

November 2005

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ST DUNSTAN'S Review 9



FOR BLIND EX-SERVICE MEN AND WOMEN

Fleet Air Arm hail WW1 veteran

Cover story: St Dunstaner and pioneer of Naval aviation, Henry Allingham, aged 109, was made a member of the Fleet Air Arm Association last month. Membership was bestowed on him by their Patron Admiral Sir Raymond Lygo, KCB. For a full report turn to the back page.

That's a flying start!

St Dunstan's had a strong team in this year's Great South Run. Early finishers gathered by our hot air balloon. Details are on page 14.



Photograph: Tim Pickles

Who is St Dunstan's Spider-Man?

Just who is that man abseiling at dusk on a London landmark? The Spider-Man will be unmasked if you turn to page 11.



Photograph: Simon Rogers

Which way! Physiotherapy is top class job!

St Dunstaner Fred May finds his train ride home a bit more complicated than he anticipated. Go off the rails on page 22.

Mike Tetley still sees a future in Physiotherapy as a career for the blind as he and his fellows meet up. More on p16.

Korean thank you!

A New Zealand St Dunstaner returns to Seoul where he is applauded by the people of South Korea. Full story on page 18.

Plus favourite features such as Noticeboard, Letters to the Editor, Balancing the Books, Pendleton's Pantry and Ten Questions!

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From the Chairman



IN JUST UNDER two weeks, some of us will be standing at the Cenotaph remembering those who gave their lives for their country. It is an opportunity, in this the 90th year of St Dunstan's, to remember all those St Dunstaners who were blinded for their country. Many were pioneers in the rehabilitation of visually handicapped people, most were examples and many were inspirational.

Apart from Remembrance Sunday, our reunion season is now over. We have held twenty-two gatherings over the year, which are an important opportunity for St Dunstaners to meet up with one another. I continue to receive very enthusiastic letters following these popular events. A big 'thank you' to all the Welfare Officers and their assistants and to the Headquarters staff who organised these successful occasions.

Captain Michael Gordon-Lennox, RN

ST DUNSTAN'S Calendar

Bowling (II)	Oct 27th-Nov 9th
Writers' Forum	Nov 5th
Fishing Club	Nov 7th-10th
Remembrance Sunday	Nov 13th
Indoor Bowling	November 18th
Indoor Bowling	November 21st
Writers' Forum	December 3rd
St Dunstan's Day	December 9th
Christmas 'Week'	Dec 18th-28th
New Year 'Week'	Dec 29th-Jan 7th

2006

Indoor Bowling	January 9th
Indoor Bowling	January 13th
Indoor Bowling	January 16th
Archery (1)	Jan 20th-28th
Indoor Bowling	February 3rd
Music Week	Feb 12th-18th
Indoor Bowling	February 15th
Indoor Bowling	February 17th
Computer Club (1)	Feb 22nd-23rd
Indoor Bowling	February 24th
Amateur Radio (1)	Feb 24th-Mar 3rd
History Week	March 5th-11th
Indoor Bowling	March 6th
Bowling (1)	March 19th-April 1st
Indoor Bowling	April 5th

Noticeboard

Dates for your diary and useful information

MEDICINE LABELLING DIRECTIVE NOW IN FORCE

EU RULE ON ACCESSIBLE FORMATS FOR PATIENT INFORMATION: A new directive from the European Union on braille labelling of pharmaceutical products and provision of patient information leaflets in accessible formats came into force on October 30th.

It states that the name of the product must also be expressed in braille on the packaging and that those responsible for marketing shall ensure that the patient information leaflet is made available on request from patients' organisations in formats appropriate for the blind and partially sighted.

The EU directive will cover all pharmaceutical products granted market authorisation from now on with a transition period proposed to allow existing products to comply within five years.

The Royal National Institute of the Blind, which campaigned for the changes, has been advising pharmaceutical and packaging companies on how to meet their legal obligations. They say that many companies in the UK are already trialling braille labelling and discussing ways of delivering accessible patient information leaflet. They are also awaiting guidance from the Medicines and Healthcare Products Regulatory Agency.

ST DUNSTAN'S DAY

IN MEMORY OF SIR ARTHUR: St Dunstan's Day on December 9th will mark 84 years since the death of our founder Sir Arthur Pearson, Bart. It was his determination and inspiration that laid the foundation for the organisation that we know today. After losing his sight, he defied the conventions of the day and encouraged other blind men and women to reclaim productive roles in society.

DEADLINE LOOMS FOR THIS YEAR'S STORY CONTEST

ENTER YOUR STORY NOW: There is just one month left to enter your story for the **ST DUNSTAN'S Review** story writing competition. Each story entered must use a theme of age - the who, why, what and where is up to our budding authors. Full contest rules and details of prizes were published in the August 2005 issue. The competition is open to St Dunstaners, wives, husbands, widows and widowers, beneficiaries of the Diana Gubbay Trust. Only one entry per person is allowed. Typewritten entries, not exceeding 1,500 words, should be sent under a nom-de-plume (seal your real name in an envelope) to the Editor, **ST DUNSTAN'S Review**, 12-14 Harcourt Street, London W1H 4HD by December 1st 2005. The judge's decision will be final.

IS THAT A PUFFIN CROSSING?

NEW TYPE OF ROAD CROSSING: The PUFFIN or Pedestrian User-Friendly INtelligent crossing is a new type of signal crossing that is currently being installed by local authorities when they replace existing pelican crossings or establish new pedestrian crossing points.

Much is familiar about the new crossings, which will often be fitted with spinner cones for blind or VI pedestrians. However, the PUFFIN crossing uses a sensor for pedestrian detection to keep traffic flowing if it does not need to be stopped. If a pedestrian who has pressed the button to cross walks away, the command to stop the traffic will be cancelled. The detectors will also vary the length of the pedestrian period, giving pedestrians the time they need to cross.

The other major difference is the positioning of pedestrian indicators, the red and green men indicating when to cross or not. They are now mounted at pedestrian height with the button control. However, you may find that if the green man indicator is on the left hand pole, the unit on the right will just be a press button control.

PBI SUPPORT FOR ST DUNSTAN'S

PROCEEDS TO ST DUNSTAN'S: In last month's article on *The PBI - Memoirs of an Infantryman* by St Dunstaner Charles Hanaway, we neglected to mention that proceeds from the sale of the book will be donated to St Dunstan's. Priced £10 (plus £1 P&P), copies of the book can be ordered via the **Review** at 12-14 Harcourt Street, London W1H 4HD

STAY IN TOUCH WITH LISTEN AGAIN SERVICE

RADIO PROGRAMMES ONLINE: If you miss your favourite BBC Radio 4 programme, there is still the opportunity to listen to it using the BBC's *Listen Again* page. The website at www.bbc.co.uk/radio4/progs/listenagain.shtml has an alphabetical index with a wide selection of BBC radio programmes that can be accessed online. It is possible to catch up with *In Touch*, the programme dedicated to the UK's blind community, news programmes such as *The Today Programme*, or *Gardeners' Question Time*. *The Archers*, *Empire* and *Woman's Hour* are the most popular downloads. *Desert Island Discs* is unavailable in this fashion for copyright reasons.

Harry Beevers discusses the history of *Desert Island Discs* on page 20.

HELP WITH PROBLEMS

PEER GROUP ASSISTANCE: The St Dunstaners mailing list offers help with any problems to do with being visually impaired, be it frustration with a computer or a problem with day-to-day living. There is usually someone on the list who has the answer. To join the list send a blank e-mail to vi-std-subscribe@topica.com.

Some St Dunstaners using the mailing list have discussed the possibility of setting up a chat-list, with a broader range of subjects, to discuss matters in a more social context. Anyone interested in subscribing to such a list should contact Dave Poyner at webmaster@st-dunstans-archery-club.org.uk to register their interest.

SATISFACTION SURVEY RESULTS

WHAT THE 2005 SURVEY REVEALED:

In 2003, St Dunstan's commissioned a satisfaction survey amongst St Dunstaners and widows. This was repeated in August this year. St Dunstan's needs to know if its services are fulfilling people's needs, in view of increasing numbers, changes in technology, legislation and attitudes.

Clariant Research were commissioned once again to carry out the survey. A total of 233 St Dunstaners and widows chosen at random were telephoned, and spent some 15-20 minutes answering questions. Everyone received a letter with advance warning and the opportunity to decline if they so wished. We are deeply grateful to all those who responded when contacted.

The questions were designed to seek overall satisfaction, or otherwise, with the various aspects of what St Dunstan's offers. Respondents were then asked to say why they were satisfied or not. The overall satisfaction rate across the board was 95 per cent which compared with 94 per cent in the previous survey.

Here are some overall results. Five was the highest possible satisfaction score. Items marked with a dash in the 2003 column had no previous comparison:

	2005	2003
Admissions	4.5	4.5
Welfare Services	4.7	4.8
Grant Services	4.6	4.7
Transport	4.8	4.7
Ovingdean	4.6	4.5
Rehabilitation and Training	4.5	4.5
Ovingdean Introduction Course	4.8	-
Ovingdean Training	4.7	-

Sheffield had not been opened long enough to provide sufficient feedback.

