



HELCS NEWSLETTER

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March 2020

TALKS

As Old as the Hills - Measuring Geological Time	19 March 2020	<u>Page 2</u>
Early TV and Early Televisions	16 April 2020	<u>Page 2</u>
Olympic Games - how we keep drugs out	14 May 2020	<u>Page 2</u>

WALKS

Ayot St Laurence	25 March 2020	<u>Page 3</u>
Tring Park	22 April 2020	<u>Page 3</u>

DAY VISITS

St Albans Cathedral	20 April 2020	<u>Page 4</u>
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NOTICES

Obituary - May Vera Hands	<u>Page 6</u>
Canterbury Spring Break - Important Announcement !	<u>Page 7</u>
The Alpha Investment Club	<u>Page 7</u>
Agenda for 22nd Annual General Meeting	<u>Page 8</u>
Minutes of the 21st Annual General Meeting	<u>Page 9</u>
Chairman's Report	<u>Page 10</u>
Treasurer's Report & Membership Report	<u>Page 12</u>
Balance Sheet on 31st January 2019	<u>Page 13</u>
Income & Expenditure for year ending 31/12/2019	<u>Page 14</u>
Committee Members	<u>Page 15</u>
Safety, Insurance and Payments	<u>Page 16</u>
Lunch Menus & Booking Forms	<u>Page 17</u>

INFORMATION ON TALKS

19 March 2020: As Old as the Hills - Measuring Geological Time

Speaker: Prof. Tony Hurford

"As Old as the Hills" may originate in the Biblical book of Job and has long been used to imply that something - or somebody - is very old. The Earth is about 4.5 Thousand Million Years old and geologists have striven over hundreds of years to understand the age and sequence of the many different rock types which make up our planet. The study of fossils has provided a means to establish the relative sequences of rock strata and to enable correlation of rocks in different places across the world. Modern techniques of dating with radioactive isotopes (which occur naturally in rocks and minerals) now provided a means of measuring "absolute" ages of rock sequences, usually expressed in millions of years (Ma).

This talk will consider the use of fossils and radiometric dating in establishing a time framework for understanding movement of the crustal tectonic plates, in calibrating evolution including hominid evolution and in the search for hydrocarbon deposits.

Tony is a geologist, formerly of University College London and the University of Bern, Switzerland, where he taught geology at undergraduate and postgraduate level and ran research groups working on radiometric dating. He also established a research company Eurotrack Ltd providing analyses for hydrocarbon companies in return for financial support of the research group. Now in retirement he runs a job club in Potters Bar to try and help those seeking work, and teaches a U3A class in geology.

16 April 2020: Early TV and Early Televisions

Speaker: Ray Warren

In the 1920s Zworkin and Farnsworth in the USA, and Baird in the UK, in different ways took television forward. In the 1930s EMI Marconi with Shoenberg, Blumlein and their specialist team in the UK joined together with the BBC to become the 'Birthplace of television broadcasting'. Assuming that you could afford a TV set during those early pre-war years what could you watch?

The talk will mention some of the chemists, engineers and scientists who contributed to the birth of television and conclude with a look at the early British television sets, how many were made and how many still exist.

14 May 2020: Olympic Games - how we keep the drugs out

Speaker: Prof. David Cowan, OBE

Athletes are necessarily competitive and will use many means to help them succeed. Unfortunately, some resort to using prohibited drugs contravening the rules of sport. Professor Cowan has spent his career helping to minimise drug misuse much of which has been in the area of sport. He will give an illustrated presentation of some of the challenges and successes he has encountered along with discussing the science and technologies employed in his work.

Professor Cowan, co-founder and former director of the Drug Control Centre at Kings College London, is a recognised world expert on drug detection and anti-doping. During the London Olympic Games in 2012 with GlaxoSmithKline, he managed a drugs testing team of 400, which he described as an "incredible experience".

WALKS

Wednesday, 25 March - Ayot St Laurence

This will be more of a gentle stroll than a walk. Just 3 miles around Ayot St Laurence. Mainly on dry paths with the occasional short muddy stretches. No stiles to clamber over.

We will meet at The Brocket Arms at 10.00, pre-order lunch, and set off about 10.30.

The Brocket Arms car park has a limited capacity. There is usually parking space on the road nearby.

