



Issue 3.
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Welcome to the third issue of *Legion Knots* - the magazine about the branches and for the branches of Nottinghamshire Royal British Legion.

If you have seen previous copies of this magazine, you are probably wondering why there has been such a delay since the last issue? The reason is that your editorial team have been in discussion with the Linney Group to improve *Legion Knots*. Any magazine is only as good as the number of people who read it and we have been very aware that our circulation has been very limited, mainly due to cost factors. Our thanks go to the Linney Group for their generous offer of assistance.

I have left the same photographs as the last issue. Perhaps someone will have a go at naming the places with our greater circulation.

I have been looking at the increases in Poppy Collections and on reflection find it sad this is probably due to events in Afghanistan at that time which meant more work for Wootton Bassett and their supporters.

This edition we have the war time story of Gordon HORSEWOOD (Mansfield Bellamy Branch)

A TANKIE AT GOLD BEACH



German Tiger Tank

Prior to going to Normandy we were sent to Ramilles barracks at Aldershot to have the tanks sealed in case we would have to go in the water on landing at the other side. After a fortnight in Aldershot we were then taken to an arbouring area. I don't remember the name of it but it was right out in the wilds and we were not allowed to disclose where it was due to enemy intelligence.

On D thirteen (thirteen days after D-Day), we were taken to Gosport

where we were loaded onto American tank landing craft. The voyage itself was very rocky, the boat was thrown from side to side and one of the tanks bulged the side of the boat I was in. Eventually we reached the other side and we found we hadn't needed the sealant on the tanks



Churchill Tank



because the beach was all right, and was not under water so when we got to St. Gabriel the seals were taken off again.

Within two days the battalion was in action at Tilly and at Hill 112. Hill 112 was the key factor in that area and until it was taken Normandy was in the hands of the Germans because they controlled the country from its height. It was a scary place where many troops were killed. Two and a half years ago in 1996 a Churchill tank was placed at the top of Hill 112 as a memorial to all those who perished there.

Following several weeks of hard engagement, losing men and several tanks, as a lot of other units did, we then went to liberate Le Havre which had a pocket of 9,000 Germans there, but after several weeks and without any fighting the Germans gave up. Due to the Falaise gap battle the fighting moved right up to Holland, and we were taken on transporters through Belgium and right up to Eindhoven in Holland.

We were using Churchill tanks, they were forty-five tonners and very heavy. Actually there had to be a lot of modifications done to them because originally they only had a two pounder gun in them, like a pea shooter, and that was taken out and a seventy-five millimetre gun was put in place, along with new traversing gear and several other amendments made to make it a good fighting tank, but let's face it the German tanks were far superior to ours especially the German Tiger tanks. Like everything else; our equipment was not up to their standard.

When we recovered tanks we loaded them on to transporters to take them back to try and make them more battle-worthy so they could go out again. The Germans were recovering their tanks as well so it was pretty dangerous and I feel fortunate that I am still here to tell the tale. There was shelling all around you - **you'd just** got to be hopeful you were in the right place at the right time. In some tanks we found the whole crew were dead. If the tanks were no longer battle-worthy we just had to leave them where they were.

The Germans were very good fighting men, but towards the end of the war they had a lot of very young people in, and I think they sort of had to scrape the barrel a bit at the end.

Their eighty-eight millimetre guns were a big bugbear to us in Normandy in the Bocage country: they were behind every hedgerow and it was fighting from hedgerow to hedgerow. It was really terrible at the start in Normandy. Until the Falaise gap where there was movement it was really tough going, but after Hill 112 had been taken it made things easier and then it became a war of movement as far as I was concerned.

When we arrived at Eindhoven for the battle of Arnhem the Germans stopped us there because the parachutists were dropped in the wrong direction. We went on to a place called the Reichball Forest above Neimegen until early December 1944. When the Germans broke through at the Ardennes we were sent back to Serang just above Liege in Belgium to stiffen up the thing going through the Ardennes and we was there until the Battle of the Bulge was finished.

