It would be remiss of me if I did not begin this edition with the sincere congratulations to Emma Stevenson on her success in the London Marathon and on the magnificent sum of over £13,000 in sponsorship. The amount of time and training required a degree of both commitment and dedication if a result of this magnitude is to be achieved. Many Thanks and Well Done!

I believe that the profile of the Legion is rising. We have tremendous support from the general public which appears to be growing. Even in these times of financial constraint the Poppy Appeal is still strongly supported and we look forward to this year’s appeal with cautious optimism.

Ron Coad, Editor

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It is with great sadness to report that Ron Coad, editor of the County Legion News and County Vice-President passed away on Saturday 2nd June 2012. Ron was a lifelong supporter of the RBL and will be missed by many.

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MULLION

EASTER COFFEE MORNING

On the 7th April Mullion Branch held their Easter Coffee Morning and raised £77.15 for the Poppy Appeal. Hot Cross Buns were served with tea and coffee. Three ladies took part in the Easter Bonnet competition which was won by Mrs Jean Rhodes, second was Mrs Kay Woodhall and third Mrs Yvonne Upton, all who help with coffee mornings.

Pictured left to right: Yvonne, Jean and Kay.

QUIZ NIGHT

On 17th May a Quiz Night was organised by Branch member Mr John Woodhall. He put together a great set of questions and was also Quiz Master...well done John! It was a very enjoyable evening with many favourable comments by those taking part with teams from various organisations. Refreshments were served during the interval and the evening raised a further £75 for the Poppy Appeal.

THE LIZARD

LIZARD LIFEBOAT

Living in a village with a Life Boat Station is a privilege, even more so when millions have been spent on a new building and a very impressive new boat. On Sunday 27th May 2012, The Lizard Branch were given a conducted tour of the station and boat by the Coxswain, Andrew Putt, and the Second Mechanic, Johnny Bray (pictured 2nd from left). The gadgets and life saving equipment on board, the Royal National Lifeboat ROSE, Number 16-20, was mind-boggling. Full information about the rebuild and the Tamar Class boat can be found on their web site (www.thelizardlifeboat.co.uk). The boat launches every Tuesday at 6.30pm for training, unless on an operational shout. The Legion Members departed the station with the feeling that our lives would be safe in the hands of this very dedicated and enthusiastic team.

Front Cover picture: The RAF Falcons pay a visit to the RBL Mobile Display Unit at this year’s Royal Cornwall Show. See feature on page 12.

County Manager’s Assistant: Vicki Bassett 01872 260577 email: vbassett@britishlegion.org.uk

County Chairman: Mr Clive Rawson 01736 762076

Produced by: The Design Place, 23 Mitchell Hill, Truro TR1 1ED Tel: 01872 271414 email: info@the-design-place.co.uk
CAMBORNE
CAMBORNE BRANCH OF THE ROYAL BRITISH LEGION AFFILIATE WITH CAMBORNE CHAMBER OF COMMERCE

A wonderful evening was had at the Tyacks Hotel, Camborne on Thursday 3rd May when Camborne Chamber of Commerce hosted Camborne RBL for their official affiliation. The evening was opened by George Le-Hunte, Chairman of the Chamber of Commerce followed by a presentation by Lt Cdr Keith Naylor, County Manager of the RBL in Cornwall after which a ceremonious signing of the affiliation certificates was conducted. As the Chamber of Commerce and its members have been so supportive of the RBL over many years it was agreed that a formal affiliation of the two organisations would be a very appropriate initiative. Vincent Young (President) of Camborne RBL thanked the Chamber of Commerce for their invitation and sterling support, particularly during the last Poppy Appeal helping to secure a record collection in Camborne of well over £14,000. At the end of the evening, presentations were made to Ted Williams (Chairman) of Camborne RBL and to George Simmons for their long and outstanding commitment in collecting on behalf of the Poppy Appeal.

