

August 2003

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ST DUNSTAN'S Review



FOR BLIND EX-SERVICE MEN AND WOMEN



August 2003

Cover story:

Sail of another century!

St Dunstaner Norman Perry and his son Ian stand on the deck of HM *Bark Endeavour* where they have been part of the crew for a five-day journey round the coast of England. The ship is a replica of Captain Cook's famous vessel that charted Antipodean waters.

Details on back page.

Tandem swap!

St Dunstaner changes his parachute jump for a bicycle ride.

Details on page 8

Run, pilgrim, run!

St Dunstaner's daughter plans 500-mile run to the tomb of St James.

Details on page 9

Hot to trot in Les Fourgs

The South of France proves an irresistible lure for St Dunstaners in walking mood.

Details on page 10.

Tiger Reg wins Alan Logan Trophy

St Dunstaner Reg Perrin wins Best Blind Golfer and other prizes at the 2003 Open Invitation Day.

Details on page 14.

Plus Balancing the Books, Letters Ten Questions and other favourites!!!

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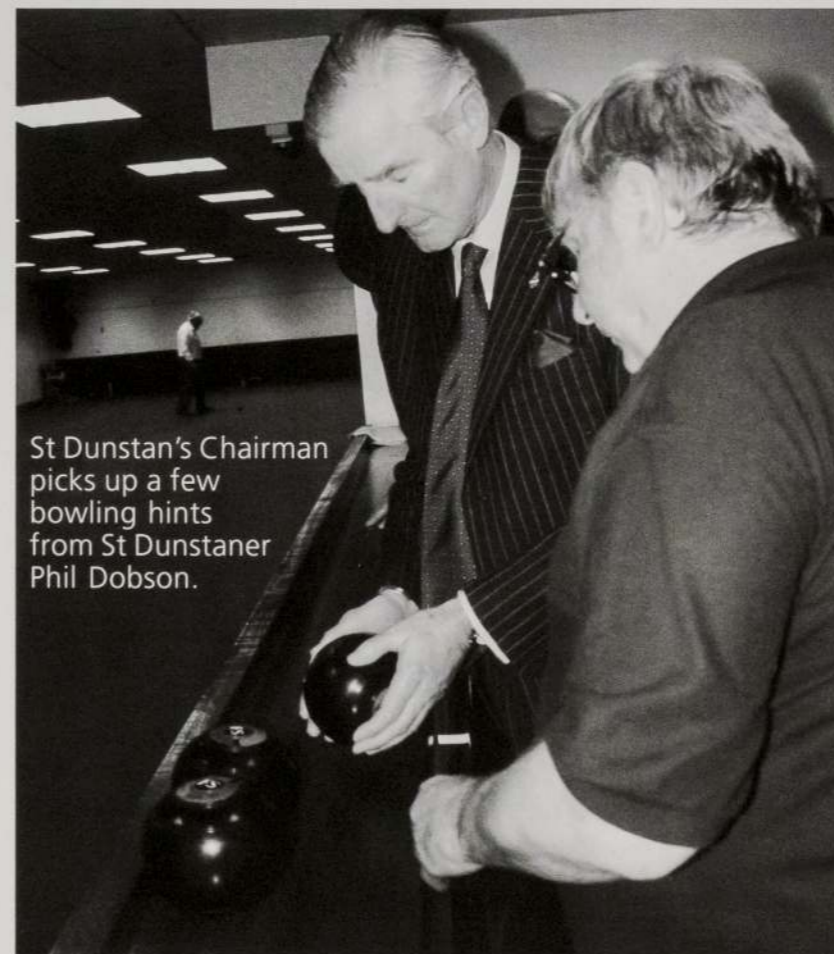
RAF St Eval calling

On Page 7:

Sports & Recreation

Timetable revision

From the Chairman



St Dunstan's Chairman picks up a few bowling hints from St Dunstaner Phil Dobson.

OVER THE YEARS, we have taken for granted, perhaps, that St Dunstan's offers a first-class service, and this is the firm and grateful message that I receive from St Dunstaners, particularly at reunions. But as numbers continue to increase, and both values and expectations change, we considered it wise to check whether this claim still holds true.

A few months ago, an independent agency was employed to ask many of you what you thought. I am very grateful to all those who took part in the survey. You will read a brief summary of the results in later pages. I shall leave you in suspense over the results for the moment, but would want to emphasise that we shall never become complacent. Our recent management re-structuring should mean an even more seamless service delivery and I trust you will not hesitate to tell us if standards decline.

Captain Michael Gordon-Lennox, RN

ST DUNSTAN'S Calendar

| | |
|-----------------------|----------------------|
| Billy the Whizz | August 2nd-3rd |
| Golf Club | August 16th-17th |
| Archery Club | August 22nd-30th |
| Activities Week | Sept 1st-5th |
| Aylesbury Reunion | Sept 3rd |
| Brighton Reunion (IV) | Sept 17th |
| Golf Club | Sept 20th-21st |
| IKK | Sept 20th-24th |
| Physio Weekend | Sept 26th-28th |
| Computer Club | October 8th-9th |
| Amateur Radio | October 10th-12th |
| Annual Speed Week | Oct 13th-17th |
| Widows' Week | October 13th-20th |
| Bowling Club | Oct 24th- Nov 7th |
| Remembrance Sunday | Nov 9th |
| Christmas Craft Week | Dec 1st-8th |
| Christmas Week | Dec 20th/21st-27th |
| New Year | Dec 28th-Jan 3rd/4th |

DEADLINES FOR FUTURE ISSUES

The final date for submitting items for publication in the September **Review** is August 5th 2003.

The final date for submitting items for publication in the October **Review** is September 9th 2003.

Noticeboard

Dates for your diary and useful information

HER MAJESTY THE QUEEN

BIRTHDAY GREETINGS: St Dunstan's Chairman, Captain Michael Gordon-Lennox, recently wrote to our Patron, Her Majesty The Queen to extend our best wishes on her Official Birthday.

He wrote: "On behalf of St Dunstan's Council and our blinded ex-Servicemen and women I would be grateful if you would kindly give Her Majesty The Queen our most loyal greetings on the celebration of her Official Birthday on Saturday. We send Her Majesty all our good wishes."

Mrs Gill Middleburgh, Chief Clerk replied "Sir Robin Janvirn has asked me to thank you for your message of congratulations sent to The Queen on the occasion of Her Majesty's Official Birthday on behalf of the Council and blinded ex-Servicemen and women of St Dunstan's.

"The Queen much appreciated your kind words and sends you her warm good wishes in return."

PROVISION OF ESCORTS AT ST DUNSTAN'S OIVINGDEAN

PLEASE PROVIDE ADEQUATE NOTICE:

I think that most people are clear that those visiting Ovingdean as holidaymakers will not normally get an escort for trips and activities. There are no care staff allocated directly to holidaymakers or, normally, trainees. The advice, which is clearly heeded, is to bring one's own escort and many of our holiday and training rooms are twin-bedded. However, I fully understand that some St Dunstaners come to Ovingdean unaccompanied specifically in order to give their spouse a break so for those who do need

an escort on the 4th floor we will always try to provide a volunteer. To do this though, we do need adequate notice and, I am afraid, it is not always possible to oblige.

I turn now to the other floors. There is an erroneous assumption by some of those occupying a care place (1st floor Residential, 2nd & 3rd floors Nursing) that because care staff are allocated to these floors then a nurse or care assistant will be available whenever an individual requires an escort. This is to misunderstand our staffing levels, which are insufficient to provide escorts for each and every trip. The primary aim is to provide care on the floors, which includes manning the Lounge and meeting key appointments and emergencies, like hospital visits. The upshot is that we cannot provide escorts for every resident (permanent or temporary) on every trip that they wish to go on. Sometimes an escort can cover more than one St Dunstaner which helps, but this is becoming less frequent as folks become frailer, occupy wheelchairs, etc.

As you are aware, we do try and make use of volunteers to back up our limited staff members and we also expect other visitors, such as widows and family members, to assist when they are out on the trip or participating in the activity. As with holiday makers we do need adequate notice of the requirement and we will continue to build up our volunteer cadre as a means of making more opportunities for participating in trips and activities. We do try to allocate our often stretched resources fairly but I must appeal for a greater degree of understanding in respect to providing escorts, please. Thank you.

Dick Lake
Ovingdean Manager

ACCOMMODATION AT ST DUNSTAN'S OIVINGDEAN OVER CHRISTMAS AND NEW YEAR

BOOK BY SEPTEMBER 26th: As in previous years, there is likely to be insufficient accommodation at Ovingdean to meet everybody's requirements. Usually holiday bookings can be booked provisionally six months in advance directly with Jackie Castle, the Bookings Coordinator (01273 391422) and confirmed at three months. However, for the Christmas/New Year period bookings can only be accepted via Welfare Officers i.e. in the same way as Respite Care bookings and need to be with Welfare Officers for processing by September 26th. Because of the degree of uncertainty associated with the period, particularly issues about appropriate care packages available in local communities, accommodation will not be confirmed until November 28th though provisional bookings will be announced by October 24th.

Because of the likely demand, it is necessary to split the period into Christmas (December 20th/21st-27th) and New Year (December 28th-January 3rd/4th), and to limit bookings to one or other though it may be feasible to have the week preceding Christmas or New Year plus a week. It will be possible to be placed on a waiting list for the other period but there can be no guarantee that space will become available. As last year, a surcharge will be applied to those who come into Ovingdean over the Christmas and New Year period which reflects the significant cost of the extra food, drink and activities which are put on. The surcharge per head will be in the region of: Christmas period (£30), New Year (£20).

In order to make the most of the accommodation available, some principles and priorities need to be applied. Firstly, we need to make full use of our off-site premises at Nevill Road. It is accepted that there are limitations associated with this property including transport schedules but it must be utilised especially by those who are fit and able to do so. Care need is the principle which determines who must be in Ovingdean itself as opposed to being offered accommodation off-site. There will be a presumption that people taking care of themselves in the community can, in most circumstances, use the off-

site option though some may need to be downstairs if their own home is configured that way. The final arbiter for a care need will be Jackie Greer as Head of Care in discussion with the relevant Welfare Officer, backed, if necessary, by a doctor's written opinion. In addition, there will be occasions when sharing a room would create extra space and this will be considered as an option, with those sharing in these circumstances receiving a reduction in the room charge.

