

The Hospitallers' Club founded 1920

October 2012—May 2013

Newsletter



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Club Meeting News

October 2012

President 's Remarks

The President welcomed everyone to the meeting and hoped they had all enjoyed the summer break. He then introduced the speaker for the evening, Mr Chris Doyle, from the London Ambulance Service who gave a graphic account of the 2011 riots within London from the Ambulance Service perspective and the subsequent developments in protective equipment for the crews since these events. Chris accepted questions from the floor and the vote of thanks was given by Past President Derek Rudge who presented Chris with a Club paperweight as a memento of his visit.

Almoner 's Report

The announcement was made of the sad passing of our Past Patron Sir Godfrey Milton Thompson, KBE.

Applications for Club Membership

There were no applicants for Club membership.

Remembrance

At 8.15pm the Club Remembrance was read by Club Member Stephen Hines.

Raffle

The raffle raised the sum of £44.00.

My apologies. Unfortunately I was absent from the October meeting so there is no write-up on Mr Chris Doyle' s Talk.
The Editor

Club Meeting News

November 2012

President 's Remarks

The President welcomed the members to the meeting and announced the sad passing of Life Member Derek Fenton. All in attendance stood for a minute 's silence.

The President then introduced the speaker for the evening Life Member Barry Theobald-Hicks accompanied by Mr Keith Horsman from the Royal British Legion who gave an informative and interesting presentation on the history of the Royal British Legion and the work they undertake.

The vote of thanks was given by Life Member Colin Reeder and the presentation of a Club paperweight was made to Mr Keith Horsman.

Almoner 's Report

Club Member Dr. Colin Dawson had written stating he had been unwell and doubting whether he would be able to attend future meetings. Club Member Henry Goodall was on the road to recovery from a cardiac problem and Life Member Barry Theobald-Hicks was trying to make contact with Club Member Vic Phillips.

Applications for Club Membership

There were no applicants for Club membership.

Remembrance

At 8.15pm the Club Remembrance was read by Life Member Barry Theobald Hicks.

Raffle

The raffle raised the sum of £39.00.

FREDERICK WALTER WITCH B.E.M.

6TH June 1920 – 9th August 2012



Freddie is remembered for his work in the Fire Brigade and his work with St. John Ambulance. During the war Freddie had served in the Royal Air Force and on leaving had joined the National Fire Service at the Sunbury Station.

Freddie's grandfather and father were both fireman based at Molesey fire station in the days of the horse-drawn fire engine. On the formation of the Surrey Fire Brigade in 1948 Freddie was posted to Surbiton Fire Station and attended many call outs including the fire at Bentall's, the Barnes rail crash, the Merton Board Mill and the fire at Polesden Lacey to name but a few. His last call was to help at the Moorgate Rail crash.

In 1965 with the formation of the Greater London Council Freddie had been moved into the London Fire Brigade and served at Sutton, Wallington and Wimbledon.

As well as being awarded the M.B.E., Freddie was also a Knight of the Order of St. John, a Member of the Worshipful Company of Gardeners, a Freeman of the City of London and a long standing member of the Freemasons.

In St. John Freddie had been the Superintendant of Hampton Court & Molesey Division before being promoted to Area Superintendant of South West Area, finally became Public Duty Officer at London District.

Freddie joined the Hospitallers' Club in 1967 and remained a very active member being made Club President for the year 1978

DEREK RISIAN FENTON MVO MBE KStJ DL

20th July 1921 – 2nd November 2012



Derek was born in Darlington, County Durham in 1921 and early in 1922 his family moved to West London. Derek met his wife Iris while he was working as a Naval Sick Berth Attendant at the Royal Naval Hospital, Chatham.

Derek had a lifelong membership of St. John having joined Ealing Division in 1935 and after his war service rose through the ranks to become its Superintendent in 1956.

His talents and ability were recognised by his subsequent appointments in London District as Public Duty Officer, Deputy Commissioner, Commissioner and finally as Commander. Nationally he became the adviser on football stadia following the Hillsborough disaster and served as a member of the Order's ruling body, Chapter General.

Derek oversaw many State or Ceremonial occasions such as a Royal Wedding, a Jubilee celebration or a State Funeral. It could also be a major sporting event, a large open air concert, a public disorder scenario such as

an angry demonstration, rioting or even sadly a terrorist attack.

Derek was honoured for his work within St John and the wider community, receiving an MBE for his outstanding work for Asian refugees fleeing from Uganda, was appointed a member of the Royal Victorian Order, an honour in the personal gift of Her Majesty the Queen recognising his services during her Silver Jubilee and was appointed as a Knight of Grace of the Order of St. John. He also served as a Deputy Lieutenant for Ealing.

Derek joined the Hospitallers' Club in 1953 and remained a very active member until just before his death. He was elected President of the Club for the year 1967 and in 1983 elected a Life Member.

The Royal British Legion

A Talk by Life Member Barry Theobald-Hicks



The British Legion was founded in 1921 as a voice for the ex-Service community. It began as a merger of four organisations: the Comrades of the Great War, the National Association of Discharged Sailors and Soldiers, The National Federation of Discharged and Demobilised Sailors and

Soldiers and the Officers' Association. The British Legion was granted a Royal Charter on 29 May 1971 to mark its fiftieth anniversary which gives the Legion the privilege of the prefix 'Royal' and it celebrated its 90th birthday in 2011.

