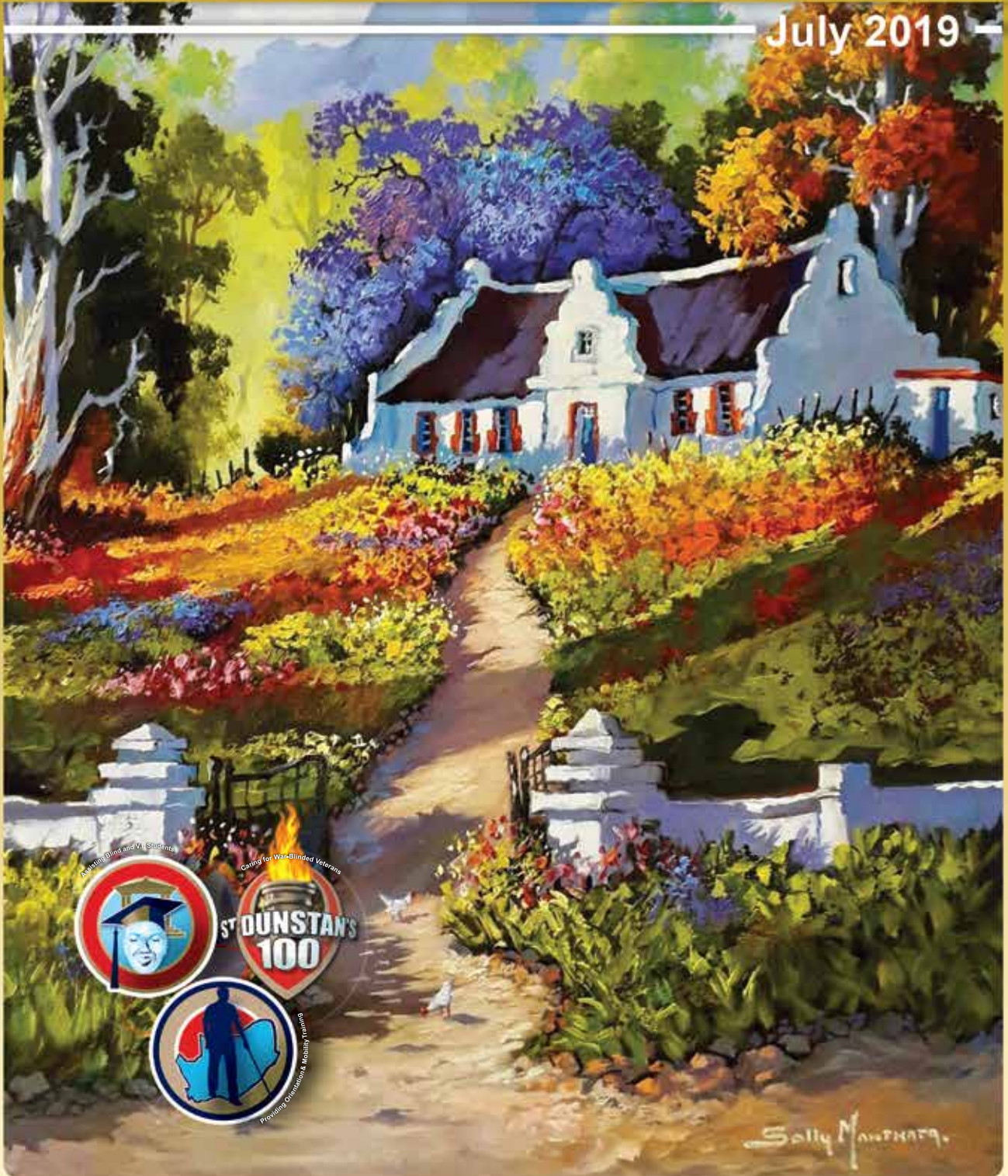


ST. DUNSTAN'S *Review*

July 2019



Caring for War-Blinded Veterans



Message from the Chairperson



Dear Friends

As we start to experience the cold weather associated with onset of winter we pray for enough rain to carry us through the coming summer and beyond.

On the political front we have had a very peaceful election and we all hope that this election outcome spells a new era that destroys corruption and leads us on a new path toward greater prosperity and growth.

At the end of May we enjoyed a wonderful reunion where there was enough free time to allow for unprecedented interaction and socialization. The request from beneficiaries for more free time was certainly a great idea and by all accounts the reunion was enjoyed by all present. I was particularly honoured with a gift of a spectacular painting bought for me by the beneficiaries jointly and I once again want to take the opportunity to thank all those who made this possible - I really appreciate the gesture.

It was very unfortunate that Reinette Popplestone could not be with us at the reunion. Reinette is battling some serious cancer in her system and although a few weeks earlier she was confident about attending the reunion her illness just made this impossible. I ask you all to keep Reinette in your prayers please.

Also unable to attend the reunion was Pieter and Braam who at that time were in the UK attending Project Gemini. Both of them were very excited about this UK trip and I am sure they will come back with many exciting tales to share.

Since I turn 75 later this year and that means retirement from the Board of St Dunstons this is probably my last message in this magazine. I would like to thank all the members of St Dunstons who made me feel so welcome and who supported the leadership this Board provided. To my colleagues on the Board and to the Staff a big thank you for allowing me to lead this wonderful organisation. May you continue to provide the support you do to the many deserving men and women who were prepared to sacrifice their lives so that we could live.

Thank you and God Bless.

Brian Figaji



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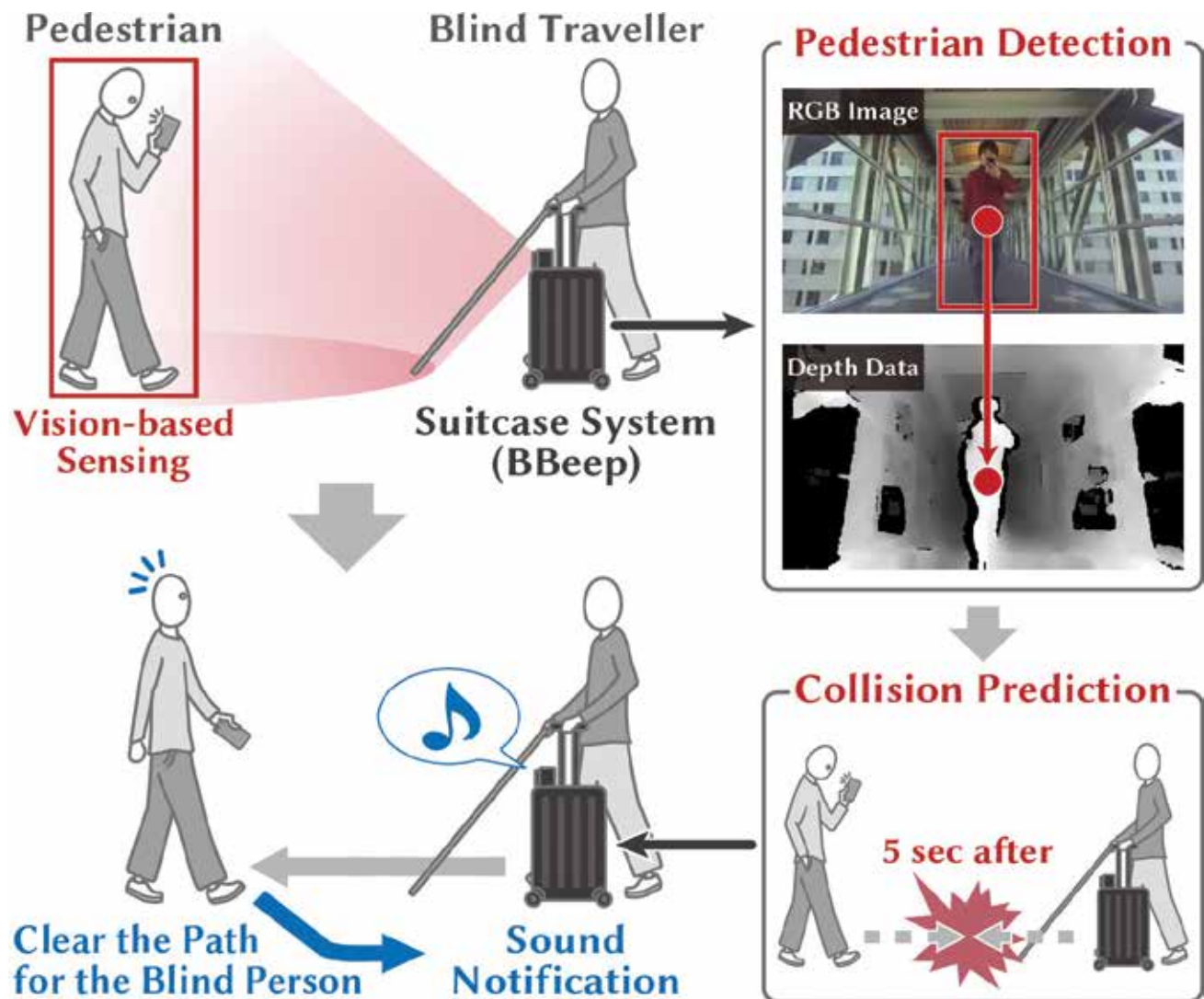
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BBeep!!!

