

February 2004

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ST DUNSTAN'S Review



FOR BLIND EX-SERVICE MEN AND WOMEN

February 2004

Cover story:

Dog in boots!

St Dunstaner Mike Tetley finds inspiration on a tropical island to help his guide dog, Teddy, lead him through the tubeways of London.

Full report on page 14.



What would Christmas at Ovingdean be without the annual show? Who was strutting their stuff on the stage? Find out on page 15.

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

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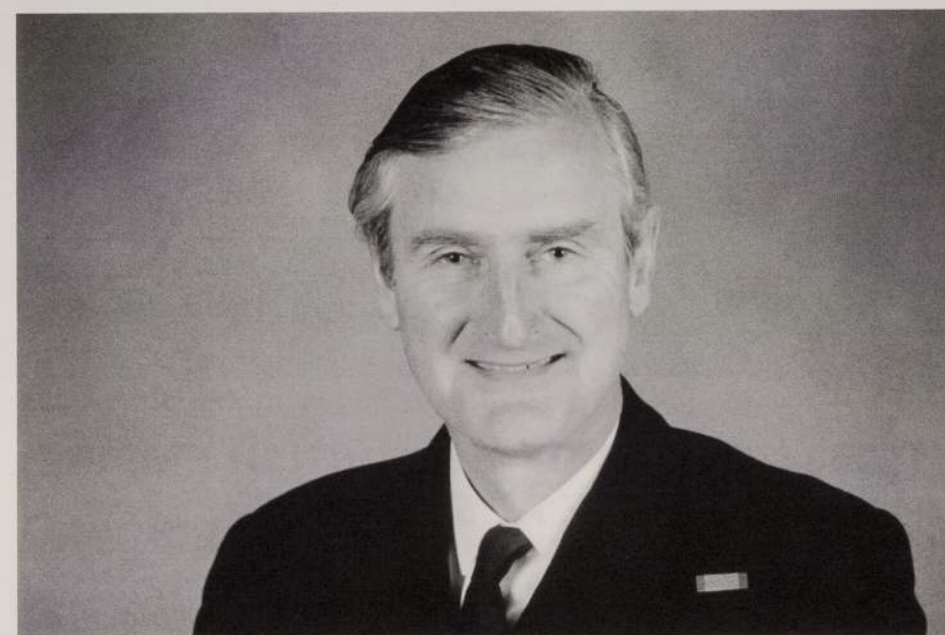
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From the Chairman



THIS YEAR will see the 60th anniversaries of D-Day and Arnhem. Nineteen-Forty-Four was the beginning of an end to years of sacrifice, hardship and the uncertainty of those dreadful five years of World War Two.

The vast majority of St Dunstaners played their part in those times. Some lost their sight and suffered other injuries, many were wounded without loss of sight and others survived unscathed.

We are receiving requests for St Dunstan's to be represented at some of these events. Arthur Carter will be parading the Standard in Perth in May. I hope you may be able to attend some of the various services and events which are being organised by several Veteran's organisations. I know that, amongst others, Jerry Lynch, Fred Bentley and Ray Sheriff hope to take part. Whether it be the D-Day, Arnhem or any other commemorations, those who served, suffered and sacrificed will be remembered.

Captain Michael Gordon-Lennox, RN

ST DUNSTAN'S Calendar

Archery Club (I)	Jan 30th-Feb 7th
Widows' Week (I)	Feb 11th-18th
Indoor Bowling	Feb 18th
Musical Week	Feb 19th-26th
Indoor Bowling	Feb 20th
Indoor Bowling	Feb 27th
Computer Club (I)	March 3rd-4th
Amateur Radio	March 5th-11th
Indoor Bowling	March 5th
Writers' Forum	March 6th
Indoor Bowling	March 8th
Bowling Club (I)	March 12th-26th
Derby Reunion	March 24th
Masonic Weekend	March 27th-28th
Brighton Reunion (I)	March 31st
Indoor Bowling	April 2nd
Writers' Forum	April 3rd
Indoor Bowling	April 7th
Norwich Reunion	April 14th
Ex-POW Reunion	April 23rd-26th
London Reunion	April 28th
Writers' Forum	May 1st
Gardening Week	May 3rd-10th
Exeter Reunion	May 5th
Handless Reunion	May 5th-11th
Liverpool Reunion	May 11th
Blackpool Reunion	May 12th
Exercise Iron Man	May 12th
Newcastle Reunion	May 18th
Leeds Reunion	May 19th
Edinburgh Reunion	May 26th

Noticeboard

Dates for your diary and useful information

HEALTHY EATING AT BRIGHTON

MENUS AT OIVINGDEAN: As encouraged by the National Care Standards Regulations, Ovingdean has employed the services of a Dietician who has been sub-contracted from Brighton General Hospital. Christine Hall has assessed all of our menus to ensure that we are offering a nutritionally well-balanced and healthy service and she met with Residents at their monthly meeting on January 5th.

She has identified that some of the menu content is higher in fats than recommended by government standards and sometimes over-portioned so some of our previous offerings will need to be amended. The main, midday meal is unchanged except for trying to do even better in respect of vegetables but there will be a reduction in the fatty and fried foods available for breakfast and supper including the departure of the option of a full fried breakfast.

In addition, following the new guidelines from Diabetes UK, diabetics will now be offered small quantities of "normal" puddings and cakes rather than using special dessert products which will no longer be provided. The new menus will be phased in the wake of a Healthy Eating Week that was organised at St Dunstan's Ovingdean around the end of January. They will then be reviewed on an ongoing basis with help from Christine.

Dick Lake
Ovingdean Manager

ORDER OF THE BRITISH EMPIRE SERVICE AT ST PAUL'S

MEMBERS OF THE ORDER INVITED: A service will be held at St Paul's Cathedral, London, at 11am on Wednesday May 26th for anyone who is a Member of the Order. Those who are known to St Dunstan's will have already received a letter. If you have not had a letter from Barry Porter, but you are eligible and would like to attend, will you please contact him on 020 7723 5021 for details. You must let him know of your interest by February 20th.

CUP FINAL TICKET DRAW

WHO WILL WIN?: The FA Cup Final will take place at Cardiff on Saturday, May 22nd 2004. It is possible that St Dunstan's will be allocated tickets. Any St Dunstaner wishing to go should send their name and address to Marion Lurot at St Dunstan's Headquarters by April 5th.

WARTIME MERSEYSIDE MEMORIES WANTED

LIVERPOOL LIBRARY ARCHIVE REQUEST: The library would like to interview anyone in the Liverpool area about their wartime experiences for archive purposes. They would be happy to conduct the interview in your own home. Would anyone interested in taking part in the project, please telephone 0151 233 5864 for details.

USE OF THE GYM AND SWIMMING POOL BY GUESTS OF ST DUNSTANERS

PRIORITY FOR ST DUNSTANERS:

A review of the policy regarding admitting guests of St Dunstaners into the swimming pool and gymnasium was recently carried out. We have tried to make the facilities more accessible though are constrained by matters such as staffing considerations.

Opening Hours

Swimming pool:

Monday-Friday 9.30am-3.30pm.

Gymnasium:

Monday-Friday 9.30am-10.30am
11.30am-12.30pm
3.15pm-4.00pm

General considerations

Priority must be given to St Dunstaners at all times. Prior to using the gym, all users must undergo a full induction with a member of the Sports & Recreation staff and may be required to produce a medical certificate.

Guests

Local St Dunstaners may sign in one guest to use the gym during the above hours (unless otherwise authorised by the Sports & Rec Supervisor). They may also sign in up to three guests to use the swimming pool but children must be accompanied and supervised. The St Dunstaner must remain in the building during the guest's visit. Families or friends of resident St Dunstaners, including those staying at Ovingdean or in Nevill Road, may use the facilities under the same conditions.

Louise Timms
Sports and Recreation Supervisor

D-DAY AS YOU REMEMBER IT!

CALLING ALL NORMANDY VETERANS:

As you may be aware, June 6th 2004 is the 60th Anniversary of D-Day. There will be a range of commemorations in the UK and Europe. St Dunstan's is currently planning its own commemorative events. If you had any involvement in D-Day and can provide any anecdotes and particularly photographs, we urgently need to hear from you. Please call Anna Robinson, Head of PR on 020 7616 7927 or Rosemary Cottrell, Head of Marketing on 020 7616 7962 today!

PHIL WAS THE UNKNOWN ST DUNSTANER ON CARD



Phil Taylor discusses his handicraft work with then Mayor of Brighton David Watkins and Mayoress Sheila Levenson.

WHO WAS THAT MAN?: The Chairman's Christmas Card featured a handful of St Dunstaners involved in various activities that took place during the previous 12 months. However, St Dunstan's Fundraising and Communications Directorate neglected to name St Dunstaner Phil Taylor as the man chatting to the Mayor of Brighton in the Handicraft Workshop on March 19th. They offer their apologies for this oversight.

