

GLOVES FAIL - BUT NO INJURIES

Branch Standard Bearer Dave Lawrence's second best pair of parade gloves suffered a catastrophic failure during a practice session. Dave is unharmed. See full story on page 2



Get involved with Easyfundraising, the painless way to raise funds for the Poppy Appeal. See page 3

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Branch Standard Bearer survives Glove malfunction

As Covid restrictions ease our Branch Standard Bearer(SB) Dave Lawrence has been out and about once again parading the Branch Standard.

- 15 Aug: Commemoration 'Prom in the Park' event at Royal Leamington Spa.
- 16 Aug: Funeral of Bernie McCormick at Loughborough Crematorium
- 22 Aug: Resumption of Standard Bearer training with Warwickshire & Birmingham County SB School in Rugby.

Dave reports that during training, the original (1997) SB gauntlets (gloves leather, heavy duty, white, pair, for the use of) he was wearing, suffered a catastrophic failure (see pic on front page). Dave is okay but the gloves are BER (Beyond Economic Repair). This pair of now written off, 25 year old gauntlets have been used for training purposes; the Branch having purchased a new set in 2016.



The next Standard Bearer outing will be 7th September at the National Memorial Arboretum for the rededication of the Y Services Memorial Ceremony

Branch Chairman's Message

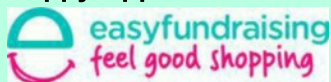
Yes you're right it has been a slow news month and the story about the Standard Bearers gauntlets came to the rescue as our front page scoop. However, behind the scenes your committee has been busy with a multitude of tasks associated with the Y Services Memorial rededication ceremony at the NMA. We are expecting around 70 attendees and hope the weather stays fair. Look out for a full report in the September Newsletter. In other news, Branch member Gill Bennett and colleagues have been raising funds for the Poppy appeal by running alarming distances – great work Gill and our easy fund raising scheme continues to provide a small but nonetheless useful trickle of contributions for the Poppy Appeal. As always a copy of our standard promotion of the easyfundraising scheme and how you can get involved can be found below.

Stay fit, safe and well, or at least one of those.

Jim McDermott

Branch Chairman

Poppy Appeal Fundraising the Easy Way



We continue to raise funds for the Poppy Appeal year round using this really easy system. To register and attract a donation every time you make an online purchase with any of the thousands of participating retailers
GO TO:

<https://tinyurl.com/3uvves9y>

Membership

Our current Branch membership stands at c438. The Branch is growing steadily numbers-wise and new members are always welcome. Please do not hesitate to point any potential members from the Y Services world you may know in the direction of Peter Derrick on email: ysecurities.memsecretary@rbl.community

A warm welcome is extended to two new members this month

Sally Kneale
Linda Macfarlane

Branch Committee News

As notified in the July Newsletter at the Branch AGM in November 2021 two Branch Committee members will be stepping down. The committee meets four times a year either in person or via Zoom with regular communication via email. We are keen to fill these places and if you would like to become involved in the business of running the Branch and moving it forward with new ideas, please do contact Branch Secretary John Swann on email:

ysecurities.secretary@rbl.community

Summer Gathering 2022 Where?

All sensible suggestions considered.
Email our Branch Secretary

Editorial note:

Contributions to this monthly Branch Newsletter are always welcome on any topics members think will be of general interest. We aim to provide uplifting stories and attempt not to duplicate messages already sent from RBL HQ. Copy should be sent by email to the editor Jim McDermott at jim.mcdermott77@ntlworld.com
Preferred format is unformatted MS Word and any photos, cartoons or pictures should be submitted separately as JPEGs.

The Legion Festival of Remembrance 2021

We try not to repeat news and information already sent out by RBL Head Office but this item will be of interest to members. So in case you missed it here are details of the RBL Festival of Remembrance 2021. The FoR is a great event and attendance is highly recommended. Note that this year our very own Standard Bearer Dave Lawrence, along with his best pair of gauntlets, will be parading the Branch Standard at the FoR. He will then hightail it back to the Midlands to be on parade at Old Woodhouse on Remembrance Sunday.