Pictured above from L to R: Vincent Young (President), George Le-Hunte (Chairman of the Chamber of Commerce), Glynis Charlesworth and Ted Williams (Chairman)

FURTHER DONATIONS TOWARDS THE NEW WAR MEMORIAL AT ROSCROGGAN

Camborne RBL are delighted to have received further donations from RAF St. Mawgan and the Royal Air Force Association branches of Cornwall, Camborne/Redruth and St. Austell in aid of the new memorial to be erected at the crash site of the RAF Beaufort Bomber at Roscroggan in Camborne. Pictured from left to right are Sgt Simon Wilkinson (RAF Portreath), Vincent Young (President of Camborne RBL), Ted Williams (Chairman of Camborne RBL) and Flt Lt Jude Rushmere (Officer Commanding RAF Portreath). The cheques handed over by Flt Lt Jude Rushmere totalled £750 which will go a long way in helping with the cost of the memorial stone. Vincent said that he and the committee were delighted by the response from the RAF and the public in their generosity in helping to fund the memorial.

The memorial is due to be unveiled on Saturday 28th July 2012 at 11am during which time a short Service of Remembrance will be held in the presence of some of the relatives of the aircrew who lost their lives.
CAMBORNE

SPLENDID EFFORT BY ARMY CADETS

- Last year Camborne Army Cadets collected Nearly £1,100 for the RBL Poppy Appeal. To mark their achievement they were presented with individual certificates by Chairman Ted Williams of the Camborne Branch. Mr. Williams was accompanied by RBL members Ian Thompson (Secretary), Reggie Potts, John Hayes, Malcolm Batchelor, Pamela Thompson, and Steve Westley. Steve Westley also received a 35 year bar for his 35 years of service to the Poppy Appeal. Mr Williams thanked the Cadets for their splendid effort and stressed that it is needed as much today as it was when the appeal was first launched. He looked forward to the Cadets assisting again in this years Poppy Appeal.

TIDEFORD & ST GERMANS

JUBILEE DAY PICNIC

- Tideford and St Germans Royal British Legion marked Jubilee Day on 4th June with a picnic in the Club grounds. The afternoon started with the National Anthem and Rule Britannia then an eclectic mix of local musicians provided fantastic live entertainment throughout the day. The children took part in a 'make a crown' competition and everyone was a winner with RBL logo bags handed out with Jubilee 'goodies' to take home. They were also able to have their hair braided and faces painted. Everyone enjoyed the coconut shy, the sumo wrestling, a 10 minute bingo session, wet sponge throwing at willing victims with their heads through a painted clown board, a golf putting game and a Treasure Hunt ... not to mention the Pimms and red, white and blue decorated cakes. Bunting was in abundance, the sun shone, spirits were high, the village and surrounding area’s communities celebrated in style - it was a day for all to remember.

Photo: Cheers and smiles all round at the Jubilee Picnic
CAM ELFORD - CELEBRATION DINNER

❖ To commemorate the 90th Anniversary of the founding of the Royal British Legion, the Chairman of the Camelford Branch, Mrs Lesley Valentine, hosted a celebratory dinner on Friday 27th April at the Bowood Park Hotel and Golf Club. Among the 108 guests were Capt Entwistle, Officer Commanding RNAS Culdrose, Lt Cmdr Clive Rawson AFC, the RBL County Chairman, and the Guest of Honour was the LLT of Cornwall and County President Col Edward Bolitho OBE.

After the excellent meal, which was enjoyed by all, Col Bolitho presented Mrs Margaret Shillaber with an engraved rose bowl from the branch to celebrate her years of dedicated work as the Camelford Poppy Appeal Organiser.

Following the presentation, the Vice Chairman, Mr Chris Wightman, presented Mrs Valentine with a bouquet of flowers as a thanks for all her work for the branch. Mr Kevin Hicks, an auctioneer from Kivells, conducted an auction of promises, which ranged from a three hour house clean from Sparkles SW, through to tickets for Channel 4’s Alan Carr’s TV Show, to a Mercedes Benz Experience from Mercedes Benz Truro and a game shoot on a private estate valued at about £1000.

❖ Following the auction of promises, which raised well in excess of £1000, the raffle was conducted. Since it was a ‘lucky-dip’ raffle, some of the winners did not want to keep what they had won so Mr Hicks auctioned them off, thus raising more money for the cause.

Photograph supplied by Andrew Boyce.
Other photographs of the evening can be seen at www.aboycephotography.co.uk.

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CAMELFORD

Following the very successful dinner hosted by Mrs Lesley Valentine, Chairman of the Camelford Branch of the Royal British Legion, to commemorate the 90th Anniversary of the founding of the British Legion, a cheque for £3,500 was presented to Lt Cdr Clive Rawson AFC, the County Chairman (pictured right), for the welfare of ex-service families in Cornwall.

