



Cover illustration by **Jodie Owen**  
a pupil in Class 4EB at  
Henry Hinde Junior School

## CONTENTS

<input type="checkbox"/>	Cover by Jodie Owen . . . . .	1
<input type="checkbox"/>	From the Editor . . . . .	2
<input type="checkbox"/>	From the Chair . . . . .	3
<input type="checkbox"/>	Paul Cooper Obituary . . . . .	3
<input type="checkbox"/>	Red Herring Fun Quiz . . . . .	4
<input type="checkbox"/>	Sudoku . . . . .	4
<input type="checkbox"/>	“Back to School” with Henry Hinde . . .	5
<input type="checkbox"/>	Volunteer’s Perspective . . . . .	5
<input type="checkbox"/>	Recipe Corner . . . . .	6
<input type="checkbox"/>	Swimming with Dolphins . . . . .	6
<input type="checkbox"/>	Entry Fees & Membership Fees . . . . .	6
<input type="checkbox"/>	Puzzle Solutions (Quiz & Sudoku) . . .	6
<input type="checkbox"/>	Sports Reports . . . . .	7
<input type="checkbox"/>	Archery & Crossbow . . . . .	8
<input type="checkbox"/>	Cover Competition Runners Up . . . . .	9

## USED STAMPS

### **Keep those stamps!**

Please save your used postage stamps.  
I collect them for Warwickshire  
Association for the Blind.

**Note:** Don't soak stamps off – just cut out  
around leaving a ½ inch (2 cm) margin.

Thank you - **Lesley Hopkins**

## NOTICE BOARD

Keep up to date with forthcoming events.  
Look regularly at the Notice Board.

## RSDA WEBSITE

**[www.rugbysda.org.uk](http://www.rugbysda.org.uk)**

Keeping our website updated  
**[www.rugbysda.org.uk](http://www.rugbysda.org.uk)**  
If you have any news, photos or useful links  
to be included on the website,  
please speak to **Hitesh Mistry**  
or email him at  
**[hiteshmistry93hbr@hotmail.co.uk](mailto:hiteshmistry93hbr@hotmail.co.uk)**

## FROM THE EDITOR

We are sad to report the recent death of Paul Cooper, husband of Anne Cooper. He had been a member for about 2½ years and committee member for the past 18 months. Amongst other things we'll remember him for organising some entertaining evenings at the Big Apple 10-pin bowls. We shall miss his enthusiastic input. (Obituary on page 3).

Our “partnership” with Henry Hinde Junior School, in which we've been their chosen “Charity of the Year” has gone very well (see Bernard Purdy's article on page 5).

As part of the partnership, the school had a competition for pupils to design a cover for our Newsletter. We had 51 entries – some hand-drawn and some done with the aid of a computer. The standard was high, and the winner is on this edition's cover. I've also included 4 runners up in this issue which you can see on page 9. Our thanks to all the pupils who competed and for the effort they put into their delightful designs.

You may know we now have a new Club strip based on the colours red white and blue, voted for by members. And very smart it looks too. Iris has been instrumental in getting it all set up but is handing the reins over to Clem. If you're interested in buying the new strip, please see Clem. There are also a few items left of our old strip, which I shall be selling off at a much reduced price in the main hall.

✿ **Maggie Holman**

## RSDA QUIZ

Thursday 15<sup>th</sup> October 2009 7:30pm  
Bilton Social Club  
£15 per team for teams of 5  
**Contact Maggie Holman to book**

## ACKNOWLEDGMENT

Our thanks to **The Crescent School**  
for printing the Newsletter

## FROM THE CHAIR

Into another year. It seems a long time since the IAGM, with a new committee. Hazel Duckett did not stand for re-election. She said that she did not think she was a committee person. I think that could go for all of us (only joking). Thank you Hazel; it was good to have you on board.

We gained two new members, Mike Sheasby and Hitesh (H) Mistry, new blood and enthusiastic. But sadly we've lost Paul Cooper, a much-missed member of the committee (see item below).

