

Perspective – Autumn 2013

The Newsletter of the IBM Hursley Retirees' Club



EX CATHEDRA

After a season of, what I hope has been, a variety of interesting trips and visits around the southern half of England, we can settle down to planning for the next twelve months. A pity about the Weymouth trip in July and the necessary diversion to Bournemouth. I am just relieved that none of our coaches was involved in what was a very serious road accident.

We are looking forward to a great finish to the 2013 programme and another excellent start to 2014. Already, by the time this missive “hits the streets”, Members will have the choice of two popular shows - at The Mayflower and in the West End.

During Harry Helyar’s stay in hospital and convalescence following open heart surgery, much of the practical trips admin work over recent months has been handled with skill and diplomacy by co-opted Member of the Committee, Ingrid Bond, to whom our thanks must go. And I must accept responsibility for any “clitches” which have been apparent!

The last committee meeting began the process of choosing and planning the programme for 2014. As in previous years, the biggest challenge is finding venues which can cater for perhaps three or more coaches full of our hungry Members.

So, as I have said before, let’s hear from you, please.

Our next AGM is scheduled for Tuesday 11th March 2014 and we are fortunate again to be able to meet and eat in D Block’s cafeteria. Thank you, IBM. Let’s have a good attendance and, while, you’re thinking about the evening, a good number of volunteers to serve on the Committee.

Thanks also for those compliments and helpful comments during the year.

Best wishes.

Martin Hughes
Chairman

In this issue

EX CATHEDRA	1
Officers	3
FAQ's for trips	3
Change of Home Address/Email Address.....	4
Change of Email Address	4
Change of Circumstances	4
Photographic Competition	4
2013 Trips (continued)	4
Remaining Trips	11
Theatre Visit – Evita, Mayflower, Southampton 18 October	11
Portsmouth Dockyard 15 October	11
Birmingham Christmas Market 26 th November.....	11
Theatre Visit – Matilda, The Cambridge Theatre, London 22 January 2014	12
Volunteering/Charities/Activities	12
Textile Fayre (in aid of Breakthrough Breast Cancer)	12
The Compton & Shawford Festival Choir	13
Winchester Art Club Annual Exhibition 12 th October – 3 rd November 2014	13
Hampex 2013 19 th October	13
Winchester Operatic Society – Patience 12 th – 16 th November 2013	13
Prostate Cancer support Network	14
Graham completed his cycle ride for Countess Mountbatten Hospice Charity. (Graham Mackenzie)	15
Winchester Photographic Society	18
Introduction to Yoga	19
Hursley Museum Services – Autumn 2013 update.....	19

Officers

CHAIRMAN	SECRETARY	TREASURER	e BUSINESS	WEB Co-Ord
Martin Hughes 01962 868 900	Harry Helyar 01962 889276	John Jones 02380 265 316	Merv Quick 01794 390 678	Ron Wilks 02380 766 213
Tony Compton 02380 265 432	John Faller 02380 462 822	Ingrid Bond 01962 883861	Harry Keeling 01962 712 914	Jim Woodland 02380 323 204
Richard Walker 01983 531967	Pauline Bell 02380 261659			

FAQ's for trips

Notification

For those trips that you are requested to supply a stamped addressed envelope, you will receive notification of whether you have been successful in your application for that trip. For all others, unless you have been informed otherwise by telephone, just turn up to Hursley, follow the signs to Retiree Parking, park, join a coach, and enjoy the day

Cancellation

None of us is getting younger, and the gremlins come and attack us from time to time. If you have booked on a trip and find that you can't go, please phone Harry Helyar. If Harry does not answer the phone, just leave a clear message. What many do not realise is that Harry has a deputy plan in place for when he away from home, so messages do get listened to, and Harry is made aware.

By cancelling, you may help us to save money by reducing the number of coaches we have booked, or allow someone else who is on a waiting list to go in your place. Of course, if you cancel then your cheque is torn up, another benefit.

Even on the day you can help us by cancelling, just call the club's mobile telephone.

Emergency

Should an emergency arise while on a trip you should call the club's mobile telephone **07505-094887** which will be carried, unless you have been otherwise advised, by the trip organiser.

Leaving on time

Please do make sure you arrive at Hursley before the planned departure time, and also be **back at the coach at the stated times**. The coaches need to depart within minutes of the stated time. If you have a last minute problem, call the club's mobile. They will leave without you if you are not there.

Change of Home Address/Email Address

Change of Email Address

If you change your email address, please remember to send an email to news@hurrec.org.uk so that I can update the distribution lists for IBM Hursley Retiree Club emails. You should also inform Pensions, see following.

Change of Circumstances

If you change your bank, home address, email address etc, you should make sure that you inform IBM Pensions so that they can keep your records up to date. Full information is available on the Retirees section of the Pensions Trust website at www.smartpensionsuk.co.uk.

Photographic Competition

Don't forget that we will be running, by popular request at the AGM, a photographic competition for club members in 2013. Winner gets a free trip.

Rules are very simple. Any club member may submit up to 3 photographs in JPEG format to news@hurrec.org.uk. Each photograph must have been taken on an IBM Hursley Retiree Club trip during 2013. Last date for entries is 31 January 2014. Winners will be announced at the AGM.

