



**41 Club**  
EX-ROUND TABLERS

- 1. Stay Safe**
- 2. Keep Sane**
- 3. Keep in touch**
- 4. Support one another**
- 5. Together we will endure**

### **Keep Safe**

**ALL V.E. Day news and celebrations will be published in the next edition of the 41 Club Magazine due in June.**

NCLO Tom Atkins is walking 1,000 miles for Dementia UK, between now and the 2021 AGM in Aviemore, and is being joined by President Peter and some National Councillors.

See Page 2 for details on how to sponsor these guys.

On page 4 see how John Bell is helping the NHS

For the May communicate from 41 Club International, please follow the link below:

**<http://www.41international.net/download/communicative/41-Communique-May-2020.pdf>**

You can find the latest UK govt advice on Covid-19 at <https://www.gov.uk/coronavirus>

& the latest Irish govt advice at <https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>



## **President's Report**

With the current times of lockdown and the increase usage of online activities via platforms such as Zoom, it is clear our strategy to reach out to members needs to increase in its demand.

Since becoming President I have already been invited to several events online, AGMs (yes clubs are doing business online and I applaud and encourage it, we are not writing off the year, my message to clubs and members could not be clearer), including some great social nights like the Gin tasting and the cooking experience night. I held my first Q&A at the end of April with over 45 attendees from all over the country along with a few international guests who wanted to see how our engagement with the members happened and the engagement was fantastic.

We are all learning on the technology front and we will continue to adapt our knowledge as we try these platforms.

I have reached out to all regional councillors to hold on a rotational basis, a Zoom call with their regional members/clubs.

Currently I have planned for a member Zoom event every Thursday at 6.30pm, it would be fantastic if more members were to join me, please contact your regional

councillor for more information. I am also looking for councillors to consider hosting a zoom call with their regional members and invite me in.

If you have an event that you would like me to attend, please email my plc, which is managed by Hugh Millward, the Honorary Archivist. Once I have this, with the help of the comm's team we will coordinate, including a pre call to ensure you have everything at hand. I am sure we are all determined to make things positively happen and accept this is the new

normal guys. The email to use is: [peterplcdiary@gmail.com](mailto:peterplcdiary@gmail.com)

I am certainly optimistic we can make the best of these times with a national online programme and great communications to all the members.

If you have any questions, please do not hesitate to call me directly. I hope you all stay safe and take care. See you all soon.

In aid of



YICF

*Peter*

## **Dementia UK Charity Walk**

**Tom Atkins, the NCLO(National Councillor Liaison Officer), has set himself a challenge.**

**“I CAN WALK 500 MILES,  
AND I CAN WALK 500 MORE”  
to raise £2,000 for the National President’s Charity,  
Dementia UK**

It started on May 1<sup>st</sup> and already National President Peter along with 7 other National Councillors (John Kilshaw, Rory Tompsett, Kevin Chard, Jim Conway (and his wife Vicky), Neal Lowe & Wynn Parry) who have signed up. They are all going to walk 1,000 miles between now and the AGM in Aviemore.

It averages 3 miles per day. Easy you might think, but Tom advises that after 4 days he already had an injury, with a bleeding little toe and blister(caused by my trainers!).

They intend to finish the last few of the 1,000 miles walking into the AGM in Aviemore

**GET FIT! GET THIN! LOSE WEIGHT! STAY HEALTHY!**

**HELP THEM TO RAISE MONEY FOR PETER’S CHARITY.**

Please make your Dementia UK Donations at  
<https://uk.virginmoneygiving.com/PeterGood>

**Please put Tomwalk in the message**

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## An introduction to the new National Secretary, Bernard Elwen

I'm Bernard Elwen, and I have just taken over from Sean McCormick as 41 Club National Secretary. I was previously the National Councillor for Region 19 (London Chilterns). I have been a member of Dunstable 41 Club since 1998, and previously a member of Dunstable and District Round Table. I took early retirement in 2012, having previously worked as a Human Resources Manager for the Metropolitan Police. Although I am retired, I have a number of voluntary activities, such as being a Green Badge Tour Guide in St. Albans and Secretary of an organisation called Multiple Sclerosis National Therapy Centres. I don't have MS myself, thankfully, but I was asked to become involved by a friend who was looking for trustees. For relaxation(!) I am a season ticket holder at Luton Town Football Club, but don't hold that against me.



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## Scarborough's Richard Grunwell



41 Club member and past Chairman Richard Grunwell is about to become first Honorary Freeman of the borough of Scarborough in five years.

