

GOLDEN GRAHAM!

Vancouver victory for athletic St Dunstaner



Ron and the Ryder Cup!

Who won what at Wildwood during the St Dunstan's Golf Club Invitation Day!



Day national celebration in a rainy Blackpool on 27 June.

Your message from St Dunstan's Chairman, Captain Michael Gordon-Lennox, RN

From the Chairman

AS I WRITE THESE notes I have just returned from the Llandudno Reunion, so I thought a few words on the centre and the town might be appropriate.

Firstly, the St Dunstan's centre looked very welcoming with the new maroon name boards either side of the gate. It is an imposing building with superb views over the town and spacious grounds, bounded by mature and attractive trees. There is plenty of room for archery and other activities. Inside there is a feeling of space with high ceilings and beautiful staircases. The dining room with wooden panelled walls has an atmosphere of its own. Individual bedrooms (39) will be modernised. On the ground floor there are mixtures of load bearing walls that cannot be moved, and partition walls, almost a rabbit warren, that can be adapted, and there was the team from St Dunstan's Ovingdean deciding the best locations for rehab, cooking, craft workshops, et al.

The reunion was a happy occasion with over 80 attendees including the Mayor of Llandudno who spoke. He could not have put better his enthusiasm on behalf of the local people that we will be embraced as part of the community and he was profoundly impressed with the scope of our activities and the spirit of all whom he met.

It was a great pleasure to be there. I know we have bought the right building in the right place. It will serve many St Dunstaners and we will be welcomed by the Welsh people.

Michael Jose Lums.

St Dunstan's Calendar

AUGUST

Writers Forum	2
Race Week	3-9
London Triathlon	9-10
Rock and Roll Charit	ty 9-10
VJ Day	15
Golf	16-17
Archery Week (III)	23-31
Activities Week	31-6 Sept

SEPTEMBER

Activities Week	Until the 6
Writers Forum	2
Op Banner Comme	moration 10
RMA Lympstone	13-14
Golf	13-14
Physio Weekend	26-29

OCTOBER

Writers Forum	4
Widows' Week	5-11
Commando Challenge	e 11-12
Golf	11-12
Computer Club	15-16
World Sight Day	16
Amateur Radio	17-24
Bowling Club (II) 2	26-7 Nov
Great South Run	26

NOVEMBER

Writers Forum	1
Bowling Club (II)	Until the 7
Remembrance Sur	nday 9
Armistice Day	11
Golf	15-16
Dancing Week	23-29
Christmas Craft We	eek 30-6 Dec

Noticeboard

NOTIFY WELFARE AND GRANTS DEPT OF ADDRESS CHANGES

PLEASE KEEP US UP TO DATE: We would like to remind St Dunstaners to let us know of any relevant changes in their circumstances, such as change of address or telephone number. Any changes should be notified to the Welfare and Grants department who can be contacted at St Dunstan's Headquarters on 0207 723 5021. If you prefer you may e-mail details of any change directly to DataChanges@st-dunstans.org.uk.

EX-POW REUNION 2009

DATE SET FOR NEXT YEAR: The St Dunstan's Ex-Prisoners of War Reunion will be held at St Dunstan's Ovingdean on 3-6 April 2009. All Ex-POWs registered with St Dunstan's will receive a letter at the end of this year giving details of the programme. All accommodation must be booked through Jackie Castle on 01273 391422. Any queries concerning the reunion should be directed to Ex-POW Group Secretary Tom Hart on 01304 612771.

AUDIO BOOKS AVAILABLE

CLASSICS, ADVENTURE AND ROMANCE: A selection of audio books have been donated to St Dunstan's, including titles by Jane Austen, Rosamunde Pilcher, John Grisham and Dan Brown. Contact Barbara Sweeney at St Dunstan's Headquarters on 020 7616 7922 for a copy of the list if you would like to choose any of the books.

EXPLORE SCULPTURE IN LIVERPOOL

TOUCH TOURS: The Tate Liverpool in the Royal Albert Dock offers Exploring Sculpture tours any time during gallery hours. Visitors can discover how some of the sculptural works are made, handle materials used, and touch some of the display. Tours must be booked at least two weeks in advance. The tour can be on a one to one basis or for small groups (maximum ten people). For details call 0151 702 7400.

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St Dunstan's Review is also available in braille, on MP3CD or as a word document via e-mail or on floppy disc. Your readers this month are David Castleton and Andrew Cooper.



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ACCOMMODATION AT OVINGDEAN OVER CHRISTMAS AND NEW YEAR

BOOKING ROOM AT THE INN: As in previous years, there is likely to be insufficient accommodation at St Dunstan's 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 26 September. Because of the degree of uncertainty associated with the period, particularly issues about appropriate care packages being available in local communities, accommodation will not be confirmed until mid-November though provisional bookings will be announced to Welfare Officers by 17 October. I realise that some feel that this is late in the day but to do things any earlier is impractical given the amount of change that always takes place.

Because of the likely demand, it is necessary to split the period into Christmas (20 or 21 to 27 or 28 December) and New Year (28 or 29 December to 3 or 4 January) and to limit most bookings to one or other. For a very limited number of people, a stay over the whole Christmas and 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 (including the week before the Christmas week and the week after the New Year week though they are training weeks at Ovingdean) 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 (£40), New Year (£30).

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 en suite, 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 St Dunstaners 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 or immediate family of those living permanently at Ovingdean and who do not live locally. Thereafter, the priority is to St Dunstaners as determined by their 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, and for whom a surcharge will also apply. Application for a day visitor place should be made to the Lounge Desk at St Dunstan's Ovingdean by Friday, 5 December 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.

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

> Dick Lake, Ovingdean Manager

PRELIMINARY DATES FOR 2009

Archery Club(I)	17-25 January
Computer Club (I)	4-5 February
Amateur Radio(I)	6-14 February
Music Week	15-21 February
Dance Week (I)	1-7 March
Bowling Club (I)	15-28 March
Ex-POW Reunion	3-6 April
Widows' Week (I)	8 – 15 April
Masonic Weekend	24-27 April
Gardening Week	2-9 May
Blind and Handless Reunion	6-12 May
Archery Club (II)	23-31 May
Ladies Week	14-20 June

NEW CONSULTANT

Michael Falcon, MRCP, FRCS, FROphth has joined the St Dunstan's team of ophthalmic consultants at Headquarters. He will run the clinic once a month. Mr Falcon trained at Trinity College,

Cambridge, Guy's Hospital and Moorfields and was Consultant Ophthalmologist at St Thomas's Hospital in London between 1981 and 2006. Since then he has partly retired. He is proud to relate only having two days sick leave during his working life.

His primary interests were in corneal disease, glaucoma and cataract surgery. He had a very interesting career with travels over much of the world and many interesting patients including Saddam Hussein and General Sir Mike Jackson (although they were rather different times!) He is a keen mountain walker, environmentalist and tree-planter.

YOUR COMMENTS ARE WELCOME

SUGGESTIONS, COMMENTS AND COMPLAINTS AT ST DUNSTAN'S OVINGDEAN: I know that a few may find it hard to believe but we don't get it a 100 per cent right at St Dunstan's Ovingdean! For one thing, we are only human and so sometimes make mistakes or have off moments. Secondly, the St Dunstan's Ovingdean scene is continually changing in response to things around us, most noticeably those that are related either directly or indirectly to the charity's increasing beneficiary numbers. I do understand how hard some of that change is to accept, especially if one has been around from before the numbers really started to build up. A third reason for a degree of dissatisfaction comes when we fail to fulfil people's expectations especially when those expectations are not fully related to the St Dunstan's Ovingdean reality. This particularly happens when visitors think that we are just a hotel or a Butlins holiday experience. We do provide hotel-like services and we do run an entertainments programme, but we aren't them!

Most importantly in this respect, the key feature of St Dunstan's Ovingdean is that it is a care home for our permanent residents and we are governed by the Commission for Social Care Inspection (CSCI). And fourthly, I think one just has to accept that we are all different and it isn't possible to please everybody all of the time – we are trying to though!

So, all that said, we are pursuing continuous improvement and we do want to learn from you. We are keen to hear the good, of course, and we are grateful for the countless

letters, cards and other tokens of thanks and encouragement that we get continually. They are passed on to the team in a variety of ways including being displayed up on the top floor near the staff dining room. But we do really want to hear about the less good too and, preferably, at the time.

Officer several months after a visit are really not the best way of effecting change, not least because delay makes investigation so much more difficult. We are not offended by adverse comment and there is certainly no way that we would penalise anybody for it so, please, do speak out. We can, and do, maintain confidentiality in these matters.

We have established several ways for you to give us your views, anonymously if you like. In every bedroom you should find a short questionnaire on yellow paper which you can either fill in yourself or ask somebody to help you. The results are collated monthly and passed to all the Heads of department at St Dunstan's Ovingdean as well as ensuring individual comments go the relevant manager for action, if appropriate. We are looking for trends so may not take up every suggestion, balancing it against the views of others for example. If you have a more specific suggestion, comment or complaint then there is another form available through the Lounge Desk that you can use (again, the team will help you if you wish) and that will find its way to me for action.

Thirdly, we have a letterbox in the door by the lift on the main floor labelled "Suggestions" into which ideas can be put – if they are anonymous, you won't get an answer personally but if you would prefer anonymity, as some do, then that is fine. In addition to all of these, there are the other satisfaction surveys that the organisation does and these include reporting back on St Dunstan's Ovingdean and its services. As these surveys are mainly un-attributable, you won't usually get an individual response.

Another way to make a point is to catch me as I go around the dining room tables though the problem with that is the current manager's memory can fail and, for some, it is too public anyway. Often it is possible to arrange to see me by speaking to Linda Starr, my PA, though my programme can get rather busy.

The very best way to resolve things is to deal with them at the time and at the lowest level that can sort things. If you have a catering issue then ask to speak to the PBK supervisor on duty in the dining room and only escalate it if they cannot give a satisfactory answer. Likewise, if you have submitted a complaint about Ovingdean that has come to me and you are not satisfied with my reply then one can always take it on to Ray Hazan as the St Dunstaner Services Manager.

In summary, we are listening and want to hear your views though do note the four provisos above as well, please.

> Dick Lake Ovingdean Manager

CORRECTION

In the June **Review**, Ray Hazan should have said that Canon Dr Jane Hedges is Canon Steward of Westminster Abbey, not Dean.

ACTION FOR BLIND MOBILE INFORMATION SERVICE

COMING TO YOUR TOWN SOON: Action For Blind People's mobile Sight Loss Information Service will be visiting the following areas this month. They will demonstrate the latest technology and gadgets to improve daily life for blind and partially sighted people and their friendly and knowledgeable team will offer free and impartial advice on sight loss.