It was very terrible wintry conditions and that particular time I got frostbite in my hands and feet and was sent to a monastery in Holland for a fortnight to have my hands and feet treated before being sent back to the regiment again.

'From Notts to Normandy' by Kevin Robson

KNOTTY WORD 2

**K
CTN
OALSO**

How many words can you make from these 9 letters? Each word must have 4 or more letters and contain the first letter (K); all 9 letters make a word connected with Thomas Cranmer! 18 good; 21 very good; 24 top knot

Answer

talk tank task took
snack sock soak snook stack stank stook tack
knot lack lank look nook sack sank slack
Aslockton (birthplace) cask clank cloak clonk

Would you like something to appear about your Branch in *Legion Knots*? This could be a photograph with caption or any length article of interest to other readers. We try to include all submitted articles.
legionknots@googlemail.com

**Book Review
Nigel Caldicott
Farnsfield Branch**

I have just read '*MEDIC*' by John Nichol and Tony Rennell '*Saving lives from Dunkirk to Afghanistan.*' The book charts the development of emergency battlefield medical capability over the last 50 years. I found it to be a very interesting and well researched book which records the outstanding bravery, skill and determination displayed by those who offer themselves as Doctors and Medics to our serving personnel. There are some really revealing personal stories which demonstrate what the work entails and one or two that show how attitudes have changed towards Medics.

Mercian Regiment Welcomed Home to Nottingham



Thousands of people lined the streets of Nottingham on the 5th December 2009 to welcome home 2nd Battalion the Mercian Regiment.



Private Derby, the mascot of the Mercian Regiment took pride of place on the parade. The Mercians had just returned from a 6 month tour in Afghanistan



Round Up Of Remembrance/Poppy Appeal.

Poppy Carriage Launches Farnsfield Appeal



Clare at the reins with Kelly Wilkins, Bob and Pauline Hayes and Trevor Wilds

The Farnsfield and District Branch of the Royal British Legion, got this year's Poppy Appeal off to an unusual start by hitching a poppy-decked carriage to a harnessed horse and parading through Farnsfield and nearby Edingley. Poppies were on offer from the carriage and also from poppy-sellers on foot. The team was completed by the Branch Chairman on his bicycle.

Clare Caldicott, who is a competition carriage driver in her spare time, came up with the idea of setting this year's appeal

off to a good start by using Colin the horse and the carriage. She said ' My Father and my husband both served in the Army and through them I have come to understand the valuable work that the Legion does. I wanted to do something that will hopefully encourage people to dig a little bit deeper and help give this year's Appeal a real boost. The public reaction has been really encouraging'.

Ruddington Branch Poppy Appeal - Local Cadets Help The Cause



Why We Wear Poppies - written by Frazer aged 8 from Mansfield Woodhouse.

- ◆ Becos the armed forces died for us
- ◆ To represent the Veterans
- ◆ To remember my great, great, great grandfarver
- ◆ To say thank you
- ◆ To be proud.



Councillor John Kerr buys the first poppy from Katy Corcoran, Warsop, Meden Vale & District PAO.



Poppy Man



St. Peters School Council Members help to Launch Bellamy Poppy Appeal



Local twins took part in the Festival of Remembrance Service before returning to serve in Afghanistan

Mansfield Bellamy Branch Poppy Appeal

Veterans at the Festival

Poppies to be at the factory in Richmond

Poppy Organiser Pam Pilmore with Councillor Roger Sutcliffe

Poppy Princess - Lydia



Please Remember

I don't have to rhyme, but I will do.
Though it won't take a rhyme to get
my message through.

I died, in the battlefield, but no one
there began to cry
With sweat and tears dripping down my
face, I was left there, to lie
In the dirt and the rain, where the war
souls slept,
While their bodies' families' lives were
dull and they constantly wept.

Another body fell next to my cold one
He had been shot, when he decided to
run.
That's when I felt it, in the marrow of

my bone
My poor, bedraggled body, wouldn't die
alone.

