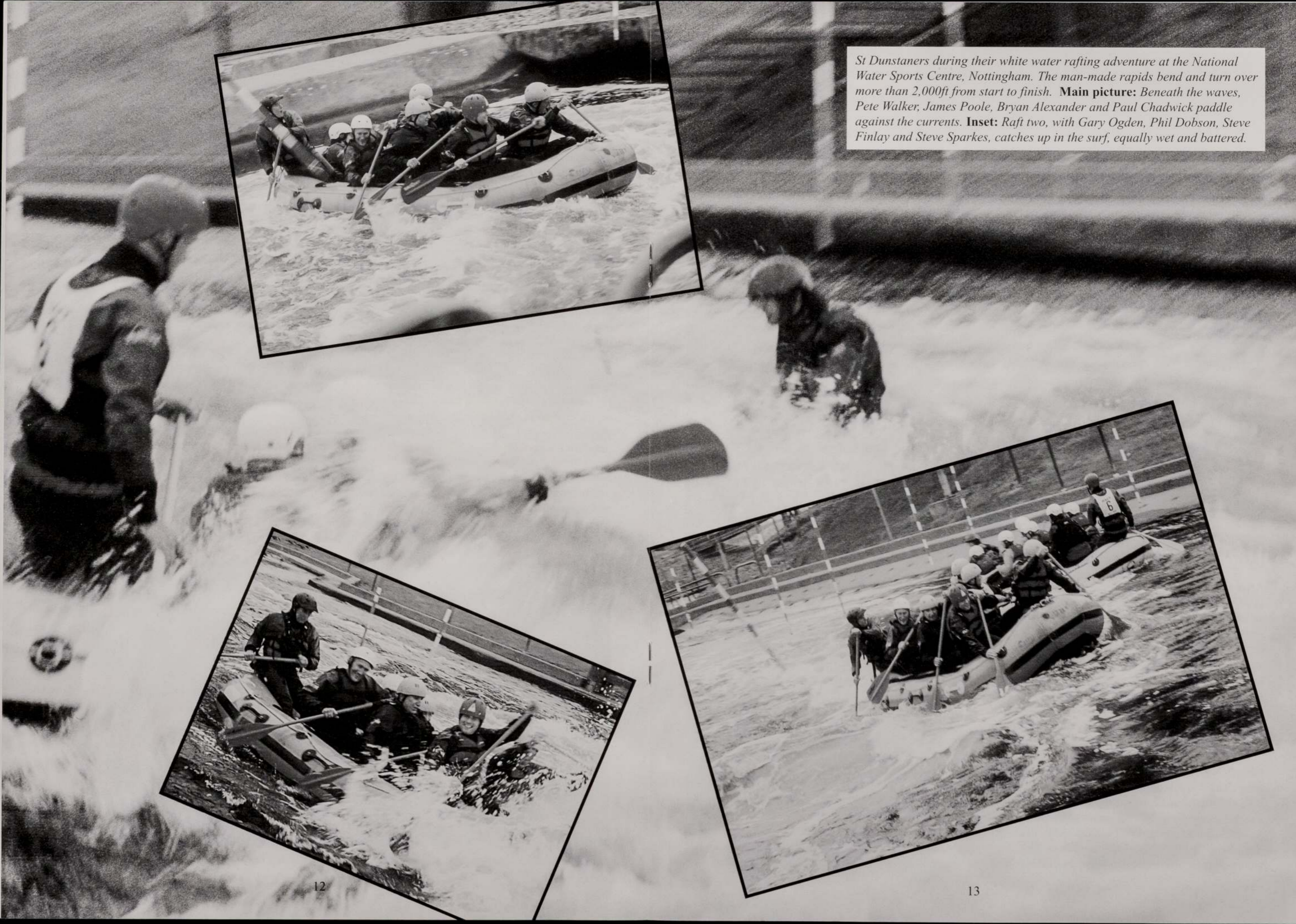
This dry state was not to last long though. At Holme Pierrepont, we all donned wetsuits and made our way to the rafts. James Poole had the misfortune to be kitted out with a damaged wetsuit but endured the giggling whispers of his peers with great fortitude.



Double exposure. The camera catches St Dunstaner Steve Finlay at two points of his Trent Bridge swing.



*St Dunstaners during their white water rafting adventure at the National Water Sports Centre, Nottingham. The man-made rapids bend and turn over more than 2,000ft from start to finish. **Main picture:** Beneath the waves, Pete Walker, James Poole, Bryan Alexander and Paul Chadwick paddle against the currents. **Inset:** Raft two, with Gary Ogden, Phil Dobson, Steve Finlay and Steve Sparkes, catches up in the surf, equally wet and battered.*





Below: Trevor Berry starts the aerial assault course, 30ft up, feeling forward for the knots that will provide the vital clue as to where his next step should be. Behind him, Steve 'Wobble' Finlay works his way home to base.

Right: James Poole negotiates his way up the rockface.



After a brief instruction on how to paddle and what the different commands meant we headed for the water. The first run seemed relatively easy as we made our way through the rapids, ducking and diving between the slalom poles. The next run was another story. Our guide took us down the rougher side of the water and we got soaked! The third run saw a change of sides in the raft. "Perhaps we won't get as wet this time," we thought. Wrong – the water hit us from all angles. If we were already wet, now we were sodden and very, very cold.

