

St Dunstan's Review

Photograph: David Hickey

Sheffield harvest!

St Dunstaner Ray Munday raids the garden at St Dunstan's Sheffield for some homegrown Swiss Chard that went down a treat when cooked for his fellow trainees.

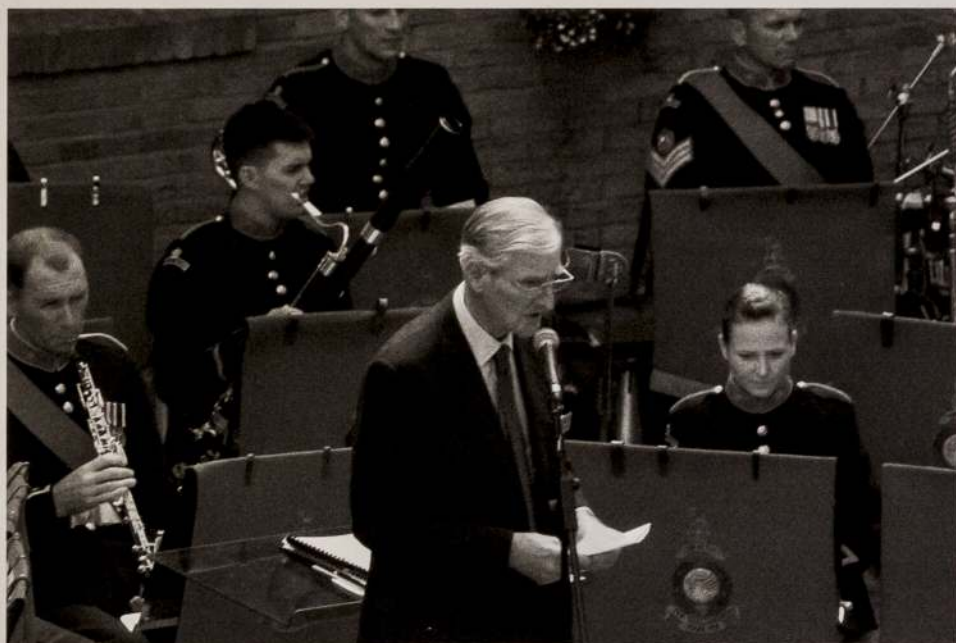


St Dunstan's

An independent future for blind
ex-Service men and women

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

From the Chairman



The Chairman took great pleasure in welcoming The Band of the Royal Marines back to St Dunstan's in July.

LISTENING TO THE news these days is a bit of a gloomy pastime! Violence amongst youths, the credit squeeze, rising energy costs and food shortages seem to dominate. Politics are at a very low ebb and to members of the Armed Forces having a part time Secretary of State for Defence, sharing his time with Scotland beggars belief.

Our so-called fast living with its internet, world-wide web, air transport and instant communication seems to have made not one jot to improve or alleviate this situation!

The fall in the housing market mostly affects first time buyers and I don't imagine many St Dunstaners are in this category. So let us take that point as a start for optimism!

St Dunstan's Calendar

SEPTEMBER

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

OCTOBER

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

NOVEMBER

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

DECEMBER

Christmas Craft Week	Until the 6
Writers Forum	6
St Dunstan's Day	9
Christmas Week	20/21-28
New Year Week	28-5 Jan 09

Noticeboard

FOUNDER'S DAY

IN MEMORY OF SIR ARTHUR PEARSON:

Whilst conscious of the past, St Dunstan's has understandably concentrated more on the future in the light of increasing numbers and the prospect of a new centre.

We also want to pay homage to our past and the pioneering approach to visual impairment which we still embody today. With this in mind, our Chief Executive has proposed that we celebrate the legacy of our Founder, Sir Arthur Pearson and the spirit of hope, opportunity and achievement that he inspired.

Sir Arthur Pearson was a leading newspaper and magazine publisher during his lifetime and is believed to have harboured ambitions to enter the political arena. He initially retreated from public life after losing his sight, but came to realise that his desire for an active life remained. He then dedicated himself as champion of blind welfare.

St Dunstan's Review September 2008, No 983

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

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.

Published monthly by **St Dunstan's** an independent future for blind ex-Service men and women, 12-14 Harcourt Street, London W1H 4HD. Charity Reg. no 216227. ISSN 0036-2808
Patron: Her Majesty The Queen

We propose two ways to celebrate our Founder and our heritage:

1) Annual Ceremony at Graveside of Sir Arthur Pearson

Our Founder is buried in Hampstead Cemetery, London. It is our intention to hold a short ceremony annually at his graveside and lay a wreath. This would be carried out on the morning of the day before Remembrance Sunday. This year's inaugural ceremony will be limited to a few St Dunstaners already committed to staying at the hotel in London on Friday 7 November for Remembrance Weekend. We will examine ways to open the ceremony to a wider group in future years.

2) Annual Award Ceremony

To celebrate the achievements of St Dunstaners and volunteers, prizes in seven categories would be presented on or near to 26 March annually. This is the date in 1915 on which the first 16 war blinded entered the new St Dunstan's training centre in London's Regents Park.



The Awards will also honour staff and other individuals who have contributed significantly to St Dunstan's – i.e. via development of some innovative technology, etc.

The award ceremony will take place in rotation around the country in our four locations – London, Brighton, Llandudno and Sheffield, starting with St Dunstan's Sheffield in March 2009. This would enable St Dunstaners living locally to be included. It will be an opportunity to honour our Founder and promote the achievements of St Dunstaners, their families and those who support us.

Founder's Day Awards

Categories

There are seven categories in which awards will be given:

- i) Community Award for best contribution to their local community or the family of St Dunstan's by a St Dunstaner, spouse, widow or widower;
- ii) Best Student Award, for the best novice on learning new skills - St Dunstaner only;
- iii) Craft/Art/Music Award - St Dunstaner only;
- iv) Sports Person of the Year Award - St Dunstaner only;
- v) Volunteer of the Year Award - outsider who has contributed to St Dunstan's;
- vi) Innovator of the Year Award for any person or organisation which has successfully introduced to St Dunstan's a beneficial device or idea;

- vii) Commendation for outstanding dedication and contribution – St Dunstan's Staff member (Nominations by line manager).

Procedure

- a) The award year will run from 1 January to 31 December.
- b) Nominations must be in writing on the appropriate proposal form, published on page 5, or also available from the St Dunstaner Services Manager's office at Headquarters in London.
- c) Each nominee must have a Proposer, who may not necessarily be connected with St Dunstan's.
- d) The Proposer will provide in writing on the application form reasons and examples as to why the nominee has been put forward.
- e) Nominations must be received by 31 December 2008 for the award ceremony taking place in March 2009.
- f) Nominees may be put forward for more than one category.
- g) Nominations will go initially before a small selection committee to be short-listed.
- h) An Award Committee made up of representatives from all facets of the organisation will be the adjudicators.
- i) Results will be promulgated in the **Review**.
- j) Prizes will consist of a cup and pecuniary award.

Founder's Day Proposal Form

Nominee

Address

.....Post Code.....

Telephone Number

Proposer

Relationship to Nominee (ie family, neighbour, escort)

Proposer's Address

.....Post Code.....

Proposer's Email Address

Proposer's Telephone Number

Please tick the relevant category (only one per application form):

Community Award for best contribution to their local community or the family of St Dunstan's by a St Dunstaner, spouse, or widow/er

Sports Person of the Year Award
St Dunstaner only

Best Student Award for the best novice on learning new skills
St Dunstaner only

Volunteer of the Year Award
for an outsider who has made a notable contribution to St Dunstan's

Craft/Art/Music Award
St Dunstaner only

Innovator of the Year Award for any person or organisation which has successfully introduced to St Dunstan's a beneficial device or idea.

Reason for proposal (please use an additional sheet of paper if necessary).....

.....

.....Dated

Please cut out this page and return to Ray Hazan, St Dunstaner Services Manager, St Dunstan's, 12-14 Harcourt Street, London W1H 4HD.

SMOKING IN PUBLIC PLACES

DUTY OF CARE: The law on smoking in public places changed last year. Smoking is not allowed in all enclosed or substantially enclosed public places and work places. This includes St Dunstan's buildings. St Dunstan's has a duty to take reasonable care to protect the health of its employees. The Charity is required by *The Health and Safety at Work etc Act 1974* to ensure that employees and others are not put at risk.

At St Dunstan's Ovingdean (including Port Hall and Beacon Hill) and Sheffield smoking is not permitted inside the buildings by anybody whether staff, permanent residents or visitors. At Ovingdean, St Dunstaners and other visitors may smoke in the Inner Garden and the grounds, and on the 2nd floor balcony or the 4th floor south wing balcony. Cigarette ends must be placed in the receptacles provided, please, and not dropped on the ground. Those needing assistance to get to the smoking areas will receive such support from the care staff subject to their availability, noting that the care staff are often very busy and that supporting smokers will not be the top priority. It is appreciated that this ban is particularly hard for some people but we must comply or face prosecution and, therefore, we must and will enforce it seriously.

In addition the Charity needs to do everything possible to provide a smoke-free environment when its staff visit St Dunstaners in their own home. Please consider their needs and provide them with a smoke-free environment, ideally not smoking in that room for an hour before the visit commences. If a smoke-free environment cannot be provided, the

Charity will support staff to leave if they consider it to be unacceptable to them.

The full smoking policy is available on request from the Human Resources department at St Dunstan's Headquarters and St Dunstan's Ovingdean.

ROYAL MARINES BAND CONCERT

MARINES SUFFOLK PERFORMANCE FOR ST DUNSTAN'S: The Band of Her Majesty's Royal Marines will perform a concert in aid of St Dunstan's and West Suffolk Voluntary Association for the Blind on 27 September, starting at 19:00. The concert will be held at St Mary's Church, Bury St Edmunds, Suffolk and tickets are priced at £25, £17, and £12.

Tickets are available from The Theatre Royal Box Office, Bury St Edmunds on 01284 769505 or online at www.theatreroyal.org. Peterborough Highland Pipe Band are also expected to appear. The show has been organised by Royal Engineers St Dunstaner Tony Lee of Mildenhall, Suffolk.

RUN THE LONDON MARATHON

AN EXCEPTIONAL EXPERIENCE : The London Marathon 2009, the last under the Flora banner, will be held on 26 April. An estimated 30,000 people are expected to participate in the 26-mile run. Anyone interested in taking part in this unparalleled event should contact Sports and Recreation Supervisor Louise Timms for more details and advice on how to prepare for the day. She can be telephoned at St Dunstan's Ovingdean on 01273 307811.

JOLLY HOCKEY STICKS! IT'S THE RETURN OF THE STORY CONTEST

KICK-OFF FOR OLYMPIC WRITING CHALLENGE: We are ordering budding authors to the starter's gate for the latest **ST DUNSTAN'S Review** story writing competition. The content and title are yours to decide. However, the story should embrace a sporting theme. Can you conjure up the loneliness of the long distance runner, a tale of two halves, or a birdie on the wing? If you can master that bodyline and capture this sporting life, then put away that tennis racquet and get typing.

Submissions should not have been previously published. The competition is open to St Dunstaners, their wives, husbands, widows or widowers or members of the Diana Gubbay Trust.

Please follow these steps when submitting entries for the competition:

- 1) Entries should be typewritten and should not exceed 1,500 words.
- 2) Only one submission per person. Multiple entries will be disqualified.
- 3) Entries must be received by the Editor, **ST DUNSTAN'S Review**, 12-14 Harcourt Street, London W1H 4HD by 5 January 2009. Entries can also be submitted by e-mail to ray.hazan@st-dunstans.org.uk or other electronic media.

The winner will receive £50, second prize is £30 and the third will win £20. Winning stories will be published in the **Review**.

ANOTHER CHANCE TO CREATE OUR CHRISTMAS COVER

EMBRACE THE SPIRIT OF CHRISTMAS AND CLAIM OUR FRONT PAGE AS YOUR CANVAS: St Dunstaners and members of the Diana Gubbay Trust are invited to create some Christmas cheer for the December issue of **ST DUNSTAN'S Review**. For a second year running, we are asking blind and visually impaired artists to demonstrate their skills in a yuletide competition by producing a seasonal scene for our 2008 Christmas cover.

St Dunstaners can choose their own materials or method, traditional or experimental, painting, montage, embroidery, mosaic, carving, sculpture, pottery, weaving, or whatever else they prefer, but the finished artwork needs to include a Christmas theme combined with a Forces element and a positive depiction of overcoming blindness.

The work should not have been previously published and should be an original creation crafted by the St Dunstaner submitting the work.

There will be a prize of £50 for the winner whose work will be used as the cover for the December issue. A second prize of £30 and a third prize of £20 will also be granted. The judge's decision will be final.

Finished artwork should be sent to Christmas Cover Competition, **ST DUNSTAN'S Review**, 12-14 Harcourt Street, London W1H 4HD by 4 November. Winners will be notified later that month and full results will be included in December's issue.

STAFF CHANGES

DICK LAKE RETIRES: Dick Lake, Ovingdean Manager, retires on 10 September. He joined the staff of St Dunstan's in February 2002 and has made a significant contribution to the success of St Dunstan's during what has been the longest period of service as Ovingdean Manager in recent times.

He joined St Dunstan's after a successful career in the Royal Navy where he, at various times, flew as Navigator in Sea King helicopters, commanded a fisheries patrol vessel, was Operations Officer on HMS *Illustrious* and finally was appointed Captain in charge of the Royal Navy Social Work Department on the staff of the Second Sea Lord.