As you know we are changing our club strip and in the process of ordering new, Iris has done the initial work on this but I have now taken over the ordering, so please see me if you want to order as it is more economical to order in larger quantities.

CLOSURE DATES	
<b>No Main Hall</b> 26 Sept; 24 Oct; 7 Nov; 5 Dec	<b>No Swimming</b> 7 November
<b>Note: No Sports at all on 7 November</b>	

In the run-up to Christmas we are having our October Quiz, Christmas Party, and another Swim

Night, so we're looking for **raffle/tombola prizes**. We had a very low attendance at the last Swim Night and didn't cover our costs, so let me know if you would like another Saturday Swim Night and whether you are likely to attend. Our constitution states that we must cover our costs when we run social events, so we need to gauge interest to see whether the event is worth running.

Hazel has asked us to consider having wall climbing. I shall look into that when I have more info. I will let you know and put a notice out to judge interest.

Congratulations to Iris Bingham and Bob Ledsham at their success at the NCF's National Championships on winning the assisted Ladies' and Gent's category. And we wish them well at the World Championships in Portugal.

I would like to thank you all for your best wishes following my recent operation. I am well on the way to recovery and hope that that is the last I need.

✿ *Clem Griffiths*

## PAUL COOPER

Words cannot describe the sense of loss at Paul's untimely passing. After less than two years of marriage to Anne it seems so unfair.

Paul showed great courage during his illness, retaining his sense of humour till the end. He attended all the committee meetings and also came to as many Saturday mornings as he was able. He was a good committee member as (agree with him or not) he always had an opinion. He ran a couple of ten-pin bowling nights. He loved music and computers and ran his disco and he did 'Gigs' till the end.

I should also say that, throughout this very difficult, time Anne showed remarkable courage, with the support of mum Pat, and Paul and Anne's carers, and all the nurses who attended.

I am sure everyone who knew Paul will also support Anne as she continues to attend the association, and help her gradually to come to terms with life once more in the knowledge that she was greatly loved by Paul and that we will all remember him in RSDA.

✿ *Clem Griffiths*

COMMITTEE 2009	
<b>Chairman</b> .....	Clem Griffiths
<b>Secretary</b> .....	Maggie Holman
<b>Treasurer</b> .....	Sonja Smith
<b>Ordinary Members:-</b>	
Iris Bingham	Bernard Purdy
Maria Drake	Mike Sheasby
Hitesh Mistry	

# RED HERRING FUN QUIZ

I hope you'll have some 'fishy' fun with this quiz. All the answers are kinds of fish or sea creatures.

Answers on page 6.

✿ *Maggie Holman*

		Answers			Answers
1	Spear-like weapon	_____	15	Cloud-streaked sky	_____
2	Press gently	_____	16	Sound of the location	_____
3	Stumble helplessly	_____	17	Scorch the cleaning lady	_____
4	Swindler	_____	18	Heather	_____
5	Light beam	_____	19	Innermost heart	_____
6	Interfering old woman	_____	20	Colin at Sainsbury's	_____
7	Roosting pole	_____	21	Colloquially excellent	_____
8	Find fault with	_____	22	Wild apple	_____
9	Extract little by little	_____	23	They say it's an unpickable lock	_____
10	Cash on delivery	_____	24	Shoe base	_____
11	70's tie	_____	25	Sound of the party dance	_____
12	Slide on ice	_____	26	Singer from the deep...	_____
13	Photographer	_____	27	...who comes from the land of song?	_____
14	Part of cockney's foot	_____			_____

## SUDOKU

### Japanese number-crunch Puzzle

**Instructions:** Complete the grid so that every column, every row and every 3x3 box contains the digits 1 to 9 (only once each). Sudoku can be solved by logic alone; no guesswork is necessary. This time there are 2 puzzles for you to try, an easy and a medium one. Solutions on page 6.

