

HERTFORDSHIRE ENGINEERS' LUNCHEON CLUB NEWSLETTER

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

July 2017

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Note: An EGM is to be held prior to the July lunch. For more information see Page 2.

Don't forget to send in your lunch booking forms **before the deadline dates** for the relevant Lunches. Talks will be given after the lunches on the dates shown. Note that the bar will be open from 11.30, and the lunch is at 12.30.

* The booking form for the July lunch is in the May newsletter.

SAFETY AND INSURANCE AT CLUB EVENTS INCLUDING MEETINGS, WALKS, AWAY BREAKS AND VISITS.

We stress the importance of Members taking reasonable care to prevent accidents and damage. Also we are asked by our insurers to remind members that it is their personal responsibility to decide on the level of their capability and whether they should participate in each of the Club activities.

Insurance is the responsibility of individual members and their guests. The Club has arranged insurance cover with the Ecclesiastical Insurance Company for Public Liability claims against Members whose names and addresses are recorded in the Club's Membership Register. Member's Guests are not included in our insurance. Only those members who have paid their annual subscription and returned the Annual Registration Form are included on the Register and are insured. If you are in any doubt about the inclusion of you or your spouse in the Register you should check with the Membership secretary.

The Club arranges risk assessments for our Events but before joining in any Club event, Members must ensure they are briefed about unusual risks. Members must also ensure they can cope safely with the weather, ground conditions and other hazards by wearing or carrying suitable clothing, footwear, walking aids and other protective equipment.

Where walks are arranged, brief details of the proposed walk will be given to each member via the Newsletter prior to the event. Members wishing for earlier information should contact the Walk Organiser.

The Committee reserves the right to refuse applications for participation in any Club activity when they judge an unacceptable risk may occur.

When the Club arranges activities which involve Coach Travel, such travel will be an integral part of the cost, which will not be reduced if Members travel independently. Payments made by Members when booking a Club activity are not refundable in any circumstances should the member decide to cancel any part of his booking. Exceptionally, the Committee may decide to make an ex-gratia payment in compensation.

DAY VISITS - FURTHER DATES FOR YOUR DIARY

HELCL will be arranging a further day visit on the **24th October 2017**. Details of this visit will be advised at a later date.

NOTICE OF EXTRAORDINARY GENERAL MEETING

20 JULY 2007 12:30pm

An EGM will be held prior to the lunch on 20th July 2017 where the following changes to the HELCL Constitution will be proposed:

Clause 4f **be deleted** and Clause 4e be amended to read as follows:-

Clause 4e: The term of Committee Members is not set, but a proportion will be expected to leave each year so that the Committee may be refreshed by new blood. To this end the Committee must endeavour to ensure the appointment of at least two new **Ordinary** Members each year **and a new Chairman every 2 or 3 years**.

INFORMATION ON TALKS

20 JULY 2017 - THE PLIGHT OF THE HUMBLE BEE

Speaker: David Brown

The honey bee and other bees are under stress as never before. The talk will look at historical and current levels of colony losses and the economic value of bees. The life cycle of the honey bee will be explored and we will look in detail at some of the potential reasons for the decline in colonies. Finally we will look at what we can do in our own gardens to encourage the honey bee.

David has been keeping bees for some 17 years and maintained between 4 and 14 colonies. He currently looks after 5 colonies in Harpenden and at Holtsmere End near Redbourn. He is a member of the St. Albans Beekeepers Association (STABKA), Hertfordshire Beekeepers Association (HBKA) and the British Beekeepers Association (BBKA). He has been Chairman and Treasurer of STABKA and still serves on the committee. He has also served as Treasurer of the HBKA. He enjoys working with bees and training and developing new beekeepers. All the honey his bees produce is sold in aid of charity.

17 AUGUST 2017 - SATELLITES FOR SEAFARERS

Speaker: Phil Molloy B.Sc., M. I. Mech. E

The talk will tell the extraordinary story of a sailor rescued by using the first maritime satellites. The first generation of maritime satellites (MARECS A & B) and second generation (4 INMARSAT2's) were built in Stevenage – starting in the mid 1970's. MARECS A suffered in-orbit problems and MARECS B was lost due a launcher failure. The INMARSAT2's had disastrous problems which were solved just before launch. These four types then became the 'workhorses of the skies'. The talk will describe the makeup, functions and launch of the satellites. It will show how the failures above were overcome and the fantastic difference they have made to sailors at sea.