The walk will head out passed Ayot House to Abbottshay and down to the Kimpton Mill. From here we will pick up the Hertfordshire Way alongside the river Mimram. Reaching Codicote Bottom we take the track leading back to Ayot St Laurence. Stopping to admire the views over the valley, we make our way back to the Brocket Arms.



If you would like to join the walk or just come along for the lunch please let Vernon Clough know, ideally by 22 March, latest please. Contact details in distributed copy of Newsletter.

Wednesday, 22 April - Tring Park

Make a note in your diary for a springtime walk led by Jack Blackett. More details later.

Not a walker?

If you would like to opt out of receiving emails about walks please let Vernon Clough Walks@helc.org.uk or Allan Goodfellow (Secretary@helc.org.uk) know.

HELIC Tours at St Albans Cathedral, 20 April 2020



HELIC has arranged a couple of tours at St Albans Cathedral on Monday 20 April 2020. These are a General Tour and a Tower Tour. Each tour lasts about one hour and fifteen minutes so we are making the visit a full day experience with a break for lunch.

The General Tour will take you through over 1700 years of history where you will learn about the story of Alban and discover the incredible architecture. The highlight of the tour is the finest set of wall paintings in any medieval cathedral in England, now including the wonderful new state of the art light projections on four of the paintings in the Nave which reveal how they may have looked in their medieval glory.

On the Tower Tour you will climb 211 steps up to the top of the oldest Cathedral tower in Britain and experience fantastic views of St Albans. On the way up, you will see the Cathedral's magnificent Rose Window up close, explore the roof spaces, visit the ringing bell chambers, and see the Carillon. Long standing members may remember that we had a talk about the restoration of the Carillon at the August 2009 lunch.

The maximum number of people allowed on the Tower Tour is twelve, so our party will be split into two groups: in the morning one group will go on the General Tour and the other group will go on the Tower Tour, in the afternoon each group will go on the other tour.

We meet at the Welcome Centre Entrance, from Sumpter Yard (map) at 10:30am for 11:00am. This is a self-drive visit, but car share if you can. Unfortunately, visitor parking is not available at St Albans Cathedral. The closest city centre car park is London Road Car Park. Other car parks are Westminster Lodge Car Park and Drovers Way Car Park. Details of are available on the St Albans City and District Council website.

The tour cost is £15 per person. St Albans Cathedral requires payment in full two weeks before the tour, ie 6 April. This is expected to be a very popular visit and the maximum number is 24 so early booking is recommended, and a condition of booking is that you MUST provide a contact name and telephone number in case of accident, illness or other emergency. For the group booking to go ahead I must receive a minimum of 12 paid bookings (£15 per person) by that date. I shall deal with bookings on a first come first served basis, but will run a "Reserves" list.

Between the morning and afternoon tours we will have a pub lunch at The Peahen, at the top of Holywell Hill. If you have successfully booked in nearer the date I will email you with the lunch menu and ask you to make your choice.

If you want to come, please reply to this email with the booking form below completed (you may wish to delete the banner image above), and confirm to me that you have paid HELIC by Bank Transfer using the following details:

Sort code:

Account No: Bank account details in distributed copy of Newsletter.

Account Name: HELC

Reference: (Your surname) Cathedral

Note: If your bank does not give you enough room for the full reference please include your surname but truncate Cathedral.

Alternatively, please email the booking form to me, as described above and mail your cheque, made out to HELC, to Ian Williamson, address in in distributed copy of Newsletter

E-Mail: ian.williamson@helic.org.uk Other contact details in distributed copy of Newsletter

If you are responding to the article in this Newsletter, please help yourself and me by simply copying the form below into an email message to me. In your PDF reader Select Text, highlight the form, Copy and Paste into your email message and then complete the form there. I need a type written form I can copy and paste, not a handwritten form I can't read.

**BOOKING FORM. HELC Tours of St Albans Cathedral,
Monday 20 April 2020**

Please book _____ places for the HELC Tours of St Albans Cathedral on Monday 20 April 2020 at a cost of £15.00 per person. I confirm as below (please delete not applicable)

1. I have arranged a bank transfer of £ to HELC (details above)
2. I have mailed a cheque for £ payable to HELC (to the address above)

HELC Member Name:

Address.....

