

ST DUNSTAN'S Review



FOR BLIND EX-SERVICE MEN AND WOMEN



Cover story:

Blind golfers tee off with Forces entertainers!

St Dunstaners Les Trout and Mike Tumilson share a joke with snooker champion and television presenter John Virgo and musician and actor Kenny Lynch after competing in a golf tournament organised to support the British Forces Foundation.

Race to the details on page 13.

A star turn!

Northern Lights provide bright spot for musical St Dunstaners' new album. **Full story on page 9.**

King of the Sultans!

Sultan Camp 2003 proves a fine vintage for the St Dunstaners attending. **Report on page 16.**

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

insight

The third issue of the **insight** newsletter is included with this edition of **ST DUNSTAN'S Review**. This newsletter is being sent to some 250,000 donors who continue to support the work of St Dunstan's, creating an independent future for blind ex-servicemen and women.

Also enclosed this month is a flyer with details of a seasonal selection of Christmas cards that are being sold on behalf of St Dunstan's.

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From the Chairman

ST DUNSTAN'S HAS HAD and continues to have many good friends who devote themselves, their time and resources especially to St Dunstaners. There comes a sad time when such friends must retire or discontinue their close working association.

Dr John Janvrin qualified as a medical doctor in 1945. Asthma prevented him from joining up, so he trained in the Middlesex hospital and served in the Emergency Medical Services. This meant he became an extremely busy man as a result of the blitz!

He joined the practice of Dr John Hunt and saw his first St Dunstaner in 1949, since when he has been holding clinics at HQ and in his former London practice. He has been a medical advisor, confidant, healer and friend to many hundreds of St Dunstaners. His quiet, competent and understanding manner earned him many devotees and much respect. We wish him, in turn, a healthy and happy retirement! He will be succeeded by Dr Charles Levinson at the end of October.

Elsbeth Grant has been a familiar figure at summer camp, the Cenotaph parade, AGM's and other St Dunstan's functions. We shall still enjoy her company at such events but over the next few months she will be relinquishing her position as Camp Organiser. Her involvement with the camps, originally at HMS *Daedalus*, Lee-on-Solent and now at HMS *Sultan*, started over 35 years ago when she took over from her cousin Avis Spurway. This has involved an immense workload, going beyond camp activities, always remembering birthdays, anniversaries and widows. She was made a Governor of St Dunstan's in 1995. We are indebted to her for her hard work, friendship and her fierce loyalty and support to St Dunstan's, and St Dunstaners.

We are indeed fortunate to be served by such people and on behalf of everyone, I thank John Janvrin and Elspeth Grant for all they have done.

Michael Gordon-Lennox

Captain Michael Gordon-Lennox, RN

**ST DUNSTAN'S
Calendar**

Writers' Forum	October 4th
Computer Club	October 8th-9th
World Sight Day	October 10th
Amateur Radio	October 10th-12th
Water Speed Record	Oct 13th-17th
Widows' Week	October 13th-20th
Bowling Club	Oct 24th- Nov 7th
Writers' Forum	November 1st
Remembrance Sunday	Nov 9th
Writers' Forum	Nov 15th-16th
Christmas Craft Week	Dec 1st-8th
Writers' Forum	December 6th
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 November **Review** is October 6th 2003.

The final date for submitting items for publication in the December **Review** is November 10th 2003.

ST DUNSTAN'S

an independent future for blind
ex-Service men and women

insight

ST DUNSTAN'S NEWSLETTER • AUTUMN 2003



The Fastest Blind Man on Earth – at 164.9 mph

Saturday 2nd August was a perfect day, sunshine and not a breeze about – ideal conditions for Billy Baxter's record attempt at Qinetiq MoD Boscombe Down, Wiltshire.

The media and official guests including Billy's family and former record holder Ken Moss arrived before the high security site was closed. The Flying Gunner outriders, Billy's 'eyes' who spoke to him via a radio communication system fitted into the helmets, began the task of warming up the bikes (and Billy), checking the calibrations of the recording devices and making sure everything was ready and safe.

As Billy began his record attempts, the atmosphere was tense. The crowd watched as Billy sped down the airstrip for his first run then waited expectantly for the result – 159 mph – wow! Crouched forward on his Kawasaki for his official run, Billy sped past becoming just a blur in the distance. The result – a staggering 170 mph. And one last attempt. In full flight, Billy again raced down the track to complete the record at an average speed of **164.9 mph**.

A triumphant Billy drove into the dais amid cheers and lots of tears. As he was presented with a winner's garland and cracked the traditional champagne Billy spoke emotionally of what the event has meant to him. "It's really tough to lose your sight, as even the simplest of tasks become impossible. That's why I'm pleased to have broken this record, to give hope to other blind and disabled people." He is a true inspiration.

Billy and all at St Dunstan's thank everyone who has supported the campaign including all the commercial sponsors. Over £52,000 has been raised to date, with more arriving daily.

MEET THE ST DUNSTANERS MEET THE ST DUNSTANERS MEET THE ST

Comrades in arms

That sense of comradeship, team spirit and a feeling of belonging, which is part of life in the Services, continues to be encouraged at St Dunstan's.

Norman Perry and Cliff Ford both served during World War II. Norman lost his sight at that time, when he was trench mortared serving with the Royal Artillery. Cliff started to lose his sight in both eyes to glaucoma in 1989. Though their life stories are different, they share many interests today.

NORMAN: "When my wife died a few months short of our 50th wedding anniversary, I felt vulnerable and lonely in our empty house. I soon moved to St Dunstan's

National Centre and now feel part of the family. Living here offers the security I need – I no longer have any worries."

Norman has always been very active and takes full advantage of the many facilities on offer at the Centre. Regularly seen in the craft workshop re-caning furniture, Norman is also part of the St Dunstan's Archery Club with fellow St Dunstaner Cliff Ford. And in 1998, Norman won the National Archery Championships for the visually impaired.

CLIFF: "I was one of the lucky ones during the War. I joined the RAF in 1940 as a direct entry fitter – and later went on to service multi-engined planes transporting stores and equipment for the war against Japan. Thousands lost their lives and many their sight in battle. I am proud to know and meet those St Dunstaners, who lost their sight so young."

Cliff enjoys the companionship he finds at St Dunstan's. Living independently in his own home, Cliff visits the Centre regularly and takes part in various activities from archery to sailing. "I don't know why I love sailing so much – I can't swim!" jokes Cliff.



Cliff Ford aboard the HM Bark Endeavour

When you're in the Services there is tremendous camaraderie. At St Dunstan's everyone is ex-Service, so there is a common bond and it's a great mutual support.

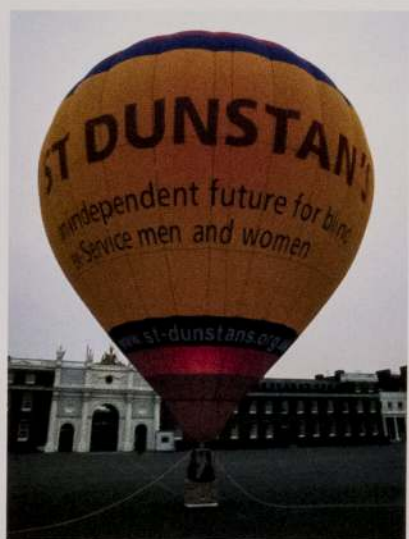


HM Bark Endeavour



Norman Perry aboard the HM Bark Endeavour

Up up and away...in our beautiful balloon



St Dunstan's is now the proud co-sponsor of a fabulous hot air balloon. At the beginning of the year we were offered a fantastic opportunity to tie in with the Royal Artillery Display Troop over a five-year period. "The balloon is a visual explosion in yellow, red and blue and the St Dunstan's logo stands in glorious technicolour alongside the Royal Artillery cap badge," says Anna Robinson, Head of Public Awareness.

It was Billy Baxter's motorcycle Blind Ambition and his partnership with the Royal Artillery Display Troop's 'Flying Gunners' that prompted St Dunstan's to look for further opportunities to generate public awareness.

An immense amount of support and funds were raised for St Dunstan's during Billy's

record attempt so we decided to build upon this success and take on a low maintenance awareness opportunity that would have significant appeal to the general public. The balloon will be used at both public and military events nationwide and flights will be offered as fundraising incentives for competitions.

Following the Blind Ambition tradition, St Dunstan's already has a daredevil St Dunstaner in mind to assist the Royal Artillery Balloon Pilot, Steve Armstrong, on the balloon's maiden flight. Complete with handlebar moustache, St Dunstaner Eric Colman will be fulfilling his 'Blind Ambition' at the end of September...visit our website for news on Eric's exploits.

FUNDRAISING FUNDRAISING FUNDRAISING FUNDRAISING FUNDRAI

Musical Extravaganza!



A fabulous display of fireworks ended a spectacular show

Verdi or Tchaikovsky? Light opera? West End shows over Broadway? Whatever your musical taste, Musical Nights at the Royal Arsenal, Woolwich on Monday 14th – Saturday 19th July, with its cast of 700, was a musical extravaganza not to be missed.

Accompanied by dazzling fireworks displays and salvos from the guns of the Royal Artillery the show, in its riverside setting, was the perfect way to spend a summer evening. And with St Dunstan's chosen as the official military charity for the event it was the perfect opportunity to raise both funds and awareness; with just over £2,500 raised.

Other attractions included the HM Bark Endeavour. A sailing replica of Captain Cook's 18th century ship, she had made the five-day trip from Whitby with two St Dunstaners, Norman Perry and Cliff Ford, on board. The voyage enabled both Cliff and Norman to fulfil their Blind Ambitions and act as crew. And thankfully no one was made to walk the plank!



Richard Sunderland ran the Marathon des Sables for St Dunstan's raising £2,000

MEET OUR STAFF MEET OUR STAFF MEET OU

Welfare Officer Vanessa Cahill

Vanessa is one of eleven Welfare Officers based all over the country, visiting St Dunstaners in their own homes, assessing and meeting their individual needs. Working with St Dunstan's for almost seven years, Vanessa has enriched the lives of many St Dunstaners in her care.



"My role at St Dunstan's is to provide vital assistance to help St Dunstaners achieve independence, despite living with a visual impairment."

"James Poole suffered a serious brain injury and lost most of his sight in a car accident whilst serving in the RAF. With this injury, James will always be vulnerable and need help." James was initially given full-time residential care at the National Centre in Ovingdean. Vanessa helped him to move out of the Centre and live in specialist home, run by the Brain Injury Trust.

With her help, James was able to get the maximum grants and benefits available in order to fund his new placement, allowing him to benefit from 24-hour support. Arranging for additional mobility training for his new home environment, Vanessa made sure that James would feel safe living independently once more. "Our purpose is to maximise all funding streams from other sources so that the help St Dunstan's gives does not replace funding that should be sought from elsewhere."



James during Activity Week at St Dunstan's

"I'm very proud of getting James more independent. If you'd seen him six months ago you'd be amazed at the change now."

With 149 St Dunstaners currently in her care, Vanessa plays a pivotal role in the rehabilitation process, helping the St Dunstaners to lead the kind of life they want to.

BLIND AMBITION BLIND AMBITION BLIND AMBITION BLIND AMBITION

Speedy Mark's daring attempt

In less than one month's time, St Dunstaner Mark Threadgold will attempt to break the World Water Speed Record for the blind. This will be an extraordinary challenge for Mark, who lost his sight totally in 1999.

At the helm of a Bladerunner RS6 powerboat, sponsored by Ice Marine, Mark will aim to achieve a speed of 100mph, smashing the current record of 73.06mph. The challenge will take place at Lake Windermere during the annual Speed Week 13th – 17th October 2003.

Mark's attempt is part of the Blind Ambition Campaign, which aims to raise £100,000 to enable more blind ex-Service men and women to achieve their own ambitions, whether ordinary or extraordinary.

If you would like to support Mark, please complete the form on page 5 or sponsor him online at www.st-dunstans.org.uk/sponsor



Colin's audible clay

A tremendous day was had by all at the St Dunstan's annual Charity Clay Pigeon Shoot. Nine St Dunstaners competed, out of 50 guns in all, including Colin Best, who is currently designing an audible clay, as part of the Blind Ambition Campaign. This clay will enable the visually impaired to enjoy the sport safely and accurately.

So far, just over £2,500 has been raised at the Shoot and for Colin's Blind Ambition. Thank you.