Scarborough Council's cabinet has agreed to recommend that Richard be given the borough's highest honour in recognition of his years of service and good works.

The honour is only awarded in "very exceptional cases", and subject to the subsequent confirmatory approval of the full council, Richard will be added to the roll of honour.

The recommendation stated:

"Mr Grunwell, who was an original member of the Scarborough Urban Renaissance Board, has represented the borough council on the North Bank Partnership and other influential bodies, and was pivotal in attracting Coventry University and the University Technical College to the borough.

"He is a member of Scarborough Business Ambassadors and in September 2019 was appointed Vice-Chair of the 20/18 Scarborough Town Centre Strategy Team, tasked with leading the town to become the best performing coastal town centre in England by 2025."

Following council approval, the honours are due to be bestowed at the Annual Meeting of the authority on 21 May 2020.

All of 41 Club's warmest congratulations go to Richard on the recommendation for this fully deserved honour.

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## Inspiration from John Bell

### National Councillor for Region 13, South Wales

For anyone who does not know me I am self-employed. I have many roles, my main two are owning and running a busy Laundrette and working with a fellow Tabler in his auction business, both are closed due to the COVID 19 crisis. Whilst I try and cope with the uncertainty of these times I am not someone who can easily do nothing, even though doing nothing is what we as a country are being asked to do to keep everyone safe and protect our NHS.

The garden looks great, the patio has been cleaned, I have set up an outdoor cinema which everyone loves. I would deck the garden, but I am unable to get the supplies. Painting in the house is needed but frankly I am rubbish at it and the wife will not let me hold the brush.

Spending more time with the family is a bonus and it has its ups and downs but mostly ups!! On the downside finding your own space

when everyone is home is difficult, I have been told I really need to work on my patience and communication skills – who me! Domestic disputes are slightly up (my wife is always right of course). New daily issues like Who's turn is it for the remote control? How many times have I been to the refrigerator per day? Where shall I walk for my allotted hour out?

I have enjoyed my first Zoom quiz night with Cambrian 41 Club, just to say it's the taking part that's important! I look forward to the next remote event.

Apart from a 2-week period when the household was confined due to Covid 19 my wife, daughter and son have all worked as they are classed as key workers with roles within the NHS. My wife works every day, my daughter works from home and my son has had to adjust his hours to work evenings to help with social distancing.

My wife Tracy mentioned that they were looking for temporary staff at the local Cancer hospital where she works, they needed Porters, Catering Assistants and Health Care Support Workers. Not being able to cook and no Health Care Support skills I applied for a porter's role and have now been doing this role for just over a week. I feel lucky to be able to go out to work every day doing a role which is needed now, helping in a small way.

I am seeing the frontline of COVID 19 every day and cannot stress enough that if you are asked to stay in do it, only go out if absolutely necessary, keep your distance, protect yourselves, protect your family, protect everyone and protect the NHS.

I enjoy reading and hearing stories of all the 41 Club Members and Tablers on the various social media platforms helping their communities during this crisis.

Keep safe all, hoping for an end to the crisis soon so we can all get back to normal, actually normal was not working, let's get back to an improved world where we can once again help our communities through Fellowship and Fundraising.

*John Bell*

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## RNLI Appeal Update

### The Presidential Charity 2019-20



The aim of last year's joint Presidents' charity was to raise £50,000 to purchase 5 water rescue craft for the RNLI.

As of the end of their Presidential year they had raised £51,000 and because of delays due to Covid 19 in receiving money that amount may rise. After lockdown they hope to have a formal presentation to the RNLI. For all those who supported them Andrew would like to thank you for your brilliant support whether attending events, club donations or personal giving.



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## Update from Marcus Jones, Chairman of Peter's PLC



Part of the 75<sup>th</sup> year of recognition for our members and new partnerships with SSAFA and British Legion, we have created a new Facebook group called at [@41ClubRemembers](https://www.facebook.com/41ClubRemembers).

We understand from our records over 7,000 members served in WW2 along with those who served at home and many more who continue to serve today. Many who were instrumental in bringing communities back together in a time of need.

To access the group, click on these links:

**<https://tinyurl.com/41clubremembers>**

**or**

**<https://www.facebook.com/groups/2310668325905779/>**

The idea of the group is to share your family stories around their service to our country, it maybe pictures, written accounts, letters of even a video.

The group will continue past the VE Day celebrations and become a place to go to celebrate any community events around the Armed Forces such as Remembrance Sunday or any fundraising stories.