Louise Timms
Sports and Recreation Supervisor

WASH BASINS IN EVERY ROOM

HOME IMPROVEMENT AT NEVILL ROAD: St Dunstan's has upgraded its house at Nevill Road by putting wash hand basins in every room. As explained in previous **Review** articles on Ovingdean accommodation, Nevill Road will often be the option offered to visitors and trainees unless there are overwhelming reasons of care need for a room in-house.

WASHING ON THE DOT

BRILLE CONTROLS FOR KITCHEN APPLIANCES: If you order a Zanussi product of the analogue type, for example a dishwasher; then contact Zanussi with the model number. They will arrange for a braille version of the control panel to be made up.

This takes four to six weeks and Zanussi will then send the new cover to a local service engineer who will arrange a convenient time to fit it. This service is free of charge. Similar arrangements exist for Hotpoint and other brands.

FROM THE MAWS OF HELL

UNIQUE BOOK: Sunderland St Dunstaner Steve Nixon has recalled his time in the Royal Marines, the injuries he suffered and his long journey back to health in a new book – *Recovery From Hell!*

Told in Steve's own unique style, the book details his time in the Marines, how he was injured and his early days at St Dunstan's. He also discusses how other St Dunstaners inspired his recovery by sharing their experiences with him.

Recovery From Hell costs £6.95 and can be ordered online from Amazon.co.uk.

HELPING US HELP YOU

WILLS AND ENDURING POWER OF ATTORNEY (EPA): Bereavement is a distressing time, which can be even more stressful if the deceased has not made a Will. St Dunstan's recommend everyone, whatever age, should make a Will so as to ensure their wishes are carried out and ease family adjustments.

Making a Will is a very simple, painless process if you have a solicitor to help and advise you. If you do not already know a solicitor, please contact the Wills and Trusts office for information on a selection of approved solicitors in your local area.

You might also like to consider completing an Enduring Power of Attorney (EPA) Form when you consult the solicitor about your Will. This does not in any way diminish your control over your own affairs; it is a precaution in case help is needed later on, for example due to problems with health.

Application for grants towards solicitors costs for making a Will, or altering an existing Will by Codicil or completion of EPA can be requested in the normal way through your local Welfare Officer. Should you wish it, St Dunstan's can be named and act as Executors in your Will and/or act as Trustees if you wish to establish a Trust.

If you do not have a solicitor or wish to discuss the matter (in total confidence) please write to or telephone Eileen Mobsby, Wills & Trusts Coordinator at Ovingdean on 01273 307811 ext 1445 who will be pleased to assist you.

ANNIE RIDDELL

Annie Riddell from Scotland would like to wish all her friends a Merry Christmas as she was too poorly to send cards at the time.

TOLL EXEMPTION ON NEW THREE-LANE MOTORWAY

MOBILITY PASS AVAILABLE: The new M6 Toll is a 27 mile, three-lane motorway north of Birmingham which opened last month. Some vehicles are exempt from paying the toll and disabled people can use the motorway free of charge by applying in advance for a Mobility Exemption Pass.

Anyone receiving a War Pensioners Mobility Supplement will also be exempt. Pensioners will need to produce a photocopy of their Vehicle Exemption Certificate (form WPA 0442).

Further information can be obtained on the Toll Helpline number 0870 850 6262. Application forms can be downloaded from the Toll website at: www.m6toll.co.uk. The Mobility Exemption Pass is for the sole use on the M6Toll and allows free passage of the nominated vehicle only. If you think you may be eligible for a Mobility Exemption Pass, you must apply to Midland Expressway Limited as no other evidence of disability such as Blue or Orange Badges will be accepted.

BEWARE OF DOORSTEP BUILDERS

DO NOT USE UNKNOWN CONTRACTORS: St Dunstaners and widows are asked to be wary of strangers purporting to be builders touting for business on people's doorsteps. Commenting on the state of guttering, roof or driveway, which they claim is in need of repair, they offer to carry out the work. St Dunstan's Estate department can quote many stories of bad workmanship and horrendous over charging. Do not be caught out. Our surveyors are there to help and advise in such matters. Please do not have any work carried out by unknown contractors or on the basis of one quotation only. Do please consult St Dunstan's in the first instance.

GET SHIRTY WITH ST DUNSTAN'S

ST DUNSTAN'S SWEATSHIRTS AND POLO SHIRTS: A range of St Dunstan's sweatshirts and polo shirts in the St Dunstan's colours of blue and white is now available for sale. The size range available includes small, medium, large, X large and XX large. The cost of the sweatshirt is £15 and the polo shirt £10. Please allow £1.50 for postage for a polo shirt and £2.00 for a sweatshirt. If you are ordering multiple products, please call for a postage cost to 020 7616 7958.

Other St Dunstan's merchandise available for sale includes a baseball cap (£5), a St Dunstan's tie available from the end of February (£5), a pen (£1) and postcards (one of the premises at Ovingdean and one showing different activities at Ovingdean) for 30p each. The postage charge for smaller items is £1.

To order, please send a cheque to St Dunstan's Merchandise, 12-14 Harcourt Street, London W1H 4HD. If you are staying at Ovingdean the products can be ordered there. Ordering early in the week will ensure the goods are delivered to you by the end of the week. Otherwise a postal charge will apply.

MEET UP WITH SERVICE PALS

HUNT FOR FORCES FRIENDS: The largest UK database of Armed Forces and Ex-Forces personnel on the internet can be found at Forces Reunited. Run by Forces personnel, it offers an opportunity to find old Armed Forces friends! It covers Army, RAF, Navy, Marines, TA, civilian workers and families. Searches can be made free of charge. Forces Reunited is also a leading supporter of the Armed Forces charities, regularly donating money to the main benevolent funds. Log on at www.forcesreunited.org.uk for details.

GET HOOKED UP WITH ST DUNSTAN'S FISHING CLUB

OLD AND NEW RECRUITS WANTED: "A life on the ocean wave is not a bad life," says St Dunstan's Fishing Club. However, lately the club has been lacking numbers. With a history that spans over 25 years, with many great stories about the "one that got away!", they would like to kick start the new year and make the club bigger and better.

"We would love to hear from any old members as well as new ones who want to take up a new challenge with fresh air, a sea breeze and the prospect of fresh fish for tea," they add.

For more details, contact:

Chairman	Fred Bentley	01273 302548
Secretary	Phil Dobson	01273 305352
Treasurer	Cliff Ford	01273 300723
Transport	Stan Bowers	01273 587379.

CLASSICAL TAPES AVAILABLE

BACH TO WAGNER: A generous donor, who has converted his classical music collection from tape to CD, has offered his unwanted tapes to St Dunstan's. If anyone is interested in receiving some, at no cost, would they please contact St Dunstaner Services Manager Ray Hazan at Headquarters.

ST DUNSTAN'S REVIEW

COMMENTS WELCOME: As ever, we welcome your comments, suggestions and contributions for **ST DUNSTAN'S Review**. Any letters should be addressed to The Editor, St Dunstan's Review, St Dunstan's, 12-14 Harcourt Street, London W1H 4HD.

WARM UP WITH THE GOLDEN GIRLS & BOYS

EXERCISE CD FOR SALE: A collection of gentle exercises followed by a relaxing sing-a-long to your favourite tunes of yesteryear is now available to buy on CD (Priced £9.99). These self-explanatory exercises are easy to follow and are ideal for anyone to do either at home or in groups. For further information please contact Louise Timms, Sports & Recreation Supervisor at St Dunstan's Ovingdean on 01273 391400.

6,000 SIGN UP THEIR NAMES TO RIGHT TO READ CHARTER

MOST BEST SELLERS NOT AVAILABLE IN AUDIO FORMAT: Over 6,000 people have already signed on to the Right to Read Charter launched in October. A recent report from the RNIB, *Overdue – the Right to Read*, found that 78 of the Top 100 bestsellers for a week chosen in August 2003 were not available in audio format – the format that most people with sight problems use. The Charter calls on the Government to establish an Access to Reading Fund to increase not-for-profit transcription and for Libraries and local authorities to pay subscriptions to services for blind people.

DISPOSE OF CONFIDENTIAL DETAILS CAREFULLY

There has been some press coverage suggesting that criminals have been scouring rubbish bins and bags for old correspondence with bank or credit card details. These are most likely isolated instances, but the problem can be avoided by shredding sensitive documents before disposal. Handy paper shredders can be bought from shops such as WH Smith, Wilkinsons and Richard Dyas.

Looking after the bricks and mortar

John Isherwood on the role of St Dunstan's Surveyors

ST DUNSTAN'S PEACEHAVEN Estate Office opened in October last year, though many St Dunstaners will be familiar with its occupants – Surveyors Julian Moore and Mike Robinson, with administrative support from Annie Symons. Mike is responsible for St Dunstan's properties in the Peacehaven and Brighton area whereas Julian looks after those in Kent, South East Surrey and Hampshire borders.

