

Winning Tribute to Rod



Rodney winning the bubbly at the Christmas Tea Party

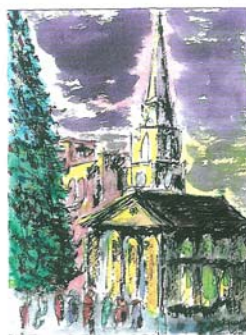
Talented artist Rodney Lunn has scooped a national award for his colourful work – days after losing his battle with Motor Neurone Disease.

anniversary event in October to receive a certificate in Rodney's memory.

She said: "I am delighted for Rod.

He would be so pleased. I can imagine him saying "the best artists have to die before they get recognised!"

Rodney's entry was selected as one of the winners in a Christmas card design competition to mark the 30th anniversary of the Motor Neurone Disease Association.



Rodney won the Person Living with MND category with his design Carol Singers in Trafalgar Square.

It shows a choir carol singing at night in Trafalgar Square underneath the Norwegian Christmas tree with St Martins-in-the-Fields in the background.

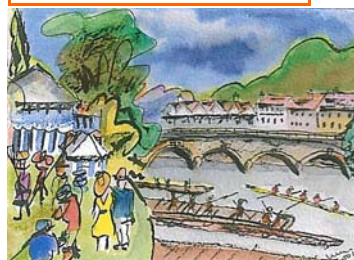
Sadly he never knew of his success as he died, aged 67, in the Royal Berkshire Hospital the week before the final judging took place.

This and four other category winning designs will be mass produced and made into cards which will be sold in the Association's Christmas 2009 collection.

Now his wife Paddy is being invited to a special 30th

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"HOORAY HENLEY"
July 2001
By RODNEY LUNN



Rodney's winning card (above) and his "Hooray Henley" Card design (left) - more inside on page 2...

Tribute to Rodney Lunn..... *continued from page 1*



Rodney's last picture, reproduced for the service sheet at his funeral.

"His drawings do reflect his personality. They were always very colourful. Rod didn't like gloomy or dreary things. His upbeat character definitely came across in his work.

He adapted so well and showed such strength of character. I'm so pleased he won, I just wish he was here to see it."

Paddy Lunn

Rodney Lunn's national award-winning Christmas card design, announced days after he lost his battle against motor neurone disease, would have made him "quietly chuffed", said his wife Paddy from Sonning Common, near Reading.

She agreed that winning the category will be a wonderful commemoration of his remarkable life.

She said the former Reading Schoolboy only took up painting when she encouraged him to have a go when they got together 12 years ago. Soon Rodney impressed everyone with his colourful sketches as well as beautiful poetry and magic tricks.

A keen golfer, Rodney was a popular member at Henley Golf Club after he retired from the family removals firm. Eventually he had to give up the game

after he was diagnosed with MND in the Autumn of 2007 – a few months after he had proposed marriage to Paddy. They were married last June.

Paddy says sketching brought great joy to Rodney when he was no longer able to play golf or walk. After his death she found his last picture still in the pad and had it reproduced for the service sheet at his funeral.

She said: "It was lovely and colourful and everyone loved it".

Mourners at the packed service in All Saints Church, Rotherfield Peppard, near Henley, were also able to read one of Rodney's beautiful poems entitled "Me, The Kite" (see below).

Paddy has had one of Rodney's popular pictures, Hoorah Henley, made into greeting cards. "So his pictures are travelling far and wide already!" she added.

Jane Gilbert

Me, The Kite

All morning the bright white clouds
Tripped across the ethereal blue.
From my bed I was dreaming
Dreams of me and you.
Perhaps when I am gone
And am no more around,
I'll be seen up there -

That passing kite,
Free from earth and way
Above the wearisome ground.
So, looking up and spying
That soaring kite,
So wild and free -
Just think it could be Rod,
It could be me!

by Rodney Lunn



Unearthing the Past at the AGM

A talk on the fascinating hobby of metal detecting intrigued supporters at the Branch AGM in April.

The audience at The Holiday Inn Reading West was treated to a wealth of stories by enthusiast Mick Turrell of the Newbury-based Wessex Metal Detecting Association.