Sonic Collision Avoidance System

BBeep is a Suitcase That Helps Visually Impaired People Navigate Airport Terminals

May 21, 2019 9:54 am



The BBeep is a suitcase and more developed in part by researchers at Carnegie Mellon University that helps visually impaired people navigate airport terminals.

“Despite recent efforts to improve accessibility, airport terminals remain challenging for people with visual impairments to navigate independently,” Chieko Asakawa, the IBM Distinguished Service Professor at CMU’s Robotics Institute, said in a news release.

“Airport and airline personnel are available to help them get to departure gates,



The luggage sounds an alarm when users are headed for a collision

but they usually can't explore and use the terminal amenities as sighted people can," Asakawa said.

As part of the university's partnership with Pittsburgh International Airport, researchers have developed a special suitcase and smartphone app that helps people with visual disabilities to navigate airports.

The rolling suitcase, dubbed "BBeep" warns users of obstacles and helps blind people make their way through crowds at airports. It was developed by a team of researchers from CMU, the University of Tokyo and Waseda University.

BBeep is equipped with a camera and can track pedestrians in the user's path and determine if there is a potential for a collision, warning both the user and those around to clear a path or stop to avoid a problem.

The app, NavCog, uses Bluetooth beacons, and was developed by CMU and IBM. It is already used at shopping malls and on college campuses, including CMU, but it was modified for use at an airport, where wide corridors make users vulnerable to veering, and on moving walkways that are the fastest way to get around a terminal.

The suitcase and app were tested at Pittsburgh International Airport and the researchers have presented their findings at CHI 2019, the Association for Computing Machinery's Conference on Human Factors in Computing Systems in Glasgow, Scotland.

Source: Cool Blind Tech



Autogenic training is a desensitization-relaxation technique developed by the German psychiatrist Johannes Heinrich Schultz by which a psycho-physiologically determined relaxation response is obtained. The technique was first published in 1932. autogenic training appeared to be an effective treatment for many different issues, including migraines, hypertension, asthma, somatization, anxiety, depression and dysthymia, and insomnia or other sleep issues.

Autogenic training, also known as autogenic therapy, utilizes the body's natural relaxation response to counteract unwanted mental and physical symptoms. Through the use of breathing techniques, specific verbal stimuli, and mindful meditation, autogenic training can help people seeking treatment to reduce stress and achieve relaxation of the body and mind.

Autogenic training is often utilized in sport psychology, in particular, but can offer benefit to people experiencing a wide range of concerns.

HISTORY AND DEVELOPMENT

Autogenic training was developed in Germany by Johannes Schultz in the 1920s. A psychologist who studied under neurologist Oscar Vogt for several years, Schultz was influenced by many of his ideas. The two researched sleep and hypnosis together, finding that people experienced sensations of heaviness, warmth, and other signs of deep

Autogenic Training

relaxation while hypnotized. Based on these findings, Schultz began formulating a systematic way for people to induce this relaxation response in order to improve their health, eventually creating autogenic training.

In 1926, Schultz presented his initial findings on autogenic training to the Medical Society in Berlin. He and his protege, Wolfgang Luthe, conducted further research on the impact of autogenic training on various physical and mental health issues. In 1932, Schultz published *Autogenic Training*, the first of seven volumes on autogenic therapy. These volumes, which are still used today, were later modified by Luthe in order to extend the duration of the training period and increase the level of safety for those practicing this self-administered relaxation technique.

Dr Herbert Benson, the founder of the Mind-Body Medical Institute in Massachusetts, included autogenic training on the Institute's list of treatments used for relaxation for the first time in the 1970s. The British Autogenic Society was established in the 1980s, and in 1984 the British Journal of Medical Psychology recognized autogenic training as a cost-effective treatment for stress and anxiety.

Today, autogenic training centers can be found in concentrated parts of the world, and this method is prevalent in the United Kingdom, Japan, and Germany. According to the British Autogenic Society, the Autogenic Training Department at the Royal London Hospital for Integrative Medicine has been providing autogenic training in a group setting for over 20 years. This treatment has not yet made its way into mainstream psychotherapy treatment.

HOW DOES AUTOGENIC TRAINING WORK?

First developed as a method of relaxation, autogenic training has been compared to yoga, hypnosis, and meditation in that it influences the body's autonomic nervous system. Autogenic means "self-generating," and the primary goal for this form of therapy is to train people to use the body's relaxation response on their own, as needed. Participants



are taught to use this method to manage their emotional responses to stress and control physical symptoms such as blood pressure, heart rate, and rapid breathing.

Practitioners who are certified in this approach use six basic techniques, which are taught to people in treatment at a slow and steady pace that can span many months. These techniques are designed to stimulate a sense of heaviness in the musculo-skeletal system and a feeling of warmth in the circulatory system. Therapists also direct the attention of the person in treatment to things like heartbeat, breath, and other bodily sensations. Sessions usually last about 15 to 20 minutes, but participants, sometimes referred to as “trainees,” are strongly encouraged to practice at home daily, utilizing the techniques as needed.

A TYPICAL AUTOGENIC TRAINING SESSION

A session of autogenic training might take the following format:

First, the trainee is encouraged to settle into a comfortable position—sitting upright, reclined, or lying down. What is most important is that the chosen posture promotes calm relaxation.

The therapist begins by using verbal cues to guide the trainee’s breathing and direct attention to certain parts of the trainee’s body. The verbal cues can encourage sensations of heaviness and warmth, which can then lead to deep relaxation. The therapist might lead the cues, have the trainee repeat them, or have the trainee say them silently, depending on the level of training the individual has received.

Autogenic Training

Some of the verbal cues that may be learned include:

I am completely calm (say once).

My right arm is heavy (say six times).

I am completely calm (say once).

My right arm is warm (say six times).

I am completely calm (say once).

My heart beats calmly and regularly (six times).

I am completely calm (say once).