Estates	4.5	4.3
Communications	4.6	-
Over 93 per cent read the Review	4.5	4.5
Reunions	4.7	-
Overall Satisfaction	4.7	4.4

Most comments were one-off remarks. There were two exceptions: seven interviewees were concerned that extra numbers might over extend services.

This is understandable, especially with regard to increased demand on Ovingdean. Sheffield was purchased to take pressure off Ovingdean and a working party is currently studying the situation at Brighton. Overall, the survey results do seem to indicate that the majority of those interviewed are satisfied.

Eight commented on the loss of a 'personal approach', and an increase in red tape.

There are many regulations imposed on nursing and residential homes from outside and we have to conform. There has been an increase in staff, principally in the number of Welfare Officers, Nursing, Care staff and drivers at Ovingdean in order to maintain the quality of our services.

Once again, we extend heartfelt thanks to all those who responded and apologise to those who indicated their willingness, but were not contacted.

EX-POW REUNION

DATE SET FOR 2006: The Ex-POW Reunion will be held at Ovingdean on April 7th-9th. Anyone wishing to attend should contact Tom Hart on 01304 612771.

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.

Church bells ring for Cliff and Irene's Diamond day

My wife and I would like to express our thanks to The Chairman, staff and Council at St Dunstan's for the beautiful flowers and extremely nice thoughts sent to us on the occasion

of our Diamond Wedding Anniversary. We were to be away for the actual date on September 8th, down in Devon. we therefore had a local celebration on the 3rd. During the morning, the

bells of the Parish church at Westbury rang out a Quarter Peal on our behalf has a token of recognition of having at one time been the Tower Captain of a North Oxford Church. In the afternoon, a luncheon party gathered with family and friends joining us. It was a lovely time and a very memorable occasion we which will long be remembered.

Clifford and Irene Gower,
Westbury, Wiltshire

Thank you to our Talking readers

I would like to say how much I appreciate hearing the **Review** being read on to tape by David and Valerie. Thank you both very much. It is good to keep in touch with what everyone is doing. Thank you for giving up your time to do so.

Maureen Noble, Chippenham, Wiltshire

Old 'Dogs' still bark in sunshine of Lanzarote

I used to be a "Dog" for the members who attended the summer camp at both HMS *Daedalus* and *Sultan*. As a member of the Fleet Air Arm ex-Field Gun Association I thoroughly enjoyed the camps but in 2003 Ros and I moved out here to Lanzarote and each year we think back to the great times we all enjoyed.

be of use to you from Mobility Aids through suitable accommodation and entertainment or restaurants that offer something to make your holiday a happy one.

We do not write in any commercial capacity but rather would like to continue helping St Dunstaners in any way that we can by offering advice regarding Lanzarote

to giving any aid required whilst you are staying here including meeting you and returning you to the airport.

We look forward to meeting you and your family out here and can be contacted in the following ways:

Tel and fax: 0034 928 346481
E-mail: joshmorris0511@terra.es

Josh & Ros Morris,
Lanzarote

Beer of the month by Colin Williamson

This month, my suggestion is Hoegaarden White Beer from Belgium, a naturally cloudy bottle conditioned beer with a lovely refreshing taste, hints of orange peel and coriander, best served chilled. Next month, I will try a seasonal brew.

New transporters offer a cooler and comfortable ride

Neil Morgan reports

THIS SUMMER St Dunstan's transport department took delivery of five Volkswagen Transporters to replace the ageing Voyager fleet. These vehicles offer a greater degree of space and comfort to our passengers than the vehicles they replace.

They are air conditioned throughout, have tinted windows and pull up anti-glare screens. A retractable step is also fitted to allow easier access in and out of the vehicle. The transporters have been specially converted for our wheelchair passengers by Gowing's Mobility of Newbury which offer specialist vehicle conversions for disabled travellers.

Wheelchair passengers can



St Dunstaners Geoff Hagger and Gordon Grimsey were given a demonstration of the new vehicles ability to adapt for wheelchair passengers. Linda Ling and Barry Smith of Gowrings were joined by David Vinall and Dick Lake.

now be seated alongside their friends or carers so that normal conversation can take place during journeys.

Seating can also be moved around to allow extra luggage space. Each vehicle is finished in the fleet livery of metallic silver with St Dunstan's livery on the

sides and rear. They also have distinctive number plates starting RX05 SD, concluding with an individual letter, for example RX05 SDZ. Paul Coppard and Paul Sheard of St Dunstan's Procurement department spent many hours working on the specifications for the new vehicles.



Compounding a record

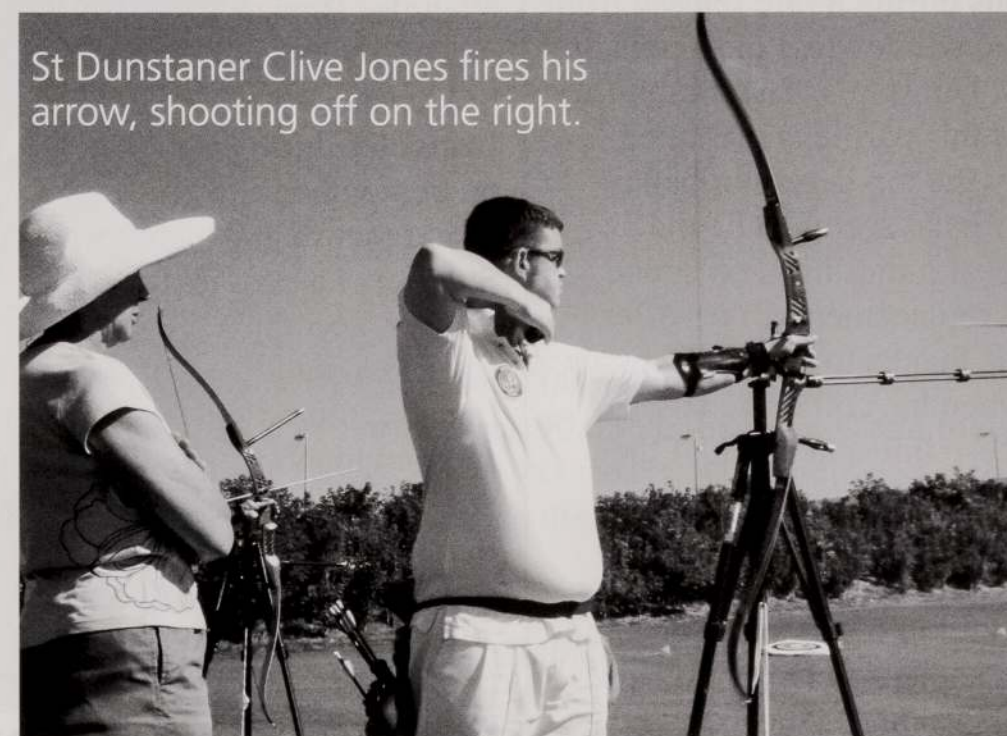
Clive Jones reports on the latest targets of the Archery Club

ON SATURDAY August 27th, St Dunstan's Archers descended on Ovingdean to shoot in the third archery week of 2005.

The week started with a competition against Hellingly, a sighted archery club from Hailsham, East Sussex. Shooting a Burntwood FITA round, the top four handicap scores from both sides make up the team. On this occasion, St Dunstan's won. The team of Terry Ottewell, 1839, Peter Hammond, 1832, Bert Wood, 1778, and Harry Docherty, 1737, achieved victory made up the St Dunstan's team, their total of 7186 giving them a victory with a lead of 32 points. Hellingly



Harry Docherty takes aim.



St Dunstaner Clive Jones fires his arrow, shooting off on the right.

were impressed that Peter Hammond, having only just received his new compound bow the day before, shot some 200 points over the National record for a B1 (Totally Blind) class archer.

The rest of the week consisted of in-house competitions, where everyone shot well, with some good results.

On September 2nd the Archery had its Annual Club Championships, this is where all archers in each category shoot against each other, at the end of the shoot the Club Champions are determined for the year. In the evening, we had our Annual presentation evening, where trophies and awards

were presented, this year by our President, Major Wendy Le Gassick.

The whole evening went very well, with outside clubs joining us with raffles, chat and a fantastic buffet by PBK. Club champions are Steve, Dave and Peter. Steve won the best gold trophy and Bert the worst white.

On Saturday, we shot a three-way shoot against Ditchling and Newhaven, St Dunstan's came a convincing second with a team consisting of Noel, Leslie, Clive and Steve.

All thanks would like to go to the coaches and spotters for another great year, and we all look forward to the indoor shoot in January.

It strikes me...

with Gog and Magog

GOG IS TRAVELLING on a bus during a rare release from the windowless dungeons of St Dunstan's. The tranquillity of this parole is disrupted by the top deck acrobatics of what seems to be the local junior hip-hop squad. A replacement driver offers his thanks to his predecessor, when his colleague advises these fine examples of the youth of today that they have another three stops to travel. They trill and bounce about in tracksuits. Someone as ancient as Gog finds the spectacle of nine-year-old boys with diamond encrusted earrings quite peculiar but is really quite mortified when they depart with the comment "Get a haircut!"

