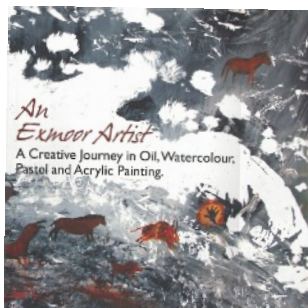
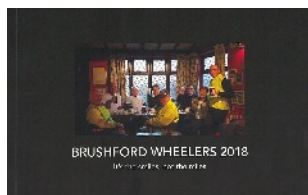
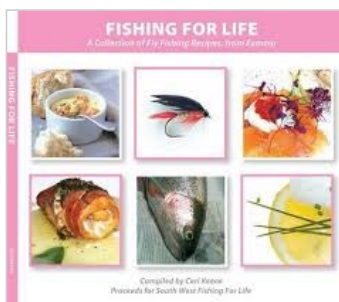
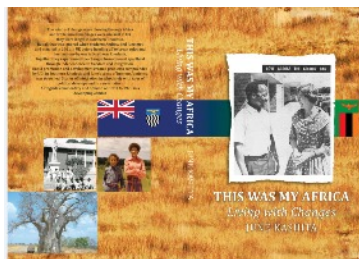
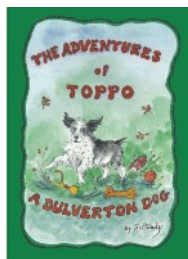
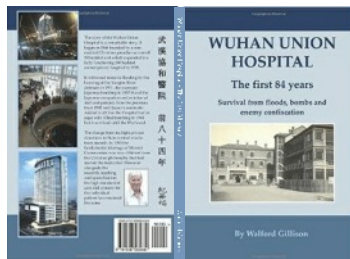


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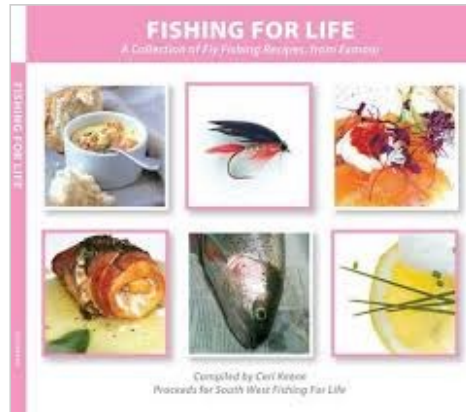
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It is worth spending a bit of time considering the look of your pages.



TROUT SALTIMBOCCA

British Trout Association

8 large slices of Parma Ham
140g/5oz cold butter cut in thin slices
8 trout fillets, skinned, bones removed
10 sage leaves
2 tablespoons olive oil
juice of 1 lemon
salt and freshly ground black pepper

Serves 4

Preheat oven to 190°C/gas mark 5.



Lay the slices of Parma ham lengthways on a flat surface. Put a thin slice of butter on top of each slice (this should leave you with about 55g/2oz butter).

Top the butter and ham with the trout fillets. Place a sage leaf in the middle of each trout fillet. Season the fish with salt and black pepper.

Roll up the fish in the ham, creating a fish roll and secure with a cocktail stick.

Oil a baking dish and place the eight fish rolls in the bottom. Ensure the rolls are not touching. Place in the oven and bake for 15 minutes.

Heat a frying pan. Tip the juices from the roasting tray into the frying pan. Add the remaining butter and the shredded remaining two sage leaves.

Cook over a high heat until the butter starts to froth and go a nutty brown. Add the lemon juice, salt and pepper and pour over the trout.

Serve immediately.



CHAPTER 1

WUHAN UNION HOSPITAL: 1866 to 1950

EARLY IMPERIALIST TIMES

1866 – 1882

The principal move to form a district General Hospital came from a British Protestant preacher called Griffith John (figure 1). He was an eloquent public speaker, preacher and tireless worker. He believed that he should spend his entire working life in Central China to introduce Christianity to the local people of China and generate an understanding of a different culture to the nineteenth-century people of China. He stayed in Shanghai until 1860, unable to move inland until that year when the Tianjin (Tientsin) Treaty was signed (Appendix 1; Summary of the Opium Wars and Christian missionary societies) which allowed him to move, live and work where he believed that God required him to be; in other words in Central China.

He arrived to start his life's work in Hankou which was then and still is part of the bigger metropolis of Wuhan (figure 2). He left Shanghai on June 9th and was pleased to step off the ship called the "Hellaspon" on the dry land of Hankou on June 21st 1861st. After exploring the region for several weeks he became convinced it was the place to spend his whole working life. Therefore he went back to Shanghai, and collected his wife and two very tender aged sons in order to set up his first home in China that September.