In determining the overall priority for those staying at Ovingdean over the Christmas/New Year period, the first call goes to those with a genuine care need, particularly as a result of insufficient care in the community over the holiday period. This includes Respite Care requirements. Second priority will be the spouses of those living permanently at Ovingdean and who do not live locally. Thereafter, the priority is other holidaymakers as determined by their declared and authenticated care needs and their requests, with those living independently in the Ovingdean area only being considered after those who cannot participate on daily visitor basis. When accommodation has been allocated on the above basis, a waiting list will be established. Ideally, applications for accommodation should be made on the basis of the above principles, particularly by offering to accept Nevill Road or agreeing to share. We will do our best to give people what they desire but, in the final analysis, the offer of accommodation may have to be based on an assessment of need and upon balancing the requirements of all concerned. Due to the size of the main dining room we will almost certainly also have to restrict the numbers who come in for the day over the Christmas/New Year peaks as well, I am afraid, and for whom a surcharge will also apply.

Dick Lake,
Ovingdean Manager.

MAGAZINES ON TAPE

A CHOICE OF TITLES: Several tape magazines are available from St Dunstan's - *Soldier*, *Sapper*, *FEPOW Post*, *Computer Talk* and *Nuggets* (which is also available in braille). Should you wish to receive any of these titles contact Ray Hazan, St Dunstaners Services Manager at St Dunstan's Headquarters on 020 7723 5021.

QUALITY ASSURANCE SURVEY RESULTS

by **Jeremy Hinton, Service Delivery Director**

TAKING ACCOUNT OF YOUR THOUGHTS:

I would like to thank all St Dunstaners, spouses, widows/widowers and family members who took part in the Quality Assurance Questionnaire during April/May. A representative cross section took part in the survey, ensuring that statistically, the results can prove to be accurate to 95 per cent +/- 6 per cent.

A brief summary of the findings is shown and clearly demonstrates that a high percentage of those who took part are very pleased with the type and the quality of service provided by St Dunstan's.

Broadly, the questionnaire captured views on:

- Current service performance
- How important the services are
- How we compare with other organisations
- What new services St Dunstaners would like introduced.

Responses could vary from, 1: very dissatisfied; to, 5: excellent.

- Current service performance: (apart from the website which averaged a score of 3.3 – possibly due to access of the web), the responses for all services averaged between 4 & 5.
- The importance of the services: the responses for all services averaged between 4 & 5.
- Comparison with other organisations: 84 per cent of respondents thought St Dunstan's was better than other organisations.
- New services: these related to sheltered housing, care homes and training centres in the North of England, and rather naturally, depended very much on where people lived.

There were a number of individual suggestions, complaints or recommendations, which will now be

followed up by the departments concerned to see if we can improve in those areas.

If anyone requires greater detail, they should contact Ray Hazan at Headquarters.

HANDLESS REUNION 2004

GETTING TOGETHER: The 2004 Handless Reunion will be held at St Dunstan's Ovingdean from May 5th to 11th next year.

ST DUNSTAN'S MAILING LIST

JOIN IN ONLINE: St Dunstaners have their own electronic noticeboard using e-mail where they can pose questions and get answers. Questions regarding your visual impairment, technical issues and day-to-day living are all regular topics of discussion. There is likely to be someone with the knowledge to answer any question posted. St Dunstaners can draw on the experiences of their fellows for support.

If you are interested in joining, then please send a blank email to vi-std-subscribe@topica.com. This will not automatically subscribe you. You need to reply to a confirmation e-mail they send you and then David Poyner, who is managing the list, has to authorise you to join. All mail will be vetted. This is to stop the mailing list becoming libellous, out of order or used for chat.

WERE YOU STATIONED AT RAF ST EVAL?

ROYAL AIR FORCE REUNIONS: RAF St Eval in Cornwall would like to contact all ex-WAAF, WRAF and RAF personnel stationed at the base between 1939 and 1959. We are also interested in talking to those who may have been there on detachment, of all ranks, for reunions, membership and a regular newsletter. We currently have over one hundred ex-service people in contact at the moment. For further information, please contact membership secretary Graham Hill on 01179 672547 or call Dave on 01202 398190.

SPORTS & RECREATION DEPARTMENT REVISED WEEKLY TIMETABLE

TIME FOR SPORTS: In an effort to enhance the usage of the Sports and Recreation department by St Dunstaners, a number of activities have been added to the timetable. The new timetable, which encompasses walking, running, tandem biking, swimming, amongst other activities, went into operation in July for a three-month trial.

- 1) The duration of the two morning gym classes will increase from 30 minutes to one hour. The duration of the afternoon class will be 45 minutes. New times are 9.30am -10.30am, 11.00am -12.00am, and finally 3.15pm -4.00pm.
- 2) Supervised swim sessions will be available to St Dunstaners who would like to learn to swim, like to swim but would feel more confident with some assistance in the water, or need assistance to perform exercises in the water recommended by the physiotherapists. These sessions will run Monday and Friday, 2.00pm-3.00pm (Maximum of three staff available to enter the water).
- 3) St Dunstaners will now be able to 'book in' for a 'one to one' session with an instructor to take part in an activity of their choice. Such activities may include walking, running, tandem biking, swimming, a personal training session or any other sports activity within reason. Times as follows: Monday-Thursday inclusive 4.00pm-5.00pm (Maximum of four staff available).

Please note that St Dunstaners wishing to go swimming or to arrange a 'one to one' session must book in advance by contacting a member of the sports dept. This service will operate on a first come first served basis.

The Swimming Pool opening hours and all other activities will remain as 9.30am-15.30pm daily. The pool will remain open for normal swimming during the supervised swimming sessions. For more details contact the Sports & Recreation department at Ovingdean on 01273 307811.

MONDAY

9.30-10.30 Gym Class (2)/Physio (1)
 10.30-11.00 Physio (1)
 11.00-12.00 Gym Class (2)/Physio (1)
 12.00-14.00 Lifeguard Rotation (4)
 14.00-15.00 Supervised Swim (3)
 15.15-16.00 Gym Class (2)
 16.00-17.00 One to One (4)

TUESDAY

9.30-10.30 Gym Class (2)
 10.30-11.00
 11.00-12.00 Gym Class (2)
 12.00-14.00 Lifeguard Rotation (4)
 14.00-15.00 Assess (2)/Archery (1)
 15.15-16.00 Gym Class (2)
 16.00-17.00 One to One (4)

WEDNESDAY

9.30-10.30 Gym Class (2)
 10.30-11.00
 11.00-12.00 Gym Class (2)
 12.00-14.00 Lifeguard Rotation (4)
 14.00-15.00 Rifle Shooting (2)
 15.15-16.00 Gym Class (2)
 16.00-17.00 One to One (4)

THURSDAY

9.30-10.30 Gym Class (2)/Physio (1)
 10.30-11.00 Physio (1)
 11.00-12.00 Gym Class (2)/Physio (1)
 12.00-14.00 Lifeguard Rotation (4)
 14.00-15.00 One to One (3) (Wheelchair possible)
 15.15-16.00 Gym Class (2)
 16.00-17.00 One to One (4)

FRIDAY

9.30-10.30 Gym Class (2)
 10.30-11.00
 11.00-12.00 Gym Class (2)
 12.00-14.00 Lifeguard Rotation (4)
 14.00-15.00 Supervised Swim (3)
 15.15-16.00 Gym Class (2)
 16.00-17.00 Staff Training (4)

Numbers in brackets indicate the maximum number of staff available for these activities, not taking into account holidays etc.

It strikes me ...



with Gog and Magog

Gog hears from a St Dunstaner who has been taking driving lessons. This exercise in education took place on some farmland down south. Our St Dunstaner insists that he tried to dissuade his enthusiastic tutor. However, it is only after they have driven around for several hours that the instructor notes that his pupil is carrying a white cane. "I don't think you should have been doing this," he is reported to have exclaimed. This prompted our St Dunstaner to reply "What did you think I've been trying to tell you all afternoon?"



One day at St Dunstan's and I'm already on my knees.

Magog finds that education is also afoot in the basement at St Dunstan's HQ. Graham Footer provides an impromptu lesson in ghost walking, monkey walking, leopard crawling, kitten crawling and generally rolls about on the floor. Essential skills for any Gunner deployed in a modern hotzone such as Paddington.

How to make an Ovingdean quilt



ALICE GIMBRERE'S needlecraft skills are keeping her warm at night. Her ability with needle and thread, demonstrated by the appliqué elephant that was exhibited in the Brighton Festival, was harnessed for spot of practical housekeeping.

The WREN St Dunstaner spent seven weeks sewing a patchwork quilt using pieces of material provided by other Ovingdean residents. Alice, a retired physiotherapist, persevered with the project with hearty encouragement from the Workshop's Mary Scourfield.

Peddalling Para rides London to Brighton

THE BRITISH HEART Foundation benefitted when Ray Sheriff decided to forgo his usual skydive at Arnhem. The Rottingdean St Dunstaner swapped a tandem parachute jump for a tandem bike ride.

Former Para Ray, aged 82, joined up with Ben Sherratt, aged 33, to ride in the 28th London to Brighton Bike Ride on June 15th. Around 27,000 people rode their bicycles in the 56-mile event.

Ray first started tandem riding at St Dunstan's in 1945 and has kept it up ever since. "The weather was not ideal, rather hot," he said of the day. "There was lots of congestion, hold-ups and accidents. However after the first

20 miles we did manage to speed up and reached the finishing point around the five-hour mark.

"Under normal conditions four and a half hours would have been our target, but I was pleased to finish feeling quite fresh."

For Ray the best part of the ride was reminiscent of the acceleration of free-fall or skiing. "We went over Ditchling Beacon, the 815ft high hill near the end of the ride. It was no trouble and the most enjoyable part of the ride was coming down the hill at 52mph, cooling down a little."

Ray's pedalling power raised a speedy £230 to help the work of the British Heart Foundation.

Pilgrim Jo to run for sick children

A ST DUNSTANER'S DAUGHTER will set out later this month on a 500-mile Pilgrim run to raise money for sick children at a Leeds hospital. Jo Prowse, daughter of Jo Hamilton and the late Francis Hamilton, will be running from her home in St James Road, Ilkley to St Jean Pied-de-Port, near the Pyrenees in France, and on to the tomb of St James in Santiago, Spain.