Phil started at Rolls Royce Aero Engines - and then became a 'Rocket Scientist' working for 38 years in the spacecraft industry. He has worked on communications, environmental, scientific, interplanetary and military spacecraft. Now retired, he was very fortunate to have been at beginning of this fascinating business especially as satellites play such a vital role in our world today.

21 SEPTEMBER 2017 - TECHNOLOGY DEVELOPMENTS IN MEDECINE

Speaker: Dr Helen Meese

For nearly 70 years UK residents have enjoyed the security of a national health service providing 'free at the point of care' treatment regardless of income, social status or illness. Globally the NHS is the envy of many nations in terms of service and delivery, yet this aging institution is under increasing pressure from rising costs, tightening budgets and a growing and ageing population – it too is in need of medical attention! The importance and need for technology and engineering in the NHS has never been greater. Medical equipment can not only transform patient outcomes but it can save the NHS billions in treatments. Yet the role of the engineer in healthcare is largely unrecognised and under-utilised, despite their significant contribution.

Dr Helen Meese, Head of Healthcare at the Institution of Mechanical Engineers, will give a presentation on the work of engineers in the NHS and the key challenges they are facing. She will discuss the growing field of biomedical engineering and a number of technological innovations which are/will have a significant impact on patient care in the coming years. She will finish by presenting the work the IMechE is undertaking to drive change in Government policy to create a long-term technology strategy and recognise the need for a chief engineer in every NHS trust in the UK.

FUTURE LUNCH PROGRAMME PLANS

19 October 2017	Did we have to lose America?	Malcolm Rainbow
16 Nov 2017	Trekking in the 'Stans	Emma Rosen
21 Dec 2017	Travellers Rails	Clint and Jude Bull
18 Jan 2018	The Beagle has Landed	Philip Molloy
15 Feb 2018	Bugging the Nazis, MI5,MI6,V1,V2,V3.	Dr Helen Fry

FINDING NEW LUNCH TALKS, TRIPS, AWAY BREAKS AND WALKS

To remain a vibrant and exciting club we need a continual stream of new lunch talks, trips, away breaks and walks. At a recent lunch the Chairman put forward an idea stolen from his Probus club, namely that a group of people work together to organise events. That has a number of obvious benefits, such as stimulating one another with ideas, sharing tasks, and exploiting individual skills, experience and enthusiasm.

We are delighted that Ron Verran, David Purser and John Deans have undertaken to organise Away Breaks, and their efforts have already borne fruit in the exciting trip to Bournemouth in September. It would be great to emulate that success on other events, so please don't hang back, please offer to help: you don't have to join the Committee. The following people would love to hear from you:

John Hammond	Day Visits Organiser	Visits@helc.org.uk	} Phone numbers in
Roy Franklin	Joint Speaker Secretary	SpkrSecretary@helc.org.uk	} distributed copy of
Vernon Clough	Walks Secretary	Walks@helc.org.uk	} HELC Newsletter.

Please contact the above, or any Committee member, if you have any ideas for events, even if you are unable to help organise those events. All ideas for events are welcome.

RECRUITMENT OF NEW MEMBERS

There is no doubt that the best method of recruitment is word of mouth. Please note the widening scope of membership qualifications being introduced, now includes professional scientists and others who have held positions of responsibility for substantial engineering-related projects. So please invite any such professional engineer, scientist or technologist, whom you know would also enjoy being a member of HELC, to join you for lunch.

Please try to bring someone younger than yourself, otherwise we won't achieve our objective of lowering the average age of Members. We try to spread Committee Members around the lunch tables, so please use this opportunity to put forward your views on the future direction of the Club.

LUNCHEON SECRETARY

After many years, Paul Douglas is going to step down for a well-earned retirement as Luncheon Secretary. So that our enjoyable lunches can continue, it is necessary that this role is filled; would anyone interested please contact Paul on 01727 859040.

