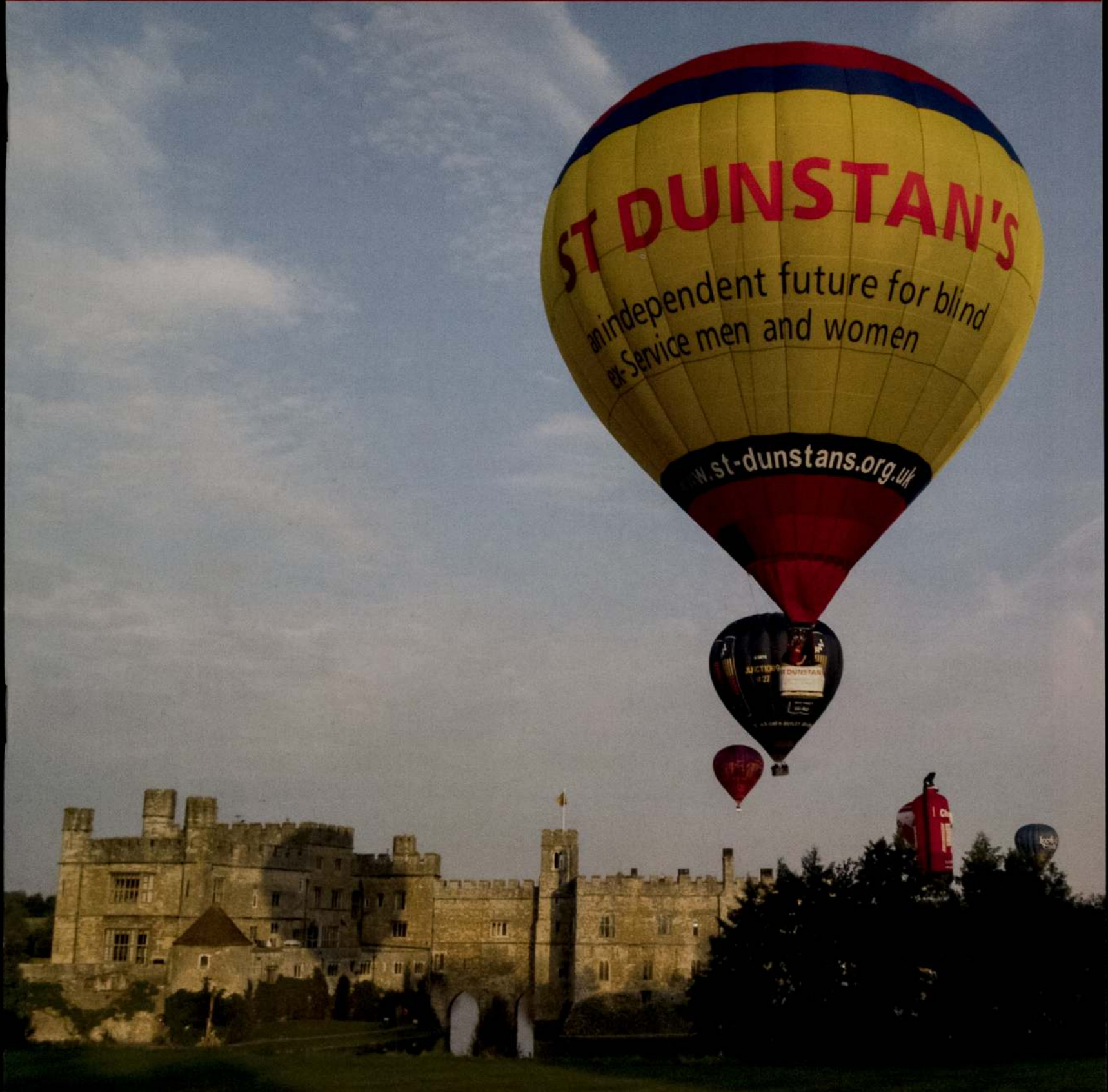


October 2004

www.st-dunstans.org.uk

ST DUNSTAN'S Review



FOR BLIND EX-SERVICE MEN AND WOMEN



Cover story:

A Kent hop for Jamie!

St Dunstaner Jamie Weller, pictured left, added a bit more flying time to his attempt to obtain a pilot's license. He took a short flight over the moat-surrounded Leeds Castle near Maidstone, Kent. Aided by members of the Royal Artillery, he sailed over the towers of the renowned Norman fortress.

Take off and landing on page nine.

Back to the bridge! Sunnier than here!

Ray Sheriff jumped back into Holland to mark the 60th Anniversary of the Battle of Arnhem. **Turn to back page.**

Ralph Vernon found it sunnier going south, but the Antarctic was no tropical paradise. **Details on page 16.**

Plus Noticeboard, Balancing the Books, Ten Questions, Letters to the Editor, Pendleton's Pantry and more!!!

insight

The fifth 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. It features details of this year's Christmas card selection and other items.



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The Review is also available in braille, on MP3CD, on audio cassette, floppy disk and via e-mail.

From the Chairman



Captain Michael Gordon-Lennox with St Dunstaners Marjorie Scott and Eve Lucas after the Band of the Royal Marines had performed at Ovingdean.

ST DUNSTAN'S IS currently flying high on two counts!

Recently elected Trustee Jamie Weller is hoping to fulfil his 'Blind Ambition' by piloting a hot air balloon over London. Understandably, he is at the mercy of the weather and we wish him the best of luck.

October 14th is World Sight Day. To mark the occasion St Dunstan's has been given "Flight for Sight" - an annual event funded and run by British Airways London Eye in support of sight and blind charities.

St Dunstan's will host an evening reception for St Dunstaners, friends, donors and benefactors followed by a night time flight on the Eye. We are also inviting all the UK sight charities, both big and small, to join us publicly to mark World Sight Day. We owe British Airways a big vote of gratitude.

Captain Michael Gordon-Lennox, RN

**ST DUNSTAN'S
Calendar**

Writers' Forum	Oct 2nd
Indoor Bowling	Oct 4th
Computer Club (II)	Oct 6th-7th
Amateur Radio	Oct 8th-15th
Indoor Bowling	Oct 11th
World Sight Day	Oct 14th
Widows' Week (III)	Oct 18th-25th
Bowling Club(II)	Oct 28th-Nov 11th
Writers' Forum	Nov 7th(tbc)
Remembrance Sunday	Nov 14th
Indoor Bowling	Nov 19th
Indoor Bowling	Nov 22nd
Writers' Forum	Dec 4th
Christmas Week	Dec 19th-30th
New Year Week	Dec 30th- Jan 8th

2005

Indoor Bowling	Jan 10th
Indoor Bowling	Jan 14th
Skiing (Italy)	Jan 15th-22nd
Amateur Radio (I)	Jan 16th-22nd
Indoor Bowling	Jan 17th
Indoor Bowling	Jan 21st
Indoor Bowling	Jan 28th
Archery Club (I)	Jan 28th-Feb 6th
Writers' Forum	Feb 5th
Indoor Bowling	Feb 16th
Indoor Bowling	Feb 18th
Music 'Week'	Feb 20th-25th
Indoor Bowling	Feb 25th
Bowling (I)	Feb 25th-Mar 12th
Writers' Forum	Mar 5th
Indoor Bowling	Mar 7th
Computer Club(I)	Mar 22nd-23rd
Amateur Radio(II)	Mar 24th-31st
Gardening 'Week'	Apr 1st-7th
Brighton Reunion (I)	Apr 6th
Indoor Bowling	Apr 6th
Ex-POW Reunion	Apr 8th-11th
Historical 'Week'	Apr 17th-22nd
Indoor Bowling	Apr 18th
Masons	Apr 22nd-24th
Indoor Bowling	May 9th
Exercise Ironman	May 11th
Handless Reunion	May 11th-17th

ST DUNSTAN'S

an independent future for blind
ex-Service men and women

insight

ST DUNSTAN'S NEWSLETTER • AUTUMN 2004

Back to the "Bridge Too Far"

On September 17th 1944, some ten thousand 'Red Berets' of the Parachute Regiment parachuted onto Ginkel Heath in Arnhem, on a mission to capture the bridge over the Rhine.

One thousand men were killed soon after landing, with a further six thousand taken prisoner. Fewer than half of those who landed made it back to the UK.

St Dunstaner Ray Sheriff served with 3rd Parachute Regiment, 1st Parachute Brigade during the Battle of Arnhem, code name 'Operation Market Garden'. Sixty years later, Ray recollects the events that changed his life forever.

"The weather was ideal for parachuting, glorious sunshine and the desired amount of wind, we were dropping from as low as 500 feet. We experienced very little opposition, initially.

"However, this situation soon changed as we slowly advanced towards the objective which was eight miles away – much too far, giving the German forces more time to react. It soon became obvious that we were heavily out-numbered from all quarters and doomed to fight a losing battle."

Not long after landing, Ray was blinded by a German mortar bomb. Unable to move, he had to rely on his comrades to drag him from the battlefield.



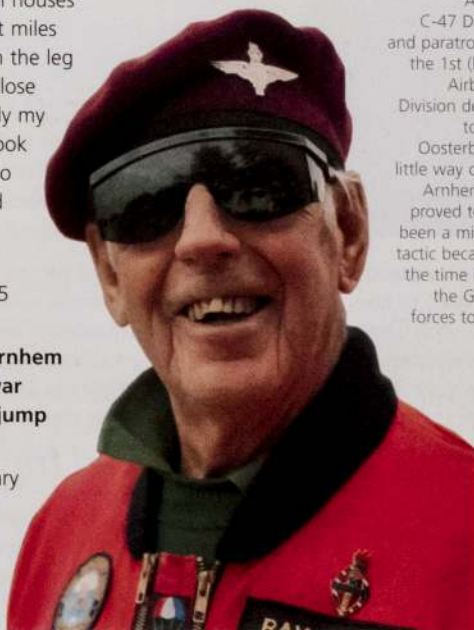
Photo courtesy of the Imperial War Museum, London (BU1162)

"I stayed in the cellars of local Dutch houses until I could get to the hospital eight miles away. On the way there I got shot in the leg by a machine gun and I thought I'd lose my leg as well as my eyesight. Luckily my leg healed, but after the Germans took over the hospital, I was transferred to Stalag 11b, near Hamburg, to spend the rest of the War as a POW."

Soon after the War had ended, Ray returned to the UK and in April 1945 he joined St Dunstan's.

To commemorate the Battle of Arnhem every year, Ray joins ten other war veterans in a tandem parachute jump into the Dutch city.

"This year, being the 60th Anniversary since the Battle of Arnhem, will be my last parachute jump" says Ray, aged 84 – but then again he says this every year!



ABOVE:
C-47 Dakotas and paratroops of the 1st (British) Airborne Division descend towards Oosterbeek, a little way outside Arnhem. This proved to have been a mistaken tactic because of the time it gave the German forces to react.

Order your Christmas cards today! CALL 01736 787 787



MEET THE ST DUNSTANERS MEET THE ST DUNSTANERS MEET THE ST



St Dunstan's Support Worker, Martin (right), with a new trainee.

Giving us all a lift

When Martin Shail was blinded in a car crash 28 years ago, it was a terrifying and traumatising time for him. The information he was given was limited – "I thought I was going to rot in a home for the rest of my life", says Martin. Consequently he understands better than most just how important his role as Support Worker for St Dunstan's new trainees really is.

Martin is the first point of contact for the new St Dunstaners when they arrive at Ovingdean for their Introductory Week. There are usually 10 trainees on the course and Martin will be with them all week to orientate them around the building, help them with their schedules and answer any questions. He doesn't tell them that he is also blind, although he says, "they usually realise when I start banging into things myself!" Despite being unable to get the support he needed when he was blinded, Martin was determined to remain independent and set up his own business building garden

furniture, which he ran for 9 years. It was during this time that he found out about St Dunstan's and made a visit to Ovingdean. After becoming a St Dunstaner he soon decided to move to Brighton and spend more time at the National Centre.

"St Dunstan's transformed me"

For 4 years Martin worked as the lift operator in the building and soon became a well-known character, even featuring in a short film which was shown at the Brighton Festival recently! Martin has been the St Dunstan's Support Worker for 10 months now and says the best part about the job is seeing the change in the new trainees during the course of their Introductory Week. "It's great to know that I'm making a difference to their lives – even if it's simply helping to rebuild their confidence...I really love the job."

D-Day Remembered

On June 6th 1944 the allied troops landed on the Normandy beaches in the largest amphibious assault in history. 60 years on, St Dunstan's remembered all those who lost their lives in the D-Day battles.

Our dramatic 'Rocket Rally' display along the southern coast of England remembered the first embarkation of British troops to Normandy on June 2nd 1944. Spanning from Falmouth to Newhaven, 60 rockets were fired in intervals over the sea, linking all the towns and cities on the south coast that bore witness to the soldiers' departures. As the first rocket was fired an 'eternal flame' was lit in the chapel at St Dunstan's National Centre and blessed by the chaplain in a short personal service to commemorate that day.

On the weekend of June 6th St Dunstaners Fred Bentley and Jerry Lynch travelled to Normandy to take part in the official D-Day commemorative events. Accompanied by their guide, Jock Carnochan, all three were presented with special commemorative medals from the French Government. "The local people were embracing us and thanking us for what we did - it was quite surprising", recalls Jock. During the trip, Jerry found the grave of his commanding officer, Lt George Murdoch Alexander, and was able to pay a personal tribute to his comrade.

"It was a very emotional trip" Jock Carnochan

Thank you to all those who returned the memorial cards that were distributed with our special newsletter 'D-Day Dispatches' at the end of May. We were overwhelmed with the response, receiving nearly 7,000. The cards are to be used in a display of war memories both at our National Centre in Ovingdean and at the Portsmouth D-Day museum later in the year.



View of the rockets launched over Brighton.



The Mayor of Brighton & Hove lights the eternal flame with St Dunstaner Fred Bentley.

Dick Lake – at the 'centre' of Ovingdean's success



St Dunstan's National Centre in Ovingdean, near Brighton, was built in 1938 as a 'hostel' and training centre for the hundreds of men and women blinded during the First World War. Today, the National Centre is as important as it was then. Ovingdean Manager, Dick Lake explains why:

"New St Dunstaners visit the National Centre for an 'Introductory Week', where they are assessed by Rehabilitation Officers to determine what training and equipment will assist them and are also introduced to the Charity's history and ethos. During the week they will be given a taster into some of the activities that are still available to them despite their sight loss like arts and crafts, swimming, archery, bowls, and for the more intrepid, even a trip in our new Rigid Inflatable Boat (sea state permitting!)."