I don't want to be pitied, or cause sor-
row
It's just a bit of your memory
I want to borrow.

On the 11th November
Please remember
All of the souls that cried.
If you keep that in your heart,
A new happiness will start
And wear your poppy with pride.

By Hannah Sinton, age 11
(Submitted by Bob Reid - Balderton Branch)

Arnold and Carlton Remember



40 YEARS on

Mansfield Bellamy Branch President Gordon Horsewood receives 40 year award for Poppy selling from Branch Poppy Organiser Pam Pilmore.



Gordon's 30 year Poppy Badge and ribbon now has the 35 and 40 year bars. He will be out collecting again this year.



County Conference 2010

This year's Conference saw a reduced number of delegates attending due to the inclement weather. However, an excellent buffet rounded off a very successful event.

One decision made was to again use Bilsthorpe next year due to its excellent location on the A614.

IMPORTANT QUESTIONS:

1. Why do we press harder on a remote control when we know the batteries are getting weak?
2. Why do banks charge a fee on "insufficient funds" when they know there is not enough?
3. Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?
4. Why doesn't glue stick to the bottle?
5. Why do they use sterilized needles for death by lethal injection?
6. Why doesn't Tarzan have a beard?
7. Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him?
8. Why did Kamikaze pilots wear helmets?
9. Whose idea was it to put an "S" in the word "lisp"?
10. If people evolved from apes, why are there still apes?
11. Why is it that no matter what colour bubble bath you use the bubbles are always white?
12. Is there ever a day that mattresses are not on sale?
13. Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized?
14. Why do people keep running over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, then put it down to give the vacuum one more chance?
15. Why is it that no plastic bag will open from the end on your first try?

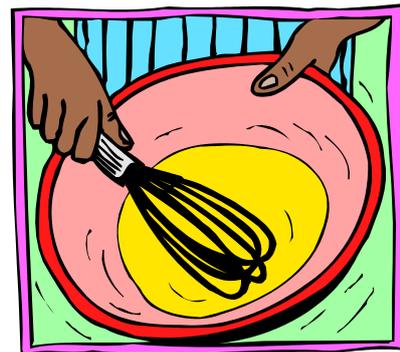
16. How do those dead bugs get into those enclosed light fixtures?
17. When we are in the supermarket and someone rams our ankle with a shopping cart then apologizes for doing so, why do we say, "It's all right?" Well, it isn't all right, so why don't we say, "That hurt, you stupid idiot?"
18. Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?
19. In winter why do we try to keep the house as warm as it was in summer when we complained about the heat?
20. How come you never hear father-in-law jokes?
21. The statistics on sanity are that one out of every four persons is suffering from some sort of mental illness. Think of your three best friends -- if they're okay, then it's you.

(Taken from Mansfield Branch Newsletter -Courtesy Joe Martin)

West End Everything-less Cake

'Everything-less' because it has no fat, eggs or sugar - making it ideal for diabetics and vegans.

- ⇒ 250g pitted dates from Holland & Barratt
- ⇒ 300ml of hot water
- ⇒ 200g chopped dried apricots
- ⇒ 300g sultanas/raisins
- ⇒ Zest/grated rind of two oranges
- ⇒ 60-75 ml (4-5 tbs) orange juice
- ⇒ 1 teaspoon Vanilla/Lemon essence
- ⇒ 200g sieved self-raising flour
- ⇒ 30g (2 tablespoons) baking powder.



I use a large saucepan for everything. The stages are as follows:

Preheat your oven to 160°C.

Place the dates in the saucepan, then add the hot water. Bring to the boil and take off the heat. Let the dates stand (about 5-10 minutes) until they are soft and can be easily mashed with a potato masher.

Add the chopped apricots and sultanas to the mashed dates (any dried fruit can be used, experiment to find a mix you like), followed by the zest of the orange(s) / lemon(s) and the orange juice, then stir all the ingredients together in the saucepan.