Next day, after a much needed lie-in, we headed through leafy side roads to Alton Towers and Oblivion!

Everyone organised themselves into their own groups and the guides tagged along. James, Trevor "Father" Berry and Bryan "Mother" Alexander decided they would do their own thing and wandered off, as did

Big Paul. The rest of us made our way to the rides.

Which one should we do first? We soon found our way to the dreaded Oblivion with its heart stopping 80ft vertical, face down, drop into a mist-shrouded hole. After boarding the ride we moved off up the hill to the top where you are held for a death-defying three seconds while you hear "Don't look down" then there is only one way to go - down! You hear a click and you are plunged 180ft into darkness. The wind rushes through your hair and you experience a great feeling of exhilaration. Your scream stops, you cannot breathe, the G-forces are so great! Suddenly your scream comes back and before you know it you are back in the daylight and heading back to where you came from.

After negotiating a banked left turn and a dip (don't forget to smile for the camera) you find yourself shooting towards the sharpest brake experience

anywhere. You feel the brakes kick-in, hear a screech and stop. It has to be the most exhilarating ride ever.

Billy was speechless, for once! Lynda couldn't stop laughing. Steve (Wobble) Finlay, as usual thought it was "brilliant" (still best said with the Geordie accent). Bob was not too sure. Grant had blacked out! We made our way around the other rides in the X-Sector of the park, Submission, a kind of giant swing boat which takes you upside down, Enterprise, a giant upside down big wheel, and The Black Hole, an indoor roller coaster which is in total darkness.

Moving on we made our way to other sections of the park and soon found Nemesis, the other big white-knuckle ride. This time we were strapped into seats with our legs dangling. After making our ascent to the top of the ride we soon began to hurtle around the dips, twists and turns of the corkscrews, being thrown every which way possible, up and down, round and round - a great hit with everyone. A decision was soon made, that Oblivion and Nemesis had to be done again (and again, and again).

Next day was a more leisurely start, setting off at 9.30am for the Bowles Outdoor Centre at Tunbridge Wells where we were to do dry slope skiing, rock climbing, abseiling, aerial assault course and zip wire.

The programme started after lunch where the group divided into two with one dry slope skiing and the other rock climbing. After supper we headed off to the rocks for abseiling – in the dark. "It's bad enough when you can see what you are doing, but groping down the rocks in the pitch black put a totally different light on things (pardon the pun)," said one



Billy Baxter's escapades on the ski slope and volleyball court amazed a group of schoolchildren who had been orienteering at the Bowles Centre.



Bryan Alexander learns how to control his movements on the dry ski slope.

escort. "I can't see what all the fuss is about," said St Dunstaner Phil Dobson. At least it put us all on an even footing and gave everyone the same disadvantage.

Friday morning the group split again for the aerial assault course and zip wire. The assault course consisted of a circuit of ropes and wires suspended up in the trees, some 30ft above the ground. Our instructor ascended the ladder to the platform on the first tree, attached himself to the safety wire, followed by Grant, Ian, Mike and Graeme. They would act as helpers, attaching and re-attaching our safety ropes as we made our way from one tree to the next. First the horizontal swinging rope ladder, onto the tight wire, further onto the loose cross ropes, another tight wire with four hanging ropes about a metre apart to steady ourselves and finally onto the rope bridge. Billy went first.

How on earth does someone with no sight manoeuvre themselves across those wires, not daring to put a foot wrong (even though you know if you fall off you are securely harnessed to the safety wire)? Everyone took their turn, why are my legs so shaky? It only makes the wires and ropes wobble even more! Eventually I made it to the end! I know how difficult I found it, goodness knows how Steve Finlay with his "natural" wobble was going to manage it. He did though, just as he managed to do everything that was thrown at him during the week.

After lunch some did skiing whilst the rest of us went rock climbing. Some were keen to try harder climbs. Phil Dobson started off with an easy Grade 1 to warm up before attempting the more difficult Grade 3. At first it seemed like he would never reach the top, but eventually he made it. You should have seen the smile on his face!



It started and finished with a splash. A St Dunstaner during the It's a Knockout contest.

Saturday was the notorious Activities Week Olympiad and It's A Knockout. For once, we were able to hold the Olympiad outside. There were eight events; shooting, shot, discus, javelin, hammer, golf, archery and a one-mile run around the St Dunstan's grounds. The group were split into four teams, Big Berry's Boot Boys, Powell's Predators (although unfortunately Dave Powell, their namesake, was unable to make the Activities Week), Finlay's Follies and Baxter's Battlers.

The climactic one-mile run invoked an incredible team spirit amongst the group. The winners, by only a couple of seconds, were Finlay's Follies. They were also overall winners with Big Berry's Boot Boys second, Powell's Predators third and Baxter's Battlers fourth.