2013 Trips (continued)

Clarence House and Buckingham Palace State Rooms



Robin, Chris, and Alice were already on board the coach as I joined it on a bright and sunny morning. With a full load of 54 we headed off to London, and being August the roads were very quiet.

It was around 10:00am that the coach arrived at our drop-off point, the Royal Mews of Buckingham Palace. But the State Rooms were our afternoon visit, first we needed to make sure we were by Clarence House about 10 minutes before the start time of our tour. No worries, we had plenty of time to meander up the Mall, going just past the entrance to Clarence House and making a right into St James' park. Having stopped at creature comfort station number 1 which

is just inside the park gate, we moved on 50 yards to creature comfort station number 2 to buy a cup of coffee. With the weather so pleasant, St James' park was in all its glory, and the views of Buckingham Palace, Horse Guards Parade, the ducklings and other wildlife were magnificent.

Soon it was time to leave St James' park, cross the road, and join our Clarence House tour group. And what an super tour it was, with the tour guide providing an excellent insight to the house, its history, life when the Queen Mother was in residence, and, to bring us right up to date, life with Prince Charles and his wife, Camilla. One of the traditions that Camilla has established is a Christmas party for children from one of her charities. Apparently, the children have tea and then the doors into the adjoining room are thrown open to reveal a large Christmas tree only the top half of which has been decorated, and guarded by one of the Horse Guards in his dress uniform. The challenge for the children is to dress the lower half –within reach – part of the tree. As a finale, the Horseguard draws his sabre to 'gently' lift the fairy and place her atop the tree!

No photographs to share, as photography, both within the house and also the gardens, was prohibited.

Time for lunch. A 10 minute stroll down the Mall to get to Buckingham Palace, and then another 5 minutes or so to walk down the side wall of Buckingham Palace to Grosvenor Place where there are a range of eateries. Typical London fair in the pub we chose, OK as it goes and it filled a hollow in my mid-rift.

2:30 saw us in a large queue waiting to enter the State Rooms. Surprisingly, at our allotted time the queue moved very quickly and efficiently. Apparently they get up to 8000 visitors a day at peak-season, so guess they're used to people processing.

With audio set earphones attached, and all instructions noted, we headed off through the magnificent State Rooms. Having been to many a NT property, it was hard to believe that this was a working home with countless state occasions, investitures and garden parties being held each year. In addition to the various State Rooms, there is always an exhibition. As it was 60 years after the Coronation, this year's exhibition centred around the robes worn on that occasion. Not where were you when Kennedy was assassinated, but where did you watch the Coronation. I was stood in our street with some other urchins looking through the front window of a kind lady who turned her 9 inch B&W TV round so that we could see the picture.



My wife could have spent all day looking at the coronation exhibits alone, and had to be hurried along. As for me, it was nearly 2 hours before I had completed the tour. Fascinating!

Out into the gardens, a quick drink, and walk back to the bus for our journey home. An excellent pair of visits.

(Ed: Due to the number of people who were unable to join this trip as it was so over-subscribed, the committee intend to run this trip again in 2014; watch this space)

Great Dorset Steam Fair



A first for the club, an afternoon and evening visit, leaving Hursley after lunch. The coach was full to capacity, even after we had managed to get one of the large 59 seater coaches, when we left Hursley at 1:30pm. No queues for us at Tarrant Hinton, those that were coming queued in the morning, we sailed straight through.

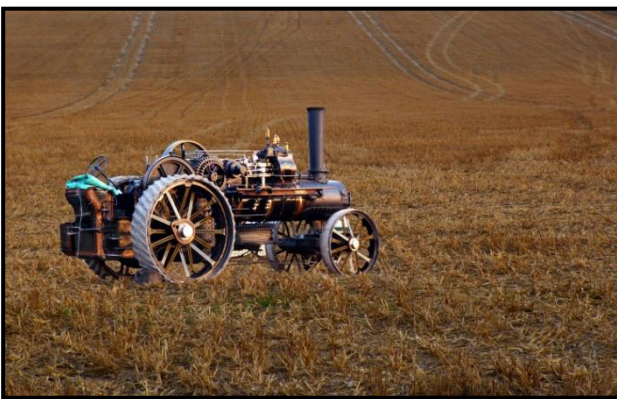
Tickets in hand we headed off for the entrance where one of the stewards was handing out maps. Obviously she had us clocked as a set of crinklies, got her pen out, and marked everyone's map with a big cross to show you where we had to exit to get back to our coach, bless! As we entered by the fun fair, there were loads of tall things like the ginormous

Ferris wheel to head for at the end of the day.

Never having been before, I was not prepared for the size of the showground, or the number of exhibits. Occupying over 650 acres, there are parts of the showground or caravan parks or campsites wherever you look. As the weather was just right for such a show visit, dry as a bone and pretty warm, I thought a pint of real ale would be a good starting point, and time for thought as to how to maximise ones enjoyment of the visit.

Off to see the main heavy haulage arena, passing numerous wonderful examples of steam rollers – a feature of this year's show. Plenty of space to just stand and watch the countless variations of steam vehicle going around this huge arena.

Small steam engines dashing by, huge steam road rollers making sure that the field was a flat as a pancake, large steam engines hauling very large loads, and at one time 3 steam engines – one pushing, 2 pulling – tugging an enormous electric transformer around the field. The sound, the smell, the beauty of the engines themselves, made for a wonderful experience.