My breathing is calm and regular ... It breathes me (six times).

I am completely calm (say once).

Once the lesson is finished, the therapist will help the trainee “cancel” the relaxation session. One phrase that is commonly used is “Arms firm—Breathe deeply—Open eyes.” The session concludes, and the trainee is encouraged to practice what has been learned at home, outside of the session. Each session expands on the last lesson until the trainee and therapist feel confident that the process can be conducted independently.

Each lesson focuses on a different sensation in the body, and there are six established lessons (techniques) included in autogenic training:

Inducing heaviness. Verbal cues suggest heaviness in the body.

Inducing warmth. Verbal cues induce feelings of warmth.

The heart practice. Verbal cues call attention to the heartbeat.

Breathing practice. Verbal cues focus on breath.

Abdominal practice. Verbal cues focus on abdominal sensations.

Head practice. Verbal cues focus on the coolness of the forehead.

The goal of each session is for the trainee to feel a sense of calm at its conclusion and to have gained better control over unwanted emotional, physiological, and physical responses to stimuli. Those who practice autogenic training and utilize it regularly may find it an effective treatment for a wide range of physical and mental health issues. This approach may help individuals develop a greater sense

of empowerment and control over their lives, and some may find that practicing autogenic training helps them experience greater self-confidence and increased self-esteem.

HOW CAN AUTOGENIC TRAINING HELP?

While widely known to be an effective treatment for stress, autogenic training can have many other beneficial effects. According to a meta-analysis of over 70 outcome studies published in *Applied Psychophysiology and Biofeedback*, autogenic training appeared to be an effective treatment for many different issues, including migraines, hypertension, asthma, somatization, anxiety, depression and dysthymia, and insomnia or other sleep issues.

Further, many of those who learn and practice autogenic training report its effectiveness in the treatment of other mental and physical health issues, such as panic attacks, phobias, chronic pain, stomach issues, and heart palpitations.

Regularly practicing autogenic training, rather than only resorting to it when already stressed, may help individuals develop the ability to deal with stress more effectively when it surfaces and handle higher levels of stress. People have also reported that autogenic training helped them feel more positive about life in general.

The approach may also help individuals develop a greater sense of empowerment and control over their lives, and some may find that practicing autogenic training helps them experience greater self-confidence and increased self-esteem.

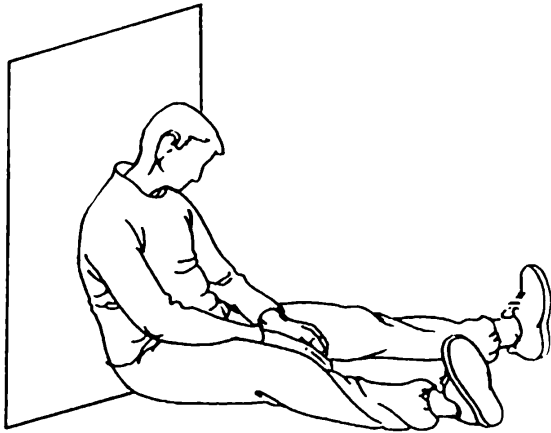
WHO OFFERS AUTOGENIC TRAINING?

Autogenic training is offered in various parts of the world but is especially popular in the United Kingdom, Japan, and Germany. The approach might be taught in individual sessions, group settings, to companies and organizations, or in universities and hospitals.

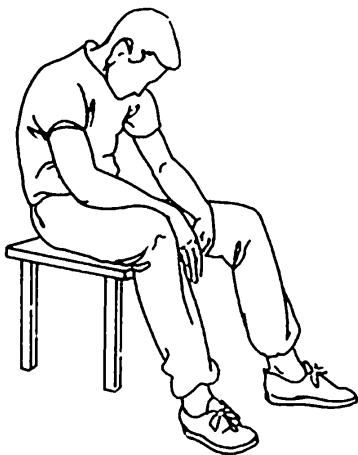
The International Certification Board of Clinical Hypnotherapy (ICBCH) sets the standards for the practice of hypnotherapy and other similar forms of therapy, such as autogenic training. The ICBCH offers certification programs in autogenic training as well as continuing

Autogenic Training

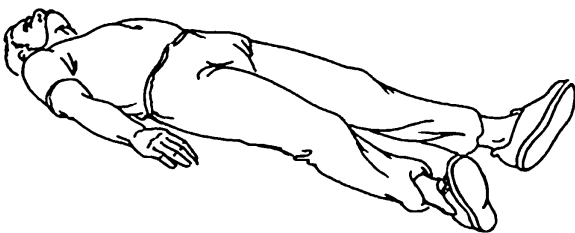
Autogenic Training Positions



In an upright position on the floor or ground against a wall, or any upright structure. Your feet spread apart, your hands between your knees.



Seated on a chair, couch, the end of a bed or a park bench. Any place that is tranquil and without any distractions. Your feet spread apart, your hands between your knees and your chin to your chest.



Lying on your back with your feet spread slightly apart with your arms beside you.

education credits. One example of an established certification program for autogenic training is the Medical Meditation and Stress Management Certification, a 30-hour certification program that includes courses in mindfulness-based stress reduction, dialectical behavior therapy, and acceptance and commitment therapy as well as autogenic training.

CONCERNS AND LIMITATIONS

In the decades since autogenic training was pioneered, dozens of studies have suggested its effectiveness.

Autogenic training can be practiced individually, but the best way to achieve successful results from autogenic training is to first learn the technique from a certified professional. There is some degree of risk associated with attempting autogenic training without any support from a therapist. If used incorrectly, it could lead to an increased severity of emotional concerns. Qualified practitioners can ensure that the techniques are taught efficiently and administered properly so as to decrease the risk of harm.

Additionally, experienced therapists are typically able to discern whether autogenic training is appropriate for the presenting concerns. Autogenic

Autogenic Training



training professionals indicate several physical and mental health issues that should not be treated with this approach: severe heart problems, diabetes, symptoms of psychosis, delusional behavior, paranoia, and dissociation.

How to do this exercise:

The exercise takes 12 minutes.

1. Sit relaxed and with your feet flat on the floor.
2. Sit with your hands in your lap with your right hand in your left-hand palm. Your hands should not be clenched. Try to clear your mind of everything going on around you before starting the exercise.
3. In your mind say; “right hand warm” very slowly 8 times.
4. Then say; “left hand warm” in your mind 8 times slowly.
5. In your mind say; “left arm heavy” 8 times slowly and then do the same for the right arm.
6. Breathe in deeply and when you let out your breath say in your mind; “heart strong”. Do this 8 times slowly.
7. Say in your mind; “solar plexus” warm 8 times slowly.
8. Say in your mind; “forehead cool” 8 times slowly. (N.B. Do not say; “forehead warm” because you could give yourself a headache)
9. Count back from 5. (Do not stand up immediately after the exercise)

Project Gemini

BRIGHTON CENTRE 2019



Blind and visually impaired veterans from the UK, South Africa and the United States gathered together at the Brighton centre recently under the umbrella of Project Gemini, the annual exchange programme which sees members of Blind Veterans UK, the Blinded Veterans Association (USA) and St. Dunstan's South Africa come together for a week of peer-to-peer support, learning, camaraderie and activities and which has become a very popular event in the Blind Veterans UK calendar.

Blind Veterans UK members Alan Walker, Peter Graves, Sue Eyles, Jan Price and Kerry Reed were joined by South African's Pieter Engelbrecht and Abraham 'Braam' Naude plus our American guests, Lonnie Bedwell, Lawrence Harrison, Rain Rich and Reynaldo 'Rey' Reyes.