In the week commencing 4 August, they will be in Southend and then East Dunbartonshire; then starting 11 August, they will be in Leicester and Harrogate and North Yorkshire. Finally, in the week commencing 18 August, they move to Merthyr Tydfil and Brecon, and Forfar. Exact locations were unconfirmed at press time, but full details can be found online at www.actionforblindpeople.org.uk or by telephoning the organisation's freephone helpline on 0800 915 4666.

SAILING ON

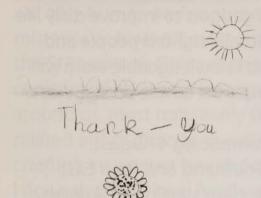
FOUR DAY SAILING BREAK IN COWES: Blind people have the chance to learn the basics of dinghy sailing on an RYA certified course run by the RNIB and UK Sailing Academy on 2-5 September. The introduction to sailing costs £205 and includes transport from Southampton, tuition, equipment, and full board accommodation. Accompanying sighted partners or friends can enjoy the accommodation only package of £95. For more details or to book a place on the course, contact Eleanor Ellison on 01273 262221 or e-mail eleanor.ellison@rnib.org.uk.

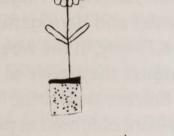
A selection of your comments drawn from The Editor's postbag

Letters

Letters to The Editor are always welcome. Write to St Dunstan's Review, 12-14 Harcourt Street, London W1H 4HD. E-mail ray.hazan@st-dunstans.org.uk.

LETTER OF THE MONTH





Greetings from Shropshire

Thank-you. We loved meeting you.

Helena, aged 6

Thank-you for watching us and for the drinks, sweets, DVD and file-a-fax. We were very surprised to get them.

Benjamin, aged 8

Dear St Dunstaners,
I am writing to thank-you for
the presents and listening to
our performance on 6 June.
We hope you enjoyed our
performance as much as we
enjoyed seeing you. We look
forward to seeing you next



Mary Frith offers the Dorrington Children a token of St Dunstaners' appreciation after their performance.

year and hope you enjoy our performance just as much. We hope you enjoyed your stay at the Longmynd Hotel and hopefully it brought back many memories.

Thank you for being such a brilliant audience.

Thomas Gump, aged 10

• Helena, Benjamin and Thomas were cast members of the Dorrington Players who staged a VE Party to entertain everyone attending the 50-Year-Badge Holders Reunion in Church Stretton. Ray Hazan still has 15 years to go before he can claim his 50-Year-Badge, but reports on the weekend gathering on page 24.

Paintings uncover world of macular degeneration

I am a St Dunstaner and my

sight disability is caused by macular degeneration. Thank you very much for the article in June's Review about Adam Hahn's considerable addition to the understanding by people in general of our sight difficulties. The two examples of the paintings which you published were spot on. Adam Hahn's initiative, hard work and skill have produced an insight to the limitations of sight for those of us who have macular degeneration. Is it possible that these paintings could be reproduced for wide circulation? They are an

admirable explanation of our sight loss.

Fred May, Sheffield, South Yorkshire

• Some of Adam Hahn's paintings of individuals with ARMD will be on display at the Meiner Gallery, 51 Southwark Street, London SE1 1RU as part of an exhibition, *In Search of Beauty and Wellbeing*, until 14 August. The gallery is open 10:00-18:00, Mon-Sat and admission is free.

The road to salvation

Being a Salvationist I was very interested to read the articles about two of the founder General Booth's close relations in the June Review. In a roundabout way St Dunstan's was part instigator of me becoming a Salvationist. At the time of my entering St Dunstan's for two years of training to live with being totally blind I had no time for God, even if there was such a person.

St Dunstan's persuaded me to let them arrange for a voluntary escort to take me to a cinema that evening.
So I was put on their coach into Brighton where the escort would meet the coach. I did not know at that

long Salvationist. We both seemed to hit it off with each other from the start and she became my regular escort.

It took her nearly two years to talk me into going to a Salvation Army meeting. I booked her a lunch at Ovingdean, then we walked along the undercliff into Saltdean. There we had a cup of tea and got the open top bus back into Brighton where we went into what used to be the Lyons Corner House in Old Stein and had tea. Afterwards, we walked to the Salvation Army Citadel. It was the first time I had been in any church for years.

The meeting was actually quite good. After that there was a short prayer meeting which was open to the congregation. Whilst the prayers were going on they started singing a chorus very quietly and a line in it went "It was by faith I received my sight" and as they sang those words I suddenly got about 20 per cent of my sight back in my right eye which I have never lost since.

That night completely changed my life and about nine months after, having completed my training, we

married which was the start of 52 of the happiest years of my life that we shared together.

I wonder if there are any other St Dunstaners who are Salvationists? It would be nice to hear from them.

> Roy Armstrong, Walthamstow, London

A much loved friend

Somewhat belatedly, alas, I send the news of the death of John O'Shea, who died on 21 February 2007, aged 78 years. John was a Night Charge Nurse at Pearson House in Sick Bay when I became Matron there in 1980. We had a happy reunion as he and I had both worked at Sussex Eve Hospital. He was much loved by the St Dunstan's veterans and was one of the kindest, most compassionate members of my nursing staff. A true credit to the nursing profession, he was infinitely patient and always caring. In the card his widow Barbara sent me there is a very apt quotation: "Pray for me, And I shall pray for you and all your friends that we may merrily meet again in heaven." (St Thomas Moore).

Penny Goodwin, Kemp Town, Brighton

Excellent break will not be forgotten

In March I answered the request for names of people interested in being a guest of the Not Forgotten Society for three days of entertainment from the 16-19 June. Well, I can tell you that I was the lucky one, and I do mean the lucky one! My wife and I had a most enjoyable break.

On arrival at the Victory Club in London we were booked in to a room on the 6th floor and we set off to find it, unfortunately the ground floor lift did not go that far and the lift that did was found some way along the corridor on the 5th floor, but once we had found it we had no further problems for the duration of our stay.

It was not long before we found ourselves mixing with the 125 other guests, all ready to enjoy themselves. The food was good with no shortage of wine and very soon the laughter was to be heard all around us. The second day found us being the guests of the Household Cavalry, where we were shown the stables, forge and the saddlers before being escorted to the Sergeants' Mess at Wellington Barracks

for a very good curry. Once again we were back on the bus being whisked back to the Victory Club for a wash and brush up before being transported to the London Palladium to see The Sound of Music, all in all a most enjoyable day.

Next day saw us start with a very good breakfast before setting off for a trip on the London Eye. This was very much enjoyed by those who could see London through a rather wet and misty morning. Nevertheless, I was glad that I had the opportunity to go up. Once again back to the hotel to get ready for the boat trip to Tower Bridge. We were joined on deck by a group of from Headley Court. They were a wonderful bunch with great morale. It was noticeable that these boys felt very good about the whole thing. It wasn't downbeat for these lads.

One young lad had only received his new legs that week. His balance was awful; he was all over the place. He was standing on the pontoon saying "I hope this boat comes in soon."

They were with us through to the evening as we were taken ashore to be wined

and dined in the grounds of the Tower of London at the same time as we listened to the band of the **Grenadier Guards Beating** the Retreat. Now we were led inside to be treated to a most enjoyable concert, The singing of a Welsh baritone was followed by a ventriloquist who had us all in stitches, then Patti Boulaye sang to us and, as if that was not enough, the New Seekers finished off a wonderful few days by singing some of their many hits from the 70's the whole concert being ably compèred by Lesley Joseph. The Not Forgotten Society with its small but highly professional staff gave my wife and I three days that we will not forget in a hurry for which we should like to thank them all. If the aim was to take us all out of ourselves and give us a good time then you succeeded in some measure.

> Terry and Avril Ottewell Brecon, Powys

Roundtables in dining hall at Ovingdean

One of the most enjoyable things about visiting Ovingdean is having the opportunity to gather round a table with friends you haven't seen for a long

time - or even meeting new people - and having a really good catch-up and chat. Sitting at the round tables in the dining room gives us all the chance to talk during mealtimes, and is a great part of the social scene at Ovingdean. I know it's not just me that feel like this - many others do too - and look forward to the opportunity to renew acquaintances. It's also a great way to integrate new St Dunstaners and welcome them to our fold, and consolidates the induction weeks that are held for them. Unfortunately this chance to gather and chat three times a day is now under threat as we've been advised that the round tables that seat eight people and are currently used for "holidaymakers" are to be replaced by long rectangular tables. I, and many others who have spoken to me, think this is an enormous shame as the layout will reduce our social interaction at meal times as we would only be able to talk to the people sat next to or opposite us, rather than engage in our usual lively discussions literally "around the table". We say "St Dunstan's is a family" so let's support this ethos and keep hold of this simple

way to gather and talk to our friends. In fact, I feel so strongly about this change that I'd like anyone else who thinks the same way to get their fingers working on the keyboard and write to either the Review or the management and get your feelings into print - and not just talk about it.

> David Poyner, Sale, Manchester

Editor's note

I have raised the matter with the Ovingdean Manager. This is just one of several proposals being considered; the pressure of greater numbers, wheelchairs and background noise has necessitated a review. Access to the far end of the diningroom is also proving difficult.

A 24-hour trial of different types of tables was carried out to which comments were equally balanced, many people found the non-round tables easier for general conversation. No decision has been taken yet.

St Dunstan's is like an umbrella

Following the death of my mother, Kathleen Barsby, I would like to take this opportunity to send my most grateful thanks to St Dunstan's for all the support they have given to my parents. My father, Frank Barsby, was an RAF St Dunstaner who lost his sight through glaucoma. However, they were collected and carefully transported to Ovingdean for holidays. Following my father's death in 2001, my mother continued to enjoy the Widows' Week holidays and made friends with the caring nursing staff and fellow residents.

She told me she felt that St Dunstan's was like an umbrella that offered her care and support if needed. This care was shown in a special way when Liz Pearce, my parents' welfare officer, travelled up from her home in Cornwall to spend time with my father. This enabled mum to attend her grandson's wedding in London.

There have been many more instances when st Dunstan's have given help and support in such a special way, caring for the individual needs and making every effort to improve their quality of life. I am sure that I am one of many to say I am truly grateful for all your care.