This reminds Magog of a Sergeant St Dunstaner who recounts how he would line up new recruits for inspection. Striding past their ranks, he would take note of those wearing earrings; striding back, he would tear the offending jewellery from each lobe. Ouch! Such decorations, he argued, can be painfully exploited in a fight! Said Sergeant clearly no longer anticipates the need for battle since he is now sporting a little gold ring in a neatly pierced lug. Beware friends and Romans thinks Magog with March in mind.

An archery lesson for Sir Nicholas at Ovingdean

Former Foreign Minister Sir Nicholas Bonsor takes aim guided by David Habgood, St Dunstan's Archery Instructor during his visit on September 8th. Besides trying their hand at archery, Sir Nicholas and Lady Bonsor, accompanied by the Chairman and Mrs Gordon-Lennox, toured the building and had lunch with four St Dunstaners: Norman Perry, Bert Wood, Jessie McNulty, and Stan Grimsey. Sir



Nicholas will be on parade as an escort at the Cenotaph and will be the guest speaker at the lunch afterwards.

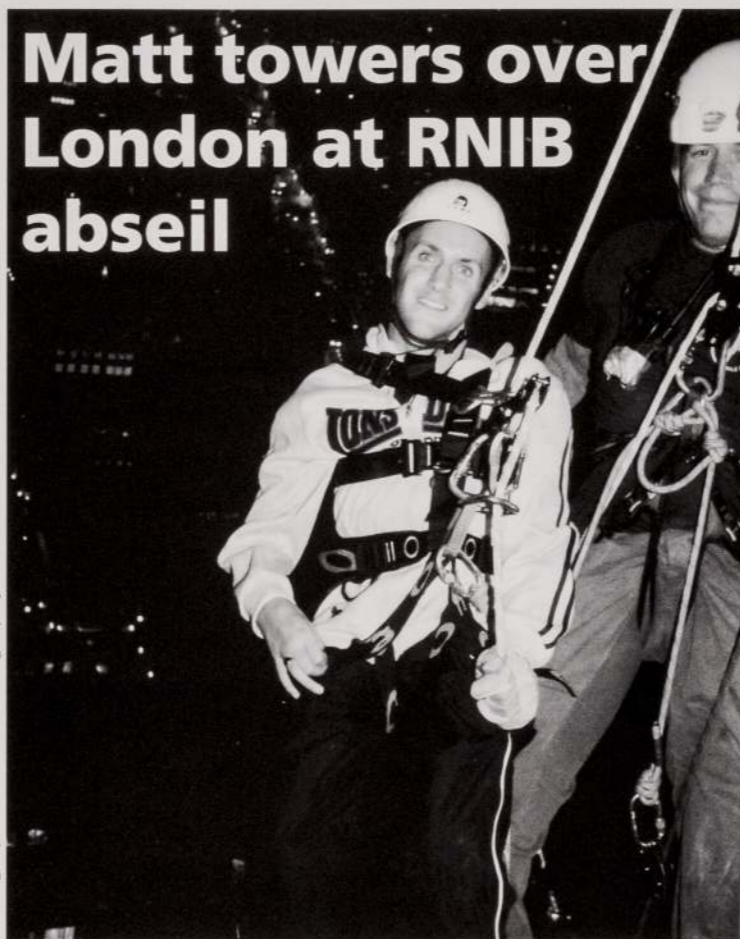
Robert applauds long serving team at Brighton



A quintet of staff who between them have put in nearly 150 years of work for St Dunstan's were applauded in the Winter Garden on September 22nd. Peter Wiltshire, Paul James, David Habgood, John Marshall and Eileen Mobsby were feted by Chief Executive Robert Leader for their continued dedication to St Dunstan's. The quintet were presented with a silver plaque as tribute to their long service with the organisation. Other members of staff were congratulated on achieving vocational qualifications.

Matt towers over London at RNIB abseil

Photograph: PurePix Photography



A PEACEHAVEN St Dunstaner travelled up to London's original skyscraper for a new challenge on October 9th. Having barely dried off from his pier-to-pier swim, Matthew Rhodes visited Centre Point in Oxford Street where a weekend of abseiling had been organised by the Royal National Institute of the Blind. As the sun set, he used the elevator to ride up through the 35 floors of office space stacked in the 385ft tall concrete tower. The army St Dunstaner who is partially paralysed after the accident which damaged his sight was then kitted out with helmet, gloves and safety harness before being led out on to the roof. Night had fallen as he slid over the edge of the building. Accompanied by an instructor from the Mile End Climbing Wall, he expertly lowered himself down the front of the building which stands at the crossroads with Tottenham Court Road and Charring Cross Road. Several hundred people made the descent over the weekend raising an estimated £110,000 for the RNIB.

Ten questions on...

The subject of **Holiday Resorts**

Harry Beevers dusts off his bluecoat

- 1) The popularity of which resort was mainly due to the patronage of King George IV?
- 2) The region known as Torbay is made up of three resorts, Torquay, Paignton and which other?
- 3) In March 2002 which English resort which has 90,636 holiday beds and gives its donkeys Fridays off, announced plans to become the Las Vegas of the UK?
- 4) On which branch of the Mediterranean does the Italian resort of Rimini stand?
- 5) Oscar winners Charles Laughton and Ben Kingsley originate from which resort in North-East England?
- 6) Which environmental award is given to the best beaches in Europe?
- 7) Opened in 1902, the Great Orme tramway was constructed to allow tourists access to the headland above which Welsh holiday resort?
- 8) Britain's last epidemic of which disease struck the East coast resort of Cleethorpes in the year 1879?
- 9) What was the appropriate name of England's first purpose-built hotel in Exeter in 1768?
- 10) Which Dorset sea-side resort was featured in the novels *The French Lieutenant's Woman* by John Fowles and Jane Austen's *Persuasion*?

Answers on page 29.

BALANCING THE BOOKS

St Dunstaner **Ted Bunting** cracks another part of the Morse code

The Daughters of Cain

Author: Colin Dexter
Reader: Nigel Graham
Duration: 11 hours, 17 minutes
Catalogue Number: TB10270

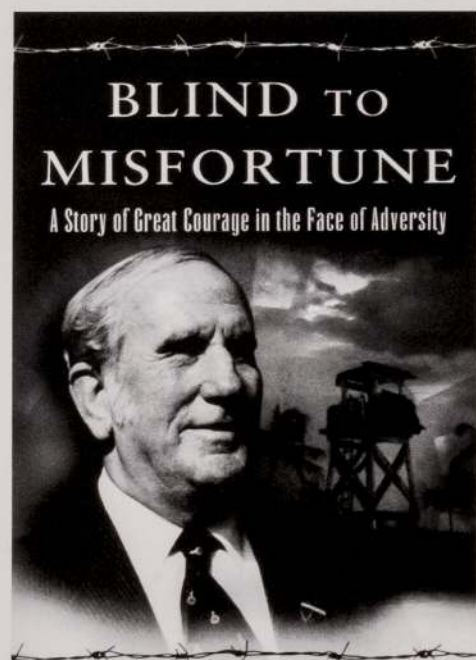
This is the eleventh Inspector Morse novel which begins when a body is discovered in a set of rooms off a prestigious staircase in the most famous Oxford college of them all. I expect Sherlock Holmes would have been a competent solver of crossword puzzles too, had they existed in his day, for he, like Chief Inspector Morse, was famed as a deep thinking man. But whether mastery

of the cryptic clue has any practical value outside fiction is open to doubt. Real detection, so the professionals tell me, depends essentially upon routine police work and does not wait until some mighty intellectual claps his brow and exclaims "Eureka!" What is not clouded in doubt, however, is that Colin Dexter's "Morse" stories are ingenious, entertaining, and justifiably popular. Where else would you find a murder victim and his attacker killed by the same knife? Not in the mundane grind of routine, I'll be bound, and here we also have a conspiracy or

women trying to throw the great man off the scent. But they fail to put one across the Chief Inspector; it may not be necessary for your average PC Plod to recognise "Scythe" as an anagram of "Chesty", but the way Morse cuts his way to the solution of crime is not to be sneezed at.

■ An abridged version of this book, lasting about three hours and read by Kevin "Lewis" Whately, is available from high street stores. Colin Dexter shares his own perspective on "How to solve crosswords" in *The Guardian* G2 section each Monday.

Bill's fortune to laugh at life's hurdles!



Bill Griffiths with Hugh Popham

Bill's unique story.

HOW ST DUNSTANER Bill Griffiths dealt with the loss of both hands and both eyes when he was a 22-year-old prisoner of the Japanese in Java in 1942 is related in his biography *Blind to Misfortune: A Story of Great Courage in the Face of Adversity*. Written with Hugh Popham it goes on to reveal how he overcame these two shattering handicaps with no trace of bitterness and a generous helping of laughter.

This latest paperback edition of *Blind to Misfortune*

brings Bill's tale of victory over blindness to a new generation. It has been hailed as essential reading for youngsters unaware of the experiences of those who lived through WWII. Copies can be ordered via Nicki Hall, St Dunstan's 12-14 Harcourt Street, London W1H 4HD, priced £10.99 (inc p&p). An audio copy can also be obtained by sending five C90 audio cassette tapes to Nicki. The Braille edition can be borrowed from the National Library for the Blind by calling 0161 406 2525.