A former British and English Veteran Fell Champion and a member of Keighley and Craven Athletics Club, Jo is renowned as an international fell runner. She is planning to tackle the 500-mile route, which will take her through mountain roads and high arid plains, with her son Michael following in a car to provide food and water. However, using a car for support removes any priority that Jo might have to stay at pilgrim refuges along the route.

Their quest is to raise £50,000 for the children's unit at St James Hospital, Leeds. "For many children it is their first experience of hospital and we would like to improve the environment, to make them more at ease," Jo told **ST DUNSTAN'S Review**.

Her six week run was prompted by several factors. "I had been in a series of car crashes, and felt I needed to rebuild my faith. Also I will be 50 later this year and wanted to celebrate that.



Jo Prowse plans to run her pilgrimage to Santiago.

"I'm lucky to have had four healthy sons and supporting St James Hospital was my way of saying thank you for that. I felt this challenge would be a great life affirming experience."

Jo will be on the road from August 21st to September 22nd. Anyone wishing to support her run can write care of David Marlow, Secretary to the Charitable Foundation, The General Infirmary, Great George Street, Leeds LS1 3EX (Any cheques should be made payable to The Charitable Trustees: St James's Account).

Jo's mother Jo Hamilton has no doubt that her daughter will succeed in her mission. "She's a very fit fell runner and I'm sure she will achieve her goal. It's an unusual thing to do and for a good cause."

Ten questions on...

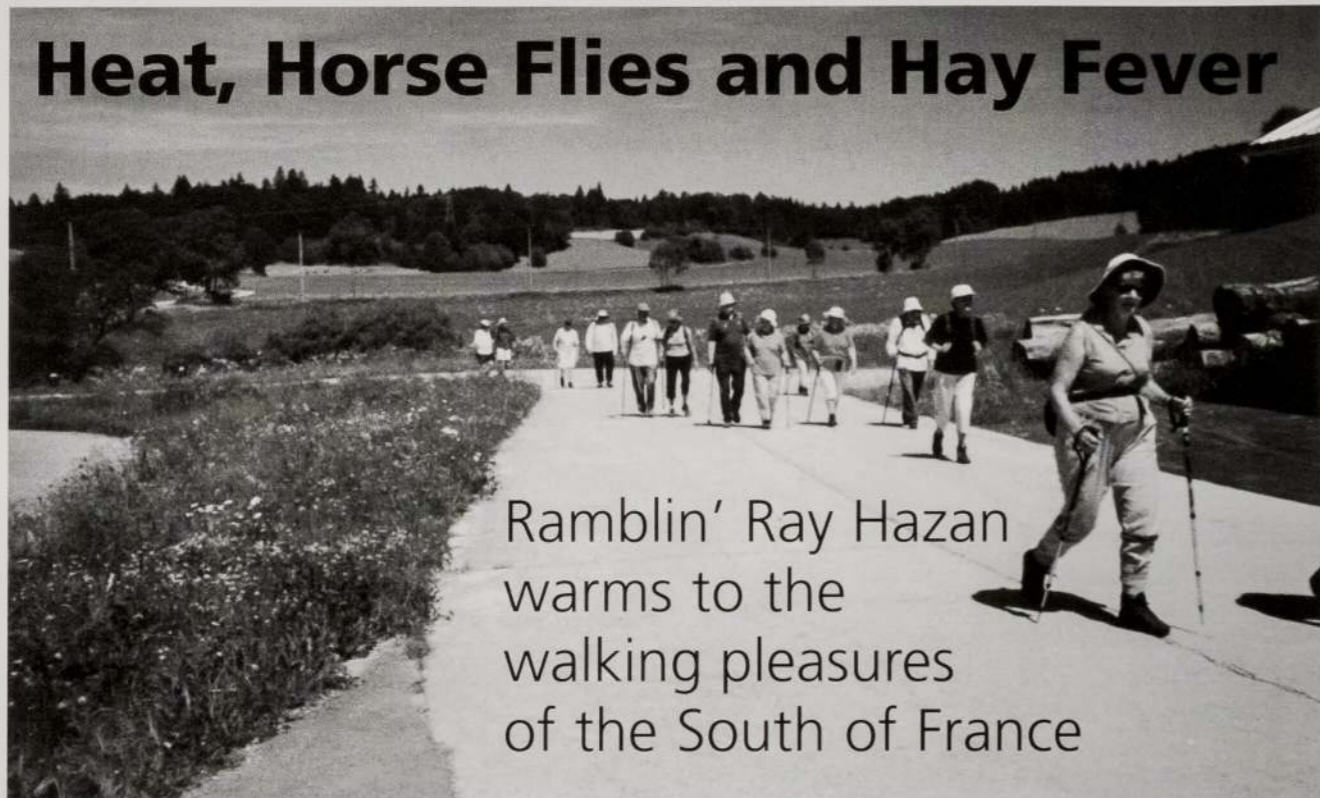
"True or False"

This month quizmaster Harry Beevers asks you to decide what is true and what is not?

- 1) In the USA, the state bird of the state of Kentucky is the chicken, is that true or false?
- 2) A flag of convenience on board ship is to indicate where the toilets are situated, true or false?
- 3) Easter Monday is not a public holiday in Scotland, true or false?
- 4) In Hungary, the city of Buda is situated on the right bank of the River Rhine whilst the twin city of Pest sits on the left bank, is that true or false?
- 5) The musicals *Les Miserables*, *Martin Guerre* and *Miss Saigon* were all written by the same two writers, true or false?
- 6) The four members of the Beatles, John, Paul, George and Ringo were all born in the 1940's, is that true or false?
- 7) The American Civil War General "Stonewall" Jackson got his nickname because his favourite hobby was bricklaying, true or false?
- 8) No jockey has been named as BBC's Television Sports Personality of the Year, true or false?
- 9) Zero Zero Seven is the International Direct Dialling Code for Russia, true or false?
- 10) Minus 40 degrees Centigrade is colder than minus 40 degrees Fahrenheit, true or false?

Answers on page 17.

Heat, Horse Flies and Hay Fever



Ramblin' Ray Hazan warms to the walking pleasures of the South of France

The mid-day sun evokes thoughts of dinner for our St Dunstaners at the end of the road.

A BLANKET OF heavy, humid heat hung over Geneva airport. Towns and cities in our country of destination – France, were experiencing their hottest June since their records began. The St Dunstan's Walking Club had chosen this week to perambulate through the open countryside of the Jura region in south eastern France. Having thoroughly enjoyed a similar holiday last year, we had decided to try another hotel in the same chain.

Veteran participants Ted and Beryl John, Tom Roddy and Jenny Wall, John and Sue Lilley, Bill and Betty Weisblatt, George and Catherine Johnston and Ray and Robbie Hazan were joined by newcomers Leslie and Jean George, Marjorie Scott and son James. More 'old faces' were encountered as we boarded the coach for the drive to Les Fourgs. Sharing our hotel was a group from Eastbourne, the Beachy Head Ramblers, who had escorted St Dunstan's party two years previously.

In the coach, I was just conscious long enough to be told that we

were skirting around Lake Geneva; to our right lay wooded hills and to our left and south, the impressive range of the Alps. We crossed the border without formalities into France and turned south to Les Fourgs, a village of 1,100 people, 1,100 metre (3,600ft) high located just a mile and a half from the Swiss border.

I was looking forward to meeting our hosts Jacqueline and Patrick. Their e-mails had often ended with the phrase "I look forward to reading you" a literal translation of the French for "looking forward to hearing from you!" But it was a

warm and efficient welcome and our cases were soon being hoisted by two strapping lads to our rooms. Then we had to endure a long briefing by Patrick in the dining room. He obviously did not take the hint from our pinched and hungry faces and kept on for a long time before we were at last able to sample the delights of their cuisine – a most important part of such a holiday! Neither were we disappointed! The lack of any reduction in waist size, despite the exercise, were to be 'ample' proof.

The brochure boasts that "you will be woken by the cow bells in the meadows." But it omitted to add "and the noise of the traffic on the main road from 4.30am onwards!" Although there was just the one road through the village and it could hardly have been compared to the M1, motor-bike and diesel engines stood out sharply against the peaceful background.

The walks are divided in two; the 'sportif' walk for the keener and fitter rambler and the 'tranquil' (quieter) walk for the remainder. Walkers were free to chop and change and our party, except for Bill, Tom and Jenny preferred the flatter and more peaceful walks. Rather than count distance, outings consisted of three-hour walks in the morning followed by two hours in the afternoon.

For the first three days, our walks started and finished at the hotel. Our first was led by Gerome, the 29-year-old son of Jacqueline and Patrick. His command of the English language was commendable as he described the 'flesh pots' of Les Fourgs. Fortunately, this did not need a large vocabulary, as there is only a church, general store, cheese factory, bar and tobacconist and a few restaurants. An estate of Swiss type chalets provide housing for the many who work for higher salaries in Switzerland.

We would return to the hotel for lunch, which was a fatal act! A large lunch of main course, cheese and dessert defied anyone to avoid

a siesta. But you had hardly rested your eyes when the alarm went off. It was down to the boot room and off for the two hour afternoon stroll in the heat of the day, the first half spent in a daze of post lunch digestion and siesta-fogged brain.

The area is renowned for its dairy products. There is little cultivation apart from the meadows of grass, many of which were being cut for hay for the winter – as you might imagine – a hay fever sufferer's nightmare! The heat and the herds encouraged the existence of a vicious specie of horse-fly with a bite like a hypodermic needle! The contents of people's luggage would have amply stocked a branch of Boots, as sprays, creams, lotions, pills and ointments came out of the arsenal to combat the foe.

Apart from the first day, and while Gerome led the sportifs, our guide was Stephane, also 29, who had trained as a PE instructor. But neither he nor Gerome were just physical leaders. Their knowledge of local flora and fauna, geology and customs distracted us continually. Rare orchids were seen, as well as a red kite and



Our walkers take a quick break before their afternoon stroll.

kestrels. At one stage we came across a 'swallow hole'. Stephane's question if anyone knew what it was elicited a reply by a St Dunstaner of "is it where swallows collect mud to build their nests?" little realising that the hole was some 10 feet in diameter! In fact, the area consists mainly of lime, which is eroded by rainwater. Occasionally, the ground collapses where this has occurred. We later came across another depression but some 100 metres wide – we chose our footing carefully after that!