> Linda Boxall Crapstone, Yelverton, Devon

Balancing the Books

Ted Bunting delves into night club violence

Essex Boys

Previously published as

So this is Ecstasy

Author: Bernard O'Mahoney Reader: Steve Hodson Catalogue Number 12344 Duration: 9 hours, 40 minutes

In considerable lurid detail, this book describes the twilight world of the night club and the shady characters that populate it. It tells of criminal acts and violence, of drug taking and dealing, and of mindless stupid behaviour which, frankly, I found difficult to believe. If, like me, you have always followed the maxim "early to bed, early to rise" you will also find this story almost incredible, but since names, dates and places are openly given throughout the text, we must assume that it is at least an approximation of the truth. The author and narrator was a doorman in Basildon. His job, he says, was to "police" the club but it seems to me that his policy of meeting violence with even greater violence made him more of a problem than a solution. He seems extremely proud of his acquaintance with the infamous Kray twins who he mentions several times in the book. I must admit he has a very interesting story to tell but I can't see him ever being a friend of mine.

Ten questions on...

The subject of Pairs

Double trouble! Harry Beevers gives you the chance to record your highest score ever, ten questions with two points for each fully correct answer...

- 1) Which two words appear on Britain's highest military decoration the Victoria Cross?
- 2) The term G.I. to describe an American soldier is said to have originated from which two words?
- 3) Who were the composer and lyricist of the musical The Lion King?
- 4) Who are Britain's two most performed playwrights?
- 5) Parts of which two mountain ranges are covered during the annual Tour de France cycle race?
- 6) The names of which two countries begin with the letter A but do not finish with an A?
- Which two Football League clubs contested the final of the FA Cup at Wembley in 2008?
- 8) The names of which two American states begin with the letter K?
- 9) Which two English towns were granted city status in the year 2000?
- 10) Which two domestic air raid shelters during World War II were named after politicians?

Answers can be found on page 28.

Graham strikes gold in Canada!

ST DUNSTANER has emerged as a World Champion triathlete after competing in his third major event. Graham Kiff of Witney, Oxfordshire won the gold medal representing Great Britain in the Athletes with a Disability (AWAD) category in Vancouver, Canada on 7 June. He was guided throughout the event by St Dunstan's Alex White.

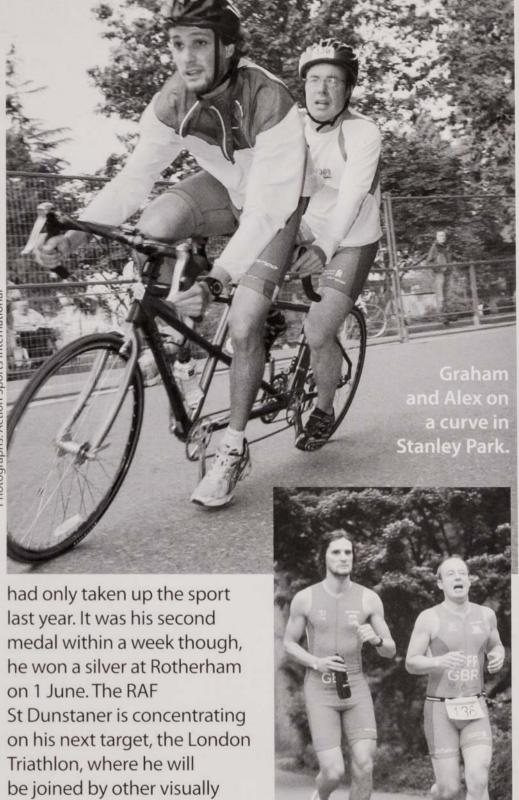
Triathlon competitors swim, cycle and then run. In the circumstances, Graham is glad that he managed to complete his swim in the sea at English Bay. Weather conditions created choppy swirls forcing organisers to cancel that section of the competition altogether.

However, by then Graham and Alex were riding away on a tandem provided by Standard Charter, moving swiftly around the outskirts of Stanley Park. Three laps later, they launched themselves into an 11km run. Graham won the gold in the male AWAD category, while team mate Melanie Easter, guided by Steph Stride, won the female gold.

Graham was delighted with the result, particularly since he

he won a silver at Rotherham St Dunstaner is concentrating on his next target, the London Triathlon, where he will be joined by other visually impaired athletes under the banner of Team Viper.

Though if you thought Alex was going to take it easy on his return to Blighty, just turn the page ...



Graham and Alex run towards that golden finish in Vancouver, Canada.

Wheelie inspiring riders!

Simon Rogers tracks the Landems from London to Brighton

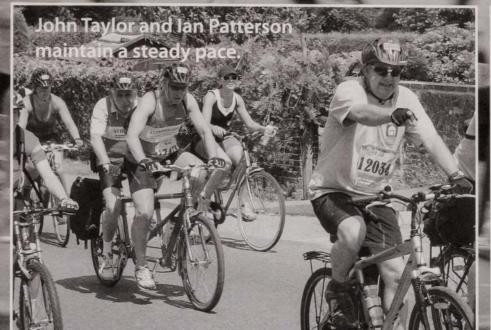
A5 Rangers! RAF St Dunstaner Stephen Parnell, with co-rider Mick Holiday on an up-hill stret was Stephen's second since losing his sight

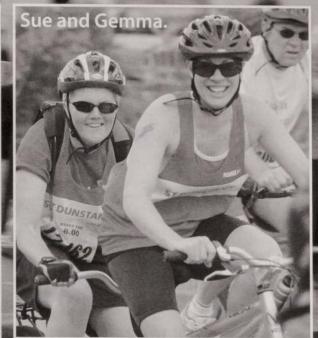
ROUND 27,000 people took part in the 32nd London to Brighton Bike Ride on 15 June. Seven St Dunstaners were amongst the crowds who set off from Clapham Common to pedal their way, 54-miles, to the Brighton sea front. For some of the co-riders, such as Andrew Jones, St Dunstan's Director of Fundraising and Communications who

What is a 54-mile bike ride when you have rowed the Atlantic? Alan Lock, left, who was riding with Ed Hodge prepares for another challenge.











stepped out from the corporate shadows to ride with Harry Beevers, 79, it was their first time on a tandem. However, they proved to be quick learners. Harry, suffered from dehydration during the ride. A glass of salt water and a leg massage from two young ladies had him standing again. He finished the day dancing with his wife, Joan, at St Dunstan's.

> The Gym's Alex White had only recently returned from the Triathlon in Canada when he teamed up with Steve Sparkes. They completed the ride in good time, even after some

saddle re-adjustment. Sue Eyles, riding with Gemma Kirkwood, opted for a regular tandem this year, a move that paid off with an improved time. Well done to everyone who was riding for St Dunstan's that day.

Roz Maisey, who had never been on a tandem before, was shanghaied at the last minute to ride with Billy Baxter. Sudden stops proved awkward, particularly with Billy's habit of pulling up his handle bars. As they rode up to the finish line, the commentator was heard to announce his amazement at seeing a tandem with a woman at the front and a man at the back.

John is the residents' President

A ST DUNSTANER has been feted for 14 years dedicated to improving the lives of Barnsley residents. John Hind, who served as a Lance Sergeant in the Royal Army Service Corps, stepped down as Secretary of the Barnsley Federation of Tenants and Residents Associations in April. However, his long-standing contribution to the area was recognised when he was named Honorary President of the Federation. John replied that he was sorry not to continue in his previous role, but was proud of the Federation's success, particularly with a Decent Homes programme and a tenants' jury which resulted in Berneslai Homes adopting "arms length management".



Vice Chairman Joan Daykin congratulates John on 14 years of service to Barnsley.

Don runs up a tidy sum!

ST DUNSTANER Don Planner and his guide Peter Adams ran up £1,880 in sponsorship when they completed the London Marathon in April.



Louise, Don and Peter.

the proceeds to St Dunstan's Sports and Recreation Supervisor Louise Timms, but she had to catch up with them first. Don, of Poole, Dorset, served in the Royal Electrical and Mechanical Engineers until he was blinded in 1976. More recently, he underwent triple bypass heart surgery but has continued running to support St Dunstan's and other causes. Having completed 17 marathons, he is reckoned to have raised in excess of £46,000 for charities helping visually impaired people and disabled children.

Don and Peter presented

Thank you, June



MRS JUNE CARTER of Lewes, Sussex raised £600 to support blind ex-Service men and women by running a tombola and collection at the market in Lewes Town Hall. She was thanked by St Dunstaner Gerry Jackson and his wife Maureen when they collected the cheque on behalf of the charity.

Amex Andy did nicely, sir!



Arthur Lowe with Andy Winter, a credit to his company.

A MAN FROM American Express was told he had done nicely on a six-month secondment to St Dunstan's. Andy Winter, a manager with Amex, joined the Ovingdean crew in January. During his sabbatical from the finance company, he undertook a variety of roles working with the Residential Care Team in support of both permanent

and short-stay visitors, assisting at the Bowling Tournament, and helping create a new DVD for Rehabilitation and Training.

St Dunstaner Arthur Lowe presented a plaque to Andy Winter, conveying the best wishes of everyone at St Dunstan's as he returned to the world of commerce.



Tony wins Carson Cup

ST DUNSTANER Tony Parkinson won the Violet Carson Vice President's Cup on 1 June. He was competing against sighted members of Blackpool Bowmen, the only totally blind archer taking part.

Tony takes helm of local MS Society

TYNE AND WEAR St Dunstaner Tony Watson recently became Chairman of the Sunderland Multiple Sclerosis Society. He succeeds Alan Lindsley, MBE who stepped down after 25 years. Alan formed the branch along with his wife Joan who suffered from MS for 40 years. Tony, now aged 47, served ten years in the Royal Navy on ships such as HMS Coventry, HMS Falmouth, HMS Soberton and HMS Cygnet before he contracted MS. After his discharge, he became involved with the local MS Society as a fundraiser and had been serving as Vice Chairman before Alan decided to retire.



Peter targets record in Sherwood

by Patrick Sidnell

EVEN VISUALLY impaired archers, spotters and coaches attend Sherwood Archers **Record Status FITA** (Fédération Internationale de Tir à l'Arc) tournament in Southwell, Nottingham on Sunday 8 June.

The VI tournament was a Burntwood FITA. Trophies were presented in three of the four VI categories, B1, B2 and B4. We started in beautiful sunshine which lasted all day. Sherwood Archers kept us supplied

with tea and cold drinks though out. Sue Habgood, British Blind Sports, Archery **Development Officer** presented the trophies as Lady Paramount.

In the B1 category, St Dunstaner Peter Hammond came first with a score of 748 which will be claimed as new National Record. Second was Lewis March of TADSAD with 486 and St Dunstaner Clive Jones came third with 341.

St Dunstaner David Poyner led the field in the B2 range with a score of 586, followed by St Dunstaner Patrick Sidnell with 462. Third place was taken by Carmel Bassett of HNV with 428.

Carl Harrison of Chorley Archers took first place in the B4 category with a score of 803. Lady Paramount Sue Habgood noted that this was his first big tournament and he had done so well.