Spread the Word

St Dunstan's cares for anyone who has served in the UK Armed Forces and has become severely visually impaired, due to age, war, accident or illness. If you served your country years ago and have only recently become blind – you may still be eligible for help. The entry criteria also apply to those who have served in the Polish Forces under British Command or in the Merchant Navy during World War II.

St Dunstan's also cares for men and women who have served in the Emergency Services, who have lost their sight whilst on duty.

If you know of anyone you think may be eligible for help, please call Admissions on 0800 389 7979.

How we are doing

Your donations count

During the financial year ending March 2003, £2.97M was raised in voluntary donations with Legacies contributing a further £5,661M. These donations provided for the Charity's running costs, supported an additional 163 new St Dunstaners and added to the Unrestricted fund for those blinded by accident, illness or old age.

Help us to be more successful

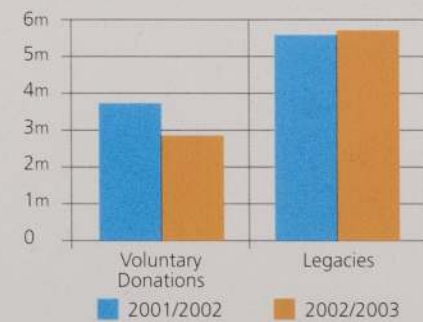
Our voluntary donations were 17% down on the previous year. As we are expecting the number of new St Dunstaners to increase in coming years, will you help us to be more successful?

Give as you Earn

Help us make money the painless way by using government funding. Please consider donating to St Dunstan's from your salary before you

pay tax and the Government will add an extra 10% (until April 2004). For example, if you pay tax at the basic rate it will only cost you £3.90 (after a pledge of £5.00 gross) and St Dunstan's will receive £5.50. Contact your Payroll department to set this up.

For more information on how you can help St Dunstan's, visit our website on www.st-dunstans.org.uk/donate



Order your Christmas Cards online! Visit www.st-dunstans.org.uk/christmas to order your christmas cards or fill out the form enclosed.

Help to save our costs! To receive this newsletter by email, contact insight@st-dunstans.org.uk including your full name and address.

MEET THE ST DUNSTANERS MEET THE ST DUNSTANERS MEET THE ST

Out of Africa

Not many of us have been chased by an elephant, dined with cannibals in Vanuatu in the South Pacific, reached the Base Camp of Everest or appeared on *This is your Life*. Well St Dunstan Mike Tetley – who is totally blind – has done all that and more.



He remembers vividly how he lost his sight. "It was 1954. I was serving in Kenya with the Kings African Rifles. The Mau Mau had just burnt down the Treetops Hotel and ambushed

a police pay truck. I engaged the group of terrorists but in the heavy gunfight that followed, I was shot in the head. I would have been cut up by the Mau Mau, if it wasn't for Corporal Regiton. He courageously stood over me to protect me and single-handedly shot down seven armed men.

"The bullet entered my right ear and came out of my left eye, leaving me completely blind. With one plastic eye and a plastic shield over the other, I thought – that's it, no hope for me now.

"But I knew I couldn't mope around – I had to pick up the pieces and get back to normality.

"After I left the hospital in Kenya I came to the St Dunstan's Centre in England where my life changed for the better. I learnt Braille and typing, and got very fat. So I decided to try something different. It was my Dad who pushed me into Physiotherapy and

St Dunstan's who gave me the training... and at 73 years old, I'm still practising today.

"Some new patients can't deal with my sight loss and don't come back after the first appointment. But that doesn't put me off – it's their problem not mine.

"I am truly grateful for everything St Dunstan's has done for me – they gave me a job and, even more important, the confidence to succeed."

St Dunstan's continues to provide Mike with practical support when he needs it. A grant from St Dunstan's contributed half the cost of up-to-date computer equipment for his practice in St Albans.



Mike at Everest in 1979

How you can help...

For more information about St Dunstan's, fill in this tear off form below and return it in the enclosed pre-paid envelope.

Please send me more information about:

- Text messaging whilst raising money for St Dunstan's
- Setting up a Standing Order
- Setting up a Direct Debit®
- Leaving a Legacy

I would like to help St Dunstan's by supporting:

- Mark's record attempt in October
- Billy's Blind Ambition

Cheques made payable to St Dunstan's and write your name and address on the reverse.

Name _____
 Address _____

 Postcode _____

Tick here if you do not wish to receive an acknowledgement of your gift

Every £1 you give can be worth 28p extra!
 Gift Aid costs you nothing. All you have to do is give us a written declaration that allows us to claim the tax back on any donations you make.

giftaid it I wish St Dunstan's to reclaim the tax on all donations I have made from 6th April 2000 and all future donation I make hereafter.

Signed _____ **Date** _____

You must pay an amount of income tax or capital gains tax equal to the tax we will reclaim on your donation, currently 28p for every £1 you give. And if you are a higher rate taxpayer, you can claim relief on the difference between the basic rate and higher rate tax.

- I no longer wish to receive the insight newsletter
- I wish to be removed entirely from St Dunstan's mailing list

St Dunstan's, Room NG03,
 Freepost LON20762
 SALISBURY, SP4 7SL

Jumbo Success for all

In February 2003 the craft workshop at St Dunstan's National Centre in Ovingdean was invited to enter a competition as part of the Brighton Fringe Festival raising awareness for the Thai Elephant Conservation Centre in Northern Thailand.



3rd prize: Elephant Tale – Frank Tinsley

The St Dunstaners jumped at the chance to show off their artistic flair in an exhibition to be displayed at Brighton Station and Hove Town Hall. The theme of the exhibition called on entrants to depict what an elephant really meant to them.

"The exhibition was a great opportunity for St Dunstaners to learn new skills or try something new" recalls Sarah Jarron, Craft Workshop Supervisor. "St Dunstan's entered twenty-six works and of the seventy total entries, the St Dunstaners received six of the prizes awarded. We're delighted with the standard of work shown here and the enthusiasm of all those involved."

The craft workshop is an important and rewarding part of the rehabilitation process. St Dunstaners can learn anything from wood-turning to chair caning. Creating a



Raj Elephant – Norman Perry

piece of work is a great achievement. Being able to overcome that initial sense of 'I'm blind, I cannot do this' is a fantastic feeling that leaves the St Dunstaner confident that anything is achievable.

To see some of the works by the St Dunstaners, please visit our website at www.st-dunstans.org.uk

In an English summer garden

With Scottish Pipers, a brass band from The Royal British Legion and the sun making an occasional appearance the scene was set for a perfect English garden party. On 22nd June, Major Graham Allt opened his 'South Paddock' garden in Maresfield, East Sussex, to members of the public to raise funds for St Dunstan's and the local parish church. St Dunstaners from the National Centre near Brighton were treated to an afternoon of superb music and the opportunity to explore the beautiful gardens.

With a raffle and generous donations from visitors to the garden, Major Allt raised over £1,000 in aid of St Dunstan's alone. Our thanks

go to Major and Mrs Allt, their daughters and all who helped organise a superb event.

If you are interested in holding a fundraising event please contact us on 0207 616 7966 or e-mail fundraising@st-dunstans.org.uk



Wealden MP Charles Hendry with our volunteers



Keep on running

Congratulations to both Iain Millard and Steve Sparkes and their sighted guides for a great performance at this year's London Marathon! Thank you to staff and supporters, who also ran, raising £9,584.40 for the Charity.

Dave Powell and WW2 POW Stan Grimsey had to pull out due to injury, but congratulations go to Stan who completed the Hastings Half Marathon in March.

If you'd like to run the Marathon for St Dunstan's next year, or take part in other national events, please email fundraising@st-dunstans.org.uk or visit www.st-dunstans.org.uk/fundraising



1p an SMS message

St Dunstan's will get 1p for every text message you send to a friend's mobile from your computer.

We'd love hundreds of supporters to enroll for this great service. Visit www.st-dunstans.org.uk/sms to register. The number of free credits has risen to 30, so tell your friends and relatives.

ST DUNSTAN'S

an independent future for blind ex-Service men and women

Patron: Her Majesty The Queen
 Charity Registration Number: 216227

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Noticeboard

Dates for your diary and useful information

SAFETY WITHIN THE GROUNDS AT ST DUNSTAN'S O Vingdean

PLEASE HEED ARCHERY PRECAUTIONS:

Access to the front the front lawns at Ovingdean will be restricted during outdoor Archery sessions. Temporary barriers will be in place on pathways that lead to the front lawns. These restrictions are for the safety of everyone who may have access to the grounds. Barriers will be in place for the duration of the outdoor Archery sessions and will be removed on completion. Access to and from the subway during Archery sessions may be restricted; this is dependent on the direction of the Archery shoot. When all barriers are in place, access to the subway can be made via the pathway to the far south of the grounds that runs parallel to the A259 coast-road.

Please note that these restrictions are a temporary measure during Archery and we will make every effort to keep disruption to the normal daily routines to a minimum. Should anyone have any queries about these restrictions please feel free to contact me on 01273 391448.

Bill Lyth
Head of Security

O Vingdean Activities Programme

LOCAL REPRESENTATION: There is an extensive programme of activities at Ovingdean which is open to permanent residents, short stay visitors and to those beneficiaries living in the local community. There is an Activities Committee that meets monthly to express the views of St Dunstaners and Cliff Ford is the 'locals' representative. He is most keen to hear the views of those living in the community.

CANCELLATION CHARGES FOR O Vingdean Trips

TRYING TO MAXIMISE RESOURCES:

Currently, trips out are free for residents as part of the charge for staying at Ovingdean. Those living locally have to pay towards things like entry fees and restaurant costs though there is never a charge for transport. Places on trips are often hard sought but some people are cancelling at short notice without good reason. This practice is unfair on those who were unable to get a place originally and is also a waste of the Charity's money as tickets often cannot be refunded. A cancellation fee already exists for bookings by local beneficiaries but the residents have decided that it will apply to all those at Ovingdean as from October 1st. Those living in the house who cancel after the trip list closes (which is 48 hours before the event) will pay the publicised amount for the event which for things like theatre trips, racing days etc will be at least the face value of the ticket. In cases of genuine illness or emergency, the cancellation fee will be waived at the discretion of the Activities Coordinator and/or Head of Care who also have the discretion to reduce the fee to fit other circumstances.

Dick Lake
Ovingdean Manager

I FOR INFORMATION

GOVERNMENT INFORMATION TAPE: Last issue we mentioned that the Central Office of Information provides blind people with an overview of benefits, pensions and services, alongside useful advice and handy tips on a radio-style cassette called *Open i*, but we had an incorrect web address. To receive a copy of the tape, telephone 020 7261 8938 or log on to www.open-i.gov.uk.

BRILLE, TALKING AND EASY TO SEE WATCH REPAIRS FOR ST DUNSTANERS AND GUBBAYS

WATCHMAKER RETIRES: It is with much regret that St Dunstan's has to announce that we can no longer co-ordinate the repair of manual wind-up watches as our specialist watchmaker had to retire due to health problems.

However we can still get some other watches repaired if originally purchased by St Dunstan's from RNIB or Cobolt Systems Limited. If your watch is in need of repair please send it with a note detailing your name and the problem to the Grants Department, St Dunstan's, 12-14 Harcourt Street, London W1H 4HD. Once received we will then be able to see if we can get the watch repaired. If your watch cannot be repaired we will try to find the most suitable replacement for you.

Carole Woodgate
Head of Grants

PROVISION OF WHEELCHAIRS

PLAN AHEAD IF WHEELCHAIR NEEDED:

Please note that Ovingdean does not keep a stock of wheelchairs for St Dunstaners or holiday visitors to borrow whilst they are in-house. The wheelchairs that are currently in Ovingdean belong to individual residents and therefore we are not at liberty to lend them out to visitors. Furthermore as wheelchair users know, it is always best to have a chair that has been measured and fitted specifically for one's own needs. Welfare Officers occasionally store wheelchairs that have been donated to St Dunstan's in our garage before they are given to a St Dunstaner in the community who may have need of one or passed on to overseas charities. These chairs are not maintained or serviced and, thus, we cannot guarantee that there would be one available for use by anyone who may require a wheelchair when visiting Ovingdean.

We must therefore emphasise that anyone requiring a wheelchair at Ovingdean has one of two options. Either bring your own wheelchair or arrange for us to 'hire' one from the local British Red Cross office

which means letting Sue Bradby know no later than three weeks before your arrival (01273 391425 or sue.bradby@st-dunstans.org.uk). Please note that the Red Cross does not always have wheelchairs available and they may not be in extremely good condition. They do not ask for a specific sum for the hire of the wheelchair but a donation is requested which the visitor must meet.

