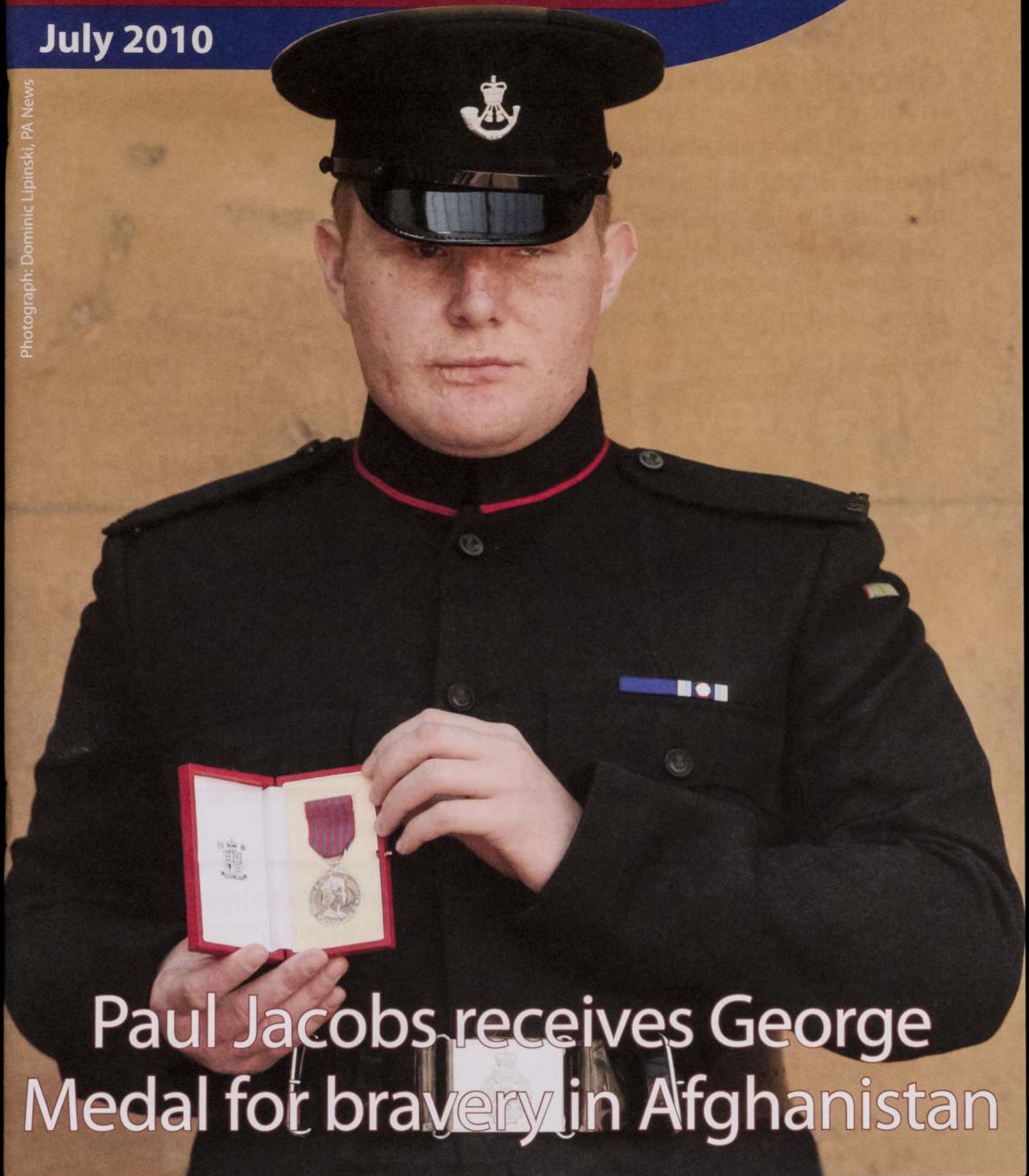


St Dunstan's Review

July 2010

Photograph: Dominic Lipinski, PA News



Paul Jacobs receives George
Medal for bravery in Afghanistan

St Dunstan's Review

July 2010

No 1,003

Editor: Ray Hazan Tel: 020 7723 5021

E-mail: ray.hazan@st-dunstans.org.uk

George Medal for Ginge

Rifleman Paul Jacobs, 21, blinded by an IED, holds the George Medal, awarded to him for his bravery in Afghanistan. The medal was conferred to him by HM Queen Elizabeth II at an investiture ceremony at Buckingham Palace, London. More on page 10.



Mike flies St Dunstan's flag at the North Pole

Royal Navy St Dunstaner Mike Scholes, 56, flies St Dunstan's flag at the North Pole after his attempt to walk the last degree of latitude. Mike is standing on the polar ice cap over the geographic pole, but it wasn't straightforward getting there. More on page 24.

Patron: Her Majesty The Queen

St Dunstan's Review is published monthly by **St Dunstan's** an independent future for blind ex-Service men and women, 12-14 Harcourt Street, London W1H 4HD. Website: www.st-dunstans.org.uk. A company limited by guarantee No. 189648, registered in England. Registered Charity No. 216227 (England & Wales) and SCO39411 (Scotland). **ISSN 0036-2808**. Unless otherwise stated all photographs are copyright of St Dunstan's. Printed by Newnorth.

From The Chairman

Your message from Major General Andrew Keeling, CB, CBE, RM

With the Church Stretton weekend looming, and with Reunions at Liverpool and Llandudno the week after that, I am looking forward to re-kindling old friendships soon and to making new ones. I am sure many of you feel the same about these annual gatherings. So on your behalf I'd like to thank all those behind the scenes that make the arrangements for these excellent social occasions and thus enable those of us that attend them to enjoy ourselves. Your Welfare Officers are, of course, closely involved in this work, as are a number of people in Harcourt Street, and they are well supported by our fine band of drivers who do so much to help the St Dunstan's community.

Looking through last month's Review I am struck, yet again, by the huge range of activities undertaken by St Dunstaners around the country. It is noticeable how many of these involve physical

activity, including walking, running, cycling, dancing, mountaineering, Arctic exploring, golf, and parades and National Veterans events. But more cerebral activities also feature strongly, namely art, literature and cooking, and I am well aware of how many of you are involved one way or another in fundraising activities for our organisation. I was also very struck with the article on the ReVision Week at Ovingdean for those who have been St Dunstaners for ten years or more. In a world where there seems to be increasing emphasis on spectating rather than participating, it is wonderful to be reminded that the St Dunstan's community remains so positive and, wherever possible, so active. Thank you all for your enthusiasm and example, both of which are highly infectious.

A handwritten signature in black ink, which appears to read "Andrew Keeling".

St Dunstan's Calendar

JULY

Writers Forum Weekend	1-3
Cadet 150, The Mall, London	6
British 10k	11
Korea 60th (HMS Belfast)	12-17
History Week (I)	18-24
Golf Club (IV)	25-26
Royal Marines Band Concert	28
HMS Sultan	30-7 August

AUGUST

HMS Sultan	Until 7
Race Week	1-7
Mazda London Triathlon	7-8
VJ Day 65th Anniversary	15
Fishing Club	15-20
Writers Forum (VI)	17
Golf Club (V)	21-22
Activity Week	22-28
Archery (III)	28-5 September

SEPTEMBER

Archery (III)	Until 5
Dartmoor Yomp	10-12
History Week (II)	12-18
Golf Club (VI)	18-19
RMA Lymptone	18-19
Freedom Trail Trek	18-26

BUPA Great North Run	19
Writers Forum (VII)	21
Physiotherapists Weekend	24-27

OCTOBER

RM Commando Challenge	9-10
Widows Week (II)	10-16
In Touch with Art	13-14
World Sight Day	14
Golf Club (VII)	16-17
Fishing Club	17-22
Writers Forum (VIII)	19
Computer Club (II)	20-21
Trafalgar Day	21
Amateur Radio (II)	22-30
BUPA Great South Run	24
Clocks go back	31
Bowling Club (II)	31-13 Nov

NOVEMBER

Bowling Club (II)	Until 13
Armistice Day	11
Founder's Memorial Service	13
Remembrance Sunday	14
Writers Forum (IX)	16
Golf Club (VIII)	20-21
Dance Club (II)	21-27
Music Week	28-4 December

Noticeboard

Dates for your diary and useful information

REVIEW DERBY SWEEPSTAKE RESULTS

A record breaking win at the Investec Epsom Derby on 5 June was good news for a St Dunstan's widow. Workforce won the 231 Derby by seven lengths, shaving a second off the track record with a time of two minutes, 31.33 seconds.

This powerful win secured first prize in the St Dunstan's Review Derby Sweepstake for Gladys Jubb of Bromley, Kent. She won £241.95. St Dunstaner Gordon Reynolds of Epsom, Surrey had drawn At First Sight, which came second, winning him £96.78, while St Dunstaner Edith Worrall of Clent, Stourbridge, West Midlands drew Rewilding and won the third prize of £48.39.

The remaining Starter's Prize of £96.78 was shared amongst St Dunstaners and widows who had drawn a horse that ran in the race. They were: Mary Quinn of West Tanfield, Ripon, North Yorkshire, Eric Beck of Clacton-on-Sea, Essex, Eileen Hough of Sowerby

Bridge, West Yorkshire, Margaret Knowles of Darfield, Barnsley, South Yorkshire, Brian Jeffery of Ossett, West Yorkshire, Maurice Bell of Carlisle, Cumbria, John MacDonald of Canterbury, Kent, Cyril Catchpole of Pulborough, West Sussex, and Anne Moore of Oxhey, Watford.

FOUNDER'S DAY 2011

St Dunstan's Founder's Day 2011 will be held at St Dunstan's Sheffield on Friday 25 March next year. Full details were published in the May Review. Nomination forms can be obtained from the President's Office at St Dunstan's, 12-14 Harcourt Street, London W1H 4HD.

FORMAT CHANGES

St Dunstan's Review is available in large print, braille, MP3CD, via e-mail and on floppy-disc. If you wish to change Review format, or combinations thereof, contact Simon Rogers on 020 7616 7934 or e-mail simon.rogers@st-dunstans.org.uk.

