

## President's Christmas message

What a difference a year makes! I will restrain myself from using the cliches that abound at the moment which underline the uniqueness of our situation.

However, never in our wildest dreams would any of us have imagined last year that this Christmas would be so different with its many restrictions, loss of carol services and other traditional festivities and, sadly for some, the absence of loved ones.

However, these circumstances do make us look at Christmas in a renewed way, for while the things around us may be strange and unfamiliar, the importance of all that we are celebrating becomes all the more into focus.

Christmas is the celebration of the light of God's love coming to shine in the darkness; Christmas is the celebration of hope of a glorious future yet to come arriving in the form of the Christ child.

Christmas is the celebration of the coming into our messy and suffering world of The Wonderful Counsellor, Mighty God, Everlasting Father, Prince of peace at a time when we all need to know the comfort and encouragement that only He can bring.

Yes, it is sad and painful to know that we will not experience Christmas as we have done in the past, but these are the fundamental things of Christmas which we need to hold on to, the truths which

sustain us and give us (and the rest of the world when it pauses to listen!) the confidence of knowing that we are not alone, that we are accompanied by the power and grace of God in all that we face now and in the future.

My prayer for each one of us is that, as we remember the birth of Jesus, we remember not just the darkness of the night but the also the light of the angels penetrating that darkness with the wonder and glory of God as they brought the message *'Glory to God in the highest and on earth, peace to all people on whom his favour rests'*

May you have a Peaceful and Blessed Christmas and a Happy and Healthy New Year

Graham Clarke

**PRESIDENT** : Graham Clarke  
The Manse, 4 Sherwood Ave, St Albans, Herts AL4 9QL  
T 01727 857786  
E: [Julia-graham@talk21.com](mailto:Julia-graham@talk21.com)

**SECRETARY**: Vic Hills  
5 Kernham Drive, Tilehurst, Reading, RG31 6GB  
T: 07974 683627  
E: [vic\\_hills@yahoo.co.uk](mailto:vic_hills@yahoo.co.uk) (underscore between Vic & Hills)

**TREASURER**: Andrew Jenkins  
33 Amesbury Road, Penylan, Cardiff, CF23 5DW  
T: 029 2031 7153  
E: [a.jenkins@ntlworld.com](mailto:a.jenkins@ntlworld.com)

**NEWSLETTER EDITOR & WEBSITE DESIGNER**:  
David H Smith  
Chyreene Warra, Rosehill, Marazion, TR17 0HB  
T 01736 719432  
E: [ses.dhs@hotmail.co.uk](mailto:ses.dhs@hotmail.co.uk)  
Website address:- [www.yretired.co.uk](http://www.yretired.co.uk)

**SCOTLAND Y'S RETIRED REP**:- Keith Rennie  
78 Dundee Rd, Broughty Ferry, Dundee DD5 1DW  
T: 01382 774092  
E: [keith@beechhedges.com](mailto:keith@beechhedges.com)

**SECOUR SPECIAUX**:- John Naylor  
Orchard House, 25b Cramond Glebe Rd, Edinburgh, EH6 6NT  
T: 0131 312 8956  
E: [Cjohn.naylor@blueyonder.co.uk](mailto:Cjohn.naylor@blueyonder.co.uk)

## MEMBERS CORRESPONDENCE

Hello David and Sue!

Neil and Gaye Sjoberg on holiday in Cornwall here, no longer in Marazion (our Gaza UNRWA friends sold their house there), so now back in Parkdean, Kennack Sands and golfing at Mullion as ever.

Really enjoyed the last newsletter. It was wonderful to see my best boss Reg looking so well! Also so much about YAW (Youth At Work)

We changed the name from Youth in Industry after I took over from Len Wigg (where is he now?) in Hampshire and later started the London YAW with Ken Alison in Reg's Walthamstow office.

Hope all is well with you both. I have managed to play golf the last three days but very, very windy!

lots of love

**Neil and Gaye (Sjoberg)**

Dear David and Sue,

What an achievement, the largest Newsletter yet! I tried to read as I copied but had to give in, print off and retire to a comfortable chair with a copious cup of tea and relax for two hours!

Well done to you both! May have to come back once I have read.

Warm regards,  
**Jim (Lamb)**

Another outstanding Newsletter David - thank you so much. I've actually just absorbed it, whilst looking out over Bassenthwaite Lake in the Lake District. The setting helps to make your masterpiece even more inspirational!! You might gather we are on holiday here and trying very hard to observe social distancing - I keep forgetting my mask - damn it!