As Ovingdean Manager he had overall responsibility for managing the "Flagship" of St Dunstan's where his responsibilities included over 200 staff, maintaining a listed building, managing a large budget, and maintaining the high standards that have resulted in the highest ratings from the regulating body CSCI.

During his tenure many significant changes and improvements were introduced including the Introduction Course, the opening of the Sheffield Centre (which also comes under his jurisdiction), the development of Port Hall, and the many refurbishments and changes to accommodation that have taken place in the main building. He has hosted many hundreds of visitors including members of the Royal Family, compered the Christmas show, and his contribution as a member of the Senior Management Team has been enthusiastic and tireless.

Robert Leader, Chief Executive, said "I have really enjoyed working with Dick. He is a challenging colleague who has made an enormous contribution to St Dunstan's and has never shied away from telling me what he really thinks. I shall miss him hugely."

Dick will not be sitting back and relaxing in retirement as we know that he has plans to devote more time to his many voluntary activities. We thank him for his very significant contribution to St Dunstan's in general and Ovingdean and Sheffield in particular. Our best wishes go with him and his wife Anne for a long, healthy and happy retirement.

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 1 September, they will be in Fife and then Oxfordshire; then starting 8 September, they will be in Glasgow and Buckinghamshire; from 15 September they will visit Lancashire and East Sussex. Finally, in the week commencing 22 September, they move to Middlesbrough and Oldham. 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.

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

First man in Llandudno?

I think I can claim to be the first St Dunstaner to have been cared for in the centre at Llandudno. I underwent a hip replacement there before St Dunstan's owned it. Little did I think in 2004, as I recuperated in Room 20 on the second floor, gazing in admiration across the manicured lawn at the magnificent seascape that St Dunstan's would become the new owners and be able to offer so much to so many from here.

From my hill farm in the Conwy Valley, I used to be able to see Llandudno Pier from my top fields. Alas no more! Now I just gaze where I know it is! Like so many I am looking forward to Spring 2010, meanwhile I will take a keen interest in the development.

**Jim Pritchard,
Llanbedr-Y-Cennin, Conwy**

• Write to the **Review** if you have a Llandudno tale.

I'm not yet flying high with Sky TV system

Recently I contacted Sky Television to let them know of the difficulty I experienced as a partially sighted person setting up a recording or favourites list on my Sky+ box. I have the television on most days, but as my sight has deteriorated I can't see any picture apart from some movement. I get by, but have a problem with setting up a recording because I cannot read the captions. I'm sure many visually impaired people have difficulty doing the same on HD or Sky+ boxes.

I enquired if any consideration had been given to adding a voice to these boxes and was told yes, it had been, but due to technical problems, etc, this had been shelved for consideration at a later date.

An explanation given to me by a blind access technology vendor is that the Sky box runs an untypical software programme, which is not compatible with standard

speech software packages. I am surprised by that, because it is just a computer after all. When I turn on my PC, a voice reads out the options for me and I would like a similar arrangement on the Sky box. That would be a great help to me.

Another challenge is to persuade Sky that the addition of speech would be good business practice and worthwhile. If you are a Sky user please feel free to express your views to them at accessiblecustmorservice@bskyb.com.

**Geoffrey Skinner,
Wallington, Surrey**

Not so balanced?

We find Ted Bunting's book reviews most unhelpful - almost always it is a book which for some reason he has not enjoyed. Could we please have a few more books which he considers worth listening to.

Our Welfare Officer told us about *The Island* by Victoria Hislop and we managed

to borrow a talking book version from our public library. It has history, dance, romance and is thoroughly satisfying and surprising.

**Diane Stewart,
Downham Market, Norfolk**

I missed being able to chat to people

I was so very pleased to read David Poyner's letter in the August **Review**. I agree so wholeheartedly with his comments on the round tables in the dining hall at St Dunstan's Ovingdean.

My husband Joe and I visit St Dunstan's as often as possible but because of Joe's incapacity we now have to book for respite visits. On the last two occasions, we were directed to a rectangular table instead of being with the "holidaymakers".

I did so miss being able to chat to different people and, as David says in his letter, we miss the social interaction. Joe is quite happy to sit, but I am the gregarious one!

David said in his letter everything that I would have liked to say. I did ask if we could transfer to a round table but we were told that the arrangements could not be altered. Joe is not in a

wheelchair but he is 92 and I am 87, but he copes very well just with my assistance. We are so grateful for the kindness shown to us by all the staff and bless the day we were introduced to St Dunstan's by East Suffolk Blind Association.

**Betty Macfarlane,
Felixstowe, Suffolk**

I had a tendency to sit in the same spot

With regard to David Poyner's letter in the August **Review** on the subject of round tables vis-a-vis oblong tables. Having attended my initial training week and also visited as a holiday maker (Masonic Weekend) I found that in either case there is a tendency to sit in the same seat at which you first sat each time you come to table. The answer, of course, is not to do that and everyone should be informed that in order to encourage the "family" atmosphere that they should choose a different seat each time and thus be alongside different people each time. I realise there need to be exceptions to this, eg wheelchairs, carer accompanied, etc, but this too can be accommodated for.

**Frank Hookham,
Clayton le Dale,
Blackburn, Lancashire**

I wasn't convinced that I could learn to type

I wish to thank St Dunstan's for giving me this opportunity to do some writing on a computer. Whether it is good or not, it is something of my life.

My wife Pearl has tried hard for years to get me to do this, I wanted to, but there always was something more important to do. This is not an excuse for we have always been busy people.

I then lost my eyesight and that made a terrific difference in our life and then came the chance to become a member of St Dunstan's. When we went down for my Induction Week we were amazed at how friendly and helpful all the staff were.

Then when I met David in the computer department and listened to his talk on computers and what they could do for you, I was convinced this could be for me. But how could a person with very little sight possibly learn to type? I was not really convinced that an elderly man, 89 years of age, could learn to type with no knowledge of how it could be done.

We had a wonderful week and when we got down to the Reception with our luggage there was a large

box which contained a typewriter. When we got home and opened the box, there was the typewriter with all the instructions. I thought what have I got myself into? Then a few days later, a young man arrived with a Smart View, so I was set up and had no option but to have a go.

The next thing to happen was my typewriter days

were over and it was time for computer training and to meet my teacher who turned out to be a lovely young lady named Teresa. She was very patient and tried hard and we got on very well and I was sorry when the lessons came to an end.

I am looking forward to meeting up with Donna and to hear what she and the Writers' Forum have

to say. What ever it is I will always be indebted to St Dunstan's for giving me this opportunity.

Having recently met David for more training I wish to thank him for his patience, kindness and thoughtfulness and also our thanks to Claire Green and Donna and all the staff at St Dunstan's.

**George Bell,
Eastbourne, East Sussex**

Balancing the Books

Ted Bunting on the contradiction of Restoration England

Unnatural Fire

Author: Fidelis Morgan
Reader: Fidelis Morgan
Catalogue Number 13820
Duration: 12 hours, 10 minutes

Although the story is set in the period when the Prince of Orange reigned alone as William III, this book is not a serious historical novel; in fact at times it is quite ridiculous, pure pantomime. (Oh yes it is!) Yet it makes an excellent attempt to capture the spirit of the age. A relatively primitive age, an age of contrasts and paradoxes when Sir Christopher Wren's new buildings overlooked filth and squalor, when learning and ignorance went hand-in-hand (even Isaac Newton believed in alchemy) and crime went largely unchecked for want of a viable police force. It was also universally

accepted that the female was inferior to the male in every way, especially where the intellect was concerned. And I suspect the motivation for writing this book was to refute that (still widely accepted) assumption. The main characters are women, a Countess is one and her clever and resourceful maid is the other. The main problems they are faced with, to solve two brutal murders and secure the release of an innocent wife from prison, may traditionally call for a gallant hero, but why shouldn't this pair be equal to the task? They are certainly capable of being as earthy as any male counterpart, even in that coarse age, but whether that constitutes equality, let alone superiority, and whether the author has proved the case, I would prefer others to judge. As to entertainment value I can only say I shall not ask for it again.

Ten questions on...

The subject of Books and Authors
Harry Beevers takes his turn to balance
some books and their creators

- 1) Who was the creator of the magical schoolboy Harry Potter?
- 2) Which author, connected with Rottingdean, wrote *The Barrack Room Ballads*, *The Just So Stories* including *How the camel got its hump*, and the poem *Gunga Din*?
- 3) What type of book is particularly associated with authors Isaac Asimov, John Wyndham and Arthur C. Clarke?
- 4) What do the following books have in common, "Sir Walter Raleigh's *History of the World*, Adolf Hitler's *Mein Kampf* and John Bunyan's *Pilgrim's Progress*?
- 5) Which author's funeral at Westminster Abbey in 1928 saw his fellow writers George Bernard Shaw, John Galsworthy, J.M. Barrie, Rudyard Kipling and A.E. Housman all acting as pall bearers?
- 6) What is the most famous work of the 15th century Spanish author Miguel de Cervantes who was captured by pirates, sold into slavery and eventually ransomed after five years and four failed escape attempts?
- 7) Which writer, best known for his children's stories was born in Cardiff in 1916 of Norwegian parents??
- 8) Which six times world snooker champion wrote the book *How to be really interesting*?
- 9) Which journalist, TV quiz master and programme presenter wrote the non-fiction book *The English*?
- 10) *Toad of Toad Hall* by A.A. Milne is the stage version of which Kenneth Graham book?

Answers can be found on page 35.

From the Craft Workshop



St Dunstaners Bert Jenkins of Newhaven and Tony Elphick of Brighton made these table tops on their weekly visit to the Craft Workshop. Both designs have been made in mosaic, using small glass tiles, and were designed as gifts for friends and family.

Mary Marsden

We are sad to report the death on 23 July of Mary Marsden of Church Stretton. Her association with St Dunstan's started during the war when the organisation relocated there and she continued to support us for the remainder of her life. During visits by St Dunstan's in 1987, 1995 and the annual reunions since 2006, she was our 'liaison officer' with the town. We extend our sincere sympathy to her son Nigel.

St Dunstan's Schools programme launches in Northern Ireland

ST DUNSTAN'S SCHOOLS programme is now being presented to pupils in Northern Ireland. St Dunstaner Moira McGrath was joined by School's Education Project Officer, Catherine Hutchinson as the programme was introduced to her local area, Newtownards, County Down. It received a fantastic response from Secondary, Primary and Special Needs schools – with schools requesting further presentations for next term!



Photograph courtesy of Spectator Newspapers

The St Dunstan's Education programme gives pupils the opportunity to experience *A world without Vision* and explore how simple gadgets can make everyday situations easier for somebody with visual impairment, the presentations are linked to the school curriculum so teachers are able to link them to future lessons.

"The children have learnt so much, what a fantastic free resource, they will never forget St Dunstan's. We would love to have you back in the Autumn Term," said the Citizenship Coordinator at Regent House School.

Two pupils of Glenraig Integrated Primary School experience visual impairment with help from Catherine Hutchinson and St Dunstaner Moira McGrath.

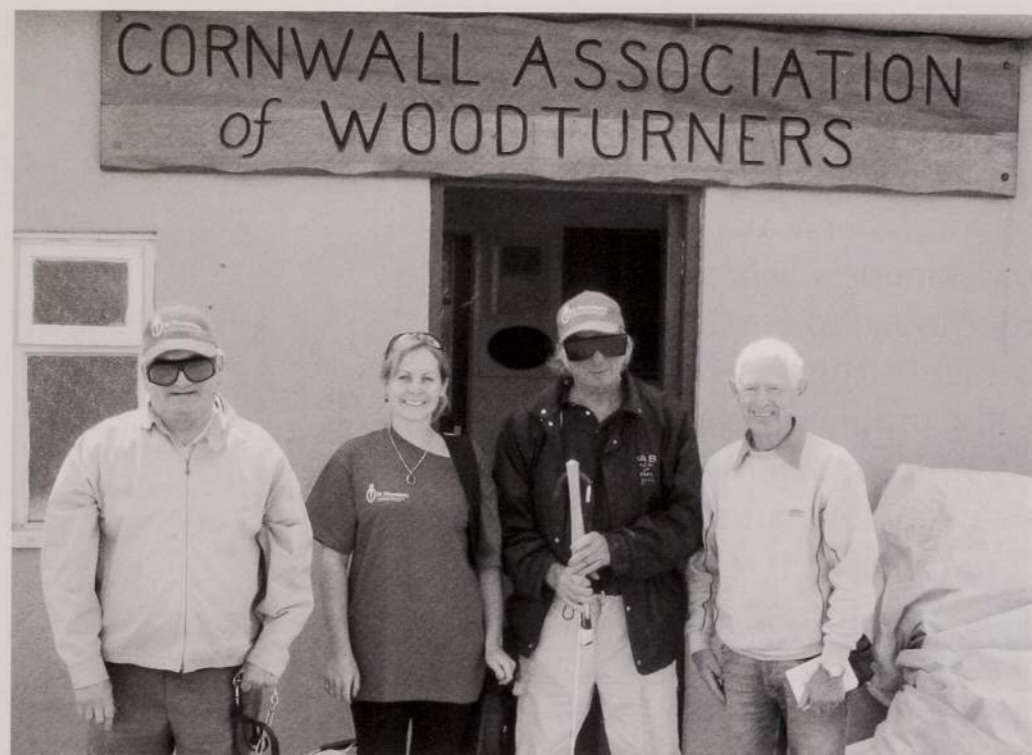
The team also delivered the recently re-launched *Conflict in 20th Century* history presentation which explores conflict from WWI to the modern day and allows students the opportunity to question the St Dunstaner on their experiences.