Tel: Mobile*

E-Mail:

* Supply a mobile phone number for contact on the day.

My Party (Spouse/Partner or Guest(s))

.....

In Case of Emergency Contact.....Tel.....

We the above named agree to HELC holding the above contact details for the purposes of this trip.

MAY HANDS

Associate member May Hands passed away on 3rd February 2020. When her husband Les died in 2009 May continued to attend the lunches and participate in walks and away breaks.

May and her twin sister Zena were born on the 28th August 1931, They were 'very' identical twins and friends would often get them mixed up. In 1933, May's brother Mike was born - although she was not to know that she had a brother until he turned up on her doorstep on the day that she and her husband-to-be Les announced their engagement.

From the ages of 6 to 11 May and Zena lived with foster families and a boarding school in the Harrow area. When she was eleven her mother re-married and May and Zena moved back with their mother and their new step-father. It was now the time of the Second World War and unlike many children at that time, she and her sister were not evacuated out of the city and instead stayed living in London. Notably on the 8th of May 1945, a 13 year-old May and Zena travelled alone to Trafalgar Square to join in the VE Day celebrations.



In their late-teens May and Zena set-off alone to France to live and work there for six months. They both found work as Au Pairs for different families. During their travels in France there were times when they slept on hay bales in farm barns; a definitive time in their young lives.

May got the travel bug after her French experience and both she and Zena joined their local Youth Hostel Association (YHA). She liked the frequent social gatherings in London but also the group walking and cycling trips far away from London. May met Les at this YHA group and their shared love of adventure and travel blossomed into romance.

May and Les were married on 6th March 1954. They planned to emigrate to Australia but during a medical check as part of their application May discovered she had tuberculosis and these plans then ended. In 1957 they moved to Potters Bar, where their first son Ian was born. He was joined by his brothers Simon in the May of 1960 and Richard in March of 1967.

In January 1969 they moved to Stag Green Avenue, Hatfield, which was to be the main family home thereafter. May's hobbies and interests included socialising and in particular talking (!) so much so that Les's catch phrases for her were "Don't keep on May" and "Stop wittering on"!

Firstly with Les on the back of his BSA Bantam motorbike, then in a sidecar and then in their 1937 Riley Kestrel car, they took early trips to France, the Alps, Germany & Venice. When the boys were young there were long trips all around Europe with a large tent carried on the top of the family's mark 1 Ford Cortina. In the mid-1970s they discovered the joys of caravanning, despite their first caravan being blown upside down on the A74 while driving back from a trip to Scotland!

May always enjoyed walking. She also took a weekly walk around Hatfield Park – after Les died one of her highlights was continuing this tradition. One of her final wishes was for her ashes to be (discreetly) spread there, along with Les's ashes.

In November 2018 May was diagnosed with an incurable melanoma. At the beginning of this year she moved into Acacia Mews Care Home in Hatfield. Here she received superb care from all the staff, ensuring that the last weeks of her life came to a peaceful close while listening to Charles Trenet singing 'La Mer' – a song that brought back happy memories for her of her first trip to France and happy times with her sister Zena.

CANTERBURY SPRING BREAK 26-30 APRIL 2020

Following much discussion and taking the advice from both CANNON TRAVEL and our Chairman it is thought wise to POSTPONE THIS TRIP because of the unpredictable effect of the Coronavirus. This early postponement will avoid financial problems. Please do not send any more cheques in full payment. Cannon Travel and I will sort out those who have paid already.

The proposed new date will (hopefully) be SEPTEMBER 27- 1 OCTOBER 2020. As soon as I have confirmation of this date I will email you.

Shirley Greatrex

THE ALPHA INVESTMENT CLUB**ARE YOU INTERESTED IN INVESTMENTS?**

The Alpha Investment Club comprising a number of HELIC members has been active for 20 years. Its members have not made their fortunes but neither have they lost their shirts. The passing of time has naturally reduced our numbers and we are looking for new members. We meet once per month in each other's houses to have enjoyable and social discussions about our portfolio and how to improve it or to make further investments . If you have any interest in joining please contact John Prior (email address in distributed copy of Newsletter) who will be pleased to tell you more about the Club.