CELEBRATING THE WOMEN OF THE NAVY

Members of the Association of Wrens would like to say 'hello' to all the ex-Wrens who are St Dunstaners. Maybe you already belong to the Association and have arranged to receive the *Talking Wren*, an accessible selection of items from our tri-annual magazine.

The Association of Wrens was formed in 1920 with membership drawn from serving or former WRNS, VAD, WRNR, WRVR, and QARNNS personnel. It now also welcomes those women currently serving in, or retired from, the Royal Navy. The age of members ranges from young women in their late teens to those who served in WWII, including several centenarians.

Throughout the UK and overseas we have approximately 6,700 members many of whom meet up in small branches or informal groups. There may be some in your area. Would you like to be put in touch with ladies who have been in the Service, either the WRNS or the RN? Or perhaps you would like simply like to join an organisation that celebrates the achievements of women and the Royal Navy. We look forward to hearing from you. Please contact the Association HQ on 020 932 0111 for further details.

AWARD FOR LEGION MONEY SERVICE

The Royal British Legion is celebrating being awarded the "Best Partnership Award" on 10 May from the IMA (Institute of Money Advisers). It comes in recognition of its highly successful Benefits and Money Advice Service. Now in its third year, the scheme operates in partnership with the Royal Air Force Benevolent Fund, Citizens Advice, and Citizens Advice Northern Ireland. It has assisted over 12,000 serving and ex-serving individuals as well as their dependants, helping them to secure benefits, write off debts, and providing general money advice.

There are currently 53 Benefits and Money Advisers operating out of a number of Citizens Advice Bureaux across England, Wales and Northern Ireland, including an in-house team of Legion advisers, to offer money advice to those currently serving in the Armed Forces, and Service leavers as well as their dependants. Additionally, there are now several advisers specifically providing assistance on Armed Forces bases in garrison towns.

More information about the scheme can be obtained by calling Legionline on 08457 725 725 (local rate).

A selection of your comments from the postbag

Letters to the Editor

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

Excellent training at Sheffield

I have been a member of St Dunstan's now for a number of years, and have spent time at Ovingdean and Sheffield having bowling holidays and training. Recently I returned from having a wonderful intensive mobility course at St Dunstan's Sheffield, which has extended my horizons beyond belief. Bowling has become my main recreational sport and because of that I have associated with many fellow blind bowlers. Last weekend I was competing in the national Blind Club Triples outdoor finals at Melton Mowbray and was able to utilise my new Sheffield skills to the

full! I was so elated that I could help my fellow competitors with train travel, platform bridges, on and off trains, negotiating the bar and dining room, toilets and changing rooms. It was during the last part of my train journey home that I reflected how lucky I was to be a St Dunstaner and a member of this unique family of blind ex-Service people.

My present state of independence due solely to the teachings at St Dunstan's is such that some of my associates are questioning my sight rating which happens to be a radius of four to five feet on a murky day. It is such a shame that blind people outside of

our wonderful family do not have the same instructions.

I am so grateful that I am a St Dunstaner, and thank you for all that you have done for me and my new walking cane.

Jack Pulfer,
North Walsham,
Norfolk

Cheer for Chichester

May I thank all at St Dunstan's, especially Welfare Officer Hilary Brown, for organising such a splendid Chichester Reunion lunch. The venue and meal was excellent and the sunshine returned on cue.

Cyril N Catchpole,
Pulborough,
West Sussex

Balancing the Books

Ted Bunting finds "Worst Jobs" makes the best reading

**The Worst Jobs in History:
Two Thousand Years of
Miserable Employment**

Authors: Tony Robinson and
David Willcock

Readers: Raymond Sawyer and
Jacqueline King

Category: Adult Non-Fiction:
History: Britain & Ireland

Duration: 8 hours, 18 minutes

Catalogue number: 13929

Mr Reynolds was the best school teacher I ever met. When I was about nine years old he instilled in me an enthusiasm for history that has never been extinguished. Not that old stodgy history of treaties and dates of battles, I hasten to add, but living history, stories of real people, as if you could be back there with them and share in their sorrows and their joys.

Well, this fine book is written in the same marvellous tradition;

it contains vivid, unforgettable images which means you learn without effort. They are not pretty pictures however, our forebears had some really filthy tasks to perform and you encounter them here in all their full glory. So this is not a book for the squeamish. There are some passages which could easily unnerve the nervous, but the text is so generously seasoned with humour that even giving Henry the Eighth an enema almost becomes a pleasure.

Beginning with Roman Britain and following the worst job theme almost to the present day, I think the thing that surprised me most was the number of times I thought, "Well, I never knew that!" If you want a book that informs and entertains in equal measure, this one might suit you very nicely.

Ten questions on... "The subject of Pubs and Inns"

This month, St Dunstaner **Harry Beevers** has just the thing for quiz night down at your local pub

- 1) In a pub, if an Australian asks for an "amber nectar", what drink is he or she ordering?
- 2) In which Midlands city is *Ye Olde Trip to Jerusalem*, dating from the 12th century, which claims to be the oldest public house in England?
- 3) *The Leaky Cauldron*, a fictional inn on Charing Cross Road in London, appears in which series of books?
- 4) What is, or should be, precisely 5 feet, 8 inches off the floor in most pubs?
- 5) The 18th century cavalryman John Manners, who set up many ex-soldiers with pubs as a means of livelihood, has had many pubs dedicated to him under what title?
- 6) Which pub name, claimed as the commonest in the UK, refers to the heraldic device both of John of Gaunt and James VI of Scotland when he became King of England in 1603? (And if you go to the one in Wendover, you will be served by Dolly Saville, the UK's oldest barmaid).
- 7) What is the name of the pub in TV's *Only Fools and Horses*, with Mike as the landlord?
- 8) In Robert Louis Stevenson's novel *Treasure Island*, who is the owner of the *Spyglass Inn* in Bristol?
- 9) Which London area on the Monopoly board is named after a 17th century inn?
- 10) Which five animals appear in the top ten pub names in the United Kingdom?

Answers can be found on page 41.

Blinded soldier receives bravery medal at Palace

RIFLEMAN Paul "Ginge" Jacobs has spoken of his pride and the honour of receiving the George Medal for bravery. "It is for everyone," he said. "Not just for me, not just the fallen of 2 Rifles, but for all the fallen generally."

Her Majesty The Queen presented 21-year-old Paul with the George Medal at a special ceremony at Buckingham Palace on 2 June. He said he was "proud and honoured" to have received the commendation, adding that he was thinking about what it meant to be a Rifleman.

Paul revealed that he had decided to donate the medal to his regiment in memory of those he fought alongside

George Medal is an honour for all the fallen, says Rifleman Paul Jacobs



Photograph Anthony Devlin, PA News

Rifleman Paul Jacobs is decorated with the George Medal by Her Majesty The Queen.

in Afghanistan. The decoration commends his actions while leading a patrol through the country's dangerous Helmand Province when an improvised explosive device (IED) exploded.

The young Rifleman was blinded and the blast killed one of his fellow Service men. Moments later, another bomb was detonated, killing a second soldier.

Despite the pain, he still had the presence of mind to drag himself into an area where he knew his rescue would be much safer for medics.

Paul was initially treated at Selly Oak Hospital, Birmingham where he met his fiancée, Louise. In April, they both ran in the London Marathon, completing the 26-mile route in 7 hours, 3 minutes and 52 seconds. He has plans to climb Mount Kilimanjaro later this year.

Strictly full marks for dancing couple



David and Glenys are flanked by their dancing judges, Darren and Lilia with Jackie and Chris.

A ST DUNSTANER and his partner were amazed and delighted when they won top marks in a dancing contest run along the lines of *Strictly Come Dancing*. David Schofield and Glenys Holmes of Ilkeston, Derbyshire entered the contest while on holiday at Warner Holme Lacy House, Herefordshire on 3 June. The contest was judged by dancers from the popular television programme. There

were nine couples competing in the final. "We were last on, and everyone else was scoring eights and nines, so that added to the tension," said David. "Everyone was doing well and we hadn't even started."

For the final, David and Glenys danced a cha-cha and were delighted when all four judges held up placards awarding them a full ten points, 40 in total.

Midlands St Dunstaner receives education award

Sight loss is no barrier to learning something new

ST DUNSTANER Stephen Shepherd has been praised for the determination he has demonstrated in studying for new skills. Steve, 58, who served as Corporal in the Royal Electrical and Mechanical Engineers for nearly ten years, was named Regional Senior Learner of the Year for the East Midlands.

He received the award at the The Curve in Leicester on 19 May during Adult Learners' Week. Steve wanted to gain nationally recognised IT and computer qualifications to get back into work, having been unemployed since losing his sight two years ago as a result of diabetic retinopathy. He enrolled on an ITQ Level 2 course at Derby



Photograph copyright NAICE

Regional ESF Programme Manager Liz Wigley with St Dunstaner Stephen Shepherd.

College in April 2009, and used specialist audio screen reader software which enabled him to access material for each lesson. He successfully completed the course two months ahead of schedule.

"It just goes to prove that disability need not be a barrier," said Steve. "The important thing is to remain positive and find out what help and support is available." He added that his achievement

would not have been possible without the assistance of John Davis, his Support Worker at Derby College. "He's been absolutely brilliant."

He also applauded IT instructors at St Dunstan's Sheffield for providing him with a breakthrough foundation in computer skills.

He is now enrolling on a further course to achieve an Access to the Blind computer certificate and CLAiT Plus, which will allow him to train others. He currently volunteers with partially sighted people and hopes his qualifications will help him find paid employment. "The computer at home is now my lifeline since I lost my sight, as it enables me to better communicate with people," he said.

CLAiT stands for Computer Literacy and Information Technology.

Eric's prayers get a £1,000 answer

A Norwich St Dunstaner has raised around £1,000 for charity by holding a 12-hour prayer marathon on his 90th birthday in April.