Very best wishes to you and Sue.  
**Roger (Hunt)**

Thank you David! As always it is an excellent issue! I am very glad to learn that Reg Wake celebrated his 100 years! Amazing. May the good Lord continue keeping him healthy. Cheers,  
**Jerry Prado-Shaw**

Thankfully we have kept free of the virus. Ruth is still with us since she fractured her femur in March but is now at last making progress. Still needs her elbow crutches.

For the first time ever, we had to cancel our planned visit to the Province. We were one of many whose holiday plans were disrupted. Can't say we have been too irked by the restrictions. We have been kept in touch with church by zoom and skype and have done some pastoral visits suitably masked and so pleased to be able to resume church attendance latterly under the latest guidance.

Our love to you both  
**Mervyn and Beryl (Moorehead)**

Dear Rupert (George),

I received your email through David Smith, which was reported in the November 2020 newsletter. I have known the name Frank C Brown and Tirupattur from my early teens. I remember that the board of Dundee YMCA sent money to Frank each year. I think that the Dundee YMCA General Secretary Leslie Lewthwaite told a group of us at the Bible class about Frank.

Also, in my stamp album I have rather two tatty envelopes with India stamps and addressed to Dundee YMCA from the Christian Youth Centre Tirpattur presumably a thank you for the donation. It is interesting that the Christian Youth Centre had St John Ambulance Association in part of the address. Is St John Ambulance still involved with the Christian Youth Centre? I am a member of St John Scotland and would be interested to hear if St John Ambulance is still operating in Tirpattur. I have emailed the Y's retired Scottish Group to find out if any of the group remember Frank C Brown and the support that Scottish YMCA's gave to Frank. I will let you know the result.

I am pleased to be sharing with John Newton and yourself by raising my glass to the late Frank C Brown on the date of his birthday.

Kind Regards. Stay safe.

**Keith (Rennie)**

Dear David

Did very much enjoy your newsletter and appreciate the effort involved. We do so like hearing news of old friends, even if they have departed and shed this mortal coil to put on the immortal.

We are continuing to be blessed and I hope are a blessing. We have been well supplied with zoom and skype, and converse with our son in Woolton and especially with our church.

Sadly, the little Woodford chapel is threatened with closure as Covid has more or less finished it financially. However spiritually there is a body of prayers who ensure that whatever happens, we will be led by The Spirit.

Meantime we have been attending the larger church in the neighbouring village of Plympton.

It really is worth looking up [www.Ridgewaymethodistchurch](http://www.Ridgewaymethodistchurch) and listening to the Rev Darren Middleton and his team, especially Dave Wood and Guy Airton, the youth leaders.

We, Mervyn and I, feature in a couple of episodes of the latter 'Gift unwrapped' which was formed after the departure of our Messy church. We also inspired one of Darren's midweek talks on resilience. It went out to more than a thousand people and was spread abroad.

Darren does these weekly 'shed talks' as well as the newly resumed Sunday service. Yesterday he held an interview Michael Parkinson style with Sir Gary Streeter our local MP. So, all for now.

God bless

**Beryl and Mervyn (Moorehead)**

## HMS BRUISER



### From Reg's book entitled "A Journey, Wake's Progress"

Depicting brilliantly as it does, the early years of his youth - and with the grateful use of Google and Wikipedia we all can follow some of that inspiring journey. Through your personal computer or Ipad, you can look up the variety of warships on which Petty Officer Wake served. Take time out to look up each vessel mentioned and where they were stationed in Europe during the 2<sup>nd</sup> World War years. There's lots to discover.

Reg writes, "If, at the age of fifteen, I had been half an inch taller at 5'1" I would have been accepted for training in HMS "St Vincent" at Portsmouth and subsequently a life in the Royal Navy."

Reg went to sea with the P&O Company in 1937 aged seventeen, aboard RMS MOOLTAN. War was declared as RMS Mooltan arrived in Tilbury from Australia on 3<sup>rd</sup> September 1939.

"I was by far the youngest in the Mess, the majority carried three 'Good Conduct' badges denoting some twenty one years of undetected crime. All were fond of 'Nelson's Blood' and the issue of a tot of rum (eight of a pint) each day was central to the social life of the Mess. I took mine for purely medicinal purposes - that's my story anyway.

The role of Armed Merchant Cruisers such as the Mooltan was to defend convoys from surface raider attack and/or to take out blockade runners. For most of 1940 Mooltan plied, usually at about 10 knots (geared to the slowest ship in the convoy) from Freetown to a point off Ushant, there to hand over the convoy to more agile escorts before picking up another convoy southbound.

