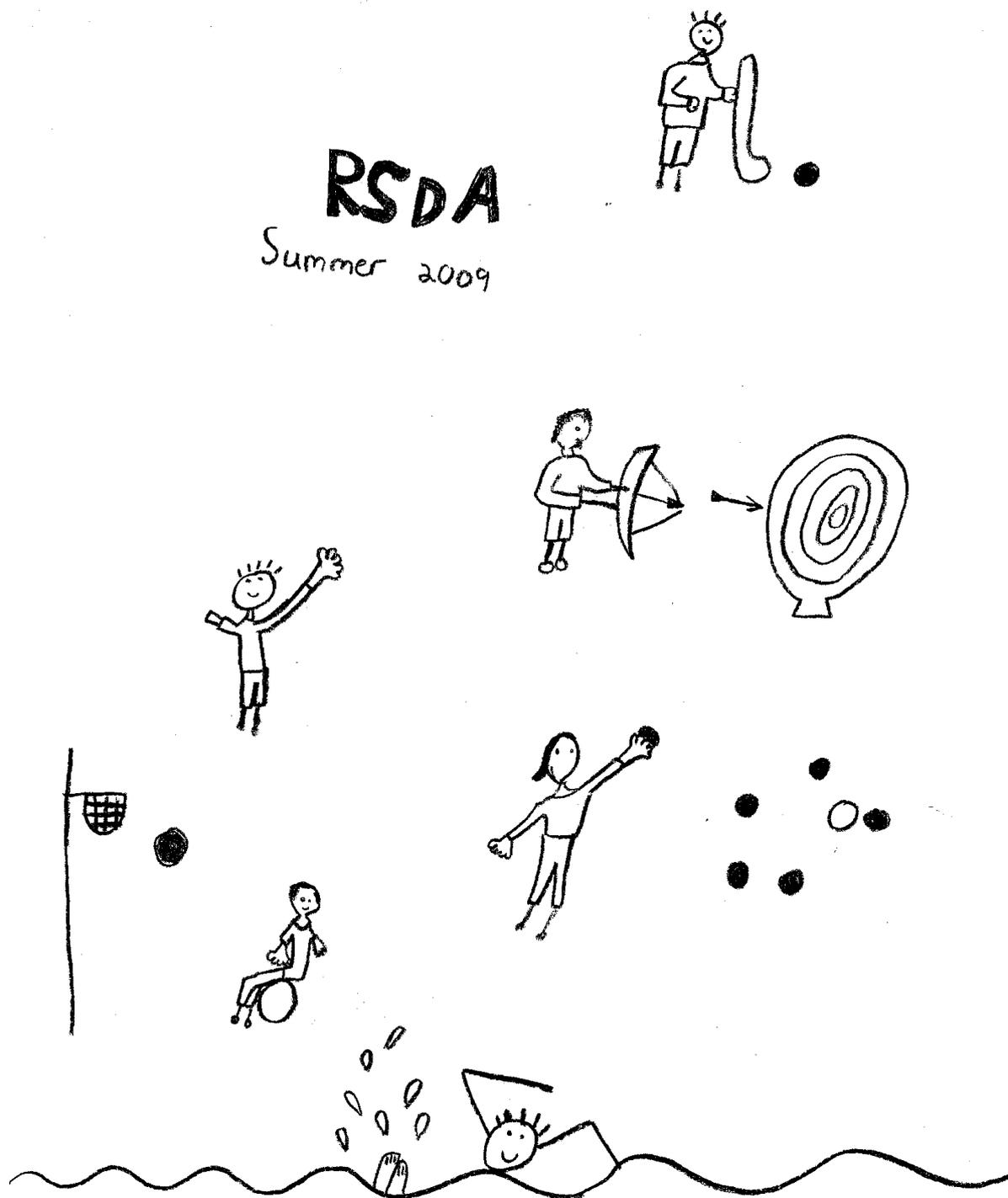


RSDA NEWSLETTER

WINTER 2009-10

RSDA
Summer 2009



Cover illustration by **Anna P**, a pupil in Class 4JW
at Henry Hinde Junior School and Runner-up in
the Newsletter Cover Competition

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FROM THE EDITOR

We were delighted to welcome Rugby Mayor Councillor Kam Kaur on Saturday 21st November. Cllr Kaur presented all the certificates from the Rotary Team Games, where the club came 5th overall. She played boccia and several other games with members, and her driver Evelyn played table tennis. It was a pleasant, friendly and successful morning (see report on page 8).