Mrs Valentine said that this figure was due to the dedicated work of her team and the generous donations of finance and prizes from the many individuals and companies both locally and nationally and she thanked them all. Lt Cdr Rawson AFC said on receiving the cheque, that he had attended the dinner and was so pleased to see such an active Branch as Camelford having such a high profile in the local area. He continued to say that the money from the dinner would be a very valuable asset in helping the large Cornish ex-Service “family”. He continued to say that the Legion spends £1.7M per week throughout the UK on the welfare of both Serving and retired service personnel who are in need of some assistance.

CAMELFORD WELCOMES INTREPID ‘ROUND THE COAST’ FUNDRAISERS

John Pomeroy and John Poole left Warminster Civic Centre at 9am on 26th May on the first day of their Albion Adventure (Around The Coast). The two Johns set off after a short ‘send off’ ceremony by the Mayor, members of the media and many members of the Warminster Branch of the Royal British Legion. Their objective was not only to have fun but to raise both awareness and funds for the Royal British Legion.

Unfortunately shortly after leaving, the Albion lorry broke down and was replaced by a 1951 Austin A40 Devon Pick Up. After heading up the East coast of England they travelled around the Scottish coast, back down through the West coast and around the Welsh coast. On Tuesday 19th June they were joined at Bude by a 1957 Austin Series 3, an ex-coal lorry from the Isle of Sheppey, now residing in Launceston. The pair arrived in Camelford at 2.30pm, and were welcomed by members of the Camelford Branch of the Royal British Legion where sandwiches and coffee were provided by the Lib Dem Club.

After about two hours and with many photographs being taken, the drivers, who were now fully replete, headed South on the A39 to finish the day at Mount Hawke, before heading back up to Warminster.

Pictured L to R: John Poole, Mrs Lesley Valentine (Chairman of the Camelford RBL) and Mr John Pomeroy alongside the A40 Devon Pick Up
PADSTOW

JUBILEE WEEKEND

❖ In Padstow, charities and clubs were invited to arrange a display in the parish church from 1st to 5th June for the Jubilee weekend, depicting scenes from the past 60 years. The Padstow Branch of the RBL filled two albums with photos and press cuttings for the display, also a large Legion notice board with more up to date photos and cuttings. There was also a cardboard model of the Cenotaph and other Legion memorabilia.

The photograph on the left shows Padstow Branch’s eldest member sitting in front of the display. Mrs Doris Thurley, celebrated her 44th birthday a month before the Queen ascended the throne. We are pleased to say both ladies are still going strong!! We were informed that the display generated a great deal of interest from the public, many of who were visitors to Padstow.

PADSTOW WELCOMES THE RIDERS BRANCH

❖ On Sunday 13th May 2012, Padstow Branch played host to the Cornish Chapter of TRBL Riders Branch. With well over forty bikes, they arrived just after 2pm riding down past the Metropole Hotel to the harbour car park, where the Harbour Master kindly let them park up free of charge on his forecourt. After a photo session and time to stretch their limbs, they set off in a sedately fashion in line formation around the quay, to the joy and interest of the holiday makers; past the Redbrick building to the end of the road where they turned and proceeded back up through the town to the Padstow Social Club. Once again, Padstow showed its kindness and the bikers were treated to a buffet meal, thanks to the club steward, Jel. We were lucky to enjoy a lovely sunny day and thanks to the bikers, T.R.B.L. raised some community interest and signed up at least two new members for the Riders. A special thank you must go to Ivan Cullum of the Riders, for organising the visit with his biker friends.

Alan Veck, Padstow RBL Chairman
**LOOE**

**CITIZEN OF THE YEAR AWARD**

- On the 21st May during Looe Town Council AGM and Town Meeting Looe RBL Chairman/President, **Louis Portman**, was presented with a cheque of £1000 for the RBL from the Mayor’s Charity.

- Louis was also presented with the Looe Citizen of the Year award. **Well done to Louis**, a well deserved award!

*Pictured: David Bryan (Mayor), Louis Portman (Looe Chairman/President) and Annetta Bryan (Mayoress).*

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**LISKEARD**

**NORMAN PAMPLING MBE**

- **Norman Pampling** was awarded the MBE in the Queen’s Birthday Honours list for services to the community and in particular the RBL. Norman joined the RBL in 1953 and held a number of roles from Welfare Officer, Parade Marshall, PAO, Chairman (for over 20 years) and has now been Branch President since 1995. **Congratulations Norman!**

**ZIP WIRE CHALLENGE**

- On Saturday 23rd June the Branch organised a sponsored **Zip Wire Challenge** at Menheniot and to date over £1900 has been raised for the Poppy Appeal.