"The launch was a great success, the students really enjoyed meeting Moira," said Catherine. "We already have plans to visit again in the Autumn Term."

"I found the children all very willing to take part in wearing the semi specs and doing the role play," said Moira after one session. "I also found that all the children were all very interested in the way a person without sight goes about their day-to-day life. On a personal note this is very good way of showing that we are all the same, just some people who have disabilities do things a bit different."

St Dunstaners turn out for Cornish Association of Woodturners Open Day

ON SATURDAY 12 July at Wheal Jane Mine in Cornwall, the Cornish Association of Woodturners (CAW) Open Day took place. This was a big date for two of our woodturning St Dunstaners, Chas Rhodes and Gerry Jones. Sarah Jarron, Craft Supervisor at St Dunstan's Ovingdean, joined them for a visit to the Open Day to learn new techniques.



Gathering hints and tips for woodturning projects - Chas Rhodes, Sarah Jarron, Gerry Jones and John Hodgson.

Over the last two years, the CAW has provided support to both Chas and Gerry. Both have been invited to regular Club nights where CAW members have given them extra woodturning tuition, building on the skills they learnt at St Dunstan's Ovingdean. Mike Adams (former Chairman) and Mike Hosking have also visited Chas and Gerry at home to help set up equipment such as grinders. More recently, Dave Udy has made a variety of jigs and guides for the Craft Workshop that have been used in teaching both woodturning and WoodRat router training to other St Dunstaners.

The Open Day was held to celebrate CAW winning a lottery grant. There were many woodturning demonstrations from club members, including our very own Chas Rhodes who demonstrated how to turn a small bowl using the jigs and techniques developed to aid him. Chas was watched in detail by a large crowd, on a wide screen television placed to the side of the lathe. Also on show were a wide variety of woodturned projects for us to admire. Much of the work was extremely clever and must have taken quite some nerve to turn!

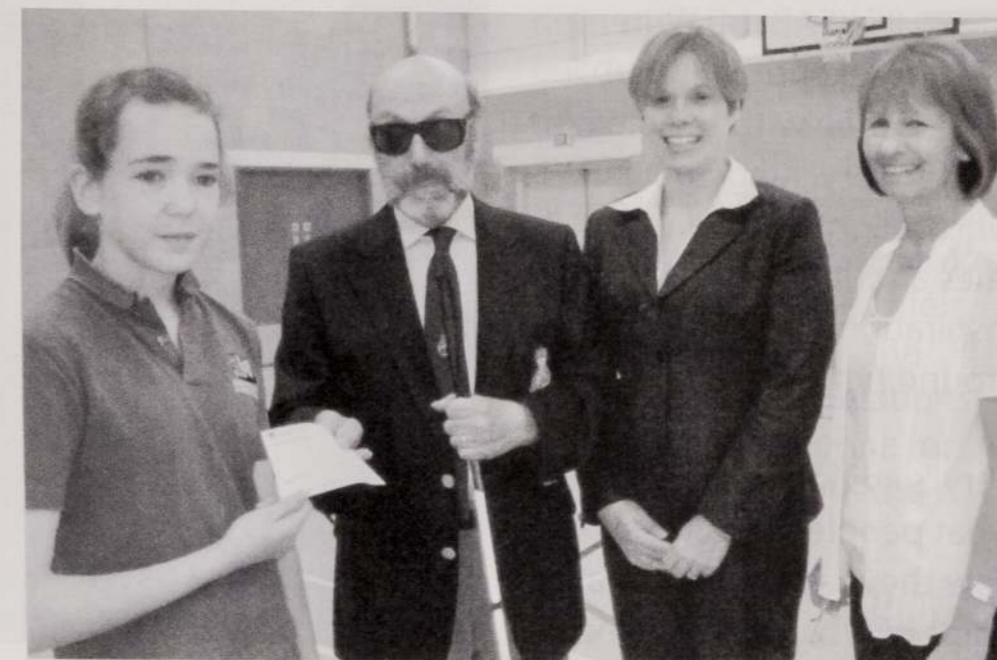
The CAW were also selling supplies and Gerry was able to purchase a new chisel and some lacquer for his work.

St Dunstaner John Hodgson and his wife Lorna were also able to attend the day. John is due to be attending woodturning training at St Dunstan's Ovingdean this month, and then hopes to join our increasing ranks in the Cornish Association.

A special thanks to Mike Adams, Mike Hosking and Dave Udy who have all been extremely helpful and generous with their time.

Nothing uniform about £900 raised by Kenilworth pupils

A TALK by St Dunstaner Eric Sayce inspired Year 9 students at Kenilworth School to stage a fundraising day. Following the *Conflict in the 20th Century* History presentation last October, the children decided to organise and hold a Non-Uniform Day with all proceeds going to St Dunstan's. The students managed to raise £900 and Eric was very pleased when he was invited back in June to collect the cheque. "The students really benefited from meeting Eric at the beginning of the school year to hear his inspiring presentation, then organising an event to



A Kenilworth pupil presents the donation to Eric Sayce.

support him and others like him and finally having him back to collect the cheque. The children can see the long term picture," said teacher Mary May.

Eric will be speaking again to Kenilworth School pupils who have chosen to study GCSE History when they visit the National Memorial Arboretum on 4 September.

Fallen Servicemen remembered in Ghana



ST DUNSTAN'S Chief Executive Robert Leader laid a wreath on behalf of the Charity at a ceremony in the Commonwealth War Graves Cemetery in Accra, Ghana on 20 July. The service was part of the 30th triennial conference of the Royal Commonwealth Ex-Services League which was attended by HRH The Duke of Edinburgh. Also attending was Lord Slim representing the Burma Star Association.



Get the words on the page!

Donna Vaughan had her notebook poised for the Writers' Forum

THIS YEAR the Writers' Weekend (3-6 July) began with the elegant author Beryl Kingston who delighted us with tales about how she finds inspiration for stories all around her.

Beryl's advice was to listen to what people actually say and how they say it and to make notes of what we hear and see. The fact that Beryl once had a cat piddle into her dictaphone has not put her off using one to make notes as she travels! She once saw a couple in Italy having an argument loudly at a railway station, the man walked off leaving all their luggage on the platform and the woman calmly picked up only her own luggage, got on the train and left him. Beryl wondered



Marise and Evelyn came up with Limping away undressed G.I. Harry tottered empty-handed roundabout - Laughter.



Alan Morrison with Ken and Joan Waugh in the Blue Room.

what might happen next, would the young woman meet a handsome tanned stranger at the end of her journey? She turned the idea into a novel.

The afternoon was taken over by John O'Donoghue who invited the Writers to think about holidays and songs from their childhood days. This led to much reminiscing.

Saturday morning started with a game of Guess the Story from the ten word description. Most of the questions were written by Harry Beevers whose efforts

were very much appreciated especially since he could not attend the weekend.

Some of the "ten-words" were easy to decipher: "Little girl's fantastic dream as ferocious twister rages in Kansas," while others such as: "Boxer comes to sticky end in anti-Jones revolt," had us completely stumped and led to groans of "Yes, of course" once the answer was revealed.

The St Dunstaners themselves were the stars of the rest of the morning when they presented work they had written. There were poems from Gary

Largan, Penny Markham's children's books and her autobiography of her time during the last days of British Rule in India.

The afternoon was taken over by Alan Morrison the poet who has now taken over from me in the running of the Writers' Forum. He explained how you can take any word and create an acrostic poem. The word is written letter by letter down the page and then each letter becomes the first letter in a word. The writers started with their names: Martin

Goodman took his first name and made "Moderately articulate rather traditional increasingly numerate" and Harry Beevers wrote one for Joan, "Just ordinary - absolutely not!"

By the way, "The Little girl's fantastic dream" was *The Wizard of Oz*, and the Boxer was not in fact a pugilistic, but an inquisitive horse in George Orwell's *Animal Farm*.

Thank you, Donna

Since its inception, Donna has worked tirelessly, in her own free time, to lead,

encourage and organise the Writer's Forum. She attended courses to widen her own knowledge and experience to pass on unselfishly to others. She opened the door to St Dunstaners encouraging them to give vent to their literary imaginations. The members of the Writer's Forum owe her a large debt of gratitude and extend their heartfelt thanks to her for all she has done. Congratulations are also due to Donna for achieving a BA with the Open University.

Ray Hazan
President of St Dunstan's

REUNION ROUND-UP

ST DUNSTAN'S President Ray Hazan presided at The Cardiff Reunion held at St Mellons Country Hotel, Cardiff on 23 July. He was joined by 25 other St Dunstaners and seven widows. St Dunstaner David Wynne Lloyd replied on behalf of those attending.

The Hook Reunion at Tylney Hall, Hotel, Rotherwick, Hook, Hampshire on 29 July brought together 17 St Dunstaners and three widows. Timothy Bacon was the member of St Dunstan's Council

presiding and St Dunstaner George Jackson made an erudite response on behalf of everyone attending.

The Blackpool Reunion was held at the Imperial Hotel, North Promenade, Blackpool, Lancashire on 5 August. Iain Lumsden was the Member of St Dunstan's Council presiding, with 40 St Dunstaners and one widow attending. St Dunstaner Harry Docherty made an eloquent response.

There were 52 St Dunstaners and two widows attending

the Chorley Reunion on 6 August at The Pines Hotel, Clayton-le-Woods, Chorley, Lancashire. Major General David Jolliffe, CB, FRCP presided and St Dunstaner Bill Etherington gave the vote of thanks.

Major General David Jolliffe also presided at the Barrow Reunion at The Abbey House Hotel, Barrow-in-Furness, Lancashire on 7 August. There were 17 St Dunstaners and three widows attending. St Dunstaner Tom Waugh of Walney responded on behalf of those present.

A stellar performance!

Simon Rogers on the welcome return of the Band of the Royal Marines



Major Nick Grace conducted the Band of the Royal Marines (Portsmouth) at St Dunstan's.

NOT SO LONG ago, in a garden not so far away, a band of no uncertain renown gathered for a rousing performance on 16 July. The concert at St Dunstan's Ovingdean has become an annual fixture for the Band of the Royal Marines (Portsmouth) who demonstrated with no mean ability why they are known as The Royal Band. They were introduced by

St Dunstan's Chairman Michael Gordon-Lennox and after the National Anthem, they launched the afternoon with a bravura rendition of the *Star Wars* theme, and if that wasn't enough to blow their audience away, they followed with a selection of classical and popular favourites. Some tunes indulged in some jazz-fusion techniques, others raised the anchor on sea-shanties

in grand style, to say nothing of *Heart of Oak*. As ever, the Band was supported by the Corps of Drums who marched into place with a synchronicity that would make an Olympic diver cry. Drumsticks twirled with uncanny precision. Guests included the High Sheriff of East Sussex, Hugh Burnett, OBE, DL, FCA, and Major General Garry Robison, RM, Commandant General of the Royal Marines.



A dramatic rumble from the large drums.



The High Sheriff with Bill Griffiths, MBE.



Cue trombone.



Pat Thompson.



Fine precision.



Maj-Gen Robison, RM



Sound of the flute.



Debbie Martin and Margaret Bailey.



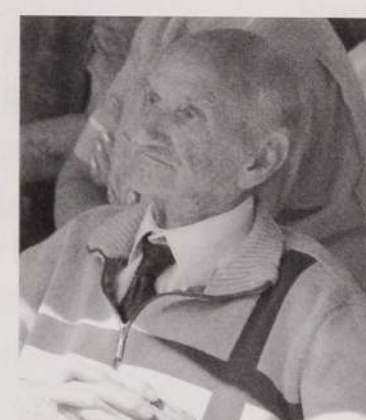
Trumpet solo.



Morris Evans.



George Tytler.



Jim Hetherington.



Nigel Mayo.



Elaine and Lionel James by the pond.



St Dunstaners Hollie Pemberton and Irene Wilkinson were on holiday at Ovingdean.



Ron Freer was also in the audience.

Tough time in London!

Simon Rogers follows a group of St Dunstaners who just tri-harder



A taste of the Thames. Mandi Fermer, St Dunstaner Susan Eyles and a slightly submerged Louise Timms.

FOUR ST DUNSTANERS pitted their mettle against the world by taking part in the London Triathlon which drew 12,000 competitors to the capital's Docklands area on 9-10 August. The Olympic distance event requires competitors to swim, cycle and run.

RAF St Dunstaner Graham Kiff joined other visually impaired athletes as part of



Andrew keeps Garth heading the right way.

Team Viper on the Saturday, though they didn't enter as a squad this year. Graham and his guide David Bishop braved the all too persistent rain to complete the course in 3 hours, 20 minutes and 7 seconds. He came 6th in the Athletes with a Disability (AWAD) category and ranked 312th overall.

The weather was more favourable for those who entered the Sunday heat. St Dunstaner Susan Eyles set a strong lead as she dived into the Royal Victoria Dock flanked by Louise Timms

and Mandi Fermer. She was followed by Steve Sparkes and Alexander White and St Dunstaner Garth Long and Andrew Seivewright.

They had to swim past Spillers Millennium Mill to Connaught Bridge then turn back. A distance of 1,500 metres in all. "I just couldn't find the direction, being a total blindie," said Garth. "So I did a major breast stroke, however the game was on once we got on the cycle."