Not far from the village, we came across a centre where you could hire mountain bikes or donkeys by the day, but no one succumbed. We also passed a breeding centre and kennels for husky dogs. The winters in the area are long and cold, with temperatures dropping to minus 35. There are one or two downhill ski lifts, but cross country is the main winter sport practised in the area.

On the Thursday, half-way through the holiday, we were given a day off. We were ferried by mini-bus into Pontarlier, the nearest large town. We had just time enough to wander through the market, where prices did not seem as cheap as last year, due possibly to the exchange rate, and to sit in a café for a much needed coffee or 'citron pressé' (pure lemon juice). In the afternoon, we crossed over into Switzerland to visit a remarkable museum, where we discovered the master pieces of mechanical music of olden days. Under its roof, have been gathered turn-of-the-century automatons, music boxes, fairground organs, pianolas, hurdy-gurdies, and most remarkable, to my mind, a 1920 phonoliszt violina which consisted of a piano and three violins, all played by a roll of paper with



Where to now? The Walkers on the French-Swiss border.

holes. Disks took the place of bowstrings and metal 'fingers' pressed on the strings to produce the notes. All the instruments had been collected from around the world, lovingly restored and were all in working condition.

Our last two days of walking were my favourites as we set off from the hotel, but stayed out for lunch, which was served to us in restaurants. The second of these provided an interesting interlude. It was owned by a former French biathlon (cross country ski and rifle shooting) champion of the 1970's. The restaurant was adorned with some 55 cups he had won. Opposite the building was a tarmac circuit on which he would train the French team, using skis with wheels on during the summer. But, in addition, he is a champion wood cutter and not in any ordinary sense. He uses a chain saw to carve tables, benches and ornaments. He is in the *Guinness Book of Records* for creating a one-inch carving of an animal in two minutes, using a chainsaw, of course! I am pleased to report that he still has all ten fingers.

Having left the restaurant, we embarked on a pretty tough four and a half mile return to the hotel. The heat bouncing back off the asphalt, the flies, the glare and just the slightest slope up made hard going. Then why do it, you may ask? The overwhelming compensation is the fellowship of your companions, the feeling of tranquillity of the open and uncluttered countryside. Frequently I would ask my guide if they could see anything man-made, building or vehicle? Invariably, the answer was 'no'. To feel the warmth and the breeze on your face, to smell the freshly cut hay often accompanied by the scent of flowers or herbs was most invigorating and refreshing after the pollution of the cities we experience most days. For the sighted, there were the vistas of meadows and woods always to the accompaniment of a background of hills or mountains with a ceiling of an often cloudless sky. It all felt somehow different because you knew you were in a foreign land.

We would return usually by 5pm and there was a small swimming pool in which to cool off. Not many used the gymnasium, rather aptly called 'muscularité' in French, nor the sauna. Our evenings, following the usual three course meal and freely flowing red wine, and always sampling a different cheese from the area, were followed by games of French boules, darts, bar billiards, scrabble or simply enjoying each other's company and conversation. There were not that many late nights after such strenuous days!

Our final night coincided with the longest day and one on which every one of the 36,000 French communities celebrate a festival of music by holding some sort of musical event. We were no

exception. To the accompaniment of music and fireworks from the village, Patrick, a thwarted musician, brought forth his instrument! Although he claimed to have two left hands, one was sufficient to turn the handle of his specially commissioned hurdy-gurdy. As the paper roll was fed into the wooden box-like instrument, the sounds of an accordion played with at least four pairs of hands, danced through the dining-room. There were songs in English, in French, in harmony, in rounds, thus wrapping up an excellent week.

The St Dunstan's group was the last to leave on the Sunday morning and most generously, Jacqueline and Patrick served us a substantial lunch of spaghetti bolognaise. As we sat that morning on the hotel patio, where 43 degrees centigrade had been recorded the previous afternoon, I reflected on the past week. I would not be sorry to stop sneezing, I would not miss the biting flies, but I would miss my companions, the relaxation, the sense of achievement and, of course, the delights of French cuisine!

Anyone interested in receiving details of next year's walking holiday, when they are available, should please contact either Ray or Robbie Hazan at St Dunstan's Headquarters as soon as possible.



LETTERS TO THE EDITOR

Letters to The Editor are always welcome. Write to the Editor, St Dunstan's Review, 12-14 Harcourt Street, London W1H 4HD. E-mail ray.hazan@st-dunstans.org.uk.

Medals presented at Edinburgh

In the July **Review** you stated that there were two widows at the Marriott Hotel for the Edinburgh Reunion. In fact there were three widows and two ladies whose fathers were St Dunstaners who deserve a mention. Also Syd Scroggie was presented with a set of medals which he should have got when the war ended.

Anne Robinson,
Glenrothes, Fife

Blankets in abundance

I have been overwhelmed with beautiful knitted and crocheted blankets of wonderful colours. What an achievement. We have managed to thank some of you personally, but for those of you that I have failed to reply to, a very big thank you from me and the residents who are and will enjoy them for many years to come. I think I can safely say that we now have a very healthy supply. Many thanks once again.

Sue Rowland,
Primary Nurse,
St Dunstan's Ovingdean.

We have also heard from Marjory Collins, Dumfries, Scotland and Ray Brookes, Oldbury, West Midlands.

Thank you from Cornwall

I would like to thank all the St Dunstaners and widows who generously contributed to the cheque I received at the Exeter Reunion. I would also like to say thank you to all the people whom I have visited over the last 15 years and who have made me so very welcome in their homes. It has been a privilege to provide care and support to people within my area and I will have many happy memories when I retire. I could never have achieved the level of visiting had it not been for the excellent support I have always had from my secretary, Sally Westlake, and very many of you know my husband through telephone calls. Bill and I both look forward to some prime time together in the future. Thank you again.

Liz Pearce, Liskeard, Cornwall

How do I get an ID card?

The last issue of **ST DUNSTAN'S Review** referred to an identity card to use with rail travel. Can you tell me how I can get one?

Ted Ellerton,
Sheffield, South Yorkshire

To obtain a St Dunstan's identity card, simply send a passport-style photograph to Simon Rogers, **ST DUNSTAN'S Review**, 12-14 Harcourt Street, London W1H 4HD. The card confirms that the holder is a blind traveller and that they and their escort are entitled to discounts of up to 50

per cent on full-fare tickets. No discount is available to lone travellers unless they hold a Disabled Persons Railcard. Further information can be found in *Rail Travel for Disabled Passengers*, available at most railway stations.

New record

St Dunstaner David Poyner shot at the Lancashire County archery championships on June 21st. He was the only visually impaired archer amongst 80 sighted archers.

Shooting a Burntwood FITA round, he scored 687 which is a new national record for that particular shoot.

Because this event was classed as a record status event; then this score will count as the new national record for this round.

Rotarian tape

If any St Dunstaner who is a Rotarian and lives in the South East Rotary Area would like the Area Magazine on tape please contact Nigel Whiteley (Rotary Club of Eastbourne) on 01323 500210 or in writing through St Dunstan's Ovingdean.

Robert Nelson finds the Golfing St Dunstaners were putting on the style at Rusper Golf Club



Main: Reg Perrin confirms his position as best blind golfer with a single tap. **Above:** John Stevens and REME Golfers. **Left:** Steve Pendleton limbers up.

ST DUNSTANERS FIND BETTER HOLES AT RUSPER

IN THE DARK DAYS of the First World War, a popular cartoon depicted an old gruff soldier and his young Tommy mate under siege in a foxhole, shells exploding all around them. The young Tommy has obviously had a bit of a whinge because his pal, Old Bill has turned on him to bellow "If you know of a better hole, go there!"

The character of Old Bill lead a rallying cry for St Dunstan's in latter years, though we never found out if the young Tommy had found a better hole or not.

St Dunstan's Golf Club have been more fortunate. Not only have they found a better hole - they have found eighteen! Which is why they returned to Rusper Golf Club for the sixth annual St Dunstan's Open Invitation Day on June 14th.

Members of Rusper Golf Club have long supported the activities of St Dunstan's Golfers, acting as guides and spotters during play. The Invitation Day exemplified this support in a most dedicated fashion.

The day was also made possible by the support of by Ian Bell & Sons, PJ Brown Ltd, EuroCity Direct, and Mr and Mrs Chris Johnston.

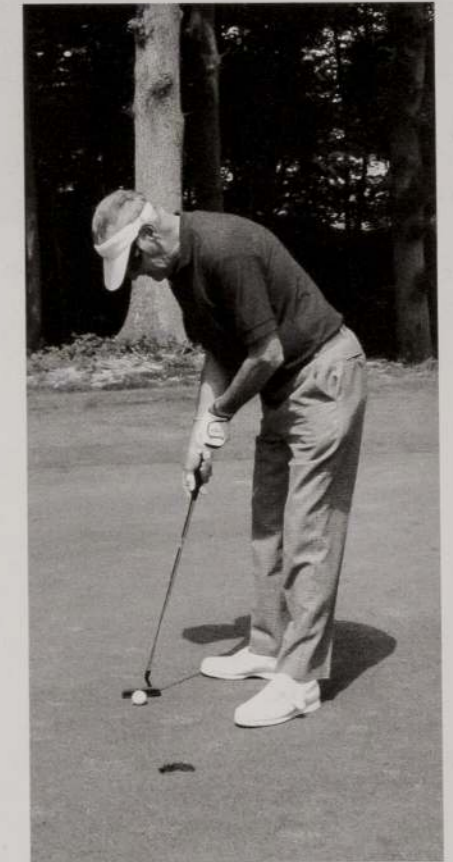
Twelve teams, each with a blind golfer contested the 18-hole course near Nudigate. There were three REME teams, two teams from Kingston Police, a squad from RAF Coltishal, Ogbourne Golf Club, William Sturges & Co, pitted against four home teams from Rusper Golf Club.

St Dunstan's Golfers used the occasion to hold their Annual General Meeting. So while everyone else was indulging in a cup of coffee and a bacon roll, our St Dunstaners were electing a new committee. The result saw the introduction of Les Trout as Chairman, with Mike Tumilson as Secretary, David Morris as Treasurer and Steve Sparkes assuming the role of Captain.