Welfare Officer Vanessa Cahill and her assistant, Janet have also relocated their valuable services to the new office.

The "Peacehaven Team" are well established and form part of a professional network of Surveyors covering the entire country. Other regional offices

are located at Colyton, near Axminster where Bill Woodward, assisted by Jane Nash, covers the West Country and South Wales; and at Worcester where John Gascoigne recently joined St Dunstan's to cover the North. Sue Wilkes and Anne Brew provide administrative support for the Midlands and North and they will soon be joined by another Surveyor. Jon Gardner covers the final region, Eastern Region, and is located at Harcourt Street, London with Chief Surveyor John Isherwood.

The role of the Regional Surveyor includes maintenance of the properties under their care, arranging improvements and alterations (for example, installing aids for St Dunstaners), advising on



John Gascoigne will be covering the North area.

and effecting sales, new purchases and lettings. There is never a 'typical day' for the Surveyors who deal with a large variety of residential property and a huge number of "challenges". The Surveyors also deal with Welfare Committee approved alterations to properties owned by St Dunstaners.

Best wishes to Sue C



ST DUNSTAN'S BID adieu to Sue Cameron, Director of Human Resources in November. Sue joined St Dunstan's as a Care Assistant in 1981, but later moved into the Cashiers department where she took on management responsibility. In 1991, she took on the role of Personnel Manager in the newly formed Personnel department, easing St Dunstan's through an unprecedented period of change. In 2001, she became Director of Human Resources. Staff gathered in the Winter Garden to wish her their best and the Chairman presented a parting gift of a St Dunstan's brooch.

THANKS FOR CHRISTMAS GREETINGS

Members of staff throughout the country, both serving and retired, wish to thank all St Dunstaners, beneficiaries of the Diana Gubbay Trust, widows, widowers and their families for their cards and kind wishes received over the Christmas period. They reiterate their wishes for a healthy and happy 2004.

It strikes me...

with Gog and Magog



Gog is rather touched by Aussie Head of Marketing Rosemary Cottrell's fascination with Johnnie Wilkinson and the England Rugby team. She has papered her office with cuttings of their victory Down Under. To mix our metaphors, we are sure there is no truth to the rumour that our fair dinkum friend was batting for the other side.

Magog thinks that shooting St Dunstaners may have to contemplate raising their game. He hears that Michigan hunter Richard Withey has bagged a seven-stone doe with a laser sighted firearm. "Shades of Orion," you might say, because Richard is blind!

He is not the only one, Jim Marks, Director of Disability Services at the University of Montana-Missoula, teaches hunting. It seems that students in his gun safety class pay more attention to the gun in his hand than the long white cane in the other!



Basil and Audrey Gibson, Ron and Margaret Wilson, Ron and Betty Martin, Joan Kent, Martain Shail and Donna Vaughan toast Colin Frampton on his success.

Surprise! Colin is top man of the trainees

THERE WAS A surprise waiting for St Dunstaner Colin Frampton when he attended a trainees' dinner at St Dunstan's Ovingdean last year. In between pizza, salad and merry banter, Trainees Liaison Martin Shail announced that Colin had won the Gary Ogden Trophy for 2003. The trophy is a wood-turned cup, made by Peacehaven

St Dunstaner Gary Ogden as a thank you for his time as a trainee. It is presented to the most exceptional trainee of the year. Colin, from Winchester, was lost for words as Martin handed him the cup, but later added that training at St Dunstan's had provided a much need life-line after he lost his sight.

Minister launches drive



Geoff Hoon, MP, Edward and Hilda Holmes, James Zaman and Sgt Mjr Smart.

Ashfield MP Geoff Hoon Launched Ashfield Friends of the Blind's Compass Drive last month. A busload of Mansfield Soldiers will travel from John O'Groats to Land's End and Skegness to Blackpool within ten days. They hope to raise £20,000 for St Dunstan's and the Nottinghamshire RSB.

Morton bowls the judges over



Morton collects his award from Elin Pugh.

A ST DUNSTANER FROM Llanelli has been named Carmarthenshire's Sports Volunteer of the Year. Morton Williams who served in Korea during his Army days was feted for rising above his disability to lead a full and active sporting life.

He has worked tirelessly to encourage other blind people to take up sport. A founder member of the Llanelli Bowls Club, Morton has organised Welsh association and national singles, pairs and triples tournaments. As long time readers of the **Review** will recall, he has represented Wales and Great Britain as a competitor and won the Welsh National Singles Championships six times. His sporting activities encompass sailing and angling.

Saltash St Dunstaner Mike Mayo was a runner-up for the Evening Herald's Achievement over Adversity award. Mike has proved to be a gritty and determined golfer despite losing his sight. The award was presented to basketball player DeAntoine Beasley who returned to the sport after suffering from Hodgkin's Disease - cancer of the lymph nodes.

Ten questions on...

Decorations and Awards

Harry Beevers pins on a few teasers

- 1) The two words "For Valour" appear on the obverse side of the Victoria Cross, which two words appear on the obverse side of the George Cross?
- 2) During the reign of which King was the George Cross introduced?
- 3) The first winner of the Victoria Cross was Charles Lucas during the Crimean War, to which of the fighting services did he belong, Army or Royal Navy?
- 4) Which woman won the Nobel Prize for Chemistry in 1903 and the Nobel Prize for Physics in 1911?
- 5) Winston Churchill received which category of the Nobel Prize in 1953?
- 6) Which international organisation received the Nobel Peace Prize in 1917, 1944 and again in 1963?
- 7) Simon was awarded the Dickin Medal after being wounded by shrapnel in the 1949 Yangtse incident aboard HMS *Amethyst*. Who or what was Simon?
- 8) Which veteran British-born screen actress, winner of two best actress Oscars, was created a Dame of the British Empire in the New Year's Honours awards of 2000?
- 9) What was the colour of the ribbon of the Victoria Cross for men of the Royal Navy until 1918 when crimson became the colour for all services?
- 10) In the United States in the year 1787 who became the first recipient of the Congressional Gold Medal?

Answers on page 23.

EBU AGREE TO INCLUDE PS

ST DUNSTAN'S SPREAD the word of its activities at an international meeting of blind organisations gathered for the European Blind Union Assembly in Athens last November. Special video CDs and Brailled business cards were distributed amongst representatives from nearly 50 European countries such as Sweden, Spain, Cyprus and the Czech Republic. St Dunstaner Commander Penny Melville-Brown, accompanied by Rosemary Cottrell, St Dunstan's Head of Marketing, reinforced our presence on this international stage through a range of personal contacts and discussions.

In addition, St Dunstan's Council member Colin Low (Chairman of the RNIB) was elected un-opposed as the new President of the EBU for the next four years. The Union will continue to represent the interests of blind and partially sighted people throughout their own countries and to their individual Governments while also ensuring that the European Union Commission understands the interests and needs of visually impaired people.

The Assembly made important decisions to change its constitution to formally reflect the inclusion of partially sighted people within its

activities and adopted a paper presented by former President Sir John Wall on genetics.

Penny Melville-Brown represents St Dunstan's as one of six delegates to the European and World Blind Unions and the International Forum of UK Blind Organisations. She recently attended a European Commission on Disability Employment at which good practice was shared with representatives of the United States of America Government. She is about to lead a major European funded project promoting diversity in the workplace to businesses in the South East of England.

TAVERAM WIN NORWICH!

ST DUNSTAN'S ARCHERS Clive Jones, David Poyner, John Lilley, Nigel Whiteley, Norman Perry, Steven Moseley and Tom Roddy drew their bows for the annual competition against Taveram Archers in Norwich on November 15th.

It was sponsored by Clickers Archery who, with their archers and lovely catering, made the day well worthwhile. The round to be shot was a Double Portsmouth, meaning ten dozen arrows. All shot very well, but for the first time, St Dunstan's did not win. Tom Roddy, John Lilley, Nigel Whiteley and

Clive Jones received medals. Clive also claimed a new British Blind Sport National Record for the Longbow.

St Dunstan's Archers would like to thank the spotters, coaches and driver Brian Muggeridge. Special thanks go to Graham Harris of Clickers Archery and all members of Taveram Archery Club, who hosted a wonderful shoot. Thanks also to David for getting such a good deal, at the hotel, and can we go there again?

On Sunday, the club stopped at a local Bowling Alley for a

relaxing game with Taveram Archery Club.

While that was going on, two St Dunstaners were awarded medals at the annual presentation dinner, of the Bowmen of Bruntwood (an archery club in Cheshire). John Lilley was awarded the cup for the Windsor shoot in the Club championships. He also received two other medals for achievements throughout the year. David Poyner received two medals for success in the year. The medals and trophy were collected on their behalf by Lindsay Poyner.

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.