Sue also expressed some consternation about the swim. "Swimming in a wetsuit is like nothing else, nothing prepares you for it. Actually, I take my hat off to Louise and Mandi because they had to swim either side of me and steer me into a clear passage. The sheer level of concentration

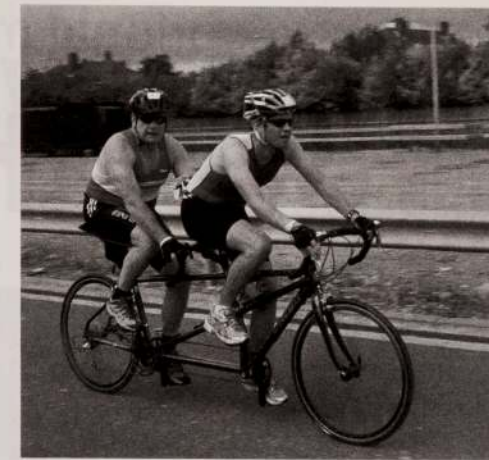


Alex and Sparky in the dock.

required is incredible. I wasn't tethered like Garth was to Andrew. The swim was hard. There's the current and the disgusting taste of the Thames."

At this point, breaking into the 40km bike ride, Steve and Alexander took the lead, rolling out the tandem and cycling off towards Tower Bridge. Sue and Louise followed, seemingly leaving Garth and Andrew behind.

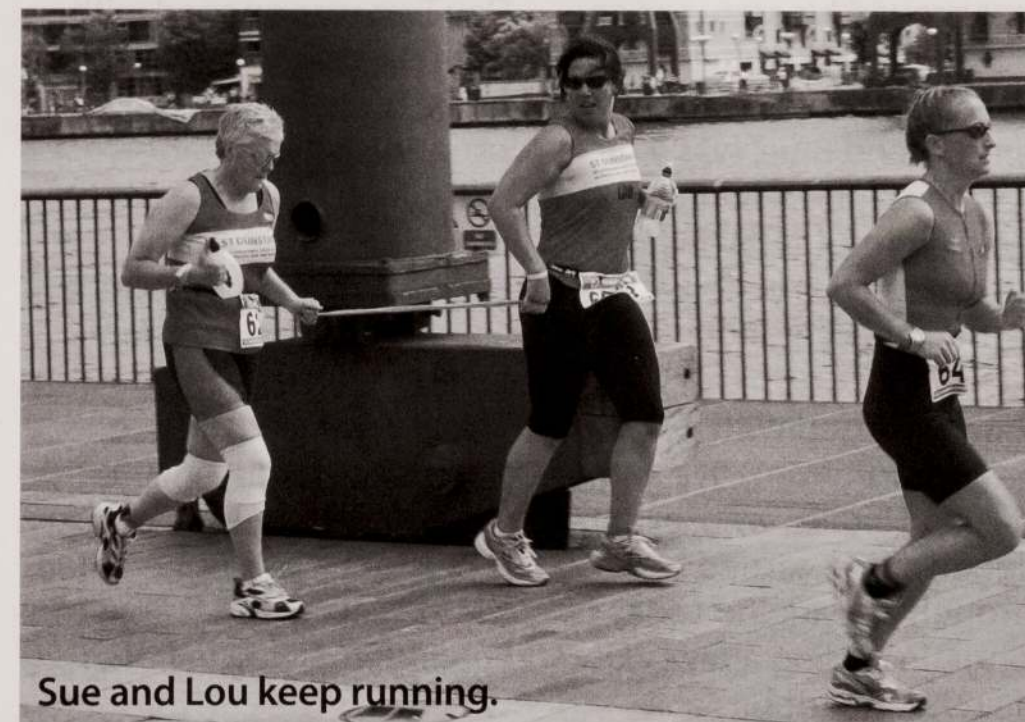
Competitors need to complete two laps of a route that spans Tower Bridge to Beckton roundabout. Steve and Alex were round in a flash, but the gap was closing between Sue and Garth. Sue welcomed the camaraderie of fellow cyclists. "You get the same sort of banter that you do



Garth picked up the pace.

on the London-to-Brighton bike ride," she said. "I enjoyed that." Garth added that he found the ride exhilarating.

The next stage is a 10km run which unfortunately proved a step too far for Steve. He had to rest up, leaving Sue in the lead as she ran along the edge of the dock towards the Millennium Dome. Garth was close behind and he and Andrew very quickly established leading position.



Sue and Lou keep running.

"I was feeling ill on the run but I wasn't going to give up," said Sue. "Louise kept me going in the nicest possible way. She was just magnificent. We also got a lot of encouragement from other runners once they realised there was a visually impaired runner ahead."

Garth and Andrew finished in 3 hours, 46 minutes and 13 seconds, while Sue and Lou completed in 3 hours, 51 minutes followed by Mandi Fermer eight minutes later. Congratulations are also due to Jamie Aspin who ran for St Dunstan's once again. He finished in 2 hours, 42 minutes and 35 seconds. Stephen Murphy, also from the Sports and Recreation department finished his triathlon in 3 hours, 8 minutes and 18 seconds.



Garth takes the lead.

Simon Rogers reports on an exceptional music festival in Essex

Rocking all over the world!

A MAGICAL MIX of legendary rock musicians and rising stars of the next generation descended on Dagenham's Central Park on 9-10 August for a marvellous festival of music. The Rock and Roll Charity Concert sponsored by Flex night club unfolded as an exceptional weekend of entertainment pledged to support St Dunstan's and Cancer Research.

Two years of planning by Ed Saunders and Terry Dormer resulted in a two-day spectacular. As the grandson of First World War St Dunstaner James Moeller, Ed had a personal stake in the choice of charities. A bout of food poisoning prevented Saturday night headliners Sugababes from making an appearance, but those who braved the rain didn't seem to mind as they were treated to some star performances.

There was a touch of the Jagers around Flukestar, impressive turns from Zariff and other singers followed. A Latin flavour exploded onto stage when Chico catapulted himself into the spotlights, maintaining a rapport with the audience



What's the time? Chris Humphrey and Billy Baxter meet Chico.



Flukestar rock.



Jessica on stage.

that proved his status as an entertainer surpasses reality TV shows. Simon Webbe, late of boy band Blue, was a hit with the ladies, giving way to the delightful Jessie whose latest song has become the theme for Nivea.

The day closed with a high-octane strut from diva in the making Natalia, whose long-legged stride carried her through a sparkling series of songs, including a reworking of an Adam Ant hit.



Natalia unleashed!

Day Two was opened with self-deprecating efficiency by DJ Tony Blackburn. He surrendered the stage to multi-coloured teddy-boys Showaddywaddy who proceeded to bounce and boogie through some confirmed favourites. Riotous applause brought them back for an encore.

A peal of bagpipes heralded the arrival of Les McKeown's Legendary Bay City Rollers which was the cue for

Review feedback

Seventy questions on the future of St Dunstan's Review

WE WOULD LIKE your help in planning the future of St Dunstan's Review. Please answer the following questions and send your replies to Simon Rogers, St Dunstan's Review 12-14 Harcourt Street, London W1H 4HD or e-mail simon.rogers@st-dunstans.org.uk. Tape readers can record their answers on one of their cassettes, wrap an elastic band around it, before returning it. Your help will be greatly appreciated.

Name

Address

Are you a St Dunstaner/ widow/ other (If other please specify)?

1) What were your five favourite items in this issue (in order of preference)?

A
B
C
D
E
F

2) What was your least favourite item this issue?

3) Did you find The Chairman's message interesting?

4) Would you like to hear more often from the St Dunstan's President, Council

Members, Chief Executive or Deputy Chief Executives?

5) Was St Dunstan's Calendar of interest?

6) Do you keep the annual What's On listing published each December?

7) Did any item in Noticeboard prove useful?

8) Is there any St Dunstan's department you would like to hear more of?

9) Were the Readers' letters of interest?

10) Have you ever written a letter to the Editor?

11) Have you ever requested a talking book after hearing of it in Balancing the Books?

12) How did you find Ten Questions? Too easy? Too hard?

13) Should we include more news items following the lives and activities of St Dunstaners?

- 14) Have you ever written into the Review with your account of an activity where you were a participant?
- 15) Should we include more news items on fundraising activities or thanking supporters?
- 16) Should we include more interviews with St Dunstaners?
- 17) Should we include more features detailing conditions of blindness?
- 18) Do we include sufficient news from St Dunstan's Sheffield?
- 19) Have you ever written into the Review with your experiences of St Dunstan's Sheffield?
- 20) Did you enjoy Poets' Corner?
- 21) Should we publish fiction by St Dunstaners or family members?
- 22) St Dunstan's Review runs an annual story writing contest. Have you ever entered a story in the competition?
- 23) This year, we published the winning entries in a self contained supplement. Should we do the same for the next contest or publish over three consecutive issues?
- 24) Should we publish all the story contest entries on a website?
- 25) This issue we launched a second Christmas art contest. Should we run a similar contest for another season, theme or subject?
- 26) Should we run competitions or contests on a monthly basis?
- 27) Should the Review continue its annual Derby Sweepstake?
- 28) Should we raise the price of tickets?
- 29) Should we change the levels of prize distribution?
- 30) Do you find Ask Rod useful?
- 31) Did you respond to the ROVI's request for tips and hints?
- 32) Have you ever tried a beer after it featured in Beer of the Month?
- 33) Would you like the Review to include a regular wine feature?
- 34) Would you like the Review to include regular cookery features?
- 35) Would you like the Review to include regular how-to-do gardening features?
- 36) Would you like the Review to include regular how-to-do handicraft features?
- 37) Would you like the Review to include a regular racing feature?
- 38) Would you like the Review to include a regular music feature?
- 39) Would you like the Review to include a regular health feature?
- 40) Would you like the Review to include regular ladies' features?
- 41) Were you interested in Welcome to St Dunstan's?
- 42) Did you enjoy Family News?
- 43) Have you ever written to the Review with details of a birth, wedding or achievement?
- 44) Did you find In Memory of interest?
- 45) Should it be more or less detailed?
- 46) Thinking of the print Review, do you find the current page size convenient?
- 47) If we reverted to an A4 page size would you find it more convenient?
- 48) If we adopted a tabloid page size would you find it more useful?
- 49) If the print Review carried a barcode that connected your mobile phone to an audio version of the publication, would that be useful?
- 50) Would you like to have the CD version of the Review packaged with the print edition?
- 51) Should the CD include a pdf version of the magazine which can be scaled to a personally convenient size or used with Acrobat's read out loud feature?
- 52) If you receive the Braille Review, do you find the magazine arranged in a convenient fashion?
- 53) If you receive the Talking Review, do you enjoy the music used on the introduction?
- 54) Do we change the reader often enough?
- 55) Should we include interviews of a more conversational nature?
- 56) If you still receive the Review on tape, what puts you off changing to the MP3CD version?

57) If you receive the MP3CD Review, do you play it on a talking book machine or something else? If something else please specify.

58) If you receive the e-mail or floppy disk version of the Review, do you use a screen reader to read it aloud or do you change the type-size or use magnification software to read it off the screen?

59) If you use a screen reader, is our current method of navigation codes sufficient?

60) Would you prefer a combination of * or + symbols instead or as an addition?

61) Should we produce an html version?

62) If you receive the floppy disk version of the Review, what puts you off changing to the e-mail version?

63) Would a website version of the Review be useful?

64) If the Review was available as a website would you prefer features to be text based for reading with a screen reader or streamable as MP3 files?

65) Is there any format of the Review that we do not currently produce that you would find more accessible?

66) The Review is currently published monthly 11 times a year. Should we publish 12 times a year with a January issue? Or 13 times a year, every four weeks?