Eric Saunders, who served in the Royal Signals from 1939 to 1946, lost his sight four years ago due to macular degeneration. Mindful of the help he received from the Norfolk and Norwich Association for the

Blind (NNAB), he asked family and friends to sponsor a prayer marathon instead of giving him birthday presents.

He wrote to about 150 people, in America and the UK, and asked them to send their prayer requests to occupy him for the 12 hours. "I never dreamed I would get such a response or raise so much," he said.

Lounge TV for special events



Coverage of special events such as the Trooping The Colour, Epsom Derby and World Cup takes on an extra sheen in the lounge at St Dunstan's Ovingdean with a new 42-inch flat screen television. It was kindly donated by The Persula Foundation, which is the charitable foundation for Richer Sounds, The UK's Hi-Fi, Home Cinema & Flat Panel TV Specialists.

Dauntless joins the Fleet

Photograph copyright Bryan Durber



Bryan, left, with Tony and David.

THE SECOND of the Royal Navy's new, formidable Type 45 destroyers, HMS *Dauntless*, was formally commissioned into the fleet on 3 June.

Hundreds of guests of the 190-strong ship's company attended the colourful 'christening' ceremony at Portsmouth Naval Base. Amongst them were St Dunstaner Bryan Durber of Halesowen, West Midlands and his shipmates Tony Charles and David Williams.

Bryan had previously attended the launch in Govan, Glasgow. "We had a splendid day," said Bryan who had a hankering for his Navy days after going onboard. "The crew were smashing. It's an amazing ship, the bunks were all bunks, whereas we had hammocks in my day. The technology was amazing and, being an old sonar man, I was interested to see how it had developed."

Bryan and his shipmates had the chance to chat

with Commanding Officer, Captain Richard Powell, who earlier read out the Commissioning Warrant. The ceremony was rounded off in traditional Royal Navy fashion with the cutting of a commissioning cake.

Principal guests for the Service included Lady Mary Burnell-Nugent who launched the ship in January 2007, the First Sea Lord, Admiral Sir Mark Stanhope, and Commander-in-Chief Fleet, Admiral Sir Trevor Soar.

Kinetic riders move fast to help St Dunstaners



The Kinetic cyclists reach St Dunstan's Ovingdean.

WITH A NAME like Kinetic, you might expect this group to know how to get moving! And that's what they did, 24 cyclists who took the long route from Paddington, London, finishing at St Dunstan's Ovingdean on the evening of 5 June having covered 348 miles over four days and visiting locations such as HMS *Sultan*. In the process they raised around £28,000 to help blind and visually impaired ex-Service men and women.

The group was led by Eric Newnham, chairman of the advertising firm Kinetic, and it included representatives of their clients and agencies. One rider, Sally Clark, told the Review, "There has been some blood and tears along the way, lots of chaffing, lots of Vaseline. If we didn't know each other before, we certainly do now, and that sense of achievement is great. We did lose one rider on the first day because of a dislocated shoulder and she was absolutely

gutted not to be able to carry on."

Amongst the riders making a chirpy finish was Amy Horton of CBS Outdoor. Her grandfather is Royal Navy St Dunstaner Tom Horton.

The riders were congratulated by Army St Dunstaner Matthew Rhodes who spoke of his own experience as an injured Service man. The sentiments were echoed by Eddie Rawlinson and Joan Trench.



Well done, Amy!

Sixty years after conflict erupted on the 38th Parallel, REME St Dunstaner **Ron Murphy** returns to Korea

Veterans return to Korea

THIS YEAR MARKS the 60th anniversary of the start of the Korean War in June 1950. To commemorate this occasion, the Korean government invited parties of Veterans from the UK, Canada, Australia and New Zealand who fought together in the 1st Commonwealth Division as part of the United Nations forces, to re-visit the country.

My wife Pam and I were among those fortunate enough to be included in the British contingent. I served with REME, attached to the Royal Ulster Rifles, in 1950-51.

About 50 veterans plus wives, or other companions and carers, left Heathrow on 11



Ron and fellow Veterans of the Korean War march in Remembrance of fallen comrades in Korea.

April for the ten hour flight to Seoul for the trip of a lifetime, which, being heavily subsidised by the Republic of Korea government, would bear no comparison with our experiences on our first visit to that country! Our home for the trip was the wonderful five-star Lotte World Hotel in Seoul, and each day we were taken to visit places of interest in

coaches manned by a driver, an English speaking Korean guide, a nurse, and on the back seat three male students to assist us on and off the coach whether we needed assistance or not! Our hosts were well aware that the youngest veteran must be 76 to be there, so we were cosseted all the way. Among places visited were the Imjin river battlefield, Kapyong,

Panmunjom, and the main Korean cemetery for their war dead.

A highlight of our time there was the day we were taken on the Korean "Bullet Train" from Seoul to Busan (Pusan when we knew it). This journey was to visit the Commonwealth Cemetery where our comrades of so many years ago are laid to rest. A very emotional experience, and a chance to again give thanks for all this extra life that we have enjoyed. On the Sunday we were invited to lunch at the British Embassy and were royally entertained by the Ambassador and his lovely wife. To mark the occasion, a tree was planted in the garden by Bill Speakman, VC and Derek Kinne, GC.

Our reception by the Korean people everywhere we went was amazing. Everyone smiled at us, and many asked to shake our

hands and thanked us "for what you did 60 years ago"! I think most of us were interviewed for TV, and press photographers were always in attendance.

We should have flown home on 20 April, but we had volcano trouble and were delayed. Our hosts told us we were not to worry as they would pay for our food and five-star accommodation until we were able to leave. Those running low on medication were supplied with whatever was necessary, so everyone was happy.

One evening, we were very pleased to have a visit from the former Prime Minister Sir John Major, who was in Seoul on business. He spent over an hour with us and chatted very amicably with everyone. Politics aside, we all agreed what a very nice chap he was, and were really pleased that he had come along to see us.

We flew home on Friday 23 April laden with mementoes and a DVD each recording the highlights of a very eventful time.

Our Korean friends' thoughtfulness did not end when we left Seoul, their Embassy in London telephoned everyone's next of kin to tell them that we were on our way home on flight number so and so and the time we would arrive at Heathrow! The complete hosts! I had to think very hard about going back to Korea, but I am very pleased that I did.

The wonderful modern country that welcomed us bore no relation to the agricultural third world nation we had known in the early 1950s. They have left us behind and are now one of the world's leading economies.

We veterans came away feeling that our stint in the Korean War had really been worthwhile.

Cadets live up to challenge

WITH THE Cadet Movement celebrating 150 years since its foundation, many units continue to test their mettle and support blind ex-Service men and women at the same time.

His Royal Highness The Duke of Edinburgh helped celebrate the contribution of adult volunteers to the Cadet Forces at a special reception in London's Guildhall on 2 June.

Following the reception, cadets from the Corps of Drums of the South East London Army Cadet Force performed Beating Retreat in Guildhall Yard, with the Vice Chief of the Defence Staff and the Lord Mayor of the City of London taking the salute. The SEL Army Cadet Force were instrumental in establishing St Dunstan's Cadet Challenge some years back and it has



RAF St Dunstaner Arthur Lowe presents the Cadet Challenge Trophy to 177 Squadron.

grown from a local sponsored walk in Woolwich to become a popular national contest. The SEL Cadets continue to participate with verve and determination, demonstrated by the members who have established their Corps of Drums as a precision group in less than a year.

Some of their rivals in the Cadet Challenge returned to St Dunstan's

Ovingdean on 3 June. For the second year running, Air Training Corps Cadets from 177 Squadron (Blackpool Airport) were hailed as overall winners of the Challenge. They had devised a combined ship, tank, and aircraft, dedicated to the memories of Henry Allingham, Harry Patch and Bill Stone, which they had pushed for 13.1 miles last year.



St Dunstaners Colin, Mark, and Billy with 15 Troop in the Inner Garden.

The unit received their 2009 trophy from RAF St Dunstaner Arthur Lowe and were congratulated by WRAF St Dunstaner Betty Chalmers and Royal Marine St Dunstaner Eddie Rawlinson.

The unit's CO, Flt Lt Andrew Nickson also

received the 2009 award for Outstanding Adult Instructor which was presented by St Dunstan's Cadet & Youth Challenge Project Officer Colin Williamson.

Never content to rest on their laurels, 177 Squadron were planning an attempt for a third

win, with a challenge later in June.

There were yet more cadets on the challenge trail on 5 June. St Dunstaners Billy Black, Mark Threadgold and Colin Williamson joined 15 Troop, Sussex Army Cadets at the top of Ditchling Beacon for a 13.1 mile walk across the South Downs. The undulating countryside beneath the scorching sun would eventually bring them back to St Dunstan's Ovingdean. They persevered with good humour.

Wren St Dunstaner Joan Trench expressed her admiration for their efforts when they completed their trek.



WRAF St Dunstaner Betty Chalmers and Cadet Georgia Whitton of 177 Squadron with Cadet Sergeants Robert Wilcock and Luke Evans.

Top day out at Frogmore Gardens



Lakeside elegance at Frogmore Gardens.

by Catherine Campbell

ST DUNSTAN'S Frogmore Gardens Open Day on 20 May was a huge success. Wonderful support on the day meant that it was the most successful day Frogmore has seen in years! Visitors streamed into the landscaped garden near Windsor Castle. It is renowned for a serpentine water course and exotic trees. The team at Frogmore Gardens were delighted

with the turnout which meant they could really show off the house and gardens and make the open day worthwhile. It is expected to have raised about £5,000 and introduced lots of new supporters to St Dunstan's. Thank you to everyone who helped run it and everyone who attended.

Charity of the Year

Llandudno's new Mayor, Cllr Ann Yates has chosen St Dunstan's and the Wales Air Ambulance as her charities for her year in office.

Bangor City FC take on Royal Welch

BANGOR CITY FC took on a team of Royal Welch Fusiliers for a football match in support of St Dunstan's on 19 May. The first half ended with Bangor scoring 7-0. Radio 1 DJs Chris Moyles, Comedy Dave, Dominic, and Greg James took part in a penalty shoot at half-time. The second half began with some Bangor players providing the Fusiliers with some welcome reinforcement. Match organiser Sgt Major Tony Jones told the Review it was a very special evening. "It's been a big boost for both teams," he said.