Congratulations

I send congratulations to all, staff and St Dunstaners, concerned in the production of the programme broadcast on BBC Radio 4 during Remembrance Weekend.

I am sure that listeners - I hope there were thousands of them - gained a real insight into the work of St Dunstan's. Perhaps, too, they will have felt something of the ethos of our organisation and the comradeship which has helped so many cope with the loss of

their sight and the very real handicaps that must be overcome. Or as our founder Sir Arthur put it: "The conquest of Blindness."

For me, personally, there was the added thrill of hearing the familiar voices of greatly valued old friends coming over the air into my own home. I recognised them all with many good memories!

**David Castleton,
Croydon, Surrey**

Ruby thank you

We would like to thank the Chairman and Members of St Dunstan's for their kind wishes and the beautiful bouquet of flowers received on our recent Ruby Wedding Anniversary. Very much appreciated

**David and Rose Stevenson,
Wimborne, Dorset**

We have also heard from Betty Busby of Willerby, Jack Priest of London, Len Hubbard of Hastings, and Sylvia and Eric Garbutt of Howdon and thank them for their comments.

Missing a great opportunity?

After listening with great interest to the Radio 4 programme on November 8th, I sat back with the feeling that a great opportunity had been lost. Our Chairman's comment in the December 2003 issue of the **ST DUNSTAN'S Review** reinforced this view. I feel that the programme should have presented the listeners with the true St Dunstan's philosophy, as presented by Sir Arthur Pearson. This philosophy offered Service Men and Women who had suffered significant sight injuries the opportunity to receive

rehabilitation giving them the chance to return to civilian life as an asset rather than a liability. This aim was only brought about by a lot of hard work over a long period of time by both the St Dunstaner and St Dunstan's. Listeners could have been presented with the true achievements of St Dunstan's and St Dunstaners. No quick fix here with high profile events and flash headlines.

It was very regrettable that there was no mention of Ian Fraser. Here was a First War St Dunstaner who had many

achievements during his life. During his Chairmanship of St Dunstan's for more than half a century he steered the organisation through many storms. It was due to his management and the achievements of First War St Dunstaners that there was a St Dunstan's in 1939 ready to take on the casualties of World War II. The First War St Dunstaners laid down a strong foundation which future generations of St Dunstaners have been able to build on.

**W. F. Shea,
Great Totham, Essex**

Thank you all for your thoughts

May I, on behalf of my family, convey my sincere thanks for the heartfelt good wishes and support received from St Dunstan's following the untimely death of Mike Perrett.

There is no doubt the few months Mike spent at St Dunstan's gave him a new lease of life and provided him with a renewed sense of camaraderie and inspiration. He enjoyed immensely his outings with The Golf Society, his shooting and computer work. He spoke with pride and enthusiasm of his exploits at HMS *Sultan*, the photographs taken by his 'dog' Liz providing us with a lasting memory of that wonderful trip. We are grateful to Cliff Ford for his kind and sensitive tribute to Mike in the October **Review**. It is comforting to know people could talk so warmly of him after such a short space of time.

Once again, many thanks and I look forward to catching up with you all in the not too distant future.

**Beryl Perrett,
Woodingdean, Brighton**

So proud to have been there

I walked for the first time as St Dunstaner at the Cenotaph Parade on November 9th. It was an occasion I will never forget. I felt so proud to be with such an indomitable group and profoundly moved sharing in this important time of remembrance. I would like to give a big thank you to all concerned in organising the whole weekend.

**Joy Philippon,
Capel St Mary, Suffolk**

DOG IN BOOTS!

Simon Rogers reports



Cold paving, not gold paving! Mike and Teddy try the boots out on the streets of London.



Mike places the hunting dog style boots on Teddy's paws so that he can lead him out of the Underground system.

A TECHNIQUE USED to protect the paws of hunting dogs on a tropical island has been adapted for escalators on London's Underground railway network. Guide Dog owners are asked not to take their dogs on escalators because they can get their paws caught in the moving stairways. However, St Dunstaner Mike Tetley found that recent restoration work on the system often meant alternative exits were not always available. "I used to carry my dogs on occasion," said Mike. "But I'm getting a bit old for that now. My current dog weighs almost 100lbs. On the tube it is possible to meet staff who will stop the escalator, but in the rush hour they will not stop it at Baker Street or Kings Cross."

A solution presented itself in a letter from the Galapagos Society. "I joined after visiting those Islands. They mentioned that feral goats were destroying the vegetation. Hunters were sent to round them up but due to the volcanic terrain, their dogs had to be fitted with boots to prevent their paws getting badly cut."

Mike contacted Proactive Paws in Ireland (00353 584 7477) who make the leather and velcro boots. Now at the command "Jump!" Teddy jumps on or off the escalator. "So far it seems to have worked," said Mike. "The only snag is that he expects me to polish all four boots."

DON'T PUT YOUR DAUGHTER ON THE STAGE, MRS ROBINSON



St Dunstaner David Thomas delighted the audience with some favourite monologues.



John Trent sang for his fellow St Dunstaners.

Choice moments from the St Dunstan's Christmas show



All the gang on stage at Ovingdean, singing for peace on earth and goodwill to all men.



An appreciative audience!



Musical memories with Viv!

BALANCING THE BOOKS

Rumpole and The Golden Thread
Author: John Mortimer
Reader George Hagan
Catalogue Number: TB9604
Duration: 10 hours 44 minutes.

If the TV series *Rumpole of the Bailey* was nearly so amusing and entertaining as the stories in this collection, I

would think it was very popular indeed. Horace Rumpole is a hero we can all enjoy; an old dog of a barrister who knows all the tricks and uses them to his clients' advantage. Neither villains nor fellow law professionals can outsmart him and as each unfolds one has confidence that

Ted Bunting on Talking Books

ultimately old Horace will come out on top. It's a fantasy world, of course, this realm of the ripping yarn but there is a thread of truth which runs through all the tales, a golden thread if you like for it concerns money and the age-old problem... There is never quite enough to oil the legal machine if first it is poured into a lawyer's pocket.

So what do people do in the Craft Workshop at Ovingdean?

Sarah Jarron lifts the lid off a hive of creative activity

OFTEN WHEN I first tell people that my job involves teaching art and crafts to visually impaired and blind people, many find it difficult to understand what it is I would do. I began to wonder whether there might also be a misunderstanding of what we do in the craft workshop within St Dunstan's itself, so here is an explanation.

The popularly held idea of craft being used as a means of keeping people busy and preventing boredom is far from reality. All of the projects within the department are carefully planned to develop St Dunstaners' confidence, self-esteem, physical dexterity, and technical and craft skills. Projects in the craft workshop largely fall into two categories; items created from prepared materials and work made completely from scratch. There are kit-work projects available in many media from leatherwork to woodwork, which can be very helpful for those who have not worked in this field before. For those feeling more experienced, the workshop offers a huge range of possibilities in creating one off projects, encompassing furniture design, pottery, mosaic, upholstery, picture framing and much more.



David Thomas, Albert Serdet and other St Dunstaners working on their respective projects.

The overall aim of the workshop staff is to help St Dunstaners reclaim art and craft related skills they may have lost due to losing their sight, or in many cases we teach and develop craft skills for those who can no longer occupy their time in different ways. The much publicised alphabet project gives a good example of the many different techniques on offer; however, the word craft has to be used loosely. The workshop also offers training in many practical skills, helping St Dunstaners reclaim DIY skills for use at home. One gentleman even stripped down a motorbike engine!

Besides the creative aspect of the workshop, there are also projects that focus on therapy.

For example working on a mosaic project, cutting tiles and placing them in a design can give valuable arm and hand exercise as well as the invaluable social support people gain through friendships created in the workshop. Knowing that other people are fighting the same afflictions can help alleviate feelings of depression and isolation, and finishing a project to a high standard can give a great sense of job satisfaction and increased confidence.

The craft workshop is open four-and-a-half days a week, running two sessions: a morning session from 9.30-12 and an afternoon session from 1.30-4 (the workshop is closed on Thursday afternoons). The department is very popular and

a hive of activity seeing up to 20 St Dunstaners attend each session. As result it has been necessary to set some boundaries on attendance.

Due to popularity the workshop is only available to St Dunstaners themselves and not family members. There is one place per week reserved for individuals attending specific welfare-funded training courses. After this the main priority is given to Residents at Ovingdean. This is followed by St Dunstaners in the surrounding area, who are given limited access of one to two days per week, for which there is a waiting list.

However, any St Dunstaner staying in house on Holiday or Respite can also attend the workshop if there is room. Unfortunately we occasionally find it necessary to turn people away, so if you know well in advance that you will be

staying at Ovingdean and wish to attend the workshop it would be a great idea to call and make the Instructors aware.