If you do intend to bring your own wheelchair to Ovingdean, it must be made very clear at the time of booking on your booking form, or by informing Jackie Castle, so that the Transport department can be informed. This may affect the availability of dates because, for obvious economy reasons, it is often necessary for the vehicle to pick up a number of people on one journey and, therefore, it is not always easy to accommodate a wheelchair within the car that is bringing you to Ovingdean. To be certain that the requirement is understood, please check with your driver when he calls you with the details of the pick-up.

We are sorry that we cannot be more helpful in this situation, but unfortunately it is not realistic for storage space, funding and maintenance considerations to keep a supply of wheelchairs just in case a visitor would like to use one.

Jackie Greer, RGN
Head of Care

SEX, LIES AND RECIPES

AUDIO DESCRIPTION AND SIGN

LANGUAGE: Three actresses in ridiculous dresses bicker, gossip, heckle and share tales of sex, lies and recipes while an epic production unfolds around them in *peeling*, a stage performance from Graeae, Britain's leading company of disabled theatre practitioners.

The unique show combines audio description and sign language in a cunning fashion as part of the story telling process. *Peeling* will be at the following venues:

Nuffield Theatre, Lancaster, October 9th (0800 028 3042); Arena Theatre, Wolverhampton, October 14th-15th (01902 321 321); Tobacco Factory, Bristol, October 16th-18th (0117 902 0344); Project Cube, Dublin, October 22nd-25th (0188 19613/4).

Guidelines for travelling to and from St Dunstan's Ovingdean

TRAVELLING TO AND FROM OIVINGDEAN

TRANSPORT GUIDELINES: St Dunstan's will usually provide free travel for those travelling to and from Ovingdean on the basis that:

- The stay is for a minimum of two consecutive nights and is for a St Dunstan's approved purpose (which excludes using the house as a stopover point to or from another function e.g. holiday elsewhere!).
- The user is a St Dunstaner, spouse, dependent child, widow or widower or a beneficiary of the Diana Gubbay Trust.
- It is reasonable for the charity to do so, which includes people being fit enough to travel.

St Dunstan's vehicles will normally only be provided for those unable to use public transport unless it is more practical or cost effective to provide Ovingdean vehicles which is often the case. In order to make best use of transport and drivers, car sharing will be required. Every effort will be made to make the journey as comfortable as possible but it is essential that you inform us of any special considerations (wheelchair, excess baggage, travel limitations, etc) at least at the time of confirming your booking or if things change later. The Transport department will decide on the route taken, the type of vehicle used, and the date and time of pick up and return. The Transport department will also liaise with the Head of Care when general transport is deemed unsuitable for those with a medical condition but you must tell us of any limitations well in advance.

The driver will contact you to give the details of the pickup some two days before coming to Ovingdean. Please confirm with him that any special considerations that you believe are needed have been taken into account (wheelchair etc). Anyone taking regular medication and travelling in St Dunstan's vehicles must carry sufficient supplies for the journey and must inform the driver on their situation. The driver will make your journey as comfortable as possible and make 'convenience' and refreshment stops at reasonable intervals commensurate with getting you to/from Ovingdean in a timely manner. He will help with mobility to and from the restaurant or toilets but

will not be able to provide 'nursing' or other intimate care. Please remember that he may be travelling a long distance and he too needs a bit of a break. If you are unwilling or unable to comply with any of the above requirements, you will be responsible for arranging your own transport at your own cost.

If transport arrangements are altered by the visitor for reasons other than ill health or bereavement and the Transport department cannot meet the revised dates, the person will be responsible for making his or her own travel arrangements at his or her own expense.

Although we do our very best to use our own department and, indeed, we have just engaged an additional driver in order to meet demand, sometimes we have to employ taxi companies. We try not to use them for the longer trips but even this is unavoidable sometimes. Inevitably such drivers do not have the care knowledge and commitment that our own team have, so, please, be understanding if this turns out to be your situation.

If you are driven by your spouse/carer, we will subsidise your mileage and if you travel by train using concessionary fares, we will reimburse you on production of your and your escort's tickets or receipt. In both cases, please see the Cashier (0900-1330 weekdays) on the First Floor before you leave. Alternatively your claim will be paid directly into your bank account.

Dick Lake
Ovingdean Manager

BOOKING GUIDELINES

NOW TAKING E-MAIL BOOKINGS:

St Dunstan's Ovingdean accepts direct bookings for holidays (except Christmas-New Year) via our Bookings Coordinator, Jackie Castle. Bookings can be made by e-mail (jackie.castle@st-dunstans.org.uk), telephone (01273 391422) or letter. In many ways, e-mail is preferable, if you have that facility. Holidays are for independent, self-caring, mobile St Dunstaners, spouses and widow(er)s. However, holidays can also be taken on the Nursing and Residential wings, if necessary, on a respite basis, which must be arranged through your

Booking and occupying accommodation at St Dunstan's Ovingdean

Welfare Officer through whom holidays over the Christmas-New Year period must also be booked.

Bookings can be made up to six months in advance but will only be confirmed at the three month point for private bookings or two months when applying for things like special weeks (clubs, activities etc).

In order for you to be able to book appropriately, it is of the utmost importance that you appreciate our requirements here at Ovingdean to ensure you are given the best bed allocation, care, attention, and a comfortable stay. Demand is now such that there are occasions when there is insufficient in-house accommodation to meet everybody's wishes. In these circumstances, we may have to limit the length of stays or apply a priority system. Those without overriding care needs may be offered sleeping accommodation at Nevill Road as an alternative to not obtaining a place at all. For clubs, decisions on priorities will be made with the club officials.

I must point out that the Care Standard Commission registers us and we have to abide by their regulations. Anyone needing any supervision, support and/or care cannot be assigned to holiday beds and must book through their Welfare Officer as respite. The interpretation of care is if you need:

- a. injections, dressings to ulcers, wounds, etc. (*however small*)
- b. assistance with medications, oxygen, nebulisers, etc.
- c. assistance with wheelchairs
- d. assistance with washing, bathing or dressing
- e. assistance with eating or drinking

We do have other options here at Ovingdean for those unable to be admitted into a holiday bed because they are in need of care. The two categories are: Residential (short-stay respite) where Carers are able to help with items b-e above, or Nursing (short-stay respite) where Registered Nurses and Carers are able to help with all categories above.

For direct holiday bookings you will be sent an assessment sheet and we ask that you are frank and honest with your replies in order for us to assign you to the area of the home best suited for your needs. If, on arrival or subsequently, we find that your health

and mobility are not appropriate for the holiday category, you will have three options:

- Transfer to Residential or Nursing bed (*dependent on need/bed availability*) and pay the appropriate rate.
- Return home. You may have to pay the travel costs particularly if we cannot use our own transport.
- Transfer to the Accident & Emergency Unit (Sussex County Hospital) if your health is considered poor.

Cancellations, unless for a valid reason, can spoil someone else's chance of a holiday. Amendments, likewise, cause additional work and potential disappointment. We have had to introduce a cancellation charge as follows:

1 month's notice or more	no charge
2-4 weeks' notice	£25
Under 14 days' notice	£50

Amendments made after a booking has been confirmed will be charged a fee of £5. These charges may be waived in cases of exceptional circumstance or illness. On occasions, to make best use of transport, we may have to change the date of your arrival or departure but will not charge for those extra days.

Please remember to bring adequate medications for the whole period of your holiday stay. If a holiday visitor runs out of medication then the pharmacist can, in exceptional circumstances, issue a five-day supply of medications but there may be a charge to you for each item issued. Only emergency appointments can be made with the GP, Physiotherapist, Dentist, Chiropodist, Ophthalmic Surgeon, etc and charges may also ensue.

I hope this information assists you to understand what will help us to provide you with an excellent, safe and happy holiday. We look forward to seeing you.

Dick Lake
Ovingdean Manager

MASONIC WEEKEND

BROTHERS UNITED: The Masonic Weekend will be March 27th-28th 2004. If any St Dunstaner Masons would like to attend to please contact Ron Freer on 01843 601421.

POWER CIRCUIT BREAKER

SAFETY DEVICE FOR POWER TOOLS OR LAWN MOWERS: Morrisons and other supermarkets are currently selling a 240 volt Power Circuit Breaker for £5.99. The device looks like an extended three pin plug with a flap on the opposite side to the three pins - you plug this into a 13A socket in the wall and when the flap is lifted the plug from the electrically appliance you intend to use can be fitted. The Circuit Breaker protects against electrocution from damaged cables and is intended for use with electrical power tools, lawn mowers, trimmers, etc. So if you accidentally cut the mower cable, it will cut off the power. (Our thanks to St Dunstaner Irving Nuttall of Leeds, West Yorkshire.)

PHOTOGRAPHY WITH FEELING

TACTILE PHOTOGRAPHY DISPLAY: The Natural History Museum, London is hosting *Earth From The Air* which features 160 photographs of the earth as seen from the air. Thirty of the photographs have been recreated in a tactile format to make them accessible to blind and visually impaired people. Black and white cellulose acetate and precision etching techniques have been used to present blind people with a very high level of detail. The series of images have large print and Braille

narrative panels. The size of the photographs in the main exhibition also makes them accessible to partially sighted people. Details can be obtained by calling 020 7942 5000 or e-mailing mail@earthfromtheair.com. The exhibition is open 10.00am-10.00pm, Monday to Saturday until October 31st.

CUT DOWN ON UNWANTED MAIL OR TELEPHONE CALLS

PREFERENCE SERVICE AVAILABLE: Unsolicited mail or telephone calls can be reduced with the help of the Direct Marketing Association. They operate the Mailing Preference Service, Telephone Preference Service, Fax Preference Service and E-Mail Preference Service which will advise its members of your desire to be added or removed from mailing lists. To register with any of these preference services, call the Direct Marketing Association's helpline on 0845 703 4599 or go to their website on www.dma.org.uk.

A GOTHIC TOUCH

GET A FEEL FOR ART: The Victoria and Albert Museum will host a touch tour of their new exhibition *Gothic, Art for England 1400-1547* on November 12th and December 6th. Advanced booking is required, telephone 020 7942 2211 for details.

The Chef opens his pantry

STEPHEN PENDLETON of Hoo, near Rochester, Kent became a St Dunstaner some 12 years ago when he lost his sight and his left leg above the knee in a helicopter crash whilst serving with the army in Northern Ireland. He had long been a keen domestic cook, but decided to study for a recognised qualification in catering. After spending the last two years at North Kent College, Gravesend, he recently qualified as a Chef du Parti, and is

eminently knowledgeable to write on the subject from the blind person's point of view.

Last month, we started Pendleton's Pantry which includes hints and tips that Stephen has found helpful in his training to become a chef. This month, he covers hygiene issues and in November will examine available equipment. Recipes will follow, but he also intends to cover specialised menus for diabetics,

vegetarians and people with allergies such as egg intolerance. He therefore asks that any St Dunstaner with allergies to certain foods get in touch via the **Review**. "There is nothing more satisfying than a wonderful aroma wafting out of your kitchen, also the satisfaction of knowing that you have done the cooking yourself. It is a great boost to a blind person's confidence," he adds.

Pendleton's Pantry is on page 22.

Mark shines again with Northern Lights

FORMER ROYAL ENGINEER Staff Sergeant Mark Brook is back on track with a new collection of songs. Now residing in Norway, the St Dunstaner has drawn on a spectacle of nature for the title track *Northern Lights*.

Having joined the Royal Engineers as a 16-year-old, he saw service in the Falklands, Canada, Cyprus, Norway and Gibraltar. His aim was to obtain a regular commission, but a bad fall during a Commando course and the onset of multiple sclerosis pushed his life in other directions.

Mark feels the new work signals an advancement in his ability as a recording artist. "After nearly three years work I have at last finished my new CD *Northern Lights*," said Mark. "The CD is a mix of different genres of music; folk, Celtic, country, soft rock and blues. In spite of this wide range the CD is as a whole 'easy listening'. All songs on the CD were written by me and performed by me along with five other musicians / vocalists. For those who purchased my last CD *Higher than an eagle* you will notice a great improvement in recording quality and though the style is still clearly my own you will hear a greater depth to all aspects of my music."

Track by track, Mark described his new CD:

1) Northern Lights. "This is a soft rock /folk rock number. This

is my song to all the sighted people who just cannot see."