**Puzzle No 1 - Easy**

	8			6			4	
		7	5		2	6		
		1	8		4	5		
1	9						7	6
			6		1			
6	3						8	4
		2	7		9	8		
		6	2		5	4		
	7			1			2	

**Puzzle No 2 - Medium**

	5	1		2		4	7	
9								5
	4						8	
	3		2		5		4	
			1		3			
	8		6		9		5	
	7						6	
5								8
	2	6		1		5	3	

## “BACK TO SCHOOL” WITH HENRY HINDE

As I hope most of you will know, Henry Hinde Junior School have adopted us as their charity for this school year. This is the story so far in brief, but although they are nearing the end of their year it is far from over. As I write this they are preparing for a “Green Day”, when they will be dealing with environmental issues and will be allowed to wear green (in exchange for a donation that will eventually go to us of course!)

Right from when they first contacted us it was agreed that it would be best for us and for them if it was a two-way thing, with lots of interaction. This started with three of us going to the school to address their assembly and let the pupils see who we are and what we do. The next step was for a group of us to sit in on one of their school council meetings.

The school council consists of representatives of the pupils, who discuss a wide range of issues and determine as much policy as possible. Things have moved on since my school days and these junior school pupils have more say than we did in secondary school and handle it quite well. Amongst lots of other things the council decided that it would be good if we could swap web links so that we can keep up to date with each other. The link on our website will therefore enable you to learn all about the school and read their regular newsletters, in which we get frequent mentions.

The next big event was their Christmas Fair which some of us attended and they raised lots of money for us. Following on from that was the sponsored swim, which is the one event per year where they raise money for themselves. Five of us took part in that and apart from enjoying ourselves we raised

about £200 for them. This was a good way to say a small thank you to them.

Red Nose Day for the rest of the country was RSDA Day for Henry Hinde. Pupils turned up in the sports kit of their choice (in exchange for more money). They had a go at Boccia and New Age Kurling, climbed all over Hazel’s scooter and couldn’t stop asking questions! It was really good to see them taking so much interest in something that they might otherwise not have given a second thought to.

May brought the Spring Fair and with it some horrible weather. Fortunately the rain held off until the end of the evening, so those of us who were outside didn’t get too wet. Nine of us went along to help run some of the stalls with some of the pupils, which gave us more interaction and more money.

As well as raising valuable funds for us (about £520 before the Spring Fair) the pupils are getting a lot out of the sponsorship and it looks very likely that we will be keeping in touch after the end of this school year. We will keep you posted.

✧ *Bernard Purdy*

### *Henry Hinde Stop Press*

The school’s recent Olympics Day went well. The children were kept busy all morning. There were some spectacular displays. Maria Drake and her guide-dog Rio proved very popular. Bernard gave them a thank-you card on the day and wished them well on breaking up.

## VOLUNTEER’S PERSPECTIVE

MANY months ago if someone was to tell me that not only would I be doing charity work but would also be on the committee, I would have smiled gracefully and said “You got to be joking”. But thanks to Clem and the others I am now a committee member.

In March I was at the Kurling competition, which was a great day all round. I have never

worked so hard before and I was aching the next day.

Hopefully I will be having a regular slot on the Newsletter so as to try and give some idea of how a volunteer perceives the charity and the work that it is doing to help enrich people’s lives through sport.

✧ *Hitesh Mistry*

# RECIPE CORNER

## ❖❖ AROMATIC PORK ❖❖

This simple and tasty recipe can be prepared in a few minutes. It then goes in the oven on a low heat for a couple of hours and looks after itself till the meat is really tender. ✿ *Maggie Holman*

### Ingredients – Serves 4

- 2lb (900g) boneless collar, shoulder or leg pork joint
- 1" (2.5 cm) root ginger, thinly sliced
- 4 cloves garlic, squashed/chopped
- 2 tbsp soy sauce
- 200ml (1/3 pt) orange juice
- 1 tsp sesame oil
- 1 rounded tbsp brown sugar
- 2 tbsp hoisin sauce

### Method

Cut string off joint and flatten out. Cut into 6-8 large chunks. In an ovenproof dish, mix together the rest of the ingredients. Mix in pork chunks. Cover with lid and cook in the oven at 170°C for about 2 hours until meat is tender. Before serving, if required, thicken gravy with cornflour. You can adapt the cooking time for a slow cooker. Serve with rice or noodles and stir-fry vegetables.