Mooltan's usual position was in the central column, ready to break out to confront any raider (of which, in the South Atlantic there were a number). Just south of Ushant a Fokke Wulf Condor off loaded a stick of bombs nearby. Thankfully without fatalities, damage was such that the ship could limp to Birkenhead for numerous patches then onto Tyneside for more major repairs. It was then that the "draft chit" arrived ordering me to report to HMS QUEEN EMMA in Belfast, just before Christmas 1940, having been with Mooltan for four years.

The advanced ships party had left for leave until the New Year, so it was that I arrived at 24 Irwin Avenue to be received by a Mrs Smith and daughter Edna.

The family were used to sailor men, fellow boarders were also destined for HMS Emma and for sister ship HMS Beatrix. It was at this point that Granny Smith came into her own as matchmaker.

I was instructed to phone a Miss Peggy Stewart. With no great enthusiasm I obeyed orders and sensed that with equal lack of enthusiasm, the young lady agreed to rendezvous with the rest of us in the cinema foyer at a given time. And so we met!

A slim figure in raincoat and pixie hood joined the waiting group - a little late be it said - and after the briefest of introductions, we all fumbled our way to seats in the darkened auditorium. Apart from the odd glance whenever dimmed light allowed it was not until after the show at Whitehall Café over supper, that we had opportunity to see each other and to talk. I cannot recall that 'The earth shook' but at all events the encounter was pleasant enough and I walked the young lady home and after a 'gentlemanly' word of thanks for a pleasant evening and an equally polite 'Goodnight' we agreed to meet again and so we did! Indeed, we did meet again the concept of a blind date in the blackout passed into family lore!

Queen Emma's preparations continued. The ship's intended role soon became clear. She was a fine looking vessel with sleek and speed promising lines. Special davits provided stowage for a variety of assault landing craft; troop decks for resident Commando force; and a reasonable outfit of AA guns plus two twelve pounders. Both Queen Emma and Princess Beatrix were built for the Dutch Company "Zeeland" to serve the Harwich/Flushing ferry route. The Dutch engine room crews had come with them and remained on turnover to the RN.

We sailed to the Clyde and exercises with troops soon followed, loading and unloading landing craft day and night. Towards the end of Feb 1941 we sailed northward in company with Princess Beatrix and a destroyer force.

On March 4<sup>th</sup> 1941 we landed No 9 Commando at Svolvær in the Lofoten Islands. After a hectic day of noise, demolition of shore installations, factories and shipping, we returned unscathed to Greenock complete with some 500 young Norwegian volunteers, German prisoners and some so called "Quislings."

The Press made great play on this first substantial raid on German held territory. We felt quite chuffed to have been part of it. Brief period of leave followed when relationships in Belfast blossomed.

Leaving the Clyde for another spell of exercises at Inveraray, there followed a short sojourn on the South Coast and a small raid on the French Coast near Bruneval to 'acquire' some German technical equipment in which the RAF had an interest. The event succeeded without must trouble and our landing craft returned safely to "mother."

Then back to the South coast via Portsmouth and onto Falmouth. Here a number of canvas screens, false funnel and deck cargo to hide our guns and landing craft were arranged. Under cover of darkness, we sailed under the "red duster" as a fairly plausible looking cargo ship.

**Next group of extracts includes a wedding and the Queen Emma sailing to "foreign parts" and the role of HMS Bruiser photographed above - (Editor)**

## Causes of: MENTAL CONFUSION IN THE THIRD AGE

By: Arnaldo Liechtenstein, physician.

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question:

What are the causes of mental confusion in the elderly?

Some offer: "Tumors in the head". I answer: No!

Others suggest: "Early symptoms of Alzheimer's". I answer again: No!

With each rejection of their answers, their responses dry up. And they are even more open-mouthed when I list the three most common causes:

- uncontrolled diabetes;
- urinary infection;
- dehydration

It may sound like a joke, but it isn't. People over 60 constantly stop feeling thirsty and consequently stop drinking fluids. When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death. This habit of forgetting to drink fluids begins at age 60 when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural ageing process.

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

\*Conclusion:\* People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body. Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1) \*Get into the habit of drinking liquids\*. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; Orange and tangerine also work, as well as cucumbers.

**\*The important thing is that every two hours, you must drink some liquid. Remember this!\***

2) Alert for family members: constantly offer fluids to people over 60. At the same time, observe them. If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Arnaldo Liechtenstein (46), a physician, is a general practitioner at Hospital das Clínicas and a collaborating professor in the Department of Clinical Medicine at the Faculty of Medicine of the University of São Paulo (USP). Your friends and family need to know for themselves and help you to be healthier and happier.