Individual medals went to:

Discus	Pete Walker
Javelin	Paul Chadwick
Hammer	Pete Walker
Shot	Paul Chadwick
Golf	Steve Sparkes and Phil Dobson (tie)
Shooting	Trevor Berry
Archery	Pete Walker and Paul Chadwick (tie)

Water, water everywhere, but not a drop to drink. That was the theme for the afternoon. It was It's a Knockout Time, this year in the swimming pool with a vast array of inflatables to be conquered, ranging from a huge slide to Sammy Snake. Judges were strategically placed, lifeguards at the ready and they were off. People were heaving themselves everywhere. Over islands, in rowing boats, over stepping stones, down slides and finally spraying opponents with huge water pistols filled with icy cold water.

The victorious winning team eventually emerged, wet, exhausted but happy – Big Berry's Boot Boys, led by our elder statesman, "Father", otherwise known as Trevor Berry.

Results for the It's a Knockout:

1st	Big Berry's Boot Boys
2nd	Finlay's Follies
3rd	Powell's Predators
4th	Baxter's Battlers

Other trophies presented during the prize giving were:

The Speed Wobble Trophy for showing great courage, determination and a sense of humour to James Poole, who was also presented with the signed yellow jersey for committing the most gaffes during the week.

The Sportsman of the Year Trophy went to "Father" Trevor Berry, who, although being the oldest participant of the week did not let this deter him, and refused to let anything stop him from having a go.

The week was rounded off with a Caribbean Night and Barbecue, dancing to a genuine Caribbean steel band. It was a great night, and again everyone donned fancy dress.

Well done to every one who took part. It was a magnificent week, with everyone surpassing themselves and achieving a great deal.

Special thanks to Angela Templeman and Graeme Wilson, who gave up a week of their holiday to come along and help us. Also to Brian Mugeridge, our driver, for getting us to all the various places on time and for all the help he gave guiding, tea-making, baggage handling and, of course, for the many, many miles of driving.



Phil Dobson hangs on for life.

Thanks too to PBK for keeping up with the packed meals and providing an excellent barbecue.

Finally, a very special big thanks to Grant who, horror of horrors arrived at Ovingdean on the first night to find the swimming pool had turned bright green. He tirelessly worked throughout the week, whenever he was at Ovingdean, staying up when everyone else was safely tucked up in bed, and rising early before setting off again, to restore the pool back to its usual sparkly blue water. After a final last-ditch effort which went on until 4am on Friday morning, the pool was again back to normal and the It's A Knockout could be staged as planned. Well done Grant! Everyone appreciated your efforts.

POETIC POSTSCRIPT

During the Caribbean Night the following poem, from someone who would dearly have liked to join in on the Activities Week, was handed to Grant to read out:

The party's over, the medals have been won
 Those with medals and those without
 Have all had lots of fun
 Soon the pool will once more be ready for me
 To take my righteous place
 As I carefully plod my way up to the deep end
 singing my kind of tune.
 I feel a wee bit sad that I did not win a medal
 But to do so meant entering and that I could not do
 Perhaps next year I shall be young enough to enter
 It will be my ninetieth year and my second childhood
 So watch yourselves
 I am ready to sweep you off the board
 In honour of all you winners and all who took part
WELL DONE AND COME AGAIN NEXT YEAR

Ernie Bowditch



Time to dry off! Our St Dunstaners relax at the end of an action-packed week.

Balancing the Books

by Ted Bunting

Post Mortem

Author: Guy Cullingford
 Reader: John Rye
 Catalogue No: 5944
 Duration: 7.75 Hours

When writer Gilbert Worth was shot dead as he slept, he wanted to know whom it was that pulled the trigger. Yes, this is a ghost story related by the ghost himself, a novel idea no doubt but sadly, a rotten novel is the end result. Published in 1953 but sounding more old-fashioned than a Victorian "penny dreadful", the dialogue is ridiculous, the characters are too silly to laugh at, and the plot so transparent as to be almost non-existent. This is, in fact, the most fatuous nonsense I've encountered since I once accidentally tuned the radio to *Mrs Dale's Diary*.

Hated by the servants and detested by his obnoxious offspring, almost anyone might have put a bullet through Gilbert's pompous head, and mourners in the household were as scarce as rocking horse droppings when his "suicide" was declared. The book is intended as a "mystery", I suppose, but the mystery that intrigued me, was not who shot Gilbert, or why, but rather how, (when it's difficult enough for the living) was a ghost going to get his story into print? If you wish to know too, you will have to do as I did; for why should I suffer alone?

LETTER TO THE EDITOR

From: Trevor Berry, Liverpool, Merseyside

I would like to say thank you to Susan Harrison and St Dunstan's for allowing the Activities Week to take place. My thanks also to Graeme, Angela, Grant, Lynda, Kate, Bob, Mike and Brian for all their help, without which I wouldn't have been able to achieve what I did.

And to the lads, thanks for all their camaraderie which made it such a fantastic week. My wife, Agnes, and I would like to thank everyone for the bouquet of flowers presented to mark our 48th wedding anniversary. I was quite overwhelmed.

MAKING-UP WITHOUT THE USE OF A MIRROR

by St Dunstaner Veronica Mathè

PREPARATION

Have you enough sight to see colours? This is the time to choose your colours for the future. If you cannot see them clearly then ask a good friend in whom you have confidence to go with you to a store with a beauty counter and ask for the help of their beauty assistant. If you are already quite happy with the preparations that you currently use then it is advisable to stick to these.