"For St Dunstaners who have recently lost their sight, it is important that they realise sight isn't imperative to continue living independently. Meeting and talking with fellow St Dunstaners Ray Hazan and Support Worker Martin Shail during the Introductory Week and discovering how much they've achieved, despite their sight loss, is always a stimulating and encouraging experience that really boosts their confidence."

"The Centre is also a respite and holiday home for St Dunstaners, which can also give their long-term carer (usually a spouse) a welcome break. As well as providing temporary care, the Centre is home to 50 permanent residents who can no longer live alone."

New training centre in Sheffield

"St Dunstaners often travel long distances for vital training at Ovingdean (pictured top left). With the ever-increasing numbers, we realise that there is a need for extra facilities that are more suitably located. St Dunstan's is in the process of purchasing a centre in Sheffield (pictured right), once home to the Guide Dogs for the Blind Association. The Sheffield building will be used solely as a residential training centre that will meet the growing demand for those services in the North."

The centre will be the largest capital expenditure the charity has made since Ovingdean itself was built in the late 1930s. It is the continuing generosity of supporters that gives us the confidence to make this purchase possible.



The training centre in Sheffield.

World Sight Day: Flight for Sight

Thursday 14th October is World Sight Day and to mark the occasion St Dunstan's, working in partnership with VISION 2020: The Right to Sight is the beneficiary of the second Flight for Sight, an annual event founded and run by British Airways London Eye in support of sight charities.

By publicly marking World Sight Day, St Dunstan's, VISION 2020 and representatives of the 38 UK and international sight-related charities hope to draw attention to the fact that 80 per cent of blindness in the World is curable or preventable. In addition we hope to raise awareness of the issues that the visually impaired community in the UK face on a daily basis.



Photo courtesy of the British Airways London Eye.

FUNDRAISING FUNDRAISING FUNDRAISING FUNDRAISING FUNDRAIS

With sponsored swims and walks, coffee mornings, parachute jumps and marathons – everyone's been busy raising funds and having fun for St Dunstan's!

'St Dunstan's Jaunt' saw Ft. Off. Barry Lloyd and Ft. Sgt. Jim Blackwood complete a 92-mile sponsored cycle ride raising £777.

There was a melodious fundraiser involving 11 teachers from Cranleigh all learning a new musical instrument, and taking the Grade 1 examination. Congratulations for raising £1,000 and passing Grade 1 with merits and distinctions!

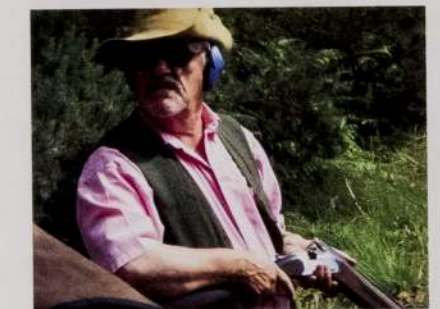
Thank you to everyone who has taken part in a fundraising event – don't forget to tell us your future fundraising plans so we can support you and maybe feature you in the next newsletter!

To get involved, or to request a fundraising kit, contact Clare on 020 7616 7966 or email fundraising@st-dunstans.org.uk.



Top Guns at Bisley

Another great day was had at St Dunstan's 3rd Annual Clay Pigeon Shoot at Bisley – perfect weather and fierce competition!



Film and TV star, Bernard Cribbins, at Bisley

Bernard Cribbins and his 'guns' won Top Team, Clare Furnival took the Top Lady award, and Top Gun, on the toss of a coin, went to Duggie Vine.

St Dunstaner Colin Best teamed up with staff from QinetiQ, the research and development agency, to show them first-hand how to shoot without sight.

QinetiQ are assisting St Dunstan's in the design and development of technology enabling the blind and visually impaired to shoot unaided.

Cape to Cape Challenge

Congratulations to Sgt. Paul Lewis and team who competed in the 2004 Cape to Cape endurance rally in June raising funds for St Dunstan's, SSAFA and the Gurkha Trust.

Driving from Nordkapp in Norway, to Cape Tarifa, Spain, the aim was to arrive in the quickest time – without speeding! Finishing in 60hrs 51mins, the team came a respectable third, and won the Military and 4 x 4 sections.

Well done!



Sgt. Paul Lewis completed the 2004 endurance rally

Back to School...

Last year St Dunstan's visited over 130 schools, with over 8,000 students and teachers benefiting from the History or Citizenship presentations which are delivered by St Dunstaners, and are designed to fit into the National Curriculum.

"As teachers, we are always looking for ways in which to bring lessons to life for students and provide them with a context upon which to base their understanding. St Dunstan's is providing an invaluable resource – the oral history of people who went through life changing experiences." – David Salmon, Deputy Head of Ratton School.

St Dunstan's is currently rebooking school visits for the forthcoming autumn term.

If your school would like further information on the St Dunstan's Educational Programme, please contact us on 020 7616 7965 or e-mail schools@st-dunstans.org.uk.

Ovingdean in bloom

The inner garden at St Dunstan's National Centre has undergone a fantastic transformation! Work began on the project last year, which was funded by the generous support of individuals, organisations and a number of Trusts. The new garden was officially opened in May by TV star Bernard Cribbins, who visited the centre to meet some of the St Dunstaners who helped design it.



Planted with aromatic plants and brightly coloured flowers, the new garden has wide walkways, handrails and raised flowerbeds making it easier for St Dunstaners to navigate and to work with the plants. Already full of life, it has even seen the birth of a hatch of pied wagtails that nested in one of the hanging baskets!

"We decided on the pergola as the ideal way to break up the large lawn, which will help St Dunstaners to orientate themselves, while the climbers covering it will provide shade in summer", says Eric Sayce, St Dunstaner and member of the team behind the garden.

"The garden is already being enjoyed by residents, trainees and visitors alike."

WANTED: London Marathon Runners!

The deadline for public ballot entries for next year's London Marathon is October 22nd and with places always oversubscribed it pays to get them in soon!

For information on how to join the St Dunstan's team on Sunday 17th April 2005, call Clare in the Fundraising Department on 020 7616 7966 or email marathon@st-dunstans.org.uk.

Congratulations to all the runners that battled it out against the wind and rain to finish the 2004 London Marathon, and then enjoyed a well-deserved glass of champagne in celebration onboard HMS Belfast. 21 runners completed the 26.2-mile challenge, including St Dunstaner Don Planner, who finished his 15th marathon accompanied by his guide. Joseph Hill ran in memory of his close family friend and St Dunstaner Victor Hamling, who passed away shortly before the marathon. Joseph raised £1,720 bringing the total to £27,000 raised from Marathon runners and supporters. Thank you for all your support and hard work!



St Dunstan's Christmas 2004



SD02: Two Geese in Lane
10 cards & envelopes
Size: 121mm x 171mm
(4.75" x 6.75")
Price: £3.25

SD11: St Dunstan's Craft Workshop
10 cards & envelopes (5 each of 2 designs)
Size: 121mm x 171mm
(4.75" x 6.75") Price: £3.50

Designed
by St
Dunstaners



SD03: Gift Wrap
8 sheets with tags
Price: £3.25



Decorated
with festive
glitter!

SD06: The Pillar Box
Features cut-out pillar box
10 cards & envelopes
Size: 60mm x 179mm
(3" x 7") Price: £3.00



SD01: Dove of Peace
Features cut-out dove
10 cards & envelopes
Size: 121mm x 121mm
(4.75" x 4.75")
Price: £3.25



SD04: Musical Angels
10 cards & envelopes
Size: 121mm x 121mm
(4.75" x 4.75") Price: £3.00



SD07: Winter Friends
10 cards & envelopes
Size: 121mm x 121mm
(4.75" x 4.75")
Price: £3.00



**SD09: The Twelve Days
of Christmas**
10 cards & envelopes
Size: 159mm x 159mm
(6.25" x 6.25")
Price: £3.50



SD08: Approaching Bethlehem
10 cards & envelopes
Size: 83mm x 165mm
(3.15" x 6.5")
Price: £3.00

SD10: Twin pack – Season's Greetings
10 cards & envelopes (5 each of 2 designs)
Size: 121mm x 121mm (4.75" x 4.75")
Price: £3.25



SD05: The Nativity
10 cards & envelopes
Size: 121mm x 171mm
(4.75" x 6.75")
Price: £3.25



SD13: Exotic flowers notecards
10 cards & envelopes
(5 each of 2 designs)
Size: 105mm x 147mm
(4.15" x 5.8")
Price: £2.95



SD14: St Dunstan's 2005 Diary
Size: 82mm x 166mm
(3.2" x 6.5")
Price: £4.50



**SD12: Poppy & Tulip
wallet notecards**
10 cards & envelopes
(5 each of 2 designs)
Size: 121mm x 121mm
(4.75" x 6.75") Price: £3.95

Presented
in a
gift box

Card Greeting:

All of our Christmas cards carry our charity logo and the greeting
"With every good wish for Christmas and the New Year"

Christmas card order form

5 • AUTUMN 2004

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Name: _____
Address: _____
Postcode: _____ (FDA03M)

Please return this order form along with your payment to our mailing house:
Cape-ability Ltd.
St Dunstan's, Unit 1B, Trewellard Industrial Estate, Pendeen, Penzance TR19 7TF
(Remember this is a different address from the pre-paid envelope enclosed)
T: 01736 787 787

Code	Description	No. of Packs	Cost per pack	Total £
SD01	Dove of peace		£3.25	
SD02	Two Geese in Lane		£3.25	
SD03	Gift Wrap		£3.25	
SD04	Musical Angels		£3.00	
SD05	The Nativity		£3.25	
SD06	The Pillar Box		£3.00	
SD07	Winter Friends		£3.00	
SD08	Approaching Bethlehem		£3.00	
SD09	The Twelve Days of Christmas		£3.50	
SD10	Twin pack – Season's Greetings		£3.25	
SD11	St Dunstan's Craft Workshop		£3.50	
SD12	Poppy & Tulip wallet notecards		£3.95	
SD13	Exotic flowers notecards		£2.95	
SD14	St Dunstan's 2005 Diary		£4.50	
Postage & packaging:				Total cost of cards
1-3 items: £1.75	4-6 items: £2.75			Postage & packaging
7-10 items: £3.75	11-25 items: £4.75			Donation
over 25 items: FREE OF CHARGE				TOTAL ENCLOSED

Please make your cheques payable to **St Dunstan's** and write your name and address on the reverse

OR please debit my credit/debit card

Visa Mastercard Switch Amex CAF Credit Card

Card No: _____ *Switch only*

Switch issue number _____ Valid from _____ Expiry Date _____

Signature _____ Date _____

giftaid it Make your gift worth 28% more with Gift Aid

I am a UK taxpayer* and I wish St Dunstan's to reclaim tax, at no extra cost to myself, on all donations I have made since 6th April 2000 and all future donations I make hereafter. If my status as a taxpayer changes I will inform St Dunstan's.

*To qualify for Gift Aid you must pay income tax or capital gains tax at least equal to the amount St Dunstan's claims on your donations in the tax year – currently 28p for every £1 you give.

Signature _____
Date _____

BLIND AMBITION BLIND AMBITION BLIND AMBITION BLIND AMBITION BLIND

BLIND AMBITION TAKEN TO NEW HEIGHTS

St Dunstaner Jamie Weller took to the skies to launch his **Blind Ambition**, in August's Bristol International Balloon Fiesta this year.



Jamie will attempt to become the first blind pilot to cross London in a hot air balloon. This challenge, which has never before been attempted, will be the first in a series of events which will assist Jamie in working towards his ultimate ambition – to attain his Private Pilot Licence.

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



A powerful drive to succeed

Earlier in the year, two-time record holder Mark Threadgold stirred up the Solent at this year's Southampton Boat Show when he took to the helm of a Rigid Inflatable Boat – solo! With two records under his belt, Mark's ambition has always been to drive a boat solo, to demonstrate that boat handling by the disabled is both safe and accessible.

We trust that you continue to enjoy our newsletter about St Dunstan's, St Dunstaners and the efforts of supporters which make our work possible. Although this newsletter is designed purely to be informative, many of you have been moved to make a donation in response. For those of you who wish to make a donation, please use the form below as it helps us save on administration costs.

If you wish to help... Once completed, please return this form in the enclosed pre-paid envelope to **St Dunstan's, Room FDA03, Freepost LON20762, Salisbury SP4 7SL** (Please note, this is a different address to that of the Christmas card order form)

Name: _____
Address: _____
Postcode: _____ (FDA03M)

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I am a UK taxpayer* and I wish St Dunstan's to reclaim tax, at no extra cost to myself, on all donations I have made since 6th April 2000 and all future donations I make hereafter. If my status as a taxpayer changes I will inform St Dunstan's.

*To qualify for Gift Aid you must pay income tax or capital gains tax at least equal to the amount St Dunstan's claims on your donations in the tax year – currently 28p for every £1 you give.

Signature _____ Date _____

I wish to make a donation of £ _____
(If you are a UK Taxpayer, sign and date the Gift aid box on the left, so that St Dunstan's can claim the tax back on your donation)

and enclose a cheque/postal order made payable to **St Dunstan's**
(writing your name and address on the reverse)

OR please debit my credit/debit card

Visa Mastercard Switch Amex CAF Credit Card

Card No: _____ *Switch only*

Switch issue number _____ Valid from _____ Expiry Date _____
If applicable

Tick here if you do not wish to receive an acknowledgement of your gift
 This donation is in support of Jamie Weller's blind ambition
 Please send me future newsletters by email _____
(email address)

We would like to contact you to keep you informed about the important work that we do, and to advise you of the different ways in which you can help St Dunstan's. Please contact us on 01980 592 935 if you would prefer not to receive this information.

Please send me more information about: Setting up a Direct Debit® (or call 01980 592 935) Leaving a legacy to St Dunstan's in your will
Please be assured that your details will **not** be passed to other organisations.

A Lasting Gift

In 2003 we had our largest intake of St Dunstaners since the end of WWII and the numbers of people who need our help are growing steadily year by year. That is why your continued generosity is particularly appreciated and why it is so vital in helping us to plan for the future.

Making or changing a will to include St Dunstan's is one of the most lasting gifts you can make. They are also exempt from Inheritance Tax and Capital Gains Tax. However, it may come as a surprise that although 70% of people give to charity during their lifetime, only 4% give to charity in their wills (Legacy Promotion Campaign).

For St Dunstan's, legacies are an invaluable source of funds, accounting for almost 64% of St Dunstan's voluntary income (an increase of 3% from the previous year).

There are two types of legacies you can leave: a fixed sum or a share of the residue of an estate.

If you would like further information about leaving a legacy to St Dunstan's, please call our Legacies Administrator in confidence on 020 7616 7932.

What's in a name?

