

March 2015

Review

Blind Veterans UK | St Dunstan's since 1915



On the cover: Capt Rebecca Pogsun-Hughes-Emanuel (Poggy) and blind veteran Mark Brewin take part in the Tough Guy Challenge.

Back page: A less mud covered Mark Brewin before the start of The Tough Guy Challenge.



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Contact telephone numbers.

The Brighton centre 01273 307811.

The Llandudno centre 01492 868700.

The Sheffield centre 0114 2672550.

The Booking Office: To book accommodation at our centres please contact the Booking Office on 01273 391500. If you have care needs please first contact your Welfare Officer.

ROVI on Duty: If you need to speak with the ROVI on Duty please telephone: 01273 391447.

IT Training Support: If you need to speak with the IT Instructor on support please telephone: 01273 391432.

New members: If you know someone who could be eligible to join Blind Veterans UK they can phone our Membership Department on freephone: 0800 389 7979.

Blind Veterans UK Calendar

Activities from the Brighton centre in April.

Photography Week 5th to 11th.
Writers' Forum 18th.
Masonic Weekend 24th to 27th.

Computer Club 12th to 18th.
Golf Weekend 18th and 19th.

May.

Adrenaline Weekend 1st to 4th.
Writers' Forum 16th.
Archery Club 24th May to 6th June.

Widows' Week 10th to 16th.
Golf Weekend 16th and 17th.

June.

Writers' Forum 20th.
Ex POW Reunion 25th to 29th.

Gardening Week 14th to 20th.
Golf Weekend 27th and 28th.

To book your place at the Brighton centre please telephone the Booking Office. on 01273 391500.

Activities from the Llandudno centre in April.

Adventure Week 12th to 18th.

May.

Potting & Plants Week 3rd to 9th.
Wood Week 24th to 30th.

History Week 10th to 16th.

June.

Welsh Water Week 7th to 13th.

Next Level Fishing Week 21st to 27th.

For further information or to book your place at the Llandudno centre call 01492 864580.

Activities from the Sheffield centre in March and April.

Photography Week 30th March to 3rd April.

May.

Younger Week 4th to 8th.

August.

Gardens Week 10th to 14th.

Photography Week 31st August to 4th September.

For further information please telephone the Sheffield centre on 0114 267 2550. Or to book your place please telephone the Booking Office on 01273 391500.

From the Chairman.

Your message from Tim Davis.

Throughout this year we will continue to mark, remember and celebrate our 100th Anniversary year. We started at the end of January by celebrating the founding of our charity by Sir Arthur Pearson Bt, GBE with events across our three centres in Brighton, Llandudno and Sheffield as well as unveiling a plaque at Bayswater road, where Blind Veterans UK first started its work.

This month on 26th March we will celebrate Founders Day at the Llandudno centre, which was the day 100 years ago when the organisation moved to St Dunstan's Lodge in Regents Park. We will celebrate the achievements of our members, volunteers and staff. What unifies all the celebrations is our purpose; which is to mark, thank and communicate the tremendous work that the organisation does and has done for the last 100 years. Communicating the role and value is also important for the organisation's future as we continue to help more and more, and increasingly rely on the generosity of new cohorts to provide the necessary funding to sustain and grow what the charity does.

It's also a moment to reflect on the purpose of the organisation which put simply is giving back independence to those who have served and have suffered some form of vision impairment. This inevitably involves practical things such as training, the provision of equipment and adapting housing.

Giving back independence and improving quality of life though means so much more, and it means different things to different ages of veterans. From those who may be in their 20s and blinded from a recent conflict to those Service men and women who have long since retired and have lost eyesight through old age. Giving back independence could mean re-skilling for a new career, or providing the network opportunities to meet others and build new friends. Most importantly, and what has personally inspired me, is to help enable the spirit of hope and self determination to overcome difficulties and achieve.

It is clear to me when I meet so many of you, that the "flame" of self-motivation and independence burns brightly for many of our members. It is this that the organisation has helped and will continue to help, for many more years to come.

Contributing Editor Colin Williamson's Beer of the Month. Blind Veterans UK Centenary Beer.

This is a delightful clear, golden ale with a creamy white head that lasts to the finish. In certain light it seems to take on a deep amber colour which adds to the experience. On the nose it's sweet, floral and fresh with some distinct hoppy notes and it has a very crisp mouthfeel, with nice carbonation. The taste is caramel, honey, biscuit and citrus fruits with a hint of pear? This would make a good session ale and coming in at 4.4% ABV it's not too strong. A very nice beer indeed and one I'd certainly recommend.

This ale is produced by Holden's Brewery in Dudley in the West Midlands which also celebrates its centenary in 2015! One of the founders of the brewery, Lucy Holden, suffered from diabetes and as a result her eyesight started to fail in 1930 and by 1934 she was completely blind. Displaying the same fighting spirit as Blind Veterans UK beneficiaries, Lucy didn't let that stand in her way and she carried on running the Park Inn in Woodsetton until her death at the age of 60 in 1938. You can sample the beer at our centres and it will be available to buy on our website in the next few months.



Picture: Review Contributing Editor, Colin Williamson in his pub The Ginger Pig (at the bottom of his garden) about to sup from his Blind Veterans UK Centenary beer.

Noticeboard.

Dates for your diary and useful information.

The Summer Camp at HMS Sultan, by Dave Burrows, Organising Secretary.

This year's summer camp at HMS Sultan will take place from 1400 Friday 31st July to 1000 Saturday 8th August. Once again there are a limited number of places for Blind Veterans UK members due to Service accommodation constraints.

Background

For many years members of Blind Veterans UK have assembled at Lee on the Solent, Hampshire for the annual Summer Camp sponsored by the Royal Navy Fleet Air Arm. From the late 1940s this was held at HMS Daedalus until the Establishment's closure in 1996, when we transferred to our present location. There has been a long association with members of the Fleet Air Arm Field Gun Crew (FAAFGC) who acted as helpers (known affectionately as 'dogs'). They attended the camp on completion of the competition at the Royal Tournament, Earls Court. The FAAFGC Association continues to support the camp following the demise of the Royal Tournament in 1999.

Applications

We have endeavoured for many years to create a summer camp 'family' and to maintain that ethos and atmosphere we do have members who regularly participate. That said, I am very careful to ensure that some places are offered to new applicants each year. There are no boundaries with regard to age or physical ability but we do check with the Welfare Officers to ensure suitability.

Finance

The Summer Camp is funded through donations, fundraising by the FAAFGC Association and our local community. The campers are charged a nominal fee that goes towards insurance, transportation (visits during camp), catering and licences to use Service facilities. The committee has two Blind Veterans UK member representatives who are encouraged to voice the opinions and wishes of the campers in the planning of the event.

To recap, HMS Sultan Summer Camp in 2014, will take place from 1400 Friday 31st July to 1000 on Saturday 8th August, applications are to be forwarded to Dave Burrows either by telephone on: 02392 550532, or by email at: dcb119399@aol.com or by post to: 18 Portsmouth Road, Lee on the Solent, Hampshire, PO13 9AG.

The application list will close on 1st May and everyone will be informed if they have been successful or not. We look forward to receiving your applications and meeting up in August.

Are you paying too much tax?

RNIB has a free and confidential tax advice service, supported by HM Revenue and Customs (HMRC), to help blind and partially sighted people with tax issues. Tax can be very confusing. RNIB's tax advice service can help you to understand your tax, to ensure you are paying the correct amount of tax and assist you with tax issues. The focus is on tax issues relating to sight loss, such as the Blind Person's Allowance, VAT exemption, as well as general tax issues. RNIB has access to a dedicated team in HMRC to help to resolve tax issues and problems.

Call RNIB on 0845 330 4897 or 0151 702 5721 or visit www.rnib.org.uk/tax

John, who went to the RNIB to seek advice, said: "I was registered blind last year. I'd heard that there was a tax allowance for blind people and rang RNIB to find out more. I'm now paying less tax on my work pension and I also received a tax rebate. It was easy to do and there were no forms to complete. I'm really glad I made that call."

Llandudno's fundraising pancake race a great success.

Llandudno's residents and businesses turned out to support Blind Veterans UK when they paid £2 each to take part in a pancake race along the Promenade from the War Memorial to the end of the prom and back. The very successful and fun event was organised by Victoria Beech, Regional Fundraiser at the Llandudno centre.



Picture: Time to practice before the start of the great pancake race.

Have-a-go sailing for vision impaired people 2015.

Do you fancy dinghy sailing or cruising on the River Orwell? Well, come and try it!

During the Royal Yachting Association 'Push the Boat Out' initiative, the East Anglian Sailing Trust (EAST) will welcome blind or vision impaired adults who want to have a go at sailing.

'Push the Boat Out' runs from 9th to 17th May, 2015. EAST keelboats will be available for have-a-go sessions throughout. These are stable small boats, skippered by experienced volunteers ready to let you try your hand.

There will also be a number of cruising yachts, typically 30 to 40 feet in length, available for budding blind or vision impaired yacht crew to get a taste of bigger boats. These yachts will be doing day trips from 9th to 15th May, but for those who would like to try sailing over a weekend, staying on board for two nights, some yachts will be taking crew for a taster mini-cruise. If you opt for the mini-cruise you will join your yacht on Friday evening 15th May and leave it on the afternoon of Sunday 17th May.