The Legion is a campaigning organisation that promotes the welfare and interests of current and former members of the British Armed Forces.

The Legion fight nearly 36,000 on going War Disablement Pension cases for war veterans and make around 3,000,00 welfare and friendship visits every year. Ongoing Legion campaigns include calls for more research into: Gulf War syndrome and compensation for its victims; upgrading of War Pensions; the extension of endowment mortgage compensation for British military personnel serving overseas and better support for British military personnel resettling into civilian life.

In 2007, the Legion launched the "Honour the Covenant" campaign urging the Government to Honour the Military Covenant.

The Legion will help with a claim for a War Disablement Pension or a War Widow (er) Pension, and can give free representation at War Pensions appeal tribunal hearings. Help can be given through an inquest and compensation claim and to provide emotional support, debt management, claims with benefit and dealing with unexpected expenses. A free dedicated handyperson service for those unable to carry out small repairs and minor alterations in their homes can be provided.

Those needing a break may visit one of the Break Centre's that have been located in four of the country's most popular seaside resorts. The children can also be treated to an activity break. There is a civvies street website where information and advice on jobs, skills and self-employment can be obtained.

Short and long-term care is provided for ex-Service people and their dependants in one of six care homes around the country. If leaving the Service help can be given with education and retraining, as well as navigating the benefits

and tax credits system.

Perhaps best known for the yearly Poppy Appeal and Remembrance services, Remembrance Day (also known as Poppy Day or Armistice Day) which is a memorial day observed in Commonwealth countries since the end of World War I to remember the members of their armed



forces who have died in the line of duty. Remembrance Day is observed on 11 November to recall the end of hostilities of World War I on that date in 1918. Hostilities formally ended "at the 11th hour of the 11th day of the 11th month," in accordance with the Armistice.

The red remembrance poppy has become a familiar emblem of Remembrance Day due to the poem "In Flanders Fields". These poppies bloomed across some of the worst battlefields of Flanders in World War I, their

brilliant red colour an appropriate symbol for the blood spilled in the war.

The "Ode of Remembrance" was taken from Laurence Binyon's poem, "For the Fallen", which was first published in *The Times* in September 1914.

*They went with songs to the battle, they were young,
Straight of limb, true of eyes, steady and aglow.
They were staunch to the end against odds uncounted,
They fell with their faces to the foe.
They shall grow not old, as we that are left grow old:
At the going down of the sun and in the morning,
We will remember them.*

The other epitaph used at Remembrance ceremonies is the Kohima Epitaph. The Kohima 2nd Division Memorial is maintained by the Commonwealth War Graves Commission on behalf of the 2nd Infantry Division. The memorial remembers the Allied dead from a force of 2500 men who repulsed the Japanese 15th Army, a force of 100,000 men, who had invaded India in March 1944 in Operation U-Go. Kohima, the capital of Nagaland, was vital to control of the area and in fierce fighting the Japanese finally withdrew from the area in June of that year.

The Memorial itself consists of a large monolith of Nagastone such as is used to mark the graves of dead Nagas. The stone is set upright on a dressed stone pedestal, the

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overall height being 15 feet. A small cross is carved at the top of the monolith and below this a bronze panel is inset. The panel bears the inscription

***"When You Go Home,
Tell Them Of Us And Say,
For Their Tomorrow,
We Gave Our Today"***



Garrison Hill, Kohima after the Japanese withdraw

The words are attributed to John Maxwell Edmonds (1875 -1958), an English Classicist, who had put them together among a collection of 12 epitaphs for World War I, in 1916.



The first official Legion Poppy Day was held in Britain on 11 November 1921, inspired by the poem In Flanders' Fields written by John McCrae. Since then the Poppy Appeal has been a key annual event in the nation's calendar. The Flanders Poppy was first described as the "Flower of Remembrance" by Colonel John McCrae who, before the First World War, was a well known Professor of Medicine at McGill University in Montreal. At the second battle of Ypres in 1915, when in charge of a small first-aid post and during a lull in the action, he wrote, in pencil, on a page torn from his dispatch book, the following verses:

In Flanders' fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders' fields.

Take up our quarrel with the foe;
To you from failing hands we throw
The torch; be yours to hold it high,
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' Fields.

Artificial poppies for the first poppy appeal in 1921 had been imported from France by Madame Anna Guerin, but in 1922 the Disabled Society, a charity established in 1920 by Major George Howson MC and Major Jack Cohen, received a grant of £2,000 from the British Legion to employ disabled ex-service personnel to make remembrance poppies in

England. They set up in a former collar factory on the Old Kent Road. Soon the factory was employing 50 disabled veterans. The factory made a million poppies within two months.

In November 1924, the Prince of Wales (later Edward VIII) visited the Poppy Factory, which made 27 million poppies that year. Most of the employees were disabled, and by then there was a long waiting list for prospective employees.

The old collar factory eventually proved too small as demand increased, and in 1925 the factory moved to the disused Richmond Brewery Stores that is still its home. The name of the charity was changed to the British Legion Poppy Factory at about the same time. In 1933 the factory was rebuilt on the same site.