Next off to see the steam ploughing. For those that have never seen steam ploughing, there are 2 steam engines involved, and a plough with 2 or 3 people sat on it (presumably to keep the plough in the ground). Each steam engine is joined to the plough by a thick steel cable. At the puff of the whistle, one steam engine drags the plough across the field until it reaches the engine. Then back it goes to the

other engine, each engine moving forward a bit each time. Not satisfied with demonstrating one pair of engines at work on the large, must have been in excess of 20 acres, field, there were 2 pairs working at the same time!

Now it was time, after a healthy hot dog, to head off to the other side of the showground to see the horses, crafts, working machines and some of the modern earth moving machinery.

Following a visit to the craft tents, it was getting dimpley and time to head back to the main part of the showground. Lights were coming on all over the place. The fairground organs were everywhere with that distinctive music that

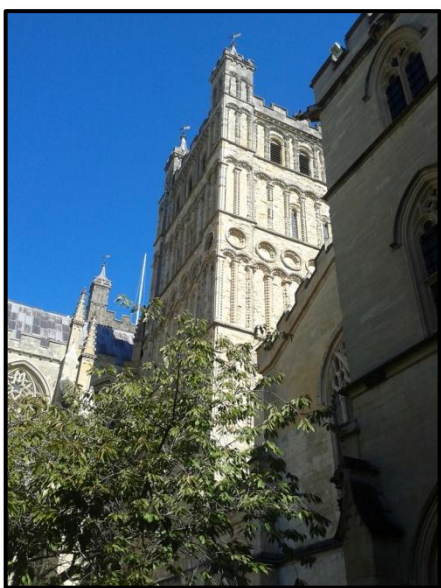


just makes you feel great. Soon it was dark enough to have all the showman's steam engines, must have been at least 30 of them all in a line beside the fairground attractions, with steam up and full of lights. Magical is the word that springs to mind, and the reason for an evening visit, notwithstanding the musical entertainment that was going on in various beer marquees that some enjoyed.

All too soon the day was over, and time to return to the coach. The coach host had threatened to leave us behind if we were late and it is a long walk home from Tarrant Hinton.

A tiring but great day out.

Mini-break – Eden Project and Gardens in Cornwall



Exeter Cathedral

It has been 25°C at least for the past weeks, it's five days to go to the mini-break trip to Cornwall, and I listen to the weather forecast. "By this weekend we will be back to more normal early-autumn weather. Expect a 10°C drop in temperature, and the weather will become more unsettled (*which I interpret as – Expect Rain*)". Great.

Monday arrived and 41 of us gathered on a dull morning at Hursley to board the coach. First stop Exeter.

As the morning progressed and we went further west, so brighter the weather

became. It was lovely and sunny as we pulled into the Exeter coach-park for a 3 hour free-time break. I know I am biased having been born in Exeter, but I do submit that it is one of the nicer cities to walk around. I headed off to the Cathedral, having not been inside for some 30+ years. Thoroughly enjoyed the time spent doing the suggested tour, and then lunch in the Cathedral cafe.



Trellissick Gardens

Back to the coach via the shops, and we were on our way West.

Travelling across the north edge of Dartmoor and then onto Bodmin Moor for our next stop; Cornish cream tea at the Jamaica Inn. Not as good as Devonshire cream, but better than nothing, says he with his Devonian hat on. The scones were very nice though. And so onto our hotel nestled on the edge of Fistral Bay in Newquay.

Tuesday morning, and we were all down to breakfast on-time so that we could head off on our garden tours. First stop were the beautiful gardens at Trelissick, with a couple of hours or so to explore. The sun was out, and the walk along the paths was spectacular, with well manicured lawns and views of the river Fal. Certainly rates as a place not to be missed if visiting Cornwall. It was then off to the Lost Gardens of Heligan, where we also had lunch. The clouds started to roll over, but at least the rain kept away as we all made are separate ways through the gardens. Big challenge, how much time to spend on the formal gardens at the top, and how much to spend walking down into the ravine on the board walk. Fortunately, it turned out that there was plenty of time to do both, even with lunch and an afternoon tea break.



View from Lost Gardens of Heligan

The Lost Gardens were very different from Trelissick, much less of a chocolate box cover, but very impressive all the same. I found the pools/ponds which the water cascaded through particularly attractive.

Two gardens down, and with achy feet, it was time to return to the hotel.

Wednesday and the weather dull, but the rain still did not materialise until almost dinner time. It was our day at the Eden Project. What a wonderful use of an old clay pit, albeit a rather big clay pit. We decided to head for the main 'tropical dome' as our first port of call. Over two hours was spent marvelling at the different plants and trees, and the way that the paths ran through the building. In addition to the flora, there was plenty of fauna; tropical butterflies flying all over the place and some different species of birds/ducks. For those who have been to Eden in past years, this year they have opened up an aerial walkway so you can look down into 'the forest'. Fortunately, the weather was on our side. Not being a day of bright sunshine, the temperature in the dome, particularly on the 'higher ground' was bearable, although when up on the 50m platform I did find I was really perspiring, and my glasses steamed up as I went to take some photos!