Our picture shows Mick Turrell of the Wessex Metal Detecting Association with Ken Hazell, treasurer Ed Gryglaszewski, Sue Hand and Richard Turner, husband of RCDA Fiona Turner.

Mick highlighted how the hobby can also unearth a cash boost for charity if land-owners are willing to make their fields available for a day.

His group ran successful rallies

on the Englefield estate in 2005 and 2007 with thousands of pounds in proceeds being given to the MND Association.

Earlier, during the formal business, Chair Margaret Moss gave a snapshot of the hard work done in the branch during the

last year. She also appealed for volunteers who would like to get more involved and thanked those who had already come forward.

The Association's regional care development adviser Fiona Turner also paid tribute to the work of the branch – one of the Association's "stars".

Treasurer Ed Gryglaszewski, detailed the branch's finances saying it had been a "reasonably comfortable year". He anticipated an increase in care related costs as they had been abnormally low last year.

Retiring committee members, Joyce Iles and Gill Cheetham, were both thanked for their hard work over the years.

The following committee members were all re-elected: Phillip Adams, Jane Gilbert, Ed Gryglaszewski, Jennifer Hay, Ann Minks, Colin Moss, Margaret Moss and Val Pearson.

Jane Gilbert

Treasurer's Report

Treasurer, Ed Gryglaszewski, presented the annual finances for the Branch, including the balance sheet shown (left). Net assets after transfer of funds to National Office amounted to £15,700, with which to start the new financial year.

Of receipts, 32% came from donations, 60% from fundraising and 8% other sources. Care-related costs were down due to the takeover of neuro-nurse funding by the NHS.

<u>Income & expenditure summary</u>	
Receipts	23,769
Expenditures	-24,623
Surplus/(deficit)	-854
<u>Balance sheet</u>	
Bank current account	13,020
Special Reserve a/c	15,000
Stock (Xmas cards)	297
Year-end supplier accruals	-600
-	27,717
B/f funds @ 1st Feb.08	28,571
Surplus/(deficit)	-854
Carried-forward funds	27,717

Walking to D'Feet MND *at Snelmore...*

On a pleasantly warm, sunny day, which was perfect for walking, MND Association supporters took part in the Rotary Club Walk at Snelmore Common on May 10th.

We joined several other groups of walkers representing the Rotary Club and other clubs and charities, including the Newbury Stroke Club and Christian Aid plus groups from schools and boy scouts.



Pictured, from left to right: Nigel Hannaford, Amy Shute, Lance Chard, Colin Moss, Gillian Diggins, Sonia Hannaford, David Chard, Jennifer Nash, Georgina Diggins.

Walkers had a choice of 4 or 8 mile routes and there was one for wheelchairs too.

I "opted out" of this walk to concentrate on my Shortest Walk Challenge, but did get in a bit of 'training' by walking the 150 yards or so from the roadside car park down to the Rotary Club's gazebo (but fell asleep



Chard family members pictured with Colin are: Gordon and Pauline, Sean, Roger and Jean.

Thank you also to the Rotary Club—we expect to raise around £550 for MND

exhausted that evening). I will need to step-up my 'training' if I am to meet my target of ¼ of a mile in October!

Snelmore Common is designated as a 'Site of Special Scientific Interest', and has been a Country Park since 1972. It is well worth a visit as the site is crossed by many tracks and paths which walkers are welcome to use and explore.

The Common contains a rich mix of habitats including heather and gorse, wet bog and woodland, which, in summer, is covered with bluebells.

Each habitat supports its own variety of plant and animal species, some of which were encountered by our group, as Chris Bickerton will testify, having suffered her share of nettle stings!



Pictured with Colin from right to left: Chris Bickerton, sons Edward and Guy with girlfriend Rebecca.

Well done to all our walkers, including two family groups, which had both been affected by MND: The Bickerton family, who were walking in memory of Chris's husband Andrew who died in 2003 and the Chard family and friends who really came out in force again in memory of Gordon's wife Beryl who died last year.

Colin Moss

... and D'Feeting MND at Englefield

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On a glorious Sunday afternoon on 10th May, four groups set off at 20 minute intervals to walk the 3 miles to raise funds for the branch.

The route took us past Englefield House and the Long Gallery, through the garden gate, past heavenly azaleas, the handkerchief tree in full glory, the Brown Bear and into the Deer Park.