At the Christmas Festival in Rugby town centre on 30th November we had a Tombola & Bric-a-Brac stall and a Hot Chestnut stall, all manned by numerous volunteers from the club, who did a sterling service. The Hot Chestnuts were very popular and all 5 bags of chestnuts sold out. Each bag was sponsored by individual club members. Good work folks!

Memberships are due for renewal on 1st January 2010. Renewal forms are on the back page of this Newsletter. The fee is still £4, which is excellent value for money for a whole year’s membership. Please remember that disabled members **must** pay an entrance fee at reception for either main hall or swimming. Those aged 60+ who have a free swimming pass have free entry for swimming in the deep (public) end only. Volunteer helpers get free entry.

Our best wishes go to committee member Maria Drake and fiancé Bren Morris (Stuart Morris’s dad) who were married on 12th December at St Mark’s Church, Bilton (report on page 8).

“Santa Clues” has provided a cracking Christmas Cracker crossword on page 7. Do have a go at it.

Merry Christmas and a Good New Year!

✧ *Maggie Holman*

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**

RSDA Membership Renewal due 1st January 2010

- Renewal forms on back page
- **£4.00** membership fee for 2010
- Please make cheques payable to “**RSDA**”
- Please pay promptly, 31 January latest
- You have to be a fully paid-up Member to be able to vote at the AGM
- See Maggie for more forms

ACKNOWLEDGMENT

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

NOTICE BOARD / WEBSITE

Keep up to date with forthcoming events. Look regularly at the Notice Board & Website **www.rugbysda.org.uk**

FROM THE CHAIR

CHRISTMAS 2009 OR "THE NIGHTS WILL SOON BE DRAWING OUT AGAIN"

I would like to start by congratulating all who did so well at the Rotary Team Games, either competing, organising or helping. A very good performance – 5th overall.

This year 13 teams from all over the country entered this two-day event. Thanks to Iris for the organisation, the Rotary Club of Rugby Dunsmore for transporting us and looking after us, and all club members who came along and helped on the weekend.

There are quite a number of new members who have joined since the last Newsletter and we welcome them and hope they enjoy our association by getting involved. I think somehow they will.

The Christmas Party went well. I enjoyed it anyway, and we had a lot attend – 60+ thanks to Dot and all who attended.

While I am talking about the party we must thank the DJ, Bren Morris, for doing a great job in making the evening go with a swing. Also I am sure you will join me in sending all our best wishes to him and Maria Drake, wishing them a happy life together following their wedding. (As I write this it's raining but the weather forecast looks good).

At the Rugby Festival we made £234 on the tombola and bric-a-brac and £111 on the chestnuts. Thanks to all who supplied prizes and/or helped on the day.

We have recently received two donations of £1000 each, one from Henry Hinde Junior School (see Bernard's piece below) and the other from a donor who has requested no publicity.

✧ *Clem Griffiths*

HENRY HINDE PRESENTATION

On 5th November members of RSDA were invited to Henry Hinde Junior School to accept a cheque for the money that they had been busy raising for us over the last year.

We took the opportunity to take along some equipment to show them the sort of thing that we would be buying with the money.

Several things were memorable about the day. One was that the cheque was for a staggering £1000! Another was that Clem turned up in shirt and tie, complete with sports jacket. So impressive did he look that one of our members didn't recognise him at first. (One could almost say that she didn't recognise him with his clothes on!)

If you don't believe me, there is a picture in their newsletter on their website, which you can access via our website www.rugbysda.org.uk.

More memorable however was that it was the culmination of a wonderful year in which we learnt a lot about schools, and their school in particular, and they learnt a lot about us. Hopefully some of the facts that they learnt and opinions that they formed will stay with them for a long time, which can only be a good thing.

Finally, it doesn't necessarily mean the end of our connection with them. They are looking for "readers" who go in and listen to children reading. It needn't be on a regular basis, although that would be good. If anybody thinks that they might be interested please let me know.

Happy Christmas

✧ *Bernard Purdy*

CROSSBOW

WCSA WORLD CHAMPIONSHIPS - SEPT 2009

RSDA member Iris Bingham shot her way to 3 Crossbow World Champion titles and team-mate Bob Ledsham gained 2. This is the first time that the Assisted (disabled) shooters were separated into Women and Men. Bob and Iris both shoot for the National Crossbow Federation of GB.

The event was held in Entroncamento in Portugal and competitors came from the USA, GB, Australia, Japan, Sweden, Poland, the Czech Republic, Ireland and Portugal.