Paul will be very happy to work with you initially so there is no loss of continuity, and he points out that the job is yours to do in the way you want. Homestead Court Hotel is a pleasure to work with and the HELC committee gives all possible help and support.

HELC Autumn Break 22 – 25 September 2017
£195 per person DB&B, Hotel Royale, Bournemouth



Final full payment (less deposit) for this trip should be posted to Ron Verran by 1st July 2017. If you have booked but not yet paid, please pay as soon as possible. It is still possible to join this trip if you have not booked but please contact Ron immediately, as we are about to confirm the final room allocation with the hotel. We are now also making this trip available to friends of HELC members. Hotel details are in the January Newsletter.

The three night stay begins with dinner on Friday evening (Note: the preferential room rate is also available for 20st and 21st if you would like to arrive earlier for a longer stay). On Saturday we are planning a guided walk around Bournemouth with lunch at a local pub. Our experienced walk guide, John Pannell, is a Bournemouth Ambassador and retired local hotelier. The one hour walk takes in stunning views of Bournemouth Bay, the gardens and town centre. On Sunday we are planning a day trip to Beaulieu and Buckler's Hard, by coach if there are sufficient numbers. Beaulieu has a variety of attractions, including the National Motor Museum, Palace House (home of the Montague family), Beaulieu Abbey and Exhibition, extensive Grounds and Gardens, a Monorail and other delights. If there is sufficient interest we will book guided group tours of the Motor Museum and/or the House, with lunch at the restaurant. On our way back we plan to call in at the very attractive Buckler's Hard Village and Maritime Museum.

For those of you wishing to explore independently there are many attractions in Bournemouth and the surrounding area. In addition to the sea front, pier and gardens, the Russel Coates Art Gallery and Museum, with its garden and tea room (close to the pier and a few minutes from our Hotel) is well worth a visit.

In the centre there are all the main department stores, together with a number of individual specialist shops, but the separate areas of Boscombe, Southbourne and Westbourne each have their own individual style that needs to be experienced. A particular feature of Bournemouth is its gardens, both those centrally and those within the areas such as Boscombe. Also nearby in Poole are Compton Acres Gardens.

If you wish to enjoy the area in a relaxed fashion, there are Land Trains which run from Boscombe Pier to Bournemouth Pier via Boscombe High Street and Boscombe Gardens or from Bournemouth Pier to Alum Chine, or go from Boscombe Pier to Bournemouth Pier via the East Overcliff, or out to Hengisbury Head.

Local buses (free with bus pass!) and City Sightseeing Buses will take you to through Bournemouth to Sandbanks and Poole Harbour and link with boat cruises around Poole Harbour, to Brownsea Island or out to Swanage – where you can pick up the steam railway to Corfe. Any combination of these makes a great day out. Further afield, but still within easy reach are Bovingdon Tank Museum and the National Trust property of Kingston Lacy.

The cost of this holiday will be £195.00 per person for the hotel accommodation and meals only. The cost of the walking tour of Bournemouth is £3 per person and that for the Sunday coach trip to Beaulieu and Bucklers Hard is £ 39 per person. We have reserved 40 rooms, including 10 single rooms (for which there is no single supplement).

If you wish to join this trip please complete the form on the next page and send it with a deposit of £50.00 per person, plus a stamped self addressed envelope for acknowledgement of your booking.

The main outing on the Bournemouth trip is: **Beaulieu and Bucklers Hard - Sunday 24th September**



This day visit (£39 per person) starts on Sunday morning with coach* travel planned to Beaulieu. On arrival at Beaulieu members are free individually to enjoy the many attractions including the park, palace, abbey, gardens and motor museum, but we are also offering a guided tour of the motor museum and a guided tour of the Palace at no extra cost.



These will be followed by a buffet lunch in the restaurant. After lunch we depart by coach for a visit to Bucklers Hard, the maritime museum site, including a boat trip on the Beaulieu river. We then return on the coach to Bournemouth.



