

From the Chairman



I WONDER HOW many of you realise the time being put in by the Fundraising and St Dunstaner Speakers for the evenings and weekends given in manning the St Dunstan's stand at shows, schools, exhibitions and engagements country-wide. They spend many hours on their feet encouraging children to participate in interactive games, whilst our St Dunstaners and staff 'chat up' their parents, and performing their speaking functions.

Keeping St Dunstan's in the public eye and ear is a constant challenge. We have hit the headlines on a few occasions this year, thanks to various individual records. These have been extraordinary events. The every day achievements, which are extraordinary in their own way where St Dunstaners are concerned regrettably, go unreported, for the most part, but are recognised by the perceptive public as outstanding examples of achieving independence.

Captain Michael Gordon-Lennox, RN

ST DUNSTAN'S Review August 2006 No 960

Cover Story: Actually it's 103 metres! St Dunstaner Mark Threadgold broke his target for a new record, diving almost 338ft beneath the Red Sea at Dahab, Egypt.

Editor: Ray Hazan E-mail: ray.hazan@st-dunstans.org.uk
Tel: 020 7723 5021 Fax: 020 7262 6199

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ST DUNSTAN'S Calendar

AUGUST

Outdoor Bowling August 4th
Writers' Forum August 5th
Racing Week August 6th-12th
Golf August 12th-13th
Sailability August 12th
Outdoor Bowling August 14th
VJ Day August 15th
Archery(III) Aug 25th-Sept 2nd
Sailability August 26th
Outdoor Bowling August 29th

SEPTEMBER

Writers' Forum September 2nd
Activities Week September 3rd-9th
Sailability September 9th
Fishing Club (V) Sept 11th-15th
Golf September 16th-17th
Outdoor Bowling September 21st
Physio Weekend Sept 22nd-25th
Sailability September 23rd

OCTOBER

Cadet Challenge October
Widows' Week (II) October 1st-7th

Tape and CD now non-returnable | Place towels in the tub | Masons

Noticeboard

Dates for your diary and useful information

IMPORTANT NOTICE FOR OUR AUDIO CASSETTE READERS

TAPES ARE NOW NON-RETURNABLE:
Those of you receiving the Talking **ST DUNSTAN'S Review** will have noticed it arrived in different packaging. While we have traditionally asked readers to return tapes so that we may re-cycle them on future issues, that system is suspended while refurbishment work continues at St Dunstan's Headquarters.

For the duration, tapes will be sent on a non-returnable basis, please feel free to retain, re-use or dispose of them as the fancy takes you. There is no longer any demand to return the cassettes when you have finished with them. We trust readers will have welcomed the introduction of a 'feelie' felt dot on the top right side which denotes cassette number one.

Similarly, readers who receive the **Review** on MP3CD will have noticed that it is being sent in a non-returnable envelope. In both instances, the change of system relieves the reader of having to return the wallet by a specified time in order for the next issue to be despatched.

However, floppy disk readers will still receive their **Review** in a returnable wallet and we continue to ask that it be sent back by the 20th of the month to ensure delivery of the next issue.

PLEASE PLACE TOWELS IN THE TUB IF THEY NEED CHANGING

LAUNDERING OF TOWELS: At St Dunstan's Ovingdean we are constantly looking at ways to assist in sustaining our environment. One way all visitors and permanent Residents can help is by simply placing their used towels into the bath tub when they require changing. This will enable our Housekeeping department to only launder dirty or damp towels.

Generally if a towel is not placed in the bath tub it will not get changed. However, the General Assistant servicing the room will use their discretion if a towel that is not placed in the bath tub appears to need changing. This will reduce the amount of water and energy used when laundering these items. Thank you for playing a vital role in assisting us to sustain our environment.

Carol Innes
Head of Housekeeping

MASONIC SHAKE UP FOR 2007

CLUB MEETING CONFIRMED FOR APRIL: St Dunstan's Masonic Group will be meeting at St Dunstan's Ovingdean during the weekend of April 27th-29th next year. Last month's **Review** stated that their 2007 gathering would take place a week earlier.



Printed by Hobbs the Printer

ACCOMMODATION AT ST DUNSTAN'S OVINGDEAN FOR CHRISTMAS AND NEW YEAR

BOOKING ROOM AT THE INN:

As in previous years, there is likely to be insufficient accommodation at Ovingdean to meet everybody's requirements. Usually holiday (non care-needs) bookings can be booked provisionally six months in advance directly with Jackie Castle, the Bookings Coordinator (01273 391422) and confirmed at three months. However, for the Christmas and New Year period bookings can only be accepted via Welfare Officers, that is, in the same way as Respite Care bookings and need to be with Welfare Officers for processing by September 29th, please. Because of the degree of uncertainty associated with the period, particularly issues about appropriate care packages available in local communities, accommodation will not be confirmed until the end of November though provisional bookings will be announced by October 20th.

Because of the likely demand, it is necessary to split the period into Christmas (December 17th/18th – 27th/28th) and New Year (December 28th/29th – January 5th/6th) and to limit most bookings to one or other. For a very limited number of people, a stay over the whole Christmas-New Year period may be possible. The actual dates will depend upon factors like transport schedules for those wishing to use Ovingdean vehicles. It will be possible to be placed on a waiting list for the other periods but there can be no guarantee that space will become available. As in previous years, a surcharge will be applied to those who come into Ovingdean over the Christmas and New Year period which reflects the significant cost of the extra food, drink and activities which are put on.

The surcharge per head will be in the region of: Christmas period (£35), New Year (£25).

In order to make the most of the accommodation available, some principles and priorities need to be applied. Firstly, we need to make full use of our fully ensuite, off-site premises at Port Hall. It is accepted that there are limitations associated with this property which is within walking distance but it must be utilised especially by those who are fit and able to do so. The accommodation charge is less than for staying in-house.

A care-need that requires staff support is the factor that determines who must be in Ovingdean itself as opposed to being offered accommodation at Port Hall. There will be a presumption that people taking care of themselves in the community can, in most circumstances, use Port Hall though some may need to be downstairs if their own home is configured that way. The final arbiter for a care-need will be Jackie Greer as Head of Care in discussion with the relevant Welfare Officer, backed, if necessary, by a doctor's written opinion. In addition, there will be occasions when sharing a room either in-house or at Port Hall would create extra space and this will be considered as an option, with those sharing in these circumstances receiving a reduction in the room charge.

In determining the overall priority for those staying at Ovingdean over the Christmas and New Year period, the first call goes to those with a genuine care-need, particularly as a result of insufficient care in the community over the holiday period. This includes Respite Care requirements. Second priority will be the spouses of those living permanently at Ovingdean and who do not live locally. Thereafter, the priority is other holiday makers as determined by their declared

and authenticated care-needs and their requests, with those living independently in the Ovingdean area only being considered after those who cannot participate on daily-visitor basis. When accommodation has been allocated on the above basis, a waiting list will be established. Ideally, applications for accommodation should be made on the basis of the above principles, particularly by offering to accept Port Hall or agreeing to share. We will do our best to give people what they desire but, in the final analysis, the offer of accommodation may have to be based on an assessment of need and upon balancing the requirements of all concerned. Due to the size of the main dining room, we will almost certainly also have to restrict the numbers who come in for the day over the Christmas and New Year peaks, I am afraid, and for whom a surcharge will also apply. Application for a day visitor place should be made to the Lounge Desk at Ovingdean and, as with those staying in-house over the period, the relevant Welfare Officers will be consulted if we have to prioritise the places available.

I look forward to seeing many of you over the festive period.

**Dick Lake,
Ovingdean Manager.**

PRIORITY FAULT REPAIR FORM

APPLICATION FORM: Last issue, we reported on the introduction of British Telecom's free Priority Fault Repair service for customers whose telephone is vital in emergencies. Application forms for the service can be obtained from Barbara Sweeney at St Dunstan's Headquarters. She can be contacted on 020 7723 5021.

SILVER CELEBRATION FOR DISABLED PERSON'S RAILCARD

TWENTY-FIVE YEARS OF SERVICE: The Disabled Person's Railcard has been on track for 25 years. It was launched in 1981 and continues to offer discounted rail travel for disabled passengers. If another adult is travelling with the card holder, they also receive the same discounted fare.

Cardholders can also now take advantage of reduced rate stays in selected hotels, and a discount on goods from Enable Enterprises.

Currently, a one-year Disabled Person's Railcard costs £14 but the price will rise to £18 on September 6th. That day will also see the introduction of a three-year railcard costing £48.

Railcard holders usually get one-third off their train tickets either purchased on the day or booked ahead. Savers and Supersavers, single and return, Cheap-day singles and returns, First-class and standard singles and returns, First-class and standard day singles and returns are all included.