What's your Brother up to?

MY HUSBAND Tony Haskey joined St Dunstan's in about 1993 after spending 12 years as a Royal Marine. Recently his brother Leon has also been accepted into the family of St Dunstan's suffering a very similar eye problem to Tony.



Tony Haskey fishing out of Poole.

During Leon's time training at Ovingdean he has been asked on several occasions, by friends of old and staff who knew him then "Where's your brother these days?" Well after speaking with Tony, I thought it would be a good idea to just let you know what's been happening in his life and why he's been in hiding (or so it seems).

In 2002 Tony was diagnosed with having mouth, tongue and neck cancer, it came as a real surprise to both of us and within ten days of being diagnosed he had to undergo a 14-hour operation to remove tumours on his tongue and in his mouth and neck. After the operation, Tony spent three months in hospital trying to get some strength back. At this time, he was being fed overnight by tube and lost over four stone in weight. During the operation the surgeon had to remove 70 per cent of Tony's tongue which will always leave him with a speech impediment.

by Kozi Haskey

Tony finally came home and then underwent six weeks of intensive radiotherapy to remove any cancer that may still be around.

In July of 2003 Tony returned to his work as a software manager and life started to get back to 'normal', although Tony was still seeing his speech therapist three times a week. Things looked good and every fortnight Tony would get the OK from his surgeon. That was until almost exactly 12 months from the night of his first operation, then came the blow that his cancer had returned! Tony would have to go through almost the same operation again but this time would undergo six weeks of chemotherapy before the operation.

In Tony's words the chemo was a doddle, but he knew

what was around the corner, another 14-hour operation, being fed through a tube, a tracheotomy, and most of all losing the speech he has worked so hard to get back after the first operation.

Well it has now been 12 months since that second operation, the surgeons continued to be amazed at Tony character and will to move on. He took part in his first St Dunstan's fishing week only a few weeks ago and enjoyed it thoroughly. His next venture is to join fellow St Dunstaners at the Cenotaph this month.

Tony would like to say to his mates and friends that he is still around and is not ready to let go just yet. Don't be afraid if you meet up with him and can't understand him just say "Sorry mate say that again." Me, well I married a Royal Marine and he is 100 per cent a true 'bootneck' and I'm so proud of him.

St Dunstan's runners shine in the sunny Great South



St Dunstaner Iain Millard started the Great South Run with some encouraging words from an exceptional quarter. Renowned long distance runner Brendan Foster stopped to wish him all the best.



Iain and Lynsey start their run, managing to complete the course in 1 hour and 41 minutes.



Steve Lloyd-Brennan of RAF Uxbridge ran with a total blindfold, accompanied by Victoria Bannister. They finished in 2 hours, 22 minutes, with Steve conceding that he didn't think he could have run the Marathon in the same fashion. "Ten miles was about it," he said. "The psychological factor of not knowing what the road is like, where your feet are treading is immense."



Contrary to appearances, our resident sports therapist Natalie Garden will not be taking up physiotherapy.

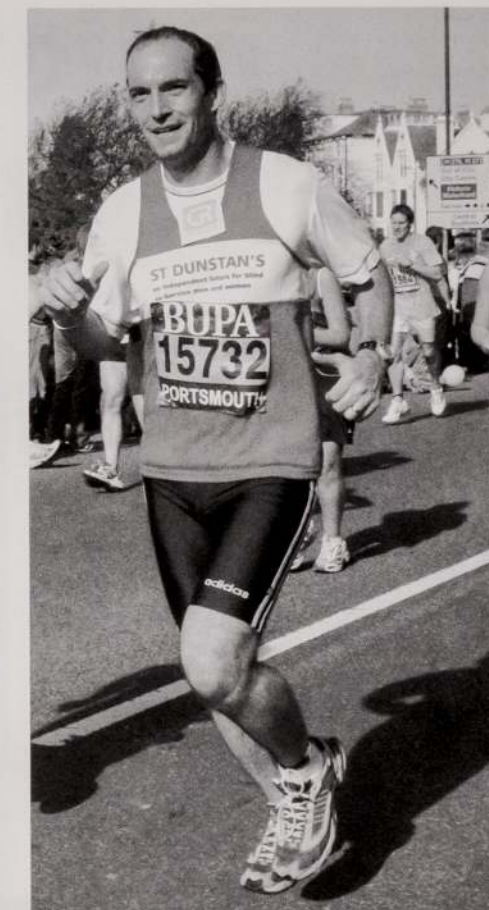


Army and Navy! St Dunstaner Don Planner is a veteran of the Great South Run, but for his guide Chris Morley it was a first time experience. They completed the course on the Portsmouth coast in 1 hour, 53 minutes.

ON OCTOBER 9th around 16,000 people ran the Great South Run on the Portsmouth seafront. Amongst those runners were two St Dunstaners, Don Planner and Iain Millard, and a dedicated team of supporters who had decided to tackle the 10-mile course. The route takes them by several historic landmarks,

such as HMS *Victory*. For an October morning, the weather bordered on the tropical.

St Dunstan's presence was marked by the appearance of our hot air balloon which made a dominating impact on Southsea Common, often lifting some 100ft in the sky. Our thanks go to all who ran for St Dunstan's.



"Handsome Colonel" DJ Richard Wyeth stepped out from behind his Aldershot microphone at Garrison Radio to complete the run in 1 hour, 24 minutes, one minute faster than a second runner called Richard Wyeth, 13 years his junior.



Leigh Powell and Tracy Ward with another five miles to go before the end.

The relief of pain is divine

Mike Tetley and his colleagues agree St Dunstan's support gave them the perfect profession for the blind in Physiotherapy

SIX ST DUNSTAN'S trained physiotherapists, their wives and several widows of former physios sat down to an annual dinner in the winter Garden of Ian Fraser House on Saturday 24 September together with Ovingdean Manager Dick Lake and his wife and Simon Rogers from the **Review**. As three of those who were

present last year have died, namely Bunty and Bill Morris, and Alice Gimbrere, it was proposed that this should be the last reunion and that was why we asked Dick Lake to attend so that we might influence him to encourage St Dunstan's to push the training of newly blind men and women to take up the profession.

Financially it can be rewarding, but it does need a three-year commitment to be trained which is a hard slog initially.

In Private Practice, 50 years ago you might earn about a pound-an-hour but these days the rate of monetary reward can be as high as £70 per hour and this leads to financial independence.

We physios are very grateful to St Dunstan's for encouraging us to retrain as physios and Mike Tetley in his after dinner speech thanked former members of staff like Ron Priestly, Norman French, Keith Martin and David Castleton who all helped us in different ways.



Physiotherapist St Dunstaners Mike Tetley and Alan Wortley reckon this is a female skeleton, but are those really child-bearing hips? Right: Alan getting to grips with a patient in his early days as a physio.



Our Physio group Mike and Thelma Tetley, Alan and Joan Wortley, Norman Perry, Tom Hart, Barbara Bell, Frederick and Dorothy Collingwood, Doris Legge, Marjorie Humphrey, Jean Purcell, Jane Williamson are joined Dick and Anne Lake for their celebrations. Inset right: St Dunstan's Masseurs training at Regent's Park around the time of WWI.

The history of St Dunstan's Physios is as old as the organisation itself. Dick Lake reviewed how the Chartered Society of Physiotherapy was started in 1941 having changed its name from the Society of Trained Masseuses as techniques on exercises and electrotherapy evolved.

He added that Barbara Bell, who was present at the dinner, qualified in 1946 and was the first blind female physiotherapist.

There were a number of reasons suggested as to why there were no folk taking up physio these days; one was that these days front line soldiers either died from very severe injuries or if

they survived they had other injuries which precluded them training as physios.

We as physios were impressed by Dick Lake's setting the example of keeping fit as after entraining from his home in Chichester he then cycles to Ovingdean from Brighton station in all weathers. He must have to peddle very hard against some winds straight off the sea to return to the station thus demonstrating that a fit body encourages a fit mind.

By popular acclaim the dinners are to continue and the Physiotherapy weekend will always be the last weekend in September and PBK's Trevor said he

could and would prepare the reunion dinners for us. So we extend a warm welcome to all physios and the widows of former physios to come next year.



Barbara Bell broke new ground as a physio.

Seoul says thanks to veterans who held the 38th Parallel

St Dunstaner Stuart Craig lost his sight on the battlefields of the Korean War. He returned over half-a-century later to find a different land!

A NEW ZEALAND St Dunstaner has been feted for his role in defending South Korea during the four year war for control of the Korean Peninsula. Stuart Craig of Invercargill, New Zealand was amongst 166 veterans from New Zealand, Australia, Britain and Canada who returned to Seoul as peace ambassadors at a commemorative service last April. They were invited by the Korean Veterans Association which boasts 6.5 million members.

Stuart travelled with fellow veteran Ronnie Beaton who was with him when they answered the United Nations' call to help recaptured the South Korean capital from Communist North Korean and Chinese forces. Fifty-five years on, they found the land they fought to liberate a vastly different place.



Photograph: Jill McKee, The Southland Times

St Dunstaner Stuart Craig holds up the Meritorious Service Medal that was presented to him in Seoul. His comrade Ronnie Beaton was also honoured.