Figure 1

Griffith John 1831 – 1912

From: Griffith John: The Story of Fifty Years in China
p.272

London The Religious Tract Society:
Bouverie St. & 65 St. Paul's Churchyard, EC
(Popular revised edition 1908)



1



Chapter One

CLIMB DOWN IN AFGHANISTAN

Only twenty minutes trekking time would bring us to our base camp in the central hills of what we called later Afghanistan. All those little camping luxuries like self-cooking meals and power heated sleeping bags would be there. My party of eleven had Ron our handyman and his helper at the site. Walking right behind me was a female graduate in horticulture called Mwyna (kind or gentle, that), a fair haired, tall girl of seventeen years, dedicated to her profession. The others in my team comprised our tough security man, his two companions along with voluntary helpers, good at carrying heavy pack frames.

Those rocky cliffs above the camp came into view but then strangely the daylight turned from bright sunshine to a deep orange hue, then in ten minutes went to a deep red. Suddenly monsoonal rain lashed us while mini whirlwinds whipped at our feet. Just time to don our high-tech hooded gales and with heads down, made it to the shelter. Prior to our arrival Ron had decamped, moving everything into the safety of a cave, all based on a hunch, he said later. By the time we had settled in it was pitch dark and all hell was let loose outside with gales, thunder and more torrential rain. All agreed there was a rare meteorological or even seismic event going on. I can remember then that none of us had the slightest idea that we would be entombed in that cave for many weeks, not hours.

Next morning I took stock while it howled and rained outside with no sign of the sun. There was ample food for a month, a portable solar powered pack allowed lamps and a host of other gadgets to work when plugged in. Most of the food packs were in dehydrated form, so with a large pool of fresh water at the rear of the cave things were not so bad.

Outside the situation became worse with stinging particles of debris being blown in the wind. The lads soon rectified it with a rock barrier wall. Then another shock when our link phones went dead with no reply from any other units or base. I had my security man, we called Hermes give everyone exercises frequently. Quiz games on our 'Udals' relieved us of boredom.

So here we were, fourteen of us holed up many miles from home. This being our first experience tasked with indexing fauna and flora plus the rather laughable job of completing a census of humans. Modifying our maps was also on our check list. We were half way through the time before pickup and returning to that booming outpost on planet Earth, namely, Atlantis (at = towards, for, from = young man (men) ys = is, is for younger men) when this had to happen.

My team, myself included, had all come from Atlantis but with different backgrounds. I had been born of original stock, Mwyna, Ron and Hermes were what was known as second degree descendants, meaning they were the result of being genetically engineered in a laboratory. The others were known as 'lab slaves' and were a cross with

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Photobooks



Hydrangea. Mixed media



Honeysuckle. Watercolour



Lotties Garden.



Farland Point. Pencil

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would have raised the possibility of their resentment against the Authority.

The holiday was interrupted by a phone call from the two 'girls' (Anne and Jenny? two of Andrew's secretaries) we had left house sitting. Candy had given birth to nine puppies, they were adorable. Adorable or not we hastily advised them to keep only two.



On leave in UK and touring Scotland

The 'summer season' would shortly be upon us - or rather the crowds upon Scarborough's beaches - and we set off for Scotland, where the children sat enthralled through an Edinburgh Tattoo rehearsal, climbed around the castle and asked to go to the zoo.

What a let-down after a game park we thought, as we paid at the turnstile. Whether they were doing a child's version of being tourists or whether animals are more impressive when seen out of their natural habitat I do not know. But there seemed to be no justification whatsoever for their ecstatic shrieks, 'Oh look! Look! A lion!!'

And they raced to the railing to hang there enthralled by a moth eaten and faded specimen of the most regal of animals. Or was it recognition of a fellow African far from home? Andrew and I had our own thoughts of fellow Africans; the newspapers were suddenly carrying reports of disturbances

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LETTER I

Toppo was born on the 14th January in the year 2000
Grandpa and I went to see her when she was
2 days old. She was 1 of 7 puppies



Her Mummy was called Bramble and she was a
Springer Spaniel



Her Grandma was a spaniel called Fern
and she
could SMILE



Her Grandpa was a



Welsh Springer
called Roscoe and he was
very handsome

Her Great Grandma was a Welsh Springer called
Lisa and long ago we had one of her puppies
called Snuff



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