First aiders visit Brighton

Representatives of the leading first aid charity St John Ambulance had a first hand taste of life at St Dunstan's on Ovingdean 4 June. Joe Willacy, Tony Gibney and Ami Offord received a demonstration of magnifying technology from Wren St Dunstaner Edna Wilkinson, while Tegan, 10, and Toby, 7, were able to try their hands at archery.



St John's Badgers Toby and Tegan, try a screen reader with help from St Dunstan's Melinda Dixon.

Weekend golf at Rusper

Our happy bunch of St Dunstan's golfers met up for a great weekend of golf on 15-16 May. The weather was kind to us again. We had a fairly low key but enjoyable weekend of golf at Rusper Golf Club in Newdigate, Surrey. A couple of members were suffering with minor injuries which we all made allowances

by Pam Crossan

for. Our new captain, St Dunstaner Graham Johnson, played very well and managed to get round the course on par except for one hole, which unfortunately he missed due to a very awkward lie in the bunker. We had a well attended meeting, but missed St Dunstaner

John Powell and his wife Irene who were in Egypt celebrating their anniversary. They first met out there while both were serving.

It was also nice to welcome back Hon Treasurer Don Oliver after his gallant effort in the Brighton Marathon on 18 April. A hip injury laid him low half way.

St Dunstan's bids adieu to our Northern lasses



Carol Henderson.

ST DUNSTAN'S bid farewell to two dedicated advocates of blind ex-Service men and women and their families at the end of May. Welfare Officers Carol Henderson and Dianne Wye retired with 52 years of service between them.

During their years with the Charity they have earned a reputation as steadfast friends and champions of St Dunstaners in the

north of England. They have supported them through good times and bad. Both leave with fond memories of those they have represented during that time.

Carol Henderson joined St Dunstan's in 1980, working out of Cleethorpes. "When I joined a lot of the men were retiring and they appreciated the value of the hobby work," said Carol. "The wrought iron work, many made candelabras, very elaborate work. Some of them were very good at what they did."

Dianne Wye joined St Dunstan's in 1988 and has been representing people in Derby and surrounding areas.

Many of her memories of St Dunstaners are tied to plants in her



Dianne Wye.

garden, cultivated from cuttings she was given during visits. "Every so often I will see a plant and it will remind me of the person whose garden the cutting came from."

Tribute came from Barry Porter, Director of Grants and Welfare at St Dunstan's HQ. "We wish both Carol and Dianne well in the future and to thank them for all their work and commitment to St Dunstaners."

Reunion Round-Up

There were 38 St Dunstaners and four widows attending the Brockenhurst Reunion on 26 May. Held at The Balmer Lawn Hotel, Brockenhurst, Hampshire it saw the debut of Tim Davis as presiding Member of St Dunstan's Council. Royal Navy St Dunstaner Joseph Waterman responded for all assembled.

Tim Davis presided again at the Chichester Reunion on 2 June. There were 41 St Dunstaners and five widows at the Millstream Hotel & Restaurant, Bosham, Chichester, West Sussex. Army St Dunstaner Chris Pett gave the response.

The Exeter Reunion united 29 St Dunstaners and four widows at the Mecure Southgate Hotel, Southernhay East, Exeter on 9 June. David Knowles, CBE

was the Member of St Dunstan's Council presiding, while Military Police St Dunstaner Michael Hunter gave the response.

The sun was uncharacteristically absent at the Eastbourne II Reunion on 10 June. Once again, the Hydro Hotel, Eastbourne hosted 26 St Dunstaners and six widows. Air Vice Marshal Richard Kyle, CB, MBE was the Member of St Dunstan's Council presiding and

St Dunstaner Major John Creaton responded for everyone present.

There were 43 St Dunstaners and five widows at the Surrey Reunion on 15 June. They returned to the Effingham Golf Club, Effingham, Surrey, where Major General David Jolliffe, CB, FRCP was the Member of St Dunstan's Council presiding. Wren St Dunstaner Carole Sharpe responded for everyone attending.

Heroes founders get Birthday honours

A former Chairman of the Royal British Legion and the founders of Help the Heroes were feted in Her Majesty The Queen's Birthday Honours in June. Former Legion Chairman Peter Cleminson received a CBE for voluntary service to ex-Service men and women. There were also OBEs for Bryn and Emma Parry, co-founders of the Help for Heroes charity, which has caught the mood of the nation and helped to reconnect the Armed Forces with the public.

Walking the last degree!

St Dunstaner **Mike Scholes** speaks about his epic trek



St Dunstaner Mike Scholes pulls his pulk across the Arctic desert.

FOR A MOMENT on 15 April, Royal Navy St Dunstaner Michael Scholes was literally on top of the world, walking on water, albeit frozen solid. He was standing at the geographic North Pole, 90 degrees north, with all points of longitude converging. Anywhere else was going south. However, his journey was fraught with obstacles and the elusive nature of standing on a thick sheet of ice floating on the ocean, underscores a problem that thwarted his real ambition to walk that

last degree of latitude to reach the North Pole. Back in 2005, Mike travelled south to Antarctica on a Russian survey ship and was impressed by the sea

by Simon Rogers

freezing over. "I was inspired and thought I must get back there sometime," he said.

In the meantime, fate intervened and Mike was dismayed to find his central vision deteriorated due to the onset of Leber's Hereditary Optic

Neuropathy. At his stage of life, there was only a slight chance that the condition would manifest. "I don't know why it did, but it did. I can see your jacket because it's dark against the wall, but I can't see your head."

It was at St Dunstan's that Mike heard an appeal by Ben Fogle and James Cracknell for someone to join them on a Polar Expedition. Applications were closed before he managed to put pen to paper. He was also unsuccessful in joining a project that aimed to recreate the last leg of Shackleton's Expedition, but got to know Henry Worsley, a relative of Endurance skipper Frank Worsley. Henry would have good advice when Mike's own plans came together.

He was also reacquainted with an old ballooning colleague, explorer David Hempleman-

Adams. "We were both granted the Freedom of the City of London on the same day," added Mike. "I was looking at making a trip to the South Pole, but he suggested the North Pole first because it's nearer and it's cheaper."

Mike began training in earnest, regular runs, some pulling sledges or tires, were mixed with sessions on a cross-trainer. He also enlisted the help of Eastbourne University who had him keep a food diary to evaluate diet and nutrition.

Another part of the equation was the VO2 Breath Test, or Bruce Protocol. This involved walking on a treadmill, often with a tube inserted into his throat.

Every so often the speed and inclination of the treadmill would be increased, creating the equivalent of walking up a steep hill. At intervals samples of

exhaled air would be taken along with blood samples to determine how Mike was coping with the demands placed upon his body.

Another test placed Mike in a chamber where the temperature was lowered below freezing. Getting warm again afterwards wasn't always a quick affair.

Mike is convinced that this regime paid dividends when he finally made it onto the ice cap.

Mike's original plan called for him to make the journey with David Hempleman-Adams, but a last minute substitution put seasoned guide Rune Gjeldnes at the helm. "He's one of Norway's top polar guides and he was excellent," said Mike. "He seemed able to pick out any dark areas that would indicate thin ice and find ways of going round them."

Also on the trek was David Newman who was raising awareness for biking charities, and Alice Strassberg and her father, Paul.

They travelled to the Russian camp at Barneo via an Antinov F24. "It had phenomenal power, you were really thrust back in the seat when it took off."

When they arrived it was windy and starting to snow. "It seemed quite warm to me, only minus seven," said Mike. "We then got a weather report saying that it would get worse and that nobody should think about leaving the camp."

While they waited for conditions to change, the North Pole Marathon was held (May Review). Contestants included Army St Dunstaner Jamie Cuthbertson.

"The wind chill was quite strong and it was snowing. During

this time a long crack appeared in the camp, running through the airfield." This turned out to be an omen.

Conditions improved and the team set off the next day. At that time of year, the area enjoys 24 hours of sunshine when not obscured by snow, rain, or mist.

"The terrain was quite good, a few centimetres of snow, so we were not walking on ice and didn't need skis," said Mike. The terrain changed, peppered with large chunks of ice and crunchy snow. The sound made by Rune's boots giving a clue on conditions ahead.

The team made good progress on the first day, but the drifting ice cap then put them back further than where they had started from.

As they continued, an unprecedented number of breaks in the ice were beginning to appear.

"When we reached a crack we would pull the sledge up close, so there was the least amount of slack and we would leap over to stop in falling in."

Inevitably, Mike did fall into the water during the trek, laying his arms flat in the hope his gloves would freeze to the ice. He was pulled to safety by Alice and quickly changed wet items of clothing. This happened twice.

During the expedition, the team lived on a diet of dried foods such as porridge, spaghetti bolognese, beef stew, curry, and hedge fruits. There was extra calorific value to the ration packs but Mike points out that he returned home five kilos lighter.

"It would help if something was done to make these foods more realistic," he said. "The other thing I was working on was to have the minimum amount



Mike sits on an ice pressure ridge which disrupted the landscape.

of undigestible food as possible. You need to be able to burn up as much as you can."

The weather turned against them once more and storms in blizzard conditions, they made camp and stuck fast until it cleared. Rune foraged ahead, but found their route blocked by a flow of water breaking through

the ice. An attempt was made to find a way round but to no avail.

Eventually, Rune called in helicopter support and Mike and the team were flown the last leg to the North Pole, arriving there at 15:14BST on 15 April.

"I'm disappointed in the sense that I was not able to walk that last bit," he said. "I am

glad I didn't make the trip in Shackleton's day because equipment has improved since then, and I am glad that I did it now because I suspect that in ten years time or so the North Pole might not be there. I would like to go back at some point and try to make the walk. If I have learnt anything, it is the value of planning. I would start much earlier."

The Pirates of Greenways



Having used a tactile sight for positioning, St Dunstaner Carole Sharpe lets her arrow fly during the Bristol IV shoot for the Curly Wagstaffe Trophy.