We all wish to thank Sherwood Archers for there hospitality, the Judges for keeping us on our toes and a special thanks to our spotters and coaches for making the shoot so enjoyable.

Kohima reunion is special occasion

T DUNSTANER Bill Crabb joined fellow veterans of the Battle of Kohima in York for their annual reunion. He met up with a comrade who had gone into action with him in India back in 1944 and who was present when the majority of his Manchester Regiment platoon were lost.

The reunion includes a service of Remembrance in York Minster with by a wreath laying ceremony in

the grounds. Lunch and a sing-song in the barracks follow afterwards.

"Our visits to the Kohima Reunion are very special occasions, "said Bill, aged 88, of Leigh-on-Sea, Essex. "We go to meet up with old friends and to remember the many men we lost while we were in India. When I laid the wreath a couple of years ago, I felt I was doing something special for the boys I left behind - it really hurts, going

back. I think of the families, the parents, who never saw their boys again.

"We always remember the inscription on the Kohima Memorial; I was in the Guard of Honour when the stone was dedicated. 'When you go home tell them of us and say For your tomorrow we gave our today.'

"There aren't many of us left now, and I hope people won't forget in the future."

Colin Williamson on magnificent cadets and flying machines

611 Squadron reach for the skies!

ADETS AND adult instructors from ■ 611 RAF Woodvale Squadron Air Training Corps based in Formby, Liverpool celebrated their very own independence day on 4 July when they took part in this year's St Dunstan's "Go the Distance" Cadet Challenge at RAF Woodvale airfield.

The day started in true RAF style when local St Dunstaner Craig Lundberg took a spin (literally!) in an aerobatic aeroplane accompanied by flight instructor and Navy pilot Lt Miles Galimore. Craig demonstrated his skill behind the joystick by performing a few barrel roles and looping the loop! Many thanks must go to Sheila Clements (whose father Gordon MacDonald is a Navy St Dunstaner) and David Hodges from 611 Squadron for setting up the flight, and also to Squadron Leader Jason Davenhill from Manchester and Salford University Air Squadron for allowing use of the facilities.

After the flight we were joined at the airfield by St Dunstaner Simon Brown and his dad Mike, Welfare



St Dunstaners Gordon MacDonald, Simon Brown and Craig Lundberg congratulate the Woodvale ATC cadets.



Almost ready for take off.

Officer Maggie Walton and Sheila's father Gordon. A BBQ had been organised and Craig was presented with a beautiful cake for his birthday decorated with the St. Dunstan's emblem. After a swift briefing the cadets hopped on their pushbikes and set off around the airfield to pedal the 13.1 mile distance while others

chose to walk the route. Some intrepid souls even decided to jog around the course! Simon set off around the airfield on a tandem that had been brought to the event by members of the Southport Cycling Club who had pedalled to RAF Woodvale to support the event. Thanks to Ken Beck, Neville Hallgate and Thelma Johnston.

The cadets really got into the spirit of the event by dressing up in fancy dress and seemed to be really enjoying themselves. The light was beginning to fade as the last of the participants finished their laps and everyone successfully completed the distance. A fantastic effort and a great day! Well done to all concerned, a marvellous challenge!

Arthur Carter proudly carries St Dunstan's Standard on Veterans Day.

Flags come out for third Veterans Day

N ESTIMATED 10,000 people took to the streets of Blackpool to celebrate veterans of Britain's Armed Forces on 27 June. The famous seaside resort hosted the National event for the UK's third Veterans Day and while the rain was persistent, spirits remained undampened.

Activities centred on Blackpool Cenotaph, where standard bearers, including Bolton St Dunstaner Arthur Carter and his escort Major Adrian Golland, marched into place before HRH The Duchess of Cornwall arrived by tram to dedicate a new choir loft in the arena that surrounds the needle-shaped monument.

Afterwards, The Duchess met with veterans groups, including St Dunstaner Simon Brown, who was injured in Iraq, and FEPOW Bill Griffiths representing BLESMA.

Arthur and Adrian were back on call that afternoon for a parade which finished at Blackpool Tower with General

Sir Richard
Dannatt taking
the salute.
Celebrations
were also held
in Trafalgar
Square,
London, in
Glasgow, and
other locations
around the UK.



St Dunstaner Bill Potter.



Ralph Taylor was one of many St Dunstaners amongst the crowds.



Chief of the General Staff Sir Richard Dannatt discusses the experiences of blinded Service men and women with Head of Awareness Graham Footer and St Dunstaner Billy Baxter.



Henry Allingham, aged 112, at the Cenotaph on his first trip to Blackpool.



Merchant Navy St Dunstaner Bill Dixon, flanked by his friends Robert Vaughan and Bob Lang, was amongst a group of veterans who fought in the Battle of the Atlantic.



The Duchess of Cornwall met local hero St Dunstaner Bill Griffiths, MBE.



Beyond the call of duty? St Dunstaner Tom Thaxter is colour scanned by young Dominic.



Mayor of London Boris Johnson with Nigel Whiteley at our stand in Trafalgar Square.



Blackpool's 177 Squadron ATC were out in force, helping marshal the event, but on a rare break, they presented St Dunstan's with £1,682 raised on the rollercoaster challenge.



REME Corporal Simon Brown, 29, who was injured serving in Basra last year.

St Dunstaner

Fred Simpson near

Blackpool Cenotaph.

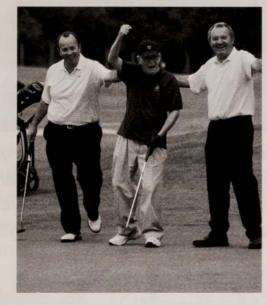
Les Trout reports on St Dunstan's Golf Club's Invitation Day

A great day at Wildwood

FTER MONTHS of preparation and hair pulling, it was a relief to finally get the event under way. Well done to all those St Dunstaners who attended the Invitation Day at Wildwood Golf Club in Surrey on 29 June. We received many comments and much praise from people who were unaware of what St Dunstan's was, and had no idea that the blind and the visually impaired could play golf. It was an eye opener to many of our quest golfers.

Saturday 28 June was hot and sunny for those eager to familiarise themselves with a practise round on a course that had been reported as difficult with much water and tight lines between many trees, so a practise day was helpful.

Sunday was warm and overcast, our golfers were joined by three members from the English Blind Golf Association, with whom we are hoping to cement friendly relations and competition, and many guest players and supporters.



St Dunstaner Pat Feeney enjoys a well played shot.

With 14 teams, made up of a visually impaired captain together with three sighted players, competition was fierce; handicaps ranged from zero to 53, with Mulligans purchased and put to good use.

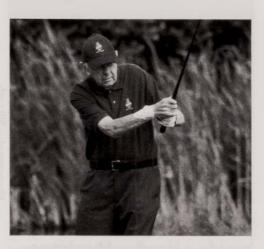
Some splendid trophies and additional sponsored prizes had been donated, so there was much to play for, with many new friends to enjoy the day and much fun to be had. The team winners were The Wellow Wanderers lead by Mike Tumilson, runners up The Odd Balls lead by Les Trout, with third place going to Collins + One lead by Geoff Collins. St Dunstan's

overall champion was Les Trout and visually impaired runner up was one of our EBGA quests Neil Baxter. Sighted guest winner was Steve Collins and runner up Roger Curtis. Other prizes went to St Dunstaners Kevin Alderton and Steve Menary. A very interesting and amusing talk was given by Ron Jones, an ex-golfer and St Dunstan's speaker, explaining the work of St Dunstan's, though contrary to photographic evidence, he hadn't won the Ryder Cup and two burly minders had been on hand to make sure it returned to its rightful owner. Ron then teamed up with Bob Strickland in presenting the trophies and prizes. Everybody had a good time, made new friends, learnt about St Dunstan's and what the visually impaired are capable of and by the atmosphere in the function room afterwards a great day was had by all.

Special thanks must go to Val, Steve, Carol, and Paquita for the stalwart assistance in the smooth running of the event, South Coast



St Dunstaner Mike Mayo is top VI golfer in Scotland.



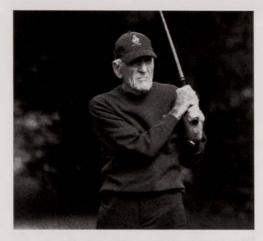
St Dunstaner Geoff Collins led his family on the green.

Taxis, who "fielded" many of the sighted players, Jane and the staff at Wildwood. Several players have already expressed an interest in playing at next year's invitation day.

Those golfers who wish to attend the August Medal Match, please inform the Secretary or Treasurer so that arrangements can be made. For those of you who need to, don't forget to make arrangements for your accommodation and guide. It is proposed that the



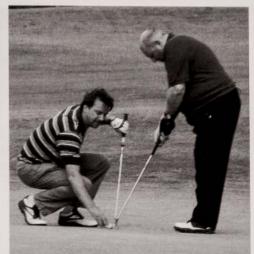
Stephen Menary, 22, won the Hacker of the Year prize.



St Dunstaner Andy Allott makes his first strike.

October meeting be held at the Golf Addiction indoor golf venue in Brighton Marina. Those who took up the free introductory offer will know what a splendid venue it is.

The Invitation Day would not have been a success without the following organisations who helped with sponsorship or donated prizes. Our gratitude goes to: The Fleet Air Arm Association (Solent); **Designed Architectural** Construction; Robert



St Dunstaner Les Trout is set up for his next shot.



Ron keeps an eye on the ball for golfer Des Chandler.

Honeyball Construction; H&IOW Masonic Golf Club; Haslar Masonic Lodge; St Vincent Masonic Chapter; Gosport & Stokes Bay GC (& Seniors Section); Golf Addiction; Golf 4 Europe; Elite Golf; Golf Pride; County Golf Direct; American Golf Southampton; Callaway; Mizuno; Titleist; Ping and Sandford Springs; Wickham Park, Singing Hills and Queenwood Golf Clubs: with a special thanks to South Coast Taxis. Trophies were by Marked and Sparkling of Fareham, Hampshire.

Ray Hazan reports on the 50-Year-Badge Holders Reunion held at St Dunstan's WWII home-from-home, Church Stretton

A Step Too Far?

HE FAIREY DELTA, like a prototype Concord, looked down its droop nose at us. Overhead, a Vulcan bomber flew silently, suspended from the ceiling. A build-yourself-a-plane for the princely sum of £70 sat grounded, quite rightly, as it was found to be unairworthy in the late 1930s when it was "born". Planes from WWII via the Cold War to the Falklands filled three hangers – a very long walk for our St Dunstaners!

This visit to RAF Cosford was just one of the outings for the 14 St Dunstaners, 17 widows plus escorts and staff taking part in the 50 Year Badge Reunion at Church Stretton, Shropshire, held 5-8 June. Eight of those present had trained in Church Stretton during the war and several of the widows had met their husbands there.