Sometimes companies change their preparations and this makes life difficult for the visually impaired. But I have found that the counter assistants once they understand my problem are always very helpful in finding an alternative.

GETTING STARTED

Some people like to clean their faces with cleansing cream or cleansing milk while others are 'soap and water girls'. Just continue with what you are used to, but be sure that all traces of previous make up are removed before you begin. Now assemble all the things that you are going to use, including tissues. It is a good idea to have some wet wipes so that you can be sure that you have no unwanted colour or cream on your fingers. Also have a small tray on which to keep all your beauty preparations, and arrange them in the order in which you use them and always keep them in this order.

MAKING-UP

I am going to assume that you use the same things as me but if you have a different routine then just adapt the following to suit yourself. Starting with your moisturiser, spread this well in all over your face and brow. Now squeeze a tiny amount of your tinted foundation into the middle of your palm and with the most comfortable finger put little dots of this on each cheek, chin, brow and nose. Now spread this evenly all over your face, making sure that you rub this well in. Next comes your powder, either loose or pressed powder. If you use a little blusher this is where you have to take a little extra care. Take the brush provided and pass it once over the blusher. Now lay the back of your thumb down the opposite side of your nose and stretch your fingers over towards the



Pass the brush gently out along your fingers.

middle of your ear, this forms a V shape. Passing the brush gently out along the fingers will ensure that you get the blusher in the right place. Now repeat this on the other cheek using the other hand. Finish this operation by taking a soft face brush and with downward strokes brush gently over both cheeks. This eliminates any excess of powder or blusher. Now for your eyes. Do not attempt to use eyeliner or eyebrow pencil but taking a small firm brush, such as a baby's toothbrush, brush your eyebrows up and outwards. Use your eyeshadow by rubbing your finger over the shadow and then carefully drawing your finger along the lower edge of your eyelid just above the lashes.

LIPSTICK

Last of all apply your lipstick. This can be done by putting a finger tip in the little groove in the middle of your upper lip then drawing your lipstick from this point to the corner of your mouth, but not too far into the corner. Repeat this to the other side. Now lay your index finger straight along the lower edge of your bottom lip and draw the lipstick along the lip from one end to the other. Finish by pressing your lips together spreading the lipstick a little and then blot with a clean tissue to remove any excess.

If you follow these simple steps you will be surprised at how often you will be asked "who does your make-up for you?" or "how do you do such a good job without a mirror?!"

Life and Times of Ovingdean

by Lyn Mullins



All shipshape and Brighton fashion! Our seafaring St Dunstaners set sail from the Marina.

September has been a month for making the most of the remaining warm days and we have had some lovely days out.

On September 5th we took to the sea by taking a boat trip from Brighton Marina out to sea and along the coast. It was a lovely sunny day and the sea was fairly calm, although there were some raised eyebrows and holding onto cups of tea as we hit some of the higher waves. Still it didn't seem to ruin anyone's appetite for the Chinese meal we had later at the floating restaurant in the Marina.

A week later found us at Hever Castle the childhood home of Anne Boleyn. We had a very interesting day exploring the castle and it was very nice to see all the costumes that had been used during the filming of the



St Dunstaner Steve Moseley ponders the practicalities of drinking tea with chopsticks.

television series about Henry VIII and his six wives. The gardens were superbly kept and very atmospheric, one could almost imagine Henry and Anne walking up behind you. The water maze was good fun until I stepped on the wrong bit and ended up with freezing cold water down my neck. Joy Walters, a St Dunstan's widow, laughed so much she was nearly crying!!

A group of St Dunstaners attended an impressive display of military skills on September 22nd. Famous battles were recreated during *A Military Odyssey* organised by the Army at Kent County Showground.

The lure of France still beckons and on October 15th a mixed group of St Dunstaners and Widows sampled the delights of Calais. Roy Gunn, Ron Cattell and Dave Humphrey were amongst the group which also included Josephine Beatty, Doris Saxby, Pat Collins, Joy Walters and Annie Mara.



We wish Dr Knott all the best for the future.

THANK YOU, DR KNOTT

On Friday September 28th, a farewell tea and presentation was made to bid goodbye and thank you to Dr Martin Knott. He has cared and ministered to St Dunstaners at Ovingdean for the past 18 years. In his thank you address, Dr Knott said how much he had enjoyed his time at St Dunstan's and looked forward to a continuing friendship with the "Aeroplane on the Downs!"

WELCOME TO ST DUNSTAN'S

September 14th

Lieutenant Colonel Robert Carter, OBE, MC of Effingham, Surrey served in the Royal Marines from 1939 to 1966. After training, he was posted to HMS *Cumberland* for duty in the South Atlantic, chasing blockade-runners. He then joined the Russian convoy before transferring to a minelayer. At the end of the war he was Adjutant of 31 battalion in Keele. In 1950 he joined 45 Commando in the Far East as a Captain Troop Commander. His unit deployed to Malaya for the emergency and for his actions he was awarded the Military Cross and was Mentioned in Dispatches. Later he took command of 41 Commando who deployed to East Africa during the 1964 mutinies. He was awarded the OBE. In civilian life he worked as Facilities Manager for BAC. A keen golfer, he has belonged to a number of clubs and enjoys walking. Lt-Col Carter has a son, daughter and four grandchildren.