**SHARE your family history & journey, especially what it means to you.**



**These and other 75th gifts for sale on [41ClubSales.co.uk](http://41ClubSales.co.uk) benefit Dementia UK**

Buy Yours Now

#### 41 Club 75th Gold Coin



PRE-ORDER your limited edition 75th year Celebration Coin 41 Club 1945-2020. GOLD finish also with a Shared moment of celebration on the back 40mm diameter. Supplied BOXED

£20

Buy Yours Now

Buy Yours Now

#### 41 Club 75th Gin



Inspired by the National Association of Ex-Tablers' 75-year heritage, this very special limited edition 41 Club Gin is olive with Silver Birch, Dandelion, Burdock and Elderberry.

The Burleigh's Gin recipe is inspired by members of the club whose name is displayed proudly on its label. Incredibly vibrant and refreshing (like our members), 41 Club Gin is perfect for a classic Gin & Tonic. Pour over ice and garnish with a seasonal fruit or spice of your choice and enjoy in the company of members of the four-club family for an unforgettable experience

£35

Buy Yours Now



# News Reader Quiz

(Courtesy of Mark House – NC Region 18)

Name the following News Readers, answers on page 14



**1**



**2**



**3**



**4**



**5**



**6**



**7**



**8**



**9**



**10**



**11**



**12**



**13**



**14**



**15**



**16**



**17**



**18**



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# News from National Fellowship Officer

Hi all,

I hope you are all safe and well. The Covid 19 pandemic has brought many challenges and in the worst of cases sadness to those who have lost loved ones as a result.

As National Fellowship Officer the year couldn't have got off to the worst start with the lockdown restrictions meaning that our National AGM and conference had to be cancelled at very short notice and the lengthy negotiations that ensued with the hotels and various venues to ensure losses were mitigated and delegates would not be penalised in any way. I would like to especially thank the Holiday Inn who were exceptional in the way they assisted us.

The lockdown has also meant that the **Classic Car Rally** in Kent has been cancelled next month and will occur in the same venue next year, my thanks to Market Harborough 41 club who were due to host the Rally in 2021 (during their Charter year) for agreeing to postpone for 12 months.

The weekend of 10-12 July sees the **Motorbike Rally** due to be held in Kings Lynn and organisers Chris and Tim are monitoring the current situation and will make a decision shortly regarding whether the event should go ahead.

The lockdown has also meant that the **Caravan and Camping Rally** in Hardwicke Parks Oxford has been cancelled and will occur in the same venue next year.

The **75th Weekend Celebration** culminating in the **Gala Ball** is currently planned for the weekend of the 2/3 Oct and I am having regular dialogue with National President Peter's PLC who are organising the event.

I would like to remind everyone that bookings for next year's AGM and conference in Aviemore (15<sup>th</sup> to 18<sup>th</sup> April) are open and you can register by using the following link [aviemore2021.co.uk](http://aviemore2021.co.uk)

Whilst it may seem all doom and gloom on the Fellowship side of things, that is certainly far from the truth. As a Board we are working with the President and his team on a series of E- speakers/ lectures for all our members to join in with and Pete has a regular Thursday evening Zoom slot where members can meet the President and ask questions of Pete and fellow Board members. I would encourage all members to log on and join Pete or watch some of the great speakers we have lined up, details will follow in a separate newsletter.

One of the other aspects to my role is members benefits and I'm pleased to inform you that we have secured another Affinity partner for the Association - **Best Western Hotel Group** and whilst none of us will be able to gain from this discount in the immediate future when the restrictions are lifted 41 club members will be able to receive an 8% discount using the following code 01745440.

Details on how to book are below.

*Steve James*

National Fellowship Officer





## How to Book

### Accommodation for 1-3 rooms and 4-5 rooms

Best Western Reservations

Call: 0800 393 130 e: [booking.service@bestwestern.com](mailto:booking.service@bestwestern.com) On-line: [www.bestwestern.co.uk](http://www.bestwestern.co.uk)

Quote or Input your client specific Best Western Company Specific ID 01745440



**Click “done” for each new booking when ID is entered, even if ID is already pre-populated**

### Meetings/Events & Accommodation for 6 rooms & over

Best Western Venues – dedicated booking team

Email – [venues@bestwestern.co.uk](mailto:venues@bestwestern.co.uk)

Call – 0844 387 6410

Online – [www.bestwestern.co.uk](http://www.bestwestern.co.uk) and follow the links for the meeting, business conference tab

## Marlow 41 Club donates £1000 to local hospice

Marlow 41 Club members normally meet monthly in Marlow for dinner and continued friendship. Whilst not running any fundraising events themselves the club members do help Marlow Round Table with their larger charity events.