At the unofficial practice day on the Sunday the temperature soared to 45°C causing someone's binoculars to melt. On the Monday during official practice it reached 35°C. The temperature initially dropped to 14°C on the Tuesday, the first day of the World Target Championships. Both days the swirling wind was a big problem.

Iris had the highest score on Day 1 so shot in No 1 position on Day 2. Twice during the competition Iris had to replace her string and unjam part of the front sight. Bob and Iris took the Assisted Titles and there were records for Bob in the new Men's section. Bob said, "I did not expect to get a medal with my score so I was very pleased." Iris was delighted to score nearly 100 points more than any other shooter over the 2 long days, including the able-bodied competitors.

The Gold stream didn't stop there. With team member Graeme Peatfield, Bob and Iris took the

Gold in the Mixed Team event and also 5 World records.

On Thursday Iris, who is also an International Judge, was the Director of Shooting at the Matchplay event, a 9-shot knockout competition at 55m. Iris also helped with the equipment inspection before the events began.

Iris's 3rd assisted World title came for the 2-day Forest round. The 48 shots each day were at 24 animal pictures set out in the forest, sometimes shooting across streams, up hills, around trees or on a jetty. Distances, between 10m and 45m, were unmarked and difficult to judge so Iris was pleased with a score of 925 and the Gold medal.

The Mixed Team Results were: Iris Bingham 1650; Bob Ledsham 1394; Graeme Peatfield 1182; Total 4226

NCF GLOUCESTER - 15 NOVEMBER 2009

Two RSDA members – Iris Bingham and Bob Ledsham – came back from the National Championship shoot in Gloucester with gold medals and it is believed that Iris Bingham has broken the National record for the single round, scoring 300 out of 300. Iris won the Assisted Ladies' and Bob the Assisted Men's sections.

✧ *Crossbow Correspondent*

www.rugbysda.org.uk

Does the above look familiar to you? If you are on the internet it should do as, obviously, it is our website.

Often when we mention events to people they say "I didn't know!" or "Nobody told me!"

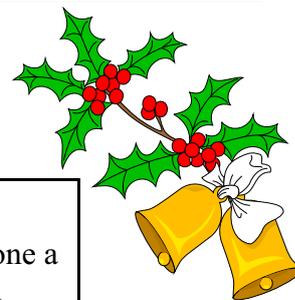
Often the reason is that they didn't look on the notice board. At this point somebody will remind me of all the things that I have missed on the notice board, because we all do it and we all know that we shouldn't.

The other way to find out about things, however, is to look on the web, from the comfort of your own home. It's usually up to date and is a valuable source of information.

So go on, add it to your favourites bar and **USE IT** – www.rugbysda.org.uk

✧ *Bernard Purdy*

CHRISTMAS GREETINGS



ANNE & PAT
wish all members of RSDA a
Merry Christmas and a Happy
& Healthy New Year

NORMAN & CHRIS
would like to wish everyone a
Merry Christmas and
a Happy New Year

From
BRIAN KINZETT
Merry Christmas
to everyone

HAZEL DUCKETT
would like to wish everyone
a Merry Christmas and
a Happy Healthy New Year

Merry Christmas and a
Happy New Year to
everyone at RSDA
from
LESLEY

Thank you to all the
volunteers who give up
their time to help us
throughout the year
from
LESLEY

Merry Christmas
and a Happy New Year
to all at RSDA
From
DOT AND BERNARD

Merry Christmas and
a Good New Year
to all members and
their families
from
MAGGIE

Happy Christmas
everybody and thank you
to all members & helpers
KATE & ROBERT

A Happy Christmas &
Prosperous New Year
to all at RSDA
ERNIE & SUE STANFORD

Happy Christmas to
everyone from
**CAROL & ROGER
SKINNER**

Happy Christmas to everyone.
Thanks for your help and
friendship.
Love from
LOUISE AND LIN

Merry Christmas to All
from
MICK SHEASBY



I wish everybody
a Happy Christmas &
a Happy New Year for 2010
ANN KEYTE



SUDOKU

Japanese number-crunch Puzzle

Instructions: Complete the grid so that every column, every row and every 3×3 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 8.