The reunion is made up of a cheerful, loquacious and happy band, who always seem to bring the sunshine to the Longmynd Hotel, scene of St Dunstan's

wartime training centre. This being the third time in the hotel, people and suitcases almost found their own way to familiar rooms. Long journeys were succeeded by longer conversations of 'catching up', a delightful dinner and the inevitable night-cap!

The visit to Cosford was

followed that evening with the customary entertainment provided by the Dorrington Players, who perform two plays a year in the local theatre. Their leader, Helen Townend had written a "VE Party" performed by all the cast ranging in age from 80 down to six! This latter, raised much laughter with her lines. Of course, everyone joined in the inevitable sing-song. Tom Hart gave a few words of thanks to the players and Mary Frith presented gifts to the four younger members of the cast. It was a very pleasant evening.

Just to ensure all were thoroughly exhausted, there was more walking on Saturday. Everyone enjoyed a visit to Acton Scott Farm,



St Dunstaner John Walbrugh beside a Hawker Hurricane.

a working Victorian farm. There were demonstrations of butter and wheel making. There were chicks aged four days and calves and lambs aged two weeks to pat and feel the texture of fleece and hide. We were steered quickly through the garden growing herbs, some of which were reputed to have aphrodisiac powers. We were nearly burnt by the sun as we enjoyed lunch al fresco.

Also on the agenda for the day was one of the strangest museums; a "throw-away" museum in Craven Arms. The owner had collected

thousands of post-war items, from cookers to bicycles, from magazines to fire extinguishers and much more – even a blow-up doll! Guides and escorts had a hard time keeping up with the descriptions!

The day concluded with a dinner, whose guests included Air Marshal Iain McNicoll, CB, CBE, BSc. FRAeS, RAF accompanied by his wife Wendelien, the Mayor of Church Stretton, Councillor Bob Welch and his wife Sue, and Town Clerk Mrs Christine Harvey and husband Philip. Also, Mr Percy Tarbuck, a local resident, who at 90 years of age, well remembers the St Dunstan's of those war-time years.

After grace by our Chief Executive, Robert Leader, the Chairman, Captain Michael Gordon-Lennox, RN, presented a 50 Year Badge to St Dunstaner John Lilley



The Chairman presents St Dunstaner John Lilley with his 50-Year-Badge.



of Stockport. He became a St Dunstaner at the age of 21 in 1958. The Chairman went on to welcome all the guests and gave a résumé of the year so far especially with regard to the third centre in Llandudno so necessary in view of increasing numbers. He introduced, so appropriately, in view of this being the 90th anniversary of the founding of the RAF, the guest speaker, Air Marshal Iain McNicoll, Deputy Commander-in-Chief of Operations, Air Command.

The Air Marshal started by recalling a personal incident when he was flying Buccaneers. Some incorrectly positioned switches caused his engines to wind down. This is of concern when travelling at 250 feet at a speed of 500 knots! Prompt action by him allowed the engines to re-light but it was a long time before his navigator

would speak to him again! Rather than talk about himself, the Air Marshal went on to describe life in the modern RAF by quoting some statistics. The RAF have moved 211,185 personnel this year and some 45 million kilograms of freight. He described an incident in Basra where a target was acquired through cooperation between aircraft, both manned and unmanned, and people on the ground, including the Royal Artillery. As a result, a rocket, which could have caused damage and fatalities to a base, was destroyed.

Another report related the repatriation ceremony of a Royal Marine killed in Iraq. With dignity and formality, a Hercules aircraft backed into position and the coffin was carried on board. A member of the aircrew accidentally dislodged a plastic water

bottle. But this was caught on its first bounce by a ground crew member and dignity was preserved. The aircraft made a fly-past and launched some flares. It was a ceremony to remember.

The Air Marshal read a report written by a Harrier pilot based in Afghanistan. He described a sortie in aid of troops on the ground being attacked with rocket and mortar fire. This was neutralised by the Harriers.

He concluded by saying that all our Armed Services were working very hard and it was a privilege for him to

be associated with them. He thanked St Dunstan's for inviting Wendelien and himself. The Air Marshal received popular applause.

St Dunstaner John Walbrugh rose to respond. He wanted to try and convey what it meant to be a St Dunstaner. Independence was the catchword. "I live alone, but that would not be possible without the help and support of St Dunstan's." John went on to praise the Ovingdean staff for their care and devotion. He thanked all staff from Headquarters, Ovingdean and field staff on behalf of everyone present.

As always, the drivers were supremely helpful.

The Mayor and citizens of Church Stretton, with whom St Dunstan's had such a long association were also praised. John concluded by thanking the hotel staff and everyone for attending the reunion.

Sunday came all too soon and under a blue sky, the family of St Dunstan's parted their various ways. Once again, the spirit that bonds and unites St Dunstaners was abundant and will surely continue to next year's reunion from Thursday 18 to Sunday 21 June 2009.

Thank you Marjorie!

MARJORIE VINCENT of Coventry, celebrated her 90th birthday with a party for family and close friends. Four of her bridesmaids joined the celebration, while twin daughters Madeleine and Veronica staged a 'This is Your Life' presentation. Her seven great-grandchildren presented her with a basket of plants for her garden. Marjorie had requested no presents, but asked for donations for St Dunstan's. (Marjorie herself has poor vision as a result of macular degeneration.) She raised a total of £450 for the charity.

Petersfield Mayor takes the plunge for St Dunstan's!

PETERSFIELD Town Mayor Paul Molloy abseiled 70ft in aid of St Dunstan's and other charities. He took the plunge off Portsmouth's Civic Centre wearing his chains of office as he went. However, he is no stranger to heights since he was an abseiling instructor while serving in the Royal Navy. Expecting to be terrified, he found his old training flooding back. A former field gunner, Cllr Molloy has been a strong supporter of St Dunstan's during his term of office.



REUNION ROUND-UP

Surrey Reunion 17 June at the Effingham Golf Club, Effingham, Surrey brought together 39 St Dunstaners and seven widows. St Dunstaner Jamie Weller, CTA, ATT was the member of St Dunstan's Council presiding, while St Dunstaner Alan Tait responded for everyone attending the reunion.

The Eastbourne (II) Reunion at the Hydro Hotel, Eastbourne on 18 June brought together 24 St Dunstaners and four widows. St Dunstan's President Ray Hazan represented St Dunstan's Council while St Dunstaner Major John Creaton responded for those present.

There were 40 St Dunstaners and one widow attending the Newcastle Reunion on 24 June at the Royal Station Hotel, Newcastle-upon-Tyne. David Knowles, CBE was the member of St Dunstan's Council presiding, while Colin Williamson gave a vote of thanks on behalf of those attending.

David Knowles was also presiding at the Durham Reunion at the Ramside

Hall, Hotel, Carrville, Durham on 25 June. There were 35 St Dunstaners and two widows attending the gathering and St Dunstaner Steve Nixon made the response for those present.



St Dunstaner Jim Booth, 96, and David Knowles at the North London Reunion.

North London Reunion was held at The Homestead, Ruislip, Middlesex on 26 June and David Knowles as the presiding member of council also presented Veterans Badges to David Harrower and Ted Arnold. St Dunstaner Eric Hand replied for the 26 St Dunstaners and five widows attending.

The Eastbourne (III) Reunion on 3 July was also held at the Hydro Hotel, Eastbourne. Air Vice Marshal Richard Kyle, CB, MBE was

the member of St Dunstan's Council presiding, while St Dunstaner Graham Wood of Linfield, Haywards Heath, West Sussex responded on behalf of the 26 St Dunstaners and ten widows attending. Some of the ROVIs demonstrated a range of equipment aimed at making daily living easier.

St Dunstan's Chairman Captain Michael Gordon-Lennox, RN presided at the Llandudno Reunion at the Imperial Hotel, Llandudno on 9 July. There were 35 St Dunstaners and one widow attending. Barmouth St Dunstaner Dai Jones replied on behalf of those present. Guests included the Mayor and Mayoress of Llandudno, Cllr Billy Evans and his wife Alwena.

Liverpool Reunion at the Britannia Adelphi Hotel, Liverpool on 10 July. St Dunstaner David Stuttard presided at the gathering of 50 St Dunstaners and ten widows. St Dunstaner Sydney Jacobs, MBE replied on behalf of those present. Guests included BBC Radio Merseyside's Maureen Walsh.

ASK ROD

Your queries answered by the ROVI on Duty
Tel: 01273 391447

E-mail: rovionduty@st-dunstans.org.uk

Who needs flashy stuff!

There are many things that can make life easier that are already in your home. As they say "the best ideas are the simplest ones". Here are a few ideas that people often benefit from.

Elastic bands

These are great for individualising cans, differentiating the shampoo from shower gel etc. Simply placing a band around a bottle of shampoo, removing it when you throw the bottle away and placing it on the new bottle, means that it is easily identifiable from the other bathroom clutter.

Scissors

Cutting a slit in or shape out of items also helps individualise them. For people who have difficulty distinguishing colours of clothes, a distinctive cut in the label can help illustrate the colour. For example all red shirts could have a slice in from the bottom whilst blue shirts have a triangle cut in from the side. This is

often a cheaper and more reliable strategy than a colour detector.

Lighting

Lighting is extremely important to consider. Extra lighting such as a lamp or torch could improve the use of any remaining vision. One of the biggest problems for people with a sight difficulty is that they have to get close to things to see them. Often this means that the head creates a shadow and all eyes need light to see. A torch can give that extra little bit of light that enables someone to see controls, etc. Having more than one light source can avoid shadows that can be visually confusing. Another good tip is to use a suitable lamp in the kitchen as often this is an area where you work with your back towards the light, automatically casting a shadow on the work surface.

Do you have any top tips? ROD would love to hear from you so please write in to the **Review** with your ideas and we'll publish the best ones.

BEER OF THE MONTH

by Colin Williamson



Hop Back Summer Lightning

Seeing as it's rumoured to be summer, I have great pleasure in recommending a delightful light crispy ale brewed in the lovely city of Salisbury. Full of subtle flavours, including lemon and orange with hints of banana, this ale is the perfect summer session drink. Care has to be taken not to over indulge as it weighs in at a cheeky five per cent ABV and is so refreshing that one is never enough!

Ten Answers

Answers to quiz on page 12.

1) "For Valour"; 2) Government Issue; 3) Elton John and Tim Rice; 4) William Shakespeare, then Alan Ayckbourn; 5) Alps and Pyrenees; 6) Afghanistan and Azerbaijan; 7) Portsmouth versus Cardiff City; 8) Kentucky and Kansas; 9) Wolverhampton and Brighton; and 10) Morrison shelter and Anderson shelter.