Henry Date of Wendover, Buckinghamshire served with the Royal Armoured Corps from 1940 to 1945. He was posted to North Africa and commissioned into 12 Royal Tank Regiment. The unit deployed to Italy and during the Battle of the Gothic Line he was wounded in both eyes by mortar shrapnel. After the war he rejoined Customs and Excise. Mr Date has two sons and two grandchildren.

Leonard Eales of Edgware, Middlesex served with 179 Field Regiment, Royal Artillery from 1940 to 1943. He served in the UK and Iceland. In civilian life he worked for WH Smith and eventually ran his own shop. A keen radio listener, Mr Eales has a daughter, son and four grandchildren.

Ernest Ellerton of Sheffield served in the Royal Army Service Corps from 1943 to 1947. After training with the Sherwood Foresters he transferred to the RASC as a despatch rider and was posted to the Guards Armoured Division. The unit deployed to Normandy and he was responsible for re-supplying the tanks with ammunition. Later he volunteered to become an ambulance driver and was with the first unit to deliver water to Belsen. After the war he became a bus driver, later alternating between long distance lorries and coaches. He worked as a

storekeeper until retirement. A keen walker he has led parties to the Alps, supported walks to keep paths on the moors open for ramblers and persuaded the local rambling club to provide escorted walks for the local blind community on a monthly basis.

William McNeal of Blackpool served in the Royal Artillery from 1939 to 1946. He trained on guns at Longmoor before deploying to France. After Dunkirk he was redeployed to a coastal unit before being detached as a builder. He rejoined his regiment in 1942 and was sent to North Africa just before El Alamein. He was injured in an accident when a towing hawser broke. Following hospital treatment he was posted to Palestine. After the war he worked in the Blackpool area making toy soldiers and building prefabs. He then joined the Atomic Energy Organisation in Salwick. He used to enjoy cycling, walking, bowls and darts. He and his wife have a daughter, two sons, six grandchildren and five great-grandchildren.

Andrew Rollinson of Alvaston, Derby served in the Suffolk Regiment from 1942 to 1947. Initially called up to the General Service Corps, he was posted to the Northamptonshire Regiment before transferring to the Suffolk Regiment. He served in North Africa, Sicily and Italy. He temporarily lost his sight after being injured. Mr Rollinson was later posted to Australia to work for the Joint Chiefs of Staff. In civilian life he returned to the UK and rejoined Rolls Royce. He worked as Project Engineer in power stations throughout the country. A keen model maker he has made many working models in wood and metal. After retiring he did voluntary work for the Samaritans and Catholic Society. Mr Rollinson has two daughters, four grandchildren and three great-grandchildren.

Alan Skene of Prudhoe, Northumberland served in the Cavalry and then the Maritime Regiment Royal Artillery from 1938 to 1958. After training he volunteered for the Maritime Regiment, manning guns on merchant ships. In early years he completed Atlantic convoy runs and one trip to Russia where he was rescued from the water after his ship sank. He left after the war but soon rejoined the Royal Artillery as an Assistant Instructor in Gunnery. After leaving the service he emigrated to Australia and

worked for Aurec deep mineral drilling company. His main interests were making hi-fi amplifiers and walking. Mr Skene has a son.

Harry Smith of Aylesbury, Buckinghamshire served in the Royal Air Force from 1938 to 1967. Posted to the Ministry of Aircraft Production fitting instruments into aircraft, he served in the UK, Burma, the Canal Zone, France and USA. Later he joined the Thor missile programme as a Technical Analyst. In civilian life, he joined Hawker Siddeley/BAE as an Investigations Technician. He is a member of two bowling clubs, enjoys dog training and is a guide dog owner. Mr Smith has two daughters, two grandchildren and two adopted grandchildren.

September 28th

Alfred Brewer of Brighton served in the 4th Battalion Oxford and Bucks Light Infantry from 1939 to 1946. A member of the TA, he was called up and deployed to France. He was taken prisoner during the retreat to Dunkirk and spent three years as a POW in Poland. A cabinetmaker before the war, Mr Brewer joined Cowley car factory as a carpenter and maintenance man. He used to play the clarinet and enjoys classical music. He has three daughters, seven grandchildren and four great-grandchildren.

Joseph Condon of London served in the Royal Air Force from 1941 to 1946. He trained as a coxswain on an Air Sea Rescue Boat, serving in the UK and South Africa. After the war he worked as a dispensing chemist. An avid opera fan, he used to row in regattas and enjoys walking. He has two sons and a daughter.

John Heath of Quinton, Birmingham served in the Royal Air Force from 1958 to 1961 and from 1962 to 1971. He served initially at Cranwell as an Assistant Air Traffic Controller. During his second engagement he served in the UK, Borneo, Germany and finally Brize Norton. In civilian life he worked for the Post Office. A qualified cricket umpire, Mr Heath is a keen sportsman and darts player. He and his wife Diane have two daughters, one son and five grandchildren.