All these opportunities are free to blind or vision impaired people, except the mini-cruise where you will be asked to contribute £50 per person to cover food and drink on board, and boat running costs that includes mooring fees and fuel.

Please register your interest by 14th March 2015 so that we can line up the yachts and crew.

Telephone: 0333 0 88 3278 or visit the website at www.east-anglian-sailing-trust.org.uk or email cruisingsec@e-a-s-t.org.uk

The East Anglian Sailing Trust (EAST), established at the end of 1996, is a registered charity based at Suffolk Yacht Harbour, Levington, on the River Orwell. It gives disabled people and their friends and helps the opportunity to enjoy regular sailing in a safe environment, using specialist equipment where necessary. EAST has no paid staff, and relies totally on its volunteers. This is supplemented by the continuing support it receives from local sailing organisations, and their members, as well as funding from a number of sources, both local and national.

Chicken joints with vegetables. Microwave recipe for vision impaired people from the Sheffield centre.

This recipe makes two portions and you will need the following ingredients:

- 1 medium carrot.
- 1 medium parsnip.
- 1 small onion.
- 2 chicken breasts or joints.
- A pinch of mixed herbs.
- A few sticks of celery or a small leek.
- 1 tablespoon of plain flour.
- 1 pint of hot water and a chicken stock cube.
- Pepper.
- And a knob of butter or margarine.

Method:

Peel, wash and roughly chop the vegetables.

Place in large casserole dish with a little pepper and a knob of margarine.

Cover and microwave on high for five minutes.

Stir the flour and herbs into the vegetables and then gradually add the hot water.

Skin the chicken joints and place them in the dish amongst the vegetables putting the thicker end of the joint to the outside.

Spoon the vegetables and liquid over them.

Cover and microwave on high for 10 minutes.

Stir and rearrange the chicken joints, spooning over the vegetables and sauce mix.

Cover and cook on medium for 15 minutes or until the chicken feels tender when it is tested with a small sharp knife.

Stand for five minutes.

This dish can be made using any selection of vegetables, fresh or frozen including summer vegetables. Cooking time will vary according to size of chicken joints.

Tough Guy Challenge. By Mark Brewin.

Why is it, when Beer O'clock chimes all 'great' ideas are hatched? Back in January 2013, sat in the hotel bar in Canazei, Italy a few of us were chatting and having a general catch-up. A 'few' beers later, one of the guides, Rebecca Pogsun-Hughes-Emanuel (Poggy), was telling us all about her upcoming challenge, the Tough Guy Winter Warrior, that she aimed to complete the weekend after our return from skiing. It sounded absolutely horrendous, why on earth would she want to do that!? Obviously at which point I said, "That sounds awesome. I would love to give that a go!" The weeks passed and soon we were all at the Army vs Navy game. Those familiar chimes started to ring again and by beer four I was once again sat next to Poggy, fatal! As she recanted how horrible, how bitterly cold, how physically demanding and mentally sapping the course was, I was thinking 'oh my gawd, this girl is nuts!' so when the courage fuelled me found itself answering, "Yes, I'd love to give it a go!" it was like an out of body experience. What had I just committed myself too!?

So, what is Tough Guy, Winter Warrior?

Tough Guy claims to be the world's most demanding one day survival ordeal. It has been widely described as the toughest race in the world, with up to one third of the starters failing to finish in a typical year. It takes place at the end of January, often in freezing winter conditions, and the race is staged over a distance of 15km with circa 240 obstacles to negotiate. It consists of a cross country run up and down a torturous set of hills and through the longest system of boggy ditches known to man. Then you face the most evil and devious obstacles, claimed to be tougher than those included in any other event worldwide. You have to sign a 'death warrant' as running the course involves risking barbed wire, cuts, scrapes, burns, dehydration, hypothermia, acrophobia, claustrophobia, electric shocks, sprains, twists, joint dislocation and broken bones.

The months passed and Poggy was posted to Afghan, due to this posting she was unable to come on the 2014 ski trip and the challenge became a distant memory, phew! Then out of the blue, I get a call, "Hiya, I'm back and I know what my schedule is for the next few months, so we can do Tough Guy." GULP!

Well never mind Christmas coming around early, the 1st February seemed to approach at warp speed. I had never been so caught up with gym in my life.

In the lunch hour I'd go for cross country runs and undertake circuit classes, all in a desperate bid to get fit. Ski week came and went and my legs got an extra conditioning from all the black and moggle field runs. Was I ready, had I done enough?

The starting cannon roared, we were off! An initial 800 yard run, get the body warm, breathing right, into a rhythm, then — bang — and suddenly all that went out of the window. As we were into the first obstacle, a set of ditches and styles, deep, slippery, sapping mud, 100 metres of it and I'd cottoned on to what was to be the tone of the day. I was already hanging out, so much for all of that training. Poggy looked at me and the heavy laboured breathing, smiled and said "It's going to do it's best to break you, that's the purpose of the course." We scrambled under nets, drove our way through muddy, swampy bog land, climbed the hills of devastation and doom, into the watery ditches of death, ran, started to get warm, into the freezing water troughs of tragedy, cold so very cold, and on and on it went, relentless, gruelling, sapping, crawling through tunnels, getting electric shocked, climbing up and over A frames and wading through frozen lakes.



Picture: Mark and Poggy crawl through barbed wire.

Poggy was absolutely brilliant. She explained each obstacle as we approached, giving an amount of time to appraise the situation ahead before we tackled it. Linked arm in arm she guided me around the course, patiently plodding on by my side as I dragged myself around. Poggy had also enlisted the help of several guys from her unit. All of whom were on hand to help us through, grab and pull, form barriers and generally shout words of encouragement.



Picture: Poggy and Mark wade through frozen lakes. They are second from the front.

About four hours later we approached the finish line, everything had gone, there was nothing left in the tanks, but Poggy and the lads with constant encouragement got me through! We'd made it with one last wading through a frozen lake and a rope climb out at the other end, we crossed the tape. There was no elation, we were spent, we simply had a group hug, a nod of 'well done and thanks' to each other and a bid to find a source of warmth from the shower block!

Tough Guy certainly achieved what it said it was going to do on the tin! It's certainly the hardest thing I've ever completed. On reflection I'm chuffed to bits Poggy had that beer with me, and we've been able to raise money and smash our sponsorship target and donate to Blind Veterans UK.

I'd just like to say a massive thank you to Captain Rebeca Pogsun-Hughes-Emanuel and the guys from her LAD, SSgt Dan Watkinson, Cpl Matthew Green, LCpl Chris Latham & Cfn's Bowman, Kent, Keir Marshall and Callum McCracken, who came all the way from Germany to support me around the course and get me through to the end. They are all stars and I couldn't have done it without them!

Would I do it again? Well let's see what I agree too next time Beer O'clock chimes!



Picture: Mark Brewin and Captain Rebecca Pogsun-Hughes-Emanuel with the guys from her LAD, SSgt Dan Watkinson, Cpl Matthew Green, LCpl Chris Latham & Cfn's Bowman, Kent, Keir Marshall & Callum McCracken.

Mark and Poggy set out to raise £500 for Blind Veterans UK but they have smashed their fundraising target by bringing in around £1,400.

Mark Brewin joined Blind Veterans UK in 1999 at the age of 25. He works for the global IT service company Atos where he has responsibility for around 40 consultants who provide support and development application management services for clients who have chosen to use an Oracle product such as a HR, Payroll, Finance or CRM system or technology such as database or middleware.

Hugh Megarry. By Colin Williamson.

Born on the 10th April 1952, Hugh Alexander Megarry was brought up in the predominantly loyalist area of West Belfast known as the 'Woodvale'.

As the only boy in the family, Hugh was, by his own admission, 'well looked after' by his four sisters. He had a happy childhood and remembers fondly running around with his many friends in the streets surrounding his home near the Crumlin Road and in particular fishing in the local streams and ponds. Fishing was to become a lifelong passion.

After attending the local St Mathew's primary school Hugh moved on to Somerdale Secondary School on the nearby Ballygomartin Road. Quite gifted academically, Hugh was interested in only one thing, following in his great uncle Hugh Alexander McAteer's footsteps and joining the military. Leaving school in 1967 without any qualifications, Hugh joined the army at the tender age of fifteen and did his basic training at St Patrick's Barracks in Ballymena. The barracks, built in 1937, were used by the U.S. Army in the Second World War and were rebuilt and enlarged in 1964 to accommodate the regional centre for infantry training and the North Irish Brigade depot in 1964. Initially enjoying army life, Hugh eventually became disillusioned with soldiering and decided after fourteen months that a change was needed so he switched allegiance to another branch of the services, the R.A.F.

His joining instructions for the Royal Air Force required him to report on the 16th August 1969 but unfortunately fate intervened and it was on the 15th August, one day before he was due to leave for RAF duty, that his life was to change forever.

1969 was the start of a period in Irish history known as 'The Troubles', a political conflict that divided two main communities, the loyalist unionists and the republican nationalists. The Woodvale, situated between the loyalist Shankill Road and the republican Ardoyne, was a sectarian flashpoint. On the morning of the 15th August, due to sustained civil disobedience, the police commissioner for Belfast asked for military aid. His police force had returned to their bases to defend them from being attacked by the rioters.

It wasn't until late afternoon that British troops arrived in the area and by that

time many houses were ablaze and barricades had been set up on the roads leading to and from the Crumlin Road, a main arterial route into and out of Belfast city centre.