### SWIMMING WITH DOLPHINS

In memory of MABEL MARTIN, who died last year, RSDA members contributed to a collection for a little girl who had always wanted to swim with dolphins.

Ken Martin has told me that the little girl had to wait until she had finished her course of treatment before she could swim with the dolphins. This helped her through this difficult time by giving her something to keep her positive and smiling. The first week in June, this little 7-year-old, with her mother, travelled to Florida for her swim of a lifetime. In a few weeks time, Ken says he will bring in the photographs for us all to see.

✿ *Dot Purdy*

### ENTRY FEES & MEMBERSHIP FEES

All our members pay a £4 yearly membership fee to belong to RSDA. Some members may not realise that in addition to our yearly fee, there is also an **ENTRY FEE of 90p** for our disabled members at the Ken Marriott Sports Centre.

If you did not realise you had to pay this 90p entry fee, please make sure that in future you pay it at the reception desk **as soon as you arrive** at the Sports Centre, and **before** you go through to the main hall or swimming pool. Entry is free for our volunteer helpers.

✿ *Maggie Holman*

### PUZZLE SOLUTIONS

Red Herring Fun Quiz	Sudoku 1 - Easy	Sudoku 2 - Medium
1 Pike; 2 Dab; 3 Flounder; 4 Shark; 5 Ray; 6 Trout; 7 Perch; 8 Carp; 9 Winkie; 10 Cod; 11 Kipper; 12 Skate; 13 Snapper; 14 Eel; 15 Mackerel; 16 Plaice; 17 Char; 18 Ling; 19 Cockerle; 20 Pollack; 21 Brill; 22 Crab; 23 Chub; 24 Sole; 25 Conger; 26 Bass; 27 Whales	5 8 9 1 6 3 7 4 2	3 5 1 8 2 6 4 7 9
	3 4 7 5 9 2 6 1 8	9 6 8 7 3 4 2 1 5
	2 6 1 8 7 4 5 9 3	7 4 2 5 9 1 6 8 3
	1 9 4 3 5 8 2 7 6	1 3 7 2 8 5 9 4 6
	7 2 8 6 4 1 3 5 9	6 9 5 1 4 3 8 2 7
	6 3 5 9 2 7 1 8 4	2 8 4 6 7 9 3 5 1
	4 5 2 7 3 9 8 6 1	4 7 9 3 5 8 1 6 2
	9 1 6 2 8 5 4 3 7	5 1 3 4 6 2 7 9 8
	8 7 3 4 1 6 9 2 5	8 2 6 9 1 7 5 3 4

# SPORTS REPORTS

<b>CLUB CHAMPIONSHIPS 2008</b>			
<b>Sport</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
Archery	—	—	—
Boccia	Graeme Mooney	Iris Bingham	Pam Jones
Bowls	Lesley Hopkins	David Golder	Anne Cooper
Cribbage	Iris Bingham	Graeme Mooney	Tony Harris-Baker
Crossbow - Sport	Graeme Mooney	Paul Grietens	Peter Kirby
Crossbow - Tournament	Iris Bingham	Glen Thomas	—
Darts	Brian Kinzett	Steve Burke	Graeme Mooney
Dominoes	Stewart Morris	Iris Bingham	Norman Bowers
Draughts	Iris Bingham	Graeme Mooney	Bob Ledsham
Kurling	Iris Bingham	Graeme Mooney	Pam Jones
Othello	Iris Bingham	Ann Keyte	Stewart Morris
Pool	Brian Kinzett	Graeme Mooney	Paul Grietens
Scrabble	Iris Bingham	Joint Silver: Graeme Mooney/Pam Jones	
Swimming	Sean McGahey	Kenton Dence	Robert Franklin
Table Tennis	Simon Palmer	Iris Bingham	Graeme Mooney