SUNNY DAY

With the sun beating down on Sussex, play began. St Dunstaner "Reg" Perrin had an assured confidence with his patent one-hand swing. He put his success down to course knowledge and what he referred to as his "member's bounce."

And quite a bounce it was, several hundred yards and a reverberating ash tree, his golf ball was on the green in seconds.



St Dunstaner Michael Perrett makes his closing put.



St Dunstaner Stephen Menary with the team from William Sturges & Co.



St Dunstaner Phil Dobson out on the green.

When it came to prize giving it was Reg's team, including Carrie Johnson, Richard Jenner and Alan King who won the day.

Reg also won the Alan Logan Trophy as best blind golfer. He had a two point lead over Les Trout who managed to win the prize for being the St Dunstaner with the Longest Drive.

Les had been playing with a team from Kingston Police and they won the second team prize.

A local team, euphemistically referred to as The Good, The Bad

and The Ugly came third. St Dunstaner Geoff Collins was playing with this group.

St Dunstaner David Morris who became World Blind Golf Champion in November 2002 won the prize for being closest to the pin. Other St Dunstaners playing included John Stevens, Michael Perrett, Chris Ottewell and Stephen Menary.

St Dunstan's Golf Club extended their gratitude to Rusper Golf Club's Tony Blunden for his patronage which allows them to play at the Club each month.



Tony Blunden with winner Reg.

Thanks were also voiced in respect of Club Secretary June Thornhill for organising the event.

CAPTAIN'S DAY

Alan "Reg" Perrin's golfing success carried on the next day. He won the second annual Captain's Day Trophy.



John and Charmaine Stevens with a mushroom carved from a tree stump at Rusper.



Blind Golf World Champion St Dunstaner David Morris is congratulated by Tony Blunden on being closest to the pin.

St Dunstaner Colin Williamson finds himself flying high

The quiet of the sky

THE DAY DIDN'T get off to a good start. Firstly, the care bus arrived a good half-hour too soon and I was still in the bath. If anyone has tried washing their hair whilst eating a sausage sandwich in the bath, they will tell you it can be quite a challenge. But I was up for it. My children had clubbed together and bought me a flight in a glider for Father's Day.

Ten frantic minutes later, my wife and I boarded the mini-bus for the 40-minute journey to the gliding school at Hedley-on-the-Hill in picturesque Northumberland. The weather was grand, the sun was shining and not too much crosswind. After handing over the £50 fee, I was given a parachute to put on (which didn't exactly fill me with confidence) and strapped into the two-seater glider along with my instructor for the day, Ian.

There was a ten-minute briefing, during which Ian demonstrated the various controls - stick, rudders, air-brakes etc. We were connected to the tug aircraft by a long rope and after the thumbs up and a quick radio check, we were quickly bouncing down the grass airstrip and soon airborne, the ground falling away beneath us.

Ian explained that once we reach an altitude of 2,000ft, he would disengage the towrope and bank sharply to the left in order to give maximum separation from the tow plane, which would turn to the right. The relevant altitude reached, that's exactly what happened! I was immediately struck by how quiet things were.

Below us the varied tapestry of rural Northumberland gently glided by. After a while Ian performed a few simple

manoeuvres and I followed with my hand just touching the stick. Then it was my turn. The stick was very responsive and I was a bit heavy handed to start with but I soon got the hang of it and was just beginning to relax and enjoy myself when Ian announced he had control and it was time to join the circuit ready for our descent.

Keeping the airstrip to our port side we flew parallel along the length of the runway checking it was ok to land and after banking sharply to our left we descended rapidly, pulling on the airbrakes and touched down with the slightest of bumps. We bounced along for a few seconds before coming to a gentle halt. The feeling of achievement as I stepped out of the glider was indescribable. Another "things I must do" had been accomplished. Roll on the next one!

FIFTY YEARS AGO

St Dunstan's news from 1953

Sir Ian Fraser championed amateur radio as a hobby for blind people, citing the example of St Dunstaner John Proctor. "He is quite blind and has lost both his hands and part of his hearing, but has passed the Morse Code and other tests required by the General Post office for the issue of a Wireless Transmitting licence. He can work the apparatus, switching on, tuning in etc, completely unaided. His use of the Morse key, a delicate job with his stumps, is impressive."

The Coronation remained a popular subject. St Dunstaner Samat Bin Samat, BEM wrote to say "God bless my Queen, God give my Queen long life and a wise heart and head." Samat had enlisted with the Merchant Navy in 1915. David Taylor of Swindon organised a street party for local children. Around 340 people were entertained at the event. Another St Dunstaner made baby baskets, equipped with powder and soap, for the first boy and girl born on Coronation Day.

Ten Answers

From page nine.

- 1) False, Kentucky's state bird is the Kentucky Cardinal.
- 2) False.
- 3) True, but they have an extra day at New Year.
- 4) False, Budapest is on the Danube not the Rhine.
- 5) True, Claude Michel Schonberg and Alain Boublil.
- 6) True; 7) False, it was because of his battle tactics; 8) True;
- 9) It's true; 10) False, they are both exactly the same.

Welcome to **ST DUNSTAN'S**

Frank Andrews of West Heath, Birmingham served in the Somerset Light Infantry from 1941 to 1946. When he left school aged 14, he began work as a Telegraph Boy. During the war, he was taken prisoner by German forces and held near Munich in Stalag 7A. Back in the UK, he worked for Cadburys in Birmingham and also spent some time as a bus driver. He is married to Iris and enjoys bowling.

Arthur Beard of Hartlepool, Cleveland served with the Royal Army Medical Corps from 1954 to 1959. In civilian life, he was a painter and decorator before joining the South Durham Steelworks. He recently took up pottery and enjoys listening to Short Wave band radio. He and his wife Margaret have two sons and three grandchildren.

Harold Beevis of Brighton served in the Royal Corps of Signals in 1940. In civilian life, he worked as a clerk for engineering and removal firms. He has a daughter and three grandchildren.

Alan Burnett of Buckie, Banffshire served in the Merchant Navy from 1942 to 1945. He started work as an apprentice engineer in a dried foods factory. He then worked in a wartime tool factory and did fire watching before he joined the Merchant Navy. His ship was torpedoed, though he survived and was involved in landing troops in Algeria and Italy. After the war he was an engineer on private yachts and also worked on coastal tankers. He then did some TV work and technical editing.

Alfred Caulfield of Eltham, London served as a Gunner with the Royal Artillery in Dortmund from 1978 to 1985. He worked in a sawmill in Coleraine and as a forester before joining up. He used to enjoy mountain and hill walking, covering large parts of Scotland and coastal paths in the south west of England. He has a son serving in the Royal Marines.

Cecil Coles of Chippenham joined the Royal Army Service Corps in 1942 and transferred to the Intelligence Corps in 1946, before leaving the army

as a Sergeant. Before the war, he worked in the Bristol Aircraft Factory. At the end of the war he put his knowledge of languages to good use, working for the International Control Commission as an Intelligence Officer in Hamburg. In civilian life, he worked for the Inland Revenue and later the Home Office as an Immigration Officer.

Bryan Durber of Halesowen, West Midlands served with the Royal Navy as a sonar operator from 1959 to 1964. When he left the Royal Navy he joined the Merchant Navy and worked on cable laying ships and dredgers in the Baltic. In the mid-Seventies he became a truck driver until his visual impairment prevented him from driving. He enjoys swimming and gardening. He and his wife Sandra have a son and daughter and two grandchildren.

James Field of Colchester, Essex served in the Royal Corps of Signals from 1951 to 1953. In civilian life, he worked for Customs and Excise. He was a keen gardener and enjoyed travelling. He and his wife Patricia have a son.

Thomas Garbutt of Marton, Middlesborough served with the Royal Air Force in the UK, India and Singapore from 1942 to 1947. In civilian life, he was a clerk and office manager. Once a keen DIY man, he used to enjoy snooker, reading and gardening. He and his wife Dorothy have a daughter and a grandson.

Arthur Hartnell of Saltdean, Brighton served in the Royal Armoured Corps from 1942 to 1947. He served as a Sergeant and was deployed in the UK and with the 8th Army in Naples. Having worked for the Wholesale Meat Supply Organisation, he later joined the Ministry of Agriculture and Fisheries in the abattoir department. He used to enjoy bowling, darts, cricket and football. He and his wife Mary have two sons, a daughter and three grandchildren.

Walter Hearl of Luton, Bedfordshire served in the Royal Electrical & Mechanical Engineers from 1954 to 1957. He served in Korea, Japan, Hong Kong,

Malaya, Singapore, Borneo and the Philippines. Leaving the regular army, he served with the London Scottish TA until 1964. His main hobby is writing. He has a son and daughter and three grandchildren.

William Hindley of Llanfair Caereinion, Welshpool, Powys served in the Royal Marines from 1945 to 1947. Prior to joining up he worked as a driver for a firm of aircraft repairers and travelled extensively throughout the UK moving aircraft technicians to key locations for specialised repair work. In later years, he was a sales representative for General Book Distribution. He enjoys hill and fell walking. He and his wife Brenda have three sons and a daughter, 11 grandchildren and a great-grandchild.

Bernard Hodgetts of Stourbridge, West Midlands served in the Royal Marines from 1946 to 1948. He worked for ICI in Oldbury for a short while prior to joining the Royal Marines. He then moved on to work in the retail furnishing trade. He used to enjoy electrical maintenance and repairing radios. He has a daughter and two grandchildren.

Gerald Jackson of Worthing, West Sussex served with the Royal Navy from 1958 to 1965 and left as a Leading Radio Electrical Mechanic. He had worked for the National Coal Board before joining the Royal Navy where he specialised in electronics and worked with the Fleet Air Arm. In civilian life, he continued this trade with flight simulation companies, working for Hunting, Marconi, Samsung, Microtel and Orange. He used to enjoy reading, gardening, mountain and fell walking, cycling, Formula 1 motor racing and scuba diving. He now contents himself with computers and bowling. He is a member of CAMRA, the Institute of Electrical Engineers and the Institute of Management. He and his wife Maureen have a son and daughter.

Robert Kirkwood of Maidavale, London served with the Royal Air Force in the UK and Canada from 1941 to 1946 and left as a Sergeant. As a schoolboy he was a successful soprano and pianist who achieved a variety of scholarships. Prior to the war he was involved briefly with optics. At the end of the war, he followed a career in the theatre and as an opera singer. Thereafter he worked for Group 4 Security Company as a Training Officer. He gives singing lessons to aspiring opera singers.