Emily Milbourne of Alnwick, Northumberland served in the ATS from 1941 to 1946. Initially she trained as a driver but then qualified as a medical

orderly. She served at various units throughout Northern England. Mrs Milbourne has a daughter, two sons and a stepson.

Hubert Pratt of Pattingham, nr Wolverhampton served in the Royal Tank Regiment from 1941 to 1946. He spent three years in North Africa before returning to the UK for the invasion. His regiment fought through Europe including Arromanches and the Rhine crossing. After leaving the service he returned to farming. A keen tennis player, he enjoyed rough shooting and boating. Mr Pratt is married to Jean.

Leslie Robinson of Byfleet, West Byfleet served in the Durham Light Infantry from 1932 to 1939 and 1939 to 1943, The Corps of Royal Military Police from 1943 to 1946 and the TA and Army Cadets from 1966 to 1976. A member of the TA from 1930, he joined the DLI as a bugler and trained as part of the air defence platoon. He completed tours in the UK, Bombay and Khartoum before being discharged. Called up soon after, he deployed to France with the DLI. After evacuation from Dunkirk the unit deployed to India and then Burma. He transferred to the RMP after his regiment suffered heavy losses. After the war he rejoined the TA and Army Cadets where he acted as an instructor. In civilian life he worked as a railway guard and then joined BAE. He and his wife Maisie have three sons, two daughters, five grandchildren and ten great-grandchildren.

Laurence Wright of Rushden, Northamptonshire served with the 1st Battalion The Suffolk Regiment from 1947 to 1949. He was deployed in Northern Ireland, Jerusalem, Egypt, Port Said and Greece. He was employed as a regimental butcher and continued this trade in civilian life. Later he worked as a bus conductor and finally in a shoe factory. He enjoys music, particularly the accordion, pipes and organ. Mr Wright is married to Margaret.