Eden Project

Following a lunchtime snack, it was off to the Mediterranean Biome and further delights. There is so much to do that the day quickly passes. Some people also managed to fit in a cooking show by one of the winners of

The Great Bake-off, while I decided that there are far too many cooking shows around these days that I would explore the gardens outside the Biomes.



Another interesting, if tiring day, and back to the coach. And the rain started as we were driving back to our hotel. Before anyone asks, I didn't go on the Skywire, purported to be England's longest zip wire where you can reach speeds of up to 60mph, yes that's right, 60mph!

Our last day, and the plans were for a couple of hours in the pretty port of Padstow, followed by a drive across the middle of Dartmoor before making the dash for



Padstow

home. It was dull as we arrived in Padstow. A nice walk around the quaint old town, buy a couple of Cornish pasties for lunch, stop for coffee, and back to the coach as the rain really came in. A quick decision was made to cut and run, since going across Dartmoor with visibility down to about 20 yards would be as much fun as falling into a slurry pit (*Ed: Analogy in keeping with the locale*), so we made our way back to Hursley.

General consensus was that the trip was really enjoyable: good hotel, good food, good company, and interesting venues. Apart from the last afternoon, the weather was kind, and allowed us to really enjoy all the venues. The only question asked was: Where to next year!

London Walks – Notting Hill



In the 60's you would never have got me anywhere near Notting Hill; a place where they have carnivals and riots. How times have changed, from a place of poverty to being one of the most sought after areas in London; Nick Ross, of *crimewatch* fame, sold his house for £35 million, nearly 40 times what he paid for it in the early 90's. Then there is the modern Carnival, the biggest in Europe, which takes place without a hint of problems every year, and gives enjoyment to 10's of thousands. And of course, we can't forget Julia Roberts and Hugh Grant in the film *Notting Hill*.

It was with that knowledge that I boarded the coach to travel to London and take a guided tour around that area. The traffic was fairly light, and we arrived at Notting Hill in around 2 hours. Two guides were there to greet us, and we dutifully divided into two groups, a guide for each group. The knowledge of these Blue-badge Guides is outstanding, and never fails to impress me. Our group was on the afternoon walk, so we headed off to the other venue that had been arranged for us to visit, The Museum of Branding and Packaging.

This museum, hidden at the end of a small alley, is a real gem. Founded by Robert Opie, it contains packaging from the 1800's through to the modern day. One could see how the colour and shape of Coleman's Mustard packaging had not changed for many many decades. As we came to the 50's and 60's section one could hear people saying: Remember that. Did my mum really scour anything that stood still with Vim? Look how many brands end in O, Brasso, Omo, Oxo, Vimto... The museum really is one of those places that you wouldn't



Number 208 – Hugh Grant's Front Door

think existed, but really worth a visit if in the area.

Lunch, and the rain came tumbling down as we gathered to wait for our guide. Fortunately, even though it was a miserable afternoon weather-wise, the heavy rain abated and we were able to enjoy our tour of the area.



St Francis of Assisi Courtyard 0

Starting in Portobello Road, we were soon outside 280 Westbourne Park Road. One of the most famous film locations in England, number 280 has a blue door and is the entrance to Hugh Grant's flat in Notting Hill. On past Emmeline Pankhurst and Dame Christabel Pankhurst's home. Down along Pottery Lane, home of the infamous slum area of Potteries and Piggeries, where women who took in laundry were far richer than the men who worked in the piggeries. Along to views of the hidden shared gardens belonging to those that own

properties that surround them. On past Richard Curtis' house, he was the guy that wrote the screenplay for

Notting Hill. He also wrote 4 Wedding and a Funeral. Our 2 hour walk was almost up, having meandered for only about one mile and a half; it seemed much further as we had seen so much.

After a bit more of a mooch around, we joined the coach for an uneventful trip home. I do find these walks excellent. They take me to areas and places I would never have ventured, and with the usual excellent guides, I come home full of knowledge and a recognition that I have had a great day out.

Remaining Trips

Theatre Visit – Evita, Mayflower, Southampton

18 October

Telling the story of Eva Peron, wife of former Argentine dictator Juan Peron, **Evita** follows Eva's journey from humble beginnings through to extraordinary wealth, power and iconic status which ultimately lead her to be heralded as the 'spiritual leader of the nation' by the Argentine people. You should have already received booking forms for this show, which must be sent back by 7th October if you wish to come. This is a limited numbers event, and there will be a ballot if oversubscribed. Don't forget your Self-seal stamped addressed envelope!

Portsmouth Dockyard

15 October

A leisurely 9:30am start for the short trip to Portsmouth Dockyards.

From a recent visit, the naval dockyards are in their usual well kept condition, albeit HMS Victory is looking a little bare with no top masts which have been removed as part of its refit.