As of 2011, the Richmond factory is operated by Royal British Legion through a separate company, The Royal British Legion Poppy Factory Ltd, and employs



**Double petal
RBL Poppy**

approximately 40 full-time workers, most of whom are disabled, who make the poppies throughout the year in preparation for the period around Remembrance Sunday. In addition, the charity employs approximately 90 home workers who live within 10 miles (16 km) of the factory. Total production is approximately 36 million poppies each year, although it has been as high as 45 million and there were once 365 workers.

The Richmond factory also makes approximately 80,000 poppy wreaths each year, including the wreaths laid by Queen Elizabeth, other members of the British Royal Family, and British politicians at the National Service of Remembrance at the Cenotaph on Remembrance Sunday. It also makes wooden tokens of remembrance (originally remembrance crosses, now a variety of shapes for different religions, including for 'no faith') and organises the Field of Remembrance at Westminster Abbey.

A separate factory, Lady Haig's Poppy Factory, was opened in Scotland in March 1926 at the suggestion of Countess Haig, wife of Field Marshal Douglas Haig, 1st Earl Haig. It grew from two



Lady Haig four petal poppies

employees in a former wood-chopping factory in the grounds of Whiteford House to employ over 100 people by the mid-1930s, with a waiting list of over 300. In

addition to the main task of making poppies, the employees made other goods by hand which were sold at three shops in Edinburgh and by a travelling shop throughout Scotland.

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The factory moved to its current premises, a former printing works, in 1965. Staffing levels and the range of goods made at the factory gradually declined after the Second World War, and increasing annual deficits were funded by contributions from the Earl Haig Fund Scotland. In 1998, the factory became an independent charitable company, The Lady Haig Poppy Factory Ltd, owned by Earl Haig Fund Scotland Ltd.

The factory is operated by the Earl Haig Fund Scotland and also employs ex-service personnel, many disabled, making five million remembrance poppies in Edinburgh each year, to a slightly different design with four-lobed petals rather than two for English poppies, and 8,000 wreaths.

Club Meeting News

December 2012

President 's Remarks

The President welcomed those present to the meeting and apologised for the cramped conditions of the Senate room. Congratulations were given to Committee Member Ashley Sweetland who had now been presented with his MBE, the presentation having been performed by HRH The Prince of Wales. The President then introduced the speakers for the evening Samantha McLaren and Dan Barnwell, Paramedics from the London Ambulance Service working on the Air Ambulance.

Almoner 's Report

Life Member Bob Payne was a little better but now using a wheelchair to assist mobility (not bad for 93 years of age). Club Member Henry Goodall had been in touch and was making progress. Life Member Barry Theobald-Hicks had contacted Club Member Vic Phillips who would welcome visitors. Visits needed to be arranged in advance so that someone could open the security doors to the flat for him.

Remembrance

At 8.15pm the Club Remembrance was read by Committee Member Ashley Sweetland.

Raffle

The raffle raised the sum of £42.00



Club Meeting News

February 2013

President 's Remarks

The President welcomed those present to the meeting and introduced the speaker for the evening Mr Wayne Ford, Diving Supervisor at the London Hyperbaric and Wound Care Centre. Wayne gave a very interesting, illustrated talk on the Unit at Whipps Cross. On completion Wayne accepted questions from the floor. The vote of thanks was given by Past President Cliff Bishop who also presented Wayne with a Club Paperweight.

Almoner 's Report

It was reported that Club Member Alf Atkins was well and was hoping to get to Club meetings. Past President Les Webb was still having a few ups and downs.

Remembrance

At 8.15pm the Club Remembrance was read by Past President Monty Levy.

Raffle

The raffle raised the sum of £69.00.

The London Air Ambulance Service (HEMS)

A Talk By Sam McLaren and Dan Barnwell, Paramedics from the London Ambulance Service



LONDON'S AIR AMBULANCE

injured casualties in and around London.

The service was formed in 1989 by Dr. Alastair Wilson OBE, as a response to a report by the Royal College of Surgeons that criticised pre-hospital trauma care. It is now headed by Dr. Gareth Davies and is based at the Royal London Hospital in Whitechapel. The service was the first air ambulance in the United Kingdom to carry a doctor trained in emergency medicine in addition to a paramedic at all times. Since the service was founded, trauma deaths



in London and on the M25 motorway have fallen by more than 50%.

The current helicopter used is a McDonnell Douglas MD 902 Explorer, registration *G-EHMS*, which is notable as it does not use a tail-rotor. This was a useful feature, as the helicopter must routinely land in confined inner city areas.

The helicopter operates during daylight hours only because of the difficulties associated with landing on un-surveyed sites at night; during the dark hours it is replaced by rapid response cars.



When the helicopter is offline the medical crew, including a paramedic and senior trauma doctor, still respond to

emergencies, but travel in a specially equipped Skoda Octavia rapid response cars.

The service costs £2.25 million a year to run, but is only partly funded by the National Health Service. London's Air Ambulance is a registered charity (number 801013) and the service is funded through charitable donations and corporate donors. A full list of corporate donors is available on the HEMS website. The charity also runs a weekly lottery to raise funds for the service, and holds a number of small and large scale fundraising events throughout the year.

Being crewed by a Dr and a paramedic the response enables the service to offer a wider range of care than when the crew is Paramedic only. These procedures include the ability to deliver a high standard pre-hospital anaesthesia, to perform a thoracotomy (open heart surgery) at the roadside and to perform thoracostomy (to drain collapsed lungs).