“When we went over they were behind us,” said Stuart. “It was very backward, now it seems the other way round.” Ten lane highways and bullet trains have supplanted muddy fields in the intervening years. “The Koreans treat their soldiers very well – and us,” added Stuart. “On footpaths they have a slightly raised ‘yellow brick road’ for blind people to use with their canes. That shows the thoughtfulness of the people they are.

Stuart found himself swamped by children asking for autographs at Seoul’s war memorial. It was a touching

moment as he remembered the hard conditions faced by children during the War.

Later that evening, the veterans were presented with medals with Stuart being granted the additional honour of a Meritorious Service Medal which was presented with a standing ovation. It was vastly different from the war-torn land he visited 55-years ago.

Both Stuart and Ronnie volunteered on the first day of registration on July 26th 1950 and were posted into 16th NZ Field Artillery, 163 Battery the following month.

Five months of training followed before they arrived in South Korea at the port of Pusan on New Year’s Eve. Shortly, Bombardiers Craig and Beaton were operating 25-pound K-Force artillery guns. They would dig in and lay down supporting fire for other UN troops such as the 27th British Commonwealth Infantry Brigade. “We got conditioned very quickly to the circumstances... seeing dead people,” said Stuart.

Eventually, the UN Forces would drive back their opponents, recapturing Seoul and restoring the original border, the infamous 38th parallel. However, for Stuart

the war finished much sooner than July 1953. On Easter Sunday in 1951, he was severely injured when a booby-trapped detonator exploded. Blinded and suffering leg wounds, he had to be flown, strapped to the undercarriage of a helicopter, to hospital in Taegu.

After an initial spell of training at St Dunstan’s New Zealand, learning Braille and typewriting, Stuart travelled to St Dunstan’s Ovingdean in January 1952 to spend several years studying Physiotherapy. He returned to Invercargill, situated in the South Island of New Zealand, where he set up practice for over 40 years.

Stan’s mixed veg is a prize winner

KEEPING A KITCHEN garden has won St Dunstaner Stan Mackiewicz of Hook, Hampshire a County Gardening prize for the third year running. Judges were impressed by the variety of vegetables that Stan manages to include in his plot. For the third year running, he has taken the silver prize which carried the added bonus of £50 worth of vouchers. Stan, who served with the Polish Army, does his own planting, feeling his way and measuring seeds or cuttings out with a trowel. He adds that he finds the work uplifting and at nearly 88-years-old it is probably what keeps him moving. Rhubarb and cucumber are staple features of his garden, with broad beans, peas, shalots, spring onions, french beans, tomatoes and beetroot all part of the mix.

BRILLE WINE

Cape Town winemakers are now putting braille labels on their produce to allow blind drinkers to select their own wine. Bottles of shiraz and a sauvignon blanc will have braille embossed on the glass.



Members of the WO and SR Mess at JSU Northwood demonstrated their support for blind Ex-Service men and women with a donation of £1,000 on October 11th. Bar Manager Paul Littleboy, Flight Sergeant Don Cameron, WO Wilf Hall, Chief Sharon Jones and Flight Sergeant Jason Hunter and fellow members of the Mess raised funds through charity horse racing, football cards, mess games and a bottle on the bar. The donation was accepted by Fundraising’s Lynsey Coles who visited the former HMS Warrior in leafy Middlesex. The base is now a tri-Service establishment, though some confessed to being confused when their Naval colleagues spoke of “going ashore.”

Desert discs keep spinning

Harry Beevers musically maroons himself with 15 facts about BBC Radio 4's perennial favourite, the ever popular Desert Island Discs!

1) *Desert Island Discs* was devised by Roy Plomley in November 1941 and first broadcast in January 1942. He chaired the series until his death in 1985 and there have been only two other regular presenters, Michael Parkinson and the present incumbent Sue Lawley.

2) In spite of a near 64 year run, it is not the oldest BBC radio programme, that honour belongs to *The Week's Good Cause* dating back to 1926.

3) Six programmes were originally suggested but since 1942 the number now runs in the thousands. The idea is that well-known personalities are asked to imagine they are castaways on a desert island and they are allowed to take with them their eight favourite gramophone records. It is assumed that there is a record player and sufficient needles to last until rescue arrives. Today, they probably have solar-powered CD players. As the records are played on the programme the celebrities talk about their lives and say why they have chosen their particular discs.

4) As the programme developed, castaways were

allowed to take a book of their choice in addition to copies of *The Bible* and *Complete Works of Shakespeare*. After the 100th programme they were allowed a luxury item provided it had no practical value.

5) The first castaway was a gifted Austrian-born musician, turned comedian, who had fought in the trenches with the Austrian army in World War I. He was married to Sarah Churchill, making him the son-in-law of wartime leader Winston Churchill. His name was Vic Oliver and he was starring in the London show *Hi Gang* at the time with the American entertainers Ben Lyon and Bebe Daniels.

6) The signature tune *By a Sleepy Lagoon* was written by the English composer Eric Coates. Some years ago there were letters of complaint from certain listeners that the herring gulls which can be heard in the background would not be inhabitants of a tropical desert island and for a while their calls were cut out. They were later restored.

7) The first lady castaway was the actress Pat Kirkwood

and the first personality to be invited back for a second visit was another actress, Valerie Hobson, wife of the former politician John Profumo.

8) Comedian Arthur Askey visited the island four times.

9) In 1951 two castaways were placed on the island together, they were the so-called Middlesex Twins, the test cricketers Denis Compton and Bill Edrich.

10) Subsequently, lots of couples were marooned together, husband and wife Michael Denison and Dulcie Grey, comedians Richard Murdoch and Kenneth Horne, entertainers Elsie and Doris Waters and even a trio when the Beverley Sisters, Joy, Teddie and Babs, were the invited guests.

11) In the 1980's, three Princesses appeared on the programme, Princess Margaret, Princess Grace of Monaco and Princess Michael of Kent.

12) One of the most popular choice of book has been *War and Peace* by the Russian novelist Leo Tolstoy. It has hundreds of characters and

over a thousand pages and I assume it was chosen because it provided reading matter for a very long period.

13) There have been some bizarre choices of luxury item. Former Prime Minister John Major chose a cut-out model of Lords cricket ground, singer Tito Gobbi asked for an ivory back-scratcher, Mrs Thatcher preferred photographs of her children and Arthur Scargill requested the Mona Lisa.

14) When the soprano Elisabeth Schwarzkopf was a guest she chose seven of her own recordings.

15) One of the early guests on the programme back in 1944 was Wing Commander Guy Gibson, VC, leader of the Dambusters raid in 1943 from Scampton in Lincolnshire. Wing Commander Gibson was killed shortly after appearing on the programme.

I recently compiled my list of eight records and discovered just how difficult such a task can be. I also contacted other regular contributors to the **Review** and put to them the final question to the castaways, "If you had to choose just one record, what would it be and why?" I give below their choices:-

From our President, Ray Hazan: "My choice would be the *1812 Overture* by

Tchaikovsky. It has strains of the Marseillaise, reminding me of my time in France; it has military connotations and sheer exuberance as the bells peel out, guns crash: and finally the unwillingness of the composer to bring it all to an end as the finale goes on and on!"

From Steve of Pendleton's Pantry: "My favourite piece of music is by a group called the Scorpions and it is called *Wind of Change*. The reason this is my favourite song is because it was in the charts at the time I was injured. It seemed to sum up the position I found myself in quite well and I always listen to it when I need a bit of an emotional boost."

Talking **Review** reader Valerie Tomalin finds her favourite beyond the sea: "*La Mer* by Charles Trénet would be my choice. This record always gives me a thrill when I hear it. I've loved it since I was a small child. It will be highly appropriate as I shall be surrounded by la mer [on holiday], and would like to think that when I play it the waves will yield up a heavenly catch of fresh fish straight to my cabin on the shore. Sounds good to me!"

Similarly from David Castleton: opts for Mozart's *Clarinet Concerto*. "I could listen to that again and again," he said.

Nuggets reader John Taplin names his choice as Mozart's *Sinfonia Concertante* for violin and viola with a preference for the first movement.

From our Deputy Editor Simon Rogers: "I lean towards a dramatic show stopper from a man who was once dubbed Scotland's answer to Tommy Steele. It combines the pipes and drums of the London-Scottish TAVR with rock guitar and a haunting wail from Vicky Silver. An air of palpable menace is built up before the Glaswegian bark of the late Alex Harvey snaps back at the hypocrites of the world. The curtain has come down with *Anthem* by the Sensational Alex Harvey Band."

And finally, my choice, a song that people either love or hate and one that has been very popular on the radio programme itself. It is Frank Sinatra singing *My Way*, and it gets pretty close to my way of thinking and attitude to life.

It would be interesting to hear the choices of some of our readers (In fact, a series listing some of your choices from the flipside starts next issue. Send your choice of five pieces of music, with a few words on why it is a favourite tune to Syncopating Selections, **ST DUNSTAN'S Review**, 12-14 Harcourt Street, London W1H 4HD.

'We are getting there' was an old British Rail slogan, but St Dunstaner **Fred May** finds the train making the strain

Can you show me the way to go home?