Conditions for use of the Disabled Person's Railcard can be found in a booklet *Rail travel for disabled passengers* which is available at most mainline railway stations. The booklet includes an application form for the Railcard. It can be obtained in large print, braille, audio tape or audio CD by contacting ATOC marketing (RTDP booklet), 40 Bernard Street, London WC1N 1BY. Fax: 020 7841 8267 or e-mail: enquiry@atoc.org. The booklet also offers advice on planning journeys, train and station facilities, useful contact numbers and advice for vulnerable passengers.

HELP SHAPE THE FUTURE OF EQUALITY FOR DISABLED

GOVERNMENT SEEKS YOUR HELP: Are you a disabled person or someone with a long-term health problem? Do you want the chance to tell the government how this affects your life, and to help them design better services and policies for you?

If the answer is yes, then this could be the opportunity you've been waiting for. The Office for Disability Issues is seeking people to become members of Equality 2025 – the UK Advisory Network on Disability Equality.

The Network will be a new way for disabled people and those with long-term health problems to talk to the government about the issues that are important to them.

It is vital that the Network is made up of members from a variety of backgrounds and communities and with a wide range of skills and experience. You don't have to have worked with the government before.

The Network will take up between 20 and 25 days of your time every year, over a two to three year period and this will be paid for. As this will be a UK-wide Network, some travel will be involved so we'll also cover your travelling costs and expenses.

If interested get in touch with the team at Equality 2025 on 0870 609 4218, Textphone 0870 609 4219, or e-mail equality2025@capita.co.uk. For more information, visit their website at www.equality2025.co.uk. Please quote reference B 8518.

The application pack is available in large print, braille, easy read and audio formats.

CHARITY BRINGS PAINTINGS TO LIFE FOR BLIND

ART IN THREE DIMENSIONS: The Living Paintings Trust is a charity that produces raised thermoform versions of images that enable a blind person to "see" pictures via their fingers. The raised images are accompanied by audio tapes that describe what is being "seen" via touch. Images are also labelled with braille and Dymo tape.

The Living Paintings Albums range embraces a variety of topics, including British Birds and their Habitat, Chelsea Flower Show, Animals in Art, Weather in Art, City of Glasgow, City of Edinburgh, Shakespeare Country, SouthWest England, as well as classical and modern art, and architecture. Other topics are in production such as World War II, which is due out in 2007.

Living Picture Albums, books, and educational touch and sound packs are produced by 120 volunteers that support the Trust. They operate a library service. Packs are distributed by way of the Articles for the Blind free postal service, so that anyone living in Britain and Ireland can become a library member and benefit from the service. Packs are sent out in re-usable packaging. Living Paintings estimate that they currently benefit over 6,000 blind and partially sighted people in the UK, including 3,000 children and 500 schools.

For further information, contact Living Paintings by e-mailing lpt@livingpaintings.org, or telephoning 01635 299771. Their website is at www.livingpaintings.org. New members will be sent an introductory pack.

St Dunstaner Aubrey Jones gives his opinion of Living Paintings on page 9.

MERCHANT SEAFARERS GET THEIR OWN VETERANS BADGE

RED ENSIGN ON NEW DESIGN: The Merchant Seafarers' bravery and sacrifice in assisting HM Armed Forces in military operations has been formally commemorated with the launch of the new UK Merchant Seafarers Veteran's Badge. The badge is available to all Merchant Navy seafarers and fishermen who served in a vessel at a time when it was operated to facilitate military operations by UK Armed Forces at any time prior to December 31st 1959. It cannot be issued posthumously as it is a survivors' badge, to be worn on civilian clothing. The only exception to this is for Widow(er)s in receipt of a War Widow(er)'s Pension paid by the Veterans' Agency. (National Insurance Number must now be provided).

The introduction of this dedicated badge for Merchant Navy seafarers and fishermen means that applications by these individuals for the HM Armed Forces Veteran's Badge will no longer be accepted. If an individual already holds an HM Armed Forces Veteran's Badge they may still apply for the UK Merchant Seafarers Veteran's Badge.

Members of the Royal Fleet Auxiliary who Served prior to December 31st 1959 should continue to apply for the HM Armed Forces Veteran's Badge. Applications for the UK Merchant Seafarers Veteran's Badge should be sent to either of the following addresses:

Merchant Navy Association, 9 Saxon Way, Caistor, Market Rasen LN7 6SG. Tel: 01472 851130 or e-mail: mna.national@virgin.net. Website: www.mna.org.uk/.

Merchant Mariners, 16 Glebe Road, Brampton, Huntingdon PE28 4PH. Tel: 01480 412958 or e-mail: info@merchant-mariners.co.uk. Website: www.merchant-mariners.co.uk/.

FROM THE KEYBOARD TUTORIALS NOW ONLINE

COMPUTER GUIDES FREE OF CHARGE: The full range of John Wilson's plain text From The Keyboard tutorials can now be viewed online or saved to disk from his website at <http://web.onetel.com/~fromthekeyboard>. They are now available in addition to his range of mini-guides and user notes for certain household items and software packages.

There is no charge for anyone who wishes to read or keep a copy of these tutorials.

AUDIO DESCRIBED THEATRE

SHOWS WITH THE BLANKS FILLED IN: Irene Richards will be describing actions, costumes, scenery and other details at the following theatre productions.

Guys & Dolls August 12th 14:30. Damon Runyon's wry observations of Broadway inspired this musical staged at Piccadilly Theatre, London. Tel: 0870 060 0123. E-mail: ticketcentre@theambassadors.com

The Play's the Thing (by winner of TV reality show of same name) August 31st at 19:30, New Ambassadors, London. Tel: 0870 060 6627. E-mail: ticketcentre@theambassadors.com.

Beauty and the Beast Classic fairy tale. September 30th 14:30. Norwich Theatre Royal. Tel: 01603 63 00 00.

Evita October 12th 14:30 and 19:30. Popular Rice & Lloyd-Webber popera revived at the Adelphi Theatre, London. Tel: 020 7850 8530. E-mail: customer.relations@seetickets.com.

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.

I wish I had opportunity to visit the Somme

As a member of this society may I raise the question of just how members are selected for the various functions, outings etc, which are carried out each year.

Through the **Review** I have often heard of same when the event has passed, without having heard previously of the event, or being given the opportunity to participate.

A case in point is the visit to the Somme battlefields which I have just heard about in the June issue of the **Review**. To my astonishment I heard a party of 35 visited this historic area, of this number only 11 were actual members. I personally would have loved the chance to have been included in this party for emotional reasons.

My father was an engineer in this battle, he was awarded the Military Medal for bravery in laying land mines under the enemy lines, which caused the huge crater that is still there today. I am confident that there are other members who are in a similar situation to me, who would have liked to be present in this party, but they

were not contacted. I fought in the Infantry in WWII and we fought in the adjacent area, but due to our rapid advance made by us forward troops, I unfortunately could not visit the battlefield. The people who went on this 'junket' were staff, fundraisers, and wives of the 11 members, of those present only one had a very slight association with this horrific battle. On what grounds were these people selected?

**Charles Hannaway,
Brighton, Sussex**

• While St Dunstan's tries to advertise events and activities to as wide a range as possible, there are occasions where our reach is not as universal as we would like. Selection may be influenced by time, geography or even restrictions imposed by our hosts. For some events we do literally draw names from a hat.

No eyepatch for Nelson

I always read the **Review** with interest, and in the May edition I see in the quiz a comment that Nelson lost an eye. I always thought this was true until I went to The National maritime Museum last year for the Nelson and Napoleon exhibition. There I learned that he did not in fact lose his eye, but that it was effectively blinded by stones thrown up from a canon ball shot. It is also doubtful that he wore an eyepatch.

Bill Dinning, Consultant Ophthalmologist

When a similar battlefield tour was previously advertised in the **Review**, there was only one positive response, and a proposal for a Naval visit has received lukewarm interest at best.

However, this trip was not intended as an open visit. Our speakers deliver a presentation called *Conflict in the 20th Century*, which follows the experience of a First War St Dunstaner. The trip aimed to give both our speakers, whose wives acted as guides, and fundraisers, who write our promotional publications and other material, a better understanding of what they either talk or write about.

There was more than one person in the group who had a relative lost or buried on the fields of the Somme.

Living Paintings make good impressionists

Listening to the item on Soundings in the June **Review** reminded me of another charity, The Living Paintings Trust. They are less informative on day to day aids to leading a normal life, but more of a cultural interest. Living Paintings are delivered in strong cardboard boxes which usually contain

two "books" each with five thermoforms hinged together. Each thermoform is a shallow 3D representation of a work of art. The box also contains six audio tapes. 0A and 0B give introduction and background information, then 1A to 5B describe the ten works of art, with guided finger-tip journeys across

each thin plastic moulding resting on a flat surface, such as the box lid. Each painting description is preceded and ends with an appropriate piece of orchestral music. Each delivery also contains a booklet of ten postcards in full-colour. Recipients are expected to return the box and its content in good condition within two months.