The London Air Ambulance will also make history as the first air ambulance in the UK to carry blood on board its aircraft and cars. Blood is a precious resource and must be stored at a specific temperature in special containers. The SCA Cool Logistics' Credo, thermal range ("Golden Hour Boxes"), which is also used by the British Military, was found to be the most suitable



following extensive research carried out with the Transfusion team at Bart's and the London NHS Trust. Each box carried on board the aircraft and rapid response cars will carry 4 units of O negative (emergency) blood.

Hems have attended every major incident in London over the past 17 year. These include Southall, Potters bar, Hatfield and Ladbrooke Grove train crashes, the Bishopsgate, Canary wharf and the London Nail bombings including the 7/7 attacks.

The aim for the future is to achieve a 24 hour trauma response with Aircraft full daylight use, Rapid response vehicles north and south and Standardisation / improving links with surrounding air ambulances.



Annual General Meeting



January 2013

The January Annual General Meeting was held on Friday 11th January 2012 at the Imperial Hotel, London, commencing at 7 pm.

Present were the Patron, the President, the Vice President and 32 Members. Apologies were received from 16 members. The President welcomed those in attendance and opened the meeting with the reading of the minutes of the 2012 Annual General Meeting. These were proposed by Past President Paul Herbage, seconded by Past President Keith Schnaar, agreed by all present and signed as a true and accurate record.

The meeting then continued by receiving the Annual reports from the Hon. Secretary, The Hon. Auditor 's, the Hon. Treasurer, the Hon. Social Secretary, the Almoners and the Archivists. These reports were all proposed, seconded and agreed by all at the meeting

The Hon. Treasurer then put forward that our donations for the year should be kept at the 2012 rate but as the Museum fund was now closed our total donation of £2000.00 be sent to the Hospital. This was proposed by Past President Paul Herbage seconded by Club Member Ashley Sweetland and agreed by all present. A cheque was then presented to the Patron to forward to the Hospital for us.

The Hon Treasurer also proposed that the membership subscriptions for 2013 remain unchanged and any shortfall in income made up from Club funds. This was seconded by Club Member Richard Webber and agreed by all present.

The Hon Treasurer 's recommendations would still be in agreement with the Club 's financial strategy.

Subscriptions for the coming year will therefore be as follows: Full members £35.00, Senior Citizens £30.00 and Provincial members £16.00

The Almoner 's report

Details were given on the arrangements needed for visiting Club Member Vic Phillips

Election of Club Officers

The President Richard Cocks thanked the members for their help during his year in office and continued by nominating the Vice President Susan Reeder for President during the year 2013. This was agreed by all present and Richard invested Susan with the President 's insignia. Life Member Mick Cunvin then invested Richard with the Immediate Past President 's insignia

The New President then called for nominations for Vice President and Past President Derek Rudge proposed Club Member Ashley Sweetland. The nomination was seconded by Past President Paul Herbage and agreed by the meeting. Ashley accepted the nomination and the New President then presented Ashley with his Vice President 's insignia.

The President then called for nominations for the Post of Club Officials. There was only one applicant for each position these being Hon. Secretary, Club Member Margaret Neary, Hon. Treasurer Brian Rigby, Hon. Social Secretary Life Member Colin Reeder. Nominations for Committee Members were received from Cedric Gerryn, Sarah Mills and Richard Jones.

Finally the President called for nominations for Auditor for 2013 and it was agreed that Past President Derek Smith would serve as 1st Auditor and Club Member Mike Hetherington as 2nd Auditor.

Club Rules

Past President Paul Herbage stood and read rules 2.8, 3.8 and 4.7.

Election of New Members

There was one new applicant for membership this being Mrs Heather Lawrence, Past Area Superintendent, Eastern Area proposed by Life Member Colin Reeder. The applicant left the room for the ballot which resulted in unanimous acceptance. Heather returned to be welcomed into Club Membership by the President and presented with her Club brooch.

List of Club Members

Commencing with the President and top table the membership stood and stated their names.

Dates of Future Meetings

The dates of future Club and Committee meetings were read and distributed to all present.

Remembrance

The Club Remembrance was read by the President Susan Reeder.

Raffle

The raffle raised the sum of £46.00.

Club Meeting News

March 2013

President 's Remarks

The President welcomed all those present to the meeting and introduced the speaker for the evening Mr Edward Hartill OBE. Mr Hartill Gave a very informative and interesting talk on Coram, The Thomas Coram Foundation for Children. At the end of his talk Mr Hartill accepted questions from the floor. The vote of thanks was given by Past President Derek Smith who presented Mr Hartill with a Club Paperweight as a mark of our appreciation of his visit.

Almoner 's Report

Dr Ian Fletcher was unwell and sent his apologies for absence. Club Member Jim Kelly had undergone cardiac surgery, was out of hospital and hoped to return to meetings in the Autumn. Life Member Mick Cunvin had visited Life Member Bob Payne and reported that he was keeping well. Mick had also received a letter from Past President Les Webb stating that he was well.

Applications for Club Membership

There was one applicant for membership that being Mr Charles Fowler, Chairman of St. John Council, Surrey proposed by Mr John Smith. The candidate left the room accompanied by his sponsor while the ballot took place. This resulted in the candidate 's election as a member. On Mr Fowler 's return to the room he was welcomed into membership by the President and presented with a copy of the Club rules and a Club tie.

Club Remembrance

At 8.18pm the Club Remembrance was read by Past President Derek Rudge.