2) Missing you so much. "Country blues. There is a fine piece of guitar work on this song."

3) Searching. "This is a song that I wrote after a night in my local. It took about half an hour to write and is one of the best songs on the CD. Fine guitar work, with Nashville fiddle. This is a song that the Norwegian radio like to play. It's country but still good to listen to whatever your taste in music."

4) Come back baby. "Blues. Starting with that 1920s feel of a scratchy, dusty vinyl record and coming up to date with a bang."

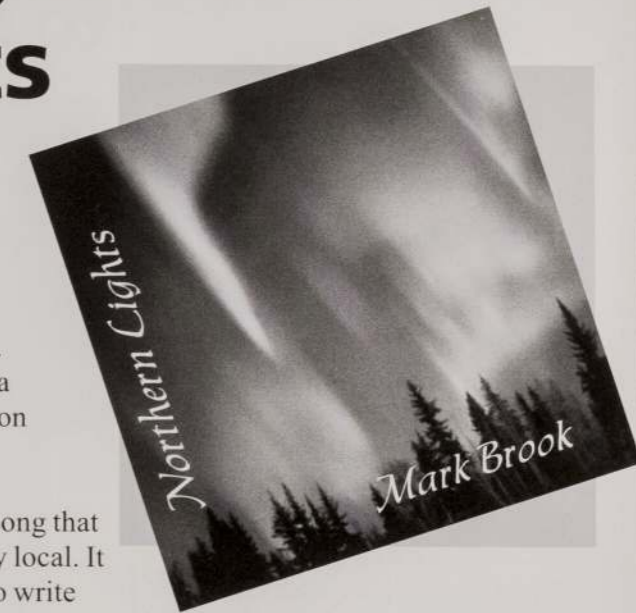
5) Can this be true. "A love song I wrote for my wife Grete."

6) Beautiful tonight. "A love song that took nearly a whole year to record. Quite an epic this one."

7) The dance. "A circular song that I wrote for my niece. It is a song of life i.e. the dance."

8) Irene's song. "A song of one persons demise at the hands of nicotine."

9) In the name of the king. "Celtic. Back in the 1700s. A song about a cocky young man who thought that he was too clever to be fooled into taking the kings shilling. But at the hands of the wily old recruiting sergeant he was



The cover of Mark Brook's new musical release.

tricked and sent into war 'In the name of the king'. Some fine bagpipe work on this one."

10) If you would be my lady. "Celtic. A song of love from the farm hand to the lady. Nice Uilleann pipe work here."

11) June. "Words of comfort offered by a deceased loved one to those left behind."

The CD is getting good reviews and is riding high in several top ten listings at present.

Northern Lights or *Higher than an eagle* can be purchased from St Dunstan's for £10 each. Half of the price will be donated to St Dunstan's, while the other £5 covers production costs.

To order either CD, send a cheque, made payable to St Dunstan's, to Ray Hazan, St Dunstaner Services Manager, St Dunstan's, 12-14 Harcourt Street, London W1H 4HD.

It strikes me ...



with Gog and Magog

Gog is told by a St Dunstaner and his 'dog' that they have decided to "bore for Britain." A number of unlikely scenarios unfold and are inflicted on their fellows at the HMS *Sultan* camp. However, when they take this scheme into the outer environs of the Isle of Wight, casting themselves as figures from *Last of the Summer Wine*, even they are surprised to find that their victim was once a member of the Panzer Division in the German Army!

Magog notices that the Max Miller Appreciation Society is recruiting at Ovingdean (and would like to hear from any St Dunstaners who are members). Does that warrant telling a story from the White Book or the Blue Book he wonders? (Of course, an older head would tell him they always want the Blue Book).

Gog is struck by the curious resemblance between St Dunstan's own speedy Billy the Whizz and the effervescent character



that runs periodically through the pages of renowned Dundee publication *The Beano*, namely one Billy Whizz! They seem to share the same barber if nothing else, but with Scottish connections in mind, we stop short of suggesting that Mr Baxter rode a souped up bike!!!

Service bikers rev up to support St Dunstan's



A rival to the Ninja? Billy gets a feel for riding a hog.

Tim Hill reports

HIDDEN IN THE depths of the Welsh Valleys, just north of Newport, Gwent, sits a small village with a big heart. On September 5th-7th, Crumlin was woken by the roar of motorbikes descending upon the Patriots MC Clubhouse. The event was 'The Patriot Games 2003', with St Dunstan's as the main charity.

Unlike most motorcycle clubs, the Patriots MC are all serving or ex-Service personnel and therefore have a natural affiliation with St Dunstan's and the Blind Ambition Campaign.

Unlike the Olympic or Commonwealth Games, the Patriot Games deals with sportsmen of a different calibre. The 'clean and jerk', at these games was replaced by a cast iron lorry or a tyre lever, held at arms length for as long as one could withstand the pain! Needless to say Andy, the Club President, received the Gold for this particular event and our own Billy Baxter was narrowly beaten into 16th place (with only 11 entries!).

On Saturday evening, we were presented with a cheque for £500 by the Club President which Billy Baxter accepted with gratitude and thanks on behalf of St Dunstan's. Attendees of the event and affiliated motorcycle clubs from around the world made separate donations to the Charity.



Billy says a few words before the Patriots' presentation.

Sheila Sauba

Sheila Sauba joined St Dunstan's in October 2000 and immediately became immersed in arrangements for the Cenotaph weekend a responsibility she successfully managed and very much enjoyed in subsequent years. In addition she maintained information on War Pensions, Dr Janvrin's clinic and was involved with admissions and regional reunions at different

points during her three years with St Dunstan's. Sheila will be missed in her role as Head of Pensions where she always did everything she could to support St Dunstaners and their families. We wish her the very best in her new family environment in Leicester.

Jeremy Hinton
Service Delivery Director

Ovingdean staff go to head of the NVQ



Care Assistants Christine Ffitch and Samatha Glew were congratulated by Chief Executive Robert Leader.

OVER A DOZEN members of Ovingdean staff have been feted for their success in taking the National Vocational Qualification (NVQ) and other externally recognised qualifications. The NVQ confirms their proficiency in their chosen field of care and nine of them were congratulated on September 2nd by

St Dunstan's Chief Executive Robert Leader. He paid tribute to their achievement and expressed his opinion that this would benefit the service provided to St Dunstaners before presenting certificates confirming the awards.

Care Assistant Samantha Glew achieved an NVQ at Level 3 while Jill Clark, Paul Cartwright, Lorna Murphy, Christine Ffitch, David Habgood, Mary Reilly and Barbara Mitchell all achieved NVQs in Care at Level II as did Lesley Holmes and Patrick Molloy. Amongst those being congratulated was Royal Marine St Dunstaner Martin Shail who achieved a Word Processing Techniques - Essential Level certificate. Another six St Dunstan's staff members have also achieved different qualifications in their chosen fields.



St Dunstaner Martin Shail was amongst those who were congratulated.

Ten questions on...

Days of the Week

Saturday's child Harry Beevers works hard to stave off the Monday blues with this quiz

- 1) Britain entered World War II on September 3rd 1939, on which day of the week?
- 2) According to the children's nursery rhyme, on which day did Solomon Grundy fall ill?
- 3) On what day is the final of the American Superbowl competition usually held?
- 4) The Church festival of Ascension Day always falls on which day of the week?
- 5) If a month of the year has a Friday the 13th in it, on which day of the week does the 1st of that month fall?
- 6) D-Day on June 6th 1944, VE Day on May 8th 1945 and Coronation Day on June 2nd 1953 all fell on which day of the week?
- 7) What day of the week is known as Dimanche in France?
- 8) On which day is Ladies' Day held at the Royal Ascot race meeting held in July?
- 9) Having fallen ill earlier in the week, on what day was Solomon Grundy buried?
- 10) In a survey in April 2002, figures from the Offices of National Statistics stated that UK workers most often miss work owing to sickness on which day of the week?

Answers on page 30.

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.

Appreciate the sacrifice of human life

I MUST TAKE issue with Ted Bunting's review of Catherine Cookson's novel - *The Wingless Bird* (September Review).

The responsibility of a reviewer is to give an opinion on content. Ted did just this but failed, presumably through lack of background knowledge, to take into account relevant factors.

The works of Catherine Cookson are in the main an autobiographical account and a social history of the times when she was young. They depict the poverty and living conditions prevalent throughout the North East and elsewhere in the industrial cities. Perhaps Ted is unaware of the Jarrow March, etc

which emanated from the North East. In such circumstances young people had only dreams to offset the drudgery of human existence and what's wrong with that.

Although not a native of the North East, I have lived in the Region since 1947 and have been very impressed with how we have survived with the loss of Shipbuilding, Steel-making and the Coal Industry.

Without such a contribution this country would be a lot worse off than it is. In abject poverty, wealth for others was created and Catherine Cookson portrays this in the hope that others will appreciate the sacrifice of human life and conditions that ensued.

This lady deserves better than what was portrayed. The large fortune she amassed has for a long time been a Charitable Trust for the benefit of the less fortunate in society in order that what she experienced would not occur again.

I would respectfully suggest that Ted did not apply for a visitor's visa to South Tyneside as his ill informed judgements would certainly make the natives hostile!

**Revd David T Youngson
Billingham, Cleveland**

■ **Ted Bunting remains in Cookson Country on page 23. What does he make of the Talking Book experience on this occasion?**

A big thank you !

Could you please pass on my deepest thanks to everyone for the support they gave my family and myself for my record land speed attempt. I cannot thank everyone enough for the messages of good luck and support. My family saw first hand the magic and spirit of St Dunstan's. I was humbled and deeply moved.

It is a privilege to be a St Dunstaner and well worth all the blood sweat and tears!

All our thoughts should now be with Mark Threadgold in his coming water speed attempt. Go

for it, mate - nail that boat! Thanks again, see you all soon. Look after each other and take care.

**Billy "the Whizz" Baxter
and family
Ely, Cambridgeshire**

Thank you Ann

My wife Ann and I celebrated our Golden Wedding Anniversary on September 19th. I would like to take this opportunity to thank her for 50 years of support, happiness and love.

**Trevor Berry
Liverpool, Merseyside**

Comedy help!

I wonder if you can help me. I am developing my talent as a comedian and for telling jokable stories. I did a turn on my recent visit to St Dunstan's in Brighton. I am hoping to do some gigs in Morecambe with proceeds going to St Dunstan's. I wonder if any St Dunstaners have any comedy CDs, tapes or video that are no longer required or that I could borrow to study. I would be grateful for any help in this respect. Many thanks.

**Tom Nelson
Morecambe, Lancashire**

■ Items can be sent to Tom via the **Review**.



Jay Muir, Les Trout, Jim Davidson, David Morris, Linda Charlton, Mike Tumilson and Graham Rickhus.

Water way to go!



David Morris knows when he has played well!

St Dunstan's golfers join Jim Davidson in the rain for charity match

Simon Rogers trails them on the green

FOUR ST DUNSTANERS had their own special tee-time with a mix of entertainers, sportsmen and businessmen with the aim of providing morale building entertainment for British Forces around the globe. They were out on the green at Pyrford Golf Club near Woking, Surrey on September 11th with celebrities such as comedian Jim Davidson, snooker player John Virgo and actor-musician Kenny Lynch.

They were all playing in a tournament on behalf of the British Forces Foundation, an organisation that encourages Britain's entertainers to give their services free to British forces serving around the

world. It hopes to promote the Armed Forces by supporting the well being and esprit de corps of all serving personnel through quality entertainment.

St Dunstaners Les Trout, David Morris, Mike Tumilson and Des Chandler were all met at the start of the course by Davidson who swapped jokes about playing the late Lenny Peters at midnight. He expressed his admiration for the St Dunstan's quartet, adding that losing one's sight was the "worst thing I can imagine."

Play began in dull conditions and the fine weather that had been promised for the day soon turned into a drizzle and then opened up into a steady deluge.



Where has that ball gone?

However, this did not dull the spirits of our team who played steadily through the 18 holes. The course was characterised by a series of water hazards, while another hole captured a certain desert charm with an expansive sand pit, punctuated by two oasis-like bushes. David Morris managed to play several holes in five shots or under (and was rewarded by a kiss from his guide Linda Charlton, though this form of encouragement probably would have worked for the other caddies on the day).