Hugh takes up the story.

"We were under attack from paramilitaries from the Ardoyne who had set fire to houses along the Crumlin Road and had hijacked a bus. There were nine of us boys, all aged between sixteen and seventeen who used to hang around together and at that age you thought you were invincible. We had been watching events unfold and decided to chase after the bus to see if we could take it back. It drove into Butler Street in the Ardoyne and as we approached it three men appeared with shotguns and blasted away at us. Seven of us got hit. I had been shot in the lower back but a friend of mine had been fatally injured after being shot in the throat. I managed to run back to the Crumlin Road and seeing a house on fire, went in to try and put it out. When I came back out after extinguishing the fire someone shouted "look out" and when I turned around there was a guy on the roof of a house opposite who took aim and shot me in the face. If he had been any closer, he would have blown my head off. I lost my sight immediately. I know something was seriously wrong straight away but I remained conscious and remember a couple of my friends walking me up the road and putting me in an ambulance which took me straight to the Royal Victoria Hospital. I was examined by an eye surgeon who told me that I would never see again due to the severity of my injuries. My optic nerves had been partially severed and the damage to my eyes was irreparable. It was devastating news for a sixteen year old.

"When I was recovering in hospital there was a republican radio station that used to broadcast and I remember one particular broadcaster that dedicated a Jim Reeves song to me called 'The blue in your pretty brown eyes' and told me not to worry about having lost my sight as the IRA were going to kill me anyway as soon as I got out! As you could imagine, this got my back up something rotten! Good job I hung on to my sense of humour.

"Three days after the shooting I was visited by a lady who introduced herself as a 'technical officer for the blind' and she presented me with a large Braille alarm clock so at least I could tell the time. She returned to the hospital to visit me on a regular basis and eventually began to teach me to read Braille.

"My four younger sisters were all still at school at the time and had to walk past a Catholic school where they were tormented by the children who knew what had happened to their brother so that was a difficult time for all of the family. My mother also used to suffer abuse from some republicans when she shopped on the Crumlin Road but she was made of strong stuff and didn't let them see that they had got to her. The worst thing for me was when I came out of hospital and tried to look for work. I had worked as a boy in a fruit shop and on an evening in my uncle's bar so I was used to working but try as I might nobody wanted to employ a blind person.

"I spent three months at the RNIB College in Torquay learning independent living skills and light engineering but when I returned home I went three years before finding a job. I was eventually hired by a local engineering firm called 'Mackie's' who used to make machinery for the textile industry and they started me as a capstan lathe operator. My dad used to work at Mackie's providing security and one night he didn't go into work so a mate of his covered for him and during some localised rioting the factory was attacked and the mob broke the windows of the office where my dad's pal was taking shelter and petrol bombed the place. He was spotted taking cover under a desk so they threw a nail bomb at him killing him outright. I went to his funeral with my dad and it was when I was standing at the graveside that I got chatting with James Mackie, the owner of the factory and he offered me a job there and then.

"It was during my time in Mackie's that I got interested in doing community work to try and improve the lives of blind and vision impaired people in my area so when I saw a job advertised for a community education worker for the blind I applied for it and got the job. I then went on to study at a college in Londonderry for two days a week to get some formal qualifications and at the end of three years as I was awarded my diploma in community work. I then moved on to working for Belfast City Council and spent over nineteen years with them, during which time they graciously allowed me time off to study at university to gain further youth work related diplomas.

"As a family, we had often talked about my great uncle Hugh Alexander McAteer who had lost his sight during the Great War whilst serving with the Royal Irish Rifles and had become a member of a charity called St Dunstan's."

He eventually went on to marry a nurse from St Dunstan's and returned to Belfast where he ran a shop and did a bit of basket weaving so I knew a little bit about the organisation but it wasn't until the year 2007 that I eventually became a member. I visited the Llandudno centre on a few occasions to take part in some fishing and became quite friendly with a few of the boys who had similar interests and so we decided to form a fishing club at the centre and we now meet quite regularly and I really look forward to it. I've also spent some time at the Brighton centre where I met Martin Shail who I thought was a really inspirational guy.

When I look back on my life I consider myself to be very lucky. A lot of the boys I grew up with are either dead or in prison. It's hard for a young man growing up in Northern Ireland, especially Belfast and Londonderry, not to get involved with the paramilitaries and I'm glad that I didn't go down that road. I'm really enjoying life and I can honestly say that I look forward to every day. I'm surrounded by a loving family, I have some great friends and I'm happy with my lot"

I spoke with Hugh at the Belfast lunch club which was very well attended and apparently carried on longer than anticipated! Thanks for being so candid Hugh, I enjoyed talking with you and good luck with the fishing.



Picture: Hugh Megarry at the Belfast Lunch Club.

Blind Veterans UK centenary merchandise.

To celebrate our centenary and 100 years of proud service the Blind Veterans UK centenary logo is featured on a range of new merchandise that includes clothing, umbrellas, paperweights, tie and lapel badges, passport holders and a centenary cup and saucer. We have included some examples of the centenary merchandise below and you can also visit our online shop at <http://shop.blindveterans.org.uk> Or phone 0300 111 0440 for credit or debit card orders.



Picture: Blind Veterans UK 100 Years of Service baseball cap:

Blind Veterans UK baseball cap in French navy 100% brushed cotton twill with 100 years of service lettering on the back. **Price** £10. **SKU:** CM15025



Picture: The Blind Veterans UK tie pin is a great way to show your support in a smart and sophisticated way. Looks great with one of our 2015 ties!

Price £4. **SKU:** CM15029

Picture: To commemorate our 100th anniversary the packaging for these shortbread rounds incorporates the image of three WWI blind veterans. It was used as the image for one of the first Christmas cards sent by our Founder, Sir Arthur Pearson. Oblong Tin Mini Shortbread Rounds, 150g. **Price:** £4. **SKU:** CH15003



Picture: The Blind Veterans UK Centenary Fibrestorm auto umbrella features a black eva handle and double logo print. Opens at the touch of a button! Colour: White, Scarlet and Navy panels and two panels are printed with the full colour centenary logo. **Price:** £35. **SKU:** CG15006

Picture: The Blind Veterans UK zipped hoodie is soft and easy to wear. It features the Blind Veterans UK Centenary logo embroidered on the chest. The navy hoodie has a double fabric hood with a grey waffle interior.

Priced at £30 it is available in sizes, S 36", M 40", L 44", X L48". **SKU:** CM15009 for small, 10 medium, 11 large and 12 XL.



Mark Brewin answers the Review's questions.

What's your favourite memory?

The birth of my son. Sappy I know but true!

What's the most important lesson life has taught you?

There's no such thing as a problem, there's always a solution, and generally the fun comes in trying to find that solution.

How do you unwind?

In general, by going to the gym or by having fun with the family, the Friday night action DVD, watching people get slotted, washed down with a vodka or three.

What qualities do you admire in others?

Those who overcome adversity or face their fears, however big or small they may be. Those who have a 'dream or desire' and set out to achieve it.

What would you change in the world?

Can't think of anything, think it's just fine as it is!

What's the meaning of life?

Have no regrets, it's not a dress rehearsal so enjoy it.

What makes you happy?

Having a laugh, spending time with family and friends and getting out and about and doing stuff.

What would your blind self tell your sighted self?

Glad I can't see you looking back at me in that mirror!

What's the biggest challenge you've overcome as a blind veteran?

Learning how to ski and taking that skill to get down double black diamonds in Canada that didn't look possible to get down.

What is the most useful piece of training or equipment?

Learning to touch type.

Wakisa Ministries Kampala, Uganda. By Dr David Orr.

Dr David Orr joined Blind Veterans UK in 1993 having served in the Ulster Defence Regiment when he sustained a head injury that caused significant loss of vision. He forged a career in academia and rose to Senior Research Fellow at the University of Ulster where he remained until 2008.

In 2006 David became involved with the work of Wakisa Ministries in Kampala, a Christian NGO that works with pregnant young girls and street children as a result of rape. The girls, some of whom are as young as 11 years of age, come to Wakisa from across Uganda and the neighbouring countries where they find sanctuary and a healing place to come to terms with the horrific events that brought them there. As the blame is unjustly attributed to the girl's behaviour, they are driven from their homes and can end up living on the streets. The girls make their own way to Wakisa or they are brought there by charities or the police.

At Wakisa they are given the chance to rebuild their shattered young lives, they are given a future as they are sent to school, taught invaluable life and vocational skills and, where possible, reunited with their family or rehoused in a safe home with their child. Each girl stays until she gives birth. She has to then move on as there is a constant need to accommodate other young pregnant girls. To date, the Christian charity has helped over 600 girls by providing a home and counselling.

David first became involved with the life saving work of Wakisa Ministries in 2006 through a friend, a Doctor who is skilled in tropical medicine. He returned with a team from Kilkeel Presbyterian Church, Northern Ireland in 2010 and 2011 to complete a series of projects for Wakisa Ministries to improve the living spaces and the Doctor brought out medicine.

David provides financial support to one of the young mothers, Dorcus, paying her annual school fees of £550. Dorcus (not her real name) who is now 16 years old is originally from the Congo, she came to Wakisa in 2010 at the age of 12. Since Dorcus had no home to return to after giving birth, she now lives with Wakisa Ministries founder Mrs Vivian Kityo in her home with her now four year old son Ezra.