It's good to share!

**\*For people over 60\* (Note, he doesn't include Whisky or Beer!)**

Dear David,

I have continued to enjoy reading the newsletters I have received from you since Kathleen (Akrill) died in February this year. I think you all do a fantastic job of producing an interesting newsletter and keeping your members connected and this is so vital in these difficult pandemic times.

Through the newsletters, before and after Kathleen died, I can understand why she continued to be involved in YMCA affairs after she retired and the affection she had for those members whom she knew. I hope you will continue this good work for your members but feel the time has come for me to request that you retire me from your list. I wish you all well,

Kind regards  
**Pamela (Gelder)**

## MESSAGE FROM OUR TREASURER



**DEIRDRE AND ANDREW JENKINS**

Dear All

This is to let you know that I've just arranged for this year's Y's Retired international payment for Secours Speciaux to the World Alliance of YMCAs. The total we collected this year was £1,190 and as usual there's the £200 added from the budget.

This will in fact be the second annual payment to Secours Speciaux in this current year's accounts as I left it all a bit late last year and the payment didn't go through until January this year.

I trust you are all well and surviving the restrictions and constraints of 2020. I'm looking forward to being able to move outside of the Cardiff boundary for the first time in over six weeks tomorrow. Birdwatching in the Newport wetlands!

Best wishes  
**Andrew (Jenkins)**

## A PRAYER FOR OUR TIME

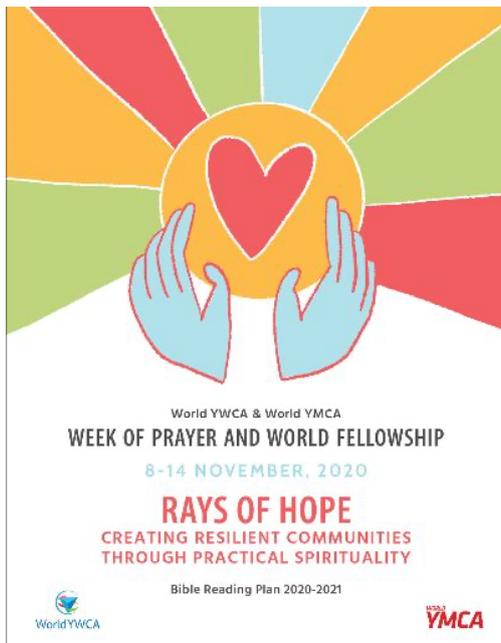
*Loving Father, would you draw near to all those who are grieving, and all those with poor physical and mental ill-health today.*

*Would you comfort them in their suffering, so that they may know your peace and love.*

*Would you give them your strength to face the day, and a deep sense of hope for the future.*

*May they know that they are not alone in their suffering, but that you walk alongside them. AMEN*

## World YMCA/YWCA Week of Prayer



Since 1904, the World YMCA and the World YWCA have traditionally come together to deliver the World Week of Prayer and World Fellowship. Celebrated each year in the second week of November, the Week sees both organisations joining forces to produce a booklet with a theme, a set of Bible studies for each day, and an annual Bible reading plan so that communities around the world can unite in prayer for a specific cause linked to current realities.

This year, the Covid-19 pandemic has changed our world immeasurably. It has exposed unjust structural systems and demonstrated how a global emergency affects lives disproportionately, especially the lives which are more vulnerable to inequalities. We are therefore called upon to reflect on all the good things in our lives and challenged to take action to rebuild a world that promotes justice, love and peace in our communities and beyond.

The pandemic has also come with new opportunities for personal and spiritual growth. It has shed light and helped us see what is truly essential in our lives, how can we rediscover ourselves and how can we best invest our time spreading kindness and supporting those in need, including investing in our own mental and physical health.

This year, the World YMCA and World YWCA Week of Prayer and World Fellowship is an invitation to journey together under the theme:

### **Rays of hope: creating resilient communities through practical spirituality.**

Download the booklet and take part in a global community of prayer from 8-14 November, 2020!

[World-Week-of-Prayer-Booklet-English](#)

[World-Week-of-Prayer-Booklet-Spanish](#)

[World-Week-of-Prayer-Booklet-French](#)

[Visit our Webpage on the World Week of Prayer](#)

For further information, contact [adi@ymca.int](mailto:adi@ymca.int)



### **WELCOME TO PAUL SMILLIE**

We very much welcome into the Y's Retired of UK membership, Paul Smillie, who has 43 years of dedicated full-time YMCA work under his belt.