*Pictured right: Norman Pampling MBE*  
*Pictured left: Jackie Stevens, Branch Treasurer and Welfare*  

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LAUNCESTON

FALKLANDS 30th ANNIVERSARY

❖ President of Launceston Branch, Peter Rowe (right) recently attended HMS Raleigh at Torpoint where they held a parade to commemorate the end of the Falklands conflict 30 years ago. Three platoons of Falklands Veterans made up the 500 strong personnel who paraded at the event. As well as the veterans, commanding officers of ships involved in the conflict, along with the Royal British Legion, other veterans organisations, schools and local people were also invited along to the event.

❖ The Band of Her Majesty’s Royal Marine Plymouth provided music, and there were fly-past by a Merlin helicopter from Culdrose and a Lynx from the Royal Navy Black Cats display team.

WADEBRIDGE

DIAMOND JUBILEE FUN DAY

❖ Wadebridge held a Fun Day to celebrate the Queen’s Diamond Jubilee at Egloshayle Playing Fields on Saturday 2nd June 2012. The Wadebridge Branch of the Royal British Legion held a raffle to raise funds for the Wadebridge Guides Dream Hut Appeal. The picture (left) shows members of the Branch presenting the proceeds of the raffle to members of the Wadebridge Guides.

Top picture from left: Reg White (Poppy Appeal Organiser), Paul Tofi (Press Officer), Alan Champion (Branch President), Karen Thompson (District Commissioner Wadebridge Guides), Rhea Cornish, Heather Champion, Carla Byrne, Emma Taylor.

Bottom picture shows Angela Dolphin drawing a raffle ticket on the RBL Wadebridge Branch stall.
From left; Keith Harris, Philip Cardew, Alan Champion, Paul Tofi, John Beale (background in tent), Angela Dolphin, Reg White, Malcolm Treadwell and Jena Wright.

© Photographer Neil Lindsay 2012.
tel 01208 813553. e: neil.lindsay2@gmail.com
Club News

Polperro RBL 60th Birthday Fundraiser

During February Polperro RBL club held a fundraising night to raise support for the Cornish fishing village’s club which unfortunately is in danger of closing due to lack of funds.

The auction was extremely popular amongst the local residents with approximately 100 lots up for grabs; prizes included a costume dress worn by Barbara Windsor in an episode of BBC1’s EastEnders, a signed photograph of the Soap and Carry On star, a picture card of Rolf Harris, including a mini picture on the bottom of it. Also up for grabs was a personal written message from Penelope Keith and signed theatre leaflets of her shows. Local business donations for the auction included a golfing day for four, various holiday stays in and around Polperro, many dining out vouchers in local restaurants and a variety of fishing trips and many pictures and photos by local artists. In excess of £1500.00 was raised in total on the night! Whilst a lot more needs to be done to safeguard the future of the Polperro Legion, the outcome of several recent events, including this auction, has been very encouraging.

The club celebrated its 60th birthday on the 1st March 2012...here’s to another 60 years! More information can be found on Polperro Legion’s Facebook page.

News from County Office

County Manager’s Assistant marries ex matelot!

On the 19th May, as the Olympic torch passed the RBL County Office in Truro, our CMA Vicki was also celebrating this momentous day when she tied the knot in St Ives to ex matelot Dan! Vicki will be now be called Mrs Vicki Bassett (please bear in mind she giggles every time someone calls her that!). All email’s sent to her old email address vharris@britishlegion.org.uk will still be received but for future reference her new email will be vbassett@britishlegion.org.uk

Congratulations Vicki and Dan!

Dates for the diary

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<td>Camborne Show</td>
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<td>Gwennap &amp; District - dedication of anniversary pennant/Diamond Jubilee, Lanner Christ Church. 2pm</td>
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Wet and windy are the only words we can describe for Royal Cornwall Show 2012! When the team arrived on Thursday it was a case of batten down the hatches. Thankfully we were fortunate to have the Mobile Display Unit (MDU) this year; our little county marquee which we positioned next to the MDU was literally taking the full force of the wind. Nevertheless we put out the merchandise and the ‘Poppy Sweet Shop’ with the hope that the weather would improve! With foot fall dropping as the weather worsened the decision was made to take the marquee down as quickly and as safely as possible before it flew away! Needless to say, Thursday ended with a group of wet and cold volunteers and staff.