Picture: The girls outside the newly rebuilt Wakisa Ministries in Kampala, Uganda.



Picture: The girls in the classroom at Wakisa Ministries.

David returned to Wakisa in 2014 from the end of May and through June when he led a team of eight tradesmen to rebuild the Ministry after a large part of it was burnt down in November 2011. Here David speaks of the work in Uganda.

“Wakisa Ministries was born out of Mrs Vivian Wakisa Kityo’s vision and passion to look after young women, girls really, with unwanted pregnancies in Uganda. She is a trained nurse and work at Wakisa started in August 2005 through a counselling facility for the girls and their families and she has created such a positive impact on girls living through the trauma, confusion and rejection that comes with unwanted pregnancies.

“She told me how it all started. ‘One day I was attending a conference and I heard a lady talk about her daughter who had died after trying to abort. When she mentioned the name of the girl, I realised that it was the same girl I had nursed in Nsambya hospital. The medical team all tried to save this girl’s life but we lost her to septicaemia. Seven years later, the girl’s mother still mourned her loss. It was then that I realised that there were so many young girls out there who needed a home, love and care during a hard time. So I started Wakisa Ministries’.”

The primary focus is the physical, emotional, social and spiritual health of the girls and their babies. One of the strategies to deliver care was the establishment of a crisis pregnancy centre within the suburbs of Kampala. On a day-to-day basis, the centre is run by Vivian, two administrative staff, a house mother who lives on the premises and a driver. Once a week, a professional counsellor volunteers her time to provide counselling support to any of the girls who require it. As some of the girls have HIV/AIDS, TB and other diseases they also receive medical treatment and counselling. There is a constant stream of volunteers who support the girls by teaching them such essential life skills as literacy, cooking, candle making, mat and basket weaving, bead making, Bible studies and HIV/AIDS awareness.

If you would like to find out more please contact David Orr on email: kpcwakisa@btinternet.com There is also a Justgiving page at: www.justgiving.com/KPC-Wakisa

All of the money that is given goes direct to help the girls. People can email David Orr if they want to talk about funding, you don’t have to fund the whole amount you could just part fund as some people can’t afford to give much.

Blind Veterans UK London Marathon runners.

This year six blind veterans will take part in the Virgin London Marathon. They are Kelly Hart, Steve Parnell, Charlie Parkinson, Andy Leitch, Paul Jacobs GM and Alan Lock.

The Review caught up with Steve Parnell as he took a break from pounding the streets of Brackley in Northamptonshire where he lives with his family, when he told the Review:

"I've always enjoyed working out and I kept my fitness up after I left the RAF, but this will be my first marathon as I've never really felt fit enough before and I want to do it properly. This year as my running has been going well I thought that I'd have a go before my joints seize up!

"I'm running with David Babbister who I've done a number of triathlons with, which I greatly enjoyed. And we also completed the Great South Run and the Eaton Dorney Triathlon. David and I train three times a week for the marathon when we do one long run, one run of between four and five miles and one hill run of 30 to 40 minutes in duration when we really push the speed we run at. On non running days I swim or go to the gym to strengthen my legs. It's more of a challenge than I thought it would be but I'm enjoying the training. If it was easy everyone would do it!

"I'm looking forward to Sunday 26th April as it will be an awesome day. I've watched it over years and the support from the crowds is phenomenal."

At that point Steve ran back to his training. I'm sure you will join the Review in wishing him and David great success with their training and great success in the marathon.



Picture: Blind veteran Charlie Parkinson, left, and Bob Hind Sports & Rec volunteer at the Llandudno centre run past Buckingham Palace in the 2014 Virgin London Marathon.

In 2014 Charlie Parkinson from Cwmbran completed his first marathon, the Virgin London Marathon, in 4 hours 29 minutes and 11 seconds running with Bob Hind, Sports & Rec volunteer at the Llandudno centre. Since then Charlie has completed the Great South Run with his school friend Ben Black. They ran the Brighton half marathon on 22nd February as part of training for this year's Virgin London Marathon on Sunday 26th April.

Charlie, who joined Blind Veterans UK in 2008, said: "I'm hoping to improve on last year's time in the London Marathon when I will once again take part with Bob Hind, the Sports & Rec volunteer at the Llandudno centre. I'll be at the Llandudno centre for a week in March so that I can train with Bob as he's a great running partner who really inspires me. When I'm at home I have a treadmill that I run on that's less inspirational, but it does the job! After the Virgin London Marathon it's the 100K London to Brighton Challenge in June which I intend to run as I want to build up to ultra running and that will be an extreme challenge. Taking part in these challenge events is my way to give something back to Blind Veterans UK as they have done a lot for me and this is the least that I can do."

After completing a marathon across the rough terrain of Dartmoor the Virgin London Marathon should seem like a walk in the park for Kelly Hart and her running partner Caroline Williams who are pictured below. Kelly and Caroline who both run with the Plymouth Muskateers running club have trained together for the past year.

Kelly said: "We have been coached by Caroline's husband Neil and Dave Mathias from the Plymouth Muskateers and training is going well. We're looking forward to the marathon and sprinting across the finish line as there's always a bit of an adrenaline rush at the end when I find that little bit of extra energy. As a blind veteran, I want to raise money to help our charity in its centenary year as the charity has helped my partner and I in all aspects of our lives. This has ranged from support and someone to talk to, to participating in physical activities such as abseiling, kayaking, skiing to name but a few. With their help I have been able to live more independently and explore other opportunities available to me after life in the services."

If you would like to sponsor Kelly her Justgiving page is at: www.justgiving.com/Kelly-Hart1980/



Another blind veteran to take part in this year's Virgin London Marathon is Andy Leitch.

Andy said: "I was discharged from the Army in 2011 at the age of 37 after my sight loss. I ran Unit level cross country and enjoyed it until my sight started to deteriorate when I lost confidence in myself as I started tripping over and became slower. I developed depression and started drinking until one night I read an email about Blind Veterans UK's 100k London to Brighton walk and signed up to enter it. I was also about to hit my 40th birthday so I said to myself — a year of madness, why not! I completed the 100K with my brother in law's partner Samantha (Sammi) Marsh who had moved from Blackpool to Aldershot where I lived. We started running together as Sammi had run the London Marathon in 2013 and was training for 2014 but she didn't have any routes to run as she was new to the area. So after a few chats with her I agreed to go running with her three days a week. We did the 100k together and Sammi ran the London Marathon in 2014 but her work load over took any further training.

"I then trained with Dianna Smith and entered the Royal Parks Half Marathon for Blind Veterans UK and we have continued training since. This will be my first full marathon but I don't know who my running partner will be as the Sports and Rec dept at the Brighton centre are arranging someone for me who I'm sure will be great."

If you would like to sponsor Andy go to his Justgiving page at www.justgiving.com/andy-leitch5



Picture: Andy Leitch with Dianna Smith after the Royal Parks half marathon.

There and back again: the victory gained through the suffering of George Eades, by Rob Baker, Information and Archives Officer.

George Eades was relatively unusual amongst those who came to us as a result of the First World War in having also Served before, in the Boer War. Born in Berkshire in 1870, Eades was a member of the 39th (Berkshire) Company of the Imperial Yeomanry, a volunteer cavalry regiment which was formed in 1899. At some point after this he must have emigrated to Canada, as his attestation, or enlistment, papers from 1916 record him as then resident in Ontario, where he was the manager for a lumber company. Appropriately to his occupation, Eades became a Quartermaster Sergeant for the Canadian Forestry Corps. Unfortunately he suffered a head injury, and loss of sight, in France in 1917 and was discharged from the army the following year.

Eades had initially returned to Canada but in July 1918 he and five other returned Canadian soldiers came to our then headquarters in Regent's Park for training and rehabilitation. He clearly entered fully into life there: in addition to passing his typewriting test, obtaining full marks in his poultry farming examination and qualifying in netting work, he also coached a tug of war team! This was then a popular sporting activity, and we had several teams who participated in a league. The Bungalow Canadians team, captained by Abel Knight and coached by Eades, won the league during this time.