Note: for those not wishing to travel to Bournemouth by car, it is accessible by train from Waterloo. A member planning to travel by car has also offered a lift if anyone would like one.

All payments for Bournemouth should be made to:

Mr Ronald Verran,

Contact details in distributed copy of July Newsletter

Cheques should be made payable to HELC.

HELC Visit to Shropshire

It started well. We were picked up on time by a comfortable air-conditioned coach. Our first stop was at Attingham Park. Interesting house and beautiful gardens. We were surprised to see how very popular it was with local dog walkers. The dogs were very well behaved.

Our hotel, the Lion, was an old coaching inn with a long history which perched on a very sloping site. There were many flights of stairs and lots of corridors so it was easy to get lost. We had a very comfortable bed in a well-kept room and ate very enjoyable food especially the breakfasts.



On the second day we went on a guided walking tour through Shrewsbury. Lots of Old World well-kept buildings with good floral displays. We went into an interesting Cathedral and visited the Castle Grounds. We ended up by the River and went on a short boat cruise.

We then had a coach trip through the beautiful countryside. In the evening we had the customary Quiz run by Shirley and Peter Greatrex.

On our third day we went to the Ironbridge Gorge museum. There were so many interesting things to see there that the day went very quickly. A memorable moment was when a row of us all sat on a wall eating chips out of paper under a very warm sun.

Day four saw us going to a most unusual Carpet Museum in Kidderminster in the morning. It was mainly run by ex-employees and funded by grants. They had rescued some old machinery and we saw two methods of carpet making demonstrated on working machines and explained by the ex-workers.

In the afternoon we went on a trip on the Severn Valley Railway. We're sure that everyone loved the steam engine.

On the last day, on our way home, we visited RAF Cosworth which had an extremely extensive display of aircraft. We think everybody was very impressed with the quality of the Exhibition Halls and of the range of exhibits that were there. Well worth a visit if you haven't been there.



Our thanks to Shirley and Peter Greatrex for their efforts on the initial planning and to John and Beryl Deans for stepping in and taking over after Peter's stroke. Last but not least we must praise our coach driver Peter for his patience and helpfulness and to the Canon Rep. Sharon for her tireless efforts to keep things running smoothly.

All in all it was five days of good company with good food, good hotel and lots of interesting things to see. And oh! we nearly forgot, the weather was absolutely perfect from start to finish!

John and Mary Middleton



Dining on Fish & Chips at the Ironbridge Gorge Museum



Charles Darwin - born in Shrewsbury



Picturesque ancient streets of Shrewsbury

HELIC DAY VISIT 12TH SEPTEMBER 2017 NATIONAL SPACE CENTRE - LEICESTER

The third HELIC day visit for the summer of 2017 is planned for Tuesday 12th September 2017 to the National Space Centre at Leicester which is unique in the UK as a centre exhibiting the history and exploration of space.

There are six specific galleries at the centre including a history gallery and an astronaut gallery, a rocket tower and the UK's largest planetarium as well as a large number of space artifacts. The centre has a restaurant/café.

The cost is £15.00 to include entry to the centre and coffee or tea on arrival. To this, you need to add your costs of transport to the centre and will need to make your own arrangements for transport (or car-sharing). You will be responsible for your own travel costs and please note that there is a charge of £ 3.00 per vehicle for car parking at the centre.

However, if there is a HELIC group of 40 or more, all wishing to travel by coach, it may be possible to book a coach and the estimated **additional cost** would be approximately £20 per person with pick-up points in Hatfield, Welwyn Garden City and possibly a third pick-up venue as yet to be defined.

If you wish to participate in this HELIC visit please complete the booking form and return it as soon as possible with your cheque for £15.00 to John Hammond.

HELIC's condition of booking is that you must provide a contact name and telephone number in case of accident, illness or other emergency.

Please return the booking form to **John Hammond**,

E-Mail: Visits@helc.org.uk

Other contact details in distributed copy of July HELIC Newsletter.