No place like new home

I would like to say a big thank you to Maggie Walton and John Gascoigne and also their bosses, for giving me a new lease of life. They have helped me to move house so I am closer to my local town and all amenities and a good choice of buses. Where I lived before was not really safe to go out in the evening but now I go to the Gym and I feel I can get

the bus to meet my friends in the evening for a drink and not feel intimidated. I feel relaxed and feel I have more independence and can really be my own person. I think I am so lucky to have St Dunstan's as I would not know where I would be today. Thank you again to them both and to St Dunstan's.

**Maria Pikulski,
Preston, Lancashire**

The name of the pattern maker, scriptwriter, reader and music details are given on each audio tape. Box return is post free.

As a person who spent his working life and his subsequent pastimes very much practical and physical, I am enjoying currently five Impressionist and five Pre-Raphaelite artists.

**Aubrey Jones,
Dunstable, Bedfordshire**

Just call me Woody Studs!

Recently I was working on a document and used St Du's as an abbreviation for St Dunstan's when I ran the spell check St Du's became "Studs". I rather like Studs as a pen name and it is less of a mouthful than St Dunstan's.

The thesaurus gives jewels as an alternative, that fits as some St Dunstaners most

certainly are "Jewels". A stud is also a headless bolt (cylinder head stud) but could be applied (somewhat unkindly) to some. The dictionary does not mention the National Stud at Newmarket (breeding centre for English horses) so I won't either.

**Colin Oakes,
Saltdean, East Sussex**

• Details of how to contact the Living Paintings Trust can be found on page 6.

We have also heard from ...

We have also heard from Evelyn Lucas, London, Joyce Graham, Hemel Hempstead, Hertfordshire, and Ted Ellerton, Dronfield Derbyshire and thank them for their comments.

BALANCING THE BOOKS

Ted Bunting finds nothing classy about this Upper Class 'tec!

Payment in Blood

Author: Elizabeth George
Reader: Michael MacStay
Catalogue Number TB 8050

The scene is a Scottish hotel, the season is winter, and a London theatre company is assembled to read a play. The following morning, however, one of the number is found dead in bed with a skean-dhu (black knife) buried in her neck. The local police are called but before you can say Jock Robinson

it is decreed from above that since the theatre company is a London company, Scotland Yard will take charge and Inspector Thomas Lindsey will head the investigation. Now Lindsey's people "are rather well off you know"; his pedigree is aristocratic, so bearing in mind that the theatre folk include Lord this, Lady that, and Sir somebody else, you would think Lindsey was an ideal choice... He actually knows the blighters; they call him "Tommy"!

So obviously we are dealing here with a "whodunit". But it is a psychological novel too, for interspersed with the detecting, the red herrings and the smokescreens that delay the unmasking of the killer; there is enough stuff on mental motivation to occupy an analyst's couch for hours on end. As I come to think of it, *Payment in Blood* has all the elements of the classical thriller. The great pity, in my opinion, is that it's neither thrilling nor classy.

Meet the authors

READERS AND AUTHORS will get together in Selsey on August 9th. The Selsey Writers Circle will be hosting Meet the Authors at St Peter's Church, St Peter's Crescent, Selsey, Chichester, West Sussex between 14:00 and 17:00 that day.

Amongst the authors whose work will be on display, will be Joan Moules, wife of St Dunstaner Leonard Moules. She has written biographies of Gracie Fields and Ruby Murray as well as 14 novels of romantic suspense. Her 15th novel *Tin Hats and Gasmasks* will be

published next February. "I hate genres, I dislike the way they name books," said Joan. "My books are romantic, they have romance running through them, but there are other things, a bit of mystery, a bit of real life."

Joining Joan at Selsey will be authors such as Elizabeth Arnold, Simon Brett, Julia Bryant, Betty Burton, Pat Carlton, Josephine Chia, Ruth Cox, Peter Lovesly, Fred Smith and Dee Williams.

Children's favourite Val Biro will also be driving up with classic car Gumdrop.

Copyright Act 2002

The Copyright (Visually Impaired Persons) Act 2002, which came into force on October 31st, 2003, allows visually impaired readers to make an "accessible copy" of any publication without seeking prior permission.

This is dependent on a commercial or publicly available equivalent not being available. The Act covers anything that the reader may have bought, been given or borrowed. An accessible copy may be passed on to others, providing the print copy is passed along with it.

Blindfold shoot at Bisley

ACTOR BERNARD CRIBBINS and singer Elaine Paige came out blasting with both barrels at Bisley Shooting Ground on June 14th. They were attending the annual Clay Pigeon Shoot that the Surrey camp holds in support of St Dunstan's.

A team of St Dunstaners, including Colin Oakes, David Powell, and Cliff Ford were shooting on the day. They tried their hand at airborne and moving ground targets. Meanwhile, other competitors took the opportunity to put themselves in a blind person's shoes by donning a blindfold for their shoot. One shooter, Guy Vandenburg, managed to hit six out of ten clays while he was wearing a blindfold.

RAF St Dunstaner David Weltman of Peacehaven emerged as Top Gun for the day. Bernard Cribbins took centre stage for a charity auction. The day is expected to raise £2,500 to support the work of St Dunstan's.

Training and test matches pay off for bike ride

THREE ST DUNSTANERS - Marine, Army and Navy - completed the 54-mile London to Brighton Bike Ride on June 18th. Steve Nixon was back on the recumbent tandem, while Harry Beevers and Alan Lock pedalled out on the more traditional variety.

"The ride went like a dream," said Harry. "I knocked five-and-a-half hours off my last year's time and we were back in Brighton in the afternoon rather than as the moon rose. I put it down to two main reasons, firstly I had done 705 miles on a borrowed turbo-trainer in my garden hut listening to two test matches, three talking books and innumerable BBC plays and other programmes. Secondly I had 27-year old Mark Brownlow from the gym at Ovingdean as my front man and he was great.

"We even rode up Ditchling Beacon and on Monday morning I had no ache, pain or twinge. I'm going to do it all again next year and a few more after that if I can."

Ten questions

Harry Beevers doesn't follow Henry Ford's advice on the subject of Colours

- 1) The name of which colour is derived from the Urdu or Persian word meaning dust?
- 2) The soldiers of the UN peace-keeping forces wear berets of which colour?
- 3) What name is given to the flag of the British Merchant Navy?
- 4) At the start of a frame of snooker, what colour is closest to the red balls?
- 5) What colour is the card which a foreigner must obtain in the United States in order to live and work there?
- 6) What is a greenback in the United States?
- 7) What colour were British post boxes before 1874?
- 8) What colour is Thomas the Tank Engine?
- 9) Observing Vatican protocol, what colour did the Queen wear when meeting the Pope?
- 10) With which sport are the colours red, blue, white, black, orange and black and white stripes particularly associated?

Answers are on page 27.

St Dunstaner joins thanksgiving parade on National Service Day

A ST DUNSTANER and his wife were amongst 2,000 people gathered at the National Memorial Arboretum to celebrate the contribution and achievement of those who were called upon to serve their country between 1939 and 1960. Roy and Marie Heyes of Birmingham attended a commemorative service on National Service Day, June 25th.



Gerald J. Rose, Chairman of the National Service Veterans' Association with St Dunstaner Roy Heyes and another veteran at the National Memorial Arboretum.

The service was held at the National Memorial Arboretum, Alrewas, Staffordshire and commenced with a parade of Standards. It was led by Commander David Childs (ret'd RN). It recalled that National servicemen were often deployed to hot spots

throughout the world, often without the knowledge of the British public. A Thanksgiving Service for the service given by all who served as National Servicemen followed. It

concluded when the Veterans formed up for a march past. Roy proudly joined with fellows of the Birmingham chapter of the National Service Veterans Association as they marched past the memorial for the salute.

The Service also marked 46 years since the end of National Service. Although National Service officially ended in 1960, some people continued to serve after that date. Roy, a driver with the Royal Army Service Corps, was not discharged until the following year and the last National Servicemen stood down in 1963. "The service was very moving, some people found it quite emotional," said Roy.



Parade Marshal Sergeant Tony Slater with Roy Heyes and Ron Slater. They are standing by the National Service Memorial, not far from St Dunstan's Path.

WWI veteran remembers those who fell in 'unutterable hell'



Photograph: Chris Radburn, PA/EMPICS

First World War veteran Henry Allingham, 110, sits in front of a Sopwith Camel SE5 bi-plane as he speaks to the press at Abbeville Airfield, France on June 30th, the day before the 90th Anniversary of the Battle of the Somme.

FIRST WORLD WAR veteran Henry Allingham was amongst several thousand people, including Heads of State who attended a memorial service at Thiepval, France commemorating the 90th Anniversary of the Battle of the Somme on July 1st.

Around 5,000 people gathered at the Thiepval Memorial which commemorates those who have no known burial place.