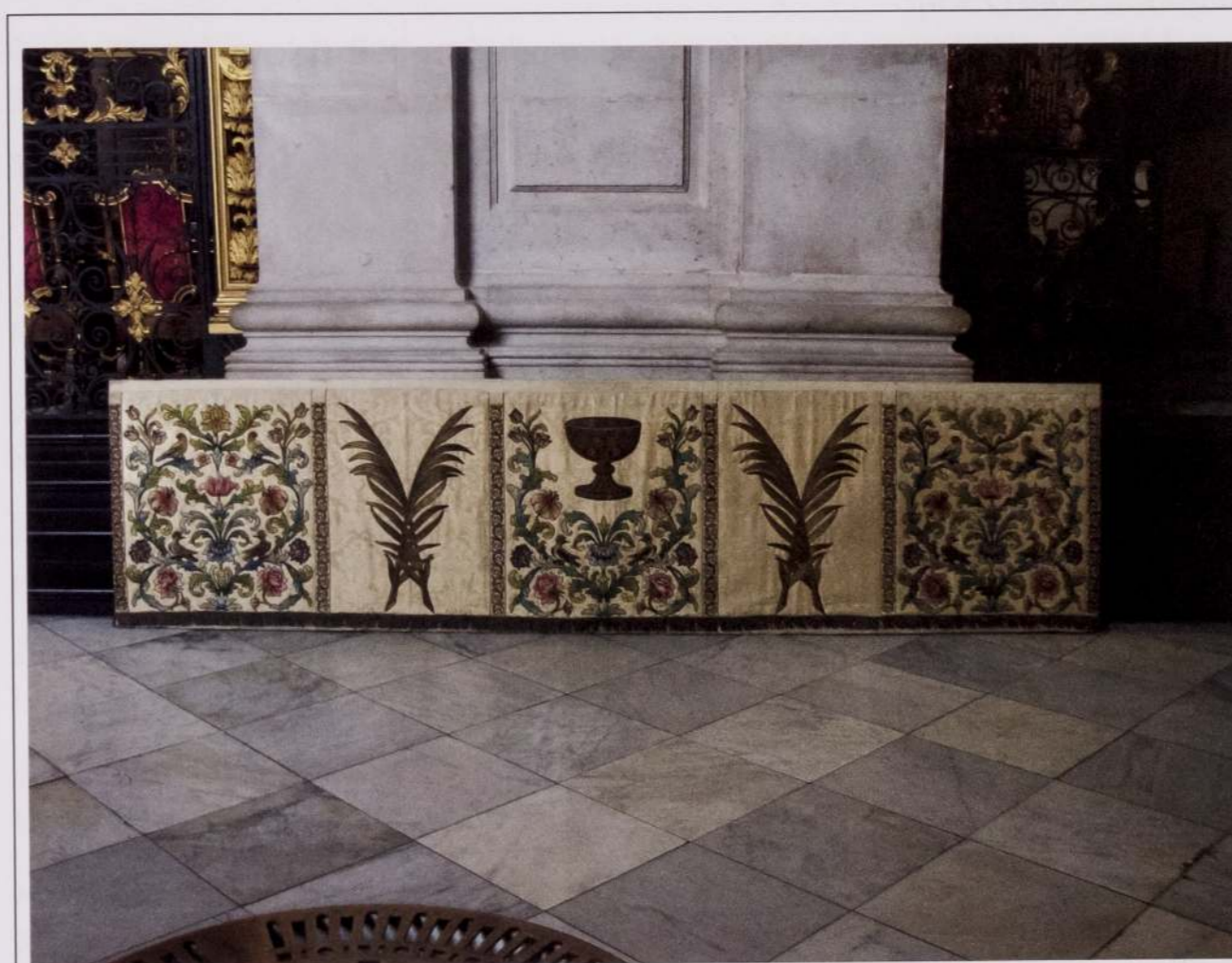
Eades also became what our records of him describe as a 'finished artiste' in embroidery work. This led to him producing a significant part of an embroidered altar frontal, shown here, which was made by disabled soldiers and presented to St Paul's Cathedral in 1919. The frontal was described at the time in the Review as 'designed to represent victory gained through suffering, its centre panel portraying the Holy Grail in golden silk, representing suffering, and those on either side bearing the palms of victory'. St Paul's Cathedral still hold this frontal and also an accompanying beautiful illuminated 'memorial book' which records all those who worked on it. Eades is featured on a page of the book, which also includes a special design of our then name of St Dunstan's.

Soon after this Eades returned to Canada. He undertook further study in poultry farming, made badges for sale, and then became a teacher for the Canadian

National Institute for the Blind (CNIB), providing training in Braille, basket-making and netting.

Eades came back to his native Berkshire in 1922 and continued to make baskets in his own workshop, but very sadly contracted pneumonia and died in 1927. His journeys in life resulted in a legacy not only here through his time with us and his work on the altar frontal, but in Canada. He and many of the native Canadians who came to Regent's Park were important in the development of the CNIB at this time and in particular the formation of what is now the Sir Arthur Pearson Association of War Blinded (SAPA). As the name suggests, this was greatly influenced by our founder Sir Arthur Pearson and his early work in Regent's Park, and SAPA continues to this day to provide assistance to, and a voice for, the blinded veterans of Canada.

With grateful thanks to Sarah Hale, Archivist, St Paul's Cathedral for her assistance.



Picture: St Paul's altar frontal ©The Chapter of St Paul's Cathedral.

Family News.

Congratulations to:

Birthdays:

Albert Goudge who celebrated his 101st birthday on 15th February.
John Scott who celebrated his 101st birthday on 20th February.
Margaret Morrison who celebrated her 100th birthday on 19th February.
Glyn Evans who celebrated his 100th birthday on 24th February.
James O'Brien who celebrated his 100th birthday on 25th February.

Anniversaries:

Diamond Gold (75th):

Ronald & Ellen Williams of Waterlooville, Hampshire on 19th February.
Geoff & Win Rose of Portishead, Bristol on 21st February.

Diamond (60th):

David & Patricia Martill of Worthing, West Sussex on 19th February.
Stanley & Catherine Grace of Berkhamsted, Hertfordshire on 26th February.



Picture: Frank and Jean Sherman cut their wedding anniversary cake as four year old twin grandsons Finlay and Aiden look on.

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

Betty Connolly who died on 15th December 2013. She was the widow of the late Alan Connolly.

Ethel Cooper who died on 2nd January 2015. She was the widow of the late John Cooper.

Doreen Cornbill who died on 29th November 2014. She was the widow of the late Cyril Cornbill.

Audrey Cowan who died on 8th January 2015. She was the widow of the late Andrew Cowan.

Lillian Dowding who died on 8th February 2015. She was the wife of Desmond Dowding.

Nellie 'Nell' Houghton who died on 23rd January 2015. She was the wife of Joseph Houghton.

Betty Manville who died on 10th January 2015. She was the widow of the late Edward Manville.

Margaret Merritt who died on 27th October 2014. She was the wife of James Merritt.

Joy Portway who died on 5th January 2015. She was the wife of Stanley Portway.

Helen Robertson who died on 26th January 2015. She was the wife of George Robertson.

Martha Robins who died on 14th January 2015. She was the wife of Frederick Robins.

Dorothy Skinner who died on 5th February 2015. She was the widow of the late Percival Skinner.

Joyce Newland-Smith who died on 5th February 2015. She was the widow of the late Duncan Newland-Smith.

Hans Steenmeijer who died on 1st September 2013. He was the husband of Maureen Steenmeijer.

Elizabeth Wood who died on 24th December 2014. She was the wife of Arthur Wood.

Welcome to Blind Veterans UK.

Sidney Ainsworth of Ellesmere Port, Cheshire served in the Royal Air Force from 1941 to 1946.

William Allott of Burnley, Lancashire served in the Royal Army Ordnance Corps from 1950 to 1952.

John Archer of Hindhead, Surrey served in the Royal Engineers from 1950 to 1955.

Michael Ashman of Sutton, Surrey served in the Welch Regiment, Royal Army Educational Corps, Cheshire Regiment and the Royal Norfolk Regiment from 1949 to 1951.

Edward Aston of Ivybridge, Devon served in the Royal Navy from 1942 to 1968.

Kenneth Baker of Liverpool served in the Loyal Regiment and the King's Regiment from 1951 to 1956.

George Bailey of Long Buckby, Northampton served in the King's Royal Rifle Corps from 1951 to 1956.

Eric Barrett of Bournemouth served in the Royal Air Force from 1940 to 1953.

Leslie Bentley of Liverpool served in the King's Regiment from 1945 to 1948.

Leonard 'William' Bird of Lowestoft, Suffolk served in the Bedfordshire and Hertfordshire Regiment and the Royal Signals from 1943 to 1947.

Peter Blee of Cranleigh, Surrey served in General Service Corps and the Royal Signals from 1946 to 1949.

George Booy of East Molesey, Surrey served in the Duke of Cornwall's Light Infantry, the Oxfordshire and Buckinghamshire Light Infantry and the Gloucestershire Regiment from 1944 to 1950.

John Bryant of Yeovil, Somerset served in the Royal Army Ordnance Corps from 1950 to 1956.

Stanley Burden of Worcester served in the Royal Electrical and Mechanical Engineers from 1956 to 1961.

Raymond Caffyn of Wolverhampton served in the Royal Air Force from 1947 to 1949.

Glenys Calton of King's Lynn, Norfolk served in the Auxiliary Territorial Service from 1945 to 1947.

James Cavender of Newcastle Upon Tyne served in the King's Own Scottish Borderers from 1939 to 1946.

Reuben Charles of Chester Le Street, County Durham served in the Border Regiment from 1945 to 1947.

Richard Clegg of Stockport, Cheshire served in the Royal Navy Fleet Air Arm from 1943 to 1946.

John Cooke of Albrighton, Wolverhampton served in the Royal Army Service Corps from 1945 to 1948.

Henry Courtney of Higher Blackley, Manchester served in the Royal Signals from 1941 to 1946.

Dennis Coy of Leeds served in the Royal Army Ordnance Corps from 1946 to 1949.

Thomas Dawson of Birchington, Kent served in the Royal Air Force from 1942 to 1945.

John Dobbins of Birkenhead, Merseyside served in the Royal Electrical and Mechanical Engineers from 1954 to 1957.

John Dobson of Honicknowle, Plymouth served in the Royal Armoured Corps from 1961 to 1985.

Malcolm Douglass of Middlesbrough, Cleveland served in the Royal Air Force from 1955 to 1957.

Gordon Evans of Sedgefield, Stockton-On-Tees served in the Royal Signals from 1951 to 1957.