During the current Covid-19 isolation members have been unable to meet but have very generously donated their ‘dinner money’ instead. They raised £1000 which has been given to Rennie Grove Hospice Care. As it was not possible to arrange for the donation to be handed over in person a banner was created to show what had been done over the phone.

Rennie Grove Hospice Care is a charity providing specialist care and support for adults and children with a life-limiting illness in Bucks and west Herts. They provide a unique Hospice at Home service, available at all times to support patients to live the best quality life they can with a choice about how and where they are cared for towards the end of life. They are there for the families of the patients, ensuring that everyone can receive the right support, when they need it, to help them make every moment together matter. This was very poignant as the mother of one of our members died this week and had been cared for exceptionally well by Rennie Grove Specialist Nurses.

As with all charities at the moment their fundraising has been severely curtailed as events have been cancelled and charity shops closed. Rennie Grove need £20000 per day to function effectively and the shops alone provide 40% of this income.



The picture shows Marlow 41 Club members Bob Beresford (Treasurer, on the right) and Geoff Lavers (Dinner Secretary) holding the banner but maintaining the proper social distancing of 2 metres between them!

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## Three Generations of One Family Undertake Marathon on Balcony

**26.2 miles - 3,500 turns - 46,141 steps**

PERT 41 Club member Charles Montlake was recently diagnosed with Myeloma, an incurable blood cancer that seriously reduces energy levels. So, in true Round Table Family mode, Charles and his family set about finding the most energetic thing they could do to help raise funds for Myeloma UK

Locked in because of Covid 19 (Myeloma sufferers are 10 times more susceptible) Charles and Deborah along with their flat mates Ruth (Charles' mum 87) and son James decided to undertake a marathon on their 11-metre-long balcony to replace the lesser known London Marathon that was due to take place

Kicking off at 8.30am Ruth completed the first mile and a half in true dogmatic fashion, head down and forging ahead. Charles took over for a few hours completing another 6 miles before Deborah and James did their stint and repeat. With 24 miles down and dinner beckoning James was sent out to complete the last 2 miles at a run whilst the rest of the family watched Television

Charles completed the last 0.2 of a mile to a cacophony of mums clapping (Deborah was holding the finish line and James the camera). Medals, recently stolen from a friend's son, were handed out before they all settled down for dinner and well-earned rest

The original target was £260 (£10 a mile) but the event seemed to capture the imagination and, so far, has raised £8,723 in donations from 157 supporters.

When asked for his opinion Charles said "That was the most fun a Myeloma sufferer can have whilst locked in a flat during a global pandemic. Let's never do it again!!!!

**Donations to Myeloma UK can be made at**

**[www.justgiving.com/fundraising/our-3-generation-24-hour-26-mile-balcony-marathon-challenge](http://www.justgiving.com/fundraising/our-3-generation-24-hour-26-mile-balcony-marathon-challenge)**

**Get well cards can be sent to Charles at**

**110 Beacon Point, 12 Dowells Street, Greenwich SE10 9GD.**

**It turns out Charles likes receiving cards.**

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## **Life in Lockdown for the Vulnerable**

### **- a personal account by Tom Atkins -**

#### **May 2020**

So you think you have got it bad?

The Government has set the rules: -

- You can only go outside for food, health reasons or work (but only if you can't work from home)
- If you go out stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home, use alcohol gel
- Do not meet others, even family and friends. You can spread the virus even if you don't have symptoms.

**This is the reality for the most vulnerable. I am sure there are others reading this that are in a similar situation**

Some of you may know, my wife Karen, was diagnosed before Christmas with cancer in the liver and lungs and base of spine, and the treatments started before Christmas, intravenous chemotherapy, with other supplements.

The first set of treatment was 12 weeks with a one-week gap whilst we had a brief holiday in Bournemouth for our wedding anniversary.

She is a fighter, and has been positive all the way through (it's the 3<sup>rd</sup> time she has had it)

The COVID -19 hit the nation so no more hospital visits, unless urgent or for treatment.

Therefore, it was virtual meetings with the oncologist.

Good news is the cancer hadn't spread and had stabilised.

So now on to the next phase of treatment, injections and tablets, but we now have to isolate (now called shielding) for at least 12 weeks, that includes me. No socialising, shopping or contact with people. I have to work from home and go stir crazy.

Saturday (the first weekend of lockdown) after the meeting with the oncologist we had a scare - she felt really rough, no energy, nausea, and had developed a cough but no other symptoms. So, I rang the oncology unit and was to get her down to A&E immediately.