No 1 – Easy								
5								9
	4		5		3		2	
		1	7		6	5		
7	2						5	4
			9		8			
6	1						9	3
		5	6		7	4		
	7		2		5		6	
1								5

No 2 – Medium								
			6	7		4		
				1			6	2
			3				9	
6			4			9		
	4	7		2		1	8	
		1			6			5
	5				8			
8	2			4				
		3		6	5			

RUGBY SPORTS DAY – MAY 2009

Competitor	Medals (All Sports)
Iris Bingham	4 gold, 2 bronze
Norman Bowers	1 bronze
Anne Cooper	1 silver, 1 bronze
Paul Cooper	3 bronze
Kenton Dence	1 gold
Maria Drake	1 gold, 1 silver
Hazel Duckett	1 silver
David Golder	1 bronze
Shauna Grant	5 gold, 1 bronze
Paul Grietens	3 gold, 2 silver, 1 bronze
Ann Hanson	2 gold

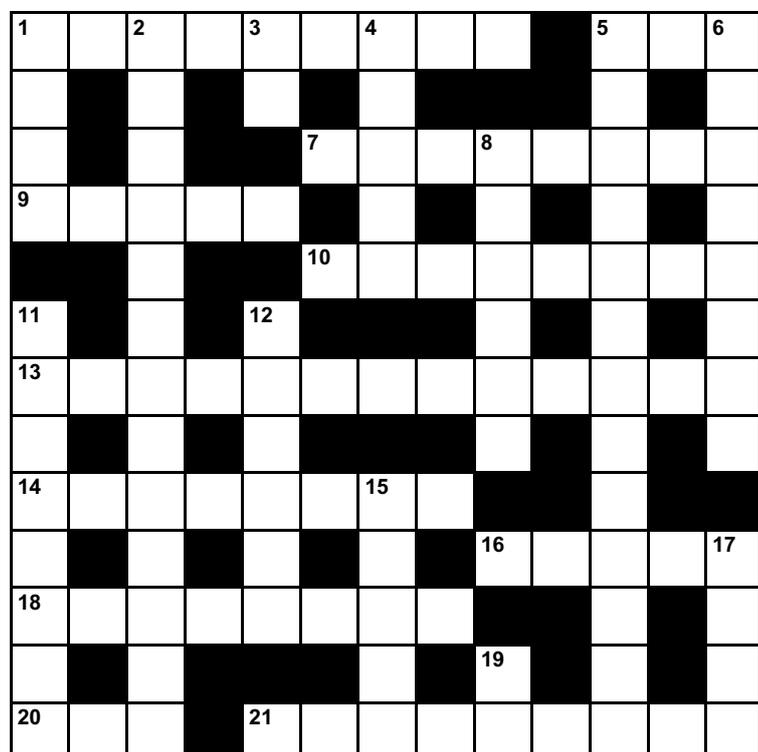
Competitor	Medals (All Sports)
Tony Harris-Baker	1 silver
Pam Jones	1 gold, 5 silver
Brian Kinzett	1 gold
Sean McGahey	1 bronze
Bob Ledsham	1 gold
Graeme Mooney	3 gold
Simon Palmer	1 gold, 1 silver, 2 bronze
Mike Sheasby	2 silver
Andrew Stow	1 gold, 1 silver, 1 bronze
Glen Thomas	2 silver, 1 bronze

AYLESBURY RESULTS - JUNE 2009

Competitor	Medals (All Sports)
David Golder	1 gold, 4 bronze
Ann Keyte	1 gold, 2 silver, 1 bronze
Simon Palmer	1 gold, 4 silver, 1 bronze
Mike Sheasby	2 gold, 2 silver, 3 bronze
Rupert Strauch	2 bronze

THE CHRISTMAS CRACKER

BY SANTA CLUES AKA BERNARD PURDY



ACROSS

- 1 Tactfully get singer to give festive welcome (9)
- 5 Youngster in Scuba gear (3)
- 7 Singer left in damaged church (8)
- 9 There could be a crowd (5)
- 10 Pooh, wise? The awful mess! (8)
- 13 Roundabout three and a bit times 18 (13)
- 14 Pollute again if centre is wrong (8)
- 16 Elite in a screaming frenzy! (5)
- 18 Bore less than a third of 13 (8)
- 20 Play in Toyah's bedroom (3)
- 21 Untidily crams this for a birthday (9)

DOWN

- 1 Have a go at warmly embracing mountain climber (4)
- 2 Very normal? How strange! (13)
- 3 As far as central Stow (2)
- 4 No sound for a horse to utter (5)
- 5 Flower them humans cry distraughtly (13)
- 6 Convert live beer broadcast (8)
- 8 Scrubs mangled dog and distress signal (6)
- 11 Cleverly CID trace attribute (8)
- 12 Dampen scarf right out (6)
- 15 Encourage good spirit (5)
- 17 Service large body (4)
- 19 Exists in his mind only (2)