Thankfully Friday was a brighter outlook, despite the strong winds! The marquee was packed away for the rest of the show and we made the MDU our home for the two days. Tony Vidler aka ‘Poppy Man’ kept the crowds entertained with his dancing skills, with music courtesy of the RAF Central Band who were playing opposite.

The Cornish Hamper Company very kindly donated a mouth-watering hamper for this years show for the RBL to raffle off. As always, the general public dug deep and we raised £288.60 over the three days. The hamper was drawn at the end of the day on Saturday by County Secretary Emma Stevenson’s daughter, three year old Poppy. Out of the hundreds that entered, the winner was our own Jill Vilder from St Austell RBL Branch! Well done Jill and thank you to Sue Casting of the Cornish Hamper Co. for donating this wonderful prize.

As always, we were also keen to recruit members and thanks to Emma, Muriel Hocking, County Recruiting Officer and Sue Murch from Tideford Branch we signed up eight new members!

This year we held a ‘Poppy Sweet Shop’ to entice the crowds. Over the last few months Annie Binding, CFR had spent hours packing sweets and generally making them look appetizing (I can vouch that they tasted good!). The sweets interested young and old and £144.00 was raised for the Poppy Appeal! I’m pretty sure I contributed a fair few pounds to the total! Our County Merchandise was also on display, although on Saturday it spent a large proportion of the day undercover because of the rain showers!! Business was a little slow on Thursday but picked up over the next two days with wristbands and our new T-shirts being the biggest sellers.

In all it was certainly an eventful three days, as with all the events that we take part in during the year it is the public image of what the RBL do that is most important and we can never underestimate how effective this is by taking part in these events. A massive thank you to all those who volunteered this year, your willingness to assist whatever the weather helped us make the show a year to remember.

Vicki Bassett CMA
The Rescue Riders, who are serving members of the Armed Forces recently completed a 8700 mile charity ride from the Search and Rescue base, HMS Gannet, Scotland to RNAS Culdrose.

During their charity cycle which took place in May, they stopped at Launceston and were met by Terry Sulley and Roger Powlesland who are members of the Royal British Legion and the U3A Cycle Club. They met the lads at Polson and escorted them to the Town Square where they were welcomed by the Deputy Town Mayor, Cllr Dave Gordon, the Chairman and members of the Launceston Branch of the RBL.

Afterwards they adjourned to the Legion Branch for refreshments. The Chairman John Knights thanked the Deputy Mayor for attending and praised the cyclists for their outstanding achievement and presented Lt Alex Stevenson RN with a cheque for £147.00 for his chosen charity, The Royal British Legion. He also thanked all those who gave so generously both from individuals and from local shops and many thanks were extended to Andy Reeves who allowed the cyclists to camp on his premises.

Alex Stevenson replied by thanking the Branch for their hard work in raising the money and Sgt Andy Dixon RAF presented the Chairman with a magnificent signed picture of a Search and Rescue Helicopter.

Pictured from L to R: Jimmy Glynn, Mike Chambers (Treasurer), John Knights (Chairman), Deputy Mayor Cllr Dave Gordon, Lt Alex Steveson RN, Sgt Lee Haggerty RM, Sgt Andy Dixon RAF, Richard Hart, Mel Stevens, Peter Rowe (President)
Fashion Show Wows Audience

Fashion design student Rebecca Jayne Taylor wowed the audience in Falmouth, Cornwall in May when she presented her final year collection at an annual fashion show. Her designs were created in honour of the men and women who fight for our country, with one dazzling showpiece (pictured right) incorporating numerous hand-made poppies in remembrance of those who have died in combat.

Community Fundraiser, Annie Binding, said: “When approached by this lovely young lady, we were moved by the fact that she had chosen The Royal British Legion as one of her charities. Her work is not only stunning and structurally beautiful, but also breath-taking and thought-provoking.”

“Becky chose the Legion as her inspiration due to having a father in the Armed Forces who many times faced front line action. She knows exactly how war can affect our Servicemen and women – not only physically but mentally. Her designs were extremely thought-provoking and very emotional, including everything from bullets and poppies to tranquilisers.