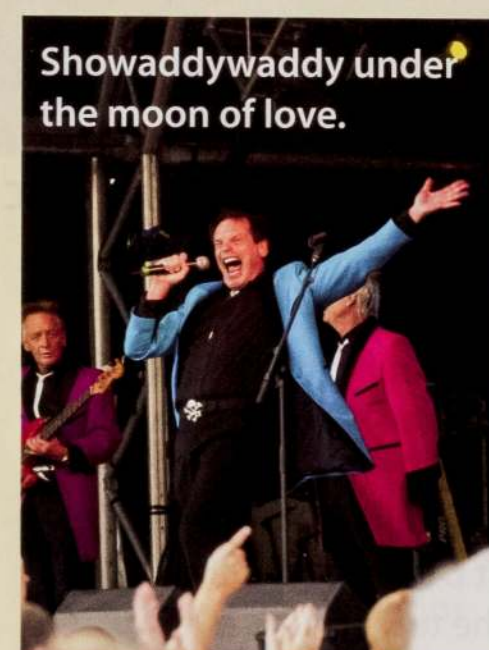
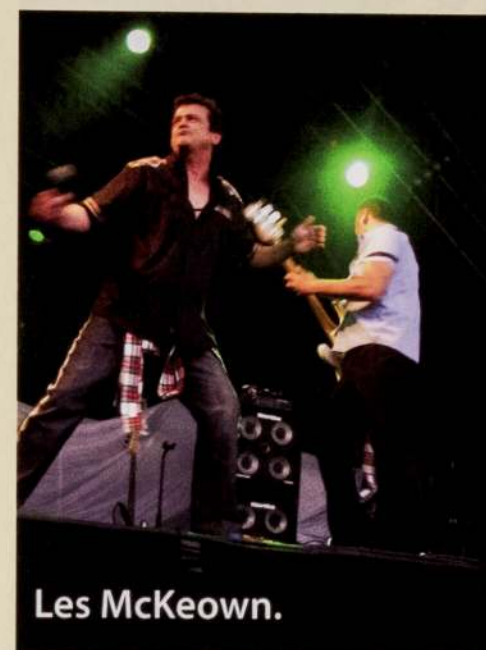
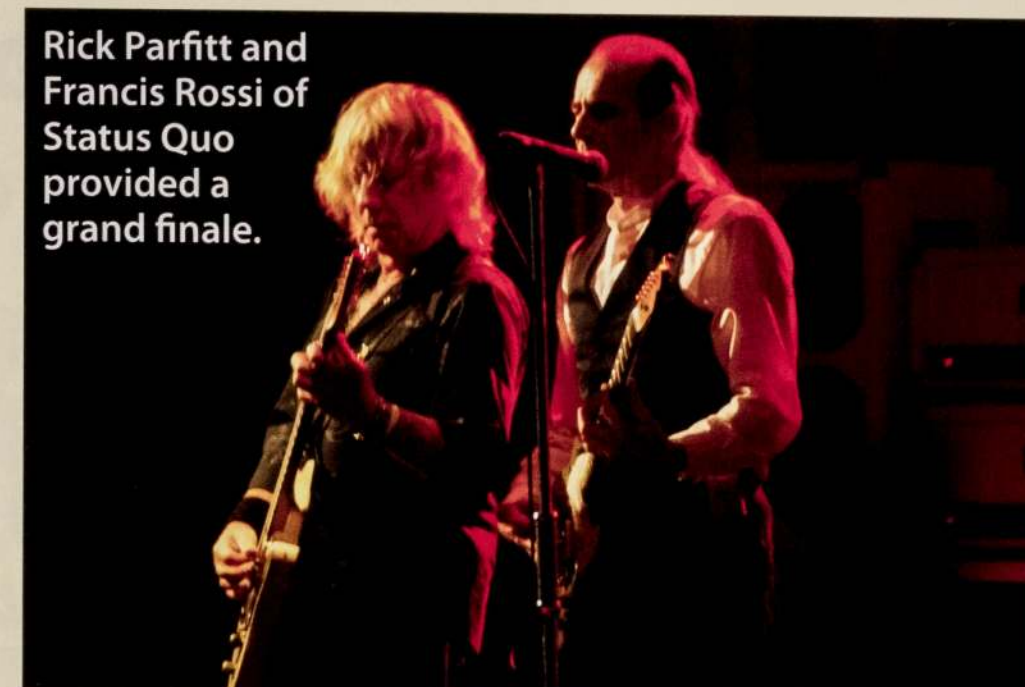
67) Should we reduce the publication frequency? If so, how many issues do you think appropriate?

68) Should we publish "specials" dedicated to particular events or activities?

69) If so, what would be your first choice of subject?

70) What would you like to be the main feature of the 1,000th issue of St Dunstan's Review?

Please return completed questionnaires by 30 September. Send them to Simon Rogers, St Dunstan's Review, 12-14 Harcourt Street, London W1H 4HD or e-mail your comments to simon.rogers@st-dunstans.org.uk. Please use extra note paper if necessary. If you have difficulty in filling out the questionnaire, please phone Simon on 020 7723 5021 and he will call back to write down your answers. Respondents (excluding employees of St Dunstan's) will be entered into a prize draw with three prizes, £30, £20 and £10. All replies are greatly appreciated and we thank everyone in advance for their participation.



teeny-boppers old and new to wave tartan strips with frantic enthusiasm. Billy Baxter took the opportunity to tell the audience a little about how St Dunstan's had restored his confidence after he lost his sight. He also drew attention to St Dunstaners Chris Humphrey and Colin Williamson who were carrying collection buckets.

Actor and singer David Essex, famed for his turns in *Godspell* and *Evita* and very much the

local hero, was welcomed with heartfelt adulation. One member of the audience promised £1,000 to the chosen charities in return for his autograph.

Some members of the audience had come from as far as Australia, looking forward to the final act. Their eager anticipation was rewarded when Status Quo confirmed their top-bill status with a selection of energetic favourites. The

rain continued through songs such as *You're in the Army Now* and *Rockin' All Over The World*. In the words of guitarist Francis Rossi, the Quo plundered their back catalogue, but that was exactly what was expected of them and they delivered with tub-thumping aplomb.

St Dunstan's is grateful to Ed Saunders for this dynamic opportunity to introduce the work of St Dunstan's to a wider public.

Maidstone Squadron make it a 'row' the distance challenge

by Colin Williamson

AKENT AIR Training Corps unit hopes they have rowed their way to victory in this year's St Dunstan's 'Go the Distance' Cadet Challenge.

The 15 cadets and six adult instructors from 40f Maidstone Squadron gathered at the Chequers Shopping Mall in Maidstone, Kent, on 26 July to set up four rowing machines, kindly lent to them from Oakwood Grammar School, under the watchful eye of Flight Sergeant Kelly Fitzpatrick. The idea behind the challenge was for every machine to row the equivalent of the English Channel, quite a feat since the majority of the cadets have never rowed before!

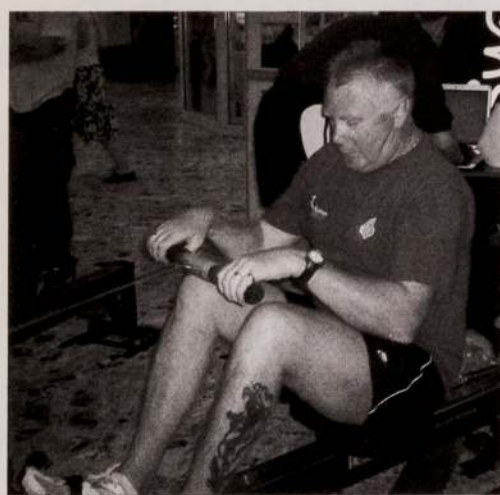
The four teams had been picked prior to the event and one team boasted a set of triplets, a first for the challenge! Every individual had to row a mile and then hand over to the next person, just time to grab a quick



40f Maidstone Squadron, ATC rowed the distance and more.

drink and get your breath back before jumping back into the seat and off again.

The adults, with two of St Dunstan's contingent in the team, came out top, finishing in just over three



Colin was in a competitive mood when he took turn on the rowing machine.

hours. The triplets, Marcus, Lee and James Postill, really worked hard.

Cadets Ringwood and Staden were on duty during the day to promote the event and to do a spot of recruiting for the squadron. Judging by the amount of interest they received, the squadron should be growing in numbers in the near future.

Some of the cadets weren't satisfied with the distance covered (22 miles for each machine) so they decided to row another 22! Time for the St Dunstan's team to make a strategic withdrawal! Well done to all concerned.

The tale of the Roedean Wren

St Dunstaner Marise Falkingham finds a certain symmetry in life

The Roedean Wren!" A voice addressed me like this one day as I took my seat in the dining room at St Dunstan's Ovingdean. Startled, I asked why he called me this? He reminded me of a chat we'd had on another occasion when I remarked on the irony of having been drafted to Roedean (HMS *Vernon* (R)) in 1943 at the tender age of 18. Now (2008) in my 83rd year, just up the road at St Dunstan's Ovingdean, I am learning to cope with sight loss with my contemporaries as we compute, cook, learn crafts, exercise and find our way about. We both agreed it would have seemed impossible in 1943 to contemplate that we would get old!

The future did not look clear to us in those war years. Like all the young we thought ourselves to be invulnerable and unchanging. Many of our friends did not survive, we miss them.

I started my service at Mill Hill in London. After two weeks, I was drafted to Scotland (HMS

Rosneath) on Gareloch in the Western Approaches. I was 17 plus, the journey took about 18 hours, train to Glasgow, another to Helensburgh, then a Clyde steamer, and last of all, a lorry over the hills to the Internal Combustion Engine School at Rosneath. This small base also had a naval commando group in training with LCT and LCM's lying off. A large Convoy Assembly Point was visible nearby. Two small subs were tied up to a supply ship also close to the dock area.

In the morning we were shown the generators and boilers to operate round the clock to keep five sections supplied with electricity and hot water. We were to replace civilian workers because of increased security in the area. We would be watchkeepers and would be alone for the whole eight hours.

We were issued with work clothes; bell bottom trousers, seamen's sweaters, navy blue shirts and woollen bloomers! This was a far cry from my dream to become a ballet dancer!



Marise during her time serving as a Wren.

As we would be working alone at our machines in the men's quarters, no provision was made for food or personal needs. When we got back to our own section most meals had been taken. We had our first tangle with red tape, ie the food ration may not be split between two areas.

So we scrounged food wherever it was to be found. There were no civilians or shops, it was a restricted area.

After a while eight of us were chosen to train as mechanics

with the men at the ICE school, working sometimes on the small landing craft.

The base moved to Northern Ireland at the end of 1943 and I was sent south to Pompey because of my health. I was a bit thin! It was then that I arrived at the Torpedo Attack Teacher at HMS *Vernon*(R) - Roedean.

The school and the St Dunstan's building had been taken over by the Navy after bad bombing raids in Portsmouth. The equipment we were to learn to operate was called a Torpedo Night Attack Teacher, much to the mirth of the lads.

The unit was housed in a large dark hanger type structure which contained a working copy of the bridge of a destroyer. Around this was a horizon and a track on which to mount a model of an enemy vessel which could alter course. Around this the lighting could be altered.

Four Wren operators followed whispered instructions from the instructor on the bridge with the officers in the class. Some of these might be foreign nationals. They passed close to us in the dark as they entered and left. Quite spooky! Especially the Chinese!

We worked normal hours, we lived in Kemp Town until a Buzz Bomb fell there, then we went to 99 Marine Parade. Of course, the sea front was barricaded and mined so we used St James Street and Western Road to get about town.

Near to D-Day the streets were lined with tanks. Over at Newhaven harbour it was full of MTBs. All personnel were restricted to travel within 20 miles of base.

In the meantime there were proper meal times, some shops, cinemas, new friends and fun.

In Scotland the only way to reach a town was by boat. These went after 12 noon if the weather was okay. Port or starboard watch turn and turn about on alternate days, so that restricted when we could board. Watch keepers were unlucky when on 12-8 watch. Now in Brighton working normal hours seemed liberating to me.

It was a pity I couldn't go home on leave because of the travel ban. One of the Wrens invited me to her home in Storrington for a 36-hour pass. Luckily the village was within the 20 mile limit. To be in a real home again was like a dream.

As the weeks went by, the troop and traffic movements increased up to D-Day. Eventually we danced in the Steine to celebrate VE Day. Then one day as we walked out of the side road we found the barbed wire and mines were being cleared. My friend and I were persuaded to try the first section out. After a few steps a voice called "Stand still!" We froze, then heard roars of laughter and we relaxed.

When the beach, shore and sea were de-mined, guess which bunch of Wrens were invited to take the first swim. Envious civilians watched as we went down to the beach. As we swam we noticed dark shapes on the sea floor below and wondered!!

Sixty years on, brings me to The Swimathon on 19 April 2008. As a regular swimmer in the pool at St Dunstan's I heard about the event in which St Dunstan's was entering a relay team. Mandi Fermer, the team leader told me the details and encouraged me to join.

It was suggested I worked up to over 20 lengths of our shorter pool to be fit to swim 16 lengths of the Prince Regent Pool in Brighton. This



Marise, back row, third from left, with her wartime shipmates at Roedean - that is HMS *Vernon* (R).

pool has a hoist which I need to get in and out of the pool. Mandi checked that it would be available on the day. I was accepted on the team. Every Tuesday I go to St Dunstan's for exercise in the pool, so everyone encouraged me to swim a little more each time. In March I stayed in house for three days to swim more often. Again I was given help pool side by one of the team.

We were swimming in aid of the Marie Curie Cancer Care and the Swimathon Foundation. We had the pool to ourselves to start with, the empty pool looked huge when we started. Gemma guided me across the pool from the hoist, Alex was there with the stop watch to start me off, as usual on back stroke.

Mandi told me to look out for the string of flags

over the lane which gave warning of the end of the pool was near. Andrew was there to give warning at the other end. It was great to find I could do this in spite of age and infirmity.



EXCELLENT ERKS! Royal Air Force St Dunstaners Fred Wheeler, Fred Robins and Eric Powell were on parade at the National Service (Royal Air Force) Association reunion at the RAF Museum Cosford on 22 June. They were escorted on the march by Corporal Rachael Copner of 2497 Cosford Squadron, ATC, and Cadets Megan Cotterill and Carrie Shelley of 351 Burton-on-Trent Squadron, ATC.

Penfold's Progress!

Stuart Penfold is pleased to say he has now qualified as a fully-fledged St Dunstan's Rehabilitation Officer for the Visually Impaired

THERE WAS an article in **St Dunstan's Review** October 2007 letting readers know about my Trainee ROVI (Rehabilitation Officer for Visually Impaired People) goings on. Well another year has passed and I thought you would like an update on what I have been up to since last year.

Just to recap, I was a driver for St Dunstan's for two years before I decided on a career change and with the help of HR, Transport and the Rehab & Training team, I set out on the road to become a qualified ROVI. For the first year I was studying at Birmingham City University and still working for Transport part time. The first year flew by very fast and went very well. So what happened after the summer holidays?