Raffle

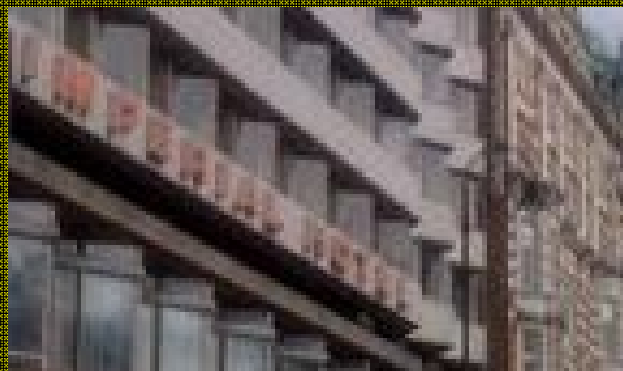
The raffle raised the sum of £53.00.

The Hospitallers' Club Annual Dinner and Dance

Saturday 26th October 2013

at the
Imperial Hotel,
Russel Square,
London
6.30pm till midnight

Remember the date for your diary



Hyperbaric Oxygen Therapy

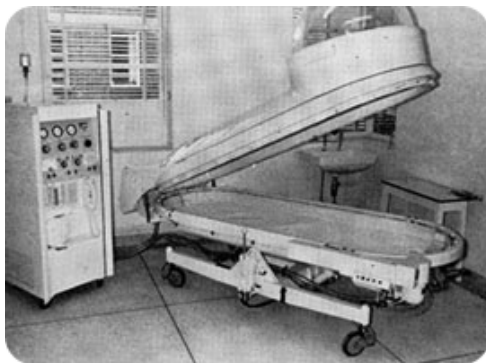
A Talk by Mr Wayne Ford, Supervisor, London Hyperbaric Chamber Whipps Cross

Hyperbaric medicine, also known as hyperbaric oxygen therapy (HBOT) is the medical use of oxygen at a pressure higher than atmospheric pressure.

The equipment required consists of a pressure chamber, which may be of rigid or flexible construction, and a means of delivering 100% oxygen. The operation is performed to a predetermined schedule by trained personnel who monitor the patient and may adjust the schedule as required. HBOT found early use in the treatment of decompression sickness, and has also shown great effectiveness in treating conditions such as gas gangrene and carbon monoxide poisoning.

Treatment has also been used in air or gas embolism, carbon monoxide poisoning complicated by cyanide, crush injury, compartment syndrome, and other acute traumatic ischemia's, enhancement of healing in selected problem wounds, necrotizing fasciitis and osteomyelitis

The Hyperbaric Unit at Whipps Cross Hospital was the first department of its kind in London; and by the 1990s it was the last. It was established from the beginning as part of the National Health Service.



The Hyperbaric Unit was founded in 1965, as a research facility for Vickers, using the first monoplace chamber produced by them for clinical use. This chamber remained in clinical service until 1992, and is now in the Welcome

museum. The oxygen for the department was initially supplied from cylinders which were carried on trolleys pushed around the hospital by trainee anaesthetists.

In 1988, contact was made with the Guy 's Hospital Poisons Unit and the Institute of Naval Medicine; and by 1994, Whipps Cross Hospital was the busiest single referral centre for emergency hyperbaric oxygen treatment in the UK. The department was also used after 1988 for a variety of elective referrals from throughout the southeast of England.

The London Hyperbaric Medicine Centre is the One-Stop-Shop for Medical advice, all Diving medicals, treatment for DCI and educational courses. The team consists of qualified, competent and diver-friendly advice staff. All supervisors and most nurses and doctors are active divers.

The Divers Emergency Service is London 's leading Medical Facility for Diving Accidents. It includes the assessment and treatment of professional and recreational SCUBA Divers suffering from Decompression Illness (the Bends or DCI) and operates a 24 hour national Diving

Accident Helpline. It is staffed by experienced and highly motivated supervisors and diving doctors from the Divers Emergency Service who man a fully equipped Multiplace Recompression Chamber.

Multiplace chambers are capable of admitting more than one person (patients and In-chamber attendants), the largest of which can accommodate up to 10 – 12 persons at one time.



At Whipps Cross the multiplace chamber system is a vast improvement over the single one-person unit, which was in service for many years.

There is no narrow hatch to squeeze through, and patients can either walk in, or be be wheeled on a trolley through the large rectangular door into a bright and friendly atmosphere.

The chamber is filled with normal air which is then pressurised to the appropriate therapy pressure. Oxygen is delivered to the patient by means of a mask or hood tents

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which enables the expired air to be exhausted to the outside of the chamber

Multiplace chambers treat multiple patients at the same time, generally with a nurse or another inside observer who monitors the patients and assists with equipment manipulation or emergencies (see images below). Patients in a multiplace chamber breathe 100% oxygen via a mask or close-fitting plastic hood. Multiplace chambers can usually be pressurized to the equivalent of about 6



atmospheres of pressure.

If a different mixture of gas (nitrogen or helium mixture) is desired, the mixture can be given, via the mask, to only the patient, not the employee. All equipment used with patients, such as ventilators and intravenous lines, is put into the chamber with the patient. Since the employee is breathing air during the treatment (not using a mask), his or her nitrogen intake must be monitored, as this presents a risk for problems similar to those sometimes developed by scuba divers.