Sunday

It was an early start for some of us on Sunday morning as we had to head to Heathrow airport to collect the two groups who arrived at different terminals at around the same time. So with the help of Alan Walker and Sue Eyles, we three 'greeters' slipped into a well-rehearsed drill and after a couple of hours (the delay due to our South African veterans who had a problem identifying their luggage) we had everyone together and were on our way back to Brighton and our home for the week, Port Hall, an eight bedroomed detached house owned by the charity which is a five minute walk from the centre.

After orienteering our guests around the house and some hasty unpacking, we boarded the coach and drove to Devils Dyke, a popular beauty spot on the South Downs where we had lunch and got to know one-another. Sunday evening was spent relaxing in the bar at the centre.

Monday

Monday morning soon came around and we had arranged for the group to have a guided tour of our Brighton centre and a fantastic Virtual Reality demonstration by our IT specialists Matt, David and Leon. Everyone really enjoyed the VR session, although one of our American friends became a little too excited and somewhat hysterical during one particular demo, much to the amusement of the rest of the group and the consternation of one of the IT instructors. Our international guests really enjoyed the tour and commented on how amazing our centre was!

After a superb buffet lunch in the Trophy Room, where we were joined by members of Blind Veterans UK staff, we all trooped downstairs to the sports hall and participated in an eagerly awaited archery competition which saw the UK take on the 'rest of the world'. Great fun was had by all and some amazing talent on show too!

Late afternoon saw the group head off to Brighton Marina, via the undercliff walkway, and a game of ten-pin bowling. Once again, the competitive spirit was well and truly on display. How naïve of me to

think that ten-pin was a non-contact sport.....

Tuesday

On Tuesday we were off to Portsmouth and a visit to the historic Portsmouth Dockyards, where we were given a tour of HMS Victory and a really interesting boat trip around the harbour. The weather gods were very kind to us and we enjoyed a really lovely sunny day, much to the disappointment of Pieter and Braam who wanted to experience some traditional British rain. Dinner in the evening was courtesy of TNS Catering at the Brighton centre where good old Fish and Chips were served with the usual accompaniments, curry sauce and mushy peas!

Wednesday

It was an early start for the group on Wednesday as we were off to London and a visit to the Houses of Parliament, kindly arranged by Dr. Renata Gomes and her wonderful team. We were met at Brighton rail station by station manager Daniel Sands who greeted us all warmly and had his team take us to our train for the trip to the capital. Thanks to Daniel and his colleagues and also a special thanks to Govia Thameslink Railway for providing us with free rail travel for the day.

It was a lovely day in the capital as we took the short walk from Victoria Station to our first visit of the day, the Palace of Westminster where we were fortunate enough to sit on the plush red leather seats in the chamber of the House of Lords and learn something about the history of this great British establishment, an integral part of the Institution of Parliament. Our next visit was to the House of Commons, where luck would have it we were allowed into the public gallery and listened to Prime Ministers Question Time, an unforgettable experience, especially in today's volatile political climate. Our South African and American guests came away very well impressed!

The next port of call was the Tower of London and a fascinating delve into the history of this iconic London landmark. We were given an informative and very interesting talk on the long standing association with the Tower by the Royal Regiment of Fusiliers, delivered by the



Regimental London Area Secretary Major (Retd) Mick McCarthy MBE, whose knowledge of the Regiment and its history are second to none. We then visited the Fusiliers Museum with its rich collection of uniforms, silver, flags, paintings and other memorabilia dating back to the Regiment's formation back in 1685.

It was a tired but happy bunch that arrived back at Port Hall later that evening.

Thursday

Thursday morning was free to catch up on things and an opportunity to visit the gym or the pool or a nice walk along the South Downs, which many of the group took up.

In the afternoon we were off to Q Leisure, a go-kart track in Albourne, near Hassocks. We had a lovely lunch sitting outside of the café and bar by the picturesque pond in the glorious sunshine and after lunch we were invited to don our protective overalls, helmets and gloves and after a safety briefing were allowed onto the track. It was a fantastic adrenaline rush and once again, the old competitive spirit was in full flow as one of our members who was assisting the group during the day, Kevin Alderton, took on one of our American guests, Rey Reyes, for the title 'King of the Track'! Forget about the epic Formula One battles and intense rivalry between Niki Lauda and James Hunt back in the seventies, this was on an entirely different level! Both drivers were going flat out and woe betide anyone that got in their way! It really was a great day out and highly recommended for anyone that wants to experience the thrills of driving at speed again.

In the evening we were off to the dogs and a fun night at the greyhound stadium where fortunes were lost and reputations ruined. I've never witnessed someone get so excited about winning two pounds forty

pence in my life. Unfortunately, the dog that I picked for the first race was retired due to the hare biting its back leg and it all went downhill from there on.....

Friday

Friday was another lovely day weather-wise and we were off the Hever Castle, the childhood home of Anne Boleyn, in glorious Kent. The castle and gardens are absolutely stunning, set in over one hundred and twenty five acres of grounds, the award winning gardens are really beautiful and a 'must-see' for any gardening enthusiasts out there. We also had some great fun at the water-maze which claimed even more victims during our visit.

It was now time to head back to Brighton to get suited and booted in readiness for the Military Dinner which was to be held in the Winter Gardens. Pre-dinner drinks were at 17:15 in the lounge bar and guests were invited to step out into the garden for a wonderful performance by the Surrey and Sussex Drum and Bugle Corps before heading upstairs for the formal dinner. The TNS staff and our military advisory committee had done an amazing job in setting up the room which looked fantastic and the meal itself was superb. Well done all on a great job!

Speeches were duly delivered and a few tears shed as members talked about the effect that the week had on them and how it had impacted positively on their confidence and self-esteem. Tokens of appreciation were presented to Nick, Louise and Colin which will hang on our 'Project Gemini wall' at the centre and all of the veterans that participated on the week were presented with their Project Gemini coins and bespoke badge. Our South African guests also presented each veterans with a gift from their home country.

After the dinner was over we retired back to the lounge where we were superbly entertained by the Brighton Big Band Jazz Orchestra which soon had everyone up dancing. Pieter, one of our South African guests, was one of the first up on the floor and to be honest, at first I didn't even realise he was dancing; I thought for one moment that he'd lost his keys and was frantically searching for them but no, he was



indeed tripping the light fantastic and both he, and everyone present, had a very enjoyable and unforgettable evening.

The Oxford English Dictionary defines 'Camaraderie' as "a feeling of friendship and trust among people who spend a lot of time together". The word 'comrade', often used to refer to a mate or ally, is derived from the word 'camaraderie' and that's what we all were at the end of the week; mates and allies.

As in previous years, those of us fortunate to take part in the week have made friends for life and the bonds of friendship between our three organisations have grown stronger and stronger because of it.

There are too many people to thank individually for making the week was it was but special thanks must go to Louise Timms for her part in making it such a special occasion and also the staff members for supporting and assisting us during the week. Without your help we couldn't have managed to put on such a splendid show. Also, many thanks to the transport staff, housekeepers, caterers and everyone else that we came into contact with at the Brighton centre; you are all marvellous ambassadors for the charity. I'd personally like to thank the 'International Brigade' of members that contributed so much to the week; you are, in the words of our American friend Lonnie Bedwell, "simply awesome!" Craig Brindley and his Military Advisory Committee also deserve a special mention for the wonderful military dinner that they organised for us all.

To British Airways, a huge thank you for your wonderful generosity and to our old friend Neel Singh from Dorking Brewery, cheers mate! Thanks for the beer!