Michael 'Mike' Ferriday of Reading, Berkshire served in the Royal Air Force from 1970 to 1974.

Arthur 'Michael' Flint of Luton, Bedfordshire served in the General Service Corps, the Royal Armoured Corps and the Royal Inniskilling Dragoon Guards from 1946 to 1953.

Douglas Fursland of Neath, West Glamorgan served in the Royal Artillery and the Royal Engineers from 1942 to 1947.

David Giles of Birmingham served in the Royal Army Medical Corps from 1949 to 1955.

John Goodyear of Scunthorpe, South Humberside served in the General Service Corps, the Royal West Kent Regiment and the Royal Norfolk Regiment from 1943 to 1959.

Peter Greenwood of Stoke-On-Trent, Staffordshire served in the Royal Signals from 1962 to 1972.

Denis Harrold of Solihull, West Midlands served in the General Service Corps and the Army Air Corps from 1944 to 1948.

Edna Heads of Cramlington, Northumberland served in the Auxiliary Territorial Service from 1945 to 1948.

Leonard Henley of Abingdon, Oxfordshire served in the Royal Air Force from 1941 to 1946.

Ronald Hill of St. Helens, Merseyside served in the Royal Electrical and Mechanical Engineers from 1957 to 1961.

Robert Hills of Chelmsford, Essex served in the Royal Air Force from 1953 to 1955.

Raymond Holland of Horley, Surrey served in the Royal Engineers from 1951 to 1957.

Frank Howell of Bristol served in the Royal Air Force and the Royal Navy from 1943 to 1946.

Desmond Hutson of Colwyn Bay, Clwyd served in the Royal Air Force from 1943 to 1966.

John Jackson of Wallasey, Merseyside served in the Royal Navy from 1944 to 1948.

John Jefferson of Gateshead, Tyne and Wear served in the Royal Air Force from 1943 to 1946.

Joseph Jervis of Stockport, Cheshire served in the Royal Air Force from 1945 to 1948.

Margaret Johnson (nee Adamson) of Morpeth, Northumberland served in the Auxiliary Territorial Service from 1944 to 1947.

Peter Johnson of Birmingham served in the Life Guards Regiment and the Warwickshire & Worcestershire Yeomanry from 1958 to 1961.

Raymond Kirk of King's Lynn, Norfolk served in the Royal Engineers from 1953 to 1958.

Donald 'Don' Lane of Staines-Upon-Thames, Middlesex served in the Royal Army Service Corps, the Royal Fusiliers and the North Staffordshire Regiment from 1939 to 1946.

Robert 'Bob' Liles of Hertford served in the Suffolk Regiment, the Royal Armoured Corps and the Army Air Corps from 1942 to 1945.

Isaac Lovett of Harleston, Norfolk served in the Royal Army Service Corps from 1947 to 1949.

Patrick Mann of Llandudno, Gwynedd served in the Royal Air Force from 1945 to 1948.

Roy Markham of Seaton, Devon served in the Royal Navy from 1941 to 1967.

Bernard Matthews of Cowdenbeath, Fife served in the Army Catering Corps from 1963 to 1965.

Colin Mayman of Ferryhill, County Durham served in the Royal Artillery and the Royal Army Ordnance Corps from 1947 to 1949.

Mary McKelvey (nee Partridge) of Crewe served in the Royal Army Medical Corps Voluntary Aid Detachment from 1943 to 1947.

John McMullan of Denny, Stirlingshire served in the Army Catering Corps from 1960 to 1966.

Samuel Mellor of Uddingston, Glasgow served in the Royal Air Force from 1940 to 1946.

James Mitchell of Cramlington, Northumberland served in the Royal Electrical and Mechanical Engineers, the Royal Armoured Corps and the Northumberland Hussars from 1949 to 1968.

Alan Morris of Barry, South Glamorgan served in the Royal Welsh Regiment from 1982 to 1985.

Collin Naylor of Mansfield, Nottinghamshire served in the 9/12 Royal Lancers and the Royal Armoured Corps from 1958 to 1974.

Thomas Netherwood of Caernarfon, Gwynedd served in the 4th/7th Dragoon Guards from 1935 to 1947.

David Odell of Morecambe, Lancashire served in the Royal Air Force from 1974 to 1981.

Ronald Page of Eastbourne, East Sussex served in the Royal Artillery from 1952 to 1958.

Cyril Palfrey of Berkhamsted, Hertfordshire served in the Royal Air Force from 1941 to 1946.

Clifford Peace of Barrow In Furness, Cumbria served in the King's Own Royal Regiment and the Border Regiment from 1945 to 1948.

Colin Penaluna of Bury St. Edmunds, Suffolk served in the Queen's Division and the Royal Regiment of Fusiliers from 1977 to 1986.

Leslie Pollitt of Lytham St. Annes, Lancashire served in the South Lancashire Regiment and the Cameron Highlanders from 1941 to 1948.

Brian Pryce of Worthing, West Sussex served in the Royal Air Force from 1949 to 1951.

Richard Rawlinson of Chichester, West Sussex served in the Royal Air Force from 1954 to 1956.

Derek Robinson of Weymouth, Dorset served in the Army Catering Corps from 1957 to 1962.

John Rolfe of Cwmbran, Gwent served in the Royal Air Force from 1951 to 1966.

James Sexton of Orton Brimbles, Peterborough served in the Manchester Regiment, the Royal Northumberland Fusiliers and the Army Catering Corps from 1942 to 1947.

Ronald Sharples of Lytham St. Annes, Lancashire served in the General Service Corps and the Royal Armoured Corps from 1942 to 1947.

Leslie Shurmer of Dunvegan, Isle Of Skye served in the Essex Regiment, the Corps of Military Police and the Parachute Regiment from 1938 to 1946.

Joyce Simnett of Bristol served in the Auxiliary Territorial Service from 1942 to 1945.

Ronald Smith of Ipswich served in the Royal Engineers from 1952 to 1955.

Peter Source of Banbury, Oxfordshire served in the Royal Air Force from 1950 to 1952.

David Spreadbury of Bath served in the Somerset Light Infantry from 1956 to 1962.

Leslie Stevens of Towcester, Northamptonshire served in the Royal Air Force from 1941 to 1946.

Alan Stewart of Emsworth, Hampshire served in the Royal Welsh Fusiliers and the Royal Artillery from 1939 to 1946.

James Storey of Alnwick, Northumberland served in the Black Watch from 1939 to 1946.

George 'Gordon' Stuart of Edinburgh served in the Royal Air Force from 1949 to 1954.

Roland Talbutt of Wigan, Lancashire served in the Merchant Navy from 1945 to 1947.

William Taylor of Birmingham served in the Royal Artillery from 1944 to 1947.

William Templeton of Lytham St. Annes, Lancashire served in the Black Watch from 1956 to 1959.

Steven Thompson of St Peter Port, Guernsey served in the Royal Air Force from 1952 to 1955.

Gordon Timmins of Birmingham served in the Royal Army Service Corps from 1956 to 1962.

Yvonne Traynor (nee Cartwright) of Hounslow served in the Auxiliary Territorial Service from 1943 to 1946.

John Turnbull of South Shields, Tyne and Wear served in the Royal Air Force from 1951 to 1955.

Michael Turner of Sheffield served in the Yorkshire Regiment and the Prince of Wales's Own Regiment from 1959 to 1965.

Adam Veitch of King's Lynn, Norfolk served in the Royal Air Force from 1942 to 1947.

George Voyle of Ipswich served in the Royal Air Force from 1947 to 1953.

Kenneth Wall of Bradford, West Yorkshire served in the Royal Pioneer Corps from 1958 to 1961 and the Yorkshire Volunteers from 1971 to 1973.

Roger Western of Bristol served in the Royal Air Force from 1954 to 1956.

George Whitby of Plymouth served in the Royal Navy from 1947 to 1974.

Eric Whitehead of Bourne End, Buckinghamshire served in the General Service Corps, the Lancashire Regiment, the South Lancashire Regiment and the Royal Army Service Corps from 1945 to 1956.

John 'Colin' Williams of Frodsham served in the Royal Air Force from 1943 to 1953.

Douglas Wilson of Diss, Norfolk served in the Royal Air Force from 1940 to 1947.

Charles Winters of South Molton, Devon served in the Royal Berkshire Regiment and the Worcestershire Regiment from 1940 to 1954.

Stanley Wylde of Seaham, County Durham served in the Duke of Wellington's Regiment from 1949 to 1971.

In Memory.

It is with deep regret that we record the deaths of the following members and we offer our heartfelt condolences to their widows, widowers, families and friends.

Albert Ashley of Romford, Essex died on 1st July 2014, aged 91. He joined the Essex Regiment in January 1942 and transferred to the Royal Artillery in December 1942 and, following preparation for D-Day, landed in Normandy after the Caen offensive. He was badly wounded in the arm, and was medically discharged as a Lance Bombardier in 1945.

Sidney Banks of Garforth, Leeds died on 11th January 2015, aged 100. He joined the Royal Engineers in 1940. He trained in Halifax as a driver mechanic and specialised in bomb disposal before being posted to Skipton. He worked in the Faeroes loading Arctic Convoys and also went to France after D-Day fighting through to Germany. He was discharged as a Sapper in 1946.