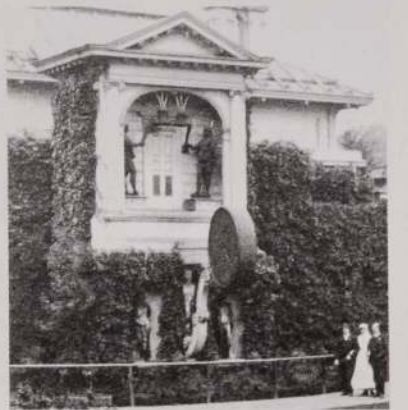
Contrary to popular belief, Saint Dunstan is not the patron saint of the blind, it is Saint Odilia. Saint Dunstan is actually the patron saint of jewellers, goldsmiths and locksmiths. In fact, the origin of our organisation's name can be traced to a grand clock that once stood in London's Regent's Park.

When Arthur Pearson set up an organisation in 1915 for the rehabilitation of men blinded in the First World War, he acquired the use of a property in Regent's Park to use as a 'Hostel for Blinded Soldiers and Sailors'.

If you have any questions or would like to know any more about our history please contact the Archive Department on 020 7723 5021 or at archives@st-dunstans.org.uk

The house, called St Dunstan's Lodge, was named after the clock standing in its grounds, which had been purchased in the 1830s from the church of St-Dunstan-in-the-West in Fleet Street. Consequently the occupants were referred to as the 'men of St Dunstan's' and later, St Dunstaners, although it wasn't actually until 1923 that the organisation was officially known as St Dunstan's.

Today the clock can be seen at the Fleet Street church where it originated from and where it was returned to in 1935.



The grand clock in Regent's Park

Celebs on the ball

The St Dunstan's hot air balloon, a harrier jump jet, a 15ft climbing wall, a celebrity football team plus lots of sunshine made Celebrity Soccer Sunday a fun family day out.

With total precision the Black Knights parachute team dropped into the stadium with the match ball, kicking off Celebrity Soccer Sunday, with the 'All-stars' celeb team vs the RAF team. The match had everything you could ask for – lots of goals, a penalty and a 'hat-trick' from celeb captain Alan Halsall (Coronation Street's Tyrone Hobbs). The final score was 6-1 to the All-stars, with Ralph Little and Alan Halsall players of the match.

We hope to see you next year for the re-match!



Coronation Street star Alan Halsall on the ball

On target for 'gold'!

St Dunstaner Nigel Whiteley was medically discharged from the Royal Navy, after contracting a tropical virus that affected his cardiac and circulatory systems, leading to severe loss of vision. He was a Chief Petty Officer Medical Assistant in the Royal Navy for 25 years, before coming to St Dunstan's in February 2000.

During his introductory week at St Dunstan's, Nigel was encouraged to try archery.

"I thought they were joking at first. How was I ever to hit the target when I couldn't even read a newspaper!" recalls Nigel.



Since then, he has become a competent archer, receiving several trophies for his performance. Just recently, Nigel received a bronze medal at the International Blind Sports Association European Shoot in France.

Nigel uses a 'tactile sighting aid' similar to a photographic tripod, that lines him up in front of the target. His 'spotter', Colin Dickinson, is often nearby, to tell him where the arrows have entered the target and how to adjust his positioning to shoot 'gold'.

"I thought my world had ended when I lost my sight, now I'm so proud of what I can still achieve," says Nigel, "I owe that all to St Dunstan's."

Becoming a St Dunstaner

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 from St Dunstan's, please call Admissions on 0800 389 7979.

ST DUNSTAN'S

an independent future for blind ex-Service men and women

Patron: Her Majesty The Queen
Charity Registration Number: 216227

St Dunstan's
Room FDA03
Freepost LON20762
SALISBURY
SP4 7SL
Tel: 01980 592 935

Noticeboard

Dates for your diary and useful information



ST DUNSTANERS ART ON SHOW ALL YEAR ROUND

LIMITED EDITION CALENDAR
NOW ON SALE: A team of

St Dunstaners have produced art work for a limited edition 2005 calendar. Each month is illustrated by a montage of handicraft techniques that they utilise daily in the Craft Workshop at Ovingdean. It can be ordered from the Craft Workshop, St Dunstan's Ovingdean, Greenways, Ovingdean, Brighton BN2 7BS. The cost is £8.50 plus £1.50 for P&P. Cheques should be made payable to St Dunstan's.

CRAFT WORKSHOP CLOSED

SHUTTING UP SHOP FOR ONE DAY ONLY:
The Craft Workshop will be closed on Thursday October 21st. This one-day break will allow the Workshop team time to prepare for future activities. They hope it will not cause too much inconvenience for St Dunstaners.

THROW IN WITH THE DARTS CLUB

BLIND DARTS PLAYERS WANTED:
St Dunstaner Bryan Alexander would like to start a Darts Club. It is envisaged that two-day meetings would be held twice a year at Ovingdean. Anyone interested should please contact Bryan on 020 8570 6663.

SHAPE THE FUTURE OF BRAILLE

REPRESENTATIVE WANTED: There is a vacancy on the Braille Authority of the UK (BAUK) for a representative from St Dunstan's. It offers the opportunity to be involved in shaping and formulating the Braille code. Meetings are held once a quarter in London. Travel expenses are covered.

If anybody is interested, could they please contact Ray Hazan at St Dunstan's Headquarters on 020 7723 5021 as soon as possible.

FLIGHT FOR SIGHT

OVERLOOKING THE CAPITAL: October 14th is World Sight Day and to mark the occasion St Dunstan's, working in partnership with Vision 2020 is holding "Flight for Sight" at the British Airways London Eye.

By publicly marking World Sight Day St Dunstan's, Vision 2020 and representatives of the 38 United Kingdom and international sight-related Charities hope to draw attention to the fact that 80 per cent of blindness in the world is curable or preventable. In addition we hope to raise awareness of the issues that the visually impaired community in the United Kingdom face on a daily basis.

We are extremely grateful to the British Airways London Eye for providing us with such a wonderful opportunity.

COMPUTER HELPLINE

PC AND SOFTWARE SUPPORT:
St Dunstan's IT Training department at Ovingdean have changed their telephone support number to 01273 391432. St Dunstaners with any computer software or hardware queries should dial this number and leave a voice message - one of the IT Instructors will get back to you as soon as they can.

HEROES RETURN

HELPING TO MARK THE COURAGE OF BRITAIN'S WARTIME GENERATION: To date the Veterans Agency has fielded 45,000 calls about the Heroes Return scheme, which helps World War II veterans return to the battlefields where they saw active service.

The Heroes Return Scheme is the centrepiece of the Big Lottery Fund's Veterans Reunited Programme through which National Lottery money enables veterans and young people to mark the courage of Britain's wartime generation.

The role of the Veterans Agency in the Heroes Return Scheme has been to take calls, check initial eligibility and transfer information to the Big Lottery Fund, who in turn despatch the information/application packs. Extra resources were recruited in the Veterans Agency and a dedicated team was formed to deal with this work. The Agency is honoured to be able to play a leading role in helping veterans, who gave so much for their country.

The Heroes Return Scheme will continue until December 2005. Any veterans wishing to visit the places of special importance from their war service (be it battlefields or the places that commemorate those who did not return), should contact the Veterans Agency on 0800 169 2277 for information about how to apply for funding. The closing date for applications is March 31st 2005.

CHRISTMAS CARDS CREATED BY ST DUNSTANERS NOW ON SALE



HANDICRAFT CREATIONS
LEAD THIS YEAR'S FESTIVE CARD SELECTION: Last year, they were a limited run produced in-house by St Dunstaners at the Craft Workshop at St Dunstan's Ovingdean. This year, the festive artwork produced by a dozen blind ex-Servicemen and women takes pride of place amongst the Christmas cards and other items being marketed for the organisation. The cards feature a mix of mosaic, montage and painting with 12 images on two cards.

They are being sold in a pack of ten (five of each design) with envelopes. They measure four and three-quarter inches by six and three-quarter inches (121mm x 171mm) for £3.50. The Craft Workshop card is coded SD11.

Postage and packaging is on a sliding scale of 1-3 items £1.75, 4-6 items £2.75, 7-10 items £3.75 and 11-25 items £4.75. Over 25 items and P&P is free of charge.

Other items available are listed in the Fundraising & Communication Directorate's **insight** newsletter that accompanies this issue.

Orders can be made by credit or debit card by telephone on 01736 787 787. Orders can also be placed by writing to Cape-ability Ltd, St Dunstan's, Unit 1B Trewellard Industrial Estate, Pendeen, Penzance TR19 7TF and also online at www.st-dunstans.org.uk. Please make cheques payable to St Dunstan's and write your name and address on the reverse. Final orders will be taken on December 10th. Packs will also be available at Ovingdean and Headquarters.

BRIGHTON CLUB BOWLING

HOME AND AWAY: Brighton Club Indoor Bowling will be playing at home on October 4th and 11th. There will be an away game against Downs on November 19th before the final home game of 2004 on November 22nd.

Indoor bowling will then resume on January 17th with a home match. Any St Dunstaner visiting Ovingdean who wishes to play should contact Iain Millard on 01273 303451. Each match starts at 14:00 (up to May 2005 when outdoor games resume).

CHECK YOUR BLOOD PRESSURE

CUT DOWN HEALTH RISKS: Over 16 million people in the UK are affected by high blood pressure though there may not be any symptoms. The higher your blood pressure, the greater the risk of stroke, heart attack and heart failure. The only way to know if you have high blood pressure is to have it measured. A recent national campaign by The Blood Pressure Association encouraged members of the public to check their blood pressure levels. Consistently raised levels can be treated by making changes to your lifestyle or by taking medication.

Blood pressure measurements are written down as two numbers, one over the other like a fraction. For example, 140/90mmHg. The top number, called the systolic pressure, shows the pressure in arteries when the heart is forcing blood through them. The bottom number, called the diastolic pressure, shows the pressure in arteries when the heart is at rest. The top number can be anywhere from 90 to 240, and the bottom number can be anywhere from 60 to 140. Blood pressure is measured as the height of a mercury column in millimetres of mercury, which is written down as mmHg. Hg is the chemical symbol for mercury. More information can be found on the Blood Pressure Association website at www.bpassoc.org.uk.

D-DAY MESSAGES FROM THE NATION

MEMORIES OF D-DAY AND WWII: As a result of an appeal in the *D-Day Dispatches* magazine sent out in June by the Fundraising & Communications Directorate to St Dunstaners and members of the public, some 7,000 cards were returned. Correspondents were invited to recount their reminiscences of D-Day – where they were and what they were doing?

These cards will be on display in the Ballroom at Ovingdean from 2pm, October 26th to November 19th. Audio versions will be available. Do please go along and have a listen or interesting read!

NEW RECORDED BOOK GUIDE

BOOK CATALOGUE ONLINE: The RNIB can send you a list of newly recorded book titles by e-mail, or it is accessible via their web site (www.rnib.org.uk). Listings are divided into reading formats; braille, tape and talking book (newly recorded digital titles only). Within each of these sections, the titles are split between fiction and non-fiction, and then separated again into subject areas. Either send in a request for the guide by e-mail to cservices@rnib.org.uk or telephone RNIB Customer Services on 08457 626843.

WEBSITE SURVEY

TELL US WHAT YOU THINK: St Dunstan's is conducting a survey of its website users to determine how satisfied they are with the site and its contents. St Dunstan's wants to learn about the information that is useful to you, how easy the site is to use and your suggestions for improving it. Go to www.st-dunstans.org.uk to air your views.

ACT QUICK TO ENTER LONDON RUN

IT'S A CAPITAL RUN: The next Flora London Marathon will be held on April 17th 2005. Any St Dunstaners, Members of the Diana Gubbay Trust, or family member who wishes to enter please contact Andy Alliston in the Sports & Recreation department on 01273 307811. The closing date for all entries is October 22nd 2004.

CINEMAS INTRODUCE CONCESSIONARY CARD

ONE FREE TICKET: The Cinema Exhibitor's Association Card has been introduced nationwide this month. The card is available to anyone who is registered blind, in receipt of Disability Living Allowance, or the holder of a Disabled Person's Rail Card. The Cinema Exhibitor's Association Card entitles the holder to one free ticket for a person accompanying them to the cinema. For further information contact the Card Network on 0151 348 8020 or log on to their website at www.ceacard.co.uk.

STORY CONTEST ENTRIES ARE ON THEIR WAY

FIRST TALES RECEIVED: Initial entries for the **ST DUNSTAN'S Review** story writing competition have been filed for judgement. Each story entered must involve an anniversary of some kind - the who, why, what and where is entirely up to our budding authors.

Full contest rules and details of the winning prizes were published last issue. Typewritten entries, not exceeding 1,500 words, should be sent under a nom-de-plume to the Editor, **ST DUNSTAN'S Review**, 12-14 Harcourt Street, London W1H 4HD by Wednesday, December 1st, 2004.

STAFF CHANGES

JENNIE HAMMOND

Jennie Hammond joined St Dunstan's on September 6th as Welfare Officer for the East Anglia area. "I began my social work career in 1979 as a Social Work Assistant at the local hospital, specialising with geriatric patients and then worked with the terminally ill," she said.



"I have worked in Social Services for London, Essex and Suffolk which involved work with many people who were elderly and suffering from loss or deterioration of sight. In 1997, I was working with retired engineering workers and widows. My role was to enable people to remain independent within their homes, offering practical, financial and emotional support.

"I am married and have four children (aged 34 to 11). My husband works on a local arable farm. We have an ancient ginger cat named 'Gus' and a hamster named 'Punky' due to his wayward fur.

"Our hobbies mainly are swimming, walking and visiting the theatre. I have been known to sing with an amateur drama group although time does not permit this as much these days."

NIKI KOKONOS

Niki Kokonos has been appointed Reunions and War Pensions Coordinator. She joined St Dunstan's in 2003 after nearly eight year's service as a Corporal in the Adjutant Generals Corps. She was stationed in Germany, Bosnia, Cyprus, the Falklands and UK. She completed her time in the Army as a clerk in the MoD. In her spare time, Niki guards the goal playing league hockey.



GARDENS ARE THRIVING

ADVICE FOR GROWING: Gardening is possibly the most popular hobby in this country, and we have a number of St Dunstaners who continue to garden successfully.

St Dunstan's runs a very successful gardening week each year in May, based at Ovingdean, which involves visits to gardens of interest in the surrounding counties and a practical activities day when people can choose options such as taking cuttings, potting on and planting hanging baskets. Since work was carried out in the inner garden at Ovingdean earlier this year, people can now garden all year round using the wheelchair accessible greenhouse and raised beds.

St Dunstaners needing advice on gardening at home might like to contact Thrive, which is a national charity specialising in gardening for older people and those with disabilities. It has over 25 years experience, and provides expert advice on techniques for easier gardening, including specialist tools and accessible garden design. Thrive shares this experience through information packs, advice and their websites. Their main website is www.thrive.org.uk and www.carryongardening.org.uk is their specialist website.