Nearly 19,000 men died on the first day of the battle with another 125,000 perishing in the days that followed. In all around five million soldiers

are reckoned to have died during the battle. Australians, Canadians, New Zealanders, Irish, French and Belgians all suffered heavy losses.

HRH The Prince of Wales and Duchess of Cornwall attended the service. During the ceremony, Prince Charles paid tribute to the "mere boys" who died in the "unutterable hell" of the battle. "The magnitude of the allied losses on July 1st, 1916 are unimaginable in these days of instant communication," said the Prince. "But even 90 years ago they caused a most profound shock to our nations and left scars that remain with us today."

"Being here today can only go a very small part of the way in helping us imagine how this beautiful countryside was devastated." As the ceremony commenced, whistles were blown just as they were to signal the start of the attack in 1916.

Prince Charles laid the first of many wreaths at the stone of Remembrance. He later spoke with Henry about his experiences during the war.

Henry who served as an Air Mechanic with the Royal Naval Air Service was called upon to represent "the last of the first", the aviators who flew in fierce combat during the Battle of the Somme.



Prince Charles with Henry at the cemetery of Thiepval.

Photograph: Michel Spingler, AP/EMPICS

Britain celebrated its very first Veterans Day on June 27th

Proud of our veterans



Henry Allingham with Prime Minister Tony Blair.



BRITAIN CELEBRATED its first-ever Veterans Day on June 27th. The aim of the day is to celebrate and raise awareness of veterans of all ages. A wide range of events, large and small, were held around the country. "We should all be immensely proud of our Armed Forces veterans," said Tom Watson, Under Secretary of State for Defence and Minister for Veterans. "Through selfless service in the British Armed Forces, in the UK and overseas, in peacetime and in times of conflict, they have made a huge contribution to the unbroken freedom, democracy and prosperity of this country. For that, we owe them an eternal debt of gratitude."

St Dunstaners Nigel Whiteley and Steve Pendleton attended an inaugural event near the Imperial War Museum. They manned a stand in the Education marquee, explaining the work of St Dunstan's to visiting schoolchildren.



Debbie, Nigel, Steve and Fen were on hand to talk with schoolchildren visiting the Veterans Day event in London.

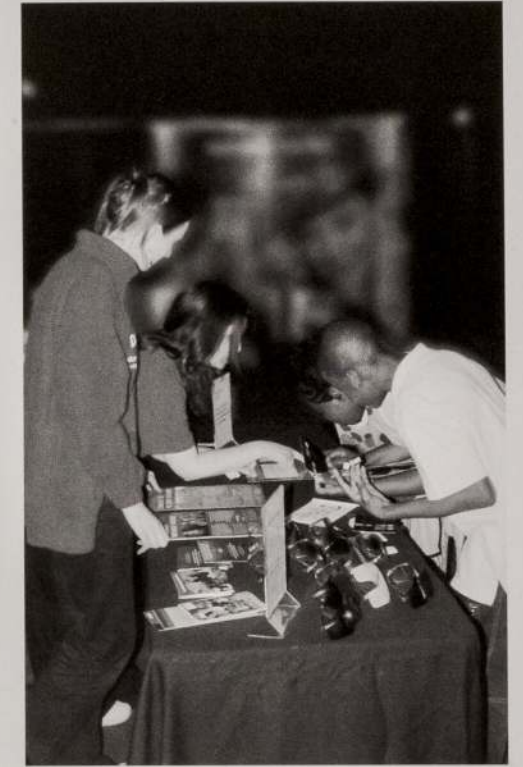


St Dunstaner Nigel Whiteley meets Royal Navy veteran William Stone, who served in both WWI and WWII.

Visitors to the stand were challenged with a braille puzzle that Steve had devised.

Later in the day, Prime Minister Tony Blair hosted a reception in Downing Street to mark Veterans Day. He met with 150 veterans from the Second World War, Suez, the Falklands and Kosovo. Among the guests were three of the last remaining survivors from the First World War. They were St Dunstaner Henry Allingham, aged 110, alongside Infantryman Harry Patch, 108, and the Royal Navy's Bill Stone, aged 105.

Representing St Dunstan's at Downing Street were the organisation's President, Ray Hazan, Ray Sheriff, Tom Hart and Mike Tetley.



School children tackle a braille puzzle set by Steve.

The Prime Minister paid tribute to all the veterans, saying: "The freedoms we have in this country are because of the types of people

who are here today who have given their all, given their lives, given an immense amount of commitment to our country".



St Dunstaner Mike Tetley and his guide dog, surrounded by the images of past occupants of 10 Downing Street.

Mark Threadgold tells how he established himself as a world class diver going 57 fathoms down in The Blue Hole, Egypt!

Blind diver goes deep!

St Dunstaner Mark Threadgold beat his own target for a deep scuba dive by three metres, diving nearly 338ft beneath the waters of the Red Sea.

He was accompanied by Sally Cartwright who is pictured taking momentary custody of the Braille decompression table.



Photographs by Adam Butler

AFTER BREAKING THE water speed record three years ago I had no plans to take on any more world records. With the acquisition of a new computer controlled piece of scuba diving equipment this was all to change.

I had recently become the first blind scuba diver to be trained to use an Inspiration closed circuit rebreather. Unlike normal scuba equipment, no bubbles are produced with a rebreather. The breathing gas is passed in one direction around a loop and you continually re-breathe the same gas. There is an absorbent material to remove the carbon dioxide from the exhaled breath and oxygen sensors continually measuring oxygen levels. These sensors are connected to two computers which monitor the oxygen and automatically add some from a small cylinder when it drops below a set point. It is actually far simpler than it sounds! The challenge thrown down was that as I was the first blind diver to ever use a rebreather, why not be the first to ever dive to a hundred metres with it?

The normal scuba diving depth range is down to between thirty and forty metres. I was happily doing this kind of diving with the

Brighton Marina dive club but would need to do a lot of new training and diving practice before I could venture anywhere near a hundred metres. To dive to such depths requires the use of helium in the breathing gas. This replaces much of

the nitrogen found in normal air and hence stops the breathing gas becoming so narcotic. Nitrogen narcosis is akin to being slightly drunk underwater, and the effects increase with depth, with the obvious impairments in reasoning and concentration.



The splash of success! There might not be any bubbles with a rebreather, but Mark and Team found a few for a toast.

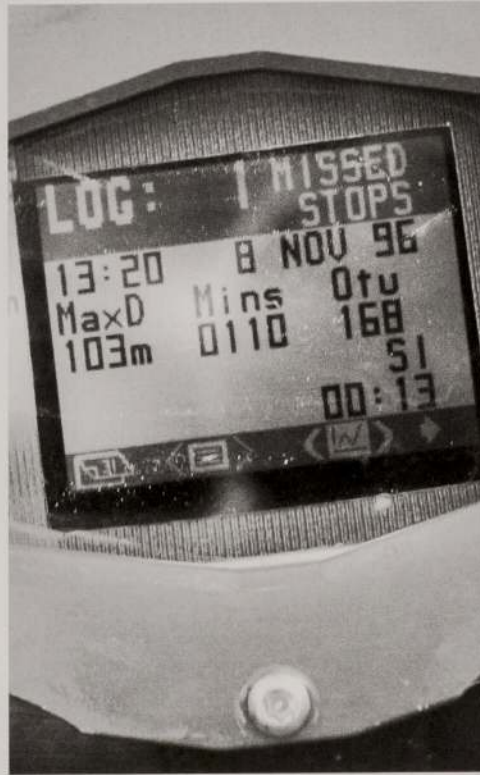


Team Threadgold! Mark and his diving support team triumphant on the beaches of Dahab.

As there is now another gas in the breathing mixture, the plan of decompression stops on the ascent means longer in the water to prevent decompression illness, better known as the bends. Throw being totally blind into the equation as well, and there is a lot to be thinking about on a dive.

The planning and training for the record dive had taken over a year but had all gone well. The venue for the dive was to be the Blue Hole at Dahab in Egypt. The warm water of the Red Sea would help prevent heat loss on the dive and provide an accessible shore site for kitting up. This is a renowned dive site visited by divers from around the world. The team consisted of the project manager, Paul Jackman, with Sally Cartwright and Mark Elliott, both very experienced divers. The fourth was Ian Hanness who was the instructor who trained me to use the rebreather. With the help of sponsors Neilson Active Holidays we had been to the Blue Hole in January and set an unofficial blind depth record of seventy one metres. The administration for the trip to do the record dive in June was the main achievement of the week. With training and plans completed we set off for Egypt in mid-June.