When attending the workshop most projects are available to study, however, again due to numbers this is not always the case. Projects are graded in two ways, complexity for the St Dunstaner making the work, and level of preparation and one-to-one tuition involved for Instructors. An example would be learning to use the pottery wheel, this can take a lot of one-to-one tuition, therefore this would not be possible if the workshop was very full as it would take Instructors away from the main group of attendees. Again, if you would like to study a subject that is quite complex, ringing in advance would give Instructors time to prepare projects for your visit.

Within all the work achieved in the workshop, we also work

hard on building community links through exhibitions and individual commissions. It gives the whole team, staff and St Dunstaners alike, a sense of job satisfaction when we can support external causes. This year saw the very successful Thai Elephant exhibition, which was run in connection with the Brighton Festival and we have high hopes of repeating a similar exhibition in 2004. By working in partnership with external groups we are able to publicise the valuable work produced by the craft workshop and extend our skills and knowledge to benefit other groups in the local area.

I hope this article has given you a greater understanding of the work we do whilst also making you aware of our limitations. The craft workshop is a valuable asset to St Dunstan's and we hope that many of you have the opportunity to enjoy it.

MARION'S BOOK WITH FEELING

St Dunstaner's daughter introduces children to braille

A ST DUNSTANER'S daughter, Marion Ripley, has written a book which she hopes will introduce the concept of Braille to children and adults alike. Called *Private and Confidential*, it tells of Laura who discovers that her Australian penfriend is blind. She decides to learn Braille so she can send him a get-well-soon card. The project took five years to get



off the ground and is dedicated to her parents, Peggy and late St Dunstaner Fred Ripley. The book includes a letter in

Braille with a key to the alphabet so that readers can make their own translation. Marion runs the Clear Vision project, a nationwide lending library of children's books in Braille.

Private and Confidential by Marion Ripley (illustrated by Colin Blackhouse) costs £10.99 and is published by Frances Lincoln.

PENDLETON'S PANTRY

Blind chef **Stephen Pendleton** makes the case for pastry

THERE ARE a wide range of pastries. All of which are used to produce a wide variety of different dishes. This month I will take you through shortcrust pastry and sweet pastry, leaving the more specialised varieties for a future issue.

Just like dough, pastry is an extremely tactile form of cookery, so there is no reason why the blind cook cannot produce pastries to a high or even higher standard than any baker. However, pastry does take a little more practice to master than dough, but do not let that put you off.

Shortcrust pastry

This is by far, the most commonly used type of pastry. Easy to make, the ingredients are easy to remember and it is also very forgiving when handling and rolling.

This recipe will give you the correct amount of pastry to line a seven-inch flan tin.

Ingredients:

8oz (200g) plain flour.

4oz (100g) butter.

Cold water.

Method:

Make sure your working area has been cleaned thoroughly before starting work. As you

will be putting your hands in the mixture, make sure they are clean, especially under the finger nails. Use a damp tea towel or Dycem non-slip mat under your mixing bowl to stop it from slipping whilst you are working with the pastry.

Try to work in as small an area as possible, making sure all utensils and ingredients are within reach.

Sieve flour into a medium-sized mixing bowl. Cut up butter into small chunks and rub into the flour. Rub in until mixture is a crumbly texture, then add cold water a bit at a time, working in thoroughly with your hands. When mixture has bound itself together, you will know this by the feel. It should hold together well, but will not be as soft as bread dough. There should be no flour left in the bowl, the bowl should come clean. Then cover with cling film, put into fridge for 45 minutes to relax. Now is a good time to clean down your working area, making sure to dry work surfaces thoroughly.

Grease the flan tin, lightly dust work surface and rolling pin with flour. Roll the pastry. You will find your own way of rolling pastry, but remember to check the pastry from time-to-time for any wrinkling, this is easily achieved by running

your hand gently over the surface of the rolled pastry. Also remember to keep your work surfaces well dusted with flour, if you feel the pastry start to stick to the work surface, roll it back and dust with flour once again, but be aware if you dust it too much it will dry the pastry out. When you feel that you have rolled out the pastry, check the thickness of it by running your hand around the outside edge. Obviously if one side is thicker than the others then roll it again. It is important that the pastry has been evenly rolled.

When you have rolled the pastry to size, I always leave a good three inches of pastry hanging over the edge of the flan tin, to allow for the depth of the tin. Roll the pastry around the rolling pin. Place the flan tin in the centre of the work surface. Hold the rolling pin horizontally, allowing a couple of inches of pastry to hang down, then roll the pastry over the flan tin, using the pastry that you have let hang as a guide, to make sure you have left excess pastry outside the tin.

Once the pastry has been rolled over the tin, tear off a bit of excess pastry and use it to press the pastry into the flan tin. Move around the tin methodically, making sure not to leave any wrinkles or air

bubbles. Lift the tin. Then, using a sharp knife, cut around the tin, removing any excess pastry.

Prick the bottom of the pastry case, all over with a fork, you are now ready to fill the case with whatever filling you desire.

Please note that shortcrust pastry is mainly used to line savoury dishes such as quiche or meat pies. The cooking time and the temperature setting depends on the type of dish you are cooking. You will notice that the above recipe has omitted the salt. This is because I feel that using full fat butter, you do not need the salt. However, if you would like to use it the quantity is one pinch.

When making pastry it is important to work as quickly as you possibly can. This is because the pastry is extremely sensitive to the climate, too warm and the pastry becomes damp and unmanageable.

Kitchens are normally the warmest room in the house, when you have ovens going etc, so please bear this in mind, especially when making this next recipe.

Sweet pastry

This type of pastry is a lot harder for the blind cook to master. This is because sweet pastry is a lot stickier than the above, which means that when you roll it, it can easily wrinkle. You will also have to work very quickly, because the heat from the kitchen will turn it into a stodgy mess. The following

recipe is once again designed to line a seven-inch flan tin.

Ingredients:

8oz or 200gm soft flour.

5oz or 125gm butter.

1 egg.

2oz caster sugar.

Cold Water.

Method:

Sieve the flour into a medium-sized mixing bowl. Break up the butter into small chunks. Rub this into the flour. Because of the extra amount of fat, you will notice that this mix is a lot stickier than the shortcrust recipe. When flour and butter are well rubbed in add half of the sugar, this should dry up the pastry a bit. Beat up the egg and add it to the pastry.

Mix in well and then pour in the rest of the sugar, keep rubbing in. You will know when it is done because the bowl will come clean, even though the pastry is still slightly sticky to the touch. The water is there just in case you need extra liquid. Cover the pastry with cling film and place in the fridge for 45 minutes to allow the pastry to relax.

Roll the pastry as above, but beware! You will have to check for wrinkles or tears in the pastry after every roll of the pin. It is a real pain I know but practice makes perfect when making sweet pastry. Make sure you keep your work surface well dusted with flour, this is to stop the pastry from sticking to the work top.

Once again, when it comes to

shaping the pastry into the flan tin, be very careful, as it has a habit of tearing at the most inopportune moment.

As the name suggests, sweet pastry is mainly used for cold desserts, for example mixed fruit flan. Therefore, you have to cook the pastry case on its own! With this in mind, you will have to cook it in the oven filling the pastry case with baking beans or dried pulses. This is called baking blind.

What you have to do is:

Cover the bottom and sides of the case with cling film, then fill the case with the beans, fold the cling film over the top of the beans and place in pre heated oven. Cooking time for sweet pastry is ten minutes at 180C Gas Mark 4 or 350F.

After cooking remove the beans. Baking blind will stop the sides of the case from falling down to the bottom of the pastry case. Let the pastry cool and then fill the case with whatever sweet filling takes your fancy.

I know what you are thinking, and the answer is no! The cling film will not melt in the oven. I have done this procedure many times and the cling film has never melted. However if you are unsure about using cling film, you can use greaseproof paper. However, make sure you cut enough to fit around the sides of the tin.

Next month: Basic sponges.

Welcome to ST DUNSTAN'S

Elizabeth Bate of Liverpool, Merseyside served in the Royal Artillery from 1942 to 1946.

William Bray of Bassett, Southampton, Hampshire served in the Royal Artillery from 1960 to 1963. He served in Kuwait and Aden and was wounded in a training accident. In civilian life, he was a landscape gardener.

Lionel Broughton of Rugby, Warwickshire served in the Royal Engineers from 1942 to 1947 leaving as a Corporal. In civilian life, he joined the Corps of Commissionaires.

Stewart Bugby of Wellingborough, Northamptonshire served in the Northamptonshire Regiment from 1942 to 1942.

Stuart Clements of Charlton Hawthorne, Sherborne served in the Army Catering Corps from 1955 to 1957. He was stationed in Japan, Korea, Singapore, Malaya and the UK.

Dorothy Edwards of Oldbury, West Midlands served in the Auxiliary Territorial Service from 1945 to 1946. She served in Scotland, Italy and Austria.

Reginald Fletcher of Tewkesbury, Gloucestershire served in the Royal Air Force

from 1941 to 1947 leaving as an Acting Corporal. He served in Egypt, Middle East and UK.