You can contact Thrive by telephone on 0118 985688, or by e-mailing them at info@thrive.org.uk.

You don't have to be a member of Thrive in order to ask them for information, but if you do want to join it costs £25 (which includes a quarterly magazine and six editions of their newsletter). For blind and visually impaired gardeners they produce four issues of *Come Gardening* on tape, in Braille, large print and on disk, and run an annual residential weekend. Thrive is also developing a National Blind Gardeners' Club, which will become a focal point for sharing information and ideas.

RNIB EYE TEST ACTION DAY

OCTOBER 27th: The Royal National Institute of the Blind is to hold an awareness day highlighting the importance of having a regular eye test. This year's campaign will focus on driving and eye tests. Research shows that one in five drivers have undetected eye conditions, which a simple half-hour eye test would diagnose.

DO IT YOURSELF WITH RNIB

VIP DIY: *Do it for Yourself – An Introduction to DIY for people with sight problems* contains helpful hints for blind and partially sighted people who want to do DIY safely and effectively, and gives you pointers on how to organise work space and tools. For details contact RNIB Customer Services on 0845 702 3153 or e-mail cservices@rnib.org.uk.

Greville Malet

We are sad to report the death of Greville Malet on Sunday, September 5th. Greville served with the 10th Royal Hussars. He joined the staff of St Dunstan's in October 1998 and played a major role in administering the Fundraising department.

For the past year, he worked closely with the Chief Executive as Manager of the Secretariat.

He was a figure who was 'larger than life', who dealt in all matters with humour and industry. Many St Dunstaners will have met Greville through his involvement with fundraising projects, speaking engagements, and the Blind Ambition campaigns.

He will be very much missed by all his colleagues and we extend our sincere sympathy to all members of his family.

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.

Summer camp turned Fawcett on to St Dunstan's

I read with interest in the September **Review** of the boys at St Dunstan's Summer Camp now at HMS *Sultan*. I well remember Avis Spurway who had been a VAD with St Dunstan's during the 1914-18 war and had started the summer camps. She eventually became the wife of the vicar of Tichfield close by Lee-on-Solent. Early in 1944 Avis contacted the Commander of HMS *Daedalus* to see if these camps could be re-instated. The answer was "Fawcett, sort this out!"

So it came to pass, the camps started again, first in tents then inside a barracks at Hillhead close to HMS *Daedalus*. For the next three years, Sir Ian Fraser visited the camps and obviously met the organiser. The rest is history – from January 1947 until January 1980 – Commandant Lawrence Fawcett was based at St Dunstan's Ovingdean.

**Elizabeth Fawcett,
Rottingdean, Brighton**

Right names for the game

With reference to Harry Beever's recent feature on appropriate names, the vicar who performed our marriage service was called Rev Coffin. We also have a local GP at a Surgery in Looe called Dr Fagg! I also know there is someone living locally called John Thomas but he wouldn't thank me for broadcasting it!

My maiden surname was Crabb which is probably why I got married at the young age of 19!
Sally Westlake, Cornwall

In similar vein, The **Review's** Simon Rogers used to have a dentist called Payne and recalls another called I. Pulham in St Mary Cray. He also has a cousin who was Victoria Cross.

Were you at Tank HQ?

St Dunstaner Reginald Rhoades of Chichester asks if anyone who served at Division HQ, 9th Army, Div Tank Section would like to get in touch with him. He used to be an instructor. Anyone wishing to write to Reginald can do so care of The Editor, **ST DUNSTAN'S Review**, 12-14 Harcourt Street, London W1H 4HD.

Jamie is still aiming for the top!

ST DUNSTANER JAMIE Weller is still aiming high in his attempt to obtain a pilot's license. On September 10th, he piloted the St Dunstan's balloon in a short hop over the Garden of England. He took off from Leeds Castle in Kent and landed in nearby Bearstead. He flew with three members of the

Black Knight's - the Royal Artillery's Parachute and Ballooning Display team.

Jamie was amazed by the proximity of another balloon flying side-by-side. "They were so close the envelopes were kissing. You could almost reach out and touch the other basket," he said.

Co-pilot Jonathan Dyer feted Jamie's sense of the balloons movement. "He could tell if we were going up or down before I was aware of a change."

Plans for a London crossing have been held up by the weather though it is hoped an attempt will be possible soon.

It strikes me...

with Gog and Magog

Gog feels that ballooning St Dunstaners should be careful when flying in Bristol. A couple of St Dunstan's archers comment on the altitude of balloons from the Bristol Balloon Fiesta. "They were so low that we could shout hello from the back garden. I was thinking that if I had my bow it would make a nice target!" said one.



Magog is reminded of Superman being struck down by kryptonite (created to allow a radio actor to go on holiday). Clive

Jones was on a winning streak with the Archer's raffle, but the pride of Wales's fingers started to burn when he won a school folder with England markings.

Gog hears that a recent D-Day TV documentary proved rather upsetting for one viewer. The outraged individual rang the BBC to complain that the offending programme "showed Hitler in a bad light."

Magog has good news for any armchair Denis Mildens who may be distraught at the prospect of a ban on fox hunting. It seems that a member of St Dunstan's staff has pledged to oppose any change of law. It seems though that when signing the petition a clause about breaking the law and risking a prison sentence went unnoticed.



St Dunstaners go sea speeding in Ad Astra

MORE ST DUNSTANERS have taken to the sea for an adventurous ride in Ad Astra, the charity's record breaking rigid inflatable boat.

Steve Nixon, who was paralysed while serving in the Royal Marines, described the exhilarating experience of going out from Brighton Marina on the 6.5m boat.

"Myself, Louise, small Andy, Mark Beresford and Bill from Security travelled down to the Marina," said Steve. "Wasn't it fitting that an ex-Marine was our driver, by the name of Stan the Man.

"Louise piloted the RIB first and slowly manoeuvred it out of the Harbour. Then suddenly it took off and we were forced to grip tightly. It reached speeds, exceeding 35 knots.

"I would advise any St Dunstaner to test their sea legs out because it is absolutely phenomenal. Participating in fast turns and jumping out of the water. If you would like to engage in this exhilarating activity could you please speak to Louise at the Gym."

Another RIB trip united a pair of St Dunstaners called Griffiths - Bill and John!

Bill from Blackpool, who lost his hands as well as being

Steve 'Hienz' Nixon reports

blinded while a Far East Prisoner of War, said that he enjoyed the experience. "It was a bit difficult getting in, but once I was in it was all right. There were straps to put my feet in and I had no problems keeping balance. There were two helpers and Louise and Mark were driving it. I'd say it's very good for any St Dunstaner who want's to try sailing."

The week after, Ovingdean Manager Dick Lake and Sports and Recreation Supervisor Louise Timms ventured out to sea to take the RIB up the coast to the Southampton Boat Show. Once there, they handed it over to St Dunstaner Mark Threadgold who took the helm for a solo display on September 10th.

"Having set the Blind Speed Record for circumnavigating the Isle of Wight, and going on to break the National Blind Water Speed record last year, my goal has always been to drive the boat alone, to demonstrate that powerboat handling by the disabled is both safe and accessible," says Mark.

Any St Dunstaner interested in taking a spin in Ad Astra should contact Louise Timms at Ovingdean on 01273 307811.

Steve strikes a golden first

A ST DUNSTAN'S archer proved he was a golden shot in June when he became the first visually impaired toxophilist to hit six golds in succession. St Dunstaner Steve Moseley of Bristol, Avon shot a "gold end at 70m."

"It's like putting an arrow in a seven inch dinner plate from seven bus lanes away," is how one pundit described Steve's achievement - and having done that he did it five more times.

Not one to rest on his laurels, Steve was in record breaking form at the Cleve Archers FITA Star Tournament on July 18th. Shooting over distances of 90m, 70m, 50m and 30m, the B4 archer scored 951 points with 138 hits and 15 golds.

News of St Dunstan's Archery Week on page 12.

Tennis Club serve a generous donation



BILL MORAN of the Grimsby Lawn Tennis Club recently presented a cheque for £5,700 to support the work of St Dunstan's. It was accepted by Royal Navy St Dunstaner Ted Pepper of Boston, Lincolnshire who has been speaking about the charity as part of the Service Awareness Team. The members of the Grimsby Lawn Tennis Club raised some £142,500 which was divided amongst 20 charitable and sporting organisations.

Ten questions on...

The subject of Dates and Anniversaries

Quizmaster Harry Beevers has some teasers to put in your diary!

- 1) In which year will St Dunstan's celebrate its centenary anniversary?
- 2) On what date in the year 1957 did broadcaster Richard Dimbleby take part in a television programme about the spaghetti harvest in Switzerland?
- 3) People celebrating their birthday on October 1st are born under which sign of the zodiac?
- 4) Why was February 15th, 1971 known as D-Day in this country?
- 5) Where is January 10th celebrated as Margaret Thatcher Day?
- 6) On what date each year do all racehorses in the southern hemisphere celebrate their birthday?
- 7) Which World War II fighter plane celebrated its 50th birthday in 1986?
- 8) Which sporting event, watched by millions of spectators each year, celebrated its centenary in 2003?
- 9) Which television soap is due to celebrate its 20th anniversary in 2005?
- 10) In January 1998, the BBC celebrated the 70th anniversary of the world's longest-running daily radio programme. Which programme was it?

Answers can be found on page 21.

IT'S A KNOCKOUT!

St Dunstan's Archery Club name their top bowmen (and lady)

The August Archery Week, which ran from the 28th to September 4th, started well with good weather on Saturday. Our first competition shoot was on Sunday when the wind was strong, causing many archers to be blown about and lose accuracy. Fortunately this was not to last, the rest of the week saw glorious sunshine and lots of sun block cream was needed.

A new idea was tried on Thursday in the form of a knockout. The rankings were shot in the morning and the head to head shot in the afternoon. The final two were Steve Moseley, a bowsight archer against Peter Hammond,

a totally blind archer. Steve won by a narrow margin.

Friday was the "Club Championships" day, the first for this archery club. The round shot was a 12 dozen round. In the evening a presentation was held in the Ballroom with a light buffet provided by PBK. Firstly a raffle was drawn where the star prize was a portable DAB/FM radio, which was won by Avril Ottewell. David Poyner, Chairman of the Archery Club made a speech welcoming our Lord Patron and talked about the success of our archers so far this year. He also announced that due to the success of the knockout round, a trophy in

memory of the late Derek Hagger, will be presented for this competition in future.

Ovingdean Manager Dick Lake was Lord Patron and had the task of handing out the trophies, medals and awards for the week's competitions.

Awards were made for the respective shoots throughout the week.

The RUC Pairs Trophy went to Tom Roddy and Noel Colefield.

The Curly Wagstaffe Plate went to Cliff Ford.

The Royal Insurance Trophy was won by Roger Tye.

For the Club Champions Shoot:

B1 category

- 1st Peter Hammond
- 2nd Tony Parkinson
- 3rd Clive Jones

B2 category

- 1st David Poyner
- 2nd Nigel Whitely
- 3rd Terry Ottewell

Bowsight category

- 1st Steve Moseley
- 2nd Tom Roddy
- 3rd Cliff Ford

So the Club Champions for this year are Peter Hammond, David Poyner and Steve Moseley.



Tom Roddy and Noel Colefield scooped the RUC Pairs.



Marjorie won this trophy.

Awards for worst white were presented to St Dunstaners Clive Jones, Norman Perry and Terry Ottewell.

Trophies for best gold were awarded to Tony Parkinson, David Poyner and Tom Roddy.

Clive Jones presented David Poyner with a replica of the John Dere buggy for his efforts in providing the club with a



Dick Lake presents the Royal Insurance Trophy to Roger Tye.

vehicle that can be used to transport equipment from the building to the archery field.

Dick wished the archers who were going to the National Championships every success.

The final Saturday saw a three way shoot with local clubs Ditchling and Newhaven. With no ill effects from the previous evening St Dunstan's won.



The medals kept mounting for Terry Ottewell.

Lindsay at Longmynd.



Longmynd longbows

DAVE AND LINDSAY Poyner took part in an archery shoot at St Dunstan's wartime base on August 13th. Accompanied by a friend, Sheila, they went to the Longmynd, Church Stretton, Shropshire for a four day archery competition known as a Double FITA. "Having erected the tent we explored Church Stretton, a town that Lindsay and I used to visit as children," said David. "Nothing seems to have changed." Lindsay was shooting, so Sheila was spotting for

Dave, a task she had never done before. Each day the archery finished about 14:00, allowing time to explore the surrounding area including the Longmynd itself and Cardingmill Valley. A bout of torrential rain put a dampener on the Monday night hog roast. Dave shot a national record for the first part of the round (and for the full round). It was the first time that Longmynd had a visually impaired archer competing.

Ray and Jean Thomas dig into a 'Time Team' experience!

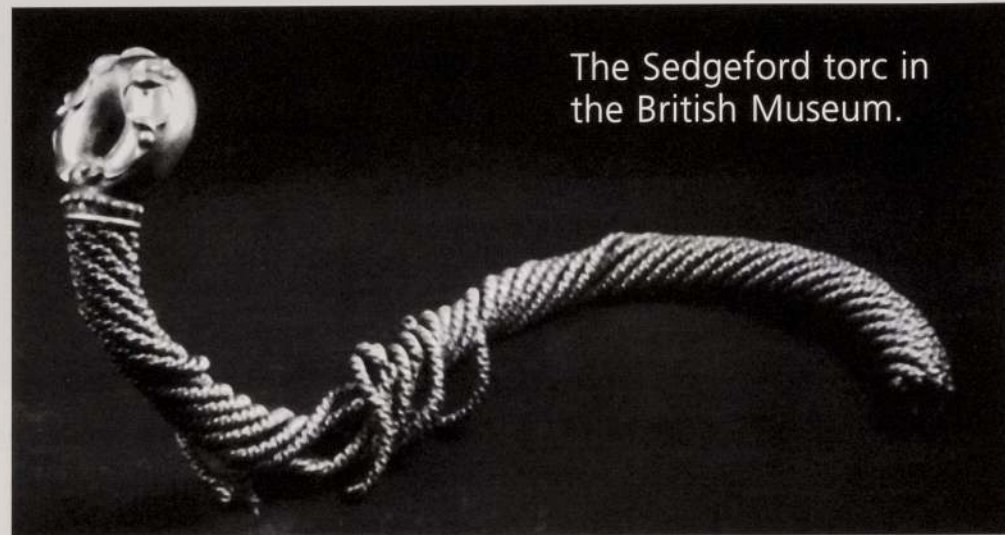
Feeling for the past!