Project Gemini

FEEDBACK

By Pieter Engelbrecht

I would like to thank the Board and the staff members of St Dunstan's for sending me to the UK for a week.

When we arrived at O.R. Tambo Airport, my family and I went for lunch at the Spur while waiting for Braam to arrive. When Braam arrived, he joined us in the Spur. My son and I had a couple of beers while Braam enjoyed his toasted bacon and egg sandwich accompanied by a coke. My son took us to the Check-in desk and handed us over to the most helpful personnel of the O.R. Tambo Airport. After going through security Braam and I went to Mugg and Bean where the party went further while waiting for the airplane. At 7:20 PM we boarded the airplane. After about an hour in the air, they asked us whether we would like something to drink. There was no brandy on the airplane so Braam and I decided to try a double Jack Daniels and Coke. What a horrible drink!

We tried to sleep but unsuccessfully. The next morning at about 5 AM we had a full English Breakfast. What a treat! We landed at Heathrow at about 7:20 AM. I wasn't very clever going through Customs, I had left all my paperwork in my suitcase but luckily Braam had all the paperwork available. We waited about 2 hours for our luggage. I told Braam I might be in trouble because of all the Brandy I brought with for the people, but luckily our suitcases arrived and off we went to Port Hall. After unpacking we went to the lounge and met up with all the other blind veterans.

On Monday we went for a tour through the Brighton Training Centre. One thing I will remember is how Rain from America was shouting and performing while playing the reality game. We also did Archery – shooting balloons with bow and arrows and answering questions. The South Africans and Americans were in one team and the Brits in the other, unfortunately we lost by 2 points to the UK guys.

Another highlight was when we went to the Naval Base where they took us on a tour around the harbor before we went to Lord Nelson's ship where they explained to us everything that happened on the ship. It was very interesting to hear about the cannons and weapons they used

on the ship. I am glad that I never had to go for surgery on that ship. Nelson was a very lucky guy. He had 2 ladies with him on the ship. That evening we went pub crawling. It was again South Africans and Americans against the UK drinking beer. At the first pub one of the UK ladies and I starting dancing. I bumped the drink of one of the guys out of his hand and had to buy him another. At the next pub we also had some beers. There I started singing and clapping hands. The owner of the pub did not enjoy that and called me to her office. There I stood in front of her apologizing to her. I felt like I was back at school explaining to the principal. I told her more than once that I am sorry but back in South Africa we can sing and clap our hands in pubs, and no one cares. Braam was sitting and enjoying his drink, knowing nothing about what was happening in the office. She asked my American friends and I to leave but it was already 1 AM in the morning. We collected Braam and off we went to the taxi and back to Port Hall.

On Wednesday we took the train from Brighton to London. From London Station we walked to the Parliament. They took us for a tour through Parliament. It was steps up and steps down. I felt I was getting blisters on my heels because we were wearing church shoes. In Parliament we listened to a debate of Theresa May. It was very interesting. Then we went down all the stairs again out of Parliament and walked a long distance to get another train to Tower Hill. Getting out of the train to my disappointment – some more stairs. At that time, I could feel the blisters on my heels getting bigger. Walking around on Tower Hill, looking at all the interesting stuff it went through my mind that we had to walk all this way back, but luckily there was a shorter route to the train. The train took us back to London where we took the train back from London to Brighton. The Americans asked me whether we were going pub crawling again. My answer was no. I'd rather play it safe than going to jail.

On Thursday we went go-carting. At the go-cart track we had to get dressed in an overall like formula 1 racing drivers, balaclava over the face, helmet on the head and gloves on. I felt like Jody Schechter. To my disappointment I was not allowed to get behind the steering wheel. The driver that drove the go-cart asked me how fast I wanted to go. My answer was how fast can it go. He said fast so I said let's go. It was nice!

We also went to the dog racing track. It was very interesting to hear the dogs run past us.

On Friday we toured the castle of King Henry VI. It was also very interesting to see the hand-made woodwork and copper work. Then we went back to Port Hall to get dressed for the dinner. Before dinner we all met at the bar in the Brighton Training Centre. After a few beers we went upstairs to the formal dinner. After the presentation we had a great meal and a lot of wine. After the meal Cursey, my guide, made the mistake to tell me that Rain, the American girl, had a big slit in her dress. I told Cursey that that's unfair – you people can see it, but I can't. I said (You will need to ask me in private about the rest of the story)

We laughed and had more wine. Then we went downstairs to go and dance where we had port and rum shots in between. At about 11:20 PM Braam said he was going back to the room. At that stage I was in a very good mood and said I am staying. I asked who was going to guide me back to the room. Colin offered. We had a great party. I cannot remember walking back the 2 KM to Port Hall. I think it must have felt for Colin like double the distance because I was walking 4 steps forward and 8 steps backward. When I got to my room it was about 3 AM.

When I woke up at 6 AM I was still dressed in my suit pants and shirt. Braam asked me whether I was coming for breakfast. My answer was no – I was busy dying. After a shower I started to pack and discovered the suitcase is too small because I didn't fold up my clothes neatly. After lunch we sat around until about 3 PM. Sue came and off we went to Heathrow Airport. We got on the airplane at 7:20 PM. After about an hour in the air Braam asked whether I'm going to have a double brandy and coke. The answer was – NO. I was on coke and water for the whole flight. The next morning, they asked whether I want breakfast. My answer was no because I felt like a wine barrel. We landed on O.R. Tambo at about 7:20 AM. After receiving our luggage, I said goodbye to Braam because he had to fly back to Cape Town. I met up with Landi and my family. We had a nice breakfast at Wimpy before going home.

It was a very interesting and enjoyable week in the UK.

My Uitstappie na Engeland

Braam Naudè



Saterdag 18 Mei 2019

Op Saterdag die 18de Mei 2019 het ek vertrek vanaf Kaapstad lughawe na OR Tambo lughawe. Met my aankoms daar het ek vir Pieter ontmoet, hy is 'n vriend wat saam gegaan het.

Om 8h30 het ons vertrek na Engeland. Die vlug was tien en 'n half uur lank, met ons aankoms daar moes ons vir meer as 2uur wag vir ons bagasie. Toe het ons vir Colin ontmoet waarna ons toe na Brighton Sentrum is vir middagete. Daarna is ons almal na Porthall [dit is die naam van die huis waar ons gebly het] waar ons al die ander ontmoet het. Ons het ons self aan mekaar voorgestel en verduidelik wat gebeur het dat ons, ons sig verloor het. Daarna het ons gaan rus tot aandete.

Maandag 20 Mei 2019

Na ontbyt het ons 'n toer deur die sentrum gehad om ons te wys wat al die inwoners van die Sentrum doen. Ek moet ook sê dat almal wat daar bly ook sig-gestremd is. Na middagete het ons in die Sentrum na 'n virtuele demonstrasie van die nuutste virtuele speletjies gekyk.



Daarna het ons gaan boog skiet, waar ons in twee spanne gedeel was - die Engelse span teen die Amerikaanse en die Suid Afrikaanse span. Ons moes die ballonne wat teen die teiken vasgesteek was, stukkend skiet vir 'n punt dan het ons 'n vraag gekry- 'n reg antwoord, nog 'n punt. Ons het gelykop geeëindig toe het ons 'n vraag gekry om die wenner te bepaal - ons het verloor want die antwoord was verkeerd.

Na aandete het ons geloop na die dokke wat ontrent 2myl ver was. Daar het ons ten pin bowling gespeel tot laat die aand, weet nie wie gewen het nie - dit was groot PRET!