BOOKING FORM. HELIC VISIT TO THE NATIONAL SPACE CENTRE, LEICESTER TUESDAY 12TH SEPT 2017			
Please book _____ places for the visit to National Space Centre, Leicester on Tuesday 12 th Sept I enclose a cheque for £ (£15.00 per person) payable to HELIC			
HELIC Member Name: Address..... Tel: Mobile..... E-Mail:			
My Party (Spouse/Partner and/or Guests)			
In Case of Emergency Contact.....Tel.....			
I will drive Y / N	I can offer a lift? Y / N	No of Lift Seats ...	I/we would like a lift Y / N
I would be interested in alternative coach travel at approximately £20 per person Y / N			

DAY VISIT THAT NEARLY WASN'T: BRITISH MOTOR MUSEUM

Despite the poor response from HELC members to the proposed visit to the British Motor Museum at Gaydon, four members along with two guests decided to go ahead and we visited the museum on 16th May. Members who may have been before and decided not to come have clearly missed a treat as the museum has expanded considerably and there is a lot to see. Our concession tickets are valid for 12 months so it's worth a free return visit as there is so much to see.



Ilan, Laurence, Geoff and John in the impressive Collections Centre with over 300 classic cars many with a unique history. We had a guided tour with Dennis, one of the museum volunteers, who told us of the history of some of the vehicles – the Jaguar collection alone is fantastic.

After a bite of lunch we took a second tour with another volunteer, Alan, in the main museum, where the development history of the motor car unfolded. John found a 1930's Morris 8 – just like his Dad's, which he had been allowed to drive as a teenager in his younger days.



At one point in the tour, our guide Alan allowed us to “take the bus” – an early London Omnibus – we realised just how small they were inside. Also pictured is William Morris's personal car – a tight squeeze to get in between the small driver's door and the steering column – much easier to get in on the passenger's side.

Finally, a question for that quiz down at the pub! What are the origins of the motoring terms “dashboard” and “pot-holes?” - We know!

John and our visiting party of Ian, Laurence and Andrew with guests Geoff and James.

John Hammond

FUTURE EVENTS - WALKS

JULY WALK - Ayot Green and River Lea – Friday 21 July 2017

Meet at The Waggoners pub, Brickwall Close, Ayot Green, Welwyn, AL6 9AA (OS GR TL 221138) at **10:00am** to choose lunch, and set off at 10:30am.

Map <https://goo.gl/maps/5ymQjRrDv1S2>

This easy circular walk (4.3m) starts in the picturesque Hertfordshire village of Ayot Green and includes a section following a former railway. The walk continues through typical Hertfordshire countryside to reach the banks of the River Lea. We walk east along the River Lea and past Brocket Hall. The concluding section passes through a wooded area known as Cat's Gallows.

If you are not able to walk please join us for lunch at The Waggoners at 1:00pm for lunch.

Please let Ian Williamson know if you would like to come, Chairman@helc.org.uk. Other Contact details in distributed copy of July HELC Newsletter.

Ian has provisionally booked 15 places for lunch, and checked with the pub that we can park there. He has also put an entry on HELC Diary on Google Calendar, which appears on our home page. If you want more information see <http://www.walkingbritain.co.uk/walk-2799-description>, except that we are not starting at the free car park in the village.

AUGUST WALK - Pirton -Tuesday 15th August

Meet at 10.00am for a 10.30 start at the **Motte & Bailey** pub in Pirton village right by the Green (OS map 166 (GR 145315), post code: SG5 3QD)

This is a lovely village with old earthworks remnants of a medieval village, a lovely church, remnants of a Norman castle, plus other buildings of interest and fabulous views.

The walk is around 4 miles - only 1 stile - it goes gently uphill but it's mostly on the level.

If you would like to join this walk please contact Vernon Clough vclough@ntlworld.com or Irene Cowan jorenecowan@gmail.com



SEPTEMBER WALK - Much Hadham - Wednesday 6th September.

The walk of about 4 miles will be from **The Bull Inn** at Much Hadham on Wednesday 6th September 10.15 for 10.30. The Bull is towards the northern end of the picturesque high street on the B1004. SG10 6BU - grid ref. 427 193. The walk will circle the village taking in the leafy Cox Lane to the west and the Ash Valley to the East. Contact Don Olsen: contact details in distributed copy of July HELC Newsletter.