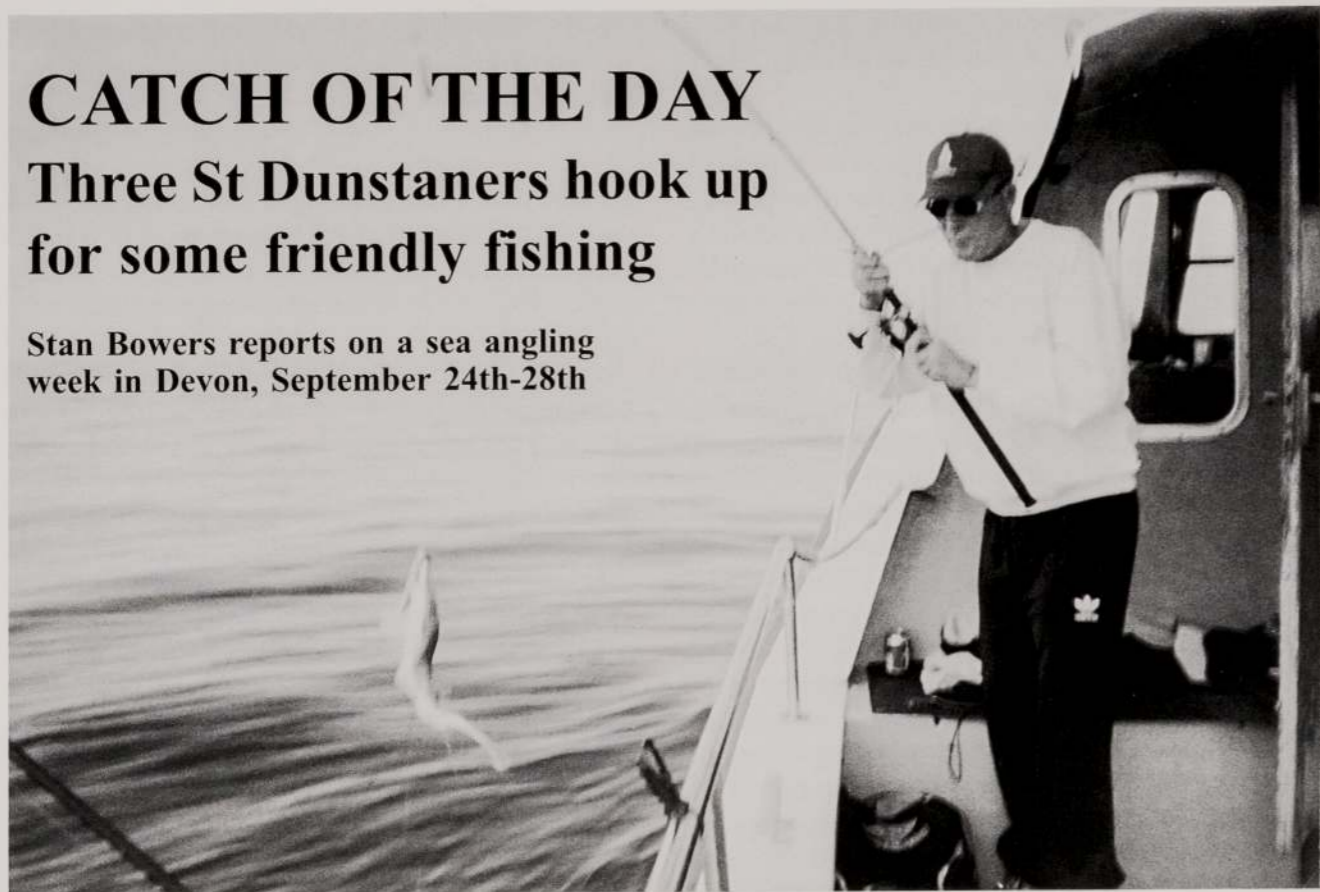
REUNION ROUND-UP

St Dunstan's reunion season came to a happy close on September 19th when 17 St Dunstaners and 14 Widows gathered at the RAF Club for the London Reunion. St Dunstaner John Walbrugh was the Member of Council presiding.

CATCH OF THE DAY

Three St Dunstaners hook up for some friendly fishing

Stan Bowers reports on a sea angling week in Devon, September 24th-28th



Gary Ogden lands a dogfish. One of many catches.

The much awaited day arrives and we head off from Ovingdean to Ilfracombe on the west coast of England anticipating if the weather will be bad, if the fish will be big or could they be ...? No! That couldn't be, fishermen never catch small fish.

The four of us, St Dunstaners Phil Dobson, Gary Ogden and Cliff Ford, with myself Driver Stan Bowers, headed west telling great stories of the ones that always got away. It's a smaller group than planned, but as Cliff says, it means we each have a corner of the boat.

We arrived at the Cresta Hotel to be welcomed by Peter, the owner. Having been shown to our rooms, we went to the bar and awaited the arrival of the boat's skipper Paul. He was great and explained to us about the boat, the weather and what fish we should be able to catch. After dinner we all went exploring the town and local alehouses (all much cheaper than Brighton).

We were up at 0630 to catch the tide. We arrived at the harbour to be escorted, like young kids, "can't wait to get at them, got our own lunches," and met Paul with the boat, *Ospray*. It was much bigger than I was expecting, big enough for 12 rods.



Gary, Cliff and Phil set off from the harbour.

With Paul was Mark, his crewman, and Larry, a retired police sergeant, a real country bumpkin, larger than life and twice as funny. While Paul set out to sea, Mark set all our rods ready with traces and feathers. We picked up some different techniques for the local conditions. He was a great help, as was Paul, all through the week.

Day one turned out to be a great day in many ways, lots of sun, fish and many stories. It was very relaxing, one of those great "don't want the day to end" days. Rather quiet, but we got fish. Gary had

the best spot on the boat, out of the wind. Phil and Cliff were braving the elements at the back end.

Day two, everyone was keen as mustard. Phil had brought a new rod and reel the night before, so you can guess what he was like. Out we went, plus local fisherman, JT, to help and entertain us.

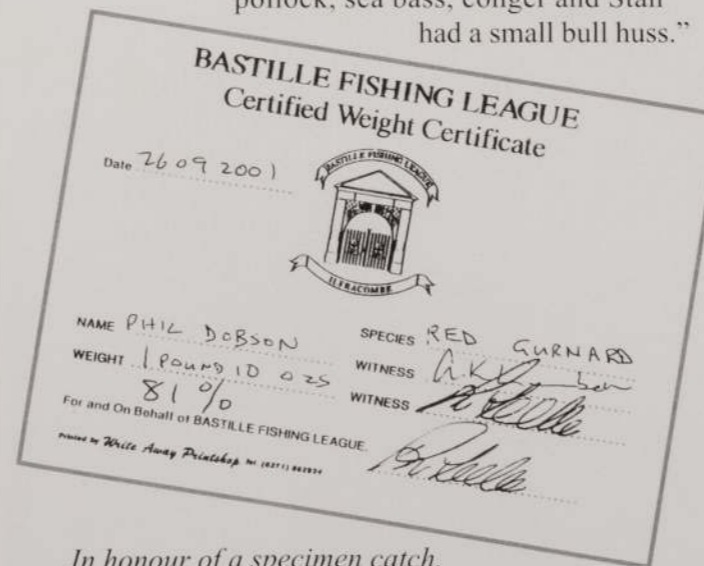
One of JT's stories was how he couldn't buy any tyres for his classic land rover, but hotel owner Peter's brother would lease him some. Yes, lease them! We all nearly fell out of the boat, even the heavy rain didn't stop the laughing.

Phil was the king of day two. He caught a 11lb 10oz red gurnard. At 81 per cent (compared to the record) this rarity is a very good fish of excellent specimen proportions. Local fishing club, The Bastille Fishing League gave Phil a certificate of proof for the catch.

Larry had caught a 19lb tope, part of the shark family. He arranged for the chef at his local pub, an Australian, to cook some shark steaks for us. So Wednesday night, we all went to the *Hele Billies* to be fed and watered as Larry's guests. It was different and very nice. Great evening!

Day three and unfortunately Gary didn't feel to good, so Phil and Cliff went off for the day. Cliff is still telling everyone about the huge great fish that got away. It had to happen today, ha ha!