Dinsdag 21 Mei 2019

Na ontbyt het ons vertrek met 'n bus na die vloot hawe waar ons op 'n sleepboot gevaar het deur die hawe. Die kaptein van die boot het ons vertel hoe die gevangenis die hawe uitgegrawe het en al die modder op een plek gegooi het en sodoende die eiland gevorm het. Daar is nog 'n eiland wat RATTYLAND genoem word die rede daarvoor is omdat hulle diep gatte gegrou het, en toe al die dooie gevangenis daarin gegooi het en die liggame deur die rotte geëet was. Omdat daar toe genoeg kos was het die rotte vinnig aangeteel, hulle het toe later die gate laat toegooi en 'n klomp katte daar gelos om van die rotte ontslae te raak.

Na middag ete het ons na 'n oorlog skip gaan kyk wat die oudste skip in die wêreld is, dit was in die jaar 1759 begin bou maar is eers in 1805 klaar gemaak waarna dit dadelik in die oorlog gebruik is. Die kaptein van die skip was Nelson. Gedurende die oorlog was die kaptein gewond en hy het geweet dat hy besig was om te sterf. Daarom het hy sy eerste offisier gevra om seker te maak dat sy liggaam nie oorboord



gegooi word soos dit die gewoonte was om te doen sodat die liggame nie aanboort ontbind nie.

Nadat die kaptein gehoor het dat hulle die oorlog gewen het, het hy gesterf. Toe sit die eerste offisier met 'n probleem om te keer dat die liggaam nie ontbint nie, toe laat hy die kaptein in 'n balie met brandewyn sit. Hy het ook wagte aangestel om die balie op te pas, twee in die dag en twee in die nag. Nadat hulle terug was in Engeland het hy die balie oopgemaak en gevind dat die liggaam mooi bewaar was maar die balie het omtrent 'n kwart van die brandewyn gekort. Hulle kon dit nie bewys nie maar hulle het gedink die wagte het die brandewyn gedrink te wyl hulle aan diens was. Daarna is ons terug sentrum toe vir aandete waarna ons gaan slaap het om te rus vir die besige dag wat voorlê.

Woensdag 22 Mei 2019

Na ontbyt het ons vertrek na London se middestad. Ons het met die trein gery vanaf Greyton stasie na London stasie waarna ons na die parlement gebou gestap het. By die parlement gebou wat bekend staan as "The house of Commerce", is ons op 'n toer deur die gebou geneem. Die gebou is so groot dat ons moeg geloop was, voordat ons 'n rus kans gekry het. Ons het geluister na 'n vraag en antwoord

sessie deur hulle eerste minister en lede van die parlement. Die verigtinge was meer beskaafd as hier by ons - hulle het nie so op mekaar geskree nie.

Daarna het ons na die London toring gegaan waar ons middagete gehad het voordat ons 'n toer daardeur gemaak het. Ons het met die moltrein daarheen gery, hulle noem dit "The Tube". Ons het eers laat by die Sentrum gekom vir aandete daarna is ons terug kamer toe om te gaan slaap.

Donderdag 23 Mei 2019

Na ontbyt het ons vrye tyd gehad. Daarom het ons besluit om dorp toe gaan om inkopies te doen. Toe het ons met die bus ingery dorp toe. In die dorp aangekom het ons na 'n winkel gesoek waar ons geskenke kon koop maar die meeste van die winkels het nie meer die goed gehad wat ons gesoek het nie. Die rede daarvoor was dat daar te veel toeruste was en alles was uitverkoop. Ons het 'n paar van die goed gekry wat ons gesoek het die ander goed het ons op London lughawe gekry. Toe is ons terug sentrum toe vir middagete.

Na middagete het ons gaan go-carts ry. Dit het so gewerk: die go-cart was toegerus met twee sitplekke, een voor en een agter waar ek gesit het. Die bestuurder het op sy vinnigste gery as wat hy kon om te sien of ek sal bang word. Ek was te gewoond aan spoed want ek het te veel motorfiets gery in my lewe om bang te word. Daarna is ons terug sentrum toe vir aandete.

Na aandete het ons vertrek met 'n bus na die DOG TRACK. Daar het ons gesien hoe die honde teen mekaar hardloop soos in die perde reises. Ons het toe die kans gekry om op die honde te wed. Daar was net 6 honde in elke wedren waarop ons kon wed. Ek het ook my kans gevat om te sien of ek ook 'n miljoener kon word maar dit was nie vir my bedoel nie. Ek het toe 'n paar pond verloor. Laat die aand na die wedrenne verby was is ons terug Porthall toe om te slaap.



Vrydag 24 Mei 2019

Op Vrydag oggend na ontbyt het ons weer met 'n bus vertrek na London om die kasteel van KING HENRY te besoek. Met ons aankoms daar het hulle ons eerste na die watermeul gevat om ons te wys hoe dit werk. Die meul staan in die middel van 'n eiland met 'n hele paar bruggies oor die water. Daarna is ons toe in die kasteel in waar ons 'n lesing oor die koning en die kasteel bygewoon het. Hulle het ons meegedeel dat die koning 6 vroue gehad het, hy het van die eerste vrou geskei en haar toe onthoof en hy het dieselfde met die ander gedoen. Ek kon toe nie mooi hoor hoekom hy dit gedoen het nie. Na die uitstappie in die kasteel is ons na in restaurant om te eet. Daarna is ons terug na die huis om reg te maak vir die reunie aandete wat plaasgevind het in die eetsaal van Brighton Sentrum om 7uur die aand waar ons nog van die personeel van die sentrum ontmoet het.

Nadat almal daar was het die aankondigings begin met al die toesprake van almal wat iets gehad het om te sê. Pieter en ek het ook ons kans gekry om te praat. Nou is ek bly ek het die kursus bygewoon by CTSB, want ek kon my storie vertel sonder dat ek oor my woorde val. Ek het ook die geleentheid gebruik om die goed wat Andrea vir my gegee het vir hulle te gee. Na die verigtinge afgehandel was het ons gedans en 'n paar drankies geniet tot laat die aand. Na 12 die aand is ek terug kamer toe om te gaan slaap.



Saterdag 25 Mei 2019

Op Saterdag het almal begin om te vertrek na hulle verskillende bestemmings. Vroeg die oggend was dit die mense van Amerika, daarna was dit die mense van Engeland en ek en Pieter het laaste vertrek. Om 3uur die middag toe ons op die lughawe kom het ons 'n kans gekry om die ander geskenke te koop wat ons nie in Brighton kon kry nie. Toe is ons deur doeane en later op die vliegtuig en oppad huis toe om 8uur die aand. Die res is alreeds geskiedenis.