I have had the privilege of a preview visit of the new Mary Rose museum which opened to the public at the end of May. The display cabinets will house many thousands of the well-preserved artefacts in excellent display cabinets. The

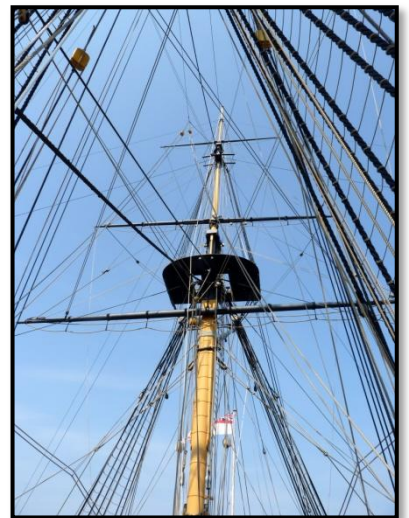


spraying of the ship's timbers with a wax based solution has ceased after 29 years of continuous spraying, and the drying process has commenced which will not be complete until 2017. Until then, the Mary Rose will

be behind glass, but still visible to the visitors. Our guide explained where the audio-visual displays would be placed, how one would be surrounded with the smells and sounds associated with the ship, and how one could walk on the glass walkway to see the 'decks below'.

Overall, if the preview was anything to go by, it will be a fabulous experience and one not to be missed.

Entrance fees to all the exhibits in at the dockyards, including the Mary Rose exhibition, are included in the ticket price.



Birmingham Christmas Market

26th November

Having run for over 10 years, the Birmingham Christmas Market, known as the Frankfurt Christmas Market, is a firm favourite of locals and visitors; Birmingham has been twinned with Frankfurt for over 40 years. As well as the Christmas market offering the traditional stalls, visitors can take delight



in some of the other items on offer: crepes, German lager, German mulled wine, gingerbreads, marzipan sweets...

If you are looking for that something different as a Christmas present you could try the Birmingham Craft Fair, with goods by local artisans, which runs alongside the Christmas Market.

And for the major shops, all under cover, you could head for the Bull Ring shopping centre which is a few minutes walk along from the Christmas Market.

Overall, a great way to start your Christmas shopping, or just to enjoy the festive atmosphere.

Theatre Visit – Matilda, The Cambridge Theatre, London

22 January 2014

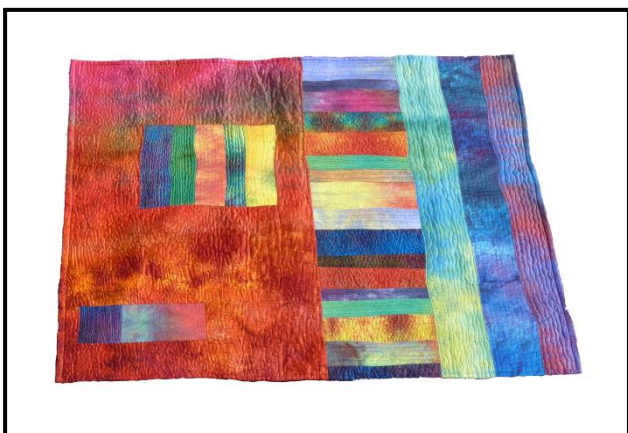
Roald Dahl's "Matilda" tells the story of the title character – a girl that has been blessed with extraordinary intellect from an early age. Having read all of the books in her house before the age of 5 she proceeds to the local library and reads all the children's books there, before moving on to school where her intellect continues to give her advantages and disadvantages. Then she discovers another gift – psychokinetic powers – which she is able to use to punish all of those that deserve it. You should have already received booking forms for this show, which must be sent back by 7th December if you wish to come. This is a limited numbers event, and there will be a ballot if oversubscribed.

Volunteering/Charities/Activities

Textile Fayre (in aid of Breakthrough Breast Cancer)

For all those interested in anything sewing, lace making or quilting, this is an event not to be missed. In the very large village hall in Landford at the northern edge of the New Forest, the Salisbury and New Forest North fund-raising group for Breakthrough Breast Cancer, a national charity, will be holding a large textile fayre on Saturday, 26 October, from 10:00am– 4:00pm. With over 30 traders selling items to cater for all interests associated with needlework, and many demonstrators, this is an event not to be missed. Refreshments will be available.

Why not combine a visit to the fayre with a day out in the forest; there could even be some autumn colours to enjoy.



**Wall Hanging by Alicia Merrett
First prize in the Grand Draw**

TEXTILE FAYRE

10:00 – 4:00

26 October 2013

Landford Village Hall

Lyndhurst Road

Landford SP5 2AE

Entrance: £2.50 (children free)

The Compton & Shawford Festival Choir

The Festival Choir starts its new season in September in Shawford Village Hall. For Google Maps and SatNav users, the hall is located at SO21 2AA.

The choir, which is a registered charity, will be singing John Rutter's Magnificat and Antonio Vivaldi's Beatus Virgine in a concert on Saturday, 14 December, led by their musical director John Sutton.

New singers are always welcome, in particular Altos, Tenors and Basses. Prospective singers and anyone wishing more information on the choir should contact John Knapman on 02380 254385 or Kara Hawks on 02380 81234 or Robert Wheatley at robertwheatley4@gmail.com.

Winchester Art Club Annual Exhibition

12th October – 3rd November 2014



Winchester Art Club.