Denis Packham of Saltash, Cornwall served with the Royal Navy from 1962 to 1986 and left as a Petty Officer. On completion of his engagement, he joined Airworks Vennell in Oman maintaining USAF assets. He then worked for Motorola as a Cellular Field Engineer. In this job he travelled around the world to such places as Uruguay, Yemen, China, Thailand, Philippines, UAE, Indonesia, Bahrain, Kuwait, and Jordan. His interests include ten-pin bowling, gardening and audio books. He and his wife Maureen have two sons and a daughter.

Raymond Rawcliffe of Blackburn, Lancashire served with the Royal Air Force in the UK and Singapore from 1947 to 1949 as a Leading Aircraftman and Motor Transport Mechanic. Having started his working life as an apprentice fitter and turner, he worked for Phillips, English Electric and BAE. His hobbies used to be engineering, aircraft manufacture and machine tools, reading and technical magazines. He and his wife Evelyn have two daughters.

Hugh Robb of Birmingham served in the Royal Air Force in Aden, Egypt, Cyprus and Catterick from 1949 to 1954 and again from 1956 to 1966. In civilian life, he worked in a bakery and aluminium die casting before he became a bus driver for the Midland Red Bus Company. He enjoys big band music especially Glen Miller and Count Basie.

James Robinson of Preston, Lancashire served in the Royal Corps of Signals from 1939 to 1946 as a Driver. He trained at Fulwood Barracks and served in the Middle East, Suez Canal, Malta, Sicily, Italy and Germany. In civilian life, he was a butcher and slaughterman before moving to Australia to open a general store. His hobbies used to be writing, the countryside, and vegetable growing.

Derek Roden of Hassocks served in the Royal Army Pay Corps from 1952 to 1954 and left as a Sergeant. In civilian life, he was an Insurance Broker specialising in re-insurance. He is a keen sportsman who used to enjoy tennis but now contents himself with golf and swimming. He plays for the English Blind Golf Team. He and his wife Vanessa have two sons.

George Routledge of Burton-in-Lonsdale, Lancashire served with the RAC (15th/19th Hussars)

from 1932 until 1939 when he transferred to the Cavalry of the Line. In 1941, he moved to the North Somerset Yeomanry before transferring to the Royal Corps of Signals in 1942. He served in the UK, India, British Expeditionary Force in France, Syria and Lebanon, Egypt, Sicily and Italy. He was discharged as a Corporal in 1946 but remained on reserve until 1955. In civilian life, he worked as a miner. His great hobby remains pigeon fancying and he has won prizes in the past. He and his wife Ada have a son and daughter.

William Routledge of Chelmsford, Essex is an 83-year-old married man who served in the Royal Artillery from 1939 to 1949 as a Bombardier. He began his working life as an apprentice marine engineer in Sunderland before joining up. He was serving in Singapore when it fell to the Japanese. Initially, he was held in Changi Prison and was later moved to Thailand where he was put to work on the railway line to Burma. He worked for a company

called Burroughs (later Unisys), as an Engineer. He later transferred to Sales and became the General Sales Manager for the Midlands. He used to enjoy dinghy sailing. He and his wife Marjorie have a son and daughter and six grandchildren.

George Scott of West Hampstead, London served in the Royal Air Force from 1940 to 1946 and left as Corporal. He was a Far East Prisoner of War and the privations he suffered during this time left an enduring mark on his health. In civilian life he worked as a teacher but later joined Ford.

Henry Waterman of Lingfield, Surrey served with the Royal Engineers in India, Burma and Africa from 1941 to 1946 and left as a WOII Sergeant Major. In civilian life, he worked with cranes and scaffolding, eventually running his own business. He enjoys gardening. He has two sons, Brian and Chris, and four grandchildren.

IT'S THE MUTTON NO-SHOW

LAST ISSUE, St Dunstaner John Pointon of Peacehaven enquired if anyone could recommend a supplier of mutton. He had fond memories of mutton chops, slowly cooked but found that many butchers no longer sell this kind of meat. Enquiries by the **Review** yielded no ready answer. We confirmed that most supermarkets no longer stock mutton and most traditional butchers have taken it off their range as well.

The disappearance of mutton reflects social and industrial changes in the UK since the meat remains a favourite in India, Africa and the Middle East. Prior to the 18th Century, sheep were mainly kept in the UK for their wool. The presence of the woollack in the House of Commons was a reminder of the importance of the industry.

With this priority, it was only when ewes or rams were no longer of use for wool production that they wound up on the menu. According to one farmer "Prime mutton was traditionally ewes between two and five years old. It was, and is, a beautiful robust meat, firm of texture, and able to take strong and sharp flavours like capers, lemon juice and anchovies, cloves, cinnamon and all spice and onions.

"It has a fuller, meatier flavour than lamb, with a firmer, but by no means tougher, texture. It is cut up as lamb and can be cooked in the same ways. It is a sad fact of modern farming that mutton is rarely available, as farmers no longer keep their sheep in pasture for an extra year or two."

With this shift towards lamb, the most obvious place to buy mutton

in modern suburbia is a halal butcher (though they seem to keep a low profile in the Brighton area).

Another option is to buy direct from the farmer on the internet, though this may require filling the freezer with mutton. Prices start from around £35 and four examples, who sell a mix of legs, chops and shoulders follow:

www.sheepdroveshop.com

www.blackface.co.uk/scottish_blackface_mutton.asp#48

www.pertwood.co.uk

www.somersetfarmdirect.co.uk

Further suggestions on where to buy mutton can be sent to the **Review** at 12-14 Harcourt Street, London W1H 4HD.



ST DUNSTAN'S Council

Continuing our series of profiles of personalities currently serving on St Dunstan's Council.

Tim Bacon

IHAVE BEEN a member of the Council of St Dunstan's and of the Finance & General Purposes Committee since 1998. I am therefore something of a new boy compared with many of my fellow Council members.

I was born in December 1947 and spent my formative years in North Wales, close to the Cheshire border. My father was an engineer, who was responsible for the running of the rolling mills for the Summers Steel Works in nearby Shotton.

My education began in the schoolroom on the top floor of Hawarden Castle, the home of William Gladstone, who was Prime Minister in Queen Victoria's reign on four separate occasions. A number of local families including the descendants of Mr Gladstone, had pooled their children and employed a governess to teach us. I was later sent off to preparatory school in Worcestershire, followed by Eton and then Bristol University, the latter to read Economic and Politics.

After university I spent several months in South America, which was a memorable experience. I travelled on local buses all the way from New York to Rio de Janeiro - apart from a short flight over the Darien Isthmus, which separates Panama from Columbia. The Darien Isthmus remains one of the most impenetrable and dangerous areas of the world - well worth thinking

about for a St Dunstan's Blind Ambition event! To earn money for the trip I spent two summers working as a busboy (form of junior waiter) in a New Jersey hotel.

Upon my return to the UK, I went to work at Brown, Shipley & Co Limited, a merchant bank founded by an ancestor on my mother's side of the family. The chairman of the bank at the time was Ion Garnett-Orme, former chairman of St Dunstan's. Also employed there was Michael Delmar-Morgan, now Deputy Chairman of St Dunstan's. I was one of the last of the general trainees employed by the bank and this meant that I had a very broad range of experiences during my early years in the bank. One week I would be working in the foreign bank note department, counting large quantities of curling and well thumbled foreign currency notes - Brown Shipley had the distinction of cornering the market in the handling of foreign bank notes. At the other end of the scale I spent some months running the bank's overnight money market operations.

My later years at Brown Shipley were in the corporate finance department where we advised public companies on fundraisings, acquisitions and disposals and shareholder relations. One of my most vivid memories concerns the flotation of a small company whose business was the manufacture of snooker tables and related



equipment. In order to promote the company, a full sized snooker table was set up in the bank's 5th floor boardroom, and an exhibition match took place between Ray Reardon and John Spencer, both former world champions. It was a fascinating event. However, our principal concern was the prospect of the lift breaking down under the weight of the slate that formed the base of the snooker table, but the worries proved unfounded!

I left Brown Shipley in the early 1990's and joined Michael Delmar-Morgan at a small financial services group where I have worked ever since. As well as continuing to carry out some corporate finance work, I now run a property investment company, with offices in London.

I married Marylyn nearly 18 years ago and we have two daughters, aged 16 and 14.

My role on the Council of St Dunstan's brings another dimension to my life. To witness the achievements of St Dunstaners is a constant inspiration and a very humbling experience. The reward, however, is to hear the constant repetition from St Dunstaners as to how St Dunstan's has transformed and enriched their lives.

Ray Hazan



I was born in Prestbury, Cheshire in 1945. At the age of seven, my family moved to France, from where I would commute to school in England, initially at Seaford. Those of us unable to return home for half-term were occasionally driven to Brighton pier but I have no visual recollection of passing St Dunstan's Ovingdean. I subsequently went to Charterhouse.

I was mad keen to join the Army from the age of 16 and so went from school to the RMA Sandhurst and was commissioned into the Royal Anglian Regiment in June 1965. There followed eight very happy years with service in Cyprus, Northamptonshire, Malaya, Kenya, Gibraltar and two tours in Northern Ireland. I was blinded and lost a colleague, some hearing and a hand in an IRA parcel bomb explosion in 1973.

My first day at Pearson House (St Dunstan's Ovingdean was being renovated) was the beginning of an inspiration which has never left me. I shall be eternally grateful for the encouragement and example gained from my fellow St Dunstaners. During this time, there were few occasions to feel depressed; my first son was born and the BBC followed me with a camera to produce a documentary on my rehabilitation.

As a fluent French speaker, a job involving languages seemed to hold prospect. Pearson House was followed by two years training at the International School of Interpreting, Mons, Belgium. I returned to London in 1976 to look for work but in vain. Fortunately, St Dunstan's offered

me a position as Assistant Public Relations Officer, which I took up with alacrity and am now one of the longest serving members of staff, certainly at Harcourt Street. In 1994, I became Editor of the **ST DUNSTAN'S Review**.

Over the years, I have enjoyed being a spokesman for St Dunstan's and representing the organisation on a variety of committees. I was a Trustee of the Guide Dog Association for 21 years and was elected to St Dunstan's Council in 1998. The year before, I was elected President of the International Congress of War Blind Organisations (IKK) consisting of some 13 member countries who meet triennially. In my new role as St Dunstaners Services Manager, I look forward to concentrating even more on the interests of St Dunstaners, their widows and widowers.