THEY SAY NO good deed goes unpunished and that held true during the Summer Archery Week held 29 May-6 June. Army St Dunstaner John Bower came to the rescue of Eileen Thompson and lent a hat to her as protection against the intense sun that characterised the week. In consequence, he sported a stylish bandana which prompted Archery

by Simon Rogers

Club Vice Chairman Clive Jones to coin the nickname "Captain Jack."

As it happened, Captain Jack's arrows were flying well when the week started with an Open Shoot Burntwood Hereford match. John scored 289 in the B1 Recurve category. In B2/B3 Compound, Patrick Sidnell scored 484 and on the Recurve

equivalent, Eileen Thompson hit 207. For Bowsight Compound, Keith Lanchester-Harding scored 1,120 and Barebow purist Dennis Cook scored 413.

The tide turned on 31 May in a match against Hellingly Archery Club. St Dunstan's team achieved a decisive win, with Dennis Cook, Leslie George, John Bower and Clive Jones accumulating a total score of 6,136, a 60-point lead.

Keith Lanchester-Harding also managed to set a club record.

On 2 June, attention turned to a Junior Windsor. Leslie George came out top with a score of 1,562, followed by Marjorie Scott on 1,485 and Keith on 1,433. Keith was able to break another club record and similar fortune favoured Peter Hammond and Patrick Sidnell.

The RUC Pairs Trophy was contested on 3 June with Keith Lanchester-Harding and Carole Sharpe emerging as the winners. In the afternoon, the Derek Hagger Knockout saw Patrick Sidnell score 52 against Peter Hammond's 68 in the final shoot out.

The Curly Wagstaffe Trophy was at stake on 4 June. A Bristol IV round saw Patrick on top again with a score of 1,456, followed by Keith on 1,431 and Carole on 1,430. The Club's President

Major Wendy le Gassick joined the archers that day and was Lady Paramount for the prize-giving that evening. The archers missed Chairman David Poyner who had been unable to join during the week.

John "Captain Jack" Bower was honoured with his very own skull and crossbones, a stylish extra for his tactile sight.

Ditchling Archery Club were in good form on 5 June as they scored 6,127 in a Junior

Western contest. That was a 150-point lead over St Dunstan's team of Clive, Dennis, Patrick and Eileen.

The week concluded in good spirits with a three-way match between St Dunstan's, Southampton University Archery Club and Thorpe Hamlet Juniors Archery Club from Norfolk. The Juniors came a valiant third, Southampton University came second, and St Dunstan's came first, reclaiming the Challenge Cup.



Captain Jack's Arrows! John Bower readies his tactile sight, now with added skull and crossbones.

St Dunstaners tackle full Windsor shoot at Ditchling

ST DUNSTAN'S archers, Patrick Sidnell and Peter Hammond, took part in the Ditchling Fun Shoot on 13 June. It was a week early this year because of the London to Brighton Bike Ride.



St Dunstaner Peter Hammond in archery action.

It was a lovely morning, quite warm with lots of sunshine. The first stop for Sue, Malcolm, Patrick and Colin was to the hot food tent for the good old sausage and bacon roll (must get your priorities right). Just around then we were met by Chris and Ron Price from Greenways Archery Club.

After setting up it was just a matter of waiting for assembly which was at 10:30am. The round we were shooting today was a full Windsor, three dozen arrows at 60 yards followed by

three dozen at 50 yards and three dozen at 40 yards. This was only the second time that Peter and Pat had shot this full round, the last time was at the same shoot last year.

At 10:45am we were off, and there was a load of banter on and off the shooting line. Most of the archers have been on the circuit for a few years and quite a few have shot at St Dunstan's over the years. Before we knew it, it was 3:30pm and the shoot was over.

Peter Hammond won the VI shoot with a score of 586 and Patrick finished second with a score of 476. Both scores represented new club records for their sight categories.

Chris and Ron Price both shot personal bests during that shoot.

Many thanks to our spotters who took us there and helped us throughout the day. Without their help we could not shoot and take part in these events outside St Dunstan's.

A RUN OF LUCK AND AN UNEXPECTED AID

St Dunstaner Roy Ramsay on the trials and tribulations facing the visually impaired author

AT THE RECENT St Dunstan's Founder's Day Awards, I was lucky enough to receive the award for Creative Art, and offer my delighted thanks to all concerned.

In view of the number of people receiving recognition, I cut short the speech I had planned. I had intended to end by saying the blinder I became the more determined I was to get a last book published.

As some of you know, I have self-published five books, which my loyal friends and colleagues have kindly bought. But there are those who say, "Self-publishing doesn't count as an achievement." This may be true

for some, but when you have burnt the midnight candle for months on end, drafting, revising and polishing the tale you want to tell, there is a great deal of satisfaction in presenting it in book form to those you love and care for, and those whose opinions you value.

I must confess that the only book I ever approached the publishers with was my first book, "Green on Go", an account of my experience of National Service

and ten years TA in The Paras. This was a terrible book, full of bad language, that I'm too ashamed to sell nowadays. Growing weary of waiting three months or more for a rejection slip, I went ahead and found a printer. I advertised this book in "Pegasus", the Airborne Forces Journal and it became my best selling book. Since then I have contented myself with self-publishing.

Having more or less come to the last dregs of my sight, I am considering the marketing of my work, and

may approach the publishers again. I've heard that nowadays it is acceptable to approach several at the same time. Publishers are hard pressed by the Internet these days, so I am not expecting an easy ride.

A brief study of "The Writers' and Artists' Yearbook", reveals that here we run into a *Catch-22* situation. I have established that many publishers won't read your work unless it is submitted by a literary agent, but many literary agents won't read your stuff unless you've been published. A real "Catch-22".

Right now, another stroke of luck. My illustrious writing group, "The Harrow Writers' Circle", founded in 1948, which I attend for constructive criticism by the initiated, has

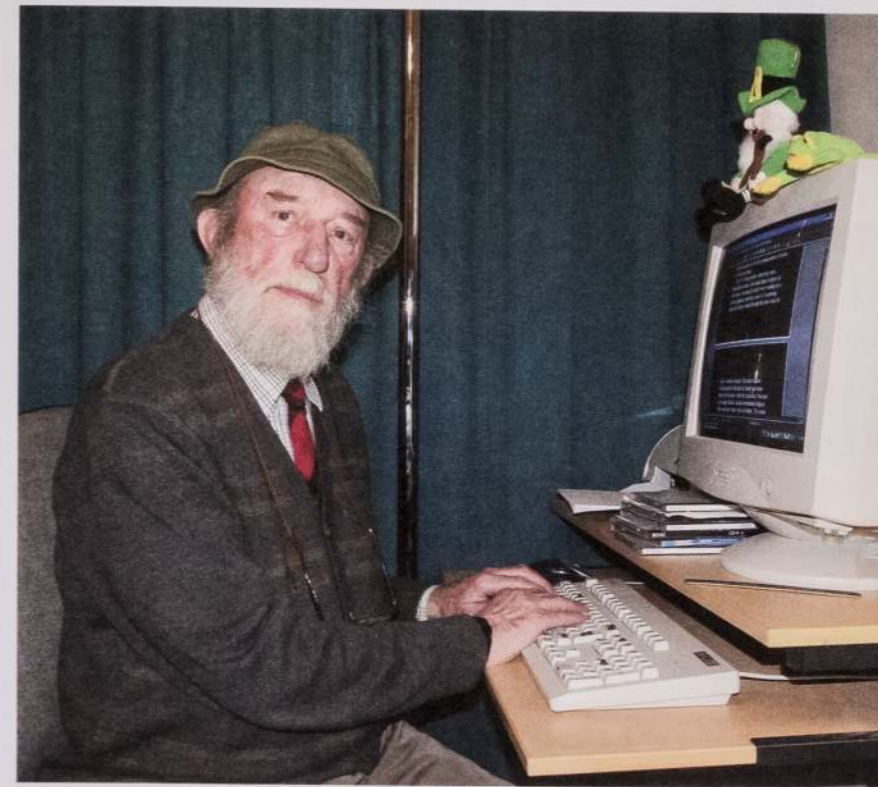
decided to set itself up as a Publisher. They have done me the honour of choosing my current work, probably my last book, as their first publication. It will be called, "In Pursuit Of My Father", by Buster Barnard. Take heart all budding authors, there is such a thing as luck after all.

I am currently working on this book which contains a five part memoir, each part intended to read like a short story, together with a bunch of short stories. I am trying to produce camera-ready copy, but am hurting my eyes by working in a font I cannot see properly. Please don't tell me to produce it in large font and then shrink it; believe me, I've tried. At any attempt to shrink the page or font size, the format of the

piece goes to pieces. That is why I found myself reformatting each individual paragraph in a font I could barely see. For various reasons I found Super Nova unhelpful in this case. With very sore eyes I realised I must look for another way of working.

"I know, I'll try my voice recognition kit again," I thought. What a lark that's proved to be in the past.

When I bought my present computer in April 2000, among other things I also purchased a voice recognition kit. The first thing I typed into the computer was a batch of ten of my poems (I write some comic verse for which I should be forgiven). I thought I'd try out the voice recognition kit, but trained it when I had the flu. The poor thing never stood a chance.



Roy Ramsay at work on his new book.

First of all it asked me to point to some of my work so it could learn my vocabulary. I only had the handful of poems. Next, it offered me a choice of texts to read. It then matched the sounds I made to the words it knew. Then I was given the chance to read something into it, where, for any word it was unsure of, it looked for a match in my vocabulary. The result was

hilarious. About a third of it was totally inappropriate poetic words or phrases. After playing with it for a while, I had to acknowledge there wasn't enough of my vocabulary, and my grotty voice wasn't helping. I put it away to try again later.

Nine years later, just before last Christmas, with about a million words in the computer, I tried again. For my vocabulary I gave it

my seventy thousand word novel, "Betrayal". Now "Betrayal" is not a sex-romp but it does contain some bedroom activity.