WALK REPORTS

17th May 2017 - Waterford Heath, Waterford Marsh and Stapleford

Waterford Heath is a former sand and gravel quarry near Hertford which has been transformed into a wildlife reserve. We met at the Waterford Heath car park, ominous grey sky portending a rather wet day to come. Undeterred, we set off on a very varied walk taking in the best of the heathland and a lovely stretch beside the river Beane and the nearby Waterford Marsh.



We paused at this picnic spot to take in an unspoilt view of green Hertfordshire countryside

The figure of eight walk took us into the grounds of St Mary's church, Stapleford. Then it was back over the heath where we encountered a most unusual sculpture named "Breaking the Mould". It represents a giant seed emerging from an old and broken industrial mould and is one of 21 similar sculptures by Andrew McKeown on regeneration sites throughout the country.



A few more paces on and we were back at the car park, discarding our wet clothing before heading off for a most welcome and convivial lunch at The Cowper Arms, Cole Green.

Thanks to Ian & Sue Reeve for organising this interesting walk and introducing us to this very pleasant corner of Hertfordshire.

1st June 2017: Tewin

Blazing June! We were blessed with a truly lovely day for the occasion of Jane Kerr's walk around Tewin. The walkers were out in force, 17 in total.

Starting from the Rose & Crown we headed north towards Tewin Woods passing through open fields and the occasional cottage. At Tewin Woods we turned southwards and then uphill into Dawley Wood. We glimpsed the Digswell Viaduct as we climbed.

The Viaduct, opened by Queen Victoria in 1850, is a splendid Grade II listed structure spanning some 475 metres and standing up to 30 metres high. From Dawley Wood we headed down through open farmland passing Margery Green and into Tewinbury Farm. Tewin Nature reserve, lying in the Mimram Valley, adjoins the farm.

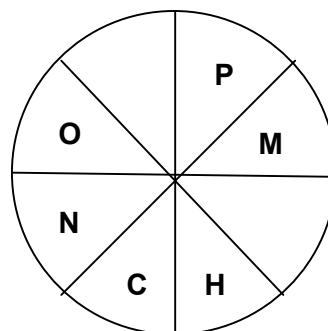
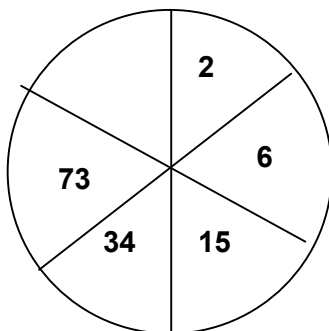
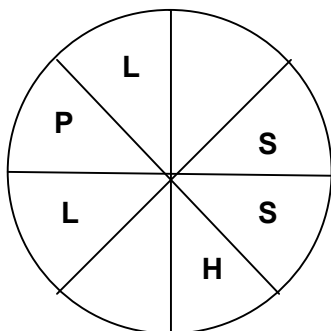
Heading back we visited the historic Tewin church where Jane pointed out the tomb of Lady Anne Grimstone. She is reported to have said that *"if there is life hereafter trees will render asunder my tomb"*. And indeed they have!

From the church it was a short hop back to the pub for a very good lunch and a vote of thanks to Jane for leading a really lovely and interesting walk.



BRAINTEASERS

1. $111,111,111^2 = ?$
2. What is 2 puncheons minus 1 firkin? Answer in hogsheads and barrels please.
3. Insert the missing letters or numbers:



Answers to May puzzles

1. What four words go before all of the following: PS, COS, POA, GOF, OOTP, H-BP and DH?
*Answer: **Harry Potter and the.....***
2. 5-digit number (x) having the following features: If we put the numeral 1 at the beginning, we get a number three times smaller than if we put the numeral 1 at the end of the number.
*Answer: **42,857***

We can make an equation: $3(100000 + x) = 10x+1$
 Solving this gives: $x = 299999/7 = 42857$
 (142857 is three times smaller than 428571)

3. When asked about his birthday, a man said: "The day before yesterday I was only 25 and next year I will turn 28." This is true only one day in a year - when was he born?