A monoplace chamber compresses one person at a time, usually in a reclining position (see image below). The gas used to pressurize the vessel is usually 100% oxygen. Some chambers have masks available to provide an alternate breathing gas (such as air). Employees tend to the patient from outside of the chamber and equipment remains outside the chamber; only certain intravenous lines and ventilation ducts penetrate through the hull. Newer Duoplace chambers can hold 2 people; their operation is similar to that of a monoplace chamber.



Future Dates

2013

11th October

26th October Annual Dinner & Dance

8th November

6th December

2014

10th January - AGM

14th February

14th March

11th April

9th May - Spring Social
(subject to confirmation)

From the Editor

Unfortunately three more of our long standing Members have passed away they being our Past Patron Sir Godfrey Milton Thompson, KBE. Life Member Derek Fenton and Past President Freddie Witch. Freddie's cremation was held at Dorking Crematorium while Derek's service was held at Ealing. Both these events were well attended by Club Members.

Unfortunately there have been a couple of meetings I have been unable to attend so I apologise for the absence of any report on the October meeting where the speaker was Mr Chris Doyle, from the London Ambulance Service and the Club meeting details for April

Please remember we are always looking for speakers so if you know of anyone please let the President or Vice President know.

Well here is hoping that those of you who have had your holidays have had an enjoyable time and for those of you who are still to go are off to somewhere interesting and relaxing.

I look forward to seeing you all when we return in October.
Mick Cunvin, Editor

Coram. The Thomas Coram Foundation for Children.

A Talk by Mr Edward Harthill O.B.E., Chairman of the Trustees

The Thomas Coram Foundation for Children is a large children's charity in London which uses the working name Coram. It is one of England's oldest children's charities, established by royal charter in 1739 as the Foundling Hospital.

The headquarters of the charity are at Mecklenburgh Square in London. It works with children separated from their parents, supports vulnerable families, and lobbies on policy and practice issues in childcare through its various services, such as Adoption, Housing and Support (formerly Leaving Care Services and Creative Therapies), and the Parents' Centre (which was a pilot project for Sure Start).

Coram Life Education is the largest health education program for children in the UK, with a fleet of nearly 100 mobile classrooms that visit 4,000 schools around the country. Coram Children's Legal Centre provides the free national Child Law Advice Line, a 24-hours service covering education, immigration and family law issues. It also provides extensive international consultancy.



The Foundling Hospital was begun by the philanthropic sea captain Thomas Coram, who was appalled to see abandoned babies and children starving

and dying in the streets of London. Coram was born in Lyme Regis, Dorset, UK. He spent much of his early life at sea and in the American colonies. From 1694 to 1705, he operated a ship building business.

On 17 October 1739 he obtained a Royal Charter granted by



Boy and Girl in the Foundling Uniform 1914. Originally designed by William Hogarth and little changed over the years.

George II establishing a "hospital for the maintenance and education of exposed and deserted young children."

The first children were admitted to the Foundling Hospital on 25 March 1741, into a temporary house located in Hatton Garden. The first two children to be baptised were named Thomas Coram and Eunice Coram.

On entering the Hospital children were baptised and given a new name. At first, no questions were asked about child or parent, but a distinguishing token was put on each child by the parent. The tokens were small trinkets such as buttons which might show that the father was in the army or small pieces of fabric that could be matched up with the rest of the pattern if the child was ever collected.



Thimbles might express the mother's love even more strongly as dressmaking might be her livelihood and she would be reducing her ability to work by leaving something so valuable with her abandoned child. Coins with added notches to personalise them were sometimes used as tokens and some tokens were designed and engraved specially with as many clues to the identity of the parents as could be included in such a small item.

Trinkets, pieces of cotton or ribbon, verses written on scraps of paper, clothes, if any, were carefully recorded. The applications became too numerous, and a system of balloting with red, white and black balls was adopted. Children were seldom taken after they were twelve months old.

Replicas of the tokens have been used to decorate part of the pavement of Marchmont Street named after the 2nd Earl of Marchmont one of the founding governors of the Foundlings Hospital.

On reception, children were sent to wet nurses in the countryside, where they stayed until they were about four or five years old when they returned to the hospital. At sixteen girls were generally apprenticed as servants for four years; at fourteen, boys were apprenticed into a variety of occupations, typically for seven years.

In September 1742, the stone of the new Hospital was laid in the area known as Bloomsbury, lying north of Great Ormond Street and west of Gray's Inn Lane. The Hospital was designed by Theodore Jacobsen as a plain brick building



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with two wings and a chapel, built around an open courtyard. The western wing was finished in October 1745. An eastern wing was added in 1752 "in order that the girls might be kept separate from the boys".

The new Hospital was described as "the most



Boys Dining Room



Boys Dormitory

imposing single monument erected by eighteenth century benevolence" and became London's most popular charity.

The Foundling Hospital still has a legacy on the original site. Seven acres of it were purchased for use as a playground for children with financial support from the newspaper proprietor Lord Rothermere. This area is now called Coram's Fields and owned by an independent charity, Coram's Fields and the Harmsworth Memorial Playground.



The Foundling Hospital itself bought back 2.5 acres of land in 1937 and built a new headquarters and a children's centre on the site. Although smaller, the building is in a similar style to the original Foundling Hospital and important aspects of the interior architecture were recreated there. It now houses the Foundling Museum, where the Coram Charity art

collection can be seen. The museum and gallery certainly deserve a visit.