Winchester Art Club will hold its 86th Annual exhibition in the City Space in the Discovery Centre, Jewry Street, Winchester between 12th October and 3rd November. On show will be about 190 exhibits of painting, drawing and sculpture, selected by independent professional judges. All of the work is for sale and entrance to the gallery is free. At 7.30 pm on Saturday 12th October there will be a lecture in the Discovery Centre Performance Hall given by Douglas Skeggs, a well-known art historian and author. The title of the lecture is "Turner: the Sun is God". Tickets cost £8 (concessions £6) and they can be obtained from the Discovery Centre or reserved by calling me at 01962 862790. Derek Butler, Hon. Secretary,

Hampex 2013

19th October

Stamp and Postal History Fair with more than 25 dealers, a Junior Workshop and display of competitive philately.

Venue: Wickham Community Centre, Mill Lane, Wickham, PO17 5AL (off A32 / A334)

Doors open at 10:00 am., Junior Prizegiving at 12:30pm, Main Competition Award Presentation at 11:45am.

Entrance by Programme £1 at the door (includes prize raffle ticket). Accompanied children Free. Junior Workshop 10 am to 1 pm. Free parking. Light refreshments available. For more information see:

www.hpf.hampshire.org.uk/hpfhpx.htm

Winchester Operatic Society – Patience

12th – 16th November 2013

Patience By Gilbert and Sullivan

If you are fond of touch and go jocularly then this is the shop for it! Winchester Operatic Society returns to Theatre Royal Winchester with one of Gilbert and



Sullivan's most loved musical comedies as Oscar Wilde meets The Archers in this aesthetic farce for all the family. Director David Tatnall promises a production featuring cattle, consternation, hawkers, stalkers, pottery, poetry, naughtiness, burning, yearning, madness and milk!

£14:50 (£13:50 concessions)

Opening Night offer: 2 tickets for £24

Group bookings: £12 for groups of over 15

Matinee: all tickets £12 (under 16s £7)

Check out "Patience" on Wikipedia: [http://en.wikipedia.org/wiki/Patience_\(opera\)](http://en.wikipedia.org/wiki/Patience_(opera))

Show dates Tue 12th Nov 2013 - Sat 16th Nov 2013

Evenings – 7.30 pm, Saturday matinee – 2.30 pm

Venue Theatre Royal Winchester

Prostate Cancer Support Network

Probably not a subject that men would want to read about but one that could mean the difference between life and death if not acted upon. Geoff Bailey, another IBM retiree and myself, Stuart Thompson, are executive committee members of a prostate cancer charity known as PCaSO which provides support for men with prostate cancer in Dorset, Hampshire, West Sussex and East Sussex.

Every year there are 40,000 new cases of prostate cancer (PC) and every year 10,000 men will die of the disease. Having said that a lot of men will not die of the disease but will die with the disease. There are no obvious symptoms other than having to get up in the night to have a pee, and having to get up more than once should start to ring alarm bells.

Unlike the ladies who have regular screening for breast cancer there is no equivalent nationwide set up to screen men for prostate cancer. The best we have is known as the PSA test (Prostatic Specific Antigen) and this can give false readings and is not generally favoured by GPs. There is a more reliable alternative test being developed but that is probably a few years off.

Under the 2009 PC risk management programme as issued by the Chief Medical Officer all men in the risk group should be offered a PSA test, that is men over the age of 50 and for those in the high risk group, if there is a family history of PC, then the age reduces to 45. So don't let your GP fob you off!

As a charity we are very committed to the PSA test as a means of catching the disease early, when it is treatable and the prognosis is good. So much so that as a charity we will have carried out over a 1000 tests by the end of this year (300 in Hampshire alone) at a cost in excess of £15,000. Within this number somewhere between 100 and 150 will have had a reading that requires further investigation. We also offer counselling and information so that men with prostate cancer can make the right decision.

By catching the 10 to 15% that have a raised PSA we may have managed to alert men to the need for treatment that might end up saving their lives.

Check out www.pcaso.org for more information, or call me on 01794 512867.

Stuart Thompson

Graham completed his cycle ride for Countess Mountbatten Hospice Charity. (Graham Mackenzie)

Graham and Rogers cycle ride for the Countess Mountbatten Hospice Charity, 6th August 2013

This ride was significant for both of us, as it was the longest ride without support from a back up team and for Roger, just a year ago, he managed 30 miles at a time and we were attempting something close to 80 miles in a day.

We both had personal reasons for choosing CMH and their staff were extremely enthusiastic and tried to give us all sorts of things to wear or take with us. We settled for T shirts and tabards.

Before attempting a ride such as this, we spent a few months planning and preparing ourselves and our bikes. In the months leading up to the ride, we gradually increased our training rides from 30 miles to just over 70 (on the hottest day of the year) and it is this part of the commitment that is often overlooked. Early on the route from Bath was decided on as the challenge and the decision regarding whether we cycled north or south was another early decision and one that in hindsight was absolutely correct, of which, more later.

There is a National Cycle route 24 that runs from Bath to Eastleigh and this was the basis of our route, although we used the new Two Tunnels route 244 out of Bath to Midford that was opened as recently as April this year.