The Lunn Family walkers include Paddy and four of her grandchildren, Rod's brother Will, Paddy's sister (Will's wife), with Lunn family and friends. Joanna Knott, Phillip Adams, Branch Chair Margaret Moss and Elaine Reynolds (branch supporter).

Going around the lake, several rabbits were spotted and large numbers of deer were seen close by – for a moment only – and then again in the distance, water birds on the lake with their young and others in the air... a

perfect way to spend a Sunday afternoon! The groups each had a 'walk leader' and were made up of around 35 MND supporters along with 140 for the Duchess of Kent House Trust. Groups were led by Phillip Adams, Margaret Moss and Joanna Knott.

We are very grateful to George Solly and his team from DoK for all their help in setting up the walk, also to the Social Club who shared their facilities without charge and of course to Sir William Benyon and his family for making it possible. Sir William and Lady Benyon are patrons of both charities.

We were delighted to see the plaque on the wall in the Englefield Social Club, which marks the service of J.R.Robbins (one of our plwMND) – J.R. was Chairman there for 15 years and was present to speed us on our way! His family were walking too!

To date MND Sponsorship stands at £235, but the final figure should be higher as some walkers are still busily collecting sponsorship money promised by supporters. *Margaret Moss*

May Fayre Boosts Coffers

Branch volunteers gave up some of their Bank Holiday to collect a whopping £690 in their collection buckets during the successful Wokingham May Fayre on Monday May 4th. The generosity of revellers gave our branch funds a timely boost.

I was delighted with the result and the generosity was remarkable considering there were so many other charities trying to raise funds on the day.

So a big **thank you** to all our team of volunteers, also to the Lions Club of Wokingham for their support. The collection will help make a difference to the branch's work in supporting people in the area living with Motor Neurone Disease. *Jan Gryglaszewska*

Colin's Shortest Walk Challenge



"I have set my target high but any sponsorship would be great no matter how little."

Following the article by Ashley Morgan in the Spring 2009 edition of Thumbprint Magazine, I am planning to take up her 'Shortest Walk Challenge'.

The Reading & West Berks Branch is planning a lantern event in October to commemorate 30 years since the MND Association was founded.

The proposed venue is Chestnut Walk and Abbey Ruins in Reading and I am hoping for my walk to coincide with this event. All support is very welcome and for anyone wishing to come along to show their support further details will be published later.

Please spread the word so we can raise as much sponsorship money as possible and get as near as we can to the £5200 Ashley raised -at the time of writing my sponsorship stands at £285 - I should add that I was diagnosed with MND (ALS) seven years ago.

One idea is to sponsor me per 30 yards (to coincide with the 30 year celebration) but if my health stays as it is, I hope to cover up to a 1/4 of a mile with rests

every few yards. This could be somewhere near the equivalent of an able bodied person running a marathon as I have to use a walking frame (I can't walk at all, nor even stand, without it). I can walk about 15 yards initially and then need a rest, before going again but will obviously get progressively more and more tired.

I have no idea how far I will get as I have not attempted anywhere near this distance for about four or five years.

I would encourage any people living with MND (who are just able to walk) to join me on my walk and raise more money for the MND Association for the benefit of all those in the area living with MND.

Anyone who wishes to support or join me can contact me on 01488 608338 or e-mail colincross@hotmail.co.uk.

For more details or to sponsor please click on the following link:

www.justgiving.com/colinmossshortestwalkchallenge

Colin Moss (plw MND)



Public Support for Stem Cell Research

Mark Macan-Lind of South Herts Branch MNDA reports that there is widespread support for stem cell research from the public and recognition of the value in investing in such research.

The British Market Research Bureau recently studied the views of 200 members of the public and of 50 professional

people in medicine, science, ethics, religion and industry.

The study revealed conditional support for all avenues of stem cell research. For clinical research, priority was afforded to serious diseases for which current treatments are limited. Issues such as

the definition of 'serious disease' and the justification for using embryonic stem cells were among the wider ethical issues raised, as was the role of the private sector.

The study found that the need to protect and exploit intellectual property should be balanced with the need to disclose information in the public interest.