“At only 22, Becky is not a typical supporter but we here in Cornwall think she has an amazing future ahead of her, and we hope she may become an ambassador for us.”

The fashion show featured the work of Fashion Design and Performance Sportswear Design students from University College Falmouth where Becky was studying BA (Hons) Fashion Design. After the show, Becky sold her poppies to raise funds for The Royal British Legion.

I’m sure you’ll agree that Becky has a bright future ahead of her and with an invitation to design a show dress for the Olympics, she is certainly making her mark on the fashion world.

You can keep up to date with Becky’s progress on her website at: www.rebeccajaynetaylor.co.uk
Poppy launched in May!

You heard correctly but not that launch, the boat ‘Poppy’ was launched.

Friday 25th May saw warm, sunny and breezy conditions, perfect for a spot of windsurfing and to get ‘Poppy’ in the water.

‘Poppy’ is a 4 metre RIB with a 20hp outboard. She was purchased through donations from the Cornwall RBL Branches and is the rescue/recovery boat for a windsurfing initiative being undertaken at Stithians Lake.

Windsurfing kit was funded through various sources including the Army Benevolent Fund, The Pirate FM Trust and the RAF Sports Lottery. The intent to provide windsurfing for Service personnel based in the South West. A bit of fun but also a little extra comradery for in particular those returning from Operations.

The launch saw a group of personnel from RAF St Mawgan try out the kit. All were up and windsurfing within about 30 minutes (superb instructors!) but the boat came in handy to tow them back until they mastered the inevitable turning around! There was no champagne smashed on the bow; as an inflatable it would only bounce off! We did it the Cornish way and pushed her in and had a pasty! Muriel Hocking, County Recruiting Officer and Steve Lewis, County Vice Chairman representing the County went for a spin in ‘Poppy’.

Dates are available now. If you are Serving or retired come down and have a go. If you’ve recently returned from Ops the course is free. To book your place call 07735 532006 or email shaun_pascoe@live.co.uk

We would like to formally thank the following for making this initiative available: Sgt Chatfield, senior instructor windsurfing, Stithians South West lakes for waiving the launch fee and being the perfect spot and hosts. And to all those branches of the RBL who made it possible - thank you.

Squadron Leader Shaun Pascoe

Pictured on board ‘Poppy’ are Squadron Leader Shaun Pascoe, Muriel Hocking and Steve Lewis
Little did I realise that entering and being accepted to run the London Marathon for the RBL would send me on a 5 month roller coaster ride of living and breathing running from dusk to dawn!

Classing myself as an accomplished runner I swiftly realised that I had heavily underestimated the sheer commitment that would be required just to get me round the course, let alone the 4hrs I had secretly set myself.

Let the games commence...and did they! I nearly fell on the very first hurdle, literally. Having commenced my intense training regime, (which consisted of 5 runs a week, 3 during the working week and 2 at the weekend) I managed to sprain my ankle! I can laugh about it now but the funny thing was it was not done by running but merely standing up from my sofa, having sat on my leg for most of the night making it numb. Picture the scene, when you put your foot down but suddenly realise you can't feel a thing, my foot buckled and the next thing I knew I had won a Oscar for the best interpretation of a ‘Rita Hayworth’ (so my husband tells me!). I remember it now, all I could think about was that I had just entered the challenge of a lifetime (in my eyes) and I had failed not just myself but all my supporters. Luck was on my side, however, as whilst my ankle had a tennis ball attached to it, miraculously I could still run.

With my mini adventure out the way I now had full concentration on fulfilling my gruelling training programme. Whilst I have lived in Cornwall for 12 years now and realised that, perhaps, I needed to be prepared for anything, nothing could have prepared me for the hills I was to meet along the way! All I can say is thank goodness for sports gels...I became accustomed to consuming one a few minutes before the ‘mountain’ although I have to say I felt sorry for the passers by when I hit the top, it must have been like seeing the incredible hulk running towards them (I have pictures to prove it!). One other thing I must give thanks for is the beautiful countryside in Cornwall. There is nothing better when you are pounding the roads to be able to witness such serene views, especially when you, perhaps, need to see them closer than expected...that is when the wonderful Andrex came in particularly handy – less said the better!

Over my 16 week programme I managed to clock up in excess of 1000 miles on the road, which culminated in a final 22 mile training run. That was an achievement in itself and such a relief to know that, hopefully, with positive thoughts and general good fitness I could manage to get my body around the 26.2 mile course.