22nd Annual General Meeting of HELC

To be held at 12:15 on 19th March 2020
at Homestead Court Hotel, Welwyn Garden City

Agenda – AGM Chairman: Peter Arrigoni

1. Approval of the minutes of the 21st Annual General meeting held on 21 March 2019
2. Chairman’s Report for the year 2019.
3. Hon. Treasurer’s Report and Approval of the Statement of Accounts for the financial year ending 31 December 2019.
4. Election of the Officers and Committee for the forthcoming year.
5. Appointment of the Independent Examiner of Accounts for year to 31 December 2020.
8. Any other business.

Note: Please advise the Secretary of any points you wish to raise in writing, no later than 7 days before the date of the meeting - i.e. by 12th March. Contact [Allan Goodfellow](#)

Documents:

1. Minutes of the 21st Annual General Meeting (page 8)
2. Chairman's Report for the year 2019-20 (page 9)
3. Annual Statement of Account for the Year to 31 December 2019 (pages 12 & 13)

COMMITTEE AND OFFICERS NOMINATION FORM

I, _____ wish to stand as a Committee Member / Chairman / Treasurer / Secretary for the Hertfordshire Engineers' Luncheon Club. (delete as appropriate).

Nominated by _____

Seconded by _____

Nominee's Signature _____ Date _____

**Please send to the Secretary no later than 15th March: Allan Goodfellow
Address in distributed copy of Newsletter**

Minutes of the 21st Annual general Meeting

The 21st Annual General Meeting of the Hertfordshire Engineers Luncheon Club was held on Thursday 21st March 2019 at 12.15 pm at the Homestead Court Hotel, Welwyn Garden City.

The meeting was opened by Ian Williamson who immediately asked members to elect Peter Arrigoni to be the President. This motion was approved unanimously by a show of hands.

Ian then asked members to elect en bloc Chris Dawes, Julian Usher-Smith, Paul Douglas and Mike Champion as Vice-Presidents. This motion was also approved unanimously by a show of hands.

Having concluded those preliminaries, Peter Arrigoni took the chair for the rest of the business.

1) Approval of the Minutes of the 20th Annual General Meeting held on Thursday 15th March 2018.

The minutes had been previously circulated with the calling notice of the AGM. There being no proposals for amendment of the minutes, the Chairman asked for the Minutes to be approved. The Minutes were approved unanimously by a show of hands.

2) Chairman's Report on the year 2018

The Chairman's report had been previously circulated in the March 2019 Edition of the HELCC Newsletter. A proposal to accept the report was made by Ian Williamson seconded by Allan Goodfellow, and approved unanimously by a show of hands.

3) Hon Treasurer's Report for the year ending 31st December 2018

The Treasurer David Bell had circulated the accounts previously and spoke briefly about the report. Ralph Rayner said he felt that the club's surplus of over £6,500 was too high. David stated that this had been discussed previously at Committee Meetings and was being gradually reduced as it has been this financial year compared with the previous year. The matter will be added to the Agenda for the next committee meeting.

There being no further questions the chairman asked members to approve the Treasurer's report and accounts. This was carried unanimously by a show of hands.

4) Election of Officers and the Committee for the forthcoming year

The following members were unanimously elected to the committee:-

John Hammond: Chairman:

David Bell: Treasurer

Allan Goodfellow: Secretary

5) Election of the Committee for the forthcoming year

The following members were elected en bloc to the committee:

Paul Smith, Roy Franklin, Ian Williamson, David Purser, Ian Reeve and Philip Moloy.

The chairman thanked Phil Moloy for volunteering to join the committee.

The nominations were proposed by John Hammond, seconded by Peter Arrigoni and approved nem con.

6) Appointment of Independent Examiner of the Accounts for the year to 31 Dec 2018

The chairman asked for two volunteers to take over this duty, previously carried out by himself and Chris Dawes.

8) Any other Business

None

Minutes recorded by Allan Goodfellow

Chairman's Report for 2019-20

It seems no time at all since our last HELIC AGM and becoming your Chairman but it has been a most enjoyable year and I look forward to every HELIC lunch and to our other activities as well. As a club, we are fortunate to have an enthusiastic and resourceful committee all of whom carry out their duties efficiently and with enthusiasm, so our annual programme runs very smoothly indeed. I am tremendously grateful to those HELIC members who, although not formally committee, also contribute their services to various club meetings and events. We are always interested to hear from members who may wish to volunteer their services and we were pleased to welcome Phil Molloy who joined the committee some months ago.