Variety is my spice of life and I take part in the skiing ventures, I started the Computer and Walking Clubs and am a member of the Amateur Radio Society. I look forward to having another guide dog on my retirement.

I am married to Robbie and have two sons.



Crispin Odey

CRISPIN ODEY - Chief Executive, 43-years-old. Crispin has been a St Dunstan's Council member for ten years. He left Barings to found Odey Asset Management where he heads the investment management team and is lead Portfolio Manager for Odey European Inc. At Baring Asset Management, he had managed the Baring European Growth Trust and was the Director responsible for Continental European pension fund money. Prior to Barings, he was with Framlington Fund Managers. Crispin graduated from Christ Church, Oxford, in 1980 with a degree in History and Economics and is a qualified Barrister. He lives in London, is married to Nicola Pease and has three children.

Karen Kimberley lifts the lid on a weekly gathering at Ovingdean

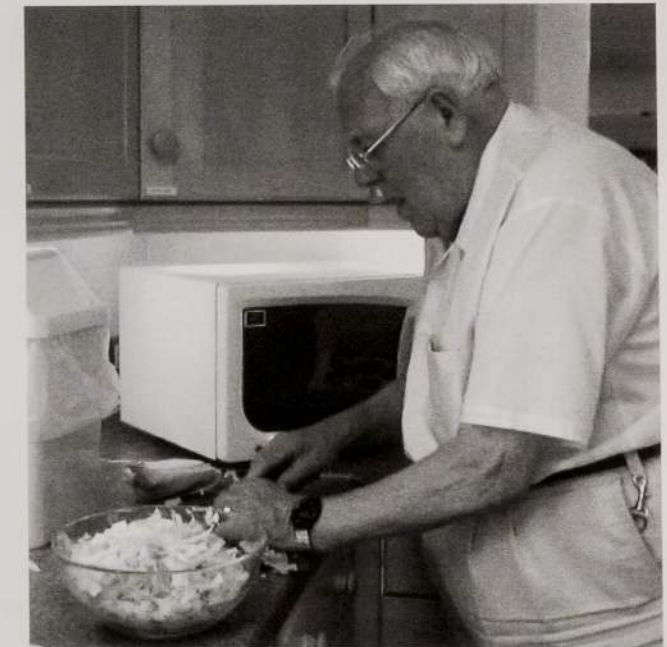
A menu for learning

THE REHABILITATION AND TRAINING department always encompasses a social element into a St Dunstaner's Training week. We currently organise a Trainees' meal, which takes place every Thursday evening. This has proven to be very popular with all St Dunstaners who have attended. It's a chance for the trainees to relax and reflect upon their week, prepare and eat a delicious dinner as well as exchange anecdotes and jokes. It is a group activity where everyone is encouraged to participate as much or as little as they like. This can be from deciding the choice of dessert, to preparing vegetables or helping with the popular task of washing up. If some people just wish to share a story with a glass of wine and friendly company then this is also encouraged.

We had an industrious group of 11 St Dunstaners participating on Thursday June 26th everyone contributing to the preparation of their chosen menu. This was decided upon earlier in the week at the Trainees' Social Meeting. To accommodate a variety of tastes and the glorious June weather, it was agreed to have a selection of salads, cold meats, quiches, sausages, warm new potatoes and crusty bread, all washed down with a fruity choice of red and white wines. This was swiftly followed by strawberries and cream inspired by Wimbledon.

A number of St Dunstaners arrived in the training kitchen a few hours early to help with the preparation. Allan Bembridge eagerly prepared coleslaw, while Ernest Firth, Tom Frankland, Betty Chalmers and Ron Spathaky prepared the salad. Bob Braithwaite was very helpful in washing and slicing the strawberries. It is always a hive of activity in the kitchen with everyone around the table chopping and chatting.

With all the food prepared and cooked, dinner is served at six where everyone hungrily tucks into the feast. We all thank the chefs of the day who have helped prepare the meal, which is followed by a round of applause and a few raised glasses. There is always an atmosphere of camaraderie during the meal and the evening helps to build interpersonal



Ernest Firth chops up some fresh salad in preparation for the Trainees' Meal.

relationships and confidence. St Dunstaners exchange phone numbers, as well as recipe tips at the end of the evening. It is also an opportunity for the Trainees' wives and husbands to attend and feel part of St Dunstan's.

The meal is co-ordinated by the Trainee Support Worker, Karen Kimberley and Rehabilitation Officers (this week was attended by Sue Stevens) to make sure everything runs smoothly. We have fun every week because no evening is the same and it is always interesting to discover what is going on each week's menu. St Dunstaners down on training at Ovingdean can learn safe cookery techniques and a few recipes. People on cookery training are encouraged to participate more in the preparation of the Trainee's meal to further develop their skills. The Rehabilitation department, have recipe books for microwave, hob and oven cooking called *Blind Man's Duff* (available on tape from Service Delivery at Headquarters) devised by St Dunstaners with simple recipes which have proved very helpful during Trainees' Meals.

BALANCING THE BOOKS

St Dunstaner Ted Bunting reviews the **best** and the **worst** of the Talking Books currently available

Miracle On The River Kwai

Author: Ernest Gordon.

Reader: Gordon Reid

Catalogue Number: TB11406

Duration: 9 hours, 1 minute.

SINCE THE Second World War, it has been my honour and privilege to know several ex-prisoners of the Japanese, whose ill treatment was in contravention not only of the Geneva Convention but also of the most basic standards of social acceptability. Their story needs to be told, re-told and never forgotten, because the crimes committed against them were crimes against civilisation itself. But this particular book, I regret to say, is much less a chronicle of life under sadistic and fanatical taskmasters than one man's attempt to be an evangelist. In the terrible camps on the Burma railway there were, no doubt, many men who sacrificed their own health and even their lives in the service of their comrades, but to call their actions exclusively "Christian" must surely be wrong. If a man's faith in his religion aided his survival then it clearly had great value to him, but does it have to be faith in no other than Jesus Christ? I think not! Ernest Gordon's hammering home of his *New Testament* message completely spoiled his book for me, though it started very well indeed. He is, without doubt, sincere in his conviction that the medicine he dispenses will do us all a power of good, but I, for one, don't want it forced down my throat.

Clive Jones stays on the straight and arrow

Short Westerns lead to a Burntwood trail

ON SATURDAY June 7th, St Dunstan's archers descended on Ovingdean in vast numbers, and on Sunday we shot a Short Western Round incorporating the Curly Wagstaff Trophy. In glorious sunshine (was this really Archery Week?) and with archery to match Roger Tye won the Trophy with an impressive day's shooting.

On Monday, a Windsor was shot and won by Tom Roddy, followed by Dennis Crouch and Tony Parkinson.

Tuesday was St Dunstan's day for a display of quiet modesty (concealing triumphant glee to a high degree). We reclaimed the Trophy which was taken from us by the RAF at our last confrontation and who this year joined teams from the Army and Navy. Our winning team of Tom Roddy, Peter Hammond, Dennis Crouch and Leslie George demonstrated their skills by "shooting their socks off". Congratulations to all four and thanks to the Tri-Services for making the day so successful, especially those who flew down from Lossiemouth for the occasion.

The RUC Pairs match, shot on Wednesday, was won by Peter Hammond and Steve Moseley with Derek Hagger and Terry Ottewell coming second and Nigel Whiteley and Roger Tye third.

Thursday was a free day for coaching and general archery matters. Eric Bradshaw took to the line for some crack shooting

rarely missing despite his physical limitations. The new Chairman Dave Poyner and Clive Jones tried the longbow, falling so much in love with it that both are now proud owners of "bent sticks".

On Friday, a Short Western was shot and won by Tom Roddy, who beat Peter Hammond and Roger Tye into second and third places respectively.

Saturday saw another needle match with Ditchling Bowmen when a full Burntwood was shot. Ditchling and even some of our archers had never shot this round before and 174 arrows shot in immense heat was challenging but everyone defied the temperature. Ditchling had to contend not only with the heat from the sun but the pressure from the St Dunstaners who unofficially broke British national records while beating Ditchling by a good 30 points. The winning team consisted of John Lilley, Pete Hammond, Tom Roddy and Terry Ottewell.

Congratulations not only to those who made the teams but to all the many archers who shot above handicap. Thanks to all who supported the week, to all coaches, spotters and helpers without whom the archery week would be a failure. Their help and commitment is appreciated.

Not to be forgotten are Trevor and PBK for serving the Tri-Services and the club with a great curry lunch in the Winter Garden. Our sincere thanks to them all.

Review Story Competition Third Prize Winner

WE PRESENT THE third story to be selected by Frederick Forsyth, author of popular thrillers such as *Day of the Jackal* and *The Odessa File* when he judged the **ST DUNSTAN'S Review Story Competition**. *The Late Dezzie Renshaw* by St Dunstaner Ted Bunting was lauded for the unexpected twist at the end of the tale. Ted won £20 for his story.

The Late Dezzie Renshaw

by Stan Still
(Ted Bunting)

TAKE AN EARLY spring walk to Old Shemwell church if you want a sight to gladden the heart. On both banks of the long sunken lane ten thousand bright daffodils dance just the way Wordsworth told us they do, and with new tender leaves arriving on every tree and bush the very air you breath seems full of life and new beginnings. The magic always works for me, even that first time when I had left my brother's farmhouse thinking my world was in ruins I had a lighter tread when I reached the church yard. I was still thinking of the girl back in Aldershot who had left me for a Gunner with a black moustache, but the future now seemed more important than the past, and as I entered through the open gate I determined to enjoy my five days leave despite her. "Got along without yer before I met yer, gonna get along without yer now" I sang softly and probably tunelessly as the path guided me around an old yew tree, and then, about the length of a cricket pitch away I saw the youth sitting at the side of a grave.