To guide me to the bottom a rope was rigged to a large



This digital depth gauge records Mark's maximum depth as 103m.

buoy and dropped into the Blue Hole to a depth of eighty metres. The Blue Hole itself is a small lagoon separated from the sea by a deep wall. Through this wall is a large natural archway through which we had to lay a diagonal rope from the weight on the first rope down to one hundred metres on the sea bed. This rope would also be my guide for the ascent to the surface and for the decompression stops necessary. The plan was to get down to a hundred metres and to have started the ascent within fifteen minutes. The total time before we would surface again was planned to be a hundred and sixty minutes. The decompression obligations are considerable

for a dive of this depth. A practice dive was done to seventy metres the day before the record attempt and did not go too well. I was over weighted with lead and was tipped to one side when in the water which made things quite stressful. For the following day I would rearrange some weights and this proved to be a good choice.

As I readied myself to descend down the line for the record depth attempt, Paul set off two minutes before me so he would be at the bottom when we arrived. I clipped myself to the line with a short rope and Sally and I set off. By being fastened to the line I could not get lost if I let go of it for any reason! We stopped at seventy metres to leave my talking diving computer attached to the line as it would not work to the depths we were going. At eighty metres I had to move my short tether rope from the vertical to the diagonal line and we continued down. I did not know the depth we were at for this part of the dive and I heard Sally shouting "one hundred, one hundred!" This was just as I hit the rocky bottom and I felt Paul's hand shake mine. We stopped to allow Ian and Mark to film the moment with video cameras then turned and started the ascent.

The ascent is the difficult part of the dive where extreme

care must be taken in order that no decompression stops are missed. At seventy metres I reattached my talking diving computer and did the first decompression stop of two minutes. From this depth to the surface I had a decompression schedule made from round bumpers fixed to a board in Braille. This board was a foot long by six inches wide and had the depth and time for each stop filling both sides. My talking dive computer hangs from the mask strap and speaks the depth and dive time. Using a combination of the computer and the Brailled board I did all my decompression stops independently up to nine metres. Sally was checking everything using another dive computer as we ascended and at nine metres we switched from the Brailled board plan to the time suggested by the computer. We surfaced after 110 minutes having achieved a maximum depth of a hundred and three metres. Everyone was up safely, and I had not needed to use the nappy I had been wearing!

At the surface were another two divers helping us, Adrian Shenstone and Nick Barron. I had my backup diving cylinders removed by them and then climbed out to rapturous applause. With these extra cylinders on my dive equipment weighed over fourteen stones. As this is more than my own body



Mark and Sally underwater.

weight, it is not wise to be carrying all that gear around after an extreme dive such as that just completed. I was led over to the back of a pickup truck to sit down and spray a bottle of champagne around. Several short interviews were done but surprisingly I was not as excited and hyped up as I thought I would have been. The main thing was that everyone on the team had surfaced safely. One nice surprise was that my parents had turned up on holiday in Egypt to cheer me on. I had no idea they were coming and their support was greatly appreciated.

Support from the recreational scuba diving industry was excellent. We benefited from equipment both donated and loaned. Special thanks must go to Neilson Active Holidays whose sponsorship of our travel and accommodation made

the event viable. Meridian television sent out David Wright and his cameraman, Will, to cover the event and their three excellent TV pieces helped publicise the work of St Dunstan's admirably. The publicity was co-ordinated by Simon Mowbray in Egypt and Fen Bagias at Harcourt Street and both did a great job at fairly short notice. All those on the dive team deserve a very warm vote of thanks, as I could not have done any of this without them.

As well as publicising St Dunstan's, the other main aim of the event was to show that blindness should not be the factor limiting what you can achieve. With the help of everyone on the team we proved that with the right training, equipment, planning and support, we can all achieve both the ordinary and the extraordinary.

In the shadow of Nottingham Castle



St Dunstaners Tom Hart and Gwen Obern.



Cardiff delegates Norman Hopkins and Beryl Tatchell.

TRADITION NORMALLY goes back over many years but this was only the second occasion that a special reunion has been held for the war blind. The venue was the Park Inn Hotel, Nottingham. The criteria was that all 18 St Dunstaners present had a standing with the organisation of over 50 years, as had 18 widows. They were accompanied on June 9th-11th by 25 wives, family members or escorts. In addition there were Welfare Officers, staff from Harcourt Street and Ovingdean to give a helping hand.

It was a difficult start. High temperatures and it being Friday combined to make roads impassable due to accidents. The coach from Brighton finally made it after eight hours but with a load of singing and cheerful passengers. Who said we lost at Dunkirk?! Full marks to all the participants and drivers; they came from as far apart as Aberdeen, the Isle of Man, Brighton and Cardiff.

It was not a totally inauspicious start! Quite apart from problems on the roads, one couple were not unnaturally upset to discover that their room had only a single bed, but the chamber maid had let them into the wrong room! Trying to ensure those with special requests were satisfied was more complicated than a game of 3D chess, but all were satisfied in the end. Despite a long and hot day's travel, it was midnight ere the reminiscing wavered and the bar quietened.

On Saturday morning the fortitude of all present was exemplified when many chose to visit a local arboretum with its Chinese bell, aviary, aroma of newly mown grass and the inevitable football World Cup wannabees playing on an improvised pitch. It was so pleasant to be outside in the glorious sunshine.

Many visited Nottingham's medieval castle and museum in the afternoon. The walk up to it, which was quite steep for some, was eased as permission had been granted to allow a mini bus to drive to the top. In the grounds were several memorials; the Albert Ball war memorial commemorates the heroic actions of Albert Ball, who was an ace RAF pilot of the First World War. He was one of Nottingham's most famous holders of the Victoria Cross, killed at the age of 20 in 1917. The other was erected in July 1884 to commemorate those non-



Bill Griffiths and friends.



Professor Maurice and Christine Aldridge.

commissioned officers and private soldiers from Her Majesty's 59 Regiment who gave their lives in the Afghan Campaigns of 1878-1880.

There were some who swam in the hotel pool, others went shopping; it was a remarkably active time!

A more formal dinner was held on Saturday evening in the beautifully air conditioned Regent Suite. The Chairman, Captain Michael Gordon-Lennox, RN, accompanied by Jenny, presided. Trustee David Stuttard together with his wife Dorothy and our Chief Executive Robert Leader joined the group.

The Chairman gave a résumé of the year's events including Sheffield, school talks, world records – in short, the variety that is typical of St Dunstan's! He commended the Amateur Radio Society for the PR they achieved in their world wide

coverage. He concluded by recounting the 110th birthday of St Dunstaner Henry Allingham and explained the reason Henry gave for his longevity – cigarettes, whisky and wild, wild women!

Our President, Ray Hazan was 'guest speaker'. He said, "It is a privilege for non-50 year badge holders to share this time and experience the spirit which made St Dunstan's what it is". He recounted his feelings after the trip to the Somme a few weeks prior and the tribute St Dunstan's had paid to the memory prior to the 90th anniversary of the battle on July 1st.

He went on to speculate on how St Dunstan's would be today had it not amended its constitution. But, as a result of change, St Dunstan's continued to fulfil the vision and legacy of our Founder. He concluded by thanking all those present for the inspiration and example they had given.

Gwen Obern gave the vote of thanks in her unique style and Welsh lilt. She thanked the organisers in particular and St Dunstan's in general. A birthday card was presented to Paul Walker on the occasion of his 80th. Gwen finished by flawlessly reciting a poem from a card she had received a few months prior. It was so worthwhile to hear the reminiscing, the laughter

and sense the bond that had joined these people in 'the best of times and the worst of times'. The kinship was almost tangible. The party broke up on Sunday morning, vowing to meet again next year. Hot sunshine, humid temperatures, long journeys, late nights, high noise levels and strange beds - but nothing could conspire to defeat them!

David Stuttard

Dot and I would like to say what a wonderful gathering and dinner you invited us to attend on Saturday; so many people with so many stories. What a pleasant evening it was for us both.

Bill Shea

The weekend was a huge success. Thank you to yourselves and all the other St Dunstan's staff for all the hard work put into it. I understand how difficult it is to organise such an event as us 'Golden Oldies' always refer back to our first initiation into St Dunstan's back at Church Stretton.



Reg and Eileen Goding.

Arrows flying in the sun

Patrick Sidnell reports on the Archery Club's recent contests!

ST DUNSTAN'S ARCHERY Club moved outdoors for the first time this year during the week of May 28th to June 4th at Ovingdean.

On Saturday, the first open invitation Competition (Burntwood York) took place. We were pleased to welcome two guests, British Blind Sports archers, Melissa Bubb and Lewis March, and Gillian Parker, the National Development Officer for British Blind Sports.

A BBC film crew were also in attendance filming VI archery as part of a *Lifeline* appeal for British Blind Sport.

The weather was very good with lots of sun cream being used. Everyone shot well, with our two BBS guests taking gold medals in their relevant categories.