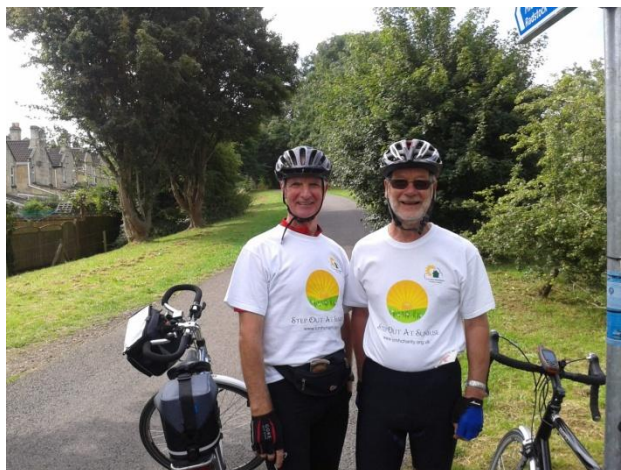
The day started when we met at Romsey station at 8 o'clock, ready for the 8:11 to Bath. Our good ladies drove us there to spare our legs. First Great Western staff were very helpful and enabled us to get out of Bath Spa station onto the right road without any hassle at all at 9:45. Unfortunately, the person that we asked to take photos at Bath Spa forgot to press the shutter release, so we couldn't record that part of the day. From Bath Spa, we cycled along the main road, west to join the Two Tunnels route close to Oldbury Park and many thanks to my neighbour, Ben for providing us with detailed road knowledge.

The photograph to the right shows the new Two Tunnels cycle route disappearing uphill behind us, just before we started at 10:00. This is on the trackbed of the old Somerset and Dorset railway and out of sight is the first of the two tunnels at about 400 yards long, Devonshire Tunnel followed by the second, Combe Down, a while later at a mile long. Both have been well restored and have soft lights, whilst the longer one even has music. Perhaps it should have been the sound of steam trains as they struggled up the long hill out of Bath to cross the Mendips.

From Bath, the cycle route joins the Colliers Way, which is the northern end of route 24 and for the most part, continues along the railway trackbed to Radstock and beyond. However, at Wellow, we missed two vital signs and

firstly ended up in an equestrian centre and then secondly, off on the wrong road. We think that the signs were obscured by the undergrowth on the roadside, as we experienced something similar at Frome.

Our plan to get round Frome was to avoid the town centre and the National Cycle route signs were not quite as clear and we ended up in a cul-de-sac and after a bit of consultation between us concluded that we were in the right place and then found the sign buried in long grass and bushes and the route took us between substantial concrete bollards that were probably to close off a "rat run". We eventually made our first stop a few miles outside of Frome at 12:15 and by this time, realised that the Mendips have some very steep hills and one that comes to mind is the road from Great Elm across the river and an steep climb up again to be followed by crossing a stream and then a long slog up a 1 in 5 to Egford. This was only a rehearsal for the climb out of Longleat.



The photo to the left shows us in the grounds of Longleat House and the road surface here was excellent. Roger is showing off the back of our T-Shirts. This part of the estate roads were undulating but the cycle route does not



follow the public entrance/exit route but goes via the Longleat Resort and this is a hill and a half! Part way up, it gives the impression of reaching a summit with a small downhill stretch but in fact, it is a lessening of the gradient for a few yards and then a sharp left turn reveals the hill continuing to climb at something like 1 in 4 for a least a mile. Reaching the top was most welcome and my speed was down to 3.5mph with lots of very deep breathing. Fortunately, the weather was ideal all day with long sunny periods and temperatures around 20 to 22 degrees and very light winds from the WNW.

From Longleat, we skirted south of Warminster and took the minor road through the Wylve valley

through Sutton Verney and stopped for 20 minutes just outside Tytherington at 13.35 for a bite and drink. Very soon we were pestered by flies of all shapes and sizes and our nice white T shirts were a complete mass of them and after cycling to get away from them, we stopped to brush them off each other. Another quick refreshment stop at Little Langford and we set off for Wilton and Salisbury.

The route through Wilton uses the main A30 and A36 for a short distance, but then takes you through Quidhampton and Bemerton and round by the cathedral and whilst cycling along that patch, we decided that a cup of tea and a large sticky bun was in order before the final push back to Winchester and we duly stopped in the Cathedral Close at 3:30 and the photograph shows the two intrepid riders enjoying the refreshments knowing that there were just another 22 miles to go!

Departing at 4 o'clock, we felt we were on home soil as we had ridden to Salisbury and back on one of our training rides. The route round Salisbury keeps cyclists on cycle paths right out to Alderbury where it then uses the old road and then goes through Dean, Lockerley and Dunbridge. A quick drink stop outside Lockerley Church and we realised that the wind had picked up since we left Salisbury and was now right behind us and this was giving us speeds of 18 and 19 mph on the flat; quite a contrast to the early stages and we now realised that if we had decided to cycle northwards rather than southwards, the last 2 hours cycling would have been very difficult.



From Lockerley, through Dunbridge, Michelmersh, Braishfield, Hursley and home to Olivers Battery and we had some pleasant surprises waiting for us. About half a mile from home, our wives were waiting with cameras, to catch us on film on the final stretch. Also unbeknown to us, there was a bottle of champagne and wine waiting for us. However, we decided to down a cup of tea whilst cooling down and after a shower and changing out of our cycling gear, tackled the champagne and wine along with a lovely meal that had been prepared for us.