Paul's YMCA appointments have included:-

- 1971 – 1976: Member, Board Member and Honorary Secretary – Renfrew YMCA
- Sept 1976 – Sept 1977: Trainee Secretary – Huddersfield YMCA
- Sept 1977 – June 1980: Part-Time Youth Worker – Paisley YMCA - whilst Studying Youth And Community Work at Jordanhill College (now part of Strathclyde University).
- June 1980 – Oct 1983: Youth And Community Worker – Leeds YMCA
- Oct 1983 – Oct 1989: General Secretary – Bellshill and Mossend YMCA.
- Nov 1989 – 1997: Research & Development Worker Then CEO – Mendip YMCA (formerly Wells & District YMCA)
- 1997 – 1999: half-time CEO – Mendip YMCA and half time Regional Development Office – YMCA England (Western Region)
- 1999 – 2019: Various Roles within YMCA England including Regional Development Officer For The South West, Legal and Governance Director and latterly Company Secretary – YMCA England & Wales, including subsidiaries and the YMCA Pension And Assurance Plan.
- 1<sup>st</sup> May 2019: officially retired.

### **Other appointments / responsibilities**

#### **Paul has been involved with**

- Past President of APS (1998-1999)
- YMCA England & Wales Appointed representative on the YMCA Kosovo Field Group (2013-2018)
- Former chair of the APS International Exchange Programme
- Former member of The YMCA Europe Resource Team.
- Winner Of The Institute of Chartered Secretaries and Administrators In The UK of the Company Secretary of the year for the not for profit and health sector – 2012.
- Current Advisor to the YMCA Pension and Assurance Plan.
- Current Chair Of YMCA Europe's Movement Strengthening Committee
- Current Advisor to the World Alliance Of YMCAs Governance Committee
- Current member of The United Reformed Church's National Safeguarding Advisory Group.
- Current voluntary Line Manager of The United Reformed Church's Safeguarding Officer for the South Western Synod.

Hello David,  
May I first say a big thank you for your great work in producing the newsletter and for including me when my subscription didn't materialise from the bank!

I find it incredibly warming reading from and about colleagues I have known for many years. Then, of course, the sadness in reading of those who have left this earth before me.

I usually write something for our parish magazine - this can vary from an announcement about a prayer group to a meditative thought on a subject or an anecdote from personal experience. I'm attaching my contribution for the Christmas edition which you may or not find useful. I'm sure every reader will have a Christmas memory to share which would keep the Newsletter going for many Christmases!

Whatever, I trust you and Sue are both well and as far as possible in these strange times enjoy a positive and safe time as we approach Christmas.

Sincere good wishes. **John (Berry)**



### **An International Christmas in the UK**

It is one week to Christmas Day. I am in my office in the YMCA in the Midlands, which has a hostel with one hundred and twenty residents. Forty-three residents will remain in the hostel over Christmas representing eighteen nationalities spread from Europe through the Middle East to the Far East.

There is a knock at my office door and the cook comes in to inform she will not be working Christmas Day! She will prepare everything beforehand and go through the details with me in the meantime. I quietly and calmly thank her, it is obvious from her demeanour it had taken a lot of effort for her to see me. A few minutes later my Secretary arrives to offer her help on Christmas Day on condition her husband and children join us. It would seem from the conversation the whole building knew of the cook's decision before I did! Her gracious offer is gracefully accepted

All the residents staying over Christmas had been invited to join the Christmas Eve Midnight Mass in St. Marks church. The vicar was well known to the residents and he had invited a number to participate in the service – the Muslims (mostly Arabs) took the collection! Christmas Day there would be a 'traditional' Christmas Dinner with turkey, Christmas pudding etc and a vegetarian option. Residents were invited to wear Traditional National dress where appropriate and a few words of how Christmas would be marked in other countries were invited.

Christmas Eve almost everybody went to church. Christmas morning my colleague arrived, I had cooked the turkeys overnight. I asked her to make the white sauce for the pudding but to use two pans as one must not contain alcohol. It transpired the good lady hadn't made white sauce before, so I called instructions as I carried on with dissecting the turkeys. When she was concerned it was becoming too thick how should it be thinned. I suggested more brandy – I'm not saying how many bottles were used and to this day I don't know what she did to other second pan.