Day four, our last day of fishing. We were all up early, ready to go and it turned out to be the best day for fish. We were all reeling them in as fast as we could. "We had nearly 70 fish, well over a hundredweight," said Cliff. "We put back a lot of dogfish, but caught pollock, sea bass, conger and Stan had a small bull huss."



In honour of a specimen catch.



Gary and Cliff relax in anticipation of a catch.

Some catches wouldn't lie down. As Gary landed a fish, Paul and Mark stepped over to help land it. Behind them, an earlier snare, a conger eel, some 6ft in length, rose from the catch box. "It was like a cobra," added Phil. "It wasn't going to stay down without a fight."

The day seemed to race past and then it was time for the worst part of the week – going back into the harbour for the last time. Everyone looked sad.

We said our goodbyes to Paul and Mark with promises that we will be back, hopefully with more fishermen next time, please!!! With lots of fish to take home we had to go around the local shops to find iceboxes.

Phil came out tops with the most fish, he bagged 34, Cliff got 33 and Gary 26. I managed 13 myself. Sadly Fred, Wally, Jock and all the other fishermen missed a great trip. Hopefully they will be able to come on the next one. Our thanks go to Jock and Fred for organising the trip. Thank you, you did well.

Cliff, Gary and Phil agree they had an excellent week and are looking forward to some cod fishing out of Newhaven later this month.

Finally, Cliff Ford picked up a new nickname. Everyone in Ilfracombe thought he looked like Clive Dunn from *Dad's Army*, so from now on he will be L/Cpl Jones!

FAMILY NEWS

BIRTHS

Congratulations on the birth of:

Nathan Christopher on September 24th. He is the son of Mark Maddock and Agnes of Vale, Lancashire.

WEDDING

Congratulations to:

Joanne and Tommy Storey who married in Orlando, Florida on August 15th. Joanne is the daughter of *Chris and Win Jordan* of Washington, Tyne and Wear.

RUBY ANNIVERSARY

Congratulations to:

Robert and Eileen Cotton of Brighton on September 21st.

DIAMOND ANNIVERSARIES

Congratulations to:

Leonard and Olive Smart of Redditch, Worcestershire on September 27th.

Dennis and Joan Brown of Linden Village, Buckinghamshire on October 4th.

Arthur and Marjorie Tucker of Horsham, West Sussex on October 14th.

SPECIAL ANNIVERSARIES

Congratulations to:

William and Frances Allen of Farnham, Surrey who celebrated 63 years of marriage on October 1st.

Frederick and Florence Morgan of Filton, Bristol who celebrated 63 years of marriage on October 1st.

ACHIEVEMENTS

Congratulations to:

Clive Jones of Market Drayton, Shropshire who got a First Class Pass in his Pitman's Word Processing Essential examination.

Linda Filby who passed her MA in Primary Education with distinction. The daughter of Lilian Filby and the late *William Filby* of Streatham, London, she may start work on a PhD in January.

DEATHS

We regret to announce the death of:

Marjorie Chadwick of Fareham, Hampshire on September 14th. She was the widow of *Clifford Chadwick*.

Edna Cope of Saltdean, Brighton on September 29th. She was the widow of *Henry "Johnny" Cope*.

Our sympathy goes to their families and friends.

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.

Gordon "Jim" Humphrey

Royal Air Force

Gordon "Jim" Humphrey of Coldean, Brighton died on October 2nd, aged 80. He served in the Royal Air Force from 1941 to 1948. During this time, he joined the Ministry of Aircraft Production and worked on the development of turbines for the Whittle jet engine. He later transferred to the Home Guard as a member of the Bomb Disposal Company. In civilian life he worked for Alan West Engineering retiring in 1983 as Manager of Production Engineering in their electrical section. His interests included gardening and fishing. Our sympathy goes to his widow Frances, their sons and all of the family.

Douglas Norman

Royal Air Force

Douglas Norman of East Bierley, Bradford, West Yorkshire died on October 8th, aged 80. He had been a St Dunstaner since 1980. He joined the Royal Air Force in 1941 and served as an Aircraftman II. He was taken prisoner in Java in 1942. During his captivity Mr Norman contracted beriberi, the malnutrition and privation that he experienced would eventually cause the loss of his sight. In civilian life he worked as a paint sprayer. His interests included gardening. Our sympathy goes to his widow Irene, son Stephen and all other members of the family.

"Bob" Douglas Forshaw

2nd East Surrey Regiment

"Bob" Douglas Robert Forshaw of Bognor Regis, Sussex died on October 11th, aged 82. He had been a St Dunstaner since 1974. He joined the 2nd East Surrey Regiment as a Bandsman in 1935. While serving with them in Singapore, he was taken prisoner and sent to Changi Gaol. The malnutrition and privation he experienced damaged his sight and he came to St Dunstan's before his discharge in 1946. In civilian life he worked as an Ambulance Driver until the deterioration of his vision forced early retirement. His interests included picture framing, fishing, music and gardening. Mr Forshaw regularly attended the Ex-POW Reunions. Our sympathy goes to his widow Grace, their sons Stephen and Robert, daughters Sarah, Penelope and Susan, and all of the family.