The St Dunstan's Golfers scored a total of 66 points, though the winning team managed a total of 99 points. Our players had made an impression on one member of the winning team - snooker player Ronnie O'Sullivan who presented his prize, a golfing bag - to the St Dunstaners.

During the prize-giving, Jim Davidson took the opportunity to explain the origins of the British Forces Foundation. He said that he felt it was strange that entertainers should receive vast sums for entertaining troops who were about to put their lives on the line of the United Kingdom.

He mentioned the example set by rock group Status Quo who put on a show for UK squaddies in Germany shortly before they were due to go to out to Bosnia. "They did the show for nothing, however things have to be paid for, equipment has to be taken to places, so we started to look at ways of raising the funds to do this."

He was fortunate in being able to acquire the help of Admiral Sir Jock Slater (Vice-Patron of St Dunstan's) amongst other senior Forces personnel. They also had the patronage of Baroness Thatcher, but were somewhat daunted by the prospect of telling her that the position was due to be filled by the Prince of Wales. "How do you tell someone like Margret Thatcher that she has been fired. I was quaking. All these Admirals and Generals said 'You tell her.' I had a couple of gin and tonics before I told her," said Jim. "But she immediately said 'Excellent, I'll be president!'"

The remainder of the day was filled by dinner and caberet, which was performed by many of the people who had been playing golf that day. The final word however, goes to St Dunstaner David Morris. "All the St Dunstaners felt very privileged to be able to take part in raising funds for Jim Davidson's charity for entertaining the troupes on active service. They felt it was their way of giving something back to the Forces."

St Dunstaner Des Chandler plays an awkward corner with the help of Mike Mepham.



Snooker champion Ronnie O'Sullivan with St Dunstaner golf champion David Morris.



The gang's all here!

St Dunstaner **Cliff Ford** brings his unique perspective to HMS Sultan

The Sultan of Sultans



The usual suspects? St Dunstaners Don Planner, Clive Jones and Bryan Alexander with Kirby Taylor, Stuart Planner and other 'dogs'. They were enjoying the hospitality of RH Haslar.

ANOTHER YEAR HAS passed - it is Friday, 25th July, 2003 and we are back at HMS *Sultan*. This year there are just 15 of us and we have 22 dogs and helpers looking after us. Where would we be without these very brave guys and girls? We have a new sponsor, Kirby Taylor, he has taken over from Dave Burrows, who is still with us but is relaxing from many years of camps. Thank you Dave, for all those past years.

After supper, the introductions and briefings are made by our very own Elspeth Grant. How do you keep so calm? But then you've done it for so very many years and we love you for it! We settle down in the snug bar for games and bingo!

George Oliver and I are sharing a cabin with Mike Perrett and Stuart Planner, our dog of last year, however, he is Steve Nixon's dog this year and he just comes back to our cabin to relax. Steve is now an author (a very famous one, he

says) and we hear of the book 'what he wrote' many times over the week. It took 21 years and all with one finger!

Saturday - We are sailing with the Gosport Cruising Club. The members take us cruising around the Solent. We are ticked off by the Harbour Police for getting too close to the warships, etc. Luckily one of the Harbour Police was an ex-dog at camp, Terry Godfrey, so we were let off with a caution. The Club House is now being demolished and new buildings erected by next year but I am assured we will be sailing again in 2004 even if just from a tent!

The afternoon gliding was cancelled due to the weather conditions. Kirby Taylor tells me he has found me a dog of my own, actually a puppy dog - his nine-year-old daughter Natalie! In the evening we are all back in the snug bar for drinks and games. Natalie and I are propping up the bar drinking coke until we need



Ernie and Elspeth splice the mainbrace.

St Dunstaner Arthur Carter and Dave Burrows sample the delights of the Isle of Wight.



Author Steve Nixon and the girls.

help with the card game so we join the 'oldies' at their table for help but we tell them all that we are drinking alone!

Sunday - We went to church. I got a bit lost as there were two *Books of Prayer* and the Rev Ian Naylor kept going from one book to the other and I found myself singing different songs of praise to the rest of the congregation until Bridget Reid found the place for me. By then we had got to the end and I was lost again!

After the service Bridget introduced me to the Commodore's wife and she asked if I was enjoying camp. I said "Yes very much and would you like to be my 'dog' because I don't

have one?" She said she was very busy so I asked if she could take a week off as I thought we would get on very well together. Then she introduced me to her husband and I asked if he could give her a week off or make her redundant. He said "who would cook my breakfast?" and I said "Surely you can manage one week on your own?" However, I was not worried too much as I already had Natalie looking after me. In the afternoon she helped me set up for archery until Mum took her home for Pedegree Chum, a bowl of water and sleep 'cos she was tired.

Also during the afternoon, there was a gliding session and I know

that Mike Perrett enjoyed that as did the others who went up.

In the evening, we were all in the large Mess. Arthur and I were on the floor dancing but where were all the rest of the dancers? Got to do something about this! Let's get back to the 40's and 50's with excuse-me's, Paul Jones etc.

Monday - Sports Day including the walk. The Commodore welcomed us and we are joined by our Chairman - Michael Gordon-Lennox, Dick Lake and Louise Timms from Ovingdean. Thank you Martyn for organising all the sports and, of course all the many helpers who kept us in order. Natalie walked with me and we come in fourth - not bad!

After lunch we go down to the headquarters of the Gosport and Fareham Inshore Rescue Service (GAFIRS) This is fun! There is a bit of a chop on the water and we all get wet. Norman Perry is driving, he turns to starboard and I am soaked. I get the wheel and turn to port and he gets soaked!

Just as I think 'got yer' a huge wave comes over the bow and I'm soaked again!

Then it's the girls turn, Jean, Yvonne and Louise together with Bill Reid and they all come back wet through. There is nearly a wedding at sea, one of the crew takes a fancy to Louise but I refuse to give him permission.

Also during the afternoon the RN & RM Motorcycle Club took several St Dunstaners for a great spin which they thoroughly enjoyed. In the evening, we all went to RH *Haslar* for a most enjoyable social. Ernie Firth gave an eloquent and humorous vote of thanks on our behalf.

Tuesday - We are off to the Isle of Wight. This is always a great day and we are off in our own small open ferry - another ducking from the sea on our way home. We have a packed lunch and drinks in the British Legion Club. Bill Reid and I have fun talking to the holiday makers along the prom but that's another story (though anyone who has already read *It strikes me!* will guess what it is). We are thinking of writing a book about our times together. Well if Steve can do it why not us?!

The evening was fun and games with *Play Your Cards Right!* Our thanks must go to Bob Love the Social Secretary, who with Amber, dealt the cards. Amber was dressed in a mini skirt or was it a wide belt? No one was concentrating on the game - well I was!

Wednesday - After a morning on the putting green (who got the hole in one?) we had lunch at the Conservative Club. Sausages and chips great! How do they manage 30 or more dropping in on them? Such wonderful and hospitable people and a lovely garden to enjoy as well.

We had a free afternoon to get ourselves ready for a group photograph at the Wardroom where the Commander, Liz Spencer, had invited us all to supper and after to a quiz evening with the Mess members. This is always a great evening and John Lappin thanked the Commander and the teams and entertained us all with his humour and told them of my life as a Trappist Monk! Where does he get all this information about me?

Thursday - A party of us including John Lappin, Mike, Liz and myself all went for a helicopter flight round the Isle of



St Dunstaner John Lappin leathers up to take a quick spin round HMS Sultan courtesy of the RN & RM Motorcycle Club.

Wight which was great. The rest all went to Portsmouth for the Royal Marine Concert which I think I will go to next year as everyone who went said how wonderful it was. Then came the presentation of prizes by the Commodore always an exciting evening with the anticipation of wondering who had won what. Among the guests was St Dunstan's Chief Executive Robert Leader and his wife.

Prize Giving concluded with speeches of thanks, Arthur Carter thanked the Commodore, Commander and the Ship's company; Mike Perrett gave a gracious speech of thanks to the Mess President WO Dave

Simpson, his staff, the Mess members, the 'dogs' and all the helpers. Clive Jones thanked the Wardroom and all its members for their hospitality and Don Planner thanked WO Kirby Taylor and CPO Neil Mason for all their hard work. The Commodore then replied saying how glad he was that we were all at *Sultan* once more and he would look forward to seeing us all again next year.

Friday - Transport departed for Lee-on-Solent to the British Legion and its famous pasties. I gave the vote of thanks to everyone at the Legion and all the helpers there. I also gave some more advertising for Steve's book. Well he did say "Will you tell them

A Tribute to Michael Perrett



Let us remember Mike who died so tragically only four days after camp; for the music he loved, for the song he and Beryl made their own *The Continental* when they met. He so enjoyed HMS *Sultan*, I am so glad that I asked him to come. He was not a St Dunstaner for very long - only since February 2002 - but he had already found things to do, new computer skills, golf and the Rifle Club. His last words to me on Saturday when we got back to Ovingdean were "I'll be there again next year." He won a trophy in the sports but I'm sorry Mike, it has to go back to be competed for again next year but it will have your name on it for always.

Look down on us Mike from the best seats in the "House" together with so many of the St Dunstaners we have lost through the years. God Bless you!

Cliff Ford

about my book Dad." Our holiday is coming to an end. Tonight is the farewell dance and we said our goodbyes and together sang our heads off finishing with *You will Never Walk Alone*.

Saturday - Alan came to pick us up. Very sad with St Dunstaners going their different ways. We said our goodbyes again (with, I think, a few tears) to the dogs, their wives and all the helpers, promising we will be back next year and I do hope I'll be there because this is and always will be a wonderful holiday and so much fun.

The camps at HMS *Daedalus* and HMS *Sultan* have gone on for many many years, in fact next year in 2004 will be the 60th.

Following the closure of HMS *Daedalus* the camp was successfully adopted by HMS *Sultan* and has traditionally been hosted by the Field Gun Crew of the Fleet Air Arm who have acted as 'dogs'.

There appears to be some fear that because of the smaller numbers attending it might not go on for much longer but I am assured that this is not so. I have spoken to several

St Dunstaners who would like to come next year so we should be back to strength and we must ensure that the new St Dunstaners know about the camp and I am sure they would enjoy it all as much as we do. Many have been coming for years.

This is my third year at the *Sultan* camp and I enjoy them so much. I know that many of us are getting older and so too are the dogs and helpers yet every year they are there again looking after us. Get well soon Ollie, at least the humour is till there. As for Kevin Rixon, throwaway that stick you wont need it next year. I loved the humour we shared together Joss, I hope you enjoy your retirement in Lanzarote, come back and visit us or perhaps you could start a camp over there for us! However, we would miss the dogs and their wives and the many helpers and Sue (with her dirty laugh). Get some more of your friends to help Sue. I'm looking forward to seeing my puppy dog at the next camp. Thank you Natalie, I enjoyed your company, let's do it again next year.

I must remind you that we now have a famous author at St Dunstan's, Steve Nixon. His book comes out at Christmas and is the ideal present to buy your grandmother or mother-in-law and he will even autograph it for you!

SPORTS RESULTS

The Prizes were presented by Commodore Neil Latham, RN.

ARCHERY

Shield for the totally blind
1st Don Planner
2nd Brian Lang

Shield for the partially sighted

1st Billy Miller
2nd Ernie Firth
3rd Chris Emery

Shield for the Novice Archer
Brian Lang

The match between that Hayling Island & Havant Archers and St Dunstan's Archers was won by the Hayling Island Archers

THE WALK

1st 3.05mins Clive Jones
2nd 3.052mins Don Planner
3rd 4.15mins Norman Perry

The Danny Deacon Veterans' Cup
Norman Perry

GOLF-MINI PUTTING

Totally blind Don Planner
Partially sighted Ernie Firth

PENALTY GOALS

Totally blind Clive Jones
Partially sighted John Lappin

Victor Ludorum

Totally blind Clive Jones
Partially sighted John Lappin

Prize for Doubly Disabled
Steve Nixon

TEAM RESULT

3rd The Endeavours
2nd The Foxes
1st The Rabbits
Norman Perry- Captain
Steve Nixon, Chris Emery,
John Lappin

Following the Sports Prize Giving there were two special presentations:

Firstly Josh Morris presented Elspeth with a cheque for £2,551.69 collected from customers at his pub, The Black Bull at Kidlington, for the camp funds. It was a wonderful gesture.

Then Elspeth presented Kevin Rixon with a set of crystal wine glasses in recognition of his very long service as a 'dog' some 35 years and more - a real record.