Results Burntwood York

B1		
1st	Peter Hammond	778
2nd	Clive Jones	372
3rd	Norman Perry	285

B2		
1st	David Poyner	700
2nd	Terry Ottewell	549
3rd	Patrick Sidnell	244

4th	Ron Jones	177
5th	Noel Caulfield	173

Bowsight		
1st	Steve Moseley	920
2nd	Cliff Ford	556
3rd	Keith L-Harding	433

Ladies B2		
1st	Melissa Bubb	624
2nd	Marjorie Scott	246

Junior B1		
	Lewis March	303

Volunteer President Carol March presented the medals with Lewis the only one not keen to be given a congratulation kiss.

It is planned to hold this Open Invitation Competition again next year.

Monday and Wednesday were used as a coaching days.

Tuesday was an early morning. We travelled to Borden in Hampshire to take part in a Tri-Service St Dunstan's competition.

The weather was kind to us with it waiting for it to rain when we went in for lunch.

The Army won with St Dunstan's team of Norman Perry, Cliff Ford, Keith Lanchester-Harding and Patrick Sidnell taking second place.

But the loudest cheer was for Steve Moseley for scoring the worst white.

The judges were busy from the start looking for Ron Jones' sixth arrow - which was still in his box! We will be approaching the Training department to give Ron some math lessons.

It was a good day even though we were all sandwiched out by bedtime.

On Thursday the RUC pairs (Double Frostbite) match took place with Cliff Ford and Patrick Sidnell taking gold.

1st Gold		
	Cliff Ford	411
	Pat Sidnell	238
	Total	649

2nd Silver		
	Terry Ottewell	400
	Marjorie Scott	247
	Total	647

3rd Bronze		
	Keith L-Harding	399
	Norman Perry	231
	Total	630

On Friday, a Bristol 4 competition took place with Peter Hammond breaking the records, being the first B1 archer to score over 1,000.

B1		
1st	Peter Hammond	1,040
2nd	Norman Perry	595

Tactile		
1st	Daivd Poyner	959
2nd	Terry Ottewell	931
3rd	Patrick Sidnell	705

Bowsight		
1st	Steve Moseley	1,141
2nd	Cliff Ford	946
3rd	Keith L-Harding	872

Ditchling Archers
On Saturday, we welcomed the return of Ditchling Archery Club and at last the sun came out. Both teams shot well with the St Dunstan's team of Patrick Sidnell, Keith Lanchester-Harding, Noel Caulfield and Ron Jones winning.

St Dunstan's score total	5,925
Ditchling score total	5,799

Norfolk teams
On Sunday, a warm welcome was given to Taverham Archery Club and Thorpe Hamlet Juniors from Norwich. We congratulate them on their win even after their long journey.

St Dunstan's score total	5,338
Thorpe Hamlet Juniors score total	5,833

All agree the week was a great success, due to the good work of the organisers and volunteers who acted as spotters and coaches. We wish to thank them all.

Blind sailing with the wind on their cheeks



St Dunstaner Bryan Durber sailing with his crewmates on the *Blu Jay*. They gauged the boat's direction through the wind on their cheeks.

ST DUNSTANER Bryan Durber spent an adventure-packed week, sailing a yacht with the Gwennili Trust from June 17th-24th. He joined the crew of the *Blu-Jay*, a Bavaria 34 yacht, sailing out of Falmouth, Cornwall.

Brian was one of three visually impaired crew members and First Mate David Baker was an above the knee amputee and member of BLESMA.

"What a fantastic experience to go sailing again after all these years," said Bryan. "I joined the yacht *Blu Jay* on Saturday at Falmouth and was soon put at ease after meeting the skipper John Claisse and the rest of the crew.

"We set off Sunday morning for Dartmouth but due to bad weather had to put into the Yealm for the night, I

soon got my sea legs back! The next three days were exciting to say the least with strengthening winds gusting to Force 7, but good runs ashore at Salcombe, Plymouth, and Fowey made up for the discomfort. Friday was a calm cruise back to Falmouth where on the evening the Royal Cornish Yacht club gave a lovely dinner and went over the weeks adventures. Sad farewells Saturday morning and a long journey home saw the end of an action packed week. Roll on next year!"



Checking for rocks.

Question: What do an Englishmen in full military regalia, a Scotsman in a Kilt and a Chinaman carrying a hatchet have in common?

The tales we tell

by Donna Vaughan

ACTOR CHRIS ORR started our first session on Friday by asking us to come up with a title for a story. He said that the title could come from anywhere such as a newspaper article or from part of an overheard conversation.

He then asked other members of the group to come up with stories that were inspired by the titles. Jack Durban came up with the title, *A Weekend with Cupid*.

One St Dunstaner proposed that a woman who starts up a lonely hearts club called Cupid's to be someone else who appears on her database and arranges to go for a weekend with one of her clients; another said that perhaps it might be about a young girl who gets chatted up by someone calling themselves Cupid, but when



Chris Orr works through some story ideas with our writers.

she meets him, he is in fact "a bit doddery".

St Dunstaner Nancy Chadwick came up with the title, *The Coat Hanger*. One suggestion was that the coat hanger was a murder weapon and Dorothy Wright suggested that it had been unravelled for the murder; another said that it had been hanging up in a Swimming Pool cubicle and that someone had stolen the clothes that hanged from it

and had replaced them with their own old clothes.

When Nancy's turn finally came, her idea was that the story should be told from the point of view of the coat hanger, that it hangs pink and fragrant in the wardrobe of a woman who has many men pass through her bedroom.

It was obvious that the imagination of the members was definitely being stirred by the exercise!

Answer: They are all characters created by the storytellers during St Dunstan's Writers' Weekend!

Chris said that we should never be afraid that we are not being totally original as each of us can apply our own unique personality to the narrative. Even Shakespeare stole other people's stories and made them his own using his distinct voice to tell the tale.

In the afternoon, we had Peter James, the best selling author of *Dead Simple* and *Looking Good Dead*, to give us hints and tips for mystery and suspense.

He said that all great mystery novels include sex, violence, religion and mystery and offered the following quote: "Gosh! I've been shot," said the vicar's wife, as her knickers hit the floor."

Peter said that the editing stage is just as important as the writing itself, and that when we write we should spend at least twice the time it took to write reading and tightening our work. He said that our writing should fire the imagination of the reader. We need to fire all the senses with smells, tastes, sounds, sights and feelings.

A good writer will be able to describe his or her front door in detail and to think of simple things in original ways.

Another important aspect of writing is emotion. As writers we must bring our characters to life, to make



Peter James offered some tips on research and editing.

us care for them, and a good way to do that is to give our character something to love.

Even in Mary Shelley's *Frankenstein*, she enables us to care for the monster.

When Peter James asked the author, John Grisham what his secret to writing was he said, "Get someone into trouble, and get them out again."

Peter said that research is very important and that he had even experienced what it was like to be locked up in a prison cell, a situation he described as dehumanising. Harry Beevers asked how he managed to get the feeling of being buried alive, as in

his last novel, *Dead Simple*. Peter said that he had visited an undertaker's and asked if he could sit in a coffin. He lay down inside and they closed the lid. As someone who suffers from claustrophobia, it is an experience he never hopes to repeat.

The author, Sally Gardner joined us for the final afternoon. She read extracts from the work of St Dunstaners and said she felt that the writing was at an incredibly high standard – she even suggested that a few of the writers try for publication.

Sally also spent time reading from her novel, *Lillian's Story: One woman's journey through the 20th Century*. The reading led to a long discussion about the importance of getting the facts in a story right. This is particularly important to St Dunstaners who have actually lived through most of the 20th Century. So, Sally's research for her novel led her from the diaries of the MP Harold Nicolson to the Imperial War Museum in London.

For me, the best part about the weekend was that St Dunstaners we able to meet people with similar interests and that many of them have formed new friendships.

So, same time next year ...? Now that could make a good title for a story!

Final potting and feeding

SOMEWHERE AROUND June 10th you should be able to move the plants from the five inch pots into the final nine or ten inch pots. This all depends on whether or not you have a good root system in the pot. Don't move from the smaller to the larger pots until the plant is ready and to see if it is, just knock the plant out of the pot to view the roots. Some cultivars like bigger pots, but you soon get to know which plants like which from your stockist. Some like to have their roots into a root ball quickly and others like to spread around a bit.

The mix in to final pots is slightly different from the others because more nutrition is needed to make the summer growth that will hold the flower heads. The mix is as follows: five parts loam, 2.5 of sphagnum moss peat, one part sharp grit, not sand, and to every eight gallons or bushel, add 8oz of Vitax Q4 fertilizer, 6oz of blood, fish and bone, 2oz of Epsom salts, to keep the soil sweet and 8oz of calcified seaweed to act as a slow release fertilizer. You can then test your mix to see if the ph is below seven. If it is, add lime to bring it up to 6.5. Different cultivars need varying degrees of potting. The large exhibition variety need larger pots and the

Peter Moore on Chrysanthemums!

bottom of the pot needs to be crocked for drainage, add a layer of manure half an inch deep placed on top of the crocks, followed by some of the feed mix, then the plant with mix put in all around and rammed hard into place.