Add the vanilla / lemon essence and stir. Finally mix in the sieved self-raising flour and baking soda. You should then have a soft and moist mixture, which you now spoon into a 7" cake or 2 lb loaf tin. I use cake liners I buy from Lakeland, to place the mixture in, then it's into a oven pre-heated to 160°C for about 1 ½ hours. I usually look at the cake after 80 minutes and test with a skewer to see if cooked all the way through. After about 30 minutes I cover the top of the cake to stop it from going too dry, but some like it 'crusty'.

Turn the cake out, let it cool, then enjoy

(Submitted by Mrs Smith - Wollaton Womens Section)

Welfare Matters

Although primary responsibility for the care and treatment of ex-Service men and women lies with the NHS, Combat Stress is able to provide a continuity of support to the ex-Service community.

It is able to do this through funding from The Veterans agency, other Service Welfare Charities and the huge generosity of the Great British Public.

Combat Stress also works closely with the Service Benevolent Funds, The Royal British Legion, SAFA Forces Help and other Service and civilian charities.

Currently Combat Stress provides help for Veterans of all three services and the Merchant Navy, whatever their service history.

We achieve this through two main activities:

Welfare Support Service

The first home visit is by one of our Regional Welfare Officers who work across the United Kingdom and Republic of Ireland. This is a very important part of the process in building relationships and gives Veterans the confidence and knowledge that they are being looked after by an organisation which **does** care and **will** do all it can to help.

All of our Welfare Officers are ex-Service men and women and are therefore best placed to establish the first link and usually understand many of the problems faced by Veterans and their immediate families.

As the Veteran's confidence in the Welfare Officer grows, a relationship is formed in which the Veteran feels able to accept help. Our objective above all else is to improve the quality of life for each of our Veterans and their families.

Treatment Centres

After the initial contact with the Welfare Officer, suitability for admission to one of our treatment centres is assessed by our clinical teams. If an assessment is considered suitable the Veteran will be invited to one of our three treatment centres (the nearest to

home) where he or she will stay for one week, working with our therapists, nurses and care

staff to formulate a comprehensive assessment of needs.

From this assessment the Veteran may be invited back to the treatment centre for a two week stay as many as three times a year.

At each of the treatment centres, Veterans will mix with others from the Forces, whose own experiences are often very similar, creating an immediate sense of belonging. In such a relaxed and safe environment the Veteran will be assigned a key worker for individual one to one counselling and encouraged to participate in treatments and care programmes such as anxiety management, help with sleep disorders and creative therapies which are all administered by highly trained and qualified nursing staff who have a special knowledge of mental health conditions. Each centre is also fully supported by visiting consultant psychiatrists available to offer help, guidance and psychiatric counselling to any resident Veteran.

During their stays, Veterans are encouraged to take part in group outings and activities and to participate in any of the many hobbies and skills, offered in the activity centres, to include painting, woodwork, gardening and cooking. Outdoor physical activities and adventure training weeks are also available. All these pursuits are designed to help the Veteran relax between treatments, improve self esteem through pride in achievement and develop domestic skills to help them cope better at home.



Founded in 1919 Combat Stress (The Ex-Services Mental Welfare Society) is the only UK Charity to provide evidence-based specialist help and care to ex-Service men and women who suffer from Service related psychological injury, ranging from clinical depression, raised anxiety states, phobic disorders, obsessional compulsive disorders through to Post Traumatic Stress Disorder (PTSD)

Tommo

I fought in the Falklands War serving with 42 Commando. In total I served for 9 years - 5 ½ as a Regular and 3 ½ as a Reservist with the Royal Marine Reserves. After my discharge in 1984 and whilst in civvy street I was referred, rather unusually, to a military hospital for treatment of my condition. As a result I was diagnosed with PTSD arising from my combat related activities. In 1998, I came to Combat Stress, having met Surgeon Captain Morgan O'Connell at Haslar, a military hospital. It is a truth that if I hadn't found Combat Stress, I know I would be dead or in prison.

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