Saturday 21 April...the weekend had finally arrived. I was experiencing all manor of emotions but having collected my official number, 46391, it was just sheer excitement. The atmosphere was electrifying and I went to bed that night on such a high and eager to undertake the LM (was I mad?!).

On the morning of the event the nerves had kicked in. Whilst all the experts say make sure you get some food inside I was cautious of getting in too much (particularly fibre) in case it had an adverse reaction – you get my drift?! At the start, having managed to make a quick pit stop at the portaloo, having queued for 45 mins, I found my allocated zone. Like sardines in a tin springs to mind but I had never felt so ecstatic to be so up, close and personal with thousands of people I had never even met before. The countdown had begun and we were off. Being at the back it was a slow walk to start but I quickly managed to pick up the pace, and intertwine between the runners to get a comfortable speed that I thought I could maintain.
What a feeling, coming up to the **RBL support stand** at mile 12, my body and mind not even realising that I had got to that stage. The support from the crowd was intense and to this day, whilst I believe all my training paid off I also think that the cheers and yells of the passers by **spurred me on** and made me even more determined to get round the course. Which I have to say very proudly, was an official time of **4hrs 22mins**; however, having had to make a quick pit stop at mile 13 (an experience I will never forget – someone had eaten too much fibre!) my recorded time was **4hrs 9 mins**.

I have to take my hat off to all the runners. To attempt such a distance, you would think is madness but I had **sheer admiration** for all, especially those I passed who you could see were in clear pain but would not stop: one man even had blood running down the insides of his legs! I was one of the lucky ones, I crossed the finish line with merely weary legs and a black toenail and of course with the sense of sheer achievement, proud to have taken part and raise much needed funds for a Charity close to my heart; **The Royal British Legion**.

This must bring me onto the **thanks I must give** to all my family, friends, colleagues, RBL Branches and Clubs, not just in Cornwall but in South East Wales, who very kindly sponsored me. In particular, I must give special thanks to my daughter **Kelsey**, whom without her I would not have fulfilled my training schedule – she looked after her sister (**Poppy**) whilst I pounded the roads, my husband for supporting me on my mission right to the end, and to **Ivan Beatty** who very kindly assisted me in spreading the word in SE Wales to generate a substantial amount of funds.

**Donations were received from:**

- **Bude Branch** £50
- **Cwmb Branch** £3,000
- **Penzance Branch** £20
- **Mullion Branch** £36
- **Stithians Branch** £50
- **Rumney & St Mellons Branch** £3,000
- **Looe Branch** £31
- **Tideford & St Germans Branch** £75
- **Illogan Branch** £50
- **Abergavenny Branch** £800
- **St Just Branch** £100
- **Cwmbach Branch** £500
- **Perranwell Station Branch** £23
- **Truro Branch** £100
- **Llandrindod Wells Branch** £110
- **St Just Club** £70
- **Padstow Branch** £25
- **Delabole Branch** £25
- **Pelynt & Lanreath Branch** £41
- **Blaina Branch** £1,000
- **Bedlinog Branch** £3,000
- **Liskeard Club** £25
- **Saltash Branch** £70

Whilst I would love to list you all individually, sadly I am limited by space; however, hopefully you all know how **immensely grateful** I am for all your donations, between us we have managed to raise just over **£13,000**! With thanks to you all you have managed to make my experience of the **London Marathon** a very happy one, and one that I will remember in years to come...that is unless I have another memory of it, having now entered the ballot for 2013 – what I hear you say?!

*Emma Stevenson,*
*Membership Area Manager (SW)/CS Cornwall*
Nine month fundraising mission

Three Helston women whose husbands are currently serving at RNAS Culdrose are setting themselves an ambitious target, to raise £10,000 in just nine months for the Royal British Legion. Vicky Junor, Natasha Wright and Michelle Wiggins plan on raising the money with a series of small fundraising events culminating in a grand gala ball taking place on 2nd March 2013 at the Tregenna Castle Hotel in St Ives.

They kicked off their fundraising mission in early June with a charity bag pack at ASDA in Penryn. The ladies spent five hours packing bags and raised a fantastic £214.14. It was then onto a Poppy Luncheon at the Community Centre on the 21st June, a chance to meet the local community and talk about the RBL whilst having a good time. A children’s entertainer was also on hand to keep the kids smiling too! A fantastic £335.76 was raised in the process!