Welcome to St Dunstan's

Violet Adams of Stevenage, Hertfordshire served in the Women's Auxiliary Air Force from 1941 to 1944.

Winifred Amos of Whimple, Exeter served in the Auxiliary Territorial service from 1945 to 1947.

Antoni Antoniewicz of Streatham Hill, London served in the Polish Cavalry from 1934. A POW, he was later in the 2nd Polish Corps from 1945 to 1949.

Robert Barclay of Aberdeen, Aberdeenshire served in the Royal Air Force from 1947 to 1955.

Nathan Barker of Kingsway, Hove, East Sussex served in the King's Royal Rifle Corps from 1940 to 1942 and then the King's Shropshire Light Infantry until 1959.

John Bell of Aspatria, Wigton, Cumbria served in the Royal Air Force from 1962 to 1970.

Maurice Bell of Carlisle, Cumbria served in the Royal Air Force from 1942 to 1947.

Frederica Bruce of Shepperton, Middlesex served as Leading Wren in the Women's Royal Naval Service from 1943 to 1946.

Eric Burt of Lindfield, Haywards Heath, West Sussex served in the Royal Artillery from 1940 to 1945.

Joseph Carnevale of Barnsley, South Yorkshire served in the Auxiliary Military Pioneer Corps and Army Catering Corps between 1940 and 1946.

Frederick Clark of Swansea, West Glamorgan served in the Royal Air Force from 1941 to 1946.

George Clarke of Hayes, Middlesex served in the Royal Electrical and Mechanical Engineers from 1947 to 1949.

John Clay of Bearsted, Maidstone, Kent served in the Royal Engineers from 1940 to 1945.

Benjamin Colley of Malvern, Worcestershire served in the Worcestershire Regiment and the Leicestershire Regiment between 1942 and 1947.

Major George Cook of Goole, North Humberside

served in the Royal Corps of Transport from 1952 to 1989.

Thomas Davies of Pontllanfraith, Blackwood, Gwent served in the Royal Artillery from 1939 to 1946.

Reene Dobson of Arnold, Nottingham, Nottinghamshire served in the Women's Auxiliary Air Force from 1943 to 1945.

Harold Dodd of Barrow-in-Furness, Cumbria served in the Royal Marines from 1943 to 1945.

Reginald Dolby of Colchester, Essex served as Chief Petty Officer in the Royal Navy from 1940 to 1946.

Arden Eales of Birmingham, West Midlands served in the Royal Air Force in 1951.

John Easter of Tring, Hertfordshire served in the Royal Air Force from 1940 to 1945.

William Edmonds of Welshpool, Powys served in the Merchant Navy from 1942 to 1948.

Jeanne Edney of Hillsborough, County Down served in the Women's Royal Naval Service from 1943 to 1946.

Ronald Edwards of Ringwood, Hampshire served in the Royal Air Force from 1953 to 1969.

Doris Elsy of South Shields, Tyne and Wear served in the **Auxiliary Territorial Service** from 1940 to 1944.

Vera Everatt of Llangadog, Dyfed served in the Women's Auxiliary Air Force from 1942 to 1943.

Edith Garrett of Hailsham, East Sussex served in the Women's Auxiliary Air Force from 1941 to 1946.

Peter Gee-Heaton of Ascot. Berkshire served in the York and Lancaster Regiment and Loyal Regiment (North Lancashire) between 1939 and 1946.

Edith Graham of West Wittering, Chichester, West Sussex served in the Women's Auxiliary Air Force from 1941 to 1946.

James Hilton of Bolton, Lancashire served in the Royal Army Service Corps from 1948 to 1950.

Cedric Hollands of Willesborough, Ashford, Kent served in the Royal Navy from 1939 to 1954.

Arthur Hough of Houghton Regis, Dunstable, Bedfordshire served in the General Service Corps and Queen's Royal Regiment (West Surrey) between 1945 and 1948.

Arthur Howes of Bexhillon-Sea, East Sussex served in the Royal Air Force from 1942 to 1945.

William Johnson of Basingstoke, Hampshire served in the Royal Signals from 1950 to 1952.

Francis Kay of Newcastleupon-Tyne, Tyne and Wear served in the Royal Navy from 1946 to 1948.

Arthur Lincer of Upper Beeding, Steyning, West Sussex served in the Royal Army Service Corps from 1939 to 1946.

Harry Lloyd of Wrexham served in the Royal Air Force from 1950 to 1952.

Frederick Lount of Eastwood, Nottingham, Nottinghamshire served in the Royal Naval Air Service from 1941 to 1946.

Timothy Lovelock of Bolney, Haywards Heath, West Sussex served in the Royal Artillery from 1956 to 1957.

Peter MacDonald of Wroughton, Swindon, Wiltshire served in the Royal Engineers from 1956 to 1962.

George Marsh of Southport, Merseyside served in the Royal Artillery from 1942 to 1947.

Joseph Martin of Luton, Bedfordshire served in the Royal Fusiliers from 1940 to 1943 and then the Royal Navy until 1946.

Peter Matthews of Hertford, Hertfordshire served in the West Yorkshire Regiment (Prince of Wales's Own) from 1950 to 1952.

Harris Newman of Pershore, Worcestershire served in the Inns of Court Regiment from 1941 to 1947 and then the Royal Dragoons until 1948.

Reg Otterway of Eastbourne, East Sussex served in the Royal Army Ordnance Corps and the Royal Electrical and Mechanical Engineers between 1939 and 1946.

Harold Parkin of Wickersley, Rotherham, South Yorkshire served in the Border Regiment, Royal **Army Ordnance Corps** and the Royal Electrical

and Mechanical Engineers between 1940 and 1946.

Samuel Pegman of Maidenhead, Berkshire served in the Royal Artillery from 1939 to 1945.

William Pepperell of Huntley, Gloucester, Gloucestershire served in the General Service Corps and Royal Army Dental Corps between 1945 and 1948.

John Pullinger of Stroat, Chepstow, Gwent served in the Royal Engineers from 1943 to 1948.

Richard Rogerson of Liverpool, Merseyside served in the General Service Corps, King's Regiment and Middlesex Regiment between 1947 and 1949.

James Ryan of Hungerford, Berkshire served in the Royal Air Force from 1945 to 1975.

Betty Sales of Westonsuper-Mare served in the Women's Auxiliary Air Force from 1943 to 1947.

Albert Salisbury of Romford Essex served in the Royal Air Force from 1946 to 1948.

Gordon Sawday of Killay, Swansea, West Glamorgan served in the Royal Engineers from 1946 to 1948.

Hubert Schofield of Pontypool, Gwent served in the Royal Engineers and the South Wales Borderers between 1944 and 1948.

John Sheehan of Towersey, Thame, Oxfordshire served in the Royal Air Force from 1948 to 1963.

William Skinner of Bransholme, Hull, North Humberside served in the East Yorkshire Regiment (Duke of York's Own) from 1952 to 1957.

Ronald Smith of Reigate, Surrey served in the Royal Artillery from 1941 to 1947.

George Sowter of Diss, Norfolk served in the Royal Norfolk Regiment from 1939 to 1941.

Richard Stephenson of Snainton, Scarborough, North Yorkshire served in the Royal Navy from 1936 to 1947.

Everett Trudgeon of Lanner, Redruth, Cornwall served in the Duke of Cornwall's Light Infantry and Queen's Royal Regiment (West Surrey) between 1942 and 1945.

Joseph Tucker of Guildford, Surrey served in the Royal Navy from 1943 to 1946.

William Turner of Milton Keynes, Buckinghamshire served in the Royal Air Force from 1943 to 1947.

George Ward of Strood, Rochester, Kent served in the Royal Marines from 1938 to 1950.

Peter Warren of Warmley, Bristol, Avon served in the Royal Navy from 1950 to 1957.

Brian Wheelton of Carmel, Holywell, Clwyd served in the Royal Air Force from 1948 to 1985.

Bryan White of Crawley, West Sussex served in the Army from 1949 to 1954.

Ernest Wilson of East Dulwich, London served in the Grenadier Guards from 1944 to 1948.

Arthur Wood of Keighley, West Yorkshire served in the Somerset Light Infantry (Prince Albert's) from 1948 to 1953.

Major John Woodgate of Lewes, East Sussex served in the Royal Artillery from 1940 to 1946.

Anthony Wright of Crawley, West Sussex served in the Royal Navy from 1947 to 1954.

In July's issue, we should have mentioned that St Dunstaner **Dennis** Rapp of Garston, Watford, Hertfordshire served in the Parachute Regiment.

Family News

BIRTHS

Congratulations on the birth of:

Elizabeth Yvonne Grant who weighed in at 7lb, 10oz when born in Dubai on 8 March. She is the great-granddaughter of Phyllis Webberley of Farnborough, Hampshire and the late Philip Webberley.

Evie Grace Johns on 11 June. She is the first great-grandchild of Verney and Barbara Gilbert of Neath, West Glamorgan.

GOLDEN ANNIVERSARIES

Congratulations to:

Michael and June Moore of Alfreton, Derbyshire on 30 June.

James and Sheila Thrower of Jevington, Polegate, East Sussex on 12 July.

Roy and Edith Lakin of Stone, Staffordshire on 19 July.

DIAMOND ANNIVERSARIES

Congratulations to:

Eric and Barbara Soanes of Heacham, King's Lynn, Norfolk on 26 June. They are pictured right, celebrating at St Dunstan's Ovingdean.



Reginald and Mollie Thurman of Goring-by-Sea, Worthing, West Sussex on 26 June.

George and Elizabeth Worden of Seaham, County Durham on 26 June.

Alf and Helen Sandiford of Ashton-on-Ribble, Preston, Lancashire on 10 July.

Frank and Joyce Breach of Upper Horsebridge, Hailsham on 16 July.

Wyndham and Nora Harris of Porthcawl, Mid Glamorgan on 19 July.

Ronald and Phyllis Lewis of North Cornelly, Bridgend, Mid Glamorgan on 24 July.

Joseph and Joan Waterman of Christchurch, Dorset on 10 July.

SPECIAL ANNIVERSARIES

Congratulations to:

John and Halma Hanson of Uxbridge, Middlesex who celebrated 62 years of marriage on 20 June.

Leslie and Elsie Bunce of Felixstowe, Suffolk who celebrated 61 years of marriage on 21 June.

Charles and Nancy Smith of Elmbree, Stockton-on-Tees, Cleveland who celebrated 61 years of marriage on 21 June.

Dennis and Marsella King of Kingston, Surrey who celebrated 62 years of marriage on 22 June.

Eileen and Jim Smith of Turnford, Hertfordshire who celebrated 62 years of marriage on 22 June.