**DANKIE VIR DIE
GELEENTHEID!!!**



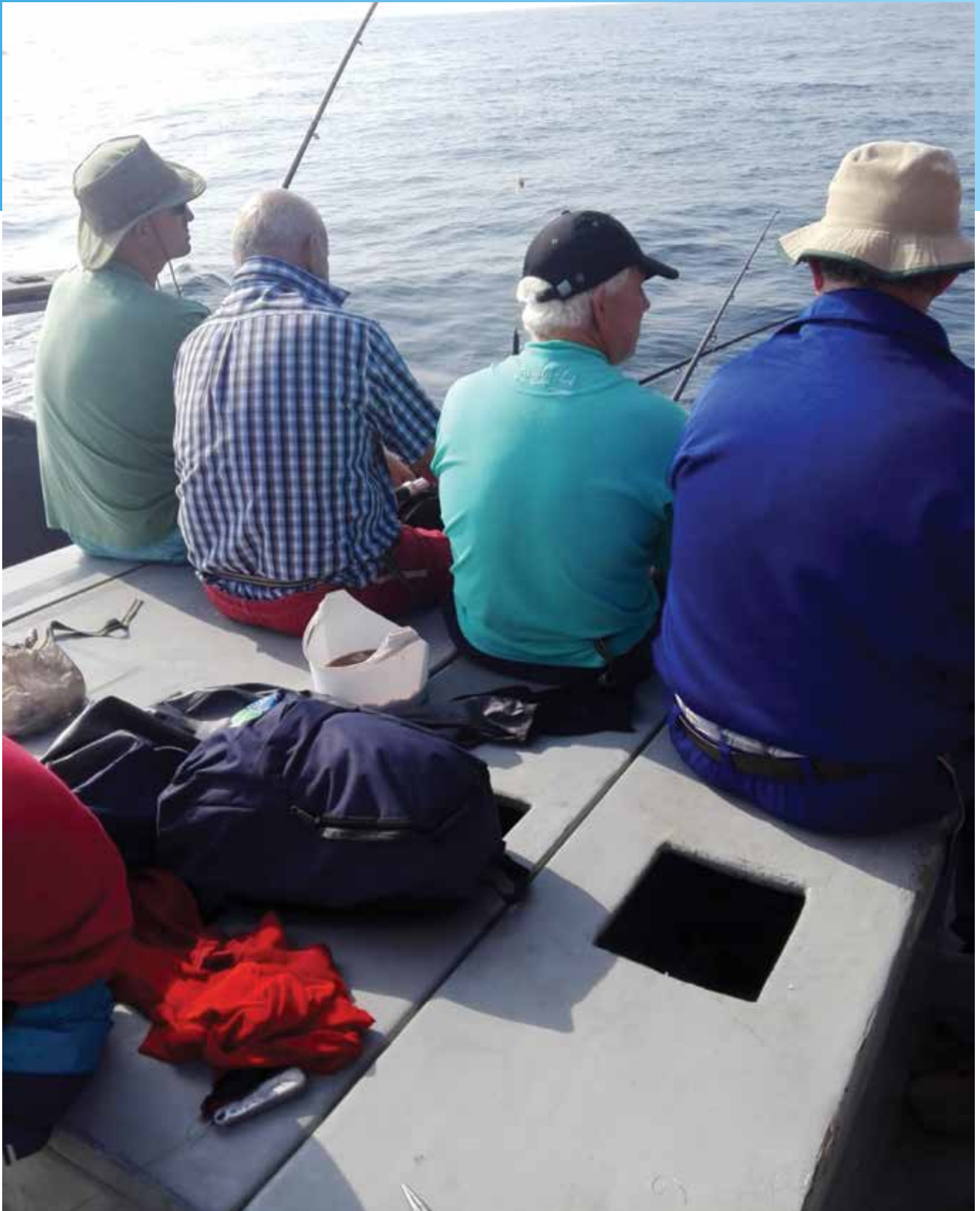
Reunion 2019

PUMULA | KWAZULU-NATAL | SOUTH COAST



As would have it the 2019 Annual Reunion fell on the same dates of our friends from the UK's Annual get together which we hosted in 2018, Project Gemini. This meant that 2 of our Beneficiaries Braam Naude and Pieter Engelbrecht would not be at the Reunion but would be our representatives in the UK.

After much preparation and planning the 2019 reunion took shape and everyone came together at one of our regular venues the Pumula Hotel on the KZN South Coast. The weather came to the party much to our appreciation however as we discovered not so for the locals who are dealing with water shortages. The event took shape after a short welcome from the CEO and birthday wishes for one of the Directors who graciously organised cake and champagne for all to celebrate together.



Don Wessels, Gawie Vorster, Henry Ferreira and Renier Heyns sharing moments
The Friday sun had barely breached the horizon, which saw the fisherman up and out of the hotel and as the story goes each of those involved caught a number of fish with Jose catching the biggest with a whopping 6.8kg haul, we are able to confirm Jose's catch the other however may or may not be fisherman's tails !

Reunion 2019



And here is the proof



The Wessels boys showing off their day's labour

While the fishermen were out on the ocean some of the group took up the offer to relax and pamper themselves with the help of the Pumula Spa who provided massages and spa treatments.



Linda and Charmaine relaxing and sharing some stories.

Reunion 2019



Ignacia Barnardo, Angelina Bernardo and Otile Ruiendo



Lynette Ferreira and Jenny Masterson



Jose and Ignacia Barnardo

Reunion 2019



Mrs Mafu, Andrea Burton, Mrs Khiba and Mrs Mtimkulu



Mrs Mafu and Mrs Khiba

• Quiz Night

The evening's entertainment brought a battle of the minds, A test of one's General Knowledge to the fore. The group was divided into smaller groups of 6 with a scribe and the goal of coming out the other end victorious. After 7 rounds and a fair share of what turned out to be unnecessary prompting from Gareth Morgan disguised as the quiz master. The competition was fierce with all the teams being hot on each other's heels with the eventual winners being the team of Jeremy, Jackie, George, Jose, Ignacia, and Angelina walking away with the "trophy" and chocolates.



Reunion 2019

- Saturday group get together

Saturday morning after breakfast brought everyone together for a short presentation courtesy of Veronica Mitchell and Jackie Opperman about Mindfulness and how with this could help in our lives. This was just a toe in the ocean of what being more mindful could do. It was very clear that to fully understand the art of Mindfulness more time and focus is required and its not something you can master after 30minutes. Several the group contributed with different ways in which they manage similar concepts and how they have found different ways to deal with different challenges faced daily.

- o Mindfulness



Veronica Mitchell sharing Mindfulness with the group

- o Tech Talk

After the mindfulness chat attended by all the beneficiaries several the group stayed behind to have a general chat around some of the issues faced daily with the various assistive technology devices. The group discussed a wide range of topics from challenges faced trying to print pdf documents with Dolphin to utilizing WhatsApp more effectively.

- Gala Dinner

The final evening brought everyone together to share in a meal together and each other's company. After the welcome by the CEO and a short pray from Renier Heyns the food was served. After the initial course Chairman Brian Figaji took to the podium to thank all for attending and to wish everyone well for the year to come. Professor Figaji made mention of his time at St Dunstan's and the great experiences shared with all, this due to this reunion being his final reunion involved with St Dunstan's.

o Brian / Neville



On conclusion of the Chairman's speech, Neville Clarence took to the podium to thank the Chairman and present him with a gift from the beneficiaries.

Reunion 2019

o Neville and Alice



Neville and Alice Clarence before the Gala Dinner. St Dunstan's wishes them all the very best on their recent marriage.

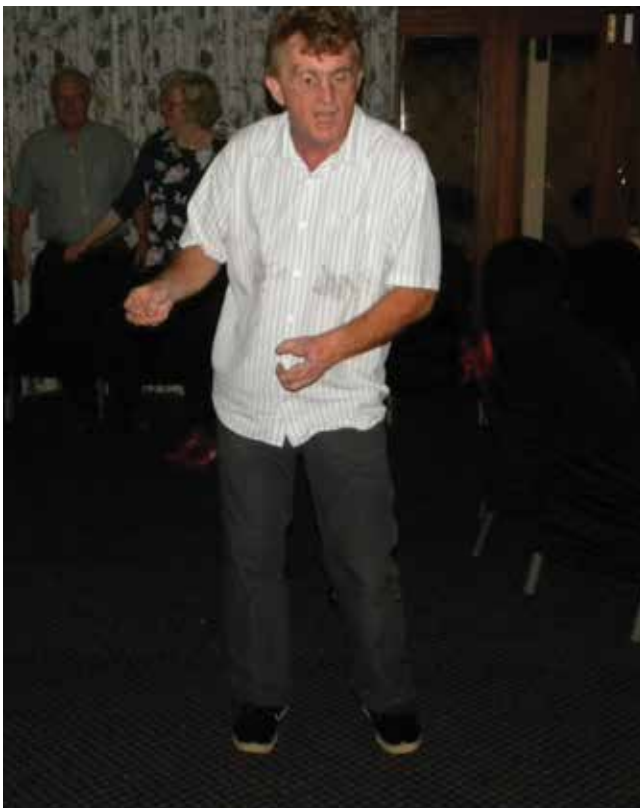
o Magriet and Kobus



Magriet and Kobus posing for a photo while enjoying each other's company at the Gala evening.