Elwyn 'Eddie' Barker of Middlesbrough, Cleveland died on 20th January 2015, aged 97. He joined the General Service Corps in 1944. In 1945 he transferred to the Royal Army Service Corps and was posted to Wales, Scotland and the Midlands. He was demobilised in 1946 as a Corporal.

William Barker of Darlington, County Durham died on 8th February 2015, aged 92. He enlisted into the Royal Navy in 1939 and trained at HMS Wildfire in Sheerness. He joined HMS Resolution in 1940 for three years and then went to Eastbourne for torpedo training. He did Arctic convoys in HMS Verulam which was then deployed to the Far East for three years. He subsequently worked at Navy HQ in Trincomalee before joining HMS Norfolk in Simonstown. He returned to the UK and was demobilised in 1947.

Arthur Belcher of Brighton, East Sussex died on 23rd January 2015, aged 92. He joined the Royal Engineers in 1942 and trained at Chester and Scotland for the European invasion. He landed at Normandy on D-1 attached to a Canadian Regiment, preparing the beaches for the landing of the main forces. He fought through France and Germany and was then posted to Italy. He was discharged in 1947.

Andrew Bernard of Waterlooville, Hampshire died on 7th February 2015, aged 47. He joined the Royal Navy in 1983 as a boy seaman and trained at HMS Raleigh. Qualifying as a submarine radio operator at HMS Mercury near Petersfield he subsequently served in the nuclear submarine HMS Swiftsure and was deployed to Gibraltar and the Falklands. He was discharged in 1986.

Norman Blundell of Lewes, East Sussex died on 6th January 2015, aged 93. He joined the Home Guard in 1941 and during an air raid in Biggin Hill he received serious injuries. He was discharged when the Home Guard disbanded in 1945.

Robert Bosanko of Sunderland, Tyne and Wear died on 1st July 2014, aged 91. He joined the Royal Army Service Corps in 1942. He served in France and Germany and was part of the liberating forces of the concentration camps which affected him deeply. He was discharged as a Private in 1947.

Terence Bottomley of Leeds, Yorkshire died on 19th January 2015, aged 68. He served in the Royal Air Force from 1964 to 1967, leaving as a Leading Aircraftman.

Kathleen Braybrook of Hunstanton, Norfolk died on 3rd April 2012, aged 96. She joined the Royal Observer Corps in 1942. She served in Cambridge as an aircraft plotter prior to discharge in 1945.

Roy Burgess of Wirral, Merseyside died on 8th January 2015, aged 84. He joined the Royal Engineers for National Service in 1950, serving in Germany and Belgium. Discharged in 1952 he served in the Royal Engineers (TA) until 1957.

Ronald Burn of Lewes, East Sussex died on 27th January 2015, aged 84. He joined the General Service Corps in November 1947 and transferred to the Durham Light Infantry in April 1948 and in the November of that year transferred again, this time to the Royal Military Police. He served in Northern Ireland, Greece, Suez and Cyprus and was discharged as a Corporal in 1953.

Anthony 'Tony' Carpmael of Lancing, West Sussex died on 26th December 2014, aged 88. He joined the Royal Navy in 1944 and trained as a midshipman. He served in HMS Jenny Deans in Portsmouth, an AckAck paddle steamer, on anti flying bomb duty. He then joined an LST and embarked to South East Asia Command before being discharged as an Able Seaman in 1946.

David Cass of Salisbury, Wiltshire died on 10th January 2015, aged 84. He joined the Royal Air Force for National Service in 1952 and served at RAF Aldergrove before discharge as a Corporal in October 1954.

Alfred 'Ron' Chisnall of St Helen's, Merseyside died on 10th January 2015, aged 86. He joined the Royal Army Medical Corps for National Service in 1946 and served in Germany. He was discharged in October 1948 as a Private.

Bernard Conlin of Sheffield died on 23rd January 2015, aged 84. He joined the Royal Air Force in 1949, where he served as an armourer in the UK. He was discharged as a Senior Aircraftman in 1951.

Michael Cook of Lickfold, West Sussex died on 6th January 2015, aged 83. He joined the Royal Artillery for National Service in 1954 and served at Oswestry and Larkhill, leaving as a Sergeant in 1956.

David Cooper of Stafford, Staffordshire died on 18th January 2015, aged 77. He joined the Royal Air Force in 1956, completing his basic training at RAF Hennisford and specialist training at Catterick and Watchet. He served in a variety of locations including Germany, Ireland, Cyprus, Singapore, Bahrain and Malaya. He retired as a Sergeant in 1978.

Frederick 'Bill' Cotton of Market Harborough, Leicestershire died on 27th January 2015, aged 91. He joined the Royal Navy in 1939 as a career, training at HMS Ganges. He served in the cruiser HMS Hawkins which relieved HMS Achilles in the South Atlantic after the battle of the River Plate, operating on convoy escort duties until 1941. He then joined the battleship HMS Nelson and was involved in the North Africa and Sicily landings. Following this he served in HMS Falconer until 1945, taking the surrender of the Channel Islands from the Germans. He was discharged as a Leading Seaman in 1947.

Cyril Cornbill of Shoreham By Sea, West Sussex died on 29th July 2014, aged 90. He joined the Royal Navy in 1941 and qualified as an Ordnance Artificer, responsible for gun maintenance. He served in destroyers in the Atlantic, Arctic and later in the Indian Ocean, being shore based in Ceylon. He was discharged in 1946.

David Cox of Wrotham, Kent died on 1st November 2014, aged 76. He joined the Royal Army Ordnance Corps in 1955 and trained as a driver at Aldershot. He was posted to Tripoli where he served as a staff driver until discharge in 1957.

Richard Cuthbertson of Blackpool, Lancashire died on 10th January 2015, aged 89. He joined the Royal Artillery as a driver in 1944. After training at Blackpool he went to India, serving in Bombay and Calcutta. Later he was in Malaya and Singapore serving with the 1st Malay Coastal Artillery and later with 227 Driver Training Regiment. He was discharged in 1948.

Leslie Day of Basildon, Essex died on 6th November 2014, aged 87. He joined the Royal Navy in 1945 and served in the Fleet Air Arm and in the aircraft carriers HMS Glorious and HMS Furious, mainly in Korean waters. He was discharged as an Acting Leading Airman in 1953.

John Delaney of Birmingham, West Midlands died on 25th January 2015, aged 92. He joined the Royal Horse Guards (Household Cavalry) in 1942 and was commissioned in 1943 in the Duke of Wellington's Regiment. His regiment landed at Normandy on D-Day +3 and he was wounded five days later. Shipped back to the UK for medical treatment he returned to the front line before VE Day. He was then posted to India and was one of the last of the British Army to leave in 1947. He was demobilised in November that year as a Captain.

Arden Eales of Birmingham, West Midlands died on 19th January 2015, aged 81. He served in the Royal Air Force at West Kirby in 1951 and 1952, discharging as an Aircraftman Second Class.

Leslie Ellwood of Saltburn By The Sea, Cleveland died on 14th January 2015, aged 79. He joined the Royal Electrical and Mechanical Engineers for National Service in 1956 and served at Ashchurch and Gloucester before being discharged as Lance Corporal in 1958. This was followed by a period of part-time National Service, also with the REME, until 1962.

John Goodchild of Ferryhill, County Durham died on 30th January 2015, aged 75. He was called up for National Service in 1960 and joined the Queens Dragoon Guards (Royal Armoured Corps). He served in Germany on border patrol and was attached to Special Forces, specialising in chemical warfare. He served at the time of the Cuban crisis when the Cold War was at its height. He extended his National Service and was discharged as a Trooper in 1963.

Michael Hale of Portsmouth, Hampshire died on 21st January 2015, aged 83. His father was blinded by shrapnel on the Somme in WWI. He joined the Royal Army Ordnance Corps in 1950 for National Service and he served at Villach in Austria and was discharged as a Corporal in 1952. He later served in the Royal Army Ordnance Corps (TA) from 1953 to 1961.

Sidney Hughes of Solihull, West Midlands died on 19th January 2015, aged 93. He served in the Royal Navy from 1941 to 1946, leaving as a Sick Berth Attendant.

Ronald Hunt of Hampton, Middlesex died on 17th January 2015, aged 89. He joined the Royal Navy in 1943 and served as the Captain's steward in the cruiser HMS Sheffield, deployed on Arctic convoys. He was discharged as a Steward in 1946.

Margaret Hutcheson of Wrexham, Clwyd died on 11th January 2015, aged 91. She joined the Women's Auxiliary Air Force in 1941 and served at RAF Netheravon until 1946, leaving as a Leading Aircraftwoman.

Francis Hutchinson of Middlesbrough, Cleveland died on 1st February 2015, aged 93. He joined the Royal Air Force in 1941 and trained as a cook/butcher and served in the UK and South Africa before being discharged as a Leading Aircraftman in 1946.

Thomas Jones of Liverpool died on 23rd January 2015, aged 92. He joined the Merchant Navy in 1943, and served as a marine engineer on North Atlantic convoys, in support of the D-Day Landings and the Malta convoys before being discharged in 1956.

Rita Kirkwood of Mansfield, Nottinghamshire died on 12th January 2015, aged 83. She joined the Women's Royal Air Force in 1949 and served at RAF High Wycombe in the outer offices of Sir Arthur Harris. She was discharged in 1951 as an Aircraftwoman First Class.