I started by reading in a longish paragraph from one of my short stories. It got about half of it wrong. Over the space of half an hour I must have retried four or five times, improving my diction and pace each time. Gradually it improved till only about ten per cent was wrong. I stopped for a rest but the screen continued to fill with words, some of it quite salacious stuff. It took a couple of minutes for me to realise it was working off my breathing.

So there we have it. Another writing tool. When I am stuck for an idea for my next story, I'll try breathing into my voice kit microphone. I wish you good luck with yours.

ASK ROD

Your queries answered
by the ROVI on Duty

ROVI on Duty Tel: 01273 391447 E-mail: rovionduty@st-dunstans.org.uk

Ready, Steady, Cook!

by Stuart Penfold

Many St Dunstaners have cooked for themselves and their family but have found their sight problems make this difficult. In turn, this has led to a loss of confidence which has made the thought of doing basic skills seem like a big mountain to climb. Anxieties include: "I don't use the oven as I may burn myself"; "Can't use knives, they're dangerous aren't they?"; and "I can't follow recipes."

Then there are those who traditionally have not had much input in the kitchen. Over the years the family unit has provided meals and the person concerned has dealt with manual household tasks. This has led to difficulties later when a partner has been away for the afternoon, on holiday, or has been poorly.

Cooking is not all about making the perfect roast dinner. You can make tasty meals with the minimum of fuss. It won't turn out right every time, but every meal is a learning experience which you can improve on next time.

I enjoy cooking and since I have been cooking for three, instead of just me, I have learnt loads and made lots of mistakes. The swede has burnt dry (I had to throw the pan away), the meat has been over-cooked and the potato mash has been lumpy.

"I don't do any cooking"

My definition of cooking is anything that you do in the kitchen with food. So if you are in the kitchen, making yourself a ham sandwich by yourself, this is cooking; heating soup in the microwave is cooking; assisting your partner to make the custard is cooking. You are using skills in the kitchen, so have a think about what you do and you'll be pleasantly surprised.

Cooking for One

When I cooked for myself, a few thoughts that went through my mind were: "Everything comes in big packets"; "I have to throw food away every week"; and "Buying small amounts is so expensive."

With a bit of planning and thought it is possible to cook healthy,

substantial meals without costing the earth. You could make a fresh soup, a whole large saucepan of it. You could have a bowl for lunch, let the rest cool down and decanter it into pots, put it in the freezer and when you fancy it next time, defrost it and enjoy. Do the same for a casserole. If you don't need 1lb of mince, take what you need and freeze the rest. Have some leftovers at the end of the week? Make a stew from the vegetables and meat. Just keep a few items in your cupboard such as stock cubes, gravy, flour, salt, herbs and there won't be any waste left over. Many shops do small portions for one but are inevitably a bit more expensive. Weigh up the benefits of buying larger quantities and storing them correctly.

Following recipes

There are hundreds, if not thousands of recipe books available. The internet is stuffed full of ideas. You can even get recipe cards from your local supermarket. Or you may get personal recipes from family, friends or your local butcher or baker.

Get what you need in a format that is useful for you, whether that be large print, audio or Braille, for example. If you have assistive technology such as a scanner or CCTV, make the best use of it you can. Understandably it may be in another room. You could

make a step-by-step audio list on a Dictaphone or tape player which you can take into the kitchen and play and pause when you need to. Ask for help from family, you can do the tasks and they can tell you the method of the recipe. Make it a team or family experience. If you learn some basic recipes over a few months you may not need the recipe. Then you can add a twist to make it your own.

Next month, we will touch on some simple strategies to help you get cooking in the kitchen.

You may find your local blind society or Social Services can provide kitchen and cooking training. Your ROVI department, full of budding Gordon Ramseys, can advise about safe skills in the kitchen (and they won't swear at you). Tailored to your needs, we can offer advice on all sorts of cooking skills, from making the tea or cooking porridge in the microwave, to safe chopping and peeling skills. New strategies and skills can be taught alongside useful and needed equipment.

UNUSED EQUIPMENT

Do you have any equipment that was issued to you by St Dunstan's ROVIs that you no longer use? If so, contact ROD on 01273 391447 and we'll see if we can help. Many items can be reissued if you no longer use them.

Remembering Cyril: A Lasting Tribute

Cyril Hore's wife Jane and son Tim have wonderful memories of Cyril and what life as a St Dunstaner meant to him. "Being a St Dunstaner, Cyril felt it was something to be proud of, something to hold onto and give encouragement to a blind person and their families. Cyril felt a new lease of life after being accepted as a St Dunstaner, his visit to Ovingdean was very beneficial," said Jane.

Cyril joined the Royal Air Force in 1941, serving at various UK stations, and training in the USA and Canada. He was a sole survivor of an air crash in 1943 whilst he was the navigator of a Wellington bomber. He was at the RAF hospital in Halton and then with the Coastal



Command prior to being discharged as a Flight Sergeant in 1946. Cyril and Jane married in 1963 and Jane recalls how Cyril had a great enthusiasm for life, having many interests including cricket, rugby, bowls, football, and was also a voluntary steward at St George's Chapel, Windsor Castle.

After Cyril's passing, Jane decided it was fitting to establish a St Dunstan's Tribute Fund in his name and last year made a visit to the National Memorial Arboretum in Staffordshire to see

Cyril's memorial pavilion. "It was a wonderful, very emotional experience and comforting to meet other people with similar memories. I am very proud of Cyril and felt it would have meant so much to him having his memorial pavilion here."

If you would like to remember your loved one or friend in this way, establishing a St Dunstan's Tribute Fund is simple. Once the Fund reaches £1500 a memorial pavilion will be laid in their memory in the beautiful grounds of the National Memorial Arboretum. For more details or to request an information leaflet, please contact Chenine Bruley our Tribute Fund Officer on 020 7616 7953 or e-mail tributefunds@st-dunstans.org.uk.

Geoffrey Levett, SRN

GEOFFREY LEVETT of Saltdean, Brighton died on 6 June. For nearly 38 years, he worked on St Dunstan's nursing staff. During that time, he was only off sick for a total of six weeks. He joined the Charity as a State Registered Nurse (SRN) in 1958 and his dedication extended into activities such as the annual walking holiday where he was dubbed "our blister man." He retired in 1995



Sir Henry Leach with Geoffrey Levett in 1995.

as a Senior Charge Nurse and was made an honorary Member

of St Dunstan's. Our sympathy goes to his family and friends.

Tree planted for Henry

A TREE HAS been planted in memory of St Dunstaner Henry Allingham who died last year shortly after his 113th birthday. It was planted by the Mayor of Eastbourne at the Redoubt Fortress on 22 May. Henry was resident in the town for many years. He served in the Royal Navy and Royal Air Force during the First World War.

The tree is an Austrian Pine (*Pinus nigra Austriaca*) and is adjacent to the Redoubt Bowls Club.

A plaque was also unveiled reading "Henry Allingham, 6th June 1896 – 18th July 2009, A revered gentleman."

The planting was attended by Henry's friend, Dennis Goodwin,

Chairman of the World War I Veterans Association, and local dignitaries.

"Henry Allingham was not only a war hero, but a resident and friend of Eastbourne, he was an inspiration to many and it is fitting we remember this fine gentleman in this way," said Eastbourne Councillor Steve Wallis.

Welcome to **St Dunstan's**

Doreen Agnew of Bradfield, Manningtree, Essex served at Portsmouth in the Women's Royal Naval Service from 1941 to 1945.

Jack Ailion of Hove, East Sussex served in the General Service Corps and Royal Sussex Regiment during 1945.

Thomas Baillie of Bootle, Merseyside served as Aircraftman 2 in the Royal Air Force from 1946 to 1948.

Charles Benson of Banstead, Surrey served as Leading Aircraftman in the Royal Air Force from 1944 to 1948.

Cyril Beskaby of Stockton-on-Tees, Cleveland served in the Royal Electrical and Mechanical Engineers from 1943 to 1946 and again from 1952 to 1954.

Victor Bratt of Little Urswick, Ulverston, Cumbria served in the Royal Artillery from 1939 to 1946.

Ronald Burbridge of Tenterden, Kent served in the Royal Welch Fusiliers, Royal Army Ordnance Corps, and Royal Army Medical Corps between 1940 and 1946.

John Cavanagh of Timperley, Altrincham, Cheshire served in the General Service Corps, Loyal Regiment

(North Lancashire), and Manchester Regiment between 1946 and 1949.

Geoffrey Carter of Menai Bridge, Gwynedd served in the Fleet Air Arm from 1938 to 1972.

James Church of Hingham, Norfolk served in the Royal Army Ordnance Corps from 1947 to 1949.

Frederick Clarke of Gillingham, Kent served in the Royal Navy from 1929 to 1946.

Christopher Coxall of Sutton Coldfield, Birmingham served in the Royal Army Ordnance Corps from 1951 to 1953.

Alan Crompton of Accrington, Lancashire served in the Royal Navy from 1943 to 1946.

Kenneth Dolan of St Helens, Merseyside served in the General Service Corps and Royal Army Service Corps between 1946 and 1948.

John Dye of Whitby, North Yorkshire served in the Fleet Air Arm from 1943 to 1947 and then in the Royal Naval Volunteer Reserve from 1952 to 1961.

William Feasey of Southsea, Hampshire served in the Royal Air Force from 1941 to 1950.

James Fish of Oswaldtwistle, Accrington, Lancashire served in the Coldstream Guards from 1951 to 1953.

Edwin Foster of Swaffham, Norfolk served in the Hampshire Regiment from 1940 to 1946, the Royal Army Service Corps from 1948 to 1950 and then in the Royal Air Force until 1955.

Valerie Franklin of Reigate, Surrey served in the Women's Auxiliary Air Force from 1943 to 1946.

Ernest Freeman of North Shields, Tyne and Wear served in the General Service Corps and Royal Army Ordnance Corps between 1944 and 1947.

Thomas Geary of Resolven, Neath, West Glamorgan served in the Royal Air Force from 1937 to 1952.