Last summer, St Dunstan's decided to create the post of Trainee Rehabilitation Worker for Visually Impaired People (TROVI). After a rigorous interview process,

two applicants were offered the position, one would be based at St Dunstan's Ovingdean and the other at St Dunstan's Sheffield. I was chosen to go to Sheffield and started up in South Yorkshire in September. Also at this time, I started the second year of the university course.

The course followed along the same lines as the previous year. We built on skills in mobility. During this year, we learnt to be long cane users, using buses, trains and learning routes in a busy city centre. For Independent Living Skills, we cooked more complicated meals, including stir-fries. We also learnt about household tasks including ironing and vacuuming. Lastly, we discovered more about communications. This entailed learning about low vision aids and strategies to help with tasks such as reading. In one lesson we dissected a pig's eye to see what actually makes up an eye, not for the squeamish.



Photograph: David Hickey

Stuart at St Dunstan's Sheffield Training Centre.

We studied the effects of someone losing their vision, ethical issues plus lots more. Of course there were more assignments to do and more home visits in Birmingham!

These skills were put into practice whilst being a TROVI in Sheffield. There, I observed sessions in the different aspects of the ROVI job. I went out on home visits, delivered equipment, attended meetings, sorted out equipment and kept the ROVIs in St Dunstan's Sheffield entertained with my latest goings on attending the course. I taught cooking and ILS and mobility around the Sheffield centre. I ventured

on home visits to North Wales and the North West, conducting mobility lessons in people's own home areas. I assisted where necessary supporting the team at Sheffield including IT and support workers. I found St Dunstan's Sheffield a great place, the centre and staff are fantastic and Sheffield is very much like Brighton without the sea: lots going on and plenty of hills!

The last part of the course was a 16 week work placement. I did this at West Sussex County Council Social Services. The majority of the work was seeing people who were referred to social services from different sources including the hospital and doctors. I attended many meetings and conducted many assessments. There was also a variety of interesting training days, especially a day connected with stroke and sight loss. I was responsible for my own diary. I worked with a practice teacher who was very supportive, as were the whole team there. The work was varied and interesting.

Types of equipment that I regularly gave out were liquid level indicators, bump-ons, glasses to stop glare (UV shields), talking

watches and canes. I taught two local people mobility training in their home area. One gentleman needed a refresher on using a long cane. We had six sessions. At the last session he completed the route he wanted to do independently. As soon as we said goodbye, he was off to do it completely on his own. This is the best part of the job, when you have taught someone to do something and then they can go and do it for themselves. I feel this is the major philosophy of rehabilitation work and this applies to working in the community and here at St Dunstan's.

Now after two years the studying is finished. I can leave my student days behind me but I go away with new friends, and in the ROVI world, ones that I will probably always be in contact with. I have had new experiences and can say that the experience has been life changing in so many ways. The day I chose a change of direction will stay with me forever. The help and support throughout the two years, from family, friends and work colleagues, has been most appreciated. I can now say I am a qualified ROVI and will be working for St Dunstan's at Ovingdean.

On parade in Southsea



Photograph: Jax Whiteley

St Dunstaners Nigel Whiteley and Bob Strickland with Corporal Pete Commerford, near the War Memorial in Southsea. The town's Veterans and Airborne Forces Weekend celebrated 100 years of the Territorial Army. Bob laid a wreath at the memorial during a Saturday ceremony.

POETS' CORNER

A thoughtful selection of verse

Love than death itself more strong

By Harold Woodford (1919-2008)

Come tread with lighter step the lonely path that leads to my last resting place:
Think not with heavy heart and mournful soul that death's sad parting is the end.
You earth-bound mortals groping in the half light of your ancient tomb,
Should weep no more for me confined within the walls of this new womb.
Restrain those welling thoughts of grievous disbelief - that here beneath this clay,
Lies one who once enjoyed the song of birds, shared your hopes and all your secret longings knew,
And held your hand by flickering firelight's glow when all the toil of days was through.
Gaze not with red-rimmed eyes at this neat mound of virgin soil freshly massed with flowers;
Nor doubt that I who once accompanied you through many happy sunlit hours
Have crossed the shady vale and now in brighter uplands wait, until you too, by faith, are
born anew - your plough stand silent in open drill.
Go, walk with renewed hope fond memory's path and there our happy footsteps trace,
And in your inmost heart and quiet soul know death's sad parting means new birth.

This self-penned epitaph was read at the funeral of REME St Dunstaner Harry Woodford by his daughter Maureen who found the manuscript amongst his writings.

Tribute to our Blind Husbands

By Mary Whitley

I think that after all these years
We are entitled to shed a few tears.

We looked after them for so long
Caring everyday that dawned,
And kept them happy, clean and warm.

Now we are suddenly alone,
No one to talk to, only the 'phone.
No one to laugh at the jokes we shared
Only our memories from all of those years.

Perhaps when we meet in time to come
They will be able to see,
To welcome us home.

Seeking the spirit, where can it be found?

By Joan Price

In the whistle of the wind
Rushing round the tower
In the trees as they bend
Their boughs before its power
In the sea rolling in to end
As breakers on the shore
In the shepherd content to tend
His flock below the tor
In a white-washed chapel, quiet, with twin
orbs of flickering candle light
And wooden beams, triangles of might
Is this where the spirit can be found?
Or in the community around
As they work and sing and pray, and in the
folk who come to stay?
Yes, I think the spirit must be there
So keep in mind and seek to find
Within, without, indeed everywhere.

ASK ROD

Your queries answered by the ROVI on Duty

Tel: 01273 391447

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

Basic is best!

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.

Contrasting paint and tape

Items can be made to stand out clearer with a little thought to contrasting it against the background. This can be done with paint or coloured tape. This is ideal for light switches, plugs and doors. Remember colour contrast is not as important as tonal contrast. For example green on red will not stand out as well as light blue on dark blue.

Thick pen and big sheets of paper

Everyone's favourite, it's a good idea to have plenty around especially by the phone. It is also worth

thinking about how you organise all those sheets, perhaps using ring binders. For dates a cork board can also be a good idea as paper can be moved around it so you don't miss those appointments.

A simple recipe book for microwave or ready meals can be made. Simply cut the top cardboard panel off the packaging and write the essential information on the back in large readable letters. This can then be placed in a ring binder and gives an excellent easy to see reference. Whenever you buy a meal that is not in your book then once you have the necessary info be sure to add it, then it just becomes a case of matching the front of the packaging up. This will overcome the problem of reading the small print cooking instructions.

Ten Answers

Answers to quiz on page 12.

- 1) J.K. Rowling;
- 2) Rudyard Kipling;
- 3) Science Fiction;
- 4) They were all written in prison;
- 5) Thomas Hardy;
- 6) *Don Quixote*;
- 7) Roald Dahl;
- 8) Steve Davis;
- 9) Jeremy Paxman;
- 10) *Wind in the Willows*.



Billy makes a friend from the Fabulous Forties.

The best and worst of war and peace

ST DUNSTAN'S Awareness Team experienced the best and the worst of human nature at the War and Peace Show which ran in Paddock Wood, Kent during July. The worst was demonstrated when persons unknown decided to steal the generator from St Dunstan's trailer. The best came as word got round, enraging other exhibitors who quickly organised a whip-round raising a significant sum towards a replacement. The Summer of 44 Living History Group, who recreate the world of British Airborne Forces, were particularly generous.

Golfers plan an addictive meeting

St Dunstan's Golf Club secretary Les Trout has the latest news

ST DUNSTAN'S GOLF Club's 2008 AGM will be held at Golf Addiction in Brighton Marina this October, this meeting replaces the Ruser event, and the Officers for 2009 will be elected. Any nominations and other items or suggestions for the agenda must be submitted to the Secretary by 29 September.

The October meeting will include the medal competition at the venue and we require names of all attendees and competitors to be submitted at the September meeting. You will need a guide and also will need to organise your own and your guide's accommodation if required.

A Silver Salver, to be awarded annually in October to the player of the year has been donated by David Christopher (a jeweller from Ross-on-Wye). The Player of the Year is the one with the most points accrued throughout the year. Points thus far: Les Trout, 37; John Powell, 35; Ernie Allott, 26; Mike Tumilson,

24; George Jackson, 23; Des Chandler, 16; Derek Roden, 16; Marjorie Scott, 11; Geoff Collins, 10; Pat Feeney, 10; Steve Menary, 10; Kevin Alderton, 5; Mike Mayo, 5.

A computerised handicap system has been acquired, which defines the handicaps, as laid down by the EBGU, and is calculated according to the results over the year. These handicaps are adjusted after each event.

The St Dunstaners who attended the annual camp at HMS *Sultan* visited HMS

Victory and became aware of Chief Petty Officer Graham Street who is serving on board the ship. He is taking part in the 44th World Conker Championships in Ashton, Northants on 12 October. He is in serious training and hopes to raise £1,000 for the Conker charity which is for partially sighted people. We have made a small donation to cover the cost of having the St Dunstan's Golf Club Logo printed on the front of the shirt, which he will be wearing at these championships. Good luck Graham.

West Suffolk golfers are a top hole bunch!

MEMBERS OF West Suffolk Golf Centre, Beck Row, recently swung into action for blind ex-Servicemen and women. Nine adult members and three juniors put on their golfing shoes for 72 holes of golf to raise funds for St Dunstan's. Over 12 gruelling hours of golf enabled the players to raise £2,675.21 which

was accepted on behalf of the Charity by Royal Navy St Dunstaner Chris Humphrey by the club's Stuart Head.

Royal Artillery St Dunstaner Dennis Crouch from Mildenhall, Suffolk also attended to present trophies at the Golf Club's annual prize giving night.

Mayor drives Billy to school

THE MAYOR of Swindon kept the St Dunstan's in Schools education programme on the road for two weeks in June. St Dunstaner Billy Baxter and co-presenter Kate Hart were driven in the Mayor's car to schools in the area. Billy and Kate discussed the work of St Dunstan's and life as a veteran in presentations staged for pupils at Primary, Secondary and Special Needs schools, to the Mayor, local business people and council workers. Several schools have asked if Billy and Kate can return again next year.



Joy Woods, St Dunstaner Bob Crossan, Violet, Captain Peter Woods, and St Dunstaner John Lappin and his wife Marcia are pictured at St Dunstan's stand at the Royal Armouries, Leeds during a Veterans event on 14 June.

Salute from Trowbridge



Roger Williams, Stan Bowers, Patrick Sidnell, and Eric and Maddy Powell with the plaque from The Mayor of Trowbridge.

The Mayor of Trowbridge presented a group of St Dunstaners with a plaque to show appreciation of their participation in the town's Veterans Weekend celebrations on 28-29 June. The highlight of the weekend was a parade through the town and Drumhead Service at the bandstand.

VisionSupport in Mold



Jen Shannon with David Stuttard, St Dunstaner Gerald Morris and his wife Rosalyn and Ken Golding of VisionSupport.

ST DUNSTANER Dave Stuttard took the helm on the Charity's stall at the VisionSupport event held at the Welsh College of Horticulture in Mold, Flintshire on 14 June. VisionSupport has its headquarters in Chester

but moves its exhibitions around North West England and Wales, inviting traders dealing with equipment for the visually impaired and blind to exhibit. Amongst visitors were St Dunstaner John Williams and his wife Christine, and Eric Andrews.

Birmingham spotlight on MD

ST DUNSTANERS were out in force at the Macular Disease Society Conference in Birmingham on 7 June. Speakers Ron Jones and Eric Sayce manned the Charity's stall and met up with other St Dunstaners attending the conference. Joan Brazier, widow of St Dunstaner John Brazier also stopped by the stall.



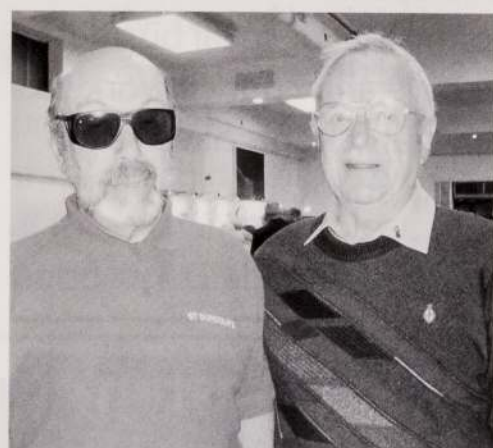
Eric Sayce, George and Ann Evans, and Ron Jones.

The team also met Tom Brembridge, CEO of the MD Society, who was speaking at the conference. He served with St Dunstan's President Ray Hazan and had handled the parcel bomb prior to it being sent on to Ray.

Other speakers included Lesley-Anne Alexander, Chief Executive of the RNIB and Professor Jonathan Gibson of Aston University.



Group Captain (Ret'd) Leppard meets Ron Jones.



Eric Sayce with fellow St Dunstaner Ken Maidens.

Photographs: Jennifer Shannon

BEER OF THE MONTH by Colin Williamson

Wadworth 6X

STILL BREWED in open copper kettles, this delightful English ale hails from the market town of Devizes in Wiltshire. Although slightly lacking in alcohol (4.3 per cent ABV) this is a superb, copper coloured, flavoursome beer which has a malty aroma and slightly tart finish.

The name '6X' is derived from the old fashioned custom of marking the strength of an ale with a cross (or X) so years ago this must have been a pretty impressive ale. Wadworth still make a point of delivering to local pubs using horse-drawn drays.