Margaret Fryer of Lancing, West Sussex served in the Auxiliary Territorial Service from 1947 to 1949. She served in Germany and the UK and later trained as a QARANC nurse.

Leslie Gawan of Bognor Regis, West Sussex served in the Royal Navy from 1941 to 1946. He served in the North Atlantic in the Lofoten Vaagso raid and the Northern Barrage.

Arthur Green of Battersea, London served in the Royal Artillery from 1940 to 1946. He served in North Africa, Italy, Germany and the UK.

Frederick Lane of Longlevens, Gloucester served in the Royal Armoured Corps, the Inn's of Court Regiment, the Royal Tank Regiment and the 22nd Dragoons from 1942 to 1948. He served in Normandy, Germany and across Europe.

Leonard Lane of Evenwood, Bishop Auckland, County Durham served in the Royal Air Force from 1946 to 1948. He has been active in RAFA and Macular Degeneration Support.

Charles Leat of Maidstone, Kent served in the Royal Army Medical Corps from 1941 to 1946. Posted to Algiers, Italy,

Sicily and Austria, he became a Radiographer.

Harold Lloyd of Eastbourne, East Sussex served in the Royal Artillery from 1940 to 1946. He served in Germany, France, Russia, Iceland, Norway, Belgium and Ireland.

Dr Paul McCulloch of Enfield, Middlesex served in the Royal Army Medical Corps from 1945 to 1947 leaving as a Lieutenant. In 1959, he was given the honorary rank of Captain. He served at home and in India, Burma, Malaya, Egypt and Mediterranean.

Gerald Marsh of Cowes, Isle of Wight served in the Royal Air Force from 1942 to 1947. He served in the UK and India.

Terence Martin of Oxted, Surrey served in the Royal Signals from 1953 to 1955 as a Driver.

Frederick Mould of Woodingdean, Brighton served in the Royal Artillery from 1942 to 1947. He was deployed in France, Holland, Belgium, Germany and UK.

John Murray of Brotton, Saltburn, Cleveland served in the Merchant Navy from 1939 to 1946. He sailed the Atlantic and other oceans. Torpedoed off the coast of Iceland in May 1941, his ship, the *Javanese Prince*, sank and he was in a lifeboat for two days.

Daniel O'Brien of Cullompton, Devon served in the Royal Air Force from 1943 to 1947 as a meteorologist.

Albert Pearson of Bexhill-on-Sea, East Sussex served in the Royal Tank Regiment from 1940 to 1945 as a Corporal. He served in the UK, Egypt, Palestine and South Africa.

Penelope Philips of Lewes, East Sussex served in the Women's Royal Naval Service from 1939 to 1943 leaving as a Second Officer.

William Potts of St Leonards-on-Sea, Sussex served in the South Lancashire Regiment and the Royal Artillery from 1939 to 1946 leaving as a Staff Sergeant. He served at Arnhem and on the Rhine.

George Price of Droitwich Spa, Worcestershire served in the Polish Rifle Division from 1945 to 1946. He left Poland as a 17-year-old when the Russians invaded and joined the Polish Regiment in France. Later interned in Switzerland, he escaped and made his way to the United Kingdom.

Robert Richardson of Sleights, Whitby, North Yorkshire served in the Royal Air Force from 1947 to 1949, dealing with Air Traffic Control.

Reginald Rhoades of Chichester, West Sussex served in the Royal Tank Regiment from 1940 to 1945 leaving as a Corporal. He became an instructor on engines in Farnborough and was blown up while serving in North Africa.

Edward Roberts of Poplar, London served in the Royal Army Ordnance Corps from 1942 to 1947, leaving as a Sergeant. He served in India and the United Kingdom.

Yvonne Roddis of Eaton, Norwich, Norfolk served in the Women's Royal Naval Service from 1942 to 1946 leaving as a Leading Wren. After training at St George's in the Isle of Man, she was posted to the Fleet Air Arm at Inskip and thereafter to HMS *Victory* in Portsmouth.

Eric Rundle of Sompting, Lancing, West Sussex served in the Royal Artillery from 1939 to 1959. He was deployed to a Super Heavy Battery which used howitzers fitted on railway mountings.

Edwin Sharp of Pagham, Bognor Regis, West Sussex served in the Royal Artillery and Royal Armoured Corps from 1946 to 1948. He trained at Colchester before being posted to a Heavy Ack Ack unit.

Shirley Silburn of Horsforth, Leeds served in the Royal Army Service Corps from 1945 to 1946. During the war she worked at a munitions factory in Bridgend.

Peter Smith of Caister-on-Sea, Great Yarmouth, Norfolk served in the 4th Battalion of the Suffolk Home Guard from 1940 to 1941. He was badly injured by an exploding incendiary device which destroyed his sight. After rehabilitation training at St Dunstan's, Church Stretton,

he joined the Norwich Workshop for the Blind.

Wilfrid Spink of Cuddington, Northwich, Cheshire served in the Royal Armoured Corps from 1948 to 1950.

Joan Stevenson of Polgate, East Sussex served in the Royal Air Force from 1941 to 1946 leaving as a Corporal. She served in the UK and Cairo.

Alexander Tarpley of Stourbridge, West Midlands served in the Royal Air Force from 1940 to 1946 leaving as a Sergeant. He served in the UK, France and Egypt.

Joan Trench of Pershore, Worcestershire served in the Women's Royal Naval Service from 1942 to 1945 leaving as a Second Officer.

Peter Verral of Salisbury, Wiltshire served in the Royal Navy from 1942 to 1946. He served in Northern Ireland, West Africa, the North Atlantic and the Mediterranean.

Gerald Wheeler of Frome, Somerset served in the Somerset Light Infantry from 1957 to 1959 leaving as a Lance Corporal. In civilian life, he worked for Western Region Railways.

Mary Windsor of Southampton, Hampshire served in the QARANC from 1968 to 1982. She served in Germany, Cyprus and the UK, leaving the Service with the rank of Major.



FOR VALOUR!

Harry Beevers finds fifteen fascinating facts about Britain's greatest military award and the humility of the men who have received it

THE SUBJECT FOR **Ten Questions** this month was prompted by a BBC television programme in November last year. Usually associated with a motoring series, TV personality Jeremy Clarkson presented a fascinating history of the Victoria Cross in general and the story of Major Bob Cain of the South Staffordshire Regiment in particular. Major Cain, the first Manxman to be so honoured, received his Victoria Cross for his outstanding exploits during

Operation Market Garden when he was part of the airborne force dropped at Arnhem in 1944 in the battle which became known as "A Bridge Too Far".

As a schoolboy before World War II, I had read about the Victoria Cross and I knew some basic facts about the award; that they were made from bronze obtained from Russian cannon captured during the siege of Sevastapol during the Crimean War; that the words "For Valour" appeared on the medal and that it was the highest honour for gallantry that a member of the services could receive; I also knew that my home town of Castleford in West Yorkshire had named a street in honour of one of our residents who was awarded the VC for his exploits at Arras in 1917.

I was extremely impressed by the programme, so for your interest, I give 15 things about the Victoria Cross:

1 The VC has been awarded 1,354 times. Three men have won it on two occasions and one award went to the United States' Unknown Warrior buried in Arlington Military Cemetery in Washington. Although Britain's Unknown Warrior buried in Westminster Abbey was not awarded the VC, America's Congressional Medal of Honour was conferred on him.

2 At the time of the broadcast there were 15 VC winners still alive. They receive £1,300 per year. A special pension of £10 a year was originally awarded to NCOs and this has increased over the years to its present amount which is payable to all ranks.

3 There is enough of the original gun metal to produce 80 more medals and it is kept under very strict guard in a safe in an army supply base at Telford, Shropshire.

4 Seven blank medals were produced thirty years ago by the jewellers Hancock of Burlington Gardens in London. This firm has made all the medals and when they were produced in the 1940's the cost was £1/10/0.

5 Eleven Victoria Crosses have been awarded since World War II. The last two were awarded to Lieutenant Colonel Herbert Jones and Sergeant Ian McKay for action in the Falklands campaign. Both men were members of the Parachute Regiment and the awards in both cases were posthumous.

6 A small number of VCs have been awarded to civilians. I had thought that only service personnel would be eligible but according to the criteria laid down the award may be given to civilians for acts of outstanding gallantry in the face of the enemy whilst under the command of a serving Officer of the Army, Royal Navy or Royal Air Force.

7 For nearly 50 years after the VC was instituted posthumous awards were not made. However, when the

change was introduced awards were made retrospectively where deemed appropriate.

8 There have been three cases of father-and-son and four sets of brothers earning the VC and there is a street in Winnipeg in Canada, where three recipients of the award lived. A plaque recognises their achievements and the name of the street has been changed from Pine Street to Valour Street.