Jo set to finish epic pilgrim run early

A ST DUNSTANER'S DAUGHTER is well on her way to completing her ambition to run the 500-mile Pilgrim route of St James to Santiago. As the **Review** went to press, international fell runner Jo Prowse had reached Sarria and was hoping to reach her final destination earlier than planned. As reported in the August **Review**, she is aiming to raise £50,000 for children's outpatients at St James Hospital.

Jo started her journey in Ilkley, Yorkshire on August 17th and started her run in earnest in St Jean Pied-de-Port, France running the first 17 miles into Roncesvalles, Spain. Jo's pace was slowed on the eighth day by an ankle sprain, but she managed to reach Logrono.

She reached the half way point, Calzedilla de la Cueva on September 3rd and seems to have made an impression locally. "I am becoming known along the route of the Camino," writes Jo in her race journal. "People see me running and shout, 'Ola! Ola!' Some shout, 'La Corrienda!' which means 'she who runs' or 'La Fuerte!' which means 'the strong one.' It seems I have gained a nickname or two. We have made some good friends from a wide variety of countries."

SUPPORT

She is being supported on the route by her son Michael who is driving with supplies. He had an unexpected shock, when he returned from a shopping expedition to find the car gone. It transpired that he was illegally parked and the car had been towed away, although it was released after a £25 fine was paid.

The route has been characterised by high temperatures but she has persevered and has so far raised over £7,000 for St James Hospital. A diary of Jo's run can be found online at her website www.helpassist.co.uk/camino/journal.htm.



High fliers! Camp organiser Elspeth Grant and her glider pilot Admiral of the Fleet Sir Julian Oswald.



Jo Prowse before she set off to run to Santiago

PENDLETON'S PANTRY

St Dunstaner and qualified chef **Stephen Pendleton** examines the all important matter of food hygiene in the blind kitchen

THE IMPORTANCE OF good food hygiene practices in the kitchen environment is an essential skill that all cooks need to learn very thoroughly. The risks from a wide range of bacteria is made extremely evident in the kitchen. In 1994, there were 85,000 reported cases of food poisoning in the UK. So this figure emphasised the need for good food hygiene skills.

The main bacteria that inhabit our kitchens and food products are very easy to eliminate and this therefore reduces the risk of food poisoning. This is one subject where the blind and able-bodied are on a level playing field. The able-bodied have to work just as hard as the blind to eliminate food poisoning bacteria.

There are three main types of contamination that every body should be made aware of:

Microbiological contamination

There are absolutely hundreds of nasty little germs that live in food, but I will give you the main culprits.

Salmonella

This is by far the most prevalent bacteria, found mainly in eggs, poultry and raw meats. This germ accounts for 80 per cent of all food poisoning cases in the UK today. The main symptoms are vomiting, diarrhoea, dehydration and abdominal pains. To combat this nasty little bug, make sure all the food items listed above are

cooked for the correct amount of time at the correct temperature. Salmonella is already present in the food, so the only way to kill it is to cook it out.

Staphylococcus Aurous

Mainly, you will find this bacteria on yourself. It is present on your skin and nose, so be sure not to pick your nose when cooking. Be sure that all open wounds are covered immediately as this bug loves to escape from these wounds and contaminate your food. It is also present in unpasteurised milk. The symptoms are the same as salmonella with the exception that this germ produces toxins that are not destroyed by heat, which makes it a nasty little brute. To reduce the risk from this germ make sure you wash hands on a regular basis, especially after using the toilet. Try not to sneeze or cough over food that you are preparing.

Bacillus Cereus

This is mainly found in boiled rice, fried rice and soil. This germ highlights the need for washing your vegetables before peeling and chopping.

Ever wondered why you might feel a bit sick after having a Chinese meal which included fried rice. Chances are that you reheated the rice, something you should never do once it has been cooked. Fried rice is by far the main cause of this type of food poisoning. Once again the symptoms are the same as Salmonella.

High Risk Foods

Bacteria needs to multiply, to achieve this they need four things. Moisture, warmth, time and food! Therefore there are certain foods that bacteria loves. These are called High Risk Foods. Mainly these are home-made soups, stocks, sauces, gravies, meat, poultry and eggs. It is important to note that certain groups of people such as the Elderly, Small Children and Pregnant women should avoid the following High Risk Foods, pate, shellfish, soft cheeses.

Physical Contamination

Physical contamination means contamination of food by items of a physical nature, such as, jewellery, pips or stones from fruit, parts of machinery, plastic, or basically anything that may fall in to the food that you are preparing. Your hands are wonderful tools, so check your food on a regular basis, to make sure nothing has fallen in to it.

Chemical contamination

Chemical contamination is a term used to denote the contamination of food by products of a chemical nature. Items such as air fresheners, floor cleaners and kitchen sanitisers. As your hands are great tools for physical contaminates, so your nose is a good tool for seeking out chemical contamination. If you smell anything chemical in nature on your food, do not hesitate to throw it out.

Be sure you are made fully aware of the layout of your kitchen, especially all the little nooks and crannies, where food debris can collect, such as under microwave ovens or behind sinks, and make sure you clean right into the corners of your work surfaces. Make sure you clean your kitchen work surfaces on a regular basis during the preparation of food. For example, clean before starting your tasks in the kitchen, and again when changing tasks, such as finishing preparing meat and moving on to preparing vegetables. Always use a good kitchen sanitiser. After cleaning down, make sure to dry work surfaces to prevent the risks from chemical contamination. Remember to clean down methodically.

It is extremely important that you get a family member or a friend to check best before dates on food products. After doing the shopping, be sure to place new food products to the back of the fridge or freezer, whilst bringing older food stuffs to the front.

Make sure to check for freshness on a regular basis.

Once again your hands are wonderful tools, most of the time you can tell freshness of vegetables by touch, if they are soft then they are starting to go off.

Remember your nose, you can tell if meat or dairy products, are going off by the smell.

If you suspect that you have cut yourself, step away from the food. If possible get some body to check you over, under no circumstances approach the food. If this happens and there

is no body to check you, the only option is to stop what you are doing, if you can treat the wound yourself, then obviously do so.

Use a blue plaster, the reason for using blue is because there is no blue food. So therefore if the plaster falls off into the food then it can be easily spotted by some body who can see.

Although I am sure they will not be to pleased to find a plaster floating in their soup.

Make sure all kitchen utensils knives, pots and pans are thoroughly cleaned, especially in the least obvious of places, such as with knives where the hilt meets the blade, or where the handle meets the pot. These areas are breeding grounds for all types of bacteria.

To defrost hygienically, place meat in bowl at the bottom of fridge. Never leave meat out on work surfaces over night, this practice is like ringing the dinner bell for all sorts of nasties.

Windowsills and shelves are easily missed when cleaning your kitchen. Make sure you do not forget them. Floors are also a main breeding ground for bacteria. Rubbish bins should be kept in their own cupboard, this is to reduce the risk of food debris from falling on to the floor. If you keep your rubbish bin in a cupboard, if anything falls out of it, it will stay in the cupboard and that will make it easier to clean up at a later date, but make sure to check the cupboard every day.

In next month's issue, I shall be talking about specialised equipment for the blind and visually impaired cook.

BALANCING THE BOOKS

St Dunstaner Ted Bunting continues to regret his sojourn in Cookson Country

Fanny McBride

Author: Catherine Cookson.

Reader: Susan Jameson

Duration: 7 hours, 37 minutes

Catalogue Number: TB10772

IS IT POSSIBLE that a book written by the country's most popular author, and read by a famous actress could fail to satisfy the listener? Yes, sadly it is, and I heap all the blame at the doorstep of the famous actress and her notion of poetic licence. Now I'll be the first to agree that a narrative read in a monotone is dull and joyless in the extreme, but judging from this performance the widow McBride could have been surrounded by ghouls, witches and goblins instead of ordinary people and fellow tenants in a block of flats. Nowhere in the text are we ever told that a character said this or that "loudly" "rapidly, "excitedly" or "hysterically" but Miss Jameson has them shrieking like the banshee, howling like the north wind and wailing like poor souls in torment. It's a great shame and no mistake, for in her calmer, less agitated moments one may appreciate what a pleasure the novel could have been. There are, for example, a few quite magical paragraphs in chapter eight, where Fanny McBride contemplates the inexorable advance of old age; the words are poetry born of experience which encapsulate the dread of all but the young. But such moments are infrequent and short lived, at the next bit of dialogue the ranting and bawling will start up again and the decibels will threaten to shatter the clapometer. It's a great pity, as I said, but if you value your eardrums I'd give this one a miss.

St Dunstaner Colin Best returns to an Army haunt to shoot again

Shooting back on the range



WELL I NEVER thought I would be doing this, writing an article for the **Review!** The reason for this major undertaking is my simple joy at being able to shoot again with a rifle and hit the target.

On July 17th, I got a phone call to ask if I would like to go shooting at Ballykinlar. It was a big decision so arrangements were made to pick me up on the 19th.

Ballykinlar is one of the main army camps in Northern Ireland and also where I did most of my training, so it's like going home. Civilians get to use the ranges because it was felt that it was more secure for them.

The Ulster Rifle Association had booked Number 3 range, this is an old gallery range converted for electric targets but still retains the old galleries. The range was duly set up and targets were engaged at 100 yards so some shooters could check zero.

I was ready to go but the sighting system I was to use had not arrived yet. Then Robert Shilladay arrived with a good-looking young lady, excuse accepted!

After a bit of modification a scope rail was fitted to my Number 4, so that it could hold a long eye relief scope which was offset to the right of the bolt. This means that the scope was positioned to the side of my head and enabled my guide, who tells me which way to shoot, to see where the rifle was in relation to the target. The scope has a red dot which superimposes on the target.

As most of you will be aware the .303 has a sharp recoil so to make life easier on my shoulder I elected to shoot from the fire trench. Using the long eye relief scope also means there is no danger of the guide getting hit by the scope during recoil.

Now all this is new and the system had been tried a few weeks before at 100 yards but this was the first try at 300 yards. The first shot went left and hit the sand, the scope was adjusted to the left. It took a while to realise that the adjustment was the wrong way round, that sorted I started to hit the target.

To everyone's surprise I even managed to put one in the five box. After a while things settled

down and I was hitting the target regularly, there was a stiff wind at my end of the range, it was in my face at the target and it was blowing from left to right.

To say I was delighted with the results would be an understatement. I have proved I can still shoot in a safe manner and hit a target - nice feeling!

I could not have done this without the unstinting help of the Ulster Rifle Association with special thanks to the following, Sam McCrea, Peter Ayre, Robert Shilladay, David Dawson all who gave up their shooting so I could shoot.

More thanks to Ronnie Healy and David Cully. Ronnie for supplying the raw materials and David for the lend of the scope.

So now what? Now that the system works well we just have to stretch it a bit, I think 500 yards would be good.

I know that there are St Dunstaners far better than me - so what about it lads - a full bore rifle team? I mean you are only down the road from the home of British rifle shooting.

Donna Vaughan spreads the word on St Dunstan's newest club

Write way to the forum

THE WRITERS' FORUM has been created to inspire St Dunstaners to begin and to continue writing. It is there to provide positive and helpful criticism, guidance and insight into what makes a good writer.

We begin each meeting of the Writers' Forum by telling a story. Each of us provides a line and the next person continues. Of course, the tales get sillier and sillier with robins laying square eggs that turn into dice, but the aim is to get everyone to relax and hopefully to feel more comfortable talking about their work.

Each month we bring along something we have written. It is read out to the group and the group provides healthy criticism. Each writer chooses how to present his or her work. They can Braille it or

large print it and read it out loud, or they can tape it and play the tape at the meeting. However they choose to present their work it will be warmly accepted.

Luckily, at our first meeting in August we had St Dunstaner Betty Parkin in our midst. She provided many words of wisdom learned from her years as a published author. Betty explained that whatever we write the facts should be correct otherwise we may lose the interest of our audience. This month, we had short stories on a variety of subjects from time

travel to a very scary story about the experience of surgery. One of our newest recruits, Louise Eaton read her story about a day in the life of a guide dog. There was silence followed by a spontaneous round of applause. Everyone started speaking at once about what we should do with her story and how should we get it published. The discussion has led to a number of ideas that will be pursued over the next few weeks. Watch this space!

Already we have a number of published short story writers, a quizmaster, a writer of newsletters, a poet and a cookery book writer. It is a lively group, with many different opinions about what good writing means. Another aim is to encourage people to read, so they have a good idea of the genre they hope to adopt when it comes to writing themselves.