The finished plants are put into family groups on a "Standing Ground". This is a piece of flattened ground normally covered with black polythene or polythene with gravel on the top. At each end of the ground, we have a post to put straining wires between so that the plants can be lined up with their canes and tied in to the avoid wind damage. There is normally one cane per break on each plant, a break being a new stem that will carry the flower head.

We can now start feeding the plants. I use a soluble feed called Chempak, which comes in several different mixtures. I use the feed for high nitrogen to add colour and to help in bud swell and an all-round one in between. I feed twice-a-week now, on Sunday and Wednesday, the latter being the all-round feed.

Because this is a water soluble feed, there is no use in feeding if it rains. So you also need a dry food to add to pots during

wet spells. It is a personal choice of whose you use. There are plenty on the market.

Once the plants are all out in the grounds, we look for new growth between leaf and stem and this should be removed.

July is a mothering stage of the plants. Not a lot happens apart from the removal of new growth from the leaf axils. This is done to aid good growth for the buds you want on the new stems produced after stopping on the top of the plant. If left on the plant, the growth will form a flower of inferior quality.

Keep feeding twice a week either soluble or dry food and keep down the slugs and snails, as these pests love the new lush growth of chrysanthemums.

As the plants grow you need to keep tying in the stems to keep them straight on the canes. This will also help when putting them into the show vases later on.

Some cultivars will now need to have one or two side shoots taken off, as an example if you were growing decorative you would normally grow three or four stems up to mid-July then take off the weakest one mid-

month so the need goes into the remaining stems. This is standard practice for all plants on the standing ground.

In August, they will need to come down to the final two stems, so choose the weakest one and remove it leaving just the ones you want to flower.

Around August 10th check the top of the stems for flower buds, there can be several on each stem and we now have to debud each stem and leave only one flower bud. Make sure you pick the largest one and take away the rest

because we only want one flower per stem. You can now give a dose of high nitrogen feed to aid with bud swell and hopefully a bigger flower.

All the time the plants are out on the standing ground you also have to do one more crucial practice and that is to spray for insects and fungus every ten days.

For insects, we use a propriety brand of systemic insecticides and for fungus a drench brand is used and again this is personal choice. For the main bugs we use a product called

Admire which keeps the plants insect free for the season but we still use a spray every ten days for insects that Admire will not sort out.

Personally, my plants for this year's season are around two to three weeks behind times and so I do not feel that they will be ready for showing.

This is being put down to late bad weather conditions that did not help in the early part of the year. I will know better later on when the buds need to be taken as to whether or not I will be showing this year.

St Dunstaner donates birds to park aviary

One of Britain's largest aviaries has been enhanced by the donation of over 50 birds by a St Dunstaner. Leslie Quayle of Skidby, Hull has contributed his pet birds, a selection of finches, canaries, doves, weaver birds and Java sparrows to a new

aviary in East Park. Leslie has been keeping birds for over 50 years but recent health problems have meant that he has had to give up his hobby. However, he expects to be a regular visitor to the aviary which includes a waterfall and banana trees.

British 10K equals 5K in donations for St Dunstan's

Thirty-eight runners including a team from HMS *Sultan* ran the British 10K to support St Dunstan's on the morning of July 2nd. Their efforts are expected to raise £5,000 to support blind ex-Service men and women

– that's roughly £500 for each kilometre. St Dunstaner Iain Millard, guided by Andy Alliston, was amongst those running past central London landmarks such as the Cenotaph before reaching the finish line on the Mall.



Around 20,000 people turned out for the HMS *Sultan* Show in Gosport on June 24th-25th. St Dunstaners Gerry Jackson and Nigel Whiteley represented the organisation on the occasion.

Ten answers...

Answers for page 11.

- 1) Khaki; 2) Blue;
- 3) Red Ensign; 4) Pink;
- 5) Green Card; 6) A dollar bill;
- 7) Green; 8) Blue; 9) Black;
- 10) Greyhound racing, the colours of the jackets worn by the dogs.

Welcome to ST DUNSTAN'S

John Abley of Liverpool, Merseyside served in the Royal Air Force from 1948 to 1950.

Arthur Belcher of Hayes, Middlesex served in the Royal Engineers from 1942 to 1947.

Leonard Blackmore of Nuneaton, Warwickshire served in the Local Defence Force, Home Guard and then the Royal Army Ordnance Corps from 1941 to 1946.

Donald Brennan of Daventry, Northamptonshire served in the Royal Air Force from 1938 to 1965.

Cyril Burton of Gosport, Hampshire served in the Royal Navy from 1940 to 1948.

David Calvert of Darlington, County Durham served in the Royal Engineers from 1941 to 1946.

Norman Chidler of Mudeford, Christchurch, Dorset served in the General Service Corps, Royal Artillery and Royal Army Ordnance Corps between 1943 and 1945.

Peter Coleman of Norwich, Norfolk served in the Rifle Brigade from 1939 to 1942, then the Royal Electrical and Mechanical Engineers until 1944 and the Army Education Corps until 1946.

Lady Mary Crofton of London served in the Auxiliary Territorial Service from 1939 to 1951.

Kenneth Denning-Duke of Penzance, Cornwall served in the Royal Army Service Corps from 1939 to 1946.

Arthur Derrick of Luton, Bedfordshire served in the Northamptonshire Regiment and Royal Norfolk Regiment (Corps of Drums) between 1948 and 1950.

Henry Dixon of Broughton, Preston, Lancashire served in the Royal Air Force from 1940 to 1946.

Victor Edwards of Wynondham, Norfolk served in the Royal Navy from 1943 to 1946.

Sydney Gwillim of Hemlington, Middlesborough, Cleveland served in the Royal Signals from 1939 to 1946.

Henry Henson of Durham served in the Royal Air Force from 1944 to 1948.

John Hind of Darfield, Barnsley, South Yorkshire served in the Royal Army Service Corps from 1946 to 1948.

Frances Holt of Barnsley, South Yorkshire served in the Women's Auxiliary Air Force from 1941 to 1946.

Leslie Howard of Coppull, Chorley, Lancashire served in the Loyal Regiment (TA) from 1960 to 1962.

Graham Kiff of Witney, Oxfordshire served in the Royal Air Force from 1986 to 1999.

Margaret Lambert of Winslow, Buckinghamshire served in the Women's Royal Naval Service from 1945 to 1947.

Jean MacLean of Inverness, Inverness-shire served in the Women's Auxiliary Air Force from 1942 to 1946.

Scott McLaren of Darlington served in the Royal Logistics Corps from 1996 to 2001.

Mary Money of Orpington, Kent served in the Auxiliary Territorial Service from 1940 to 1942.

Harry Murray of Cults, Aberdeen served in the Royal Air Force from 1949 to 1955. He also served in the Territorial Army until 1993.

Joseph Reck of Liverpool, Merseyside served in the Royal Corps of Signals from 1939 to 1948.

Stanley Reed of Wideopen, Newcastle-upon-Tyne served in the Royal Air Force from 1943 to 1947.

Joseph Roper of Exeter, Devon served in the Royal Air Force from 1946 to 1956.

William Rymer of Barnsley, South Yorkshire served in the Royal Artillery from 1952 to 1955.

Lewis Smith of Hull, East Yorkshire served in the Royal Air Force from 1945 to 1969.

Pamela Sumner of Wokingham, Berkshire served in the Women's

Auxiliary Air Force from 1941 to 1945.

Douglas Tanner of West Green, Crawley, West Sussex served in the Royal Artillery from 1939 to 1946.

William Taylor of Littlehampton, West Sussex served in the Royal Air Force from 1940 to 1946.

Geoffrey Turley of Felixstowe, Suffolk joined the RAF from 1940 to 1975.

Sybil Unsworth of Winchester, Hampshire served as Leading Aircraftwoman in the Women's Auxiliary Air Force from 1942 to 1945.

John Woodham of Trowbridge, Wiltshire served in the Royal West Kent Regiment and Royal Artillery between 1947 and 1949.

Henry Wright of Biggleswade, Bedfordshire served in the Royal Air Force in 1954.

FAMILY NEWS

SILVER ANNIVERSARIES

Congratulations to:

Syd and Margaret Scroggie of Bridgefoot, Dundee, Angus on July 3rd.

GOLDEN ANNIVERSARIES

Congratulations to:

John and Charmaine Stevens of Cambridge, Cambridgeshire on June 30th.

Reginald and Dolores Fawkes of High Wycombe, Buckinghamshire on July 7th.

Charles and Olive Bewick of Chislehurst, Kent on July 14th.

DIAMOND ANNIVERSARIES

Congratulations to:

Les and Bertha Shvemar of Downsview, Ontario, Canada on June 16th.

Bill and Audrey Figures of Olton, Solihull, West Midlands on July 6th.

Margaret and Enoch Humphries of Cambuslang, Glasgow on July 13th.