To summarise the ride, we covered 78.41 miles according to my trip computer. Roger's GPS read a mile or two lower as it doesn't compensate for hills. The short cuts that we took round Frome and Warminster reduced the estimated



mileage of 80 miles. Actual cycling time was 6 hours 33 minutes giving an average speed of 11.95 mph, although overall time was 8 hours and a few minutes. The highest speed of 34.89mph was recorded coming down Merdon Castle Lane just outside Hursley and the slowest was probably 3 mph going up that ***** hill at Longleat!

Once again, thanks to you all for contributing. We raised over £1,300 and will be counting the final pennies in the not too distant future.



Graham and Roger

Winchester Photographic Society

New Members Welcome!

- Meetings at the Discovery Centre, on a Tuesday at 7:30pm September through May
- Talks, lectures, competitions, exhibition, outings
- Geared to all levels - Beginners, Intermediate and Advanced
- On-hand advice for those seeking to improve
- Friendly Society
- Offer for the 2013/2014 Season – 10% off for new members



For further information please contact:

Roger Clark 02380 253600 rogerclark1@mac.com

Graham Barber 01962 881604 graham.gjb@gmail.com

www.winphotosoc.co.uk

Introduction to Yoga

The IBM Yoga Club is running an introduction to yoga for beginners. The Yoga classes are held every Wednesday evening in the Jim Hayes hall. There are two classes (same content) but offering times to suit you. One at 5:30pm and one at 7:15pm.

Please see our website for dates: <http://www.ibmhursleyclub.org.uk/subsection/hursley-yoga-club>

If you've wondered what doing yoga would be like but are unsure about joining an existing class, come along and see what you think.

We won't do extreme poses or tie ourselves in knots: we will gently and gradually stretch all areas of the body. Postures can be adjusted to any degree of fitness so you won't feel "I can't do that." You will work within your own capacity. There is no age limit (although there are some medical conditions that are precluded). If you've spent the day crouching over a keyboard or fretting about your workload or tackling the next work challenge, yoga will help you unwind and calm your mind. If you do a sport that repetitively uses only some muscles it will help balance all muscles.

Practising yoga can help keep muscles toned and improve balance. Most people have a better night's sleep after they've practised, and regular practice brings a sense of well-being and calm.

Wear clothes that allow you to move freely without embarrassment, and bring a small blanket or a towel.

For further information contact Toni Martin 01962 816390 or email: Antoinette.Martin@UK.IBM.COM

Hursley Museum Services – Autumn 2013 update

People Change

Rick Kellaway retired from IBM on the 5th September. We wish him all the best, and thank him for all of his hard work over the years on behalf of the museum. His place is taken by Julian Gerry, whose email address is julian_gerry@uk.ibm.com.

Current Activities & Acquisitions

We've had quite a number of donations in the last few weeks, including hardware, CE tools, documentation, posters, books and slides. Thank you to all who have contributed! We have been offered an AS/400 eSeries, which is awaiting collection from Leicester. If anyone will be in that area and could collect it for us, please get in touch. It is a little bulky at 1050 x 1050 x 630 in new money, so you'd need a reasonable boot space!

Terry has bought a couple of AS/400 iSeries servers on eBay and has loaned them to the museum. One has been brought back to life, the other requires some attention.

With the opening of the new rooms, we have now started to focus on other areas needing attention. An additional room for storage just along the corridor has allowed us to begin a much needed tidying up. Cataloguing of the paper archive has started in earnest. Work continues on setting up a small Token Ring network, testing hardware and setting up a software display.

New Display Rooms

The new display rooms opened on schedule at the end of June. Here's a couple of photographs of areas not shown in the last newsletter.



CE Room



Typewriter / Wheelwriters



Terminals / Token Ring



Portable Computing



RISC Computing



System/23

Computer Conservation Society

The CCS is holding its first meeting of the Autumn season at Hursley on 27th September. The event was 'sold out' within a day of announcement! Terry will give a presentation on 100 years of IBM, and Dave Key will present IBM Hursley. The attendees will be given guided tours of the House and grounds, and, for them the highlight, a visit to the museum. As this newsletter will probably be published after the event, the first sentence should probably read "will have held its first meeting!"

Hursley Products

A couple of newsletters ago, we asked for your help in putting together a definitive list of products developed over the years at Hursley. We had some very good input from just a few of you, and since then have found yet more products from various bits of documentation. For quite a few products we don't have the year it was developed, for many we don't have the code name or the department that did the work. We'd be really grateful if you could have a look at the lists and let us know via Julian of any changes or additions. Thank you! The hardware list is at <http://hursley.slx-online.biz/hursley-products-hw.asp> and the software at <http://hursley.slx-online.biz/hursley-products-sw.asp>. There is a comprehensive list of IBM products on [Wikipedia](#).

Appeals

We do have a few specifics that we are looking for. Last time we mentioned the need for an old rotary dial telephone, so far we've not managed to find one.

The CCS is looking for a golf ball type element for their 1130, which is being restored at Bletchley. The correct element for the 1130 printer has the number 969. Our collection of golf balls doesn't include one of these. We were able recently to pass on some of our Selectric expertise to the CCS as they restore the 1130's printer back to working order, and have promised to help where we can.

Whilst we don't expect anyone to have a Lloyds Cashpoint in their attic, we've still not managed to track one down. Even Lloyds don't seem to have one stashed away. If anyone has any leads that might help us find one, please let us know! This was a major RPQ developed in Hursley.