Popular artists of the 18th century became patrons and governors of the Foundling Hospital and donated some of their work to the foundation. The art collection contains works by William Hogarth, Thomas Gainsborough and Sir Joshua Reynolds, including a full-length portrait of Thomas Coram himself, along with musical scores by Handel



Coram Children with Foster Mother in East Peckham 1900

including a fair copy of *Messiah* bequeathed in his will.

Thomas Coram's involvement with the Hospital came to an end when he was effectively ousted from the Hospital in 1741. It appears that he had been publicly critical of several of his fellow Governors and staff members. Embarrassed by the public discussion, and concerned about the impact on their work, the Board closed ranks against Coram and he quickly became an outsider of the Hospital he had created. However, Coram continued to visit the Hospital, acting as godfather to more than twenty foundlings. Coram died on 29 March 1751 and was buried, in accordance with his wishes, beneath the altar of the Hospital Chapel.

As the city of London grew the decision to move the Hospital out of London was taken in 1926. The site was sold and the Hospital demolished, apart from a few fragments and interiors that can be seen in the Foundling Museum today. Closely modelled on the layout of the original Foundling Hospital a new building was erected in Berkhamsted in Hertfordshire. The Foundling Hospital continued to operate until 1954 when the institutional model of child care became outdated. New social attitudes and approaches to childcare resulted in the Hospital placing the last remaining children in foster homes. Over its two hundred and fifty years of operation the Foundling Hospital cared for over 25,000 children .



Archery

A Talk by Mr Graham Dotts



Graham gave a very interesting, illustrated talk on a sport that he had been involved with since the age of 11. He was introduced to archery by his father who was a competition judge. Graham progressed through the sport to become one of 60 international judges and to be selected as a judge for the 2012 Olympics.

Archery was an important military and hunting skill before the widespread and efficient use of firearms, being one of the oldest sports still practiced it is closely linked to the development of civilisation.



Bows were used nearly all over the world. The Hittites and Assyrians shot their bows from chariots, becoming fearsome opponents in battle. In 250 BC, the Parthians (from what is now Iran and Afghanistan) would battle with bows from horseback. They developed a technique of pretending to flee, while firing arrows back towards the enemy. This could be where the phrase "a Parthian shot" became today's phrase "a parting shot".

Archery was the favourite sport of the Egyptian pharaohs during the 18th dynasty .

in the days of the Roman Empire, they owed much of their military superiority to their skilled archers

The longbow was invented by the Celts in Wales around 1180 C.E. but was not really used by the English military until the 1300s. The longbow is an incredibly strong piece of wood roughly 6 feet tall and 5/8 inch wide. The wood would be preferably yew, which was hardened and cured for 4 years for best results. The curing helped protect it from the elements, which later proved to be a greater asset than thought before.

The curing process was used on regular bows but perfected by the longbow. The longbow had a draw weight (the force needed to pull back to ear) of 200 pounds. The bow could shoot over 1 half mile with enough force to knock a knight off his horse. The arrows shot commonly from the longbow were called bodkin arrows and were roughly 3 ft long with a tip designed for breaking through chain mail but with the force of the longbow behind it, it was capable of penetrating plate mail of all but the best quality. One story states that an

arrow shot from a longbow pierced an oak door 4 inches thick.

The English longbow was the best weapon of its time. The crossbow was weaker and slower than the longbow, with only 2-3 shots a minute while an experienced longbow man could loose 20 shots per minute. In effect, the longbow was a medieval machine gun. The longbow was also stronger than a regular bow, due to its length, and the cured yew it was made of.

The Hundred Years War was where the longbow really showed its strength. In some of the war's most decisive battles the longbow was the weapon that turned the tides. One memorable example: The Battle of Crecy.



An explanation of the damage that one of these arrows could inflict was given by Gerald of Wales in the 12th century:

"... in the war against the Welsh, one of the men of arms was struck by an arrow shot at him by a Welshman. It went right through his thigh, high up, where it was protected inside and outside the leg by his iron cuirasses, and then through the skirt of his leather tunic; next it penetrated that part of the saddle which is called the alva or seat; and finally it lodged in his horse, driving so deep that it killed the animal".

The origin of archery was for hunting for food but this is now illegal in the UK but is still allowed in the USA. As a sport archery became registered under Royal Toxophilite (Greek toxon, "bow"; philos, "loving") Society . This now controls 1100 clubs world wide with 170 in the UK..

Archery first appeared at the 1900 Olympics in Paris. There were archery events for the next few Olympics, but then it disappeared from the Olympic program for more than 50 years. It reappeared at Munich in 1972 and has remained a fixture ever since.

The best all-time performing Archer at the Olympic Games is Hubert Van Innis of Belgium, who won six gold medals between 1900 and 1920.

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The Federation Internationale de Tir a l'Arc (FITA) was founded in 1931 and created standardized rules for competition and is currently the governing body for international archery competition and implements standardized rules for competition.

The 1972 Olympic Games in Munich, Germany were the proving ground where FITA rules were recognized and established. The competitors shot 36 arrows for a single competition and 72 arrows for a double competition. Men shot from 90, 70, 50 and 30 meters while women shot from 70, 60, 50 and 30 meters.