<b>SPECIAL AWARDS 2008</b>	
<b>SUPERSTARS</b>	
• Senior Female (in memory of Pat Ridgway) . . . . .	Iris Bingham
• Senior Male (in memory of Avis Dence) . . . . .	Paul Grietens
• Junior . . . . .	Siobhan Morrow
• Wooden plate for overall winner . . . . .	Iris Bingham
<b>Godfrey Ingram Trophy</b>	Senior: Iris Bingham                      Junior: Siobhan Morrow
<b>Mary Clough Award</b>	Mike Sheasby
<b>Jan Rosser Cup</b>	Paul Cooper
<b>Jackie Cowtan Trophy</b>	Siobhan Morrow

## NEW AGE KURLING

RSDA members won 13 medals at the West Midlands New Age Kurling Championships for the Disabled at Rugby's KMLC on 21<sup>st</sup> March 2009. The 38 competitors came from Rugby, Coventry and Birmingham.

The event included a mixed pairs, men's singles, ladies' singles and 2 have-a-go target events. Organiser Iris Bingham said, "The 5 events went very smoothly and I wish to thank all the helpers without whom these championships would not take place. Everyone thoroughly enjoyed the day."

### Rugby's medal winners were:

- Pairs** Gold: Graeme Mooney & Iris Bingham;  
Bronze: Paul Grietens & Shauna Grant.
- Men's Singles** Silver: Tony Harris-Baker;  
Bronze: Paul Grietens.
- Ladies' Singles** Silver: Pam Jones.
- Target Kurling (Men)** Gold: Graeme Mooney;  
Bronze: David Golder.
- Target Kurling (Ladies)** Gold: Kate Franklin;  
Bronze: Iris Bingham.
- Kurling Counters (Men)** Gold: Tony Harris-Baker;  
Bronze: David Golder.

✿ *Kurling Correspondent*

## ARCHERY & CROSSBOW

### DERBY FEBRUARY 2009 CROSSBOW

Two Rugby Sport for the Disabled members came away with Gold medals at the National Crossbow Federation of Great Britain's 18m shoot held in Derby.

Bob Ledsham had a good shoot and beat Glen Thomas into first place. Iris came back after a 3-month illness break and achieved a perfect score; 55 of her 60 shots were completely inside the 4cm ten ring.

Gold medals won by RSDA members in Derby: Assisted Men - Bob Ledsham 588/600; Assisted Ladies - Iris Bingham 600/600

### 2008 INDOOR POSTAL CHAMPIONSHIP

After the Derby award ceremony Iris Bingham and Graeme Watkins from Gloucester were both presented with a Gold medal from the World Crossbow Shooting Association, having won their section in the 2008 Indoor Postal Championship. Other Gold medals were won by the USA, Estonia and Australia.

### STREETLY MARCH 2009 CROSSBOW

At the National Crossbow Federation of GB's National Indoor 18m Championships Iris shot a perfect double round and came away with a gold and an assisted National record, and the NCF have applied for a World record too. Glen Thomas and Bob Ledsham could not compete as the shoot was full.

### RUGBY APRIL 2009 WEST MIDLANDS REGIONAL ARCHERY & CROSSBOW

Eight RSDA members won awards at the West Midlands Archery Championships for the Disabled. Mike Sheasby and Pam Jones both took Gold in their first competition. The annual event, which attracted 22 shooters, was held at KMLC.