CLOSE TO HUNSTANTON in North Norfolk is the village of Sedgeford. During the 1990's a farmer from the village went on an archaeological holiday to Italy and while talking to the expert guiding them around the ruins, mentioned that on his land in Sedgeford was a Saxon graveyard.

The expert, Dr Neil Faulkner, was so interested that he brought a group of trainee archaeologists to Sedgeford to do a trial dig. This was the start of SHARP, (Sedgeford Historical and Archaeological Research Project) which has just finished its ninth year.

For eight weeks each summer volunteers, both student archaeologists and members of the public, work on the site. Courses are held in various aspects of archaeology, the site is uncovered and excavations extended, field walks in the surrounding areas are done. Each year new and exciting finds are made revealing more about the lives of people who lived here in 700-800AD.

This year, for the first time, a one-day course for people with visual impairment was held during the final week of the dig. On August 15th, three visually impaired people and their



The Sedgeford torc in the British Museum.

carers met with Pat Reid and Peter Taylor who were our tutors for the day. We met in the main marquee which is the dining room, teaching area and social centre. The site also has a campsite, mobile canteen and various portakabins where items are stored or can be worked on. The former village hall is used for record keeping, updating the website, photographing finds etc.

Our day began by hearing a little of the history of the site and then we were given a bag of finds from the excavated area and asked to sort it into types. This was a good tactile experience as there were bits of slate, various types of pottery and stone, animal bones and teeth and oyster shell. (These Saxons obviously had a good diet.)

We were then presented with two trays containing the bones of a recently excavated skeleton.

We were shown how to clean the very fragile bones with a toothbrush to remove the soil. A life-size plastic skeleton was put by the table so that we could compare the shapes of the bones and decide which part of the body they were.

After coffee break we were shown around the dig. The site is on a hillside with woods nearby and a stream at the bottom, which measures about eight paces across and is about waist deep. The area has many freshwater springs and this could be a reason why, with its closeness to the coast, it was chosen as a settlement area.

As this was the last week of the dig for this year, the volunteers were backfilling the graves and recording the last areas to be excavated. At the end of each eight-week season the area is covered with a porous cloth

and then covered in soil and turf. Due to the rise in the number of metal detectors being used by the public, lots of metal items are spread over the site to confuse would be treasure hunters. On the first week of the season everything is uncovered again.

We all wanted to know where the terminal of the Sedgeford torc had been found. In 1965, a torc - a heavy ornate gold necklace - had been found but with one terminal (end clasp) missing. It dates back over 2,000 years. At the start of the 2004 season, during a field walk, the missing terminal was found by Dr Steve Hammond. This terminal has now been reunited with the rest of the torc and is on display in the British Museum.

Last year, while excavating a damp area near the river, an ox bone containing a hoard of gold coins was found. The bone was rushed to the local hospital for x-ray before the coins, called staters, were taken out, recorded and photographed.

As the site was closing down and no other digging was taking place we were allowed onto the main excavation area, given kneeling mats and trowels and taught how to scrape an area and check in the surface layer of spoil for finds. Like all true archaeologists we had to clear up after ourselves leaving our area smooth and putting all our spoil in the bucket. All spoil is checked with a metal detector in case anything has been missed.

On returning to the teaching area after lunch we found that

each couple had been allocated a human skull. We were reminded that the skull had been part of a person and must be treated respectfully. We were shown how to handle the skull to prevent damage and were shown how an archaeologist can get an idea of the sex of the skeleton from the skull. There were five areas of the skull to examine, again another tactile exercise, and then we had to say what sex we thought our skull might have belonged to.

Our skeleton we decided was female, but a very robust female. We were told that most of the skeletons found had been those of tall, well built people and showed that they must have had a good diet and been healthy.

Our final session was on the pottery finds that had been made.

We were shown the differences between Ipswich ware, Thetford ware and Grimstone ware. The pottery took the name of the place where it was made originally and from there the

making of pottery spread to other areas but retained the name.

During the last couple of weeks on the site the first examples of Roman pottery were excavated. One pot contained a recognisable sample of bread. It was explained that to the archaeologist this is more valuable than the torc or the gold coins as this told more about how the people lived and the crops they grew.

At the plenary session we all said how much we had enjoyed the experience and how much we had learned. Pat and Peter, our tutors, said that they had also learned a great deal and enjoyed the day. They were particularly pleased that everyone had been able to join in with the activities they had prepared for us.

We hope that the course will be offered again next year and that more people will have the opportunity to become archaeologists for a day.

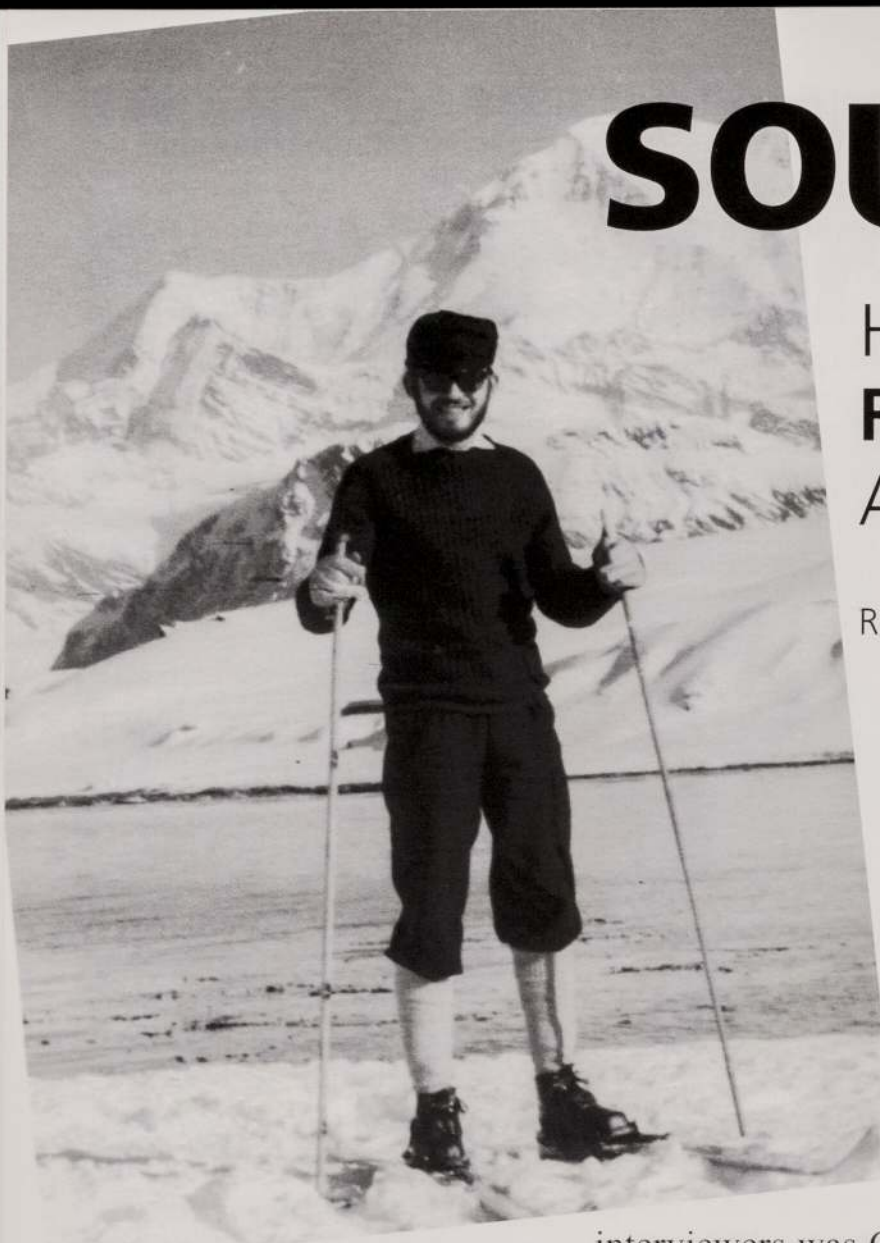
Anyone wanting information about SHARP should visit their website: www.sharp.org.uk



The newly discovered terminal.

SOUTH GEORGIA ON MY MIND

Having spent his RAF days in the deserts of the Middle East, St Dunstaner **Ralph Vernon** explains how he found himself drawn south to join the British Antarctic Survey Team at former whaling station Grytviken Base



Ralph Vernon on skis in South Georgia in 1963.

I was deposited at my hotel and told I would be contacted when there was a ship available that was sailing for the Falklands. So there I was in South America with time on my hands.

After unpacking and showering, I discovered that my electric razor wouldn't fit any of the electrical points. So I made some enquiries and was told that there was a barber shop down the road. Barber shops out there were rather different. They were much bigger affairs. There was an owner who sat in the doorway at the till and inside there would be half a dozen barber's chairs. There would also be people to shine your shoes, shave you and give you a manicure. I went in and was ushered to a chair and indicated that I wanted a shave, which I received.

After my shave I headed to the door and paid my bill. The barber had followed me and I pulled out what I thought was a low value note to give him a tip. The look on his face and the way I thought he was going to kiss my shoes made me realise I had done something wrong. So when I got back to the hotel, I checked through the

currency, which I was not used to. I had given the barber a tip of four shillings and sixpence, which was twice the amount that the actual bill itself came to. I then made enquiries and found out that a good tip in Montevideo was nine old pence. I immediately resolved that I would not be giving any large tips of that size again.

I went back for a shave the next day. As soon as I walked in the door I was spotted by my barber and another one, who thought that it was his turn to give me a shave. An argument broke out between them, resulting in the owner grabbing a sweeping brush and hitting the two fighting barbers over the head to break them up. I was ushered to a third neutral chair for my shave. Needless to say, I only gave him nine old pence as a tip.

The Uruguayans would always proudly tell you that during WWII they delayed the German battleship the *Graf Spee* in Montevideo harbour, to give the British fleet in the Atlantic time to gather outside to engage it. The German Captain, knowing that there was a British fleet waiting for him outside Montevideo, scuttled the *Graf*

Spee out in the estuary of the River Plate. When I was there you could actually see the battleship, she was sunk on a sandbank, but the entire super structure was there for all to see.

Eventually, the *Darwin* arrived in Montevideo. This was a general cargo ship that was the sole contact for the Falkland Islands with the outside world. She made a trip once a month to Montevideo and the islanders had to get everything that they needed through her. It also carried passengers to the islands, as there was no airfield in those days. The only way in and out of Port Stanley was by sea.

We headed out to sea passing the hulk of the *Graf Spee*. The trip to Port Stanley lasted four days, two of which were in a force ten gale. As we sailed into Port Stanley, to the right was the hulk of the SS *Great Britain*, this was the first iron ship ever to be built and she was ditched at Port Stanley and lay there as a wind break just outside the harbour. Since then the SS *Great Britain* has been towed back to Bristol and restored.

Port Stanley, the only town in the Falklands, had a population of about 2,000 people. It consisted of a government house, which was an administration place, a town

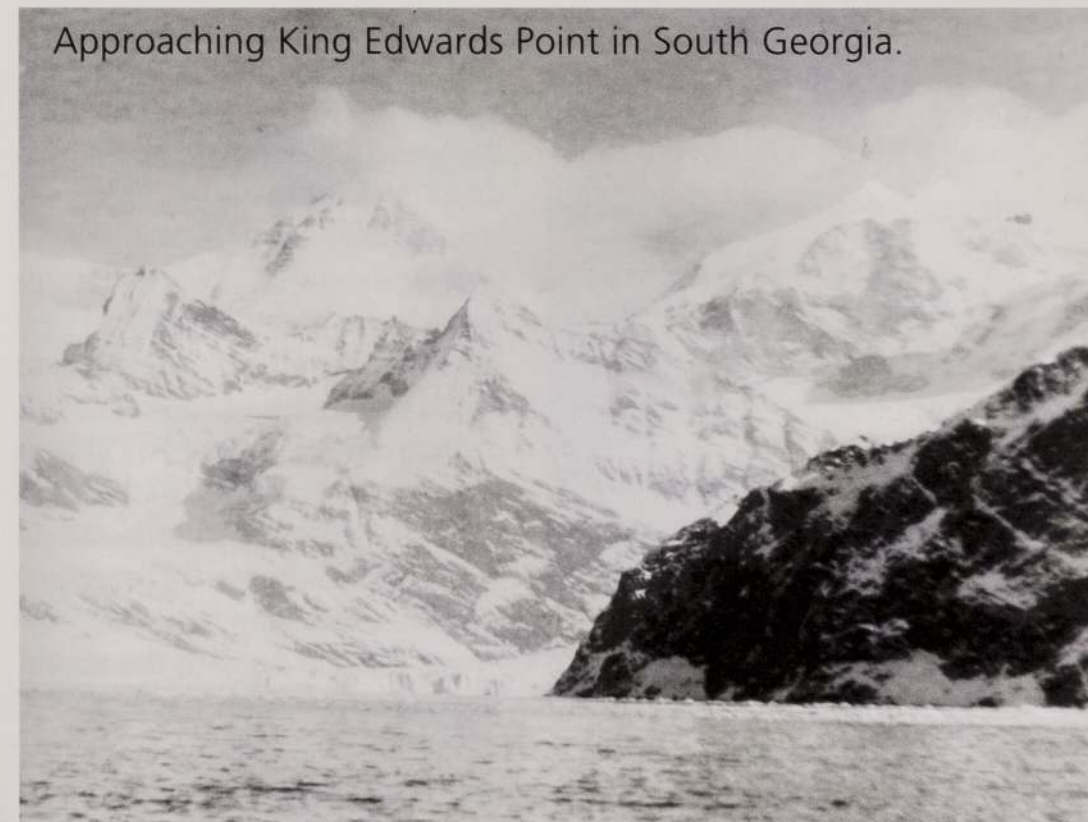
I CAME OUT of the forces in 1960 after spending time on active service in the Middle East. I went back to my old job but couldn't settle down, I was itching to do something a bit more adventurous again! I applied for three posts; one was to go out as a mercenary in the Belgian Congo; one was to emigrate to South Africa; and the third was to go to the Antarctic with the British Antarctic Survey Team.

The first that came up was the British Antarctic Survey Team job. The interview was in London with the Crown Agents who did all the recruiting for overseas posts. One of the

interviewers was Chris Bonnington, the famous climber. They wanted the applicant to be on his way to the Antarctic one-week later. I got the job and had to dash back home to settle all my affairs so I could be ready to fly in seven days.

I returned to the Crown Agents and was told to proceed to London Airport and ask for the duty officer who would give me a sealed package, nothing more. This contained some air tickets; one from London to Paris and then from Paris to Montevideo in Uruguay, where I would await further instructions. I landed at Paris and caught my connection to South America. There was a car waiting at Montevideo and I was driven to the city centre.