Welcome to St Dunstan's

Isobel Christie of Woodley, Reading, Berkshire served in the Women's Auxiliary Air Force from 1942 to 1946.

Joyce Clarke of Crawley, West Sussex served in the Auxiliary Territorial Service from 1942 to 1946.

John Davis of Chalfont St Peter, Gerrards Cross, Buckinghamshire served in the Royal Naval Volunteer Reserve from 1941 to 1946.

John Dickens of Barnet, Hertfordshire served in the General Service Corps, 12 Royal Lancers (Prince of Wales's), and the Royal Dragoon Guards between 1948 and 1950.

William Donaghy of Sale, Cheshire served in the King's Regiment (Liverpool) from 1946 to 1948.

Gordon Firth of Hemingfield, Barnsley, South Yorkshire served in the Royal Air Force from 1941 to 1946.

Joan Gravestock of Worthing, West Sussex served in the Auxiliary Territorial Service from 1942 to 1943.

David Hemming of Bordon, Hampshire served in the Royal Electrical and Mechanical Engineers from 1953 to 1959.

Hugh Hughes of Huyton, Merseyside served in The Liverpool Scottish from 1940 to 1946.

Violet Hutchinson of Ormesby, Middlesbrough, Cleveland served in the Women's Auxiliary Air Force from 1941 to 1946.

Raymond Jones of Port Talbot, West Glamorgan served in the General Service Corps and Royal Army Medical Corps between 1944 and 1948.

Peter Jupp of Portslade, Brighton served in the General Service Corps, Army Catering Corps and Royal Army Medical Corps between 1947 and 1949.

Bruce Lord of Uxbridge, Middlesex served in the Royal Air Force from 1947 to 1952.

Roy Long of Exeter, Devon served in the Fleet Air Arm from 1943 to 1946.

Anne Lupton of Southsea, Hampshire served in the Women's Auxiliary Air Force from 1941 to 1946.

Michael McCabe of Hartlepool, Cleveland served in the Coldstream Guards from 1947 to 1953.

Albert Mockeridge of Dukestown, Tredegar, Gwent served in the Royal Air Force from 1941 to 1946.

Iris Mullett of Stonegate, Wadhurst, East Sussex served in the Women's Auxiliary Air Force from 1942 to 1946.

Edward Neville of Knapton, North Walsham, Norfolk served in the Royal Air Force from 1951 to 1954.

Alan Nichols of Newtownards, County Down served in the Royal Electrical and Mechanical Engineers from 1947 to 1971.

Patrick Northcott of Slough, Berkshire served in the Royal Air Force from 1959 to 1978.

Rev Joseph Raybould of Mayfair, London served in the Royal Air Force from 1946 to 1948.

Denis Redmond of Yateley, Hampshire served in the Royal Air Force from 1946 to 1956.

Ernest Richardson of Chorley, Lancashire served in the Royal Navy from 1944 to 1946.

Leslie Roberts of Blackpool, Lancashire served in the Royal Artillery, Royal Armoured Corps, and Corps of Military Police between 1940 and 1946. He later served in the Intelligence Corps from 1959 to 1967.

Mary Russell of Bradford, West Yorkshire served in the Auxiliary Territorial Service from 1941 to 1944.

Nellie Sadler of Ware, Hertfordshire served in the British Red Cross from 1940 to 1946.

Henry Shelton of Wigston, Leicestershire served in the Auxiliary Military Pioneer Corps, Royal Army Ordnance Corps, and the Royal Electrical

and Mechanical Engineers between 1941 and 1946.

Jack Shingles of Wroxham, Norwich, Norfolk served in the Royal Air Force from 1942 to 1947.

Nellie Slicer of Leeds, West Yorkshire served in the Women's Auxiliary Air Force from 1944 to 1947.

Frederick Smith of Marlborough, Wiltshire served in the Household Cavalry from 1942 to 1946.

Harold Spivey of Exeter, Devon served in the Royal Signals from 1940 to 1946.

Oliver Stone of Harrow, Middlesex served in the Royal Army Ordnance Corps during 1951.

Peter Sykes of Drighlington, Bradford, West Yorkshire served in the Light Infantry from 1974 to 1988.

Maurice Treloar of Perranarworthal, Truro, Cornwall served in the Royal Air Force from 1942 to 1945.

Brian Wallace of Sheffield, South Yorkshire served in the Royal Armoured Corps from 1955 to 1957 and then the Royal Gloucestershire Hussars until 1958.

Iris Ward of Kingsbridge, Devon served in the Women's Auxiliary Air Force from 1941 to 1944.

Herbert White of Glascote, Tamworth, Staffordshire served in the Royal Air Force Fire Service from 1958 to 1970.

Sylvia Whittaker of Walney, Barrow-in-Furness, Cumbria served in the Women's Auxiliary Air Force from 1941 to 1946.

Alfred Wilkinson of Rhyl, Denbighshire served in the Royal Navy from 1942 to 1946.

on 26 August. Richard is the son of Leslie and Jenny Davy of Harold Wood, Romford, Essex.

SILVER ANNIVERSARIES

Congratulations to:
Philip and Carol Plummer of Woodside, London on 28 July.

David and Lindsay Poyner of Sale, Manchester on 30 July.

William and Gisela Hardy of Ruislip, Middlesex on 19 August.

DIAMOND ANNIVERSARIES

Congratulations to:
Reginald and Mary Argyle of Whyteleafe, Surrey on 31 July.

Reginald and Joyce Claiden of Goring-by-Sea, West Sussex on 31 July.

Bernard and Dorothy Hurrell of Snettisham, King's Lynn, Norfolk on 31 July.

John and Brenda Evans of Edgware, Middlesex on 2 August.

George and Phyllis Naisbit of Worthing, West Sussex on 14 August.

Gordon and Betty Watson of Ormskirk, Lancashire on 14 August.

SPECIAL ANNIVERSARIES

Congratulations to:
Douglas Lindley of Kilnhurst, Rotherham, South Yorkshire who celebrated 61 years of marriage on 26 July.

James and Eileen Davis of Long Stratton, Norfolk who celebrated their 62nd anniversary on 27 July.

Donald and Betty Lorenz of Blofield, Norwich, Norfolk who celebrated 67 years together on 27 July.

Joan and Philip Naylor of Lychpit, Basingstoke, Hampshire who celebrated 63 years of marriage on 28 July.

John and Winnie Flint of Ilminster, Somerset who celebrated 65 years of marriage on 31 July.

John and Mary Painter of Chichester, West Sussex who celebrated 63 years of marriage on 1 August.

George and Irene Slater of Farington, Leyland, Lancashire who celebrated 62 years of marriage on 1 August.

Ronald and Mil Ballard of Horley, Surrey who celebrated 67 years together on 2 August.

Leonard and Marge Bragg of Basingstoke, Hampshire who celebrated 65 years of marriage on 2 August.

Bert and Florence Sheppard of Hailsham, East Sussex who celebrated 67 years of marriage on 2 August.

Edgar and Ellen Gilert of Askem, Doncaster, South Yorkshire who celebrated 62 years of marriage on 3 August.

Denis and Joan Noone of Birch Green, Skelmersdale who celebrated 63 years together on 7 August.

Reginald and Babs Bell of Buckingham, Buckinghamshire who celebrated 61 years of marriage on 9 August.

Tony and Gerry Cooke of Wigan, Lancashire who celebrated 71 years of marriage on 9 August.

Arthur and Laura Hodges of South Bretton, Peterborough, Cambridgeshire who celebrated 65 years of marriage on 10 August.

Tug and Dorothy Wilson of Southwell, Nottinghamshire who celebrated 62 years of marriage on 10 August.

Alfred and Audrey Waters of East Sussex who celebrated 63 years of marriage on 11 August.

Stanley and Ellen Clifford of Blackhill, Consett, County Durham who celebrated 67 years of marriage on 12 August.

Family News

BIRTHS

Congratulations on the birth of:
Stephen Thomas on 29 November. He is the great-grandson of Hilda Hollamby of Oldham, Lancashire and the late Leonard Hollamby.

WEDDING

Congratulations to:
Richard Davy and Sarah Ward who married

Ron and Phyllis Cozens of Southampton, Hampshire who celebrated 65 years of marriage on 14 August.

Douglas and Dwynwen Jones of Talybont, Dyfed who celebrated 61 years together on 14 August.

Matthew and Gladys Carroll of Holbrook, Ipswich, Suffolk who celebrated 65 years of marriage on 15 August.

Michael and Sybil Hansen of Lancaster, Lancashire who celebrated 61 years of marriage on 16 August.

William and Irene Lowers of Denton, Newcastle upon Tyne, Tyne and Wear who celebrated 61 years of marriage on 16 August.

Albert and Vera Richardson of Spennymoor, County Durham who celebrated 61 years of marriage on 16 August.

Joe and Alice Ponting of Nailsworth, Gloucestershire who celebrated 63 years of marriage on 18 August.

ACHIEVEMENTS

Congratulations to:

St Dunstaner Alan Sharp of Bracknell, Berkshire who earned two IT qualifications in August. He was awarded the OCR Level 1 New CLAIT Certificate for IT Users and also gained the Level 1 Diploma for IT Users.

St Dunstaner Wendy Kane of Pleasley Vale, Mansfield who has qualified as a Holistic Therapist. She has studied anatomy and physiology, reflexology, Hopi ear therapy, spa body glow ritual and plans to study for a further qualification in Sports and Remedial Therapy.

Dr Giles Hazan on passing his final exams to become a Member of the Royal College of General Practitioners. He is the younger son of St Dunstaner Ray Hazan of London.

Right Rev Mark Davies, 45, who was consecrated as the youngest Bishop in the Church of England on 27 April. He was named as Bishop of Middleton at York Minster in a ceremony overseen by the Archbishop of York, Dr John Sentamu. Two other Bishops were installed on the same day, The Bishop of Bolton and the new Bishop of Sodor and Man. His wife Joanne is the granddaughter of St Dunstaner Joan Thompson of Gawber, Barnsley, South Yorkshire. Joan's other granddaughter Jackie is also married to a clergyman who is a prison chaplain in Scotland.

DEATHS

We regret to announce the death of:

Thomas Pugh on 7 June. He was the husband of Anne Pugh of Southport, Merseyside.

Audrey Lee on 16 June. She was the wife of John Lee of Rhos-on-Sea, Colwyn Bay, Conwy.

Eva Benn of Elswick, Preston, Lancashire on 14 July. She was the widow of James Benn.

Frances Routledge on 24 July. She was the wife of Bill Routledge of Writtle, Chelmsford, Essex.

Doris Thomson of Sherrington, Newport Pagnell, Buckinghamshire on 26 July. She was the widow of Arthur Thomson.

Joyce Willmott on 2 August. She was the wife of Edwin Willmott of North Cheam, Sutton, Surrey

Last issue, we should have stated that the late Doris Partington was the widow of Bertie Partington, not Arthur. We apologise for any confusion caused.

In Memory

Edgar Baldock

Australian Army

Edgar James Baldock, known as Doc, of Devonport, Tasmania, Australia died earlier this year, aged 87. He worked in a mill before enlisting with the Australian Army in 1941. He was posted to Singapore where he was taken prisoner by the Japanese. Held at Changi Gaol and other camps, he lost over half his body weight and weighed roughly three-and-a-half stone when liberated in 1945. Discharged the following year, he became a chauffeur at a Melbourne hotel for 18 years until his sight deteriorated further. Our sympathy goes to his widow Thelma and all members of the family.

Frederick Rouse

Royal Engineers

Frederick Leonard Rouse of Hull, North Humberside died on 2 July, aged 88. He served in the Royal Engineers from 1940 to 1946. In civilian life, he was a driver. He was a keen gardener. Our sympathy goes to all members of the family.

Alexander Mair

Royal Air Force

Alexander Hugh James Mair of Edgware, Middlesex died on 18 July, aged 94. He joined the Royal Air Force in 1940 and trained as a clerk. He served in the operations room and was later posted to the Middle East in support of the army in North Africa and Italy. Discharged in 1946, he worked for Weatherby's in the administration of horse racing, but later became a civil servant at Stanmore. He was heavily involved in church activities, served as secretary for a local friendly society, and was a mason. Our sympathy goes to his sons Lawrence and James, and all the family.

Douglas Hawley

Royal Air Force

Douglas Arnold Hawley of Chalford Hill, Gloucestershire died on 29 June, aged 80. He joined the Royal Air Force in 1945, training as a flight engineer. Discharged in 1959, he worked in civilian aviation and became flight engineer for Concorde on its Heathrow to New York route. In later years, he became manager for the National Children's Home in Gloucester. Our sympathy goes to his widow Margaret and all other members of the family.

Vera Hall

Auxiliary Territorial Service

Vera Lilian Hall nee Brown of Banstead, Surrey died on 29 June, aged 88. She joined the Auxiliary Territorial service in 1942 and initially served as a clerk with an Ack-Ack unit. She also served at GHQ in London and at an ordnance supply depot in Middlesex. Discharged in 1945, she worked for Unilever and raised a family. She enjoyed handicrafts. Our sympathy goes to her son Stephen and all other members of the family.