In Olympic archery, the target stands 70 meters (229 feet, 8 inches for the metrically challenged) away from the shooting line and has 10 concentric circles, beginning with the appropriately colored gold bull's-eye, which must be 1.3 meters (4 feet, 3 inches) above the ground. Like the bull's-eye, each of the four other colored rings - red, blue, black and white - is 12.2 centimeters (4.8 inches) wide and contains two scoring zones of equal width.

The Scoring, from the outside white ring to the inner gold at the center, the point total on the target ascends from 1 to 10 like so: white outer, 1; white inner, 2; black outer, 3; black inner, 4; blue outer, 5; blue inner, 6; red outer, 7; red inner, 8; gold outer, 9; and gold inner, 10.

Arrows that pierce the lines between the circles are awarded the higher score. Deflected arrows earn a score where they end up. Arrows that don't stick or that pass through the target also count. When an arrow rebounds, the archer signals the judge by raising a flag after finishing an end (a round of three arrows). If an arrow becomes embedded in another arrow (called a "Robin Hood"), the score of the first arrow is taken. If an arrow misses the target, no points are scored.

In the 1988 Games in Seoul, Korea, team competition was added. There are now four archery events held at the Olympics: Men's Individual, Women's Individual, Men's Team and Women's Team.

Ron 's Corner

In memory of Past President Ron Strutt who found many of the jokes and sayings that populated the original editions of the Newsletter

Points to ponder

Why there a light in the fridge and not in the freezer?

Why you have to click on "Start" to stop 'Windows'?

How come we put a man on the moon before realising it would be a good idea to put wheels on suitcases?

Overheard on aircraft radio frequency

" Approach UAL525 what 's this aircraft doing at my altitude? "

" UAL525, what makes you think it 's YOUR altitude, Captain? "

" TWA 2341, for noise abatement turn right 45 Degrees. " " Centre, we are at 35,000 feet. How much noise can we make up here? " " Sir, have you ever heard the noise a 747 makes when it hits a 727? "

Heard as an aircraft announcement

After a real crusher of a landing in Phoenix, the attendant came on with, "Ladies and Gentlemen, please remain in your seats until Capt. Crash and the Crew have brought the aircraft to a screeching halt against the gate. And, once the tire smoke has cleared and the warning bells are silenced, we'll open the door and you can pick your way through the wreckage to the terminal."

Spring Social Evening - The Dunmow Flitch

For the Spring Social evening the group met at the Albany Suite, the Tavistock Hotel just a short distance from the Imperial Hotel where the evening commenced with a two course, either hot or cold, buffet meal.

Following the meal there was a talk by Mr Michael Chapman on the Dunmow Flitch. A flitch is the side, or a steak cut from the side, of an animal or fish. The term now usually occurs only in connection with a side of salted and cured pork in the phrase a flitch of bacon.

A common claim of the origin of the Dunmow Flitch dates back to 1104 and the Augustinian Priory of Little Dunmow, founded by Lady Juga Baynard. Lord of the Manor Reginald Fitzwalter and his wife dressed themselves as humble folk and begged blessing of the Prior a year and a day after marriage. The Prior, impressed by their devotion



bestowed upon them a Flitch of Bacon. Upon revealing his true identity, Fitzwalter gave his land to the Priory on the condition a Flitch should be awarded to any couple who could claim they were similarly devoted.

By the 14th century, the Dunmow Flitch Trials had achieved far-reaching notoriety. The author William Langland, who lived on the Welsh borders, mentions it in his 1362 book 'The Vision of Piers Plowman' in a manner that implies general knowledge of the custom among his readers and Chaucer, writing less than half a century later, alludes to the Dunmow Flitch Trials in "The Wife of Bath's Tale" and again does not see the need to explain them to his readers.

The trials have been held regularly and since the end of WWII, every 4 years in a leap year. Not because of historic precedent, but because such intervals suit the situation nicely and give the organisers time to recover and build up strength to organize the next event!

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The modern Trials take the form of a court presided over by a Judge, with Counsel representing the claimants and Opposing Counsel representing the donors of the Flitch of Bacon, together with a Jury of 6 maidens and 6 bachelors, a Clerk of the Court to record the proceedings and an Usher to maintain order.

The couples (claimants) married for at least a year and a day come from far and wide to try and claim the Flitch. It is not a competition between the couples. All the couples could be successful in their claim, which is vigorously defended by Counsel employed on behalf of the donors of the bacon, whose job is to test their evidence and to try and persuade the jury not to grant them the Flitch.



Successful couples are then carried shoulder-high by bearers in the ancient Flitch Chair to the Market Place, where they take the oath (similar to pre Reformation marriage vows) kneeling on pointed stones. Unsuccessful couples have to walk behind the empty chair to the Market Place, consoled with a prize of gammon.

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The Oath

*"You do swear by custom of confession
That you ne'er made nuptial transgression
Nor since you were married man and wife
By household brawls or contentious strife
Or otherwise in bed or at board
Offended each other in deed or in word
Or in a twelve months time and a day
Repented not in thought in any way
Or since the church clerk said amen
Wish't yourselves unmarried again
But continue true and desire
As when you joined hands in holy quire."*



"Sad Thing About This Joe... Is In 70 Years We'll Be Doing The Same Thing and Still Be Bald and No Teeth and Wearing Diapers":)

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Please remember that Past President Monty Levy always has a selection of ties, cufflinks and tie tacs/lapel badges for sale at Club