Edwin and Joyce Willmott of North Cheam, Sutton, Surrey who celebrated 62 years of marriage on 22 June.

Richard and Jean Hardy of Bradford, West Yorkshire who celebrated 61 years of marriage on 24 June.

Norman and Joan Jones of Luton, Bedfordshire who celebrated 61 years of marriage on 28 June.

Robert and Lillian Bromley of Muswell Hill, London who celebrated 61 years of marriage on 29 June.

James and Ethel Blair of Belfast, County Antrim who celebrated 63 years of marriage on 30 June.

Harry and Edna Plater of Hull, East Yorkshire who celebrated 64 years of marriage on 1 July.

James and Dorothy Sabourin of Peacehaven, East Sussex who celebrated 64 years of marriage on 1 July.

Melvyn and Patricia Howe of Nottage, Porthcawl, Mid Glamorgan who celebrated 61 years of marriage on 5 July.

Bill and Audrey Figures of Olton, Solihull, West Midlands who celebrated 62 years of marriage on 6 July.

Charles and Dora Leat of Grafty Green, Maidstone, Kent who celebrated 68 years of marriage on 6 July.

Ronald and Jo Smith of East Putney, London who celebrated 63 years of marriage on 7 July.

John and Barbara Weedon of Northchurch, Berkhampsted, Hertfordshire who celebrated 68 years of marriage on 7 July.

Edwin and Patricia Ashworth of Birkdale, Southport, Sefton who celebrated 63 years of marriage on 10 July.

William and Eileen Clarke of Thetford, Norfolk who celebrated 63 years of marriage on 11 July.

Ronald and Vera Almquest of Bromsgrove, Worcestershire who celebrated 61 years of marriage on 12 July.

Douglas and Ivy Gray of Watford, Hertfordshire who celebrated 61 years of marriage on 12 July.

John and Doreen Guy of Derby, Derbyshire who celebrated 61 years of marriage on 12 July.

Margaret and Enoch Humphries of Cambuslang, Glasgow, Lanarkshire who celebrated 62 years of marriage on 13 July.

Harold and Elsie Ireland of Throckley, Newcastle-upon-Tyne who celebrated 62 years of marriage on 13 July.

Thomas and Vera Millington of Emsworth, Hampshire who celebrated 64 years of marriage on 15 July.

Charles and Rose Vincent of Loughton, Essex who celebrated 69 years of marriage on 16 July.

Tommy and Mary Handley of Barming, Maidstone, Kent who celebrated 61 years of marriage on 19 July.

Harry and Sylvia Luckhurst of Maidstone, Kent who celebrated 61 years of marriage on 19 July.

Ray and Jeannie Ball of Fleetwood, Lancashire who celebrated 62 years of marriage on 20 July.

Harold and Joan Sparrey of Tenbury Wells, Worcestershire who celebrated 69 years of marriage on 21 July.

Norman and Anne Walker of Thornton Cleveleys, Lancashire who celebrated 65 years of marriage on 22 July.

Eric and Patricia Prior of Kidderminster, Worcestershire who celebrated 61 years of marriage on 24 July.

Vic and Margaret Morgan of Stalmine, Poulton-le-Fylde, Lancashire who celebrated 72 years of marriage on 25 July.

ACHIEVEMENTS

Congratulations to:

Gavin Hind who was recently promoted to Colour Sergeant in the Yorkshire Regiment. He is currently serving in Afghanistan after completing two tours of duty in Iraq. Gavin is the son of John Hind of Darfield, Barnsley, South Yorkshire.

Hannah Foxley, who having earned a BA(Hons) in Finance and a Diploma in Personal Financial Advice, was recently certified as a Chartered PFA after sitting a series of exams. She is a Client Manager with HBOS. Hannah is the daughter of Bill Foxley of Northgate, Crawley, West Sussex.

Ailis Lockhart who graduated from the University of Brighton with a BA in Criminal Psychology. She is the granddaughter of Alf Lockhart of Ovingdean, Brighton.

DEATHS

We regret to announce the death of: Gwen Appleyard of East Garforth, Leeds, West Yorkshire on 20 March. She was the widow of Stanley Appleyard.

Joyce Sunderland on 17 April. She was the wife of Richard Sunderland of Ashton-on-Ribble, Preston, Lancashire.

Doris Partington of Over Hulton, Bolton, Lancashire on 15 June. She was the widow of Arthur Partington.

Joan Swain of Kettering, Northamptonshire on 29 June. She was the widow of Harold Swain.

Mona Lord of Fakenham, Norfolk on 2 July. She was the widow of Frank Lord.

Genowefa Milewski of Coventry, West Midlands on 6 July. She was the widow of Stanislaw Milewski.

Bertha Webb on 14 July. She was the wife of Robert Webb of Saltdean, Brighton.

We send our condolences to their family and their 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.

John Cast

Royal Army Medical Corps

John William Cast of Seaford, East Sussex died on 19 February, aged 89. He joined the Royal Army Medical Corps in 1939 and served in Iceland, India and Singapore. Discharged in 1946, he was a commercial photographer in civilian life. His interests included cycling, reading and driving. Our sympathy goes to his widow Kathleen, son Michael and all members of the family.

Thomas Benson

Queen's Royal Regiment (West Surrey)

Thomas Scott Benson of Kirkby, Lonsdale, Lancashire died on 15 May, aged 88. As a young man, he was a farm worker, though he briefly turned to coal mining against his father's wishes. In 1940, he joined the

Royal Artillery and was initially deployed on ack-ack duties in London. He was posted to North Africa in 1943, advancing through to Italy. He transferred to the Queen's Royal Regiment (West Surrey) in 1944 and was in Trieste when the war ended. Discharged in 1946, he resumed farm work, but later joined a building firm before becoming a long-distance lorry driver. He enjoyed golf. Our sympathy goes to his daughter Alice and all other members of the family.

Ryszard Broll

Polish Resettlement Corps

Ryszard Broll of Rowley Regis, West Midlands died on 11 June, aged 82. He was an apprentice fitter in Kalety, Lubliniec, Silesia, Poland, but taken prisoner by the Germans after the outbreak of war. He later managed to escape and joined the Polish Forces under British Command in Italy in 1944. He was initially posted to an Infantry Battalion in 2 Polish Corps Troop, later joining a Workshop Company. He saw action in the Northern Apennines, on the River Senio and other areas during the Italian Campaign. He transferred to the Polish Resettlement Corps in 1947, serving in the UK. Discharged in 1949, he worked in a chemical factory and later resumed his trade as a tool fitter. Our sympathy goes to his son Terry, daughters Beverley, Linda and Yvonne, and all of the family.

Phillip Cox

Royal Air Force

Phillip Cox of Peacehaven, East Sussex died on 12 June, aged 52. He followed his father's footsteps when he joined the Royal Air Force in 1973. Specialising in communications, he served at Hendon, Gibraltar, Newton, Nottingham, Innsworth,

Gloucester, Rhinedalen, Germany and at RAF Biggin Hill. He was a Corporal when discharged with Multiple Sclerosis in 1988. In civilian life, he carried on working until the escalation of his MS meant he could not continue. Our sympathy goes to his widow Anne, sons Antony and Gary, and all other members of the family.

Roby Bloxam

South African Armoured Car Regiment

Edward Roby Hay Bloxam of Roseacre, Johannesburg, South Africa died on 13 June, aged 84. He joined the South African Army in 1942 and was posted to their Armoured Car Regiment. Serving with the 7th Armoured Division in the desert, he fought through to Italy. He was injured during a German air raid at Ancona and discharged in 1946. Initially, he worked in farming but was later employed at the Civilian Blind Workshops in Johannesburg. Our sympathy goes to his widow Paddy and all other members of the family.

Eddie Ginn

Royal Air Force

Edward Stanley Ginn of Ovingdean, Brighton died on 13 June, aged 87. He joined the Royal Air Force in 1941 and trained as a wireless mechanic. Posted to North Africa, he joined a unit in Algiers which later moved into Sicily. He also spent a short term in Malta as a teacher of arithmetic and bookkeeping. Discharged as Leading Aircraftman in 1947, he joined the Civil Service, initially working on National Insurance but later joining the Insolvency Service. He was a keen pianist and also enjoyed fishing. Our sympathy goes to his widow Doris, sons lan and Peter, daughter Julia, and all other members of the family.

John Gerrish

Royal Army Service Corps

John Frederick Gerrish of Barrow-in-Furness, Cumbria died on 14 June, aged 83. He worked as an apprentice at Barrow Shipyard before being called up to the General Service Corps in 1946. Training at Maidstone, Kent, he was posted to the Royal Army Service Corps as a driver. After serving in the UK and Germany, he was discharged in 1948 and completed his apprenticeship. Later, he worked as a heating and ventilation engineer. Before losing his sight, his interests included reading and drawing. Our sympathy goes to his sons Michael and Brian, daughters Christine and Patricia, and all other members of the family.

Phyllis MacMullen Auxiliary Territorial Service

Phyllis Joan MacMullen nee Cousins of Hunstanton, Norfolk died on 14 June, aged 84. She worked as a waitress at the Dorchester Hotel in London before joining the Auxiliary Territorial Service in 1941. Discharged in 1943, she raised a family and also worked in an ice cream parlour. Later, she emigrated to America where she ran the men's department in a Massachusetts clothing store for 14 years. She enjoyed reading, knitting and writing. Our sympathy goes to her granddaughter Leanne and all

Leonard Walters Royal Air Force

other members of the family.

Leonard Basil Walters of Gatley, Cheshire died on 14 June, aged 90. He joined the Royal Air Force in 1939, serving at Brize Norton, Uxbridge and Silloth. Discharged in 1946, he trained as a teacher and later became a Deputy Headmaster at a junior school. Our sympathy goes to his son John, daughter Jill, and all members of the family.

Reginald Kehoe

Corps of Military Police

Reginald Francis Kehoe of Halstead, Eight Ash Green, Colchester died on 16 June, aged 81. He drove ammunition lorries for the Local defence Volunteers before joining the Royal Air Force in 1944. The following year, he transferred to the General Service Corps and then joined the Corps of Military Police as a motorcycle rider. Posted to Egypt and Israel, he escorted officers such as Field Marshal Montgomery. Discharged in 1948, he joined an engineering firm as a sheet metal worker. Later, he became a service engineer for automatic livestock feeding machines and then joined a firm making castings for stoves and ovens. His interests included photography, motorsports, swimming, sailing, and making steam locomotive models. Our sympathy goes to his daughter Helen and all of the family.