Edith Curson, QA, RN, ARRC

Queen Alexandra's

Royal Naval Nursing Service

Edith Curson nee Meiklejohn of Gosport, Hampshire died on 5 July, aged 73. She trained as an SRN in Glasgow and then studied midwifery in Inverness. She joined the Queen Alexandra's Royal Naval Nursing Service in 1962 and served at naval hospitals in Portsmouth, Gibraltar, Mauritius and Deal. She was a Superintending Sister when she became an Associate of the Royal Red Cross in 1978. Promoted to Matron in 1979, she became Deputy Matron at RN Haslar. In 1982, she volunteered to join the

taskforce that was setting out to retake the Falkland Islands. She sailed down on the *Canberra*, but objections were raised to using the vessel as a combined hospital ship and troop carrier. Docking at the Ascension Islands, she transferred to HS *Uganda* which took up position in a supposed neutral zone. The Uganda crew treated 700 casualties and carried out over 500 operations, often under fire and on at least one occasion braving a minefield to retrieve wounded combatants, including St Dunstaner Terry Bullingham. In the wake of the Falklands War, she became Principal Nursing Officer moving to the Ministry of Defence in London. Retiring in 1986, she enjoyed embroidery and golf. Our sympathy goes to her widower Ron and all other members of the family.

Alec Simmons

Royal Navy

Alec Simmons of Haigh, Barnsley, South Yorkshire died on 6 July, aged 83. As a 14-year-old, he joined Wooley Colliery as a "Wagon Label Boy" and had become Weighman before being called up to the Royal Navy in 1943. He trained at HMS *Raleigh* and then went to the Isle of Man to specialise in Radar Detection Finding. Joining HMS *Phoebe*, he served in the Mediterranean in support of the Italian Campaign. Later, he served in the Far East. Discharged in 1946, he returned to the colliery and joined their wages department. His interests included amateur dramatics, gardening and singing. Our sympathy goes to his widow Marie and all of the family.

Evelyn Howarth

Women's Auxiliary Air Force

Evelyn Agnes Heron Howarth nee Henderson of Hove, East Sussex died on 9 July, aged 84. She joined the Women's

Auxiliary Air Force in 1942, training in Penarth before joining Bomber Command at RAF Swindbery. She was later stationed in India and Singapore. She married at Changi in 1947 and returned to the UK after her discharge in 1948. Apart from raising a family, she worked as a school secretary and later for the NHS. She was active in the Women's Institute and Hospital League of Friends and enjoyed golf. Our sympathy goes to her sons Barry and Russell and all members of the family.

Jim Rivers

Royal Navy

James Rivers of Marske, Redcar, Cleveland died on 12 July, aged 86. He joined the Royal Navy in 1940 and trained as a Sick Bay Attendant. Posted from Chatham to the West Indies, he spent three years with the Fleet Air Arm. Discharged in 1944, he became a bulldozer driver in Middlesbrough collieries but was called up in 1951 for the Korean War. Returning to naval duties, he served 18 months in the North Atlantic. Discharged in 1953, he then joined ICI as a transport clerk. A keen golfer, he was captain of the local club, and was also an accomplished wood carver. Our sympathy goes to his widow Ena, daughter Gillian, and all other members of the family.

Simon Gyte

Royal Engineers

Simon Scott Gyte of North Stainley, Ripon, North Yorkshire died on 15 July, aged 29. He joined the Royal Engineers in 1997, serving in the UK and Cyprus as a Lance Corporal. He was a keen sportsman, having played hockey for North Yorkshire, and enjoyed rugby, cricket and football. He was a member of the Army Skiing team and a Glasgow Rangers supporter. In 2004, he

suffered a spinal injury while playing rugby. Unable to move or speak, he communicated via a computer system using his cheek to select letters and words on an audio system. He enjoyed music, books and had been writing. Our sympathy goes to his mother Penny and all other members of the family.

Peter Lodge

Royal Navy

Peter Arthur Lodge of Basingstoke, Hampshire died on 15 July, aged 62. He joined the Royal Navy as a 15-year-old in 1962 and spent a year on HMS Ganges as a junior seaman. He served in Hong Kong, Singapore, Goa and Australia before returning to the UK where he was involved in fishery protection. Discharged in 1966, he briefly joined the Army before training as a civil engineer and working for construction firms such as McAlpine, Wimpey and Balfour Beatty. Our sympathy goes to his sons and daughters and all members of the family.

Lewis Lewis

Merchant Navy

Lewis Robert Lewis of Haverfordwest, Dyfed died on 18 July, aged 96. He joined the Merchant Navy in 1928, sailing from West Africa to Hamburg. He became a cook, serving with the Royal Naval Reserve during wartime. Discharged in 1945, he then joined HM Coastguard, retiring after 30 years. Our sympathy goes to his son David and all members of the family.

Harry Smith

Royal Air Force

Harry William Smith of Aylesbury, Buckinghamshire died on 21 July, aged 89. He joined the Royal Air Force in 1938 and trained as an instrument maker. He was seconded to the Ministry of Aircraft production, fitting instruments into aircraft

at operational airfields in The Shetlands, Gibraltar, Iceland and other locations. In 1944, he was posted to Burma before returning to the UK for demob in 1946. After six months, he rejoined the Service and was posted to the Canal Zone. He later served in France and the USA before working on ground-to-ground missile systems as a technical analyst. Leaving the RAF in 1967, he joined Hawker Siddeley working in their research and development programme. He enjoyed bowling, swimming and computers, and was active within the local blind club. For several years, he staged a sponsored run, walk or swim for various charities including St Dunstan's, most notably on his 83rd birthday which combined several of his favourite activities. Our sympathy goes to his daughters Madeline and Tammi and all the family.

George Pickering

Royal Artillery

Alfred George Pickering of Peterborough, Cambridgeshire died on 22 July, aged 86. He worked on the Great Western Railway before joining the Royal Artillery in 1941. Posted to Java, he was taken prisoner by the Japanese and shipped first to Singapore and then to Japan. In all, he spent three-and-a-half years as a Far East Prisoner of War. Discharged in 1946, he returned to the railways but later joined Perkins, the engine manufacturing company, eventually becoming foreman. He enjoyed gardening. Our sympathy goes to his widow Ivy, daughters Joan and Jean, and all members of the family.

Mary Chouler

Women's Auxiliary Air Force

Mary Francis Temple Chouler nee Riley of Wirral, Merseyside died on 24 July, aged 87. She joined the Women's Auxiliary Air Force in 1941 and was stationed in Shropshire and

Aberystwyth before being discharged as Sergeant in 1943. Our sympathy goes to her daughter Janet and all of the family.

David Matthews, DFC

Royal Air Force

Squadron Leader David John Price Matthews, DFC of Bexhill-on-Sea, East Sussex died on 25 July, aged 86. He joined the Royal Air Force Volunteer Reserve in 1941 and was posted to 154 Squadron which headed out to North Africa as part of Operation Torch. Commissioned in 1943, he flew Spitfires providing cover for coastal shipping, ports and Army installations. He was shot down during one sortie and had to bale out into the sea. Awarded the Distinguished Flying Cross for action in North Africa, he was discharged as Flight Lieutenant in 1946. He turned to farming sheep and cattle, but rejoined the Royal Air Force in 1952 serving as an instructor in the UK, Singapore, Malaya, USA and Africa. He was promoted further to Squadron Leader in 1966. Retiring in 1970, he took on the stewardship of a royal farm in Somerset where he worked for eight years. His interests included chess and music. Our sympathy goes to all members of the family.

Richard Rogerson

Middlesex Regiment

Richard Alexander Rogerson of Liverpool, Merseyside died on 25 July, aged 79. He joined the General Service Corps in 1947, and then transferred to the King's Regiment. Serving in Palestine, he transferred again to the Middlesex Regiment before discharge in 1949. Our sympathy goes to his widow Joan and all members of the family.

Thomas Clack

Northamptonshire Regiment

Thomas Frances Clack of Syston, Leicester, Leicestershire died on 26 July, aged 83. He

enlisted into the General Service Corps in 1942 before transferring to the Royal Warwickshire Regiment. Posted to Bombay, he transferred to the Northamptonshire Regiment and was deployed to Burma. He fought through the Burma Campaign before being casevaced back to the UK in 1945. In civilian life, he worked the railways in Stratford-upon-Avon as a Shunter. After the railways were nationalised, he became a lorry driver. He was St Dunstan's wreath bearer at the Cenotaph on Remembrance Sunday in 2005. Our sympathy goes to his widow Marjorie and all of the family.

Ernest Severn

Royal Navy

Ernest Severn of Moorends, Doncaster, South Yorkshire died on 27 July, aged 87. He worked as a clerk at the Coal Board Colliery in Thorne before joining the Royal Navy in 1939. Training as a wireless operator, he joined the battleship HMS Revenge but later transferred to MTBs. He served on North Atlantic and Russian convoy routes and in the Mediterranean, particularly Malta. Discharged in 1946, he rejoined the Coal Board as an electrician, retiring in 1982. His interests included DIY and gardening and he was a member of the Sea Scouts. Our sympathy goes to his daughter Carol and all other members of the family.

Lawrence Abbot

Royal Air Force

Lawrence John Ingpen Abbot of Crouch End, London died on 31 July, aged 86. He joined the Royal Air Force in 1940 and served at RAF Eastchurch and RAF Cosford. Commissioned in 1944, he was also stationed in Egypt before being discharged as Flight Lieutenant in 1946. In civilian life, he worked in sales for Crane Limited. He enjoyed sports and played football, cricket and badminton in earlier days. Our sympathy goes to his daughters Susan and Elizabeth and all members of the family.

Edward Atkinson

Royal Artillery

Edward Atkinson of Ulverston, Cumbria died on 31 July, aged 90. He trained as a printer before joining the Royal Artillery in 1939. Training as a surveyor at Larkhill, he then served in Brighton, Huddersfield and Saxmundham. Later, he was posted to North Africa with 2nd RHA and fought at Monte Cassino. Discharged in 1946, he resumed work as a printer. His interests included fly fishing, gardening and music. Our sympathy goes to his sons and all of the family.

Timothy Lovelock

Royal Artillery

Timothy John Lovelock of Bolney, Haywards Heath, West Sussex died on 31 July, aged 75. He served in the Royal Artillery from 1956 to 1957. In civilian life, he was a civil engineer. Our sympathy goes to his widow Marianne and all other members of the family.

Stanley Woster

Royal Air Force

Stanley Charles Woster of Bewdley, Worcestershire died on 31 July, aged 100. He worked on a farm and for the local council before joining the Royal Air Force in 1940. He served as a cook in Italy, Iraq and France. Discharged as Corporal in 1946, he worked on the railways for 20 years. He then worked for an undertaker as a grave digger and pallbearer. He was a West Bromwich Albion supporter and celebrated his 100th birthday by going to the local pub in a Rolls-Royce. Our sympathy goes to his sons, Roy, Brian, Pip and Daniel, daughter Maggie, and all members of the family.

Eric Sass

Irish Guards

Eric Sass of Liverpool, Merseyside died

on 2 August, aged 80. He joined the Irish Guards in 1945 and served as a Guardsman in Palestine and Egypt. Discharged in 1948, he became a long distance lorry driver. He enjoyed bowls and the horses. Our sympathy goes to his widow Jean and all other members of the family.

Frank Swindell

Royal Engineers

Raymond Frank Swindell of Willingdon, Eastbourne, East Sussex died on 5 August, aged 83. He joined the Royal Engineers in 1943 and trained as a driver. Landing in Normandy on D+1, he fought through to Bremen, clearing mines and obstacles. He was Acting Sergeant when discharged in 1947 and returned to complete an apprenticeship as a barber. He spent 27 years in retail running a hairdressers, grocery and florist. He enjoyed bowls and walking and regularly attended the Craft Workshop at Ovingdean. Our sympathy goes to his widow Eleonor, daughter Janette, and all other members of the family.

Robert Webb

Duke of Cornwall's Light Infantry

Robert George Webb of Saltdean, Brighton died on 7 August, aged 96. He joined the Duke of Cornwall's Light Infantry in 1941 but transferred to the Corps of Military Police after two months. Posted to Egypt, he was involved with convoy duties around Alexandria. He rejoined the DCLI in 1944 and was posted to Italy where he became a despatch rider for HQ Allied Command in Rome. Demobbed in 1946, he resumed his trade of upholstery repair, working in the Epsom area. He was a keen gardener. Our sympathy goes to his daughters Annette and Zillah, and all members of the family.

Cath Klaces reports on a garden initiative in South Yorkshire

Recycling gives Sheffield the champagne of vegetables!

ST DUNSTAN'S SHEFFIELD are leading the Charity's drive to be an environmentally friendly organisation by recycling kitchen leftovers in three compost bins. For the past year, staff at the Sheffield Training Centre have been collecting compostable material that they hoped would be of use in a small garden created when the Palmer Room was built. Initially, the garden had a display of stocks creating an aromatic perfume in the area.

After the compost bins were installed, they were kept topped up with material that would normally have gone out with the rubbish. Dedication paid-off and this season the Sheffield team actually had their own home grown compost to put on the soil. The results were savoured when St Dunstaner Ray Munday picked the first crop of Bright Lights Swiss Chard for inclusion in the trainees' evening meal. His fellow trainees all vouched that it tasted really good. Ray



Ray Munday picks a selection of Swiss Chad leaves at St Dunstan's Sheffield.

was attending St Dunstan's Sheffield on an Independent Living Skills course and had previously picked a few leaves to put into his curry.

Swiss Chard is highly regarded as an alternative to spinach, and the stems are regarded as a gourmet

vegetable. Stalks can be diced and used in stir-fries.

The garden has been planted up with a mixture of flowers, Swiss Chard and purple sprouting broccoli which should be ready for spring - if the vegetarian caterpillars don't get it first.