In the last year, we were sad to record the death of Joe Harrison, who for many years was in charge of our speaker programme, led walks and was generally a stalwart officer of the club. Later in the year we were sad to record the passing of Peter Bell and Roy Lester and most recently of Associate Member, May Hands. All will be missed.

At the last count, our membership stood at 102 Members and 10 Associates and during the year we were delighted to welcome six new members, Malcolm Cooke, Alan Conway, Peter Jenkins, David Stimpson, John Stead and Peter White, two of whom have already introduced our speakers at lunches and have joined us on HELIC Day Visits.

Our monthly lunches are popular and successful and Homestead Court Hotel continues to provide excellent fare and good service in pleasant surroundings. Paul Smith carries out the role of Lunch Secretary with great skill, patience and charm, liaising with Kaska and her staff to ensure that everything runs smoothly on the day and to ensure that special needs of all our members are met. Please send your lunch bookings to reach Paul in a timely manner so he does not have to deal with last minute bookings after he has submitted our HELIC order to HCH.

We have had interesting speakers throughout the year and as, we approached the 75th Anniversary of D-Day in 2019 and 75 years since the end of WWII this year, a number of our talks and visits have embraced the distinctly military theme of that era. Our thanks to Roy Franklin for researching and engaging speakers and also to some of our members for identifying possible speakers for future occasions. Please continue to do that.

The programme of Day Visits took off with renewed impetus as soon as Ian Williamson took on the role and also streamlined the application process, saving much effort and postage cost by asking members to make their booking and pay by electronic means where possible. Club members have enjoyed seven visits in the last few months and these have included Renewable Energy Resources, RAF Bentley Priory and Fighter Command Bunker, Uxbridge, the Carpetbagger Covert Air Museum, Royal Mail Postal Museum and Frogmore Paper Museum. Special mention must be made of the visit to Studio 434 where members enjoyed viewing 300 classic cars and sitting in some exotic vehicles that we could never have afforded! Ian has already commenced planning visits for the forthcoming year and all places on the first visit to Royal Opera House were sold out within 24 hours of posting the notice.

Once again, our thanks are due to Shirley and Peter Greatrex for their dedicated work organising Away Breaks by coach via Cannon Travel and a trip to Lincoln was enjoyed by members in late April – early May. Shirley and Peter have a similar trip planned to Canterbury for 26th – 30th April this year. Our thanks too to Ian Reeve and David Purser who thoroughly researched and planned an Autumn break to Bristol, Bath and Wells but, despite all their efforts, insufficient members signed up so the trip had to be cancelled. We will continue to listen to our members' ideas for away breaks so please communicate them to the organisers but also, please support these trips, as minimum numbers really are needed for the away breaks to be viable.

For those members who feel energetic and like a good walk in the fresh air, Vernon Clough and his band of Walks Leaders do a sterling job, organising interesting walks through the pathways and byways of our Hertfordshire countryside (and sometimes venturing into the neighbouring county). Members usually work up an appetite for a tasty pub lunch at the end of the walk and non-walkers are also welcome to attend the pub lunch. These walks are usually arranged on a monthly basis between March and November. Thanks to Vernon and his team.

The smooth running of our club owes much to the dedicated work of Secretary Allan Goodfellow who also prepares the informative bi-monthly Newsletter and to David Bell who looks after the dual role of Treasurer and Membership Secretary and our thanks are due to both of them for their diligent and accurate work. I am pleased to say that, thanks to David and Ian Williamson, our club managed the transition through GDPR and, that such minimal personal data that the club has to hold is securely managed by encryption. Some members have asked for a "Club Card" and cited other organisations that produce one, but HELIC cannot do this without the written permission of every member (and also similar permission of their spouse or partner, if also named) so it is not a realistic proposition. Members who wish to keep in touch with each other are therefore encouraged to exchange their contact details informally at lunches, if so desired.

Ian Williamson, in his last report as Chairman a year ago, introduced a closed E-Mail service (SendinBlue) which we have now used successfully for almost a year to send the Newsletter, Lunch Booking Forms, Day Trip Announcements and Booking Forms. This has hopefully reduced or stopped the spam E-Mails that members had received with earlier E-Mails. Ian also continues to produce the HELIC posters, pocket-size flyers and programme cards with details our forthcoming programmes. Please carry a spare one or two of these cards to give to prospective new members.