9 The first non-British-born recipient of the VC was a New Zealander in 1862 and almost eighty years later another New Zealander, Sergeant Alfred Hulme was duly recognised for his gallantry during the campaign in Greece and Crete in 1941. His son Denny Hulme became Formula 1 World Drivers Champion in 1967 driving a Brabham-Repco.

10 Two fifteen year olds have won the VC and the oldest winner was 61 years old.

11 On January 22nd, 1879, eleven Victoria Crosses were won at the Battle of Rorke's Drift during the Zulu War, the most awards in a single action.

12 Fourteen Victoria Crosses have been awarded to men who were not born British or Commonwealth citizens. These awards have included two Germans, a Russian, a Belgian and a Dane.

13 Lieutenant Colonel H. Jones became the 13th Lieutenant Colonel and Sergeant I. Jones the 127th Sergeant to be awarded the Victoria Cross.

14 Queen Victoria who made one or two small alterations to the original design, presented the first medals at a ceremony in Hyde Park in 1857.

15 The first Investiture of our present Queen's reign took place at Buckingham Palace on February 27th 1952. The first person to be presented was Private William Speakman of The King's Own Scottish Borderers, who received the Victoria Cross for his actions during the Korean War.

One significant sentence I came across whilst searching for information about the VC read, "It is worth remembering that many servicemen who merited the Victoria Cross never received it because their actions went unnoticed or the witnesses were killed or their self-sacrifice led to a lonely death in an unmarked grave."

The final twist in November's TV programme came when they revealed that Jeremy Clarkson is married to the daughter of VC winner Bob Cain. She did not learn of the award to her father until his death, illustrating the reluctance of many winners to speak of their achievement, one of the principal characteristics of the recipients of Britain's and arguably the world's greatest military award!

Ten Answers

From page 11, the answers to this month's quiz.

1) "For Gallantry"; 2) King George VI in 1940; 3) Royal Navy; 4) Marie Curie; 5) Literature; 6) The International Committee of the Red Cross; 7) The ship's cat, a black and white Tom; 8) Elizabeth Taylor; 9) Dark blue; 10) George Washington.

FAMILY NEWS

BIRTHS

We offer our congratulations on the birth of:

Tessa Ann Griffiths on August 25th. She is the great-granddaughter of Lilian Bradley of Swadlincote, Derbyshire, widow of St Dunstaner *Alfred Bradley*.

Jasmine Moore on November 4th. She is the great-granddaughter of Esther Simpson of Slough, Berkshire, widow of *John Simpson*.

HAPPY BIRTHDAY

Congratulations to: Adelaide Martyn of Amersham, Buckinghamshire who

celebrated her 101st birthday on December 31st. She is the widow of First World War RAMC St Dunstaner Sgt Herbert Martyn.

WEDDINGS

Congratulations to:

Tony and Kozy Haskey of Poole, Dorset who married on September 27th.

SILVER ANNIVERSARIES

Congratulations to:

Raymond and Frances Colley of Stafford, Staffordshire on November 23rd.

RUBY ANNIVERSARIES

Congratulations to:

Ted and Eunice Bunting of Scarborough, North Yorkshire on November 30th.

Bryan and Sandy Durber of Halesowen, West Midlands on December 21st.

David and Rose Stevenson of Wimborne, Dorset on December 21st.

GOLDEN ANNIVERSARIES

Congratulations to:

Leslie and Eileen Hough of Sowerby Bridge, West Yorkshire on December 12th.

Edward and Jane Cooper of Aylesford, Kent on December 25th.

DIAMOND ANNIVERSARIES

Congratulations to:

William and Millicent Mullins of Oldham, Lancashire on December 2nd.

Daniel and Anne Watkins of Pakuranga, Auckland, New Zealand on December 21st.

Frederick and Dorothy Collingwood of Newcastle-under-Lyme, Staffordshire on New Year's Day - January 1st.

Veronica and Maurice Mathe of Bognor Regis, West Sussex on January 17th.

SPECIAL ANNIVERSARIES

Congratulations to:

Ronald and Kathleen Spathaky of Chesterton, Cambridgeshire who celebrated 66 years of marriage on December 21st.

Gwenllian and Ernie Obern of Aberdare, Mid-Glamorgan who celebrated 64 years of marriage on December 23rd.

Tom and Doris Adams of Kingsteignton, Newton Abbot, Devon who celebrated 63 years of marriage on January 4th.

Henry and Joan Williams of Brighton who celebrated 62 years of marriage on January 10th.

DEATHS

We regret to announce the death of:

Joan Whitehouse on October 8th. She was the wife of St Dunstaner *Raymond Whitehouse* of Sedgley, West Midlands.

Doris Newton on November 10th. She was the wife of St Dunstaner *Ronald Newton* of Hereford, Herefordshire.

Peggy Yorke on November 18th. She was the wife of *John Yorke* of Hull, East Yorkshire.

Vera Hollingdale on November 23rd. She was the partner of *Jack Brown* of Brighton.

Lillian Grimes of Eastbourne, East Sussex on December 16th. She was the widow of St Dunstaner *Douglas Grimes*.

May Harrington of Ipswich, Suffolk on December 16th. She was the widow of St Dunstaner *Alfred Harrington*.

Jenny Costello of Garstang, Lancashire on January 3rd. She was the widow of St Dunstaner *James Costello*.

Edith James of Ditchling Common, East Sussex

on January 9th. She was the widow of St Dunstaner *Reginald James*.

Ruth Rahim of Burnham-on-Sea, Somerset on January 10th. She was the widow of St Dunstaner *Brian Rahim*.

Our sympathy goes to their family and friends.

IN MEMORY

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

Elisabeth Cox

Auxiliary Territorial Service

Elisabeth Cox of Cardiff, South Glamorgan died on November 9th, aged 80. She served in the Auxiliary Territorial Service from 1943 to 1946. She became a wireless operator in the Royal Signals at Harrogate working for Y group. Part of the War Office, they passed coded enemy transmissions to Bletchley Park. In civilian life, she worked at the Welsh Office and later transferred to the Ministry of National Insurance. A voluntary worker for the local Institute for the Blind, she was also a member of the Cardiff Musical Society and enjoyed gardening and swimming. Our sympathy goes to her husband Edgar, their sons Michael and Timothy and all members of the family.

Margaret Cole

Women's Royal Naval Service

Margaret Edith Cole of Bishops Lydeard, Somerset died on November 13th, aged 84. She served in the Women's Royal Naval Service as a Leading Wren from 1941 to 1946. She was stationed in the UK, North Africa and Italy. In civilian life, she was a general clerk for a confectionery firm in Bromsgrove. Our sympathy goes to her brother-in-law Eric and all other members of the family.

Thomas Forsyth

Royal Army Service Corps

Thomas Peter Forsyth of Saltdean, Brighton

died on November 13th, aged 85. Originally, he worked in the antique silver trade but joined the Royal Army Service Corps in 1939. Posted to France with the British Expeditionary Force (BEF), he was subsequently evacuated through Dunkirk and sent to Syria. There he served with the Australian Army, moving out into the Western Desert. He left the RASC as Major in 1946. In civilian life he worked in the motor trade, developing his own business as a dealer. He used to enjoy cricket, reading, golf, tennis and water skiing. Our sympathy goes to his widow Pamela and all members of the family.

Ronald Grigg

Royal Army Medical Corps

Ronald Grigg of West Bromwich, West Midlands died on November 21st, aged 71. He served with the Royal Army Medical Corps from 1950 to 1951. Before joining the army, he was an apprentice toolmaker, a profession he returned to after his discharge. He ran a newsagent before retiring. He was a prize-winning gardener. Our sympathy goes to his widow Olive, four sons and all the family.

Frederick Morgan

Royal Armoured Corps

Frederick Thomas Morgan of Filton, Bristol, Avon died on November 24th 2003, aged 88. He had been a St Dunstaner since 1942. Originally a Fitter, working on paper machines, he was called up in 1939 and served with 56th Training Regiment, Royal Armoured Corps as a Corporal. He was blinded by the accidental firing of a jammed machine gun. While training at St Dunstan's Church Stretton, he expressed a desire to take up telephony, though training officers felt this would be prevented by the injuries he had suffered to his left hand. However, he persevered as a telephonist, manning boards for the Ministry of Labour, the Inland Revenue and later the GPO before retiring in 1978. One of the original St Dunstan's campers at HMS *Daedalus*, his interests included woodwork, picture framing and wrought iron work. He was also a long-standing member of St Dunstan's Amateur Radio Society (call-sign G4NWU). Our

sympathy goes to his widow Florence, daughters Hazel, Brenda, Ruth and Sylvia, son Geoffrey, and all other members of the family.

Jack Jenner

Royal Sussex Regiment

Jack Jenner of Brighton died on December 1st, aged 85. He served with the Royal Sussex Regiment in the UK from 1939 to 1941. Before he joined up he worked for a furniture company in Worthing and was a keen member of the TA. Returning to civilian life, he worked for Times Furnishing as a Manager. Our sympathy goes to his widow Barbara and all of the family.