Norman Gill of Solihull, West Midlands served in the Royal Army Medical Corps from 1939 to 1946.

Ronald Green of Ardleigh, Colchester, Essex served in the Royal Air Force from 1944 to 1946.

Eric Greenaway of Exeter served in the Royal Electrical and Mechanical Engineers from 1957 to 1960.

David Hardiman of Bristol, Avon served in the Royal Berkshire Regiment (Princess Charlotte of

Wales's) and the Dorset Regiment between 1950 and 1967.

Ernest Harris of Cathays, Cardiff served in the Royal Army Medical Corps from 1940 to 1946.

Vernon Harris of Burgh heath, Tadworth, Surrey served in the Royal Army Ordnance Corps and the Royal Electrical and Mechanical Engineers between 1940 and 1946.

Robert Harvey of Clovenfords, Galashiels, Selkirkshire served in the Royal Air Force from 1953 to 1955.

Neville Hortop of Llandudno, Gwynedd served in the Royal Air Force from 1942 to 1947.

Anthony Howarth of Weston Mill, Plymouth, Devon served in the Royal Navy from 1964 to 1986.

Elizabeth Irving-Bell of Winchester, Hampshire served in the Women's Royal Naval Service from 1942 to 1945.

Osborne Jackson of Peterborough, Cambridgeshire served in the King's Own Yorkshire Light Infantry and the Royal Engineers between 1936 and 1946.

Norman Keable of Burnley, Lancashire served in the General Service Corps and Royal Engineers between 1945 and 1948.

William Key of Cobham, Surrey served in the Royal Navy from 1943 to 1946.

Gordon King of Brampton, Huntingdon, Cambridgeshire served in the Royal Air Force from 1941 to 1966.

Douglas Lewis of Hessle, North Humberside served in the Manchester Regiment from 1939 to 1945.

David Lloyd of Welshpool, Powys served in the Royal Welch Fusiliers from 1939 to 1946.

Roy McIntyre of Barry, South Glamorgan served in the Royal Air Force from 1950 to 1955.

Albert Neighbour of Mileham, King's Lynn, Norfolk served in the Royal Air Force from 1943 to 1947.

Carl Neve of Toll Bar, Doncaster, South Yorkshire served in the Royal Armoured Corps, Liverpool Scottish Regiment, and Black Watch between 1965 and 1975.

Major Murray Ormsby of Moreton-in-Marsh, Gloucestershire served in the West Yorkshire Regiment (The Prince of Wales's Own) from 1939 to 1956.

Albert Page of Walsgrave, Coventry served in Italy and Yugoslavia in the Royal Marines from 1942 to 1946.

Douglas Parker of Owlthorpe, Sheffield, South Yorkshire served in the West Yorkshire Regiment (The Prince of Wales's Own) and the East Yorkshire Regiment (The Duke of York's Own) between 1941 and 1946.

Wilfred Sale of Blurton, Stoke-on-Trent served in the Royal Air Force from 1940 to 1946.

James Selfridge of Kirkcaldy, Fife served in the Queen's Own Cameron Highlanders from 1939 to 1946.

Joyce Slattery of Sidcup, Kent served in the Women's Royal Naval Service from 1943 to 1946.

Albert Smith of Burwell, Cambridge served as Leading Aircraftman in the Royal Air Force from 1941 to 1946.

Cyril Tibbs of Hornchurch, Essex served in the UK and Cyprus in the Royal Air Force from 1953 to 1958.

Michael Tullett of Eastbourne, East Sussex served in the Royal Sussex Regiment from 1955 to 1961.

Patrick Vernon of Scawthorpe, Doncaster, South Yorkshire served in the Royal Navy from 1947 to 1950.

Norman Waddington of Hapton, Burnley, Lancashire served in the Royal Navy from 1943 to 1946.

Ruby Warenus of Wirral, Merseyside served in the Naval Voluntary Aid detachment from 1943 to 1946.

Granville Williams of Port Talbot, West Glamorgan served in the Fleet Air Arm from 1946 to 1948.

George Wrightson of Emsworth, Hampshire served in the Royal Air Force from 1941 to 1946.

BEER OF THE MONTH

by Colin Williamson

Cains Dark Mild

ABV 3.2 per cent. Available in cask, keg and cans, this delightful beer from the Robert Cain Brewery in Liverpool is a firm favourite. A truly dark mild with a lovely creamy head, it is a complex beer with lots of fruitiness and a hint of toffee and caramel. There's a slight coffee aroma and a hint of chocolate. This is definitely one of the better milds currently on the market and is a very interesting ale. It's also very comfortable on the pocket too!

Ten Answers

Answers to quiz on page 9.

1) Lager; 2) Nottingham. It is said that medieval knights stopped there before following King Richard on the Third Crusade. At the time, a "trip" was not a journey but rather a resting place where travellers could rest up before continuing on their way; 3) The Harry Potter books; 4) The centre of the dartboard; 5) "The Marquis of Granby"; 6) "The Red Lion"; 7) "The Nag's Head"; 8) Long John Silver; 9) The Angel Islington; and finally, 10) Lion, bull, horse, white hart, and swan.

Family News

BIRTHS

Congratulations on the birth of:

Oliver Dylan Perfect on 18 May.

He is the second son of Daniel and Melanie Perfect, and the third great-grandchild of John and Audrey Perfect of Yealmpton, Devon.

RUBY ANNIVERSARIES

Congratulations to:

John and Nora Patterson of North Shields, Tynemouth, Northumberland on 23 May.

GOLDEN ANNIVERSARIES

Congratulations to:

Roderick and Jane Coates of Belbroughton, Stourbridge, West Midlands on 28 May.

David and Anne Clark of Sevenoaks, Kent on 4 June.

David and Sylvia Thompson of Colchester, Essex on 4 June.

Scott and Christel Snodgrass of Omagh, County Tyrone on 24 June.

DIAMOND ANNIVERSARIES

Congratulations to:

John and Ena Bannon of Portsmouth, Hampshire on 3 June.

Eric and Dorothy Onslow of Chorley, Lancaster on 14 June.

Bill and Doris Anderson of Romford, Essex on 24 June.

BLUE SAPPHIRE ANNIVERSARIES

Congratulations to:

Nancy and Frank Chadwick of Royton, Oldham, Lancashire on 26 May.

Eric and Catherine Andrew of Wymondham, Norfolk on 2 June.

Ken and Anne Clare of Wendover, Aylesbury, Buckinghamshire on 2 June.

Leonard and Peggy Hobbs of Waterlooville, Hampshire on 6 June.

Shelagh and Ivan Caley of Laugharne, Carmarthen, Dyfed on 7 June.

George and Frances Mander of Hall Green, Birmingham, West Midlands on 9 June.

Edna and Richard Wilkinson of Eastbourne, East Sussex on 11 June.

Ronald and Rose Higgs of Tilehurst, Reading, Berkshire on 16 June.

SPECIAL ANNIVERSARIES

Congratulations to:

Percy and Dilys Saywell of Leamington Spa, Warwickshire who celebrated 64 years of marriage on 25 May.

DEATHS

We regret to announce the death of:

Eileen Davis on 24 November 2009. She was the wife of the late Jim Davis of Long Stratton, Norfolk (See also In Memory, page 43).

Jocelyn Raban-Williams on 14 December 2009. He was the husband of Margaret Raban-Williams of Petworth, West Sussex.

Dorothy Pennock on 27 April. She was the wife of Geoffrey Pennock of Prenton, Merseyside.

Gladys Lelliott of Surbiton, Surrey on 20 May. She was the widow of St Dunstaner John Lelliott.

Marion Sherlock of King's Lynn, Norfolk on 22 May. She was the widow of Edward Sherlock.

Mary Coleman on 23 May. She was the wife of St Dunstaner Peter Coleman of Norwich, Norfolk.

Phyllis Fisher on 29 May. She was the wife of Clifford Fisher of Ower, nr Romsey, Hampshire.

Gloria Meeklah on 3 June. She was the wife of John Meeklah of Bognor Regis, West Sussex.

Margaret Crane of Newton-le-Willows, Lancashire on 12 June. She was the widow of Peter Crane.

In Memory



It is with deep regret that we record the deaths of the following St Dunstaners and we offer our heartfelt condolences to their widows, family and friends.

Henry Barnett

Royal Navy

Henry Cornelius Barnett of Canning Town, London died on 21 March, aged 84. He joined the Royal Navy in 1943 and served in Italy, Malta and the Mediterranean. Discharged in 1947, he worked as a cobbler then joined the Post Office. Our sympathy goes to his widow Maud and all the family.

Jim Davis

Royal Air Force

James Davis of Long Stratton, Norfolk died on 28 March, aged 87. He joined the Royal Air Force in 1941 and trained as a wireless operator. Having served in the Middle East and North Africa, he was demobbed in 1946. He then worked as a buildings surveyor and later became a bursar at Mill Hill School. Our sympathy goes to all the family.

Elwyn Rees

Royal Engineers

Elwyn Rees of Porth, Mid Glamorgan died on 5 May, aged 90. He had been a St Dunstaner since 1998. He joined the Royal Engineers in 1939 and was posted to the Far East. When Hong Kong fell, he lost an eye in a bomb explosion and was subsequently taken prisoner. He was then held in Japanese labour camps

for the duration of the war, enduring malnutrition and other privation. Eventually he was repatriated and discharged in 1946. In civilian life, he worked as a painter and decorator before joining Glamorgan County Council. He was a foreman when he retired. A keen rugby player, he also enjoyed swimming and was an enthusiastic gardener. The game of bowls was another passion and he made his mark at several St Dunstan's national tournaments.

John Huntley

Pioneer Corps

John Edward Huntley of Weedon, Northamptonshire died on 13 May, aged 89. He had worked as a porter and on assembly at Austin Motors before joining the Pioneer Corps in 1941. Having served at Bodmin and Bristol, he developed an eye problem and was sent to St Dunstan's at Church Stretton. Discharged in 1944, he worked for CRS and later joined the Civil Service. Our sympathy goes to all the family.