Approaching King Edwards Point in South Georgia.



hall, four bars, two guest houses, three shops and the police force, which consisted of four constables. This was more than adequate since crime was unknown. The only law breaking that ever occurred was through drink related offences. The rest of the population was gathered in small settlements or camps.

It was nice to be in a crime free society. None of the houses had locks on the doors, there was no need because nothing was ever stolen.

I had two dislikes of Port Stanley, one was the constant wind which blew off the sea in winter and summer. The other was the fact that nearly every meal consisted of lamb. There are several million sheep out in the Falklands and the wool and meat trade is one of the major earners for the colony. Whilst I was there I stayed at a small hotel come guest house called the Upland Goose. This name became quite famous during the Falklands War. I was in the Uplands Goose talking to someone when he said "Just a minute" and he rushed outside picking up a shotgun. Overhead there was a flight of geese, he



Home sweet home! Ralph's room was the third window from the left.

brought one of the geese down and came back into the hotel saying 'Here's our Sunday lunch'. I must say it did make a nice change from lamb!

The ship I was waiting for was the *Shackleton*. She finally arrived and we set sail for South Georgia, which was four days away. Again we met gale force winds and heavy seas.

When you signed up for the Antarctic Survey Team it was for a contract of two years. But because only two or three ships a year possibly called at South Georgia, they could only guarantee to get you out within a period of six months. So you might be there for two and a half years depending on the availability of a ship.

The British Antarctic Survey Team consisted of 15 people. They were located at King Edwards Point, at the entrance to King Edwards Bay in South Georgia. On the day I arrived a very unpleasant incident occurred. The team threw a party that evening for myself and the Naval Commander who were the new arrivals. During the evening there was plenty of drink available and people were introducing themselves. One of the party, a Scotsman, had a pet dog and apparently later that evening he went down to the jetty with his dog and threw it into the sea. The sea temperature was so cold that the survival rate in the water was approximately three or four minutes. The poor dog never made it back to the shore and was dead within a very

short while. The reason for this was that another member of the team had a young puppy and because everyone was making a fuss of it, the Scotsman grew jealous and angry and went out and killed his dog in a fit of temper. When the dog's body was seen floating in the bay and an autopsy was performed it caused an uproar. This is a good example of what the effects of alcohol and isolation can do.

A standing joke at that time was that you left either as an alcoholic or round the bend, I don't know which category I fell into. Although South Georgia is a very isolated part of the world today, it was even more so in those days.

You were not allowed to leave the base on your own in case you had an accident. Because of the cold, the survival time for anyone injured and unable to move was about four hours. Temperatures of 20 degrees below freezing were not uncommon or even 40, I think the record down there was 60 degrees below. Although it was tremendously cold, the type of cold was different than you get in this country because it was dry, whereas in the UK it is damp and we tend to feel it more. It may seem strange that in a year South Georgia has more hours of sunshine than the UK does.

The base itself at King Edwards Point consisted of half a dozen large wooden huts. The members of the team were allowed to have one bath a week. I won't call it a hot bath, but a

warm one in a few inches of water. This was because of problems heating the water, as you can well imagine. Everyone had a beard, which was not out of vanity but out of necessity, as it kept your face warm!

It was in King Edwards Bay that Henry Shackleton the famous explorer died of pneumonia on board his ship. Many years before, his ship had become trapped in the Antarctic ice and Shackleton and a few of his men rowed 800 miles in an open rowing boat to South Georgia. They landed on the wrong side of the island. He had to cross it on foot to the Norwegian whaling base to get help, so he could go back and rescue his crew.

Today the island does get crossed from time to time with teams using motorised sledges and all the other advancements of modern technology. Shackleton had proceeded alone and on foot without the aid of any maps or charts. Unless you've actually been there you can't imagine what a tremendous feat this really was.

When I arrived on South Georgia in the early 1960's, the island had only just been mapped out properly for the very first time. This was done by Duncan Carse. Back in the 1950's there used to be a 15-minute daily radio serial called *Dick Barton, Special Agent*. This was all about the adventures of Dick Barton and his associates Snowy and Jock. Duncan Carse used to play Dick Barton.

The person in charge of the



Whaling station Grytviken would detect Argentinean forces heading in their direction.

British Antarctic Survey Team and indeed in charge of South Georgia was an ex-Naval Captain. He was known as "The Magistrate" because he had the full powers of one. The second in command was the ex-Naval Commander who I had travelled down with from Montevideo. The rest of the team consisted of Customs Officers, weather forecasters, biologists, electrical engineer, wireless operator and cooks. I fitted into the last category, but we helped each other out. Everyone remembers the Falklands War. In fact the war actually started two miles across the bay from King Edwards Point at Grytviken. This was the old whaling station and it was there that the Argentineans actually put up their flag. The threat from Argentina was nothing new and even in the early 1960's, they would mount an invasion fleet and sail towards the Falklands and then turn back at the last moment.

We used to gather in the wireless

hut and listen to their naval wireless signals. We would try and plot the course and distance, according to the strength of the signals coming from the fleet. In fact, we had a lottery where we would all try and guess the time and date when the Argentineans would arrive and land. Fortunately, when the fleet was three days out of Buenos Aires they headed back to port. I'm glad it's one lottery that nobody on South Georgia ever won!

I have one regret, not being interested in radio. In those days I never paid any attention. Thinking about it now I would love to have known what equipment was being used. The radio played a central part in our lives on South Georgia, in fact it governed everything. If one needed anything at all, you would get the wireless operator to send a signal through to one of the stores at Port Stanley and it would be put on a ship that was stopping off at South Georgia. This might be three times a year. When you left

South Georgia you had to go via Port Stanley to pay your bills. Everything was done on trust and nobody ever broke that trust.

The ship that I left on was Dutch, called the *AEI*. It was riddled with cockroaches. You'd be lying in a bunk and next minute you'd feel them scuttling across your chest. It was not very pleasant. I didn't sleep too well on that journey back to Port Stanley.

From there I finally boarded the *Darwin* and we sailed back to Montevideo where I was to catch a flight back to the UK. I boarded the plane and to my horror, instead of flying north to Brazil, the plane flew south to Buenos Aires in Argentina to refuel. Before we landed, the

Captain of the plane came and told me that because I had a Falkland Islands stamp in my passport, I was on no account to disembark from the plane when we landed. This was because Argentina claimed the Falkland Islands as part of their territory so if someone arrived with a Falkland Islands passport, stamp then they had landed in Argentinean territory illegally.

The plane touched down at Buenos Aires Airport and all the passengers, except me, filed off for refreshments and a meal. At the bottom of the steps there were six Argentinean soldiers armed with rifles, waiting for me to step off and then I would have been arrested. As long as I stayed on the plane I was safe because it was an International

Airport. I had to sit on that plane in the boiling heat for four hours before everybody returned and it took off for Brazil. I have mixed feelings about that particular incident but I'm certainly glad I didn't get to see the inside of an Argentinean jail.

I arrived back in the UK and found that I had got the wandering feeling out of my system and I was able to settle back into a normal routine.

I look back to my time in the South Atlantic as an experience few would know. The beauty of the scenery and to witness nature at close hand is indescribable. You could walk up to animals because, never having seen humans, they were not afraid. Indeed, it was an experience I shall never forget.

PENDLETON'S PANTRY

Blind chef **Stephen Pendleton** puts a little spice into life!

Sausages in a quick and easy spicy Tomato Sauce

This recipe will serve three.

Ingredients:

6 Lincolnshire sausages.

1 clove of garlic.

1 level teaspoon of mixed herbs.

1 tablespoon of Worcestershire Sauce (Wooster Sauce).

1/2 teaspoon of mild chilli powder.

1 tin of chopped tomatoes.

1/2 teaspoon of beef gravy granules.

1 teaspoon of tomato puree.

Salt and pepper to taste.

Method:

Pre-heat your oven to 220C or Gas Mark 7 or

425F. Lightly cover the sausages with olive oil and place in a casserole dish.

In a mixing jug, add the tomatoes, garlic, chilli powder, gravy granules, Worcestershire Sauce, mixed herbs and tomato puree.

Using a hand electric blender, liquidise all these ingredients together, until a smooth sauce is achieved. Add salt and pepper to your own taste and pour the sauce over the sausages.

Cover the dish with tin foil and place in the oven for 45 minutes. Serve with pasta shells.

This dish is great for freezing, so make a big batch up and save some for a rainy day!

Next Month: Apple Flan.

Out to catch the eye!

Harry Beevers examines a few mixed-up signs of the time

I RECENTLY RECEIVED a postcard from one of my friends who was on holiday somewhere in Scotland. The picture on the card was a reproduction of an advertisement he had once spotted in a pork butcher's shop in Coventry many years ago. It featured a pig harnessed to a small trolley-cart in which was a pile of Palethorpe pork sausages. The snappy caption underneath the picture, and one which I imagine would catch the eye of passers-by and potential customers read: "Drawing his own conclusion!"

The card reminded me of a number of notices I have come across and which I am sure would certainly catch the eye of anyone reading them. Some are remarkable because of their bizarre wording and some I suspect are the result of the quirky sense of humour of their authors. Here are some of these notices, advertisements and reports, both intentionally or unintentionally amusing:-

Notice in a hospital – "Patients beware, pickpockets are operating in this hospital."

Advert by Electric Power firm – "Don't let housework kill your wife, use electricity."

Staff vacancy notice outside a pub – "Wanted, inn experienced workers."

Notice in vet's waiting room – "Gone to lunch, back in ten minutes, sit, stay."

Apology in window of clairvoyant's establishment – "Closed temporarily due to unforeseen circumstances."

Letter from Electricity Board to customers – "If you pay your bills on time we will be delighted, if you don't pay your bills you will be de-lighted."

Notice outside computer shop – "Gone for a quick byte."

Notice outside restaurant – "Don't stand outside and feel hungry, come inside and be fed up."

Notice outside opticians – "Eyes tested whilst you wait."

And finally the following are entirely fictitious and intended only for fun:-

Here is an important message from King's Cross Station in London: "Will the passenger who lost eight bottles of whisky please report to the Lost Property Office on Platform 11 where the man who found them has just been handed in."

A Persian cat is reported missing in the Ovingdean area, it has no tail, only one ear and no whiskers, it has a

pronounced limp after being run over by a tandem, answers to the name of Lucky.

The experimental unit of the British Chicken Breeders Association has announced two revolutionary developments. The first is the breeding of an eight-legged chicken which is said to be very tasty if anyone can catch them. The second development is that of the sage and onion bullet which should be ready for Christmas. This will enable the chicken to be shot and stuffed at the same time.

Members of the Pablo Picasso Appreciation Society whose HQ was recently burgled are assisting the police by providing an Identi-kit picture of the wanted man. Police are now looking for a blue-faced man with three eyes and an ear at the back of his head.

Next week, members of the Brighton Gas Board Dramatic Society will give an estimated reading of *Hamlet* and *Macbeth*.

Ten Answers

From page 10.

1) 2015; 2) April 1st; 3) Libra; 4) It marked the introduction of decimal currency; 5) The Falkland Islands; 6) August 1st, and in the northern hemisphere January 1st; 7) Supermarine Spitfire; 8) The Tour de France; 9) *EastEnders*; 10) *The Daily Service*.

TRAVELS WITH A VIP

Jean Thomas recalls the sounds and sensations that she and St Dunstaner husband Ray experienced in Canada!

MY HUSBAND is a VIP. No, not a politician, an actor, nor a pop star, but a visually impaired person. He has diabetic retinopathy, has a little distorted vision and is registered blind. Since developing this condition five years ago he has been determined to travel and experience the world while he still has a little sight.

Experiencing travel and visiting other cultures is so much more than a visual experience. There is the friendship of other travellers; the tastes and flavours of foreign foods; the smells of markets, shops, countryside and towns and of course the sounds, - different accents, street sounds, horns and sirens and street sellers brandishing their wares. There are sounds that will bring back memories of the holiday, bird and animal noises and the sound of a North American train whistle, bringing back memories of every western movie ever seen. There are the silences. The moment when the cable car swings out from the noisy clatter of the machinery and chains at the top of the mountain into total silence. One needs to draw breath for the silence is so complete that

we rarely experience it in the modern world.

During this last five years, we have changed from having European holidays to the wider horizons of the USA, Canada and South Africa. All but one of these recent holidays have been tours (with a company called Archers) as the distances covered and the experiences offered are so much more than one can do oneself. They act as 'tasters' for experiences we may wish to repeat on our own at a later date.

We returned recently from a tour 'Vancouver and the Best of Western Canada'. A wonderful holiday providing many new experiences for both of us.

We had watched a TV programme recently about the building of the Canadian railway and were delighted when the coach stopped at Craigellachie where the last spike was driven into the ground and the east and west routes were joined. It was here that we heard and saw our first of many bald eagles.

As we climbed higher towards the National Parks the scenery became ever more dramatic and at our stops the thunder of the rivers and waterfalls running

fast with the snow melt will be a sound long remembered.

The shouts of "ANIMAL" down the coach and quick but safe stopping to allow better views and photographs of bears, elk, coyote and eagles increased the higher we got.

At Banff we experienced the first of our two cable car rides and the amazing silence and stillness while we were suspended. The cut of the coldness at the top of the mountain, the welcome warmth of the cafe and the delicious flavour of a hot chocolate drink.

At the Columbia ice field we drove in a SnoCoach and walked on a glacier. The glare from the ice meant that everyone wore dark glasses, which are part of my husband's attire whenever we go out.

Our day on the Skeena train was a highlight as we had great views, could listen to the noises of the train and move about talking to others also enjoying the experience.

In Prince Rupert, we flew on a float plane and so my husband completed another of his ambitions. The sensation of take-off and landing on water is so very different - as is being in such a small plane.

The sail down the Inside Passage gave us a day to relax, feel the sensation of sailing and to realise what a vast and scarcely populated country Canada is.

On the drive down to Vancouver Island, we stopped at two delightful towns and got a feeling of small town Canada. At Chemainus the wall paintings are so large that my husband was able to get some idea of what they represented without having them described.

Near the end of our holiday a final highlight was Butchart Gardens. Not only are they a

delight to the senses but so well planned, especially for the disabled visitor with slopes as well as steps and clear signs showing where the slopes are. We stayed on after the coach returned to Victoria and then got public transport back to the hotel.

Now we are home but can re-live our holiday through photographs put onto video tape and played through our large screen TV. This enables my husband, wearing spectacle binoculars, to see a little better, many of the sights he couldn't see first time round.

Talking comes back into the spin

A WASHING MACHINE has been modified by engineering students at an American university to make it more accessible to people with visual impairments by giving it a voice. They took on the task because more and more appliances use push buttons and LEDs rather than old-fashioned rotating programme selectors. The Michigan State University team was asked to develop a prototype that would be accessible to anyone with sight problems.