After a special song was requested, the lovely couple of Renier and Marie Heyns took to the dance floor setting the pace for a wonderful show of the skill required to master the “LangArm”



Never one to miss an opportunity to let loose, Archie dominated the dance floor and on occasion adding to the backing vocals heard over the sound system.



George and Jenny enjoying themselves on the dance floor.

Reunion 2019



Marie and Renier Heyns catching up with CEO Gareth Morgan before the Gala Dinner



Peet and Surita Botha



Carlos De Nobrega, Kobus Strydom and George De Nobrega enjoying the sun, sand and fresh air



The group on the bus enroute to Pumula Beach Hotel

The 2019 Pumula Beach Reunion ended having celebrated another great get together with friends and family ...till next year

Young Entrepreneur Nkululeko Tunzi Creates Innovative Walking Aid for Blind People

Lesetja Malope
23 May 2019



With an unquenchable curiosity and a knack for creating solutions, Tunzi is exploring new territories and changing lives, using technology

Nkululeko Tunzi is an aspiring young entrepreneur whose innovations blaze trails and whose global vision seems to set him apart from his peers.



The computer science graduate from the Tshwane University of Technology (TUT) has invented an innovative walking aid that helps blind people navigate traffic.

The product, called Bulatsela, uses cutting-edge artificial intelligence (AI) and machine learning features to interpret surroundings.

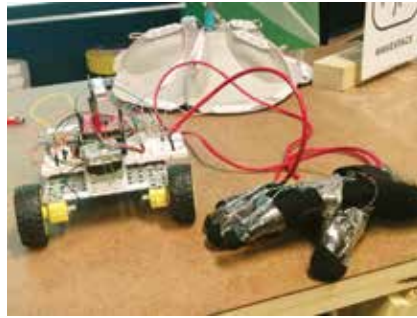
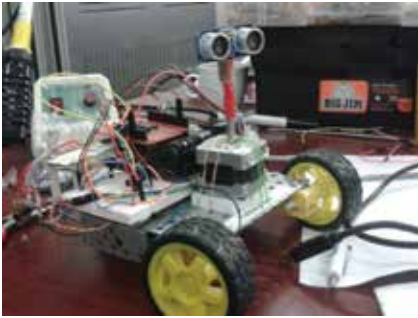
“It helps detect objects and obstacles, creates a path and provides feedback to the blind person,” Tunzi said during an interview with City Press at Tshimologong Digital Innovation Precinct, downtown Johannesburg, where he works from the Red Bull Basement premises.

Born in Dube, Soweto, and schooled at the nearby Ikwezi Primary School, Tunzi matriculated at Daliwonga Secondary School before heading off to TUT’s Soshanguve Campus.

He aspired to be a veterinary surgeon, but was equally curious about everything else. It is that curiosity he credits for being where he is now.

“My siblings are all in different fields; my father is a paramedic and my mother is in finance. I wanted to be a vet because I love animals and still do, but I was also always curious about everything around me,” he says.

Going to varsity, Tunzi planned on enrolling for a qualification in



information technology (IT), but on the day of registration the long queues made him opt for the less crowded line of those registering for a diploma in computer systems.

“There were a lot of people there and my strategy was that I wanted special attention at school and to develop a relationship with the teacher. If I had registered for IT I would not have got that,” he says.

He said studying computer systems also introduced him to a side of himself he was not aware of.

“There was an element of self-discovery because I discovered that I had always been interested in experimenting, even when I was interested in being a vet.”

In the last year of studies he managed to bag an internship at Tshimologong, Wits University’s digital incubation and development hub, and after graduating he returned to the same centre.

Speaking about Bulatsela, Tunzi said the idea came about after observing a blind elderly woman waiting to cross a street.

“I was in a bus and I saw a woman standing at the traffic light and she stood there for a while. The traffic light turned green, turned red and green again, and she did not cross the street. That’s when I thought that there must be a way [to help people in her position] and started with my research and looked at existing options.”

When an opportunity from energy drink giant Red Bull came calling for people to submit applications for social innovations for an advanced incubation programme, Tunzi knew his idea would be relevant.

“I was not that confident that Red Bull would choose the idea and did not have high expectations to get into the programme, and I was

Young Entrepreneur Nkululeko Tunzi Creates Innovative Walking Aid for Blind People

very happy when I was accepted. Bulatsela will contribute to [social innovation],” he says.

Tunzi says the ultimate goal for his innovation is to see Bulatsela being widely used by blind people, as well as being part of the fourth industrial revolution.

“I am confident that we are not solving a problem for South Africa, but a problem for the whole world and that is the ultimate goal. The product must eventually plug into the world of smart cities because that is where the world is heading to,” he says

Tunzi says the strength and biggest competitive edge of his innovation is in the use of AI to interpret the surroundings for the user.

“The current products in the market are either single- or double-sensored, while others [just give out] vibrations according to distance. Bulatsela will tell you where an object is and what the object is,” he says.

Bulatsela is fitted with all the bells and whistles of a modern smart device, including various sensors and Bluetooth, which is used for listening to voice feedback.

Having developed the current prototype to be conveniently smaller and smarter than his initial one, Tunzi is well on his way to commercialising the product.

He is adamant that not only the product, but his company, Olround Tech, will be a force to be reckoned with in the near future.

“Under Olround Tech I do diverse innovations, training and consultations for clients who want to develop their products, as well as 3-D printing. I also do pilot projects for schools.” he says.

Tunzi also runs a not-for-profit organisation called Ghetto Nerds, which he uses to visit schools to teach pupils about computer programming and electronics.

SOURCE: City Press



Annual General Meeting - 13 September 2019
Long Cane Rally – 26 October 2019



Talking Newspaper Coventry

The Talking Newspaper

This is the website for the talking newspaper for Coventry. We provide free audio content for the blind and visually impaired in Coventry and Warwickshire. Featuring news from local papers, information, council updates, what's on and local sport. To obtain a copy of our weekly audio program on audio cassette or memory stick, click on the contact us option at the top of this page. Our audio is also available from itunes, smart phone apps and from this web site

<http://www.talkingnewspaper.org.uk/>

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**Association for South African War-Blinded Veterans
Vereniging vir Suid- Afrikaanse Oorlogs-Verblinde Veterane**

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Have you thought of leaving a lasting gift?

St. Dunstan's, like many other associations, rely heavily on bequests/legacies to carry out its work. A simple gift can transform the lives of blind ex-servicemen-and-women. You could help St Dunstan's continue in its tradition of helping people come to terms with their blindness and achieve a level of independence in their daily lives. In this way you can literally leave the world a better place. Should you require confidential assistance in adding St. Dunstan's to your Last Will and Testament, please feel free to contact our chief executive officer; Gareth Morgan, who will be glad to be of assistance to you.



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