#### Results for RSDA assisted members

Tournament Bow (Ladies): Gold - Iris Bingham  
Tournament Bow (Gents): Gold - Bob Ledsham;

Silver - Glen Thomas

Sports Crossbow (Gents): Gold - Graeme Mooney; Silver - Paul Grietens; Bronze - David Golder

Recurve Bows (Ladies): Gold - Pam Jones

Recurve Bows (Gents): Gold - Mike Sheasby

### GLEVUM MAY 2009 NCF CROSSBOW

Three RSDA members came back from the Glevum shoot in Gloucester with medals and Iris broke a GB National record for the overall score of 884/900 by 4 points. The weather was unusually calm but despite the shooting line being under cover, it was very cold.

**Results:** Assisted Ladies - Iris Bingham, Gold. Assisted Men - Bob Ledsham, Gold; Glen Thomas, Silver.

### DUNCHURCH JUNE 2009 CROSSBOW

Two RSDA members came away with a Gold medal and hopefully 4 World records for Iris. The NCF event was held at the Rugby Bowmen's Dunchurch ground. Apart from a slight wind, the weather was ideal but very hot.

#### Assisted Tournament Crossbow

1st Gent - Bob Ledsham with 208 at 65m, 221 at 55m, 236 at 45m, total 665/900

1st Lady - Iris Bingham with 267 at 65m, 280 at 55m, 287 at 45m, total 834/900

### DUNCHURCH AUGUST 2009 CROSSBOW

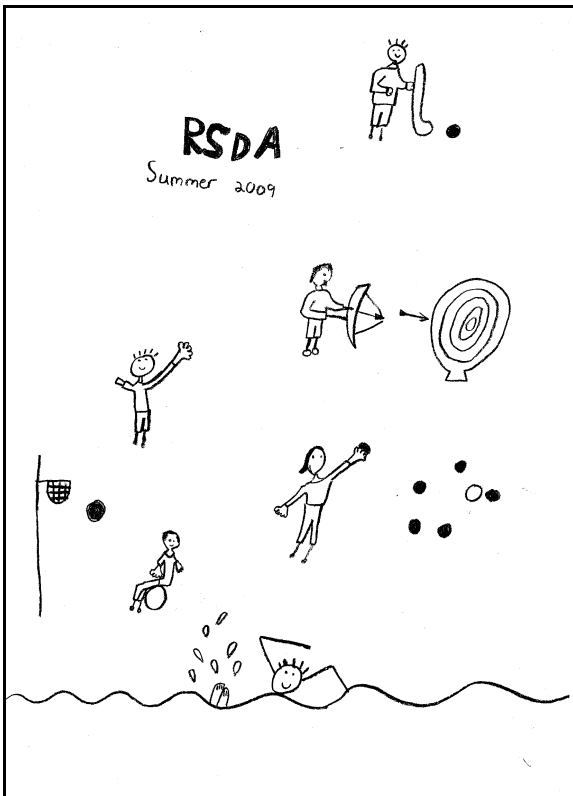
At the NCF National Championships Iris Bingham took the National assisted title for the 15<sup>th</sup> consecutive year. Bob Ledsham, although under the weather, won Gold in the assisted Gents. Both days were dry but the wind swirled constantly causing problems for all the arbalists and shooting was very difficult.

RSDA members shoot as assisted because they need a helper to load their crossbow. The pull on the string is up to 95lbs.