Harold and Elsie Ireland of Throckley, Newcastle-upon-Tyne, Tyne & Wear on July 13th.

SPECIAL ANNIVERSARIES

Congratulations to:

Thomas and Grace Renshaw of Radcliffe-on-Trent, Nottinghamshire who celebrated 66 years of marriage on June 23rd.

Maurice and Edna Bridgman of Edgbaston, Birmingham, West Midlands who celebrated 62 years of marriage on June 24th.

Arthur and Clare Dickison of Honiton, Devon who celebrated 65 years of marriage on June 28th.

Roland and Anne Veysey of Cocking, Midhurst, West Sussex who celebrated 62 years of marriage on June 29th.

Harry and Edna Plater of Hull, East Yorkshire who celebrated 62 years of marriage on July 1st.

James and Dorothy Sabourin of Peacehaven, East Sussex who celebrated 62 years of marriage on July 1st.

Charles and Dora Leat of Maidstone, Kent who celebrated 66 years of marriage on July 6th.

William and Eileen Clarke of Thetford, Norfolk who celebrated 61 years of marriage on July 11th.

ACHIEVEMENTS

Congratulations to:

Matt Peers, eldest grandson of *Cliff and Irene Gower* of Westbury, Wiltshire, who has recently become one of only eight people in the UK to be awarded Sales Expert Status from Renault UK. This is the highest level awarded by the French car manufacturer.

DEATHS

We regret to announce the death of:

James Graham on June 13th. He was the husband of *Joyce Graham* of Hemel Hempstead, Hertfordshire.

Joyce Murray on June 18th. She was the wife of *Leslie Murray* of Duddon, Cheshire.

Rose Redgrave on July 7th. She was the wife of *Hubert Redgrave* of Headley, Nr Epsom, Surrey.

Lillian Wilcox-Howell on July 10th. She was the wife of *Lawrence Wilcox-Howell* of Brighton.

Maureen White of Swadlincote, Derbyshire on June 19th. She was the widow of *John White*.

Kathleen White of Ossett, West Yorkshire on June 30th. She was the widow of *Eric White*.

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.

Dennis Roberts

Royal Artillery

Dennis Aubery Roberts of Goring-by-Sea, Worthing, West Sussex died on June 6th, aged 92. He joined the Royal Army Pay Corps in 1940, serving in the UK and Gibraltar. Transferring to the Royal Artillery in 1942,

he took part in the North African and Sicilian campaigns. He was posted to Egypt before being discharged in 1946. In civilian life, he became a bookkeeper and later a quantity surveyor.

Edward Brown

Royal Air Force

Edward Brown of Hove, East Sussex died on June 10th, aged 91. He joined the Royal Air Force in 1941 and trained at Boscombe Down. He went into Europe on D+2 at Arramanche with the Canadians and followed aircrews through the continent until he was demobbed in 1945. In civilian life, he followed his father's footsteps and became a publican. As a 14-year-old, he worked in his father's public house, The Oxford Arms, Oxford. Later, he took over his own public house, The Three Compasses at Rotherhithe and in turn also managed The Railway Tavern, Cheshire Browns and the Duke of Cambridge in Richmond Park. Our sympathy goes to his daughter Marion and all members of the family.

Keith Pontin

Royal Artillery

Keith John Pontin of Harley Warren, Worcester, Worcestershire died on June 15th, aged 72. He joined the Royal Artillery in 1952, serving with 10 Field Regiment in Detmold, Germany. He became a member of the Regimental Survey Party, responsible for transport. Discharged in 1954, he joined the Territorial Army but left the following year when he moved to South Africa. In civilian life, he worked in packaging, becoming General Manager and the Director of Limpac. His interests included rugby, cricket and tennis. Our sympathy goes to his widow Sylvia, their sons, daughter and all the family.

Samuel Keating

Lancashire Fusiliers

Samuel Keating of Thornton-Cleveleys, Lancashire died on June 16th, aged 92. He

had been a St Dunstaner since 1987. He joined the Lancashire Fusiliers in 1940 and was posted overseas. He was taken prisoner in Burma in December 1942, enduring privation and malnutrition until his release in 1945. In civilian life, he worked in a cotton mill and as a gardener. His interests included deep sea fishing and he made several trips to RAF Chivenor with St Dunstan's Fishing Club. Our sympathy goes to his widow Grace, daughters Cynthia and Dorothy and all members of the family.

Syd Whiting

Corps of Military Police

Sydney Gordon James Whiting of Ovingdean, Brighton died on June 18th, aged 95. He had been a St Dunstaner since 1975. He joined the Royal Fusiliers in 1940 and later transferred to the Corps of Military Police. He had been serving as Corporal when discharged in 1946. In civilian life, he worked for Metropolitan Water Board. His interests included Braille, radio and music. Our sympathy goes to his daughter Lorraine and all members of the family.

Leslie Fensome

Royal Engineers

Leslie Herbert Fensome of Langley, Oldbury, West Midlands died on June 20th, aged 92. He had been a St Dunstaner since 1945. He joined the Royal Engineers in 1938. Serving in 215 Corps Field Park Company, he was injured on Salisbury Plain when he fell over a guy-rope and hit his eye on a tent peg. Discharged in 1941, he became a driver until his sight failed. After training at St Dunstan's Church Stretton, he turned to assembly work, developing as a capstan lathe operator and then a fly-press operator. His interests included joinery and gardening.

Pegitha Sebastian

Women's Royal Naval Service

Pegitha Sebastian of Hove, East Sussex died on June 22nd, aged 88. She was a secretary

at the BBC before being called up to the Women's Royal Naval Service in 1943. She trained at Mill Hill and was posted to Holy Loch where she became a submarine attack teacher. She practised crews on attack drills and conning tower and operation procedures using models of enemy ships. Discharged in 1948, she returned to the BBC before turning her attention to raising a family. Our sympathy goes to her husband Peter, sons Anthony and Tim and all of the family.

Henry Wilkinson

Pioneer Corps

Henry William Wilkinson of Tadworth, Surrey died on June 29th, aged 94. He was a butcher before joining the Pioneer Corps in 1941. He served in the UK and Iceland where he was involved in the construction of an airfield near Reykjavik. Discharged in 1946, he then ran a Confectionary Tobacconist and Newsagent. His interests included carpentry and DIY and he enjoyed making toys and dollhouses. Our sympathy goes to his sons Eric and Stuart and all members of the family.

Arthur Redwood, MBE

Royal Engineers

Arthur William Redwood, MBE of Nottage, Porthcawl, Mid Glamorgan died on July 11th, aged 83. He joined the Royal Engineers in 1942, serving in Glasgow on home defences. He then trained a Field Engineer for D-Day and deployed with 924 Transportation Company during the invasion. The unit initially constructed airfields, then worked in support of operations such as Arnhem and the Rhine crossing. He received the King's Badge for his D-Day wound. Demobbed in 1946, he worked in the building trade but later switched to a tobacco factory. He and his wife Mary were active in the local community, supporting diabetic and cancer hospitals amongst other causes. They were both awarded the MBE in 1997 for their charitable services. Our sympathy goes to his widow Mary and all members of the family.

Gale blows hard at jazz concert!



Trumpet player John Gale joined the Ian Price Quartet for a few numbers.

ST DUNSTANER JOHN "Gusty" Gale joined the Ian Price Quartet on stage in the garden during a mini-music festival on June 24th. St Dunstan's Ovingdean hosted two concerts which started the day before with the Rachel Fryer Quartet providing a classical recital in the Chapel. The concert was dedicated to the memory of Lillian Willock, the late wife of Frank Willock, a valued supporter of St Dunstan's. The show also made a grand finale for the recent Widow's Week.



Roy Gunn, Ted Tibbit and Eddie Ginn soak up the atmosphere at Ovingdean.

Son of Jaws is hooked

THE ST DUNSTAN'S FISHING Club made their annual trip to Ilfracombe on July 5th. Eight members of the Fishing Club travelled to Barnstaple to stay with the Royal Marines at RM Chivenor. As always,

by Stan Bowers

the Sergeants Mess were fantastic in their generosity and hospitality. Thank you guys, thank you very much! First thing Tuesday morning,

we were down on the quay to meet our skipper Paul Barbeary and his crewman Mark. It was a beautiful day the sea was flat calm, our first job was to slap on the sun cream, then do the fishing.

Those fishing were St Dunstaners Cliff Ford, Jack Fulling, Tony Haskey, Ron Langley, Alan Mitchell, Gary Ogden, and Mervyn Reeves. Three great days of good fishing, lots of different species, lots of fun and games. Thursday was the best day as the tides were just right for us to go deep. Jack Fulling had the best of the day catch, a very nice 25lb Tope, one of about ten caught! It was an exciting busy day, a great way to finish a very good week's fishing.

Tony Haskey needed a hand from the Skipper to hoist this Tope.