*Answer: He was born on **December 31st** and spoke about it on January 1st.*

"The day before yesterday I was only 25..."

On Dec 30th he was 25; Dec 31st he turned 26; Jan 1st (this year) he was 26

"...next year I will turn 28"

On Dec 31 (this year) he will turn 27; Dec 31 (next year) he will turn 28

LUNCHEON BOOKING FORMS

Lunches **must be booked in advance**, by posting the form(s) below. The cost is shown on each Booking Form. Please complete each form and send it with the fee to Paul or Peter to arrive before **Friday 14 July 2017 or Friday 11 August** as appropriate.

Subsequent cancellation will be accepted up until 4 p.m. on the above dates. To cancel either month, ring Paul on **0845 467 9983**. If there is no reply, leave a message including your name, telephone number and how many places you are cancelling. Voicemail messages will be acknowledged. If this acknowledgement is not received within two days, your message has not been received and you should call again. Your money will be held in credit unless you advise otherwise if you have cancelled in time. If you book two meals together, please send **separate cheques** for each month. Unless a stamped addressed envelope is included with the returned Booking Slip, the Club cannot provide acknowledgement receipts.

IF ANY ITEM ON THE MENU DOES NOT SUIT YOUR DIETRY NEEDS, PLEASE DISCUSS WITH PAUL DOUGLAS

BOOKING FORM FOR 21 SEPTEMBER 2017		COUNTERFOIL - PAID
<p>The menu for this meal is:</p> <p>Starter: Skewered Chicken & Tomato with Soy, Garlic & Ginger Sauce Main Course: Braised Leg of Lamb (or Chef's Choice of Fish) Vegetables: Delmonico Potatoes, Broccoli, Swede and Carrot Mash Dessert: Chocolate Marquise with Coffee Beans Sauce Coffee/Tea and Mints</p> <p>The talk by Dr Helen Meese is TECHNOLOGY DEVELOPMENTS IN MEDECINE I enclose my cheque for £22.00 per person made out to 'HELIC'. Please send individual cheques for each month for which you book.</p>		<p>HELIC lunch 21st Sept 2017 at Homestead Court Hotel, WGC. TECHNOLOGY DEVELOPMENTS IN MEDECINE Starter: Skewered Chicken & Tomato with Soy, Garlic & Ginger Sauce Main: Braised Leg of Lamb (or Chef's Choice of Fish) Dessert: Chocolate Marquise with Coffee Beans Sauce</p>
Forename	Surname	Date
No. of meat meals required	Telephone number	Total meat meals ordered
No. of fish meals required		Total fish meals ordered
Please complete this form and post it to HELIC Lunch, c/o Paul Douglas. Address in distributed copy of July HELIC Newsletter.		Paul Douglas, telephone 0845 467 9983.
BOOKING FORM FOR 17 AUGUST 2017		COUNTERFOIL - PAID
<p>The menu for this meal is:</p> <p>Starter: Spring Rolls served with Seasonal Salad and Mango Sauce Main Course: Honey Roast Ham with Parsley Sauce (or Chef's choice of Fish) Vegetables: New Potatoes, Mixed Peas and Carrots, Cauliflower Cheese Dessert: Almond Tart Coffee/Tea and Mints</p> <p>The talk by Phil Molloy is SATELLITES FOR SEAFARERS I enclose my cheque for £22.00 per person made out to 'HELIC'. Please send individual cheques for each month for which you book.</p>		<p>HELIC lunch 17th Aug 2017 at Homestead Court Hotel, WGC. SATELLITES FOR SEAFARERS Starter: Spring Rolls served with Seasonal Salad and Mango Sauce Main: Honey Roast Ham with Parsley Sauce (or Chef's choice of Fish) Dessert: Almond Tart</p>
Forename	Surname	Date
No. of meat meals required	Telephone number	Total meat meals ordered
No. of fish		Total fish
Please complete this form and post it to HELIC Lunch, c/o Peter Arrigoni Address in distributed copy of July HELIC Newsletter.		Peter Arrigoni, telephone 0845 467 9983