Leonard Smart

Royal Navy

Leonard Smart of Southcrest, Redditch died on December 1st, aged 85. He served in the Royal Navy from 1936 to 1946. Stationed in the UK as an aircraft fitter, he joined HMS *Indomitable* in Ceylon on the outbreak of war. He served in the Far East until the end of hostilities, supporting actions in Sumatra and Burma during the Irrawaddy crossing. He was discharged as a Petty Officer and worked as a contract toolmaker until his retirement. His interests included music. Our sympathy goes to his widow Olive, daughters Angela and Shirley and all other members of the family.

Leslie Wood

Royal Navy

Leslie Frank Wood of Tuffley, Gloucester died on December 1st, aged 84. He joined the Royal Navy as an Engineering Artificer in 1939. Serving on board HMS *Orion* at the evacuation of Greece and Crete, he also took part in the battle of Matapan. He also served on board HMS *Richmond* and HMS *Meteor* looking after the Russian convoys. He was a Chief Petty Officer when demobbed in 1947. In civilian life, he worked in engineering, specialising in maritime compressors. Our sympathy goes to his widow Kathleen, their daughters and all other members of the family.

Richard Waites

Royal Artillery

Richard Leonard Waites of Merston Green,

Birmingham died on December 6th, aged 85. He served in the Cheshire Regiment from 1940 to 1941. He transferred to the Devonshire Regiment and then the Royal Artillery before demobilising in 1945, though he remained on reserve until 1959. As a driver/operator, he served in the UK, North Africa, Italy and Austria. Having started his working life as a butcher, he became a joiner and then a representative for a carpentry tool company, eventually becoming their Area Manager. He also worked for the local council before returning to the wholesale tool business. Our sympathy goes to his widow Marjorie, their sons and daughters and all of the family.

Harold Roberts

National Fire Service

Harold Roberts of Lytham St Annes, Lancashire died on December 7th, aged 78. He had been a St Dunstaner since 1949. He was a despatch rider with the National Fire Service in Blackpool from 1941 to 1943. He suffered a fractured skull and damaged vision after a motorcycle accident in 1942. After training at St Dunstan's he became a telephonist. His interests included music and he played the organ. Our sympathy goes to his son Graham and all other members of the family.

Arthur Holmes

Corps of Royal Military Police

Arthur Holmes of Ovingdean, Brighton died on December 14th, aged 86. He had been a St Dunstaner since 1954. He worked as a miner and wireless mechanic before joining the Corps of Royal Military Police in 1935. He was serving with them as a Corporal when he was wounded by machine gun fire in Libya in November 1941. He was hospitalised in Johannesburg and Cairo and did not return to the UK until discharged in 1943. Although he had lost his right eye, he was able to work as a factory security guard. After losing his remaining vision, he trained with St Dunstan's and became a capstan operator. His interests included woodwork, picture framing and toy making. He was a member of St Dunstan's Amateur Radio Society (call-sign G0INE). Our sympathy goes to his daughter Janet, son Arthur and all other members of the family.

Francis Parker

Royal Air Force

Francis Henry Parker of Kippen, Stirling, Stirlingshire died on December 18th, aged 82. He was a head gardener at Buchany Vine, Stirling before joining the Royal Air Force in 1941. He worked on airfield construction throughout the North West European campaign. He was ship bound for Japan on VJ Day and diverted to Hong Kong. He played football for the garrison at Sek Kong. Demobbed in 1946, he returned to his former job but later worked on the gardens of Dunblane Hydro. Our sympathy goes to his niece Veronica and all members of the family.

Jeffrey Redbond

Royal Navy

Jeffrey Redbond of Cleethorpes, South Humberside died on December 19th, aged 81. He had been a St Dunstaner since 1995. Called up for service with the Royal Navy in 1941, he trained as an air mechanic but was transferred into Coastal Forces. He served mainly on Motor Torpedo Boats and suffered severe injury to his right eye when hit by a rocket flare. Demobbed in 1946, he joined the British Transport Police but was invalided out after 13 years when his sight deteriorated. Our sympathy goes to his widow Betty, son David and all of the family.

Ronald Martin

Royal Navy

Ronald George Leslie Martin of Bexhill-on-Sea, East Sussex died on December 20th, aged 77. He served with the Royal Navy and Fleet Air Arm from 1944 to 1947. Posted to HMS *Vari* in Coimbatore, India and later HMS *Serwa* in Colombo, Sri Lanka, he was responsible for parachute packing, dinghy repairs and also worked on Motor Torpedo Boats. In civilian life, he worked with British Oxygen, the GPO and London Transport. His interests included fishing, photography and gardening. Our sympathy goes to his widow Betty and all of the family.

Rupert Williamson

Scots Guards

"Chas" Rupert Charles Williamson of Warrington, Cheshire died on December 20th, aged 84. He had been a St Dunstaner since 1944. As a young

man, he built a reputation for long distance running and walking, particularly between London and Brighton. Originally a salesman and baker, he joined the 1st Battalion, Scots Guards in 1939. He was injured in action while serving with them in Italy in September 1944. A sniper's bullet hit a nearby rock, blasting fragments across his face. Discharged in 1945, he initially trained as a telephonist but later retrained as a physiotherapist, running his own practice. His interests included music. Our sympathy goes to his widow Jane, sons John, Ian and Guy, daughter Joan and all members of the family.

Dr Alex Sakula

Royal Army Medical Corps

Dr Alex Sakula of Hove, East Sussex died on December 27th, aged 86. He had been a St Dunstaner since 2000. He studied medicine at Middlesex Hospital and qualified as a doctor in 1940. He then joined the Royal Army Medical Corps rising to the rank of Major, serving in India, Burma and Malaya. When the war with Japan ended, he was sent to Thailand to relieve Allied prisoners of war on the River Kwai. On returning to civilian life he specialised in diseases of the chest and was Consultant Physician to hospitals in East Surrey and West Sussex. After retiring, he carried out research into the history of medicine and was President of the Historical Section of the Royal Society of Medicine. Our sympathy goes to his widow Rene, their children and all of the family.

George Roake

King's Own Yorkshire Light Infantry

George Walter Roake of Saltdean, Brighton died on January 13th, aged 82. He had been a St Dunstaner since 1944. He worked in the building trade before joining King's Own Yorkshire Light Infantry in 1942. He was serving with them in Italy when wounded by a mine in 1944. After recovering at Stoke Manderville, he came to St Dunstan's Church Stretton for training before his discharge in 1945. In civilian life, he was an assembly worker for nearly 30 years. His interests included tray making, basketwork, swimming and gardening. Our sympathy goes to his widow Lilian, daughters Janet and Alison, son Brian and all other members of the family.

St Dunstan's joins road runners on the way to Newcastle

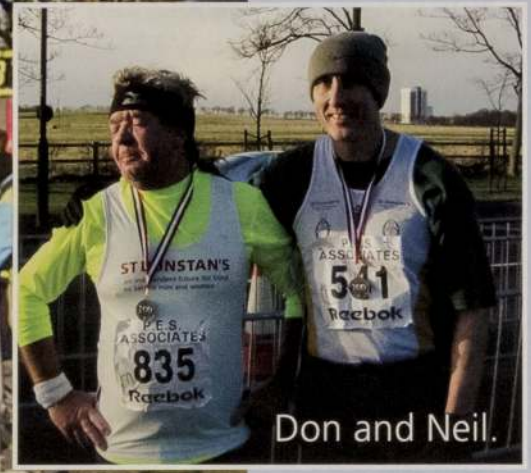
Ready, steady, go!



Paul James after a hearty run!



Brian Burnie and Harry Chalmers.



Don and Neil.



Fireman Eddie, his sister Sam, and Chris with two of the veterans supporting St Dunstan's.

NEWCASTLE FLEW THE flag for St Dunstan's over 13 miles on January 11th. The event was the Morpeth to Newcastle Road Race, celebrating its 100th anniversary. St Dunstan's was chosen as the nominated charity for the race having been nominated by the official sponsor PES Associates. One runner braving the chill morning air was St Dunstaner

Don Planner, accompanied by his sighted guide, Neil. Don completed the course in 2 hours, 34 minutes and 52 seconds - finishing 1,013th. PBK's Paul James was two minutes faster and the 1,010th person over the line.

A number of sighted World War II veterans, also took part, being pushed or escorted by firemen from West Denton Fire Station and soldiers stationed

at Catterick and Newcastle. Before officially starting the race, the Mayor and Mayoress of Castle Morpeth, Derek and Ruth Thompson joined Brian Burnie, Director of PES Associates, in cutting the centenary celebration cake. Brian's colleague, Harry Chalmers, is the son of late St Dunstaner Bob Chalmers who lost his sight as a result of privations suffered in Japanese captivity during World War II.