We also have homework to do. This month the homework is to write a line or a paragraph to start a short story or novel.

We have even had the interest of the local, best selling author Elvi Rhodes (*The Birthday Party and Mulberry Lane*) who has offered advice and hopes to visit St Dunstan's when the group is more established. Our meetings are open to anyone who writes and we encourage members to join us when they are in-house on holiday for respite or for training. St Dunstan's first national writers meeting will take place on November 15th-16th with St Dunstaners from around the country bringing their work.

STORY WRITING COMPETITION

IF THE WRITERS' FORUM isn't enough to satisfy your creative spirit, pit your wits against fellow St Dunstaners in **ST DUNSTAN'S Review's** story writing competition. Entries should contain the word 'Record' in the title and the meaning of the word is left to the author's imagination! Submissions may be 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 will you follow these steps when submitting entries:

- 1) Entries should be typewritten and should not exceed 1500 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. Multiple entries will be disqualified.

5) Entries must be received by the Editor, **ST DUNSTAN'S Review**, 12-14 Harcourt Street, London W1H 4HD by Monday January 12th, 2004.

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

Welcome to ST DUNSTAN'S

John Armstrong of Kings Norton, Birmingham served in the Royal Air Force from 1940 to 1942 leaving as an Aircraftsman II. He served in the UK until eye problems led to him being discharged. In civilian life he was an inspecting engineer for oil refining equipment.

Russell Baylis of Isleworth, Middlesex served in the Royal Army Service Corps from 1945 to 1948 leaving as a Private. He served in the Middle East in Egypt, Palestine and Iraq. In civilian life, he worked in the motor trade, construction, and later ran his own domestic appliance business. He used to enjoy golf, ballroom dancing, watching sport and walking.

Frances Casey of Sanderstead, South Croydon, Surrey served in the Queen Alexandra's Imperial Military Nursing Service from 1943 to 1946 leaving as a Lieutenant. She served in North Wales, India and Burma. She served on HMHS *Karoo* and moved along the coast to Burma, picking up ex-FEPOW's and was awarded the Burma Star.

John Champ of Reading, Berkshire served in the Oxfordshire & Buckinghamshire Light Infantry from 1952 to 1955. He served in Egypt and Germany. In civilian life he worked in engineering and education.

Arthur Dale of Westminster Park, Chester served in the Royal Navy from 1943 to 1946. He served on HMS *Queen of Thanet*, a paddle steamer doing mine sweeping duties, and on HMS *Fencer* where he was involved with the D-Day landings. In civilian life, he studied carpentry and building, becoming a local authority building inspector.

Arthur Frith of Meols, Wirral, Merseyside served in the Merchant Navy from 1936 to 1950 leaving as a Master Mariner. He worked the Atlantic runs and was involved with troopship duties. Torpedoed in the Indian Ocean, he commanded a lifeboat for the two weeks it took them to hit the coast of Yemen. After the war he remained with the Booth Line becoming a Master Mariner.

Alan Gibson of Luton, Bedfordshire served in the Royal Artillery as a Gunner from 1972 until 1974. He used to enjoy cricket, football and showing dogs.

Mabel Haynes of Nuneaton, Warwickshire

served in the Auxiliary Territorial Service from 1944 to 1947. She served in Brussels and Hamburg working in the accounts section. In civilian life, she was a clerk and secretary. She used to enjoy playing the piano, poetry and theatre.

Christopher Humphrey of Gosport, Hampshire served in the Royal Navy from 1967 to 1978. He served in the UK, Middle and Far East. He later joined HM Coastguard, where he is currently the Deputy District Controller in the Solent.

Dennis Inkpen of Hove, East Sussex served in the Royal Navy from 1939 to 1946. He specialised in gunnery, serving in Scarpa Flow, Portsmouth, the Mediterranean and Singapore. A three-time survivor of sinking ships, he was on board HMS *Hood* and HMS *Valiant*.

Charles Jones of Newton Abbot, Devon served in the Kings Regiment (V) from 1936 until he transferred to 3rd Royal Tank Regiment in 1938 leaving as a Corporal Tank Commander in 1946. He served in North Africa and took part in the D-Day landings on Gold Beach.

Joan Kent of Guisborough, Cleveland served in the Women's Auxiliary Air Force (WAAF) from 1941 to 1945 at home as a Corporal. At the end of the war she became a wife and a mother. She used to enjoy ballroom dancing and hill walking.

Peter Mills of Lincoln, Lincolnshire served in the RAC Queen's Bays from 1937 to 1947 as a Lance Corporal. He served in the UK and in France in the British Expeditionary Force. Wounded, he was taken prisoner near Amiens. He was incarcerated in France, Belgium, Germany and Poland. He escaped and was eventually picked up by the Rifle Brigade.

Eileen Morland of Poringland, Norwich served in the Queen Alexandra's Royal Nursing Service (Reserve) from 1939 to 1943. She served at RN Hasler, Hampshire, Minterne Magna, Dorset and Alexandria, Egypt. She continued nursing in civilian life.

Stanley Parratt of Portslade, East Sussex served in the Royal Artillery from 1939 to 1946. In civilian life, he was an interior decorator.

Olive Patten of Malvern, Worcestershire served in the Auxiliary Territorial Service from 1939 to 1947. Mrs Patten has a daughter and three grandchildren. She used to enjoy painting, embroidery, tapestry work, gardening and reading.

Robert Pearson of Barry Island, South Wales served in the Royal Navy from 1940 to 1946. Having completed his apprenticeship in ship repairs, he joined the Merchant Navy and was in Australia when war was declared. Joining the Royal Navy, he was involved in convoy duties. He was on HMS *Capetown* when it was torpedoed.

Walter Prestidge of Bursledon, Hampshire served in the Royal Artillery and the Royal Engineers from 1940 to 1948. As part of a special unit which spearheaded the beach landings on D-Day, he moved through Europe to Germany. He used to enjoy swimming and ballroom dancing.

George Preston of Ivy Bridge, Devon served in the Royal Army Medical Corps from 1942 to 1947. He served as a Corporal in West Africa. In civilian life he worked as a nurse and in engineering stores.

Reginald Rowe of Goring-on-Thames, Oxfordshire served in the Royal Air Force from 1941 to 1946 and left as a Leading Aircraftsman. He served in Bomber Command and Transport Command and was involved in the repatriation of Far East Prisoners of War.

Pegitha Sebastian of Hove, East Sussex served in the Women's Royal Naval Service from 1943 to 1946, leaving as a Wren. She served at Holy Loch, Sandbank, Argyleshire and on the submarine HMS *Forth*.

Patrick Sidnell of Chippenham, Wiltshire served in the Welsh Guards from 1958 to 1964 leaving as a Guardsman. He served at home and in Germany. He is organiser of the local air rifle shooting club.

John Smith of London served in the Grenadier Guards from 1948 to 1955. He served in the UK and Cyprus during EOKA and was on standby for Suez in 1956. He used to enjoy reading, hiking and going to the cinema and theatre.

Peter Spencer of Eastbourne, East Sussex served in the Royal Navy as a Petty Officer/Engineering Mechanic from 1948 until 1955. He served on board the aircraft carriers HMS

Implacable and *Indomitable* and the battleship HMS *Anson*. He then joined the Metropolitan Police, serving with the River Police for 28 years.

David Stuttard of Biddulph, Staffordshire served in the 75th Engineer Regiment (V) (TA) from 1963 until 2003. He joined the TA as a Bandsman when he was 17. He was commissioned Captain in 1995. He used to enjoy caravanning and walking.

Roy Symons of South Harrow, London served in the Royal Artillery from 1936 to 1946. He joined the RA (Coastal Artillery) in 1937 and was stationed in Plymouth. He rose to the rank of Battery Sergeant Major and became an Assistant Instructor Gunnery. An ironmonger specialising in heating spares, he became the President of the London and Southern Counties Ironmongers Association.

John Thompson of Bradwell, Great Yarmouth served in the Royal Artillery as a gunner from 1942 to 1945. He took part in the D-Day landings on Juno Beach and fought through France, Belgium, Germany and Holland.

James Welland of Alton, Hampshire served in the Hampshire Regiment, Wessex Brigade and Pioneer Corps from 1948 to 1950. In civilian life he worked on the railways and as a gardener. He used to enjoy working in the garden, horse racing and appreciated a pint of beer.

Brian Whitehouse of Chaddesdon, Derby served in the Royal Air Force from 1953 to 1955, leaving as an Aircraftsman. He was employed in Bomb Disposal at RAF Detling in Kent. In civilian life, he worked as a sheet metal worker and driver.

Johannah Willdrige of Oakington, Cambridge served in the Queen Alexandra's Imperial Nursing Service (QAIMNS) from 1944 to 1946 leaving as a Lieutenant Sister. She served in the UK and India. She and her husband Allan have two sons, both of whom joined the army and one daughter who is in the QARANC. She used to enjoy painting, sewing and making things for the home.

Joseph Wrest of Staincross, Barnsley served in the Royal Air Force from 1942 to 1945 as an Aircraftsman II. At the end of the war, he returned to Barnsley as a policeman where he remained until he retired in April 1981. He and his wife Kitty have a son and three grandchildren. He used to play cricket and enjoyed rugby.

Walter Cunningham of Scunthorpe, North Lancashire served as a private in the Royal Army Ordnance Corps from 1953 to 1955. He served in Korea. He also worked in construction and used to enjoy boxing, cycling, swimming, walking and sailing.

Stanley Silvester of Birmingham, West Midlands served in the Royal Navy from 1945 to 1948 leaving as a Stoker Mechanic. He served in the UK, Australia, the Philippines, Singapore, Hong Kong, China and Japan. He was involved in the repatriation of the Japanese POW's to Japan and the Allied's POW's back to Australia.

Doris Ward-Best of Totnes, Devon served in the Auxiliary Territorial Service from 1939 to 1940. She left as a Corporal clerical worker. At the end of the war, she looked after her late husband, St Dunstan John Ward-Best, who returned from the war in very poor health as a result of the wounds he had received.

Reunion Round-Up

THERE WERE 19 St Dunstaners and five widows gathered at the Aylesbury Reunion on September 3rd. David Knowles, CBE was the Member of St Dunstan's Council presiding at The Holiday Inn, Aylesbury, Buckinghamshire.

Mr Knowles also joined 21 St Dunstaners and 17 widows for the Kent Reunion which was held at St Dunstan's Ovingdean on September 17th.

The leading cause of vision loss in the UK

Age-related macular degeneration robs over 200,000 of their sight

AMD (Age-related macular degeneration) is the leading cause of vision loss in people over 65 in the United Kingdom. Recent research suggests that there are more than 200,000 people with the condition severe enough to be registered. Many St Dunstaners experience this condition that affects the macula, the small central part of the retina responsible for central and detailed vision. The exact cause has not yet been established and there is currently no known cure.

AMD occurs when the layer of the retina responsible for nourishing the light sensitive rod and cone cells, and for carrying away waste products, starts to function less effectively as it ages. Although the breakdown of macular cells may

not begin until later in life, it is felt that preventative measures should begin much earlier.

There are two forms, "Dry" which occurs when the build up of waste material and lack of nutrition causes deterioration, and "Wet" which occurs when new abnormal blood vessels begin to grow behind the retina. They usually leak blood and fluid, damaging the macula and causing a more rapid loss of vision.

The Macular Disease Society is a self-help group for anyone who suffers from the condition. Further information can be gained by contacting them on their helpline 0845 241 2041 or checking their website by logging on at www.maculardisease.org.

FACES

WE WHO HAVE Macular Disease, either AMD (Age related Macular Degeneration), or JMD (Junior Macular Dystrophy) etc, almost all at some point have a form of hallucination. Either it will be the common shapes or flashing light, or grids, or it will be rather more frightening pictures. For two years I have been seeing what are known as gargoyles, though to me they are more like line drawings. They are all

St Dunstaner Elsie Scullion, MBE describes one effect of AMD on those affected

male and they turn and leer at me. Also they are distorted, with large eye or nose etc. Some people see men and women walking in lovely gardens and they usually wear big hats or wigs. I also see musical notes. These pictures have almost gone and are now very small. These things are nothing to worry about and those that have them are not going round the bend. It is the brain trying to fill our blank spaces.