Using a Whirlpool machine, they built a circuit board to give speech output each time a button was pressed. It is now being tested by a blind couple. Next on the drawing board is the tumble dryer.

Platinum day for Leslie and Ruby

A ST DUNSTANER and his wife have celebrated 70 years of marriage. Leslie and Ruby Butler of Ringwood, Hampshire had their Platinum Wedding Anniversary on September 15th, marking the occasion with a few songs and messages of congratulation from family and friends.

Leslie was 21 when he married Ruby in 1934, six years before he joined the Royal Engineers and became a Warrant Officer, serving in Northern Ireland and Burma. The couple were inundated with floral gifts giving staff at the nursing home where they live a hard task finding somewhere to put them all. We offer our heartiest congratulations to Leslie and Ruby.

BALANCING THE BOOKS

by Ted Bunting

First Among Equals.
Author: Jeffrey Archer
Reader: David Sinclair
Duration: 15 hours, 15 minutes.
Catalogue Number: TB 5375

Four young men enter Parliament in 1964. Eventually each gains distinction and one becomes Prime Minister. Unashamedly fanciful as this work of fiction is, there is, nevertheless, no denying it possesses a definite ring of truth. Certainly it does little to dispel the possibility that altruism is completely unknown to politicians, and that most of them only wish to reach Westminster in order to "get their feet into the trough" as the Beast of Bolsover once put it. One fairly minor character, for instance, sees life as a Member of Parliament as little more than a means of eating and drinking at someone else's expense; whilst of the four major ones only one really deserves to be called "honourable" (and he's not the one to become Prime Minister). Whether motivated by greed, selfishness, ambition or sexual frustration it seems from this story that everyone in politics is prepared to deceive, cheat, and lie to everyone else. Although it is very difficult for us to accept that the people who run our fine country could be so devious and dishonest as this, I sadly fear it may also be true. After all, Lord Archer wouldn't tell an untruth would he?

Rear Admiral finds visit to St Dunstan's is a real eye-opener!

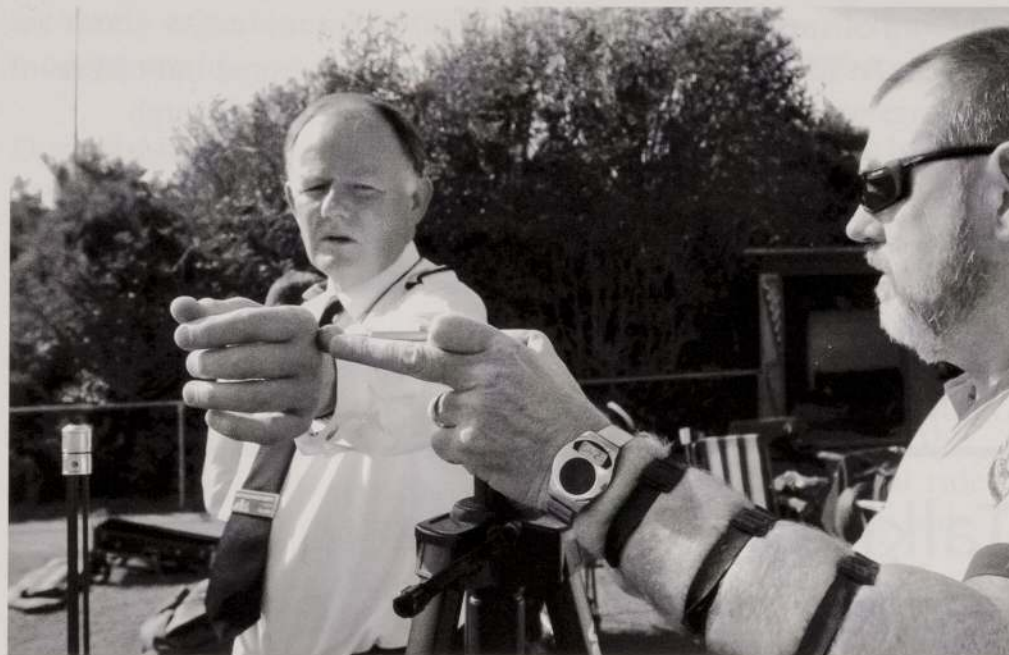
Navy chief gets an insight on life after sight loss

IWOULD NEVER have dreamed it was possible," said Surgeon Rear Admiral Mike Farquharson-Roberts. "If somebody had suggested that archery for blind people was possible I would have thought they were joking. It really is an eye-opener!"

As Medical Director General (Naval), responsible for health care in the Senior Service, he and his deputy, Surgeon Commodore Tim Douglas-Riley and Captain Lynne Gibbon visited St Dunstan's Ovingdean on September 16th to learn about the organisation's approach to restoring independence for blind ex-servicemen and women. They saw demonstrations of nursing care, daily living skills, arts and sports. The trio very gamely tried their hand at acoustic rifle shooting and archery.

The Rear Admiral was shown around the building by a former shipmate, St Dunstaner Nigel Whiteley, a member of the Services Awareness Team.

There was a poignant moment when Commodore Douglas-Riley recalled a former patient from the Falklands War. "I think that I'm the doctor who told Terry Bullingham that he had lost his sight," he said.



Archer Peter Hammond demonstrates the elegance of a tactile sight to Rear Admiral Farquharson-Roberts.



Stan Grimsey spoke of life as a Far East Prisoner of War.



A quick chat with Sapper Bill Hain in the lounge.



Nigel Whiteley explains the old tactile model floor plan.



Norman Perry described his work in the Craft Workshop.

BLIND STUDENTS ROCKET TO THE FINAL FRONTIER!

Blindness is no boundary for teenagers with enquiring minds

ADOZEN BLIND teenagers broke the final frontier when they launched a rocket from NASA's flight facility at Wallops Island, Vancouver on August 20th. The students built electronic circuits for sensors which would measure light, temperature, acceleration and pressure during the rocket's flight.

They were participants in a summer science camp – Rocket On – which offered the opportunity to learn about the history of rocketry, basic rocket physics, electronics, space exploration and astronomy. The course was a collaboration between America's National Federation of the Blind and the National Aeronautics and Space Administration. It is part of an effort to encourage the blind to become involved in the sciences and to develop alternative methods of teaching.

The launch used a half-size Patriot rocket, 10½ feet long and weighing 75lbs. Reaching a height of 4,900ft, it transmitted data which the students analysed at Baltimore's Jernigan Institute before presenting the results at the NASA Goddard Space Flight Centre.

One student, 16-year-old Justin Harford of Chico, California, noted that what impressed him

most about the experience was the amount of respect the students received from everyone, especially from the people at NASA. This was in contrast to how he had been treated at the airport on his way to Baltimore. The airline treated him like a child who needed to be helped, rather than someone who was independent and capable.

Phil Eberspacher, Chief of the Sounding Rockets programme at Wallops Island added "This is a good way to expose students and their parents and the public to the fact that there's no boundary, it's all in your head, there's nothing stopping them. All it takes is your brain and creativity."



A cheer from the group of blind students as they hear that their speeding rocket has cleared the gantry.



Finding days to fit all!

A group of St Dunstaners demonstrate artistic talents for all seasons with this all-year project

AFTER THE SUCCESS of the Christmas cards last year involving all the St Dunstaners in the workshop, we discussed in January the idea of producing a calendar for 2005. The aim was once again to involve all the St Dunstaners who regularly attend the workshop. It was decided that the calendar would be produced to a very high standard, acting as a showcase for the range of work produced and the talent of the St Dunstaners involved.

We began by establishing the subject and format for each month and the medium that would be used. The St Dunstaners were very enthusiastic and eager to participate. Over the months that followed, there was a busier hive of activity within the workshop with St Dunstaners mixing their own projects, whilst also contributing items to the calendar.

We began with February, having just created some fun Valentine cards that were sold at Ovingdean. They proved very popular. It was thought the images, made from all sorts of different materials would lend themselves really well to our calendar and set the tone for following months.



No need to beware the Ides of March this year. Woodwork, mosaic and more made up this Easter egg tree.

With the success of February behind us, we continued onto March with decorated eggs reminiscent of Faberge's extravagant creations. Small and large eggs with beads and buttons were hung on a tree which now adorns the corridor by the swimming pool. We intend to place the other calendar creations there soon.

Different approaches were taken for the remaining months of the year. We felt this would not only make the images look and feel different but more importantly would give the St Dunstaners a chance to try something new. For example, we limited ourselves to using only paper and wood for April's flowers. "Marion's

undersea world" for August focused on using mosaic in all its glory - using bits of plastic as well as tiles. However, one St Dunstaner cheekily said he wanted to model a mermaid. His bluff was called. He was given some clay and, after much protesting that he wasn't creative began sculpting. Marion was born - the staff did suggest a bikini top made of sea shells but this was firmly dismissed!

Other months, for example, "The Sussex Downs" and "The Father Christmas" are collages with each St Dunstaner contributing a small section. In both images the main material used was recycled sandpaper either left plain (as used for the reindeer) or painted (for the Sussex Downs). With a lot of woodwork going on in the department we have a ready supply of textured paper crying out to be used and so was born our tactile collages. The Father Christmas had originally been made as a group project to decorate the corridor at Ovingdean last Christmas and is actually about 10ft long by 5ft high.

Once the St Dunstaners had done their creative bit, it was then time for the workshop staff to do theirs. The pieces of work were all photographed, manipulated and collaged together on the computer to create the final pictures.

As mentioned many of the materials that were used to make the calendar were recycled or donated, for example newspaper, braille



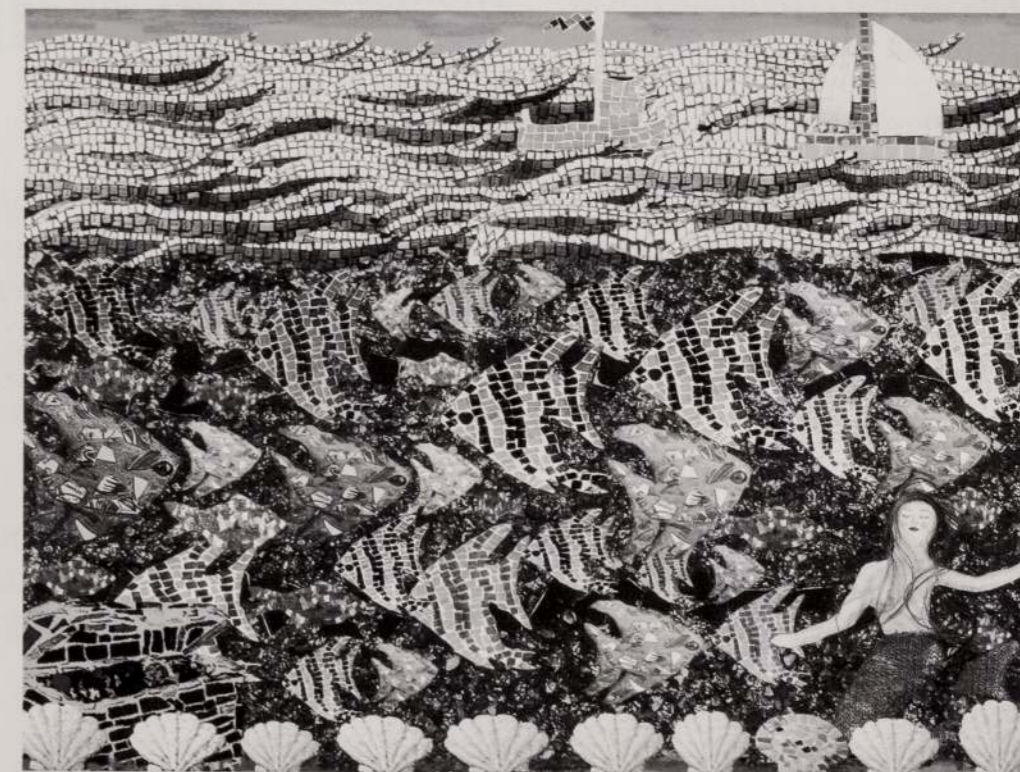
Santa is on his way.

paper and cardboard all being used for papier mâché, beads, sweet papers, polystyrene and sandpaper for collage, knitting wool and material for rug work to name but a few. So to those that have donated many, many thanks. Without a ready supply of bits and bobs it is unlikely that our calendar would have been made. So thank you.

All the St Dunstaners participated with their usual enthusiasm. Many did try techniques that they had not tried before (as in sculpting Marion the Mermaid). Sometimes they enjoyed what

they did and sometimes they decided that it was not for them. For others it was the opportunity to reveal a hidden talent for example painting skills brought to the fore in the construction of some of the backgrounds. Primarily, however because most of the projects were kept fairly small, it simply gave people a chance to try something new.

The craft workshop team (staff and St Dunstaners) are very proud of the calendar which is being published as a limited edition. Details of how to order a copy are on page four.



School's normally break for August. We find Marion the Mermaid set amongst the high tides of the calendar.

Welcome to ST DUNSTAN'S

Eileen Black of Bradford, West Yorkshire served in the Women's Auxiliary Air Force from 1943 to 1945.

The Right Honourable the Lord Coleridge of Ottery St Mary, Devon served in the Coldstream Guards from 1957 to 1977 leaving as a Major.

John Cooper of Hornchurch, Essex served in the Royal Navy from 1942 to 1945.

William Curl of Northampton, Northamptonshire served in the Royal Tank Corps from 1938 to 1946.

Ivy Fowler of Brighton served in the Women's Royal Air Force from 1941 to 1946.

Edgar Gilert of Askern, Doncaster served in the Royal Air Force from 1939 to 1946.

Christopher Gray of Moordown, Bournemouth served in the Royal Tank Regiment from 1939 to 1975, retiring as Major.

Stanley Harpham of Eagle, Lincoln, Lincolnshire served in the Royal Air Force from 1931 to 1963.

Edward Hartley of Rustington, West Sussex served in the Royal Air Force from 1940 to 1945.

Leon Haskey of Upton, Dorset served in the Royal Hampshire Regiment from 1974 to 1983.

Medora Heseltine of Sway, nr Lymington, Hampshire served in the Women's Royal Naval Service during WWII.

Albert Hodges of Leyland, Preston, Lancashire served in the Royal Engineers and the Royal Artillery between 1938 and 1946.

Frank Jameson of Darlington, County Durham served in the Royal Air Force from 1942 to 1947.

Geoffrey Jarratt of Oxford, Oxfordshire served in the Royal Corps of Signals from 1946 to 1948.

Herbert Johnson of Poringland, Norwich, Norfolk served in the Suffolk Regiment from 1931 to 1946.

Thomas Jones of Dalton-in-Furness, Cumbria served as Sergeant in the Royal Artillery from 1942 to 1946.