Every year the Legion hosts the annual **Festival of Remembrance** at the Royal Albert Hall, a commemorative event dedicated to all those that have served and sacrificed from Britain and the Commonwealth.

Members can buy tickets online at <https://festivalofremembrance.seetickets.com>. The online link will be live from 10.00hrs 14 September 2021. Evening tickets will go on sale at 1000hrs on Tuesday 14 September 2021 and afternoon tickets will go on sale at 1000hrs on Tuesday 21 September 2021

All members can purchase **up to 4 tickets for the afternoon performance** and **up to 2 tickets for the evening performance**

Any unsold afternoon tickets will go on sale to the general public at the beginning of October. Details will be released on The Royal British Legion website at that time.

Ticket prices for both the afternoon and evening in 2021 (including VAT)

Grand Tier Boxes (afternoon performance only)	£30
Loggia Boxes (afternoon performance only)	£30
Second Tier Boxes	£30
Stalls	£25
Circle (Centre)	£25
Circle (Restricted View)	£10
Wheelchair Spaces	£10
Wheelchair companion	£10



My Covid 2020 Lockdown Story. Jim McDermott

During the first lockdown in 2020 the gym I regularly attend switched its lessons to Zoom and Linda and I began each day by moving the coffee table out of the way for our morning online gym session. Our instructor Mark, is a fine fellow but sometimes his instructions are not entirely clear. Following incidents while exercising, I sent Mark a text message which is published here as a warning to take extra care when keeping fit indoors. Explanatory notes in square parens.

Hi Mark,

Last Monday at the end of the Aerobaton session, in the warm down you said

"Look to your left" Now "look over towards Bardon." [a local village]

*As we live in Whitwick, I tried to turn my head through 240 degrees, which was a bit of a stretch and I then started to turn blue and fainted. I hit my head on the edge of the fireplace but there was not too much blood. **On Tuesday**, this time it was the Legs Bums and Tums session which was going well until the walk down to plank, hands shoulder width apart, legs wide*

"Hold it for three." you said. And then:

"Ballerina arms" [stretch hands and arms high above the head]

*I did as you instructed and, as my face smashed into the living room floor, I sort of realized you had made one of your rare gaffes and probably meant, 'alternate leg raise'. Anyway, the blood came out of the carpet pretty easily as I got onto it straight away with cold water but having broken my nose, I called the NHS helpline for advice. It's amazing what you can do with rolled up toilet paper although I had to breathe through my mouth for the rest of the week. **Wednesday** I stayed in bed to try and recover.*

***Thursday** was Aerobaton again, which I really like. I still had a headache but the warm up went well. As we got into the "it's Aerobaton..." section I must have been a bit too close to Linda as when we did alternate legs back and side with lat raises her hand smacked me in the eye and I fell backwards into the side of the open living room door and hurtled into the hallway. Our newspaper delivery (The Times) had dropped though the door minutes before and it slid under my foot on the polished floor. I clutched for the door handle (holding in my core, of course) but without success and fell forwards against the hall mirror, which smashed into many pieces.*

"Come on Jim, you're missing 20 shin touches" Linda called out in an encouraging way.

I managed to crawl back into the living room (shin touches being one of my favourites) just as the shin touch count got to eleven and I managed to complete the remaining 9 touches despite having several splinters of mirror glass in my knees which I think is pretty impressive.

You ended the class by saying something about 'well-being' but by this time I was almost unconscious.

Later, I managed to limp down into the village to get some dressings. The Whitwick chemists were very kind and had plenty of gauze bandages and I also bought a pack of facemasks just in case. I thought I would let you know that the scars are healing and I can now see out of both eyes.

Linda says I should stop messing about as you are trying your best in difficult circumstances.

We have decided to paint the living room and hall and replace the carpet and mirror.

I know you welcome feedback and I can tell you that the background music is much better.

Thankfully the iPad is undamaged and we look forward to seeing you on Zoom again soon.

Jim