This was now really scary, although I didn't give her any clues. I tried to act normal, it was a precaution.

She was taken (with me) straight through into a booth and over the course of 4 hours, she was looked after by 4 nurses and a doctor, and an auxiliary who made us tea and sandwiches. Her blood pressure was high, temperature high, and I could see her start to go down-hill, but I kept positive and smiling (just). Laughing and joking with the nurses. They had heard them all before.

She was put on a saline drip and then an intravenous course of antibiotics. She had a chest X-RAY, and ECG and they took loads of blood samples.

When someone has had chemo the veins collapse so it is really difficult to get a canula in, let alone a needle to take blood, so after 4 attempts by 2 nurses the doctor had a go, we told him the situation and he said go in the other arm. I said to be careful as she has lymphoedema, he went straight in and blood spurted everywhere, it was on him and on the bed and all down Karen's arm, he didn't see the funny side of the Dracula jokes, but I did warn him.

We waited a while, constantly monitored by the nurses every 10 minutes and the doctor came back and said the X-RAY was OK. (I assumed no fibrositis.)

We just had to wait for the blood results. By then she was looking and feeling much better, but I still had horrible thought that she would be admitted and that could be the last time I saw her. The doctor came in and said he didn't think it was COVID 19, but she definitely had a viral infection, but he would allow her to go home and rest, monitor the situation and take paracetamol.

She slept really well that night and the following night. She was much better.

Now it was my turn and on the Monday, Tuesday, Wednesday I was in bed with severe fatigue, I could hardly get out of bed, hots sweats then shivering and at night, I was so cold I had a hot water bottle. On the Thursday I managed to get up, motivated myself to shower and shave and do some work. On the Friday had a relapse, then over the weekend I was just OK, for the next week although chirpy was still tired. At the time I put it down to 21st Century slowdown, and stress.

I had been used to being out 2 nights week at 41 club and Round Table meetings, and Saturday was footie, with the lads. With all that was going on with my wife, was my body was telling me to slow down.



We recently have had a copy of the letter which the oncology consultant sends to the GP with an update. She had reviewed the file, and her comments were that she is convinced that Karen had the COVID-19 Virus. I am married to one lucky lady!

I have done a lot of research as well since and all my symptoms point to COVID-19, but until the antibody tests arrive, we will not know for sure.

**BLESS THE NURSES AND DOCTORS AT THE NHS.**

**Life in lockdown / isolation/ shielding is not so bad.**

Working from home makes me go stir crazy, my dining room table is not my desk, so I sneak down to the office when no-one is there, in my mask and gloves. Do what I have to and wipe all the door handles and photocopier with alcohol wipes, and then discard them as I leave. I have become hygiene crazy. The new normal.

We have a network of friends from Round Table and 41 Club who offer food and sometimes deliver shopping, We have one daughter who lives close, so she and her partner do a weekly shop. We keep in contact with some of the 41ers by telephone and am quite enjoying the Zoom meetings with the National Board and Councillors, and the crazy guys in Nuneaton Round Table, who had a Zoom fancy dress party on Friday night and as extended President, I had to attend.

On Saturday I attended the ARTSA virtual AGM (South Africa) by YouTube, to see my good friend Christo Bezuidenhout inducted as their National President (Pretoria 136).

My garden is looking better than it ever has, as there is no football to distract me, so no excuse on a Saturday and Sunday. I can't go out anyway. My hair is like that of a hippy and my face is getting a little hairy. I walk around all day in shorts and table / 41 club polo shirts.

Do my business by telephone / Facetime (not a pretty sight) and email.

I miss my daughter/son-in-law and my grandchildren, who live 70 minutes away in Sheffield. We speak on facetime, but it's not quite the same. We have taken the positive view in all this.

Businesses are failing and people are furloughed, it is only money. It may take a few years but we will bounce back.

Health is more important, family and friends are more important, and most of all we are hopefully the lucky ones, **we are still alive.**

*Tom Atkins.*

**National Council Liaison Officer**

## Quiz Answers



**Katie  
Derham**



**Jeremy  
Paxman**



**Sheena  
McDonald**



**Jeremy  
Vine**



**George  
Alagiah**



**Jon  
Snow**



**Angela  
Rippon**



**Martin  
Bashir**



**Alastair  
Stewart**



**Krishnan  
Guru-Murthy**



**Peter  
Sissons**



**Emily  
Maitliss**



**Laura  
Kuensberg**



**Mary  
Nightingale**



**Andrew  
Neil**



**Julie  
Etchingham**



**Victoria  
Derbyshire**



**Zenab  
Badawi**