Gordon Laybourn of Sunderland died on 12th January 2015, aged 89. He joined the Royal Army Service Corps in 1943 and served as a Driver in India, Burma (Rangoon), Malaya and Kuala Lumpur, before being discharged in 1947.

John Loades of Sheffield died on 19th January 2015, aged 89. He joined the General Service Corps in June 1944 and transferred to the Royal Army Service Corps a month later. He served as platoon Sergeant in the UK and Italy until discharge in 1948.

Rachel Lovelace of Heanor, Derbyshire died on 15th January 2015, aged 77. At Aberdeen University she joined the University Training Corps, Women's Royal Army Corps, from 1955 to 1958.

Christopher Manners of Cheltenham, Gloucestershire died on 10th January 2015, aged 79. He joined the Royal Signals in 1954. Commissioned in January 1955, he served in Malta and was discharged as a Lieutenant in 1959.

George Marsh of Southport, Merseyside died on 22nd January 2015, aged 91. He joined the Royal Artillery in 1942 and after training was posted to Cookstown in Northern Ireland. He then served in a variety of locations around the UK. He specialised as a signaller and was posted to Burma via India. He was discharged as a Gunner in 1947.

Thomas 'Tom' Maughan of Mablethorpe, Lincolnshire died on 31st January 2015, aged 80. He served in the Royal Air Force in 1953 and 1954 leaving as a Leading Aircraftman.

Joan McVee of Darwen, Lancashire died on 30th January 2015, aged 91. She joined the Women's Auxiliary Air Force in 1941. Following training at RAF Bridgnorth and Manchester Airport she specialised as a telephonist in London and served in Egypt and Palestine before discharge as a Corporal in 1948.

Norman Morris of Wednesbury, West Midlands died on 27th January 2015, aged 76. He served in the South Staffordshire Regiment from 1957 to 1959 for National Service in West Germany. After demobilisation he enlisted in the Mercian Brigade with the TA until 1963.

David Neate of Hove, East Sussex died on 14th March 2014, aged 94. He joined the Royal Artillery in 1940 and was posted to a variety of locations in the UK and later India and subsequently Burma prior to being discharged as a driver in 1946.

Reginald Neighbour of Windsor, Berkshire died on 29th January 2015, aged 92. He volunteered for the Royal Navy in 1942 and completed his training at HMS Royal Arthur in Skegness. He was a stoker in the frigate HMS Retalick on Atlantic convoy duties, spent time on a troop ship in the Mediterranean, taking part in the invasion of Sicily and was deployed on anti-E Boat duty over the D-Day period. He was discharged in 1946 as a Stoker First Class.

Alan Page of Rotherham, South Yorkshire died on 15th January 2015, aged 90. He joined the Royal Air Force in 1942. After training he was posted to RAF Innsworth followed by Catterick and was later deployed to 616 Squadron, the first operational jet unit based in Belgium, Holland and Germany. He was discharged as a Corporal in 1947.

Donald 'Don' Pearce of Maidstone, Kent died on 4th January 2015, aged 94. He joined the Royal Army Service Corps in 1939 and served in England, France, Egypt, Italy and Greece. He was discharged as a Corporal in 1946.

Arthur Purnell of East London died on 13th January 2015, aged 91. He joined the Royal Air Force in 1941 and qualified as a navigator and radio operator, flying in Beaufighters for Coastal Command. Discharged in 1947 as a Warrant Officer, in March 1951 he joined the East Anglian Brigade and fought in the Korean War, transferring from the Middlesex Regiment in October 1951. From February 1952 he was with the HQ 1 Independent Force and the Norfolk Regiment from March 1952 to April 1953. In April 1953 he joined the Special Air Service, qualified as a parachutist and fought in Malaya. He was finally discharged in August 1954 as a Private and was later in the Australian Army between 1956 and 1965.

William 'Viv' Reed of Cardiff died on 29th January 2015, aged 83. He completed National Service in the Royal Air Force from 1949 to 1951 at RAF St Alton leaving as a Leading Aircraftman on discharge.

James Rees of Neath, West Glamorgan died on 15th January 2015, aged 90. He joined the Merchant Navy in 1942 and began as a galley boy on the Russian convoy route. He also served on Atlantic convoys to the USA, Canada and the Mediterranean. At the end of the war he remained in the Merchant Navy and sailed all around the world, but left for family reasons in 1955.

Gordon Reynolds of Epsom, Surrey died on 19th January 2015, aged 83. He joined the Royal Hussars in 1950 training at Catterick, and was posted to Iserlohn in Germany. He left the Hussars in 1952 as a Lance Corporal and then did a further 3½ years in the TA.

Ronald Ronaldson of Bury St Edmunds, Suffolk died on 18th January 2015, aged 95. He joined the Royal Navy in 1938 and after training at HMS Ganges, Shotley he specialised in the medical branch, serving widely in the UK, South Atlantic, Sierra Leone and Ceylon. He was afloat in the sloop HMS Milford and was discharged as a Petty Officer Sick Bay Attendant in 1950.

Peter Short of Woburn, Bedfordshire died on 22nd January 2015, aged 90. He joined the Bedfordshire and Hertfordshire Regiment in 1943. He trained in Bury St Edmunds and was later deployed to Italy. He was discharged in 1945.

James 'Jimmy' Smart of Torpoint, Cornwall died on 10th January 2015, aged 96. He joined the TA in April 1939 and at the outbreak of war he was called up and deployed to France as a gunner in the Royal Artillery with the British Expeditionary Force. He was evacuated through Calais and was then stationed around the UK to counter the aerial threat from Germany. He was discharged in 1946.

Patrick 'Pat' Thompson of Chelsea, London died on 3rd November 2014, aged 93. He was in the Supplementary Reserve of the Sherwood Foresters in 1938 before joining the Royal Signals as a motorcycle despatch rider. As a result of a motorcycle accident he was discharged in July 1939. In December 1939 he joined the Grenadier Guards and served in the UK until he was discharged in 1943.

Edward 'Roy' Thornber of Blackpool, Lancashire died on 6th January 2015, aged 89. He joined the Royal Navy in 1943 and trained at HMS Royal Arthur, Skegness when he specialised as a telegraphist. He was drafted to Fort St Agnes in Malta then to a trawler in Naples. He ended up at the Officer Training School as an instructor prior to discharge in 1946 as Leading Telegraphist.

Robert 'Bob' Treasure MBE of Exeter, Devon died on 18th January 2015, aged 97. He joined the Royal Air Force for a full career in 1938. He was posted to Singapore, Aden, Cyprus and various UK air stations. He was awarded the MBE by the Queen in 1968 for his services to the RAF, housing people who had returned from Aden in 1967. He retired fully from the RAF as a Warrant Officer in 1973.

John Watts of Aylesbury, Buckinghamshire died on 25th January 2015, aged 79. He joined the Royal Fusiliers in 1953 for National Service and signed on at the end of his two years, serving in the Far and Middle East. He transferred to the SAS and was discharged in 1956 as a Corporal.

Rowland 'Ron' Whittaker of Poynton, Cheshire died on 9th January 2015, aged 93. He joined the Royal Air Force in 1941 and trained at a British flying school with the USAF in Oklahoma. Returning to the UK he flew Hurricanes and then served with Air Sea Rescue. He then flew Ansons and Walruses having qualified in Calgary, Canada. He discharged as a Warrant Officer in 1946.

Frederick Willcox of Liverpool, Merseyside died on 22nd January 2015, aged 92. He joined the Royal Signals in 1943 and later landed in France on D+1 at Juno Beach and moved through Belgium, Holland and finally Celle in Germany. He returned to the UK and was sent to the Middle East where he spent two years in Cairo. He was demobbed in 1947 as a Sergeant.

David Wilson of Prescot, Merseyside died on 16th January 2015, aged 79. He joined the Royal Air Force in 1954. He trained further in wireless and communications before being posted to Germany, Kenya, Cyprus and various UK air stations. He left the RAF in 1958 but rejoined in 1960 before eventual discharge as a Corporal in 1969.

Leonard Winney of Hove, East Sussex died on 17th January 2015, aged 89. He joined the Royal Navy in 1943. He trained at HMS Duke in Malvern and served in HMS Cottessmore. He later moved to HMS Berwick, a cruiser and was subsequently shore based in Australia. He then went to Hong Kong where he served at HMS Tamar prior to discharge as a Stoker 1st Class in 1947.

Pauline Wise of Eastbourne, East Sussex died on 25th October 2014, aged 91. She joined the Women's Auxiliary Air Force in 1941 and trained in Gloucester and subsequently Morecambe. She specialised in short hand typing for the first two years and then re-mustered as a radio-telegraphist spending the rest of her service in Norfolk. She was discharged as a Leading Aircraftwoman in 1945.

Major John Woodgate of Lewes, East Sussex died on 23rd January 2015, aged 97. He joined the Royal Artillery in 1940 and was in a searchlight unit in the UK. He was commissioned into the Essex Regiment then the Parachute Regiment although he remained as part of the Royal Artillery. He landed in Normandy on D-Day at Pegasus Bridge by parachute and fought through the Ardennes. In 1945 he crossed the Rhine and when the war ended his posting to the Far East was cancelled and he went to Palestine. He was discharged as a Major in 1946.

Cyril 'Syd' Woodward of Skelmersdale, Lancashire died on 25th January 2015, aged 91. He joined the Kings Regiment in 1942 serving in the UK until discharge in 1946.



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