The meal went well, and was colourful with national dress, conversation flowed easily, crackers were pulled, paper hats were worn (the Brits were proving their eccentricity!). Lights were extinguished when the Plum Pudding was fired and carried into lots of 'oooohs,' It was explained there was white sauce and certain recognisable sauce boats did not contain alcohol. All the pudding was consumed, not one non-alcoholic sauce boat was touched!

### **It was a very happy Christmas for all!**

John's YMCA work took him to Jamaica and Belfast each for three years and carried out short term consultancies in Hong Kong and parts of Europe. The international and interdenominational aspect of the YMCA has been his particular interest.

He opened a new hostel for destitute teenagers in Norwich. Next was the post of General Secretary at Shankill Road YMCA in Belfast.

He arrived in Porthcawl in 1983 to re-open the YMCA, bringing the international movement with him. After serving Porthcawl YMCA for seven years as Gen Sec he went to serve as assistant National Secretary to the YMCAs of Wales. He was secretary of Churches Together in Porthcawl for 14 years and President for two years. Whilst supporting young gay people against the homophobia of the Christian Church he joined Stonewall and LGCM (Lesbian Gay Christian Movement) and for four years was a national director of LGCM. For six years (1999 – 2005) he was chapel organist and a Prison Visitor at Parc Prison Bridgend, which finished when he had a minor stroke in 2005.

- Porthcawl YMCA made John an Honorary Life Member in 1990 and he has been the president of Porthcawl YMCA since 1995.
- Churches Together in Porthcawl made him an honorary life vice president in 1994.
- Porthcawl Rotary Club presented John with a Paul Harris Fellowship in 2008 on behalf of Rotary International. John concluded: "I am delighted at being a resident of Porthcawl and hope I've made some contribution to the community"

John was awarded the British Empire Medal in June 2018 for "working with young people in the UK and abroad. John was 84 earlier this year and is still involved in the Porthcawl YMCA – in fact, this year will be his 62nd anniversary of his involvement with the YMCA. He was born in Lancashire and has lived in Porthcawl since 1983.

## Condolences for Reg Wake

Dear friends –  
it is with sad news, and yet with joy of a life well lived, that Vic Hills, our Y's Retired Secretary has informed me this morning, that our dear friend and colleague Reg Wake, having reach his 100th birthday this year, passed away peacefully yesterday morning.

A life richly lived and dedicated to a Movement he loved.

We still live in Covid19 times therefore the cremation with be of a small family group, but there will be a service of Thanksgiving and Celebration of Reg's Life sometime in the Spring - the date and time will be announced in due course.

Finally, to say that when Reg left the house, he took his favourite pipe with him.

May he rest in peace and rise in Glory -

Cards of condolences can be sent to Colin, Liz and Jane

c/o  
8 CHAFFERS MEAD, ASHTEAD, SURREY, KT21 1NG

### David (Editor)

Such sad news David, but the sadness is far outweighed by the wonderful life Reg led and the positive impact he had on so many of us. His memory will impact on my thoughts during the coming days.  
With best wishes,

### Roger (Hunt)

Dear everyone  
We all share together in the sadness that comes from the passing of a friend colleague like Reg. The universal expression of admiration for him says it all. Although not great in stature he was a giant among us all in his commitment, dedication, and faith. Our lives and the lives of countless others are better for his presence and influence.  
Although saddened, we rejoice that he is welcomed into the Father's arms no doubt with the words 'Well done true and faithful servant'

### Graham (Clarke)

Dear David,  
I am deeply saddened by the death of Reg Wake and can but at this moment consider the immense influence he has been on countless lives both young and old.

Certainly, his professional approach to working with the YMCA in such a wide scope of different environments is legend and will go down in the annals of YMCA history.

He was truly a Christian gentleman who throughout his life gave service above self-gaining the respect of all whatever their social standing.

I am personally thankful to have known Reg as a friend and colleague of distinction not least through the years of serving together through the Y's Retired of the UK.

Warm regards, **Jim (Lamb)**

Dear Retirees

Like all colleagues, I deeply mourn Reg's passing – one of the great servants of the Movement and a profound influence on me throughout my life.

I first remember him at Lakeside when I was younger than 10 but got to know him at the 1955 Centennial Boys Camp, celebrating 100 year birthday of the World Alliance. It was a mind blowing first international camp experience for me.

I opted for campcraft led by Reg. He taught me all I know about square lashing but above all I met a warm caring person deeply interested in the development of young people and a great support in this challenging environment.

During my teenage years, I was a regular at the YMCA Leaders Training Week at Lakeside under Reg's leadership.

It was here that my love of Lakeside developed, so that one of my aspirations was to follow Reg and lead Lakeside. Imitation is the sincerest form of flattery!