William Kirkup of Framwellgate, Durham served with the Royal Corps of Signals from 1936 to 1946.

Margaret Luck of Portslade, East Sussex served in the Women's Auxiliary Air Force from 1941 to 1946.

Ralph Phillips of Welshpool, Powys served with the Wiltshire Regiment from 1939 to 1945.

Joy Piercy of Goring-by-Sea, Worthing, West Sussex served in

the Women's Auxiliary Air Force from 1941 to 1946.

Henry Sheridan of Brighton served in the Royal Air Force from 1941 to 1945.

Edward Sherlock, DSM of Kings Lynn, Norfolk joined the Royal Navy in 1932, transferring to the Fleet Air Arm in 1939 before retiring in 1961.

James Slow of Wisbech, Cambridgeshire served in the King's Royal Rifle Corps from 1940 to 1946.

George Spencer of Morecambe, Lancashire served in the Royal Air Force from 1941 to 1946.

Leonard Spendlove of Knowle, Solihull, West Midlands served in the Royal Air Force from 1940 to 1946.

Anthony Vincent of Alfold, Surrey served in the Royal Navy from 1952 to 1974.

Richard Wadey of Hoo, Rochester, Kent served in the Royal Navy from 1929 to 1954.

Roy Waltho of Eaton, near Congleton, Cheshire served in the Royal Air Force from 1941 to 1946.

Alan Watson of Borough Green, Sevenoaks, Kent served in the Royal Air Force from 1941 to 1946.

Thomas Woodruff of

Chorley, Lancashire served with the Royal Air Force from 1948 to 1950.

Edwin Wright of Wombwell, Barnsley, South Yorkshire served in the Royal Signals from 1940 to 1946.

REUNION ROUND-UP

St Dunstaners from the Garden of England met up on September 15th for the first reunion in recent memory. The Kent Reunion was held at Marriott Tudor Park Hotel, Maidstone, Kent and united 16 St Dunstaners and ten widows. Tim Bacon was the member of St Dunstan's Council presiding backed up by St Dunstaner Services Manager Ray Hazan.

FAMILY NEWS

BIRTHS

Congratulations on the birth of:

Leah on June 6th. She is the first great-granddaughter of *William and Constance Faulkner* of Walmley, Sutton Coldfield, West Midlands.

Charlie-Anne on August 24th. She is the granddaughter of "*Billy*" and *Karen Baxter* of Ely, Cambridgeshire.

Oliver Anthony Collins on August 29th. He is the first great-grandchild of *Norman Hodgkinson* of Smethwick, West Midlands.

WEDDINGS

Congratulations to:

Simon and Rebecca Blockley who married at All Saints Parish Church, Loughborough,

COUNTDOWN TO DARKNESS

October 1914 opened with the Battle of Arras during which the French attempted to outflank the German Army. They lost Lens but retained Arras. On October 5th, the Voisin III, a bi-plane, became the first Allied plane to shoot down an enemy aircraft.

The British Expeditionary

Force took Ypres early that month. On October 15th, the German army began a major offensive to regain the town. The Canadian Army arrived in the UK and quickly made their way to Ypres. Over the next four weeks they would hold the line but losing over 5,000 lives in the process.

BRITISH BLIND ATHLETES STRUGGLE IN ATHENS

Several British blind athletes had a disappointing start in the Athens Paralympics. There were high expectations for blind runner Bob Matthews in the 10,000m final, but he came 5th. Matthews was running with Paul Harwood who used

to work with his wife at an Army training camp. He was due to run in the 5,000m later that week. Meanwhile visually impaired Simon Jackson, MBE lost his preliminary judo match. Maxine Ingram was tipped to excel in the sport.

Special events and personal news from members of St Dunstan's Family

Leicestershire on August 21st. Simon is the grandson of *Charles and Peggy Blockley* of Sibley, Loughborough, Leicestershire.

RUBY ANNIVERSARIES

Congratulations to:

Michael and Pearl James of Havant, Hampshire on August 28th.

SPECIAL ANNIVERSARIES

Congratulations to:

Roy and Pauline French of Natal, South Africa who celebrated 65 years of marriage on September 3rd.

Joseph and Amy Harris of Tavistock, Devon who celebrated 67 years of marriage on September 4th.

Leslie and Ruby Butler of Ringwood, Hampshire who celebrated 70 years of marriage on September 15th.

Joseph and May Gregory of Coventry, West Midlands who celebrated 64 years of marriage on September 18th.

ACHIEVEMENTS

Congratulations to:

Iain Millard of Saltdean, Brighton on achieving a B grade in Maths GCSE.

David Stuttard of Biddulph, Staffordshire on passing his Pitman's Word Processing Intermediate exam and his Computer Literacy and Information Technology qualification.

DEATHS

We regret to announce the death of:

Mary Hinton in July. She was the wife of *Edward Hinton* of Wolverhampton, West Midlands.

Winifred Anderson on August 18th. She was the wife of *John Anderson* of Denton, Gtr Manchester.

Philip Culmer on September 5th. He was the husband of *Rita Culmer* of Horsham, West Sussex.

Rachel Cooper of Hastings, East Sussex on August 24th. She was the widow of St Dunstaner *Sidney Cooper*.

Edith Day of Stonnall, Walsall, West Midlands on August 30th. She was the widow of Philip Day.

Betty Mager of Dymock, Gloucestershire on September 9th. She was the widow of *Roy Mager*.

Sarah Bizzell of Tawton, Devon on September 14th. She was the widow of *Edward Bizzell*.

Barbara Armstrong on June 5th. She was the daughter-in-law of Mary Armstrong of Formby, Liverpool, Merseyside and the late St Dunstaner *Patrick Armstrong*.

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.

Joan Styles

Royal Air Force

Joan Styles of Taunton, Somerset died on July 2nd, aged 79. Originally a secretary at Edgehill College, Bideford, she joined the Royal Air Force in 1942. Training at RAF Innsworth, Gloucestershire, she worked in the Records Office and was later posted to RAF Chivenor. Discharged in 1946, she returned to Edgehill College, but rejoined the RAF between 1953 and 1956. After marrying, she left the service to join the Foreign Office. She was predeceased by her husband Albert and son Nigel.

William Gedge

Royal Navy

William Gedge of Camborne, Cornwall died on July 4th, aged 79. He had been a St Dunstaner since 2001. He joined the Royal Navy in 1942, trained at Troon as a telegrapher and served on mine sweepers for the duration of the war. His first ship was HMS *Elfreda*, which he joined in San Francisco for Atlantic convoy duties. He also served in the Pacific and his ship towed part of the Mulberry harbour during the D-Day landings. Discharged in 1946, he became a storeman at Fort Halstead, then a wood machinist, but later worked as a travelling representative for GUS and EMI. A keen pianist, he formed his own band which he led for 20 years. He was also a keen gardener. Our sympathy goes to his sons and daughters and all other members of the family.

Jeffrey Mason

Royal Electrical and Mechanical Engineers
Jeffrey Frederick Mason of Holsworthy Devon died on August 21st, aged 54. He joined the Royal Electrical and Mechanical Engineers in

1971 and served in UK, Germany, Northern Ireland, and Canada. He specialised in electronics and left as Lance Corporal in 1976. Our sympathy goes to his widow Jane, their children and all other members of the family.

Stanley Edgar

Royal Berkshire Regiment

Stanley Edgar of Peacehaven, East Sussex died on August 26th, aged 81. He had been a St Dunstaner since 1947. He was a floorlayer's improver before joining the Royal Berkshire Regiment in 1942. He suffered a gunshot wound during a training exercise and was discharged in 1944. He trained as a telephonist at St Dunstan's and worked in this capacity for several firms until 1969. His interests included music and gardening. Our sympathy goes to his son Christopher, daughter Maureen and all other members of the family.

George Jarrett

Royal Air Force

Herbert Walter Jarrett, known as George, of Eastbourne, East Sussex died on August 31st, aged 94. He joined the Royal Air Force in 1926, serving as an apprentice engineer. After completing his training, he served at various postings. At the start of world War II, he was deployed with 81 Squadron to France as part of the BEF and was subsequently evacuated through Dunkirk. Back in the UK, he was deployed to build gliders before being commissioned in 1942. He joined a Spitfire Squadron in Burma and also served in Aden, India and Singapore. He completed five years as a Staff Officer in the Air Ministry and retired from the service in 1959 as Squadron Leader. In civilian life, he worked for the Inland Revenue. He was a member of the Dunkirk Veterans Association. Our sympathy goes to his widow Ruby and all other members of the family.

Samuel Threlfall

Royal Corps of Signals

Samuel Threlfall of Romiley, Stockport, Cheshire died on August 31st, aged 89. He had

been a St Dunstaner since 1997. After leaving school, he became a trainee dyer in the textile industry but also studied for an HND in chemistry. In 1942, he joined the Royal Corps of Signals and trained as a combat wireless operator. He was posted to North Africa and in October 1942 suffered shrapnel injuries to his right eye whilst in action. Rejoining his unit, he was made Corporal (Acting Sergeant) and fought through the Italian Campaign. Discharged in 1946, he returned to his old firm and eventually became the head of their dyeing department. His interests included caravanning and gardening. Our sympathy goes to his widow Jean, sons Barrington, Ronald, Gordon, David, daughter Sybil and all members of the family.

Kenneth Teale

Royal Army Medical Corps

Kenneth Westerman Teale of Throckley, Newcastle Upon Tyne, Tyne & Wear died on September 2nd, aged 88. He had been a St Dunstaner since 2001. He joined the Pioneer Corps in 1940 serving as a Pay Clerk until 1944 when he transferred to the Royal Army Medical Corps. Discharged in 1946, he became a bus conductor and then a bus driver. His interests included trams, steam engines, vintage transport, Americana, and organ music. He was a member of Blackpool Tram Society. Our sympathy goes to his daughter Carol and all other members of the family.

James Woods

Royal Army Ordnance Corps

James Frederick Woods of Edgware, Middlesex died on September 11th, aged 84. He worked as a packer, assembler and dispatcher for a fire extinguisher manufacturer before joining the Royal Army Ordnance Corps in 1940. He served as Lance Corporal at an armament store in Donnington, Shropshire. Discharged in 1941, he then worked in the maintenance department of a bakery. Later he joined the security department of London Transport. His main interest was music and he was a keen keyboard player. Our sympathy goes to his sons, daughter and all other members of the family.

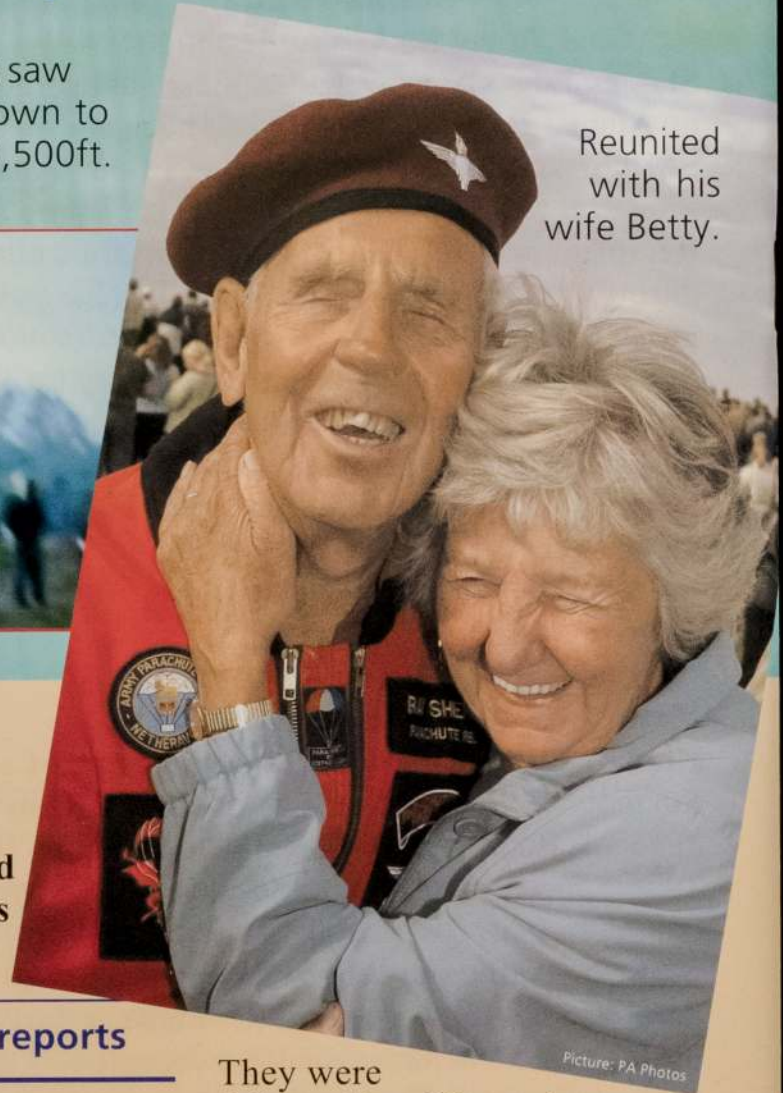
THE FINAL JUMP?

Ray Sheriff parachutes back into Grinkel Heath near Arnhem, 60 years after the bloody battle that blinded him!

Television viewers saw Ray parachute down to Arnhem from 10,500ft.



Reunited with his wife Betty.



Picture: PA Photos

ST DUNSTANER RAY SHERIFF returned to the scene of the battle that blinded him on September 18th - 60 years and one day after the Battle of Arnhem. Ray was one of 11 British veterans who led the commemorative parachute jump. Eight veterans made a tandem jump from 10,500ft, while three made solo jumps from about 3,500ft. Like Ray, the other veterans were among the 16,500 paratroops and 3,500 glider troops who went into Arnhem in 1944. As the

Ray and Dick Kalinski.

Simon Rogers reports

Airborne Division attempted to seize bridges across the Rhine, Ray was blinded by mortar fire and taken prisoner of war. Only 500 men reached the bridge at Arnhem, holding on until they ran out of ammunition.

For this year's jump, Ray was accompanied once more by Tandem Master Dick Kalinski. "I didn't get my foot up quite enough, but no damage at all," said Ray. "It was a very light landing, there again credit to Dick here. It was marvellous, very good. I enjoyed it."

They were followed by 600 serving paratroopers. Thousands of Dutch people turned out for the event, cheering the British veterans and queuing for autographs. The Prince of Wales, who is Colonel-in-Chief of the Parachute Regiment, saluted the men who made a stand at Arnhem in 1944. "My generation has reaped the benefits of their sacrifice," he said.

For sometime Ray, who celebrated his 84th birthday the week after the jump, has said this will be the last one. So was this really the final jump? Only time will tell!



Picture: PA Photos