A BLIND MAN went from Sheffield to Brentford which is not far from Hampton Court, and then came back again. On a sunny, bonny June morning it was "Up, up and away!" Dead on time the through train to Reading left Sheffield station with me on board. We arrived in Reading bang on time. Out I get and set off to catch suburban train to Brentford. I have no problem. One enquiry, a short walk and I step on board.

Once there, all I have to do is listen for the announcement of the station where I have to change. Ah, there it is, Virginia Water! I get out and I am directed to platform 3. A train awaits me there and as I pass the driver's cab I call to him "Is this the Brentford train?" "T'is," he says. I hop aboard and hop off again at Brentford station. I am there. Twenty easy yards and I am in my hotel. Two steps from the door I am embraced with great affection by my sister and my niece Mary. Easy peasy!

That evening and the next day were a whirl of delight. Meetings with family and friends and the absolute pleasure of the wedding of my niece Susan to John. But then comes the journey back to Sheffield.

I board my 9 o'clock morning train at Brentford station. Off we go for Reading. We stop at a station. It has not been announced! We stop at another. It too has not been announced. Oh dear!

I look for passengers to help me. There are none. I go to the rear of the train. I go as far forward as I can. My path is blocked by a locked door. I am alone. I resume my seat. Suddenly there is an announcement. "The next stop is Isleworth. Isleworth the next stop. Passengers in the rear portion of the train should make their way forward. The doors in the rear section will not open because the platform is too short."

Two stations further on I decide, or have a hunch, that

we are at Feltham where I have to change trains. The train stops and I open the carriage door. As I look out onto the platform I see a signboard. I cannot read it. Ah, what now?

I do not get out. I stand in the doorway. They try to shut the door. I prevent the door from closing. They try time and again but I do not budge. I will not be shifted. At last a figure comes into view walking up the platform. I call out "I am sorry about this." But he has seen my white cane and sees what is wrong. I had made my move just in time. It was where I had to change. I got out.

The man tells me the next train to come is for Reading. The train comes. I get on. I know it terminates at Reading. I can relax. I alight at Reading and make my way toward the splendid concourse with its cafes and all the information offices that I have used so often. I am in for a bit of a shock. That lovely concourse has been cut

off from the platforms with an iron-curtain ticket barrier. With hindsight I feel I should have negotiated a passage through the barrier. Instead I ask the ticket collector for the platform for the 10:47 for Sheffield. "Platform 4" he says. I buy a sandwich and find a seat.

As 10:47 approaches I ask a passenger to check the departures from that platform. "There is only a 10:47 for Bournemouth," she says. Whoops! Wrong again. I find a member of the staff who disappears into a hole-in-wall office. He emerges and takes me to platform 3. "The train will leave at 11:10," he says.

The platform is in a backwater and is completely deserted. Not a soul on it but me. Two boys come along. "Are you going to Sheffield," I ask. "No we are going to Basingstoke." I smell a rat and back I go to pick up the scent. I find a chap in uniform and he whisks me off lickerty spit. Up and down stairs. Underground, overground, and finally and abruptly leaves me at the door of a coach on a train.

As I cross the threshold an official asks me if I have a reservation. "No," I say. He takes me into a compartment of some elegance and says "Sit there." I now wonder if I have gatecrashed the Orient Express. As this tale unfolds

you will realise that it was certainly not an express. As I lay back in my seat the train manager announced "The reason for our delay is that the train in front has collided with a cow on the line. We cannot move until they have removed the carcass." There was a very long wait.

Then the train manager came on again. "You have been waiting here for an hour," he said. "We are now going to cancel this train. Go to platform 6 for the train going forward to Birmingham New Street." More scrambling up and down stairs. I was in competition this time with the passengers of a whole train determined to get a seat. With my white cane and the niceness of people and my will to survive, I got a seat. When we were all safely garnered in the train set off.

From the start it tried gamely to pick up speed but it made heavy weather of it. It just chugged along. Occasionally it stopped altogether to get its breath back. Then it set off again. These noble but ineffectual attempts lasted for some time but for very few miles. The train manager was a credit to his profession. He held a losing hand but he played it with great skill.

The weather was incredibly hot and his main concern was for air circulation. Unable

to improve the mechanical shortcomings of the engines he was determined to prevent despair or insurrection of the passengers. "We are doing our best," he said "but we have the passengers from three trains on board." Every now and again there was an escalation in the crisis and train officials ran up and down the train. It was not clear to what purpose.

Eventually, as we approached Banbury, it was announced that the train would stop and an additional engine would be tagged on behind.

So we stopped at Banbury and we all got out. The train, relieved of its burden seemed to bound forward as it disappeared into the blue yonder. One of the most extraordinary features of this most extraordinary day was that nobody seemed to get nasty.

We stood around in the sunshine on the platform and chatted about this and that as though we were at a garden party. One woman who was about 75 years old and had just had two knees replaced had been travelling since 5 o'clock that morning. It was then nearly 2 o'clock in the afternoon.

The train came back and we got aboard. They must have put on more coaches as the crowding had definitely

eased. Maybe some of the poor souls had just evaporated. With new engines we sped on our way and as we did so the times and routes for onward journeys far and wide across the kingdom cascaded from the loudspeakers.

At New Street Station a young woman from our train oversaw the final stages of my merry dance. We had a few minutes to go up and down and in and out from platform 4 to platform 8A. The arrival of a train for Sheffield was imminent. That was because it was half-an-hour late. That suited us down to the ground but annoyed dozens of others. Life is largely swings and roundabouts.

I hastened aboard this gift from the Gods and sat down. As I did so the buffet car steward was announcing the glum news that there were only cold drinks as the water heater had ceased to function. Then I heard, loud and clear, the distress signal SOS in Morse. I was by this time immune to such phantoms of distress and located it as a call sign on a mobile phone. I used it as an opening to tell the traveller who sat beside me of some of our distresses. In a way she trumped my ace. She turned and said to me "The toilets on this train have been out action for more than half the journey!"

Plan that rail trip

St Dunstan's ROVIs offer some practical advice on how to make train travel an easier experience

IF YOU ARE looking for some peace of mind when planning rail journeys, St Dunstan's Rehabilitation and Training department recommend contacting the National Rail Assistance Service at least 24 hours in advance. They can set up being met and guided if needed from train to train. This service prefers 24-hours notice but will help when ever possible. It can also be beneficial to ask a member of staff to contact the next station to give them further notice of your train.

Sitting near or at least letting the guard of the train know where you are and your destination can also be of help and platform staff can arrange with this. Carrying a white cane of some sort to indicate your sight loss can be a good idea so that staff can identify you easily as often there are many people on the platform and it can be difficult to tell if someone has a sight difficulty. For regular routes travelled it maybe wise to undertake some mobility training with a ROVI either from St Dunstan's or from the local Social services.

To book assistance you need to contact the train company that run the service at the departure station. For example, if you are always travelling from Brighton you will only use the Southern trains number no matter where you are going to. The number that you require can be obtained from the National Rail Enquiries on 0845 7424350.

It is important to keep this all in perspective. Many people will get on the wrong train or are given incorrect information who have a normal level of sight.

General information, particularly on the Disabled Persons Railcard, can be found in the booklet Rail Travel for Disabled passengers which is available in print from most mainline station. Audio cassette, CD and Braille versions can be ordered from ATOC Marketing (RTDP Booklet), 40 Bernard Street, London WC1N 1BY. Fax: 020 7841 8267. E-mail via their website www.disabledpersons-railcard.co.uk which also has booklet as pdf.

PENDLETON'S PANTRY

Blind Chef **Stephen Pendleton** makes peace with his cod

Cod with a Parsley Crust

The first of my fish recipies is this dish which will serve four portions.

Ingredients:

3oz (75g) of unsalted butter.
2 finely chopped shallots.
4tbls of freshly chopped parsley.
1 loaf of bread, crusts removed and made into bread crumbs.
Salt and freshly ground white pepper.
4 cod fillets, about 6 to 8oz in weight per fillet.
Serve with mashed potatoes and lemon butter sauce.

Method:

Pre-heat the grill to a moderate heat, also pre-heat the oven to 180C or 350-400F gas mark 4 to 6. Then butter and season a casserole dish.

Melt the butter with the chopped shallots until they are soft, then remove the pan from the heat and set aside. Add the chopped parsley to the bread crumbs and season with the salt and pepper.

Gradually mix this with the shallot butter to form a light paste. Place the fish on the prepared casserole dish and



then cover the top of each cod fillet with the parsley crust.

Cook the cod under the grill, not too near the heat for about eight to ten minutes. As the crust is colouring, the fish will be cooking.

When the fish under the crust turns opaque, (milky) and the crust is golden brown, it is ready. I just use my finger to check the crust on the top of the fish! If it feels crusty then it is okay. But remember not to leave your finger on the crust for too long, it will burn.

Finish the fish off in the pre-heated oven for a few minutes, this is to make sure the fish has completely cooked.

Divide the mashed potatoes

between the four hot plates and place a cod fillet on top and spoon the warm sauce around the fish.

Lemon Butter Sauce

Ingredients:

8oz (200g) unsalted butter.
Juice of one lemon.
2 fl oz of chicken or vegetable stock.
Salt and freshly ground white pepper.