ST DUNSTAN'S Council

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



Francois Edwards

BORN in January 1930, I was brought up in Paris until World War II began. I came to England in 1939 and had a conventional British education, Prep School, Winchester and Kings College Cambridge. Here I read Law and Modern Languages. I speak fluent French.

After two years National Service with the Oxfordshire and Buckinghamshire Light Infantry, (with whom I served in Greece and Cyprus), I came to the city and qualified as a Chartered

Accountant. I subsequently spent most of my working life in the financial mould, both in merchant banking and in stockbroking, in England, France, and Switzerland. I retired from active work in 1994.

Probably my greatest contribution to St Dunstan's was that I was accidentally responsible for Ion Garnett-Orme meeting Sir Henry Leach. They met in our dining room at the time of the Falklands and Ion obviously spotted an ideal candidate for the future!!! Henry

duly took on the job and it was only when he came back to lunch some time later and told me that it was all my fault that he had got involved with St Dunstan's and could he have his own back by requesting that I came on the Finance and General Purpose Committee! Surely I must have done St Dunstan's a good turn, though the credit was entirely accidental?

My wife Elizabeth and I were married in 1969 and we have two grown up children.



David T. Knowles, CBE

was called up for National Service in the Army and joined the Royal Artillery. After basic training I was transferred to the Royal Military Police. I served my time in the Army in Germany, stationed at Hameln where I met and married my wife Sigrid. We had three beautiful daughters, Sharon, Michelle and Andrea.

After leaving the Army I returned to my previous employment as a Glazier but I specialised in Stained Glass, so I joined a specialist company in London - Lownes & Drury, an old established firm of stained glass. I later formed my own Glazing Company which still exists to-day. It is now being carried on as a family business run

by my daughter Sharon assisted by her husband and my foreman who has been with me since I first started in Business in 1961.

When I left the Army I was able to join the Royal British Legion in Oxted as a member in my own right, because previously I was only allowed into Oxted Branch because my mother was a member of the Womens section. Ten years later I was on the Branch Committee, becoming the Treasurer in 1971-1973 and I then became Vice-Chairman. I am a Vice-President now. At this time I became involved with Surrey County becoming it's Chairman in 1976-1979 and a Vice-President to the present date.

There was still a tier of the Legion called Areas which sadly has been eliminated from their structure. I believe this to have been a retrograde step in the restructuring of The Royal British Legion. I became Area Chairman in 1981-1984 and during this time I became a member of the National Executive Council. In 1989 I became the National Chairman, a post I held until 1992. That year, I was awarded the CBE for services to the Ex-Service Community which I received from HM The Queen on my wedding anniversary March 17th.

During my time with The Royal British Legion I have been the Chairman of the Poppy Factory (now The Patron); Vice-Chairman

of The Royal British Legion Industries; Director of the TRBL Attendants Company; and Member of the British Members Council on the World Veterans Federation and in December 2000, I was elected the Treasurer General of this organisation representing 28 million members in 88 different Countries throughout the World.

Finally, I have been involved with St Dunstan's for the last ten years through my friendship with Bill and Alice Griffiths. When Mr Denis Cadman retired from the Council of St Dunstan's I volunteered to represent The Royal British Legion on St Dunstan's as their Council member and I am honoured to be able to assist in any small way I can. I enjoy the

relationship which gives me great pleasure and satisfaction.

Following a long and painful illness with cancer, my wife Sigrid died on July 31st 2001, she had shared and supported me through all my achievements. I have recently remarried Maryrose, my wife's hairdresser for over 30 years, who had lost her husband in a tragic motor accident. She continues to support me in my work with the Ex-Service Community.

As you will appreciate by becoming a member of the Oxted Branch, it has led me into the world of the Ex-Service community family, a family I am proud to be a member of. I will continue to serve for as long as I am able.

Archers shoot at the Olympiad

ON JULY 13TH, a group of St Dunstan's Archers and their spotters made the journey to Much Wenlock, Shropshire. Much Wenlock is a small town near to Church Stretton (wartime home of St Dunstan's).

It has a long history dating back before 680AD. It has an abbey, priory and many timber framed buildings. In 1850, a local man, Dr William Pennybrookes founded the Wenlock Olympiad Society to campaign for the revival of the ancient Greek games. The current games were finally established. They have taken part annually for the past 117 years.

Over a period of three days there are competitions in Field, Track, Triathlon and Archery events. John Lilley, Clive Jones and Dave Poyner took part in the Archery event. It was one of the hottest

Clive Jones reports

days of the year, the day was enjoyed by all who took part and help to raise the awareness and techniques used by visually impaired archers.

It was the first time that visually impaired tactile archers had ever taken part in this event. The intrepid trio took part in other competitions during the Summer.

One of the competitions shot was the New Century Open, this was on the July 19th-20th, in the heart of Macclesfield. Dave, John and Clive were the only three visually impaired archers out of a field of over 100. The weather was great and so was the venue, all archers shot well, and must thank their spotters Sue Lilley and Sue Hapgood. Also congratulations go to David Habgood and Lindsey Poyner for shooting well during the same event.

Ten Answers

Quiz answers from page 11.

1) Sunday; 2) Thursday; 3) Sunday; 4) Thursday; 5) Sunday; 6) Tuesday; 7) Sunday; 8) Thursday; 9) Sunday; 10) Friday.

Postscript: According to the Perpetual calendar, January 1st in the year 1AD was a Saturday, as was October 14th 1066 when William of Normandy defeated the English at the Battle of Hastings. However, we got our own back with English victories on October 25th 1415 at Agincourt on a Friday and October 21st 1805 at Trafalgar on a Monday.

75 YEARS AGO

In October 1928, **ST DUNSTAN'S Review** carried a 6d (2½p) price tag, though it added that it was "Free to St Dunstan's Men". Paragraphs in some items were punctuated by stylish Indian crosses, though within a decade their symbolism would be corrupted by the Nazi swastika.

On the cover St Dunstaners were asked to correspond with soldiers of Druzina Osleolych Vojinu - the organisation for those blinded in the War in Czecho-Slovakia - on problems relating to the blind. They favoured Esperanto as a common interantional language for communication.

St Dunstaner D. McLean of Brimpton was congratulated for becoming the first blind lay preacher to complete all examinations for the Ministry. J. Brockerton of Ireland was pleased that his son had won an event in the Ulster Grand Prix Motorcycle Races. A poultry farming St Dunstaner was restoring his business after a rogue dog had killed 14 ducks and 17 chickens.

Swimming, skipping and walking featured heavily in sports reports with meetings in Birmingham, Manchester and Regents Park, London.

Captain Fraser wrote of his return to South Africa. His visit to his homeland attracted great press attention with Fraser being hailed as "the patron saint, as it were, of blind ex-servicemen." The tour was marked by a series of lectures, Military and Civic receptions with Fraser promoting the South African and Imperial work of St Dunstan's. "Part of St Dunstan's training was to make men look on the bright side of this," he pointed out.

FAMILY NEWS

BIRTHS

Congratulations on the birth of:

Pheobe Rebecca Taylor who is the great-granddaughter of *Tom Hart* of Sandwich, Kent.

WEDDINGS

Congratulations to:

Linda and Steven Aubrey who were married on August 23rd. Linda is the daughter of Lily Filby and the late *William Filby* of Streatham, London.

SILVER ANNIVERSARIES

Congratulations to:

Francis and June Orr of Kilkeel, County Down on August 18th.

RUBY ANNIVERSARIES

Congratulations to:

Les and Barbara Trout of Feltham, Middlesex on September 14th.

GOLDEN ANNIVERSARIES

Congratulations to:

Ted and Joan Arnold of Potters Bar, Hertfordshire on September 5th.

John and Josephine Brazier of Stroud, Gloucestershire on September 5th.

Dave and Doreen Humphrey of Woodingdean, Brighton on September 5th.

Kenneth and Lillian Leckie of Stretford, Manchester on September 12th.

Trevor and Agnes Berry of Liverpool, Merseyside on September 19th.

SPECIAL ANNIVERSARIES

Congratulations to:

Ted and Dorothy Cooper of Colwyn Bay, Conwy, Clwyd celebrated 61 years of marriage on August 29th.

George and Ruby Jarrett of Eastbourne, East Sussex celebrated 65 years of marriage on August 30th.

Roy and Pauline French of Port Shepstone, Natal, South Africa who celebrated 64 years of marriage on September 3rd.

Joseph and Amy Harris of Tavistock, Devon who celebrated 66 years of marriage on September 4th.

Ernest and Eunice Johnson of Cherry Hinton, Cambridge who celebrated 64 years of marriage on September 6th.

Leslie and Ruby Butler of Wimborne, Dorset celebrated 69 years of marriage on September 15th.

ACHIEVEMENTS

Congratulations to:

Pauline Wilkinson who was made an MBE in the Queen's Birthday Honours for services to the community in Chesham, Buckinghamshire. She is the

daughter of Adeliade Martyn of Amersham, Buckinghamshire and the late *Herbert Martyn*.

DEATHS

We regret to announce the death of:

Marian Grimmer of Halifax, West Yorkshire on August 12th. She was the widow of *Denis Grimmer*.

Winifred Hines of Carrickfergus, Belfast on August 25th. She was the widow of *James Hines*.

Our sympathy goes to their family and friends.

IN MEMORY

We regret to announce the passing of the following St Dunstaners and send our condolences to their family and friends.

Ronald Layer

Royal Electrical and Mechanical Engineers
Ronald Alexander Layer of Ovingdean, Brighton died on September 5th, aged 84. He had been a St Dunstaner since 2000. He served in the Army from 1939 to 1946, initially joining the Royal Artillery. He then transferred to the Royal Electrical and Mechanical Engineers. After the war he worked for BOAC, Croydon Airport and the REME as a civilian before joining the Ministry of Supply (Defence). He was involved in the Black Arrow and Blue Streak programmes, spending time at Woomera missile range in Australia and Cape Canaveral, Florida.

James Sowden

Royal Air Force

James Edward Sowden of Wakefield, West Yorkshire on September 8th, aged 81. He had been a St Dunstaner since 1992. He served in the Royal Air Force from 1941 to 1946 and was injured in an explosion while stripping a machine gun in an aircraft. His interests included gardening and travel. Our sympathy goes to his sons Colin, Allan and Brian, and all other members of the family.

John Rogers

Royal Artillery

John F Rogers of Truro, Cornwall died on September 8th, aged 78. He served on an Air Sea Rescue launch in the Royal Air Force from 1943 to 1944 when he transferred to the Army, serving in the Royal Artillery as part of 23rd Indian Division. He

was demobbed in 1947. After leaving the Army he managed an electrical wholesale outlet. His interests included golf, bowling and amateur radio (callsign G3CIF). He also took the opportunity to fly a light aircraft during a friend's flying lesson in recent years. Our sympathy goes to his widow Thelma, son David and all other members of the family.

Ronald Phillips

1st Household Cavalry

Ronald Phillips of Ovingdean died on September 9th, aged 82. He had been a St Dunstaner since 1944. Having worked in the building trade, he joined the 1st Household Cavalry in 1941. He was blinded by a mine explosion in Italy in 1944 and also suffered injuries to his left hand. He was discharged as Corporal in 1945. After training as a telephonist at St Dunstan's, he joined Shell International, manning their boards for 31 years. His interests included gardening and sports. Our sympathy goes to his son Ronald, daughter Prudence and all of the family.

Robert Spencer

Royal Army Service Corps

Robert George Spencer of Ovingdean died on September 11th, aged 80. He had been a St Dunstaner since 1983. He served in the Royal Army Service Corps from 1942 to 1946. In civilian life he was a shipping clerk, but later became a storekeeper for Workshops for the Blind before retraining as a telephonist. His interests included horse racing and radio. Our sympathy goes to his son Anthony, daughter Mary and all of the family.

James Croucher

Royal Engineers

James Edward Croucher of Ovingdean died on September 13th, aged 89. He had been a St Dunstaner since 1994. He trained as an HGV driver and joined the Auxiliary Fire Services in 1939 driving fire engines. In 1940 he joined the Royal Engineers as a driver with a bomb disposal squad where he served with St Dunstaner William Carlton. The duo were both injured when a bomb exploded. Mr Croucher lost a leg and eye with shrapnel wounds to the other eye. After rehabilitation, he was discharged in 1941. Initially he returned to the Fire Service and became a hospital fireman. He later worked in retail and then as a costing clerk for Hawker Siddeley which became British Aerospace. Our sympathy goes to his son, daughter and all of the family.