Dick Townsend

Royal Air Force Volunteer Reserve

Richard Bartle Townsend of Sidmouth, Devon died on 14 May, aged 88. He joined the Royal Air Force Volunteer Reserve in 1941 and served in the

UK and India. Discharged in 1945, he had a variety of jobs and lived in New Zealand for 11 years. Back in the UK, he worked at Exeter University. Our sympathy goes to his widow Myra and all members of the family.

Dorothy Simpson

Women's Auxiliary Air Force

Dorothy Hurlie Simpson nee Hobbs of St Ives, Cambridgeshire died on 15 May, aged 90. She joined the Women's Auxiliary Air Force in 1942 and constructed models to demonstrate targets to bomber pilots. Demobbed in 1945, she worked part-time in a village Post Office and enjoyed drawing. Our sympathy goes to all the family.

Frank Warwick

The Queen's Own

Royal West Kent Regiment

Frank Warwick of Bury Green, Cheshunt, Hertfordshire died on 18 May, aged 88. He joined the Pioneer Corps in 1944 and then transferred to The Queen's Own Royal West Kent Regiment. He was posted to Burma for the duration of the war. Discharged in 1947, he worked in a gravel pit and later in a workshop for Ready Mixed Concrete. Our sympathy goes to his widow Irene and all the family.

Harold Rickard

Royal Signals

Alfred Harold Rickard of Helston, Cornwall died on 21 May, aged 84. He joined the General Service Corps in 1944 and transferred to the Royal Signals later that year. Having

served in the UK and India, he was demobbed in 1948. He then trained as a teacher. Our sympathy goes to his widow Maureen and all the family.

Ray Ball

Royal Naval Volunteer Reserve

Raymond Herbert Ball of Fleetwood, Lancashire died on 22 May, aged 88. He joined the Royal Navy in 1941 and sailed on Russian convoys. In March 1942, while under attack, his ship HMS *Trinidad* sunk a German destroyer but also had the misfortune to be hit by its own torpedo. Repairs were carried out in Murmansk, Russia, but on the return voyage the ship was attacked by Junkers and was sunk with the loss of 63 lives. He continued to serve on Russian and Atlantic convoys on HMS *Bermuda* and also sailed to North Africa and the Far East. Demobbed in 1946, he qualified as a Chartered Engineer and worked for the Ministry of Transport and Civil Aviation. He was chairman of the local Macular Degeneration Society. He also maintained close contact with Russian submariners he had met during the Second World War, travelling to Moscow for commemorative events in 2005. Our sympathy goes to his widow Jeannie and all members of the family.

Ronald Ballard

Royal Air Force

Ronald Eric Lionel Ballard of Horley, Surrey died on 22 May, aged 95. He joined the Royal Air Force in 1938 and trained as an armourer. Having served in France, India and Burma, he

was demobbed in 1946. After a few months working as a decorator, he joined the RAF and served in the UK and Germany. Discharged as Sergeant in 1958, he worked in the engineering industry. Our sympathy goes to his widow Mildred and all the family.

John Wood

Royal Marines

John Gifford Wood of Tonbridge, Kent died on 23 May, aged 99. He joined the Royal Marines in 1940 and served in Ceylon and India. Demobbed as Captain in 1946, he returned to work as a teacher. He ran the school's cadet force and was commissioned as 2nd Lieutenant in the Training Corps in 1947. Our sympathy goes to all members of the family.

Eric Tancred

Royal Signals

Eric Tancred of Middleton, Manchester died on 26 May, aged 82. He joined the General Service Corps in 1945, then transferred to the Royal Signals. Having served in the UK and Germany, he was demobbed in 1948. He then worked for British Rail and later became a housing officer in Manchester. Our sympathy goes to his widow Audrey and all the family.

Joseph Tombling

Royal Air Force

Joseph Tombling of Hartlepool, Cleveland died on 26 May, aged 91. He joined the Royal Air Force in 1940 and served in North Africa and Palestine. In 1944, he was taken prisoner on Kos in Turkey. Transferred

to Stalag IVB, he was liberated by the Russians. Discharged as Corporal in 1945, he worked for Leeming Bros and later joined British Steel. Our sympathy goes to all the family.

Mansel Lewis

Royal Air Force

Mansel Morris Lewis of Ovingdean, Brighton died on 31 May, aged 95. He had been a St Dunstaner since 1981. He joined the Royal Air Force in 1940 and was posted to France with the British Expeditionary Force. After the evacuation, he was posted to the Middle East, moving from El Alamein to Sicily and Italy. He suffered shrapnel wounds from a bomb during 1944 which would eventually necessitate the removal of his right eye. Discharged as Leading Aircraftman in 1945, he worked for the Ministry of Defence as a munitions driver. A keen bowler with St Dunstan's local and national clubs, he also turned his hand to toy making, picture framing and other craft work. He regularly attended the annual camp at Lee-on-Solent and in recent years participated in a number of promotional campaigns for St Dunstan's. Our sympathy goes to all members of the family.

Robert Lippett

Royal Marines

Robert Albert Edward Lippett of Bedminster, Bristol, Avon died on 31 May, aged 73. He joined the Royal Marines in 1945 and served at Chatham with the Admiralty Electrical Engineering branch. Discharged in

1946, he worked for Dr Barnado's and later Westminster Council as a social worker. Our sympathy goes to all members of the family.

Dick Tavener

The Buffs (Royal East Kent Regiment)

Richard Charles Tavener of New Malden, Surrey died on 1 June, aged 92. He worked as a cinema projectionist before joining The Buffs (Royal East Kent Regiment) in 1940. Having deployed to France with their 5th Battalion, he was taken prisoner at Dunkirk and was then held at various camps in Poland, including Stalag Luft XXB. When the Russians advanced, he and fellow captives were forced on to a long distance march. As weather deteriorated and temperatures dropped, Dick managed to escape and eventually returned to the UK. Demobbed in 1945, he returned to the theatre. Having worked around the UK, he became a master carpenter at the Theatre Royal, London. A keen gardener and member of the Royal Horticultural Society, he grew his own grapes - utilised in another interest, making wine. He regularly attended the St Dunstan's Ex-Prisoners of War Group reunions. Our sympathy goes to his widow Sue and all the family.

Mary Barry

Auxiliary Territorial Service

Mary Barry of Duston, Northamptonshire died on 2 June, aged 87. Raised in an orphanage, she joined the Auxiliary Territorial Service in 1947. Having served at Donnington, Catterick and Nottingham, she was

demobbed in 1949 and went on to work as a housekeeper. Our sympathy goes to all the family.

Edward Roberts

Royal Army Ordnance Corps

Edward George Roberts of Limehouse, London died on 7 June, aged 86. He joined the Royal Army Ordnance Corps in 1942 and served in India and the UK. Demobbed in 1947, he worked in West India Docks until the dock closed. Our sympathy goes to his widow Winifred and all the family.

John Curtis

Royal Navy

John Sydney Curtis of Kessingland, Suffolk died on 8 June, aged 86. He joined the Royal Navy in 1942 and specialised as a Signaller. He then served on HMS *Iron Duke* which was base ship in the Orkney Islands. After serving on several small ships, he transferred to *LST-165* to land tanks at Normandy on D-Day. Discharged in 1946, he worked in the fish trade, ran a pub, and sold pet and garden supplies. Our sympathy goes to his widow Muriel and all the family.

David Rix

Royal Signals

David George Rix of Bridport, Dorset died on 8 June, aged 81. He joined the General Service Corps in 1946, then transferred to the Royal Signals. He was posted to Egypt and served in the Canal Zone. Demobbed in 1949, he returned to his old garage job. After losing his sight, he worked as a basket maker, then made gowns for the NHS. Our sympathy goes to all the family.

Ted Haines

King's Royal Rifle Corps

Edward Winworth Haines of Braintree, Essex died on 10 June, his 91st birthday. He served in the Merchant Navy before joining the King's Royal Rifle Corps in 1938. He was taken prisoner at Calais in 1940 and was held at Stalag Luft VIII until 1945. In civilian life, he worked for Royal Mail. Our sympathy goes to all the family.

Peter Surridge

Royal Air Force

Frank Peter Malcolm Surridge of Peacehaven, East Sussex died on 11 June, aged 75. He had been a St Dunstaner since 1970. Originally a machine operator, he joined the Royal Air Force for National Service in 1952. Demobbed as Aircraftman I in 1955, he returned to his old trade but then re-enlisted in the RAF as a cook in 1958. Posted to Singapore, he began to experience blurred vision and was briefly hospitalised at Changi. Discharged as Senior Aircraftman in 1966, he worked variously at potato picking, as a kitchen porter and labourer. After training at St Dunstan's, he worked for an asbestos company and later became a Capstan Lathe Operator. Over the years, he enjoyed a number of crafts including wrought iron work, joinery, and rug making. His interests included playing bridge, sailing and camping, and as a keen angler he was inevitably a member of St Dunstan's Fishing Club. He also made his mark with the local and national bowling clubs, teaching the game to other St Dunstaners along the way. He

was a founder member of St Dunstan's Golf Club though health problems prevented him from continuing with the game. His determination to play impressed fellow club members and they elected him as their first Honorary Member. Our sympathy goes to his widow Liz and all the family.

Charles Cosby

Royal Engineers

Charles Cosby of Abbots Langley, Watford, Hertfordshire died on 12 June, aged 90. He joined the Bedfordshire and Hertfordshire Regiment in 1940 and was posted to King's Lynn on airfield defence. Having transferred to the Royal Engineers in 1942, he served around the UK and in Italy. Demobbed in 1946, he worked as a builder and later went into the printing industry. Our sympathy goes to his widow Christina and all the family.

St Dunstaner Legacy Gifts

We are grateful to the following St Dunstaners and Widow who left bequests to the charity in their Wills:

Leslie Roberts

25 November 2009

Marjorie Fallowfield

25 December 2009

Harold Lloyd

23 November 2009

Sidney Bowden

17 May 2010

July 2010

St Dunstan's

Review



Photograph copyright: Michael Scholes

Polar trek takes St Dunstaner Mike to the top of the world