Method:

Chop the butter into half-inch chunks and place in a pan with the lemon juice and stock.

Bring to the boil making sure you are whisking all the time. However, do not allow the sauce to boil or the butter will separate.

If the sauce seems too thick, add more stock, for a sharper taste, add more lemon juice.

Season and serve immediately.

To give the sauce a creamier texture, blitz it with an electric hand blender. This will fluff the sauce up nicely!

Next Month:
Italian fish soup

Welcome to ST DUNSTAN'S

Hazel Barrow of Walmley, Sutton Coldfield served in the Women's Royal Naval Service from 1944 to 1949.

Eric Beck of Clacton-on-Sea, Essex served as Aircraftman in the Royal Air Force from 1946 to 1948.

Frank Bevan of Watford served in the Royal Marines from 1941 to 1946.

Eric Cartlidge of Hartlepool, Cleveland served in the Royal Electrical and Mechanical Engineers and Royal Army Ordnance Corps between 1939 and 1946.

Ronald Clayton of Pedwell, Somerset joined the Royal Navy in 1939, leaving as Chief Petty Officer in 1963.

Jane Collins of Basingstoke, Hampshire served in the Women's Royal Air Force from 1957 to 1961.

Henry 'Sid' Cordes of Purton, Berkley served as Bombardier in the Royal Artillery from 1940 to 1946.

Harry Dickinson of Blackpool, Lancashire served in the Royal Engineers from 1940 to 1946.

Margaret Doran of Thetford, Norfolk served in the Women's Royal Naval Service from 1941 to 1943.

Joseph Drake of Blackpool, Lancashire served in the Durham Light Infantry from 1940 to 1946.

John Eastham of Fulwood, Preston, Lancashire served in the Fleet Air Arm as Air Mechanic from 1945 to 1947.

Catherine Evans of Ulverston, Cumbria served in the Auxiliary Territorial Service from 1941 to 1944.

Audrey Farwell of Maghull, Merseyside served in the Auxiliary Territorial Service from 1942 to 1946.

Kenneth Fowler of Plymouth, Dorset joined the Royal Navy in 1952 leaving as Master-at-Arms in 1975.

Bernard Gascoigne of Balderton, Newark, Nottinghamshire served in the Leicestershire Regiment from 1940 to 1946.

Henry Gerard of Woodbridge, Suffolk served in the Royal Army Ordnance Corps and the Royal Electrical and Mechanical Engineers from 1940 to 1946.

Clive Gerrelli of Crawley, West Sussex served as Corporal in the Queen's Regiment from 1967 to 1976.

Keith Goodger of Hove, East Sussex served as

Aircraftman(II) in the Royal Air Force from 1948 to 1949.

Eric Hand of Bushey, Watford, Hertfordshire served in the Bedfordshire & Hertfordshire Regiment from 1945 to 1948.

George Jackson of Blackwater, Camberley, Surrey served in the Glider Pilot Regiment from 1944 to 1948, then the Royal Air Force Volunteer Reserve from 1950 to 1953.

Michael Jephson of Eastbourne, East Sussex served in the 8th Hussars (Royal Armoured Corps) from 1942 to 1946.

Sydney Liddle of Darlington, County Durham served in the Royal Northumberland Fusiliers and then the Gordon Highlanders between 1940 and 1946.

Benjamin Lyon of Preston, Lancashire served in the Royal Navy from 1940 to 1946.

Victor Morgan of Stalmine, Poulton-le-Fylde, Lancashire served in the Home Guard from 1940 to 1944.

Leonard Moules of Chichester, West Sussex served in the Gloucestershire Regiment from 1940 to 1946.

Eric Newman of Whitecross Hereford served as Signaller in the Royal Navy from 1943 to 1946.

Derek O'Rourke of Dunfermline, Fife served on frigates in the Royal Navy from 1968 to 1978.

Joan Prime of Acocks Green, Birmingham served in the Auxiliary Territorial Service from 1943 to 1949.

Frederick Richardson of Boroughbridge, Yorkshire served in the Royal artillery from 1940 to 1946.

Geoffrey Skinner of Wallington, Surrey served in the Queen's Royal Regiment (West Surrey), Royal Artillery and the King's Royal Rifle Corps between 1937 and 1946. He also served in the Parachute Regiment (TA) from 1950 to 1965.

Richard Smith of Selsey, Chichester served a year as Bevin boy, then in the General Service Corps and Royal Army Ordnance Corps between 1944 and 1947.

James Snow of Burgess Hill, West Sussex served in the Royal Hampshire Regiment and then the Royal Signals between 1933 and 1951.

Margaret Tetlock of Epsom, Surrey served in the Women's Auxiliary Air Force from 1941 to 1945.

Dorothy Timmins of Ellesmere Port, South Wirral, Cheshire served in the Women's Auxiliary Air Force from 1947 to 1949.

George Tompsett of Hailsham, East Sussex served in the Royal Artillery from 1939 to 1946.

Marjorie Whittaker of Wantage, Oxfordshire served in the Women's Auxiliary Air Force from 1942 to 1946.

John Williams of Troedyrhiw, Merthyr Tydfil

served in the Welch Regiment and Corps of Military Poilice between 1939 to 1946.

David Willis of Marton, Blackpool, Lancashire served in the Royal Signals from 1972 to 1978.

Douglas Wilson of Westcroft, Milton Keynes served in the Royal Tank Regiment from 1944 to 1946.

Eric Withey of Erdington, Birmingham, West Midlands served in the Fleet Air Arm from 1948 to 1953.

Big welcome, small fish!



St Dunstan's Fishing Club received a big hearted welcome from the Royal Marines at RM Poole, but out at sea the big fish were not biting. They gave up trying to catch the biggest fish and competed over the smallest fish, which was hooked by Tony Haskey.

St Dunstaners Phil Dobson, Cliff Ford, Alan Mitchell, Jack Bingham, Mervyn Reeves and Tony and Leon Haskey were the fishermen trying to catch fish off the Dorset coast. Another group of St Dunstaners will be heading out to Newhaven later this month.

Conkers away!

Jacquie Whiteley reports on archery in Ashton

IN THE WILDS of deepest Northamptonshire, there is a tiny hamlet, called Ashton. It is the kind of place, where a cat washing its face is a noteworthy event. There's a village green, about eight houses, a pub and a redundant chapel.

But once a year, for the last 40 years, the place transforms itself, when it plays host to the World Conker Championships. Yes, there are contestants from all over the world, including Australia, New Zealand the Ukraine and Canada. In doing so, the Ashton Conker Club have raised over a quarter of a million pounds for charities for the blind.

On Sunday October 9th, over 5000 people crowded into the street (yes, there is just



David and Lynsey Poyner, Nigel Whiteley, Clive Jones, Brian Mugridge, Malcolm Higman and Phil Varden at Ashton.

the one) and onto the village green. You were quite likely to find yourself dancing with Dracula, or cavorting with cavaliers and clowns.

St Dunstan's Archery Club has twice benefited from this "organised" chaos, so we were pleased to be invited back again this year. We were allocated a large area in what had been the churchyard, alongside a bouncy castle and crazy golf. I'm sure the previous occupants must have

been turning in what is left of their graves!

David Poyner and Clive Jones demonstrated the finer points of VI Archery, ably assisted by Lynsey Poyner. Malcolm Higman, and Phil Varden were helping visitors of all ages, shapes and sizes to "Have-a-go" at archery.

Driver Brian Muggeridge was everywhere at once, helping with the setting up, spotting for Dave and Clive and single handedly capturing a ferociously huge Jack Russell terrier, who seemed to have a death wish or at least a pressing desire to have his ears pierced.

Nigel and I helped to organise queues and distribute leaflets about St Dunstan's and VI archery. We lost count after the 300th person came up. A hectic day but very worthwhile; raising awareness about St Dunstan's and archery and meeting some lovely people.



An Ashton lad tries his hand at archery, using a training bow bought with support from previous Conker Championships. Malcolm and Phil supervise the lesson.

REUNION ROUND-UP

Vice-Chairman Major General Andrew Keeling, CB, CBE was the member of St Dunstan's Council presiding at the Cornwall Reunion held at The Queen's Hotel in Penzance on September 21st. There were 26 St Dunstaners, widows and escorts. St Dunstaner Noel Cowley made the reply.

For the Aylesbury Reunion held at the Holiday Inn, Aylesbury, Buckinghamshire on September 28th, President Ray Hazan took the lead chair, while the response was made by Harry Smith. Fireman Michael Ashman was guest speaker.

St Dunstaner Jamie Weller made is debut as the member of St Dunstan's Council presiding at the Worcester Reunion at the Whitehouse Hotel on October 4th. St Dunstaner Eric Sayce responded for the 17 St Dunstaners and three widows attending.

Ten Answers

Answers to the quiz posed on page 11.

- 1) Brighton; 2) Brixham; 3) Blackpool;
- 4) Adriatic; 5) Scarborough; 6) Blue Flag Award;
- 7) Llandudno; 8) Cholera;
- 9) "The Hotel"; 10) Lyme Regis.