Finally, my thanks to all our members for their continuing interest and support for HELIC. It is your club and the more support that each of us individually gives to club lunches and events, the more we will enjoy the continuing success of HELIC.

Treasurer's Report

I refer you to the Balance and Income & Expenditure sheets in this March Newsletter. At the end of 2019 we had a lower bank balance compared with the end of 2018. This was largely planned as the Committee continued to feel that we were maintaining a larger balance than needed and should use some of it for the immediate benefit of the members. We make a small loss at each lunch and member's subscriptions help to defray that. Homestead Court have increased their lunch charge for 2020 and as a result we will be increasing our lunch cost by £1 from April making it £24. Day Visits are planned to break-even but any small profit contributes to club funds and in 2019 we made a small profit across all day visits of just over £100.

The 2019 accounts were examined and approved by Bill Morris and Ralph Rayner and I'm very grateful for them doing this.

David Bell
HELIC Treasurer

Membership Report

Membership has reduced during 2019. This is largely the result of the increasing average age of members and resulting health issues. It's pleasing that we have seen several new members join during the year. Quite a few members with health or diary conflicts are happy to remain as members even though they can't attend lunches or trips. The Newsletter keeps them in touch with others. At this time Member numbers are 102 plus 10 Associate Members.

David Bell
HELIC Membership Secretary

Balance Sheet at 31st December 2019

2018	Assets	2019
£		£
3536.22	Current Account	4161.94
4534.55	Deposit account	3543.08
8070.77	Total Assets	7705.02
	<u>Less Liabilities</u>	
1415.01	Advance Receipts: Subscriptions	1823.00
6655.76	Acc Fund (Assets less Liabilities)	5882.02

2018	Accumulated Fund	2019
£		£
10555.08	As at 1 st January 2019	6655.76
-3974.32	Plus excess income over expenditure for 2019	-773.74
6580.76	As at 31 st December 2019	5882.02

2018	Fixed assets - 20% pa depreciation	2019
-		-
232.96	LCD projector with tripod screen (August 2015)	186.37
62.46	Laptop computer (November 2015)	49.97

D J Bell, Hon. Treasurer

Hertfordshire Engineers Luncheon Club
Income and Expenditure Account for the 12 Months to 31st December 2019

2018 £	Income	2019 £	2018 £	Expenditure	2019 £
1840.00	Subs Advance Payments for 2020	2060.01	5239.91	Monthly Lunches	2245.76
0.00	Other income (donation, etc)	0.00		Administration:-	
-81.63	Day visit including Walk surplus	126.50	514.00	Admin/Misc	480.92
221.50	Away visit surplus (non-Canon)	-34.00	160.34	Insurance	168.12
			50.66	Newsletter	39.98
10.72	Current Account Interest (less tax)	6.76			
	Deposit Account Interest (less tax)	1.77			
			5964.91	Expenditure Total	2934.78
			-	Surplus income over expenditure	-773.74
			3974.32		
1990.59		2161.04	1990.59		2161.04

D J Bell - Hon. Treasurer

Independent Examiners Report to the Members of the Hertfordshire Engineers Luncheon Club

Taking into account the results of the examination performed, nothing has come to our attention that would lead us to believe that the attached Financial Statements do not show, in all material aspects, a true and fair view of the financial situation of the Hertfordshire Engineers Luncheon Club at 31st December 2019 and of the results of its operations, in accordance with generally accepted accounting principles and standards.

W Morris:

R. Rayner:

COMMITTEE MEMBERS

Committee Post	Name	Email Address	Phone No.
Chairman	John Hammond	Chairman@helc.org.uk John.Hammond@helc.org.uk	
Treasurer & Membership Secretary	David Bell	Treasurer@helc.org.uk Membership@helc.org.uk	0845 463 6645
Secretary & Newsletter Editor	Allan Goodfellow	Secretary@helc.org.uk Editor@helc.org.uk	
Day Visits Organiser & Webmaster	Ian Williamson	Visits@helc.org.uk Webmaster@helc.org.uk	
Lunches Secretary	Paul Smith	Lunches@helc.org.uk	0845 467 9983
Speaker Secretary	Roy Franklin	SpkrSecretary@helc.org.uk	
Joint Away Breaks Organiser	David Purser	AwayBreaks@helc.org.uk	
Joint Away Breaks Organiser	Ian Reeve	Ian.Reeve@helc.org.uk	
	Phillip Molloy	Phillip.Molloy@helc.org.uk	
Ex-Officio Members			
President	Peter Arrigoni	Peter.Arrigoni@helc.org.uk	
Vice-President	Julian Usher-Smith	Julian.Usher-Smith@helc.org.uk	
Vice-President	Paul Douglas	Paul.Douglas@helc.org.uk	
Vice-President	Mike Champion	Mike.Champion@helc.org.uk	
Vice-President	Chris Dawes	Chris.Dawes@helc.org.uk	
Non-Committee			
Walks Secretary	Vernon Clough	Walks@helc.org.uk	
Away Visit Secretaries	Shirley Greatrex	PS.Greatrex@helc.org.uk	
Honorary Member	Eric Riches	Eric.Riches@helc.org.uk	

SAFETY, INSURANCE AND PAYMENTS 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. Any payment made by a Member for participation in an Event or Visit organised for Members by a Contractor is subject to the Terms of Business of that Contractor and any of his sub-contractors. It is for the Member to ensure his acceptance of their Terms of Business.

LUNCHEON BOOKING FORMS

Lunches must be booked in advance, by posting the form(s) below. Please complete each form and send it with a cheque (**£24 per person**) to Paul Smith to arrive before **Friday 10th April** or **8th May** as appropriate. Cheques should be made payable to "HELC". Subsequent cancellation will be accepted up until 4 p.m. on the above dates. To cancel either month, ring Paul on 0845 4679983. If there is no reply, leave a message or email including your name, telephone number and how many places you are cancelling. Voicemail and email 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.

IF ANY ITEM ON THE MENU DOES NOT SUIT YOUR DIETARY NEEDS, PLEASE DISCUSS WITH PAUL SMITH.

Please complete the forms and post it to: **HELC Lunch, c/o Paul Smith, Potal address**

in distributed copy of Newsletter. Telephone **0845 467 9983** Email: lunches@helc.org.uk



Number of Lunches

BOOKING FORM FOR 14th MAY 2020

	Number of Standard Courses	This month's menu		Number of Alternatives
Starter	<input style="width: 30px; height: 20px;" type="text"/>	Cream of Tomato & Basil Soup	Melon	<input style="width: 30px; height: 20px;" type="text"/>
Main	<input style="width: 30px; height: 20px;" type="text"/>	Roast Loin of Pork with Apple Sauce & Brandy white wine sauce. Roast Potatoes, Saute Courgette with Fennel; Broccoli	Salmon	<input style="width: 30px; height: 20px;" type="text"/>
Dessert	<input style="width: 30px; height: 20px;" type="text"/>	Cherry Pie with Custard ; Coffee & Mints	Fruit Salad OR	<input style="width: 30px; height: 20px;" type="text"/>
			Cheese	<input style="width: 30px; height: 20px;" type="text"/>
Name (Member)		Name (Guest)		
Special Requirements / Helpful Info.				



Number of Lunches

BOOKING FORM FOR 16th APRIL 2020

	Number of Standard Courses	This month's menu		Number of Alternatives
Starter	<input style="width: 30px; height: 20px;" type="text"/>	Slow cooked Chicken & Duck Terrine with Tomato, Sweetcorn & Coriander Salsa	Melon	<input style="width: 30px; height: 20px;" type="text"/>
Main	<input style="width: 30px; height: 20px;" type="text"/>	Beef, Mushroom & Stilton Pie topped with crispy pastry lid, Fried Diced Potatoes, Carrot & Swede Mash, Green Beans	Salmon	<input style="width: 30px; height: 20px;" type="text"/>
Dessert	<input style="width: 30px; height: 20px;" type="text"/>	Blackcurrant Cheesecake; Coffee & Mints	Fruit Salad OR	<input style="width: 30px; height: 20px;" type="text"/>
			Cheese	<input style="width: 30px; height: 20px;" type="text"/>
Name (Member)		Name (Guest)		
Special Requirements / Helpful Info.				