Not surprisingly my first paid YMCA job was Director of Lakeside, a wonderful privilege. Thank you Reg.

When I became Deputy and then National Secretary, who was there? Reg, as stalwart trusted Personnel Secretary. Once more he was a great support and wise counsellor.

It seems strange to think he is no longer with us. However, as many have said it was a life well lived, an example to us all.

Reg, RIP with the Lord.  
**John (Naylor)**

Dear David  
So very sad to hear this. Reg appointed me to my first YMCA post with the Youth at Work Service in Jan 1979, when I think his title was Head of Education and Programme at National Council.

Such a lovely man and as you say a life lived with total commitment to God .... and the YMCA. I have many happy memories of him and his pipe!

May he rest in peace.

### Mary (McGinty)

Thank you, for the sad but life well lived news regarding Reg. There is a saying in Arab culture I learned during my final watch in Jerusalem: "It was his time."

This is the most important purpose for retiree fellowships in my mind: to remember those whose time has come who served and lived well from among those who remain standing.

David ... be well.

### Norris (D. Lineweaver)

**Norris D. Lineweaver**  
**Immediate Past President**  
**World Fellowship of YMCA Retirees**

## **PASSING OF COLIN DERRY**

Dear David

I have to tell you more sad news. My husband Colin Derry aged 85, died peacefully in his sleep on Nov 13<sup>th</sup>. Three years ago, he was diagnosed with dementia and for the past two years he has been lovingly cared for in a nursing home. As you say in these strange times funeral arrangements are restricted but we will try to celebrate his long and happy life

Yours sincerely

**Pat (Derry)**

Dear David,

Sad to learn of Colin's demise. He was a colleague little known in the YMCA Movement but was well respected in the North of England.

He was outstanding as the General Secretary of Southport YMCA. I had occasional meetings with him at the YMCA on the occasions I visited my brother Clifford who lives in Southport.

Warm regards to both you and Sue,

**Jim (Lamb)**

Dear David,

Thank you most kindly for your recent letters about the deaths of Colin Derry and Reg Wake. You carry out a highly valued and significant service to us all in bringing these key notifications to our attention. They are always very moving and impressive.

When I was Assistant Secretary in Huddersfield YMCA (1961-1965) Colin Derry was a part time youth worker in our Central Boys Club (in Lord Street, Huddersfield). My responsibilities at that time included oversight of the work in the four, quite large, Boys Clubs.

Central Boys Club at the time had quite a large membership, with a part time staff appointed and paid for by the local authority. Colin was a reliable and safe pair of hands and a superb organiser and manager.

I have not seen him since those days, and we were not in correspondence, but I learned he had become full-time in the YMCA and moved to Southport a good few years ago. When I was in Huddersfield, amongst his leadership skills, he acted for me as a comprehensive guide to the challenges of the delicious Huddersfield dialect!!

Once again, many thanks for your kindness in keeping us informed about our friends and past workmates.

Warmest regards and good wishes

**Ted (Milburn)**

Dear David and Sue

Thank you for alerting us to the passing of Reg Wake  
Such a grand and likeable old gentleman  
Hope you are well. We continue to be in reasonable health  
thank the Lord  
Bless you

**Beryl and Mervyn (Moorehead)**

Dear David,

Thank you for notifying me about Reg Wake's passing. I was sorry to hear it. You said it well - a life richly lived and dedicated to the YMCA. Nice that he made it to 100!

I first met Reg when he and I were involved in the International Camper Exchange Program. We met at planning conferences and I visited the camp he ran.

He was wise then and later he contributed his wisdom to Secours Speciaux, the WAY Emergency Assistance Fund committee.

Even after he retired from the committee, I sought his advice and historical memory. I will miss him.

I am sharing your email with the current and former members of the committee.

Best wishes, **Bonnie Mairs**

**Alice L."Bonnie" Mairs**  
**315 W 100 St. Apt. B**  
**New York, NY 10025**  
**Cell 646 770 5106**

Thanks very much Jim and David for your mails informing the sad demise of our Reg Wake. Like hundreds, Beulah and I have fond memories of Reg. The last occasion we met him was at the Cambridge Reunion.

I have informed the IFYR members, who like us all would like to thank God for all Reg meant to us, the Movement and the wider community. May the Almighty now take care of him and comfort the family he has left behind.