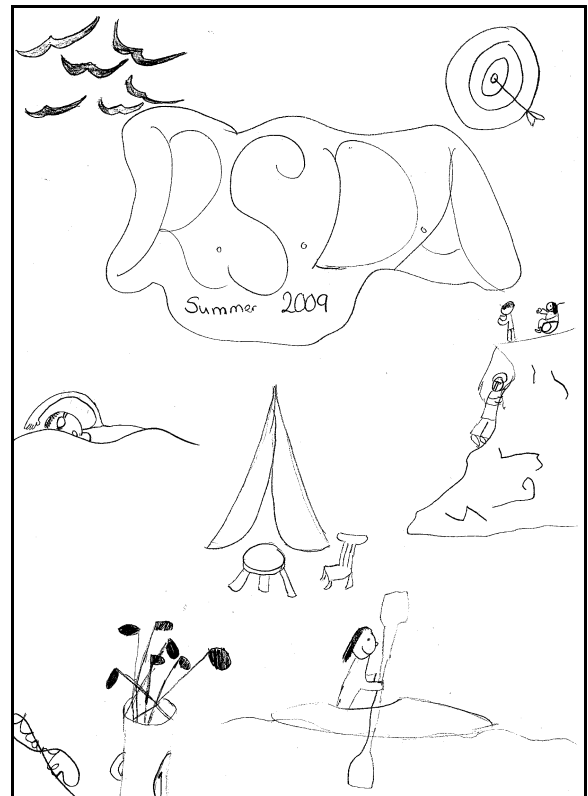
✿ *Archery & Crossbow Correspondent*



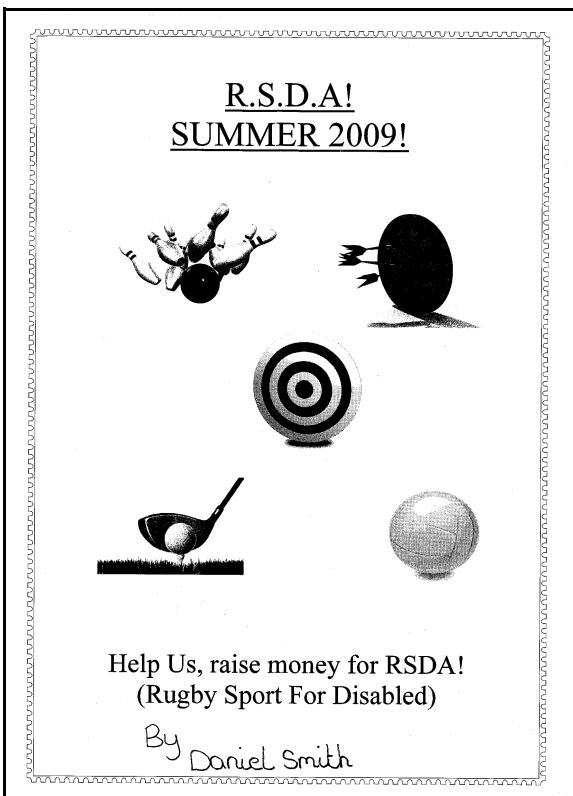
### Cover Competition – Runners Up



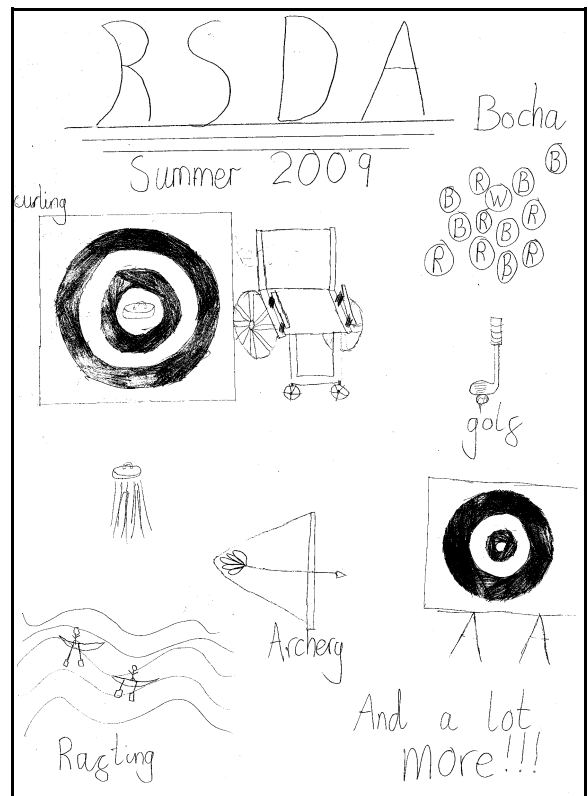
**Anna P, Class 4JW**



**Abigail Carter, Class 6CT**



**Daniel Smith**



**Ashley Bodycote, Class 5NS**