The ladies are planning on a variety of events over the next few months and you can keep up to date with all their efforts on www.rblcharitygala.co.uk

A MASSIVE well done ladies, what a fantastic way to raise the profile of the RBL whilst raising much needed funds.

Recognising Ricci’s valuable support

Keith Naylor, RBL Cornwall County Manager and his son Simon, a Senior Lecturer at Exeter University, presented Poppy Appeal certificates to Ricci Pascoe at his Bissoe Bike café and bike hire operation near Truro on Sunday 11th March 2012. This was in recognition for Ricci’s huge support for the Legion through sponsorship, selling the Legion’s merchandise through his bike businesses and by sporting the Legion’s logo on all of his bespoke cycling kit.

Keith and Simon have also been sponsored by Ricci in three of the Legion’s legendary Pedal to Paris rides and can be seen in the photograph wearing the specially designed kit. Keith said, “I am indebted to Ricci for all that he does in promoting the RBL in Cornwall and for his unstinting support for the Legion’s mission to support the Serving and Veteran’s community in the County. Quite apart from all the money he has raised for the Poppy Appeal, as a consequence of Ricci’s initiatives, the Legion’s logo can be seen on lycra clad cyclists on all of Cornwall’s highways and by-ways - some moving very quickly and some not quite so quick!”
**Women’s Section**

*A special award from The League of Mercy*

- **Margaret Harris** *(pictured right)*, Women’s Section County Secretary and caseworker received the prestigious **Badge of the Order of Mercy** in a ceremony attended by National Vice Chairman **John Crisford**.

The Badge was conferred at Mansion House in the City of London on 13th June, by **The Rt Hon the Lord Lingfield**, President of The League of Mercy, in the presence of **The Lady Mayoress of London. Alderman Nicholas Anstee** and Officers and Trustees of the League also attended.

Margaret has volunteered for the Legion in Cornwall for over 35 years and has certainly dedicated a **large proportion of her life** to assist those during their time of need.

- The League of Mercy was founded on 30th March 1899 by **Royal Charter of Queen Victoria**, with the Prince of Wales as its first Grand President. The objective of the League was to establish a large body of **voluntary workers** who would assist with the maintenance of voluntary hospitals and ‘otherwise relieve sickness and suffering’.

**The League of Mercy** was re-founded as a UK registered charity in 1999, with the aim of encouraging and recognising distinguished voluntary work within areas of care. Each year the Trustees of the League choose some **25 outstanding volunteers** from nominations made by charities and other organisations, and invite them to receive the **Badge of the Order of Mercy**. Thus today’s League carries on the original aims of its founders to honour the work of volunteers, and by doing so, to develop public awareness of their work and to encourage others to join them in giving up their time to the **voluntary care of those in need**.

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### Donations Received

*On behalf of the County Chairman and Committee please accept our sincere thanks for the following very kind donations made to either the Welfare Fund (WF), Poppy Appeal (PA) or General Fund (GF):*

<table>
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<tr>
<th>Branch</th>
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</table>
It is with great sadness that the RBL Cornwall announces the deaths of the following Royal British Legion members:

Mr Ron Coad, County Vice President and Newquay Branch

Ron Coad has been one of the unsung heroes of Cornwall RBL for over 20 years and has served the County in many different guises. We will primarily remember him as an indefatigable Public Relations Officer who consistently produced a lively and enjoyable Cornwall Legion News which we all looked forward to reading. His editorial comments were always wry, pithy and to the point and he had a real talent for selecting poignant articles and poems for the CLN at Remembrance time. His commitment and loyalty to the Legion were legendary and his longevity, dependability and sage advice as a County Committee member set the standard for others to follow. He was a lovely man, a great companion and we will all miss him.

Mr Bill Dennis of Mullion Branch

It is with great sadness that we report the death of Mullion Branch’s President Bill Dennis who passed away on Saturday 2nd June aged 84. Bill was Parade Marshall on Remembrance Sunday from approximately 1994 - 2009 and always did the Branch proud. He organised the pupils from both Primary and Secondary schools to take part in the 11th house service which were always well supported.

Bill was very proud to be a member of the Royal British Legion and he certainly lived up to the motto ‘Service not Self’.

Our sincere condolences go to all their families and friends.