Kind regards from Beulah and I

**Rupert (George)**

Dear David

In this part of the world a Centenarian's home call is jubilantly celebrated As a student at the YMCA National College in London in 1965/66 I do recall that Reg as he was called lectured us and he was a favourite of many of us especially the foreign students

Three of us were from Africa Nigeria Kenya and S Rhodesia now Zimbabwe A Jamaican completed the quartet May his soul rest in peace

**Cornelius T Olaomo (rtd)**  
**Nigeria YMCA**

## **STARTING IMMUNISATION WITH A VACCINE NEXT WEEK**

*Loving Father, we are so grateful for all our healthcare and other key workers, for their invaluable service to us all.*

*As we pray for them today, we ask that they may know Your love and peace as they serve others.*

*That they may know Your joy in the face of suffering, and that they may know Your hope for the future.*

*We also give thanks for all the scientists and medical experts involved in finding the coronavirus vaccine.*

*We thank God for their dedication, perseverance and service. Amen*

## FURTHER TRIBUTES TO REG WAKE



**DAVID BEDFORD**

**still looking like a very young man!!**

Dear David,

It was with great sadness that I received the news of Reg's passing.

For three years in the early 1980s Reg was in the office next to mine at the National Council's Headquarters in Walthamstow. Roy Weaver and Ron Harkness were on the same corridor and Gordon Wickens was a few yards away - what rejoicing there has been in Heaven when Roy, Ron and Gordon saw Reg coming through the gates!

Reg was always such a great encourager. I remember that his was one of the first cheques I ever received towards the work of "Y Care International" work and then, in a great act of encouragement, he invited me to address his Rotary Club to share the vision of this emerging organisation - one of the first talks I had ever given on Y Care.

As a very young man(!) I used to sit in his office and listen to his stories about the YMCA - it was little wonder that I fell in love with the YMCA then.

Latterly, I had the privilege of sitting next to Reg at three consecutive Cambridge Y's Retired reunions. In his 99th year he still told me about his belief in the autonomy of local YMCAs and his commitment to the YMCA as a membership movement.

He told me about how in the fifties he had set up the Youth Service in Northern Rhodesia (Zambia) at the personal invitation of President Kenneth Kaunda - a sign of his great humility that I had never heard that story before.

With Reg's passing we have lost one of the great men of the YMCA, someone I will always be indebted to for his kindness, and encouragement and for teaching me so much about God's great gift of the YMCA.

**David (Bedford)**

Hello David

What sad news-thank you for telling me. Reg was the best boss I ever had; always encouraging and always funny. He was famous with Tony Miles and I for his expression "Belay that" and Tony and I would laughingly slip that into our conversations a little poke at Reg (which of course he never minded). He ran the training for the YMCA College when we first visited Windermere in 1971.

He told me once of patrolling a concrete groin somewhere in Kent with another sailor when a German plane strafed the area. They had nowhere to shelter so dived to the ground as the bullets bounced around them. When he stood up his fingertips were raw where he (and his colleague) had both instinctively tried to dig themselves in to the concrete.

Suddenly this year I have time to visit him and intend to-but of course COVID prevented. However, his cheery presence is always with me and his confidence in my ability has carried me well beyond his time as my boss.

We were all lucky to know him.

**Neil (Sjoberg)**

Dear David

What a privilege to have known Reg as a colleague and a friend! We had met at National Assemblies when with Roger Pallant I had been arranging the worship.

Then it was a delight to work with Reg in the Education Department when I went in 1979 to be the Christian Education Officer.

He was always so supportive and encouraging. The first to ensure he was at Monday morning prayers and he readily agreed to my suggestion of issuing a prayer calendar each month. He was a delight to work with. His faith was so wonderfully evident without being overwhelming. A true YMCA person always thinking of ways of developing the three aspects of body, mind and soul.

We then met up after I had left the National Council at concerts at the Festival Hall... as you can imagine Reg was organizing the group from his church to enjoy regular and brilliant concerts every month and I was with my church group from Welwyn Garden City. He was so obviously in charge and caring for his group!

How good it was to see him at the Eastern Region meeting in Cambridge. Such good memories. Thanks be to God for this humble and wonderful character.

**Ron (Rev Ingamells)**

## **Preparing for Advent & Christmas 2020: Comfort and Joy**

Comfort and Joy holds together the hope that Christmas will bring joy and celebration after a uniquely difficult year with an acknowledgement that – for those who have lost loved ones or livelihoods, or who are potentially still not able to be together with loved ones – it may just be the Church's role, both nationally and locally, to provide consolation, rather than assume everyone will be ready to join in jubilation.

**To all - have the very best Christmas in  
celebration of the Saviour's birth**