Oliver Skinner

Royal Electrical and Mechanical Engineers

Oliver John Skinner of Solihull, West Midlands died on 17 June, aged 86. He worked as a journalist and as a civil servant. Having joined the TA early in 1939, he was mobilised in the Royal Artillery when war broke out. Come 1941, he transferred to the Royal Army Ordnance Corps and then to the Royal Electrical and Mechanical Engineers in 1942. He served in Scotland and North Africa, moving through to Italy. Demobbed in 1946, he returned to the civil service, working in employment. His interests included tennis, rugby and motorbikes. Our sympathy goes to his daughter Joanna and all other members of the family.

Eric Hilton

Royal Navy

Eric Hilton of Blackpool, Lancashire died on 22 June, aged 84. He had been a

St Dunstaner since 1995. He was a milk roundsman before volunteering to join the Royal Navy in 1942. He trained at HMS Ganges then HMS Pembroke in Chatham. Later, he was posted to the Mediterranean, stationed at HMS Saunders near the Suez Canal and at HMS Hamilcar in Algiers. He also completed a tour of duty with HMS Copra and was wounded by shell blast at Elba, losing sight in his right eye. Discharged in 1945, he trained as an engineer with the Fishing Fleet. As the fishing industry diminished, he turned to gardening and cultivated a business as a landscape gardener. Running into business difficulties as his remaining sight deteriorated, he fell back on casual gardening work where possible. He was Vice President of the Royal British Legion in Rossendale and enjoyed playing cards and dominoes. Our sympathy goes to his daughter Pat, and all other members of the family.

John Sharman **Royal Army Service Corps**

John Edward Sharman of Great Plumstead, Norwich, Norfolk died on 22 June, aged 75. He worked as an agricultural labourer but then became a tractor salesman. He joined the Royal Army Service Corps in 1951, and was stationed at Aldershot and Yeovil. Discharged in 1953, he returned to his old job, but later moved into electrical wholesaling. His interests included football and motor racing. Our sympathy goes to his son Michael, daughters Carol and Julie, and all members of the family.

Richard Finnegan Royal Irish Fusiliers

Richard John Finnegan of Clevedon, North Somerset died on 24 June, aged 89. He joined the Royal Artillery in 1936, serving in Portsmouth, Egypt, the Western Desert. Abyssinia, and the Sudan. Commissioned

in 1943, he transferred to the Royal Irish Fusiliers. Discharged in 1946, he worked in industry, eventually managing a tool making company. He enjoyed making radio controlled model boats. Our sympathy goes to his son David, daughters Linda, Teresa, and Wendy, and all members of the family.

John Hodgson

Royal Air Force

John Henry Hodgson of Barnsley, South Yorkshire died on 24 June, aged 85. He first worked in a nut and bolt factory but became an apprentice with Newton Chambers, who specialised in large scale steel construction. In 1943, he joined the Royal Air Force trained at RAF Skegness specialising in aircraft painting. He was posted to 651 (AOP) Squadron and was stationed in Egypt and Palestine, taking the opportunity to walk into Bethlehem one Christmas. Demobbed in 1947, he returned to Newton Chambers, but later worked in a chemical factory. After a spell as a milkman, he joined British Steel. His interests included football, cricket, golf and tennis. Our sympathy goes to his son Stephen and all other members of the family.

Charlie Hibbert

Royal Corps of Signals

Charles Henry Hibbert of Claygate, Esher, Surrey died on 26 June, aged 92. He worked as a general hand for a builder's merchants in Kingston before joining the Welch Regiment in 1940. After transferring to the Royal Corps of Signals in 1941, he was posted to India. Demobbed in 1946, he returned to the builder's merchants but later took over the family greengrocer and general provisions store in Claygate. He enjoyed driving, spectator sports, bowls and cooking. Our sympathy goes to his sons Alan and Charles, daughter Anne, and all members of the family.

Henry Gerard

Royal Electrical and Mechanical Engineers
Henry Albert Gerard of Ipswich, Suffolk
died on 28 June, aged 91. He trained as an
engineer before joining the Royal Army
Ordnance Corps in 1940. Transferring to the
Royal Electrical and Mechanical Engineers
in 1942, he deployed to East Africa where
he was involved with the invasion of
Madagascar. Demobbed in 1946, he
resumed work as an engineer. He enjoyed
DIY, watercolour and oil painting, though
after losing his sight he took up pottery. Our
sympathy goes to his daughter Elizabeth
and all members of the family.

Queenie HeadingtonAuxiliary Territorial Service

Queenie May Headington nee Daniels died on 29 June, aged 87. She worked in domestic service before joining the Auxiliary Territorial Service in 1941. Serving in England and Scotland with ack-ack units, she became a radar operator before being discharged in 1946. Apart from raising a family, she worked in a grocer's warehouse. She was a keen gardener and used to sew and knit. Our sympathy goes to her widower Harold, daughters Rita and Susan, and all members of the family.

Denis Blow Royal Navy

Denis Ernest Blow of East Grinstead, West Sussex died on 1 July, aged 85. He was a woodworker for a furniture company before joining the Royal Navy in 1941. Initially serving on a destroyer protecting the North Atlantic convoys, he was later posted to the Middle East in preparation for the invasion of Sicily. He transferred to MTBs in the Mediterranean and was involved in Operation Brassard, the invasion of Elba.

Discharged in 1946, he returned to his old firm, but moved on to worked for a coach builder. In later years, he worked as an insurance agent. He enjoyed painting and had been active in the local art society. Trout fishing, fly tying, walking and gardening were also keen interests. Our sympathy goes to his widow Connie, daughter Janet and all members of the family.

Ronald Brimblecombe

Royal Electrical and Mechanical Engineers Ronald Edwin Brimblecombe of Toftwood, Dereham, Norfolk died on 1 July, aged 90. He was an apprentice electrician before joining the Royal Army Ordnance Corps in 1937. Transferring to the Royal Electrical and Mechanical Engineers in 1942, he served in Palestine, Sudan, Abyssinia, Italy, France and Germany. Discharged as Corporal in 1946, he became an electrician for the Admiralty at Rosyth Dockyard. He also worked as a draughtsman at Taylor Woodrow and as a school caretaker. His interests included stamp collecting, gardening and reading. Our sympathy goes to his widow Joyce and all other members of the family.

Stuart Clements

Army Catering Corps

Stuart Roy Clements of Sherborne, Dorset died on 2 July, aged 71. He originally worked as a labourer at an experimental farm at Medenham. Taking up haulage driving, he was called up for National Service and joined the Army Catering Corps in 1955. He was posted to Korea with 55 Squadron Engineers, but also completed tours of duty in Japan at the Military Corrective Training Centre and then Singapore with the Fleet Air Arm. Demobbed in 1957, he became

a tipper driver and later a long distance lorry driver. After his sight deteriorated, he became a handyman and gardener. Our sympathy goes to his widow Sylvia, son Gary, and all members of the family.

Catherine Evans

Auxiliary Territorial Service

Catherine Mary Evans nee Dyer of Ulverston, Cumbria died on 2 July, aged 87. She worked initially in a factory making dry battery cells, moving on to a firm making pins and needles, where she was employed as an inspector of gramophone needles. In 1941, she joined the Auxiliary Territorial Army and trained in Durham. Posted to Huddersfield as a cook. Discharged in 1946, she returned to inspecting needles. In subsequent years, she raised a family and ran the local Brownies group. She was also chairman of the local village hall. She enjoyed reading and cross-stitch. Our sympathy goes to her son David, daughter Anne, and all members of the family.

Harold Woodford

Royal Electrical and Mechanical Engineers Harold Woodford of Stubbington, Fareham, Hampshire died on 8 July, aged 88. He joined the Royal Army Ordnance Corps in 1941 and trained in Kingston. The following year, he transferred to the Royal Electrical and Mechanical Engineers serving with the 79th Armoured Division. He landed in Normandy shortly after D-Day and his unit fought through to Germany, crossing the Rhine. Discharged in 1946, he returned to his old job, but later joined the prison service, working at Parkhurst, Wormwood Scrubs, Wakefield, and other locations around the UK. He lost his right eye after and incident in Wandsworth Prison. His

interests included gardening, woodwork, and football. Our sympathy goes to his widow Jean, son Trevor, daughters Maureen and Pam, and all members of the family.

Harry Gibbon

Durham Light Infantry

Henry Gibbon of Felling, Gateshead, Tyne and Wear died on 10 July, aged 93. He joined the Durham Light Infantry in 1940 and was posted to Burma. He saw action in Arracan and Kohima. He was injured during the Battle of Kohima. He also served in Rangoon and Bombay before being discharged in 1946. In civilian life, he was a cooper working for various Tyneside companies including Newcastle breweries. His interests included bowls and he was a member of the local Ex-Services Fellowship. Our sympathy goes to his sons Brian and Neville and all members of the family.

Alexander Wilson

Royal Air Force

Wing Commander Alexander John Herbert Wilson of Felixstowe, Suffolk died on 10 July, aged 85. He initially worked for Bellings, but became a gas engineer before joining the Royal Air Force in 1940. As a corporal, he worked as an engineer on Wellington and Stirling bombers and was later posted to India. He was commissioned in 1947, and served in Singapore and Malaya during the emergency. He served as a supply specialist, stationed in Malta, Bruggen, Aden and Cyprus. Retiring in 1978, he became a buyer for an engineering company and later manager of a property company. His interests included model making, painting, sailing, motoring and go-karting. Our sympathy goes to his widow Pauline, daughters Jennifer and Judith, and all members of the family.

Queen sees Craig's true colours



Craig and his mum met HM The Queen in Preston.

ST DUNSTANER blinded in Iraq was honoured for gallantry on the day that Her Majesty The Queen presented his regiment with its new colours on 26 June. Lance Corporal Craig Lundberg from Liverpool was left with injuries to his arm and face after being hit by a rocket propelled grenade in Basra.

Craig was amongst 3,000 people attending a parade at Fulwood Barracks in Preston when The Queen presented new colours to The Duke of Lancaster's Regiment. She is Colonel-in-Chief of the regiment, formed two years ago by the merging of the King's Own Royal

Border Regiment, the King's Regiment and the Queen's Lancashire Regiment.

Craig was later presented to Her Majesty, though he let his mum confirm that he had been injured in Iraq. "She asked me about the

parade and did I enjoy the music," said Craig. He was also reunited with colleagues from his old platoon and was particularly grateful to meet up with "Northy", the medic who treated him after being injured. Craig was also summoned to a more personal presentation as Major General Hamish Rollo presented him with a Joint Commanders' Commendation for bravery. The citation applauded his bravery under fire, ensuring his section continued to fight in a desperate situation, despite serious injury.

"I am made up to get it," said Craig. "But I do not really do ribbons, medals or certificates. I was just proud the lads followed me into battle. That is the greatest honour."



Major General Hamish Rollo presents Lance Corporal Lundberg with a commendation for bravery.