Bon voyage for Mark and family

OUR BEST WISHES go to Mark and Elisabeth Maddock and their children, Nathan and Adam. They recently set out from the Wirral and flew to Austria to start their new life living and working there. They will be staying initially with Elisabeth's family in Carinthia.

FAMILY NEWS

BIRTHS

Congratulations on the birth of: Lucy Catherine Mary on May 4th. She is the granddaughter of *Leslie and Jenny Davy* of Romford, Essex.

SILVER ANNIVERSARIES

Congratulations to: Stan and Iris Grimsey on October 8th.

RUBY ANNIVERSARIES

Congratulations to: John and Yvonne Buckley of Oldham Lancashire on October 8th.

Stanley and Geraldine Norton of Hull, East Riding of Yorkshire on October 16th.

GOLDEN ANNIVERSARIES

Congratulations to: John and Beryl Whitcombe of Eastbourne, East Sussex on September 24th.

Robert and Sara Morgan of Stourbridge, West Midlands on October 15th.

DIAMOND ANNIVERSARIES

Congratulations to: Wallace and Jean Burnet-Smith of Brighton on October 3rd.

John and Gladys Lane of South Shields, Tyne & Wear on October 8th.

Edwin and Joan Holmes of Billingford, Dereham, Norfolk on October 11th

SPECIAL ANNIVERSARIES

Congratulations to: Leonard and Joyce Hassam of Warminster, Wiltshire who celebrated 63 years of marriage on September 26th.

Derrick and Val Simon of Shoreham-by-Sea, West Sussex who celebrated 66 years of marriage on September 26th.

Dennis and Joan Brown of Linden Village, Buckinghamshire who celebrated 64 years of marriage on October 4th.

Den and Beth Parrish of Woking, Surrey who celebrated 61 years of marriage on October 7th.

Edward and Kathleen Rose of Fairfield, Stockton-on-Tees who celebrated 61 years of marriage on October 7th.

Leonard and Peggy Spendlove of Knowle, Solihull, West Midlands who celebrated 62 years of marriage on October 16th.

Charles and Anthea Booth-Jones of Templecombe, Somerset who celebrated 63 years of marriage on October 17th.

IN MEMORY

John Walker Fleet Air Arm

John Marshall Walker of Pitlochry, Perthshire died on September 1st, aged 79. He served in the Fleet Air Arm of the Royal Navy from 1943. As a radio mechanic, he completed tours of duty in the UK and Trinidad. Our sympathy goes to his widow Margaret and all other members of the family.

Graham Andrews

Royal Army Ordnance Corps
Graham Eric Andrews of Combe Martin, Devon died on September 19th, aged 73. He did his National Service with the Royal Army Ordnance from 1950 to 1952. He trained Portsmouth and Aldershot and represented the Corps at Hockey. In civilian life, he ran a village grocery shop and was active in local politics. Our sympathy goes to his widow Margaret and all other members of the family.

Hugh Robb

Royal Air Force
Hugh Robb of Smethwick, West Midlands

DEATHS

We regret to announce the death of:
Barbara Pepper on September 23rd. She was the wife of *Ted Pepper* of Butterwick, Lincolnshire.

Anne Land of Lee-on-Solent, Hampshire on September 21st. She was the widow of *St Dunstaner Cecil Land*.

Muriel Kinghorn of South Shields, Tyne & Wear on September 22nd. She was the widow of *James Kinghorn*.

Tony Belcher, aged 64 on June 8th. He was the son of *Joyce Belcher* of Preston, Lancashire and the late *Ronald Belcher*.

Our sympathy goes to their family and friends.

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.

died on September 20th, aged 73. He worked in a bakery before joining the Royal Air Force in 1949. He was a Gunnery Instructor and was discharged as Corporal in 1954. After a spell working in a die-casting works, he re-enlisted in 1956, serving in Aden, Egypt, Cyprus and Catterick before discharge in 1966. He then worked as a bus driver, later becoming a bus inspector. His interests included music. Our sympathy goes to his daughter and son and all of the family.

Bryan Ives Middlesex Regiment

Bryan Ives of Chelmsford, Essex died on September 23rd, aged 70. He joined the Middlesex Regiment in 1952 and was posted to Vienna. He served in the UK, Egypt, Jordan and Suez before being discharged in 1956. In civilian life, he drove tipper trucks and other lorries. Our sympathy goes to his widow Sheila.

Winifred Johns

Women's Auxiliary Air Force
Winifred Martha Johns (nee Watkins) of Pontypridd, Mid Glamorgan died on September 23rd, aged 85. She joined the Women's Auxiliary Air Force in 1941 and served as Leading Aircraftwoman at bases throughout the UK. She was discharged in 1946.

Derek Harvey Royal Air Force

Derek James Maurice Harvey of Gillingham, Kent died on October 4th, aged 74. He had been a St Dunstaner since 2003. He was an apprentice at a Wingate's Concrete Mixers before being called up to join the Royal Air Force in 1949. He served in the UK and was discharged in 1952. Returning to civilian life, he joined British Rail as a stoker and then became a driver. After a spell working for BP, he became a Marine Fitter and later became a maintenance fitter working at Buckingham Palace and Queen Elizabeth Hospital, Woolwich. Our sympathy goes to all members of the family.

William Hain Royal Engineers

William Joseph Hain of Weymouth Dorset died on October 6th, aged 89. He joined the Royal Engineers as a 22-year-old in 1938. After evacuation from Dunkirk, he volunteered for bomb disposal duties and had a close shave when one exploded. Deployed in North Africa, he fought through to Italy and served in Greece before being demobbed in 1945. In civilian life, he was a bus driver. Our sympathy goes to his widow Ivy and all other members of the family.

George Powell

Queen's Royal Regiment
George William Powell of Leighton Buzzard, Bedfordshire died on October 7th, aged 82. He had been a St Dunstaner since 1992. He started working life as an Articled Clerk to a

Chartered Accountant, but was called up in 1941. He completed basic training with The Royal Warwickshire Regiment but was then posted into The Queen's Royal Regiment (West Kents), nicknamed the Mutton Lancers. Qualifying as a marksman, he was put in charge of a rifle section. He served in Italy and Monte Cassino. He was amongst the troops who fought on the beachhead of Anzio in 1944. Around dawn, while setting up a Bren gun, he came under fire. The bullet hit his spectacles, shattering glass and driving the frames into his eyes. He was taken prisoner and spent the next three months in hospital. His right eye was enucleated without aesthetic, something he would describe as the longest 20 minutes of his life. He was transferred to Stalag IXB at Bad Soden where Lord Normanby had established a Braille school. He was also treated by Major David Charters who successfully operated on his left eye, restoring useful vision. After repatriation, Mr Powell was discharged in 1945 and worked as a warehouseman for General Motors, later taking charge of spare parts distribution. His interests included show jumping and he competed in County trials. He also enjoyed music, radio, walking and contributed humorous features to St Dunstan's Review. Our sympathy goes to his widow Gladys and all of the family.

Jack Middleton

Small Arms School Corps
Jack Middleton of Farnborough, Hampshire died on October 12th, aged 79. He worked in the Greenock shipyards before joining the General Service Corps in 1944, transferring to the Manchester Regiment soon after. In 1947, he joined the Cheshire Regiment, serving in Malta, Palestine, the Far East, Singapore and Malaya. In 1955, he transferred to the Small Arms School Corps and left the service as WOII in 1970. In civilian life he worked for Lloyds. Our sympathy goes to his widow Irene and all members of the family.

Fleet Air Arm salute Henry!



A toast to Henry, the most senior member of the Fleet Air Arm Association.

MEMBERS OF THE Fleet Air Arm Association paid tribute to a veteran of the First World War who defined naval aviation before they had even been formed. Henry Allingham of Eastbourne, Sussex was presented with membership of the Association at St Dunstan's Ovingdean on October 9th.

Henry, now aged 109, served as an Air Mechanic in the Royal Naval Air Service. He maintained a variety of aircraft that would launch from ships, such as a Sopwith Schnieder. Amongst his memories of those days was the sight of an aeroplane flying backwards. "They couldn't overcome the speed

Simon Rogers reports

of the wind, which was faster; it was only as they picked up speed that they could move forward," said Henry.

His ship, HMS *Kingfisher* took part in the Battle of Jutland and fought on the Western Front with the RNAS but transferred to the new Royal Air Force in 1918.

Henry was presented with his FAAA membership, a lapel pin and framed certificate by Admiral Sir Raymond Lygo who is Patron of the Fleet Air Arm Association. He was flanked by two standard bearers, FAA St Dunstaner Nigel Whiteley

and Barry Simons of the Association's Eastbourne branch. The Admiral applauded Henry's positive outlook on life, adding that it was important to remember the achievements of veterans. "We owe them an awful lot... we are lucky and it's thanks to people like Henry," he said.

Henry confessed to mixed feelings. "It revives a lot of things I would like to forget, but never will. I felt it would be respectful to the men I know who have given so much on my behalf and yours."

Asked the secret of his long life, he laughed "Cigarettes and whisky!" However, he added that an acceptance of what he had, whatever the circumstances probably helped. "I have just enjoyed life, I have a good sense of humour. Accept and be happy. If you don't you're miserable," he said.