David Heaton-Ellis 1969-2009

David Heaton-Ellis lost his fight with Motor Neurone Disease in the early hours of 10th May. He remained positive throughout the last few months of his life, talking only of living, never giving into the disease that was bringing his young life to an end.

Like all great people he leaves a great legacy, his wife Sophie, his two year old son, Geordie, and the Heaton-Ellis Trust which funds the research, being conducted by Professor Christopher Shaw of Kings College Hospital, into the causes of MND.

David was passionate about many things in life, but none more so than horses. He was the 3rd child of Peter and Pru Heaton-Ellis and spent his time point to pointing and hunting before becoming a professional polo player on leaving school.

He played for the Royal Artillery, spent the winter months



playing in New Zealand, and moved to Oxfordshire in the 1990s, to manage Checkendon Polo Club and then Kirtlington, where he set up his first polo school.

David was a very motivational teacher having an absolute gift for bringing out the best in people regardless of their situation or ability. He was never one for the elite side of polo and was keen to introduce polo to people who had never had the opportunity to play before.

After leaving Kirtlington in 2003 David set up the Watership Down Polo Club in Hampshire and there he met and fell in love with Sophie, with whom he intended to run a polo school in Headley. Tragically it was shortly after completing on this purchase that David's diagnosis with MND was confirmed.

Sophie continues to run the school, playing polo with many of the people David introduced to the game.

David's death, aged 39, leaves a huge gap in the lives of his family and friends, their lives being much the richer for having had the pleasure of his company, love and friendship.

The Heaton-Ellis Trust seeks to



raise £1.4 million, and, in a few months £400,000 towards this target has already been raised.

The research project has already contributed to the discovery of one new gene but many other genes need to be discovered before the molecular jigsaw puzzle is complete, and the Heaton-Ellis Trust along with the MND Association and the American association is committed to completing the task.

The difference David made during his short life could therefore change the lives of hundreds and thousands of people who suffer from MND throughout the world, a truly positive legacy, from which those who mourn his passing can draw huge comfort.

Romilla Arber

(Romilla is a member of The Heaton-Ellis Trust Fundraising Committee.)

 You've got mail!

We visited the beautiful and friendly Northern Ireland in June last year and can recommend it. Despite the recent murders in 2009, the vast majority of people who live there have experienced 10+ years of peace and do not want to return to "The Troubles".

Four of us went for 1 week self catering in Dungiven near Derry - and the price for a week was very reasonable.

Dungiven is well located for getting to Donegal in North West Eire, to the Antrim coast and to Derry, and there are numerous National Trust properties to see. We visited Derry because it has one of the best city walls in Europe,

supposedly "wheelchair friendly", but there were a number of steps and no ramps!

We were very surprised to see the "Bogside" complete with murals from the walls such as "Free Derry" and "Bernadette Devlin".

We also visited Donegal in Eire, a beautiful rugged country. Well worth a visit!

We would encourage other PlwMND and carers to try holidays which cater for disabled people.

Roland Lewis & Jennifer Hay



Diary Dates

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Drop-in Meetings

St Luke's Church Hall, Theale Mon 15 June

Thatcham Baptist Church, Burdwood Centre Mon 6 July

both 11.30am to 2.30pm

Street Collection in Newbury Sat 27 June

10am-4pm

Volunteers still needed for shifts of 1-2 hours in Newbury Shopping Centre

Please call Colin Moss on 01488 608388 or email colincmoss@hotmail.co.uk

Canoe Club Tea Party Caversham w/c 17th August -actual date TBA

The Frog by Anthony Wharton



Tony Wharton, the third person to lose his battle with MND recently, always took an interest in poetry and we were delighted with 'The Snow-drop' in the last issue.

Throughout his life he wrote verses about all manner of subjects, often for children. Joanna Knott has chosen 'The Frog' for us to read, a particularly touching poem bearing in mind his recent death.

The Frog was old and wrinkled
 His green had turned to grey
 He knew with Nature's instincts
 This was his final day
 He'd seen the river moving
 For nearly all his life
 Raised his tiny tadpoles
 And lived through pain and strife
 Now the sun was shining
 It warmed the riverside
 The old frog smiled
 And, just as gently, died.

Stop Press...



Token collections at Waitrose supermarkets in Caversham and Tilehurst have resulted in donations to the MND Association of £480 and £430 respectively.

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