He was bare armed and wore no hat, which I thought a little odd for the weather, though bright, was still cold enough to make your ear lobes tingle. As I approached I

noticed his apparel was unusual too. His trousers, though thick and grey, were otherwise such as you may have seen on a Morris dancer, stopping just below the knee and making his heavy brown boots look much bigger than they really were. His shirt with rolled up sleeves had a thin red vertical stripe and he wore a buff coloured jerkin over it, whilst around his open neck he sported a large crimson handkerchief that was more than ready for a wash. When he spoke I could see the gaps in his teeth that put me in mind of a rodent, a big red squirrel the way his hair stood on end. "Tha's goin' over the sea," he said abruptly and without preamble. I nodded in surprise; I'd only arrived the day before but evidently through some sort of bush telegraph the whole village already knew about my posting to the Far East. "Yes," I agreed, "I'm just having a few days with my brother Robert before I go."

"Tha's not been in Old Shemwell afore, 'as tha?" It was a question that sought no answer but I said, "No I haven't, my brother's only been here for a few months himself." It was his turn to nod now. "That's right," he affirmed, "He bought the Basset Barn farm on the Buxton road; he'd do well with it."

What a strange youth, I thought to myself, so rustic, yet so assured in his manner. I smiled my thanks for his confidence in Robert's ability to succeed but as I made to move away he rose to his feet and, stationing himself by my left elbow, he said, "Hey come over 'ere, I'll show, thee summat."

He was silent for a minute or so after that but somehow he transmitted a sense of urgency and we moved quite briskly over the gravel until we reached the far side of the church. He slackened his pace about half way down the East wall and came to a halt alongside a sandstone sarcophagus whose cover laid open against the church wall. Its interior was roughly sculpted to receive a small human, a body - about the size of my companion in fact - and there was some water in the bottom that had not found the drain hole.

"If tha' gets in there, lid'll shut and tha's done for," he announced. I smiled broadly but received no humour in return. Instead, he pointed an arm skyward to where a black-horned gargoyle yelled noiselessly at the ground below. I followed his arm and heard him say almost in a whisper, "That's Old Nick, that is. One day he'll fall, 'an' when 'e does the world'll fall wi'im."

I laughed out loud for the first time in over a week, as it finally dawned on me that I'd met and been talking to the village idiot. I turned to slap his back or something but he wasn't there. All of a sudden he'd gone. I peered into a clump of bushes about five yards from the path and behind a gravestone and the next flying buttress, but all with the same negative result.

Marvelling how anyone could move so fast in such hobbledehoy boots I turned the corner of the old building in time to see the vicar in full length vestments pedalling an old fashioned "sit up and beg" ladies bicycle along the sunken lane. Thinking how easily he might get his frock caught up in the spokes I waited by the massive oak door until he arrived.

"Good morning," he said cheerily as the old machine squeaked to a stop. "Isn't the day glorious?"

"It certainly is Vicar," I agreed, "But have you seen a lad in knee

britches and big boots?" His eyebrows shot up like they were spring-loaded.

"Alas no," he said dramatically, "I have never been so fortunate. It is counted very lucky to see young Dezzie Renshaw. Have you?"

"Yes, I was talking to him just now," I said, "but suddenly he wasn't there any more."

"How wonderful," said the clergyman excitedly, "Could you show me where you first saw him?"

"Certainly," I affirmed, "It was over here." I led the way to the grave where the strange youth had been sitting and the vicar put his finger on the headstone and traced the moss covered letters as he read:

**"TO THE MEMORY OF
DESMOND RENSHAW**

AGED 16

TAKEN TO THE LORD

16 AUGUST 1822"

"You have seen a ghost," he smiled, "But, as I said earlier, it's said to be very lucky."

It's a strange feeling to have seen a ghost, if indeed that's what he was. Certainly I never saw the lad again, either in the burial ground, in Old Shemwell village or on the way back to my brother's farm. Robert's response was typical of him when I imparted my news. "Pull the other one Brother," he said. "It's got bells on."

"But it's true," I insisted, "And the vicar says it's very lucky too."

Robert's laugh was more like a cough it was so short. "Well now we know you are telling stories," he said. "The Vicar came off his bike last week and was killed stone dead."

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A NEW STORY CHALLENGE for 2004 will be announced in a forthcoming issue of **ST DUNSTAN'S Review**.

IN MEMORY

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

John Gallagher

Royal Marines

John Edward Gallagher of Romford, Essex died on June 6th, aged 78. He had been a St Dunstaner since 1976. He served in the Royal Marines with 43 Commando from 1941 to 1945. He was injured in Dubrovnik, Yugoslavia resulting in the removal of his right eye. In civilian life he worked as a salesman. His interests included music. Our sympathy goes to his daughter Cindy, son Ian and all of the family.

Trevor Adsley

Royal Welch Fusiliers

Trevor John Adsley of Bridgend, Mid Glamorgan died on June 17th, aged 77. He had been a St Dunstaner since 1995. He started working life as an apprentice plasterer but enlisted in the Royal Welch Fusiliers as a 17-year-old. He then took part in the Normandy landings and fought throughout the North West European Campaign until the Rhine crossing. Having reached Wessel, he received gunshot wounds to the face which caused the loss of sight in his right eye. In later years glaucoma would claim the vision in his remaining eye. He continued his interest in football and cricket and remained an enthusiastic stamp collector. For the past 15 years, Trevor has been cared for by his close friend and neighbour, Molly Richards. We extend our sympathy to her.

Norman Kershaw

Royal Air Force

Norman Kershaw of Blackburn, Lancashire died on June 22nd, aged 82. He had been a St Dunstaner since 1974. He served in the Royal Air Force from 1938 to 1946. As a wireless operator he flew in Whitley bombers. In February 1941, he and his crew carried parachute troops who made the first night drop in order to destroy the Tragino aqueduct in Italy. Six months later, he was shot down during a successful attack on the *Scharnhorst*. It was during this attack that he suffered injuries that would later cause his loss of sight. He was picked up at sea by a fishing boat and eventually transferred to a prison cell in Frankfurt. In civilian life, he worked for North

West Gas, becoming their Chief District Collector and Cashier. Our sympathy goes to his son Gary and all other members of the family.

Joseph Whitley

Royal Army Service Corps

Joseph Charles Whitley of Southampton, Hampshire died on June 22nd, aged 84. He had been a St Dunstaner since 1948. He had worked as a labourer before joining the Royal Army Service Corps in 1939. He was serving as a lance corporal in Holland with 9th Field Ambulance Corps when wounded in action. Having come to St Dunstan's, he trained as a poultry farmer but had to give up because of ill health. He then retrained as a joiner. Our sympathy goes to his son Brian, daughters Gwendoline and Margaret and all other members of the family.

Roy Mager

Royal Air Force

Roy Sidney Mager of Dymock, Gloucestershire died on July 2nd, aged 87. He had been a St Dunstaner since 2000. He served in the Royal Air Force from 1931 to 1962. He initially trained as a wireless operator/air gunner serving in the UK, Singapore, India, Australia, Southern Rhodesia and Malta. During this time he was seconded to the Royal Naval Maintenance Yard and Fleet Air Arm. After leaving the service he worked for Standard Cable and then an insurance firm. His interests included aircraft, railways and listening to tapes. Our sympathy goes to his widow Betty, their daughters and all other members of the family.

Harland Lawson

Royal Air Force

Harland "Frank" Lawson of Chipstead, Surrey died on July 8th, aged 79. He served in the Merchant Navy from 1939 to 1943 and the Royal Air Force from 1943 to 1947. As a deck hand, he served on oil tankers on Atlantic convoy runs and on ships carrying troops and munitions to North Africa and Ceylon. He joined the Royal Air Force and became an air gunner, flying Lancasters with 622 Squadron, based at Mildenhall. In civilian life, he qualified as a chartered civil engineer and worked as a bridge designer with various railway and government agencies. A keen sportsman and a strong swimmer, his main hobby was as a flying instructor for light aircraft. Our sympathy goes to his widow Almuth, their son and daughter and all other members of the family.

FAMILY NEWS

Births, Weddings, Anniversaries and Achievements from St Dunstan's Family

BIRTHS

Congratulations on the birth of: Jude Logan on June 24th. He is the 11th great-grandson of *Bill and Annie Phillips* of Saltdean, Brighton.

Brandon on March 14th. He is the great-grandson of *Colin and Pearl Mills* of Rotherham, South Yorkshire. Brandon was born in Germany where his father is serving with the Army.

Michaela on July 1st. She is the great-granddaughter of *Robert and Janet Braithwaite* of Spondon, Derbyshire.

RUBY ANNIVERSARIES

Congratulations to: *Peter and Helen Carr* of Wootton Bassett, Wiltshire on July 6th.

SPECIAL ANNIVERSARIES

Congratulations to: *Thomas and Grace Renshaw* of Radcliffe on Trent, Nottinghamshire who celebrated 63 years of marriage on June 23rd.

Arthur and Clare Dickison of Honiton, Devon who celebrated 62 years of marriage on June 28th.

Richard and Jane Hollingsworth

of St Leonards, East Sussex who celebrated 63 years of marriage on July 7th.

ACHIEVEMENTS

Congratulations to: St Dunstaners *Martin Shail* and *Peter Hammond* have passed their Pitman Word Processing exams at essential level with 'First Class' passes.

James Rex on achieving a 2.1 in ITT at Reading University and to Nicola Rex on achieving a 2.1 in Media Studies at University of Glamorgan. They are the grandchildren of *Clifford and Irene Gower* of Westbury, Wiltshire.

THE VOYAGE OF A LIFETIME

Two St Dunstaners step back in time as they join the crew of a ship that continues to chart new discoveries



Norman Perry belays that rope. His careful preparation means that the rope will be ready for use without tangles when required.

Two St Dunstaners step back in time as they join the crew of a ship that continues to chart new discoveries

NORMAN PERRY AND CLIFF FORD got a taste of what life was like under sail during the 18th Century in July. The two St Dunstaners joined the crew of HM Bark Endeavour, a replica of the collier used by Captain Cook during the first great circumnavigation of the world. They went aboard the flat bottomed ship at its home port in Whitby, Yorkshire on July 7th. As part of the crew they were on call 24-hours-a-day to help belay ropes, swab the deck and carry out other tasks necessary to keep the ship going. Norman was guided by his son Ian, while Cliff was helped by Tony James during a five day voyage that concluded on the banks of the River Thames.

Cliff and Norman will tell more of their adventure in the September issue of the **Review**.

Left: The Bark Endeavour with all sails raised. **Below:** Cliff Ford joins the crew at the home port in Whitby, Yorkshire.



Photographs: Tony James