Solution on page 8

RECIPE CORNER

Stuffed Chicken Breast Wrapped in Bacon

Serves 4 *A tasty treat prepared in 5 minutes*

- 1 packet of Paxo Sage & Onion Stuffing with Lemon
- 4 chicken breasts
- 8 rashers of streaky bacon

Make up the stuffing mix following the instructions on the pack. Carefully slice the chicken breasts lengthways to make a pocket. Fill the pocket with stuffing and wrap 2 rashers of streaky bacon around the chicken breast to secure it. Place on a baking tray and cook in a preheated oven 200°C / 180°C (fan oven) / Gas Mark 6 for 30-35 minutes or until the chicken is cooked through. Serve with vegetables and Bisto gravy. **Tip:** Try ringing the changes with different flavours of stuffing. ✨ *Maggie Holman*

ROTARY TEAM GAMES

The 28th Rotary Disabled Sports Team Championship was held at the Xcel Centre in Coventry and consisted of 13 sports over the 2 days. Most events needed a senior and a junior competitor. Some sports needed a senior male and female and a junior boy and girl. Competitors earned points for each event entered. These were added together to give the overall result. Three of our juniors were ill on the Saturday so we could not enter the junior male swimming event, the swimming relay or the junior male table tennis.

RSDA has few qualifying members from which to choose the team of 25, unlike most other teams who can select from one or two counties. RSDA were delighted that 8 pupils and 2 staff from Exhall Grange School joined us for the weekend.

The team gained 5th place, a few points behind 4th place Wakefield. The team were told to do their best, support other team members and enjoy themselves. This is just what they did and there was a great team spirit.

Following their superb performance, Rugby's team were presented with framed certificates by Rugby Mayor Kam Kaur when she visited RSDA on 28th November and was introduced to members and helpers.

After trying New Age Kurling, Boccia and Crossbow shooting, the Mayor, together with Bob Bradbrook (President of the Rotary Club of RugbyDunsmore), presented framed certificates to all team members. Graeme Mooney received an Endeavour Award for his effort rowing 1km in 4mins 13 secs despite recent knee operations, only having one arm, and having to stop briefly part way through the event due to friction burns.

RSDA would like to thank the Mayor for visiting us, and the Rotary Club of Rugby Dunsmore for their help in transporting members to the Team Games and for their cheerful assistance all that weekend.

✧ *Iris Bingham*

WEDDING – MARIA DRAKE & BREN MORRIS (12 DECEMBER 2009)

It was a fine winter's afternoon, and wedding bells rang out for committee member Maria Drake and her new husband Brendan ("Bren") Morris, dad of Stewart Morris. The ceremony was held at St Mark's Church, Bilton, and Maria was given away by her daughter Heather. The bride wore a long white dress, complimented by a tiara and a white fur long-sleeved bolero-cut jacket. The five bridesmaids wore long cream dresses with deep red bodice-tops and sashes; Maria's grandson was pageboy. After the ceremony the guests departed for the reception in Hillmorton.

✧ *Maggie Holman*

PUZZLE SOLUTIONS

Christmas Cracker Crossword	SUDOKU No 1	SUDOKU No 2
<p><i>Across: 1 Greetings; 5 Cub; 7 Minstrel; 9 Three; 10 Whoopsie; 13 Circumference; 14 Reinflect; 16 Cream; 18 Diameter; 20 Toy; 21 Christmas</i></p> <p><i>Down: 1 Goat; 2 Extraordinary; 3 To; 4 Neigh; 5 Chrysanthemum; 6 Believe; 8 Scours; 11 Accredit; 12 Muffin; 15 Cheer; 17 Mass; 19 Is</i></p>	5 8 7 1 2 4 6 3 9	5 9 8 6 7 2 4 3 1
	9 4 6 5 8 3 1 2 7	3 7 4 8 1 9 5 6 2
	2 3 1 7 9 6 5 4 8	1 6 2 3 5 4 7 9 8
	7 2 9 3 6 1 8 5 4	6 3 5 4 8 1 9 2 7
	4 5 3 9 7 8 2 1 6	9 4 7 5 2 3 1 8 6
	6 1 8 4 5 2 7 9 3	2 8 1 7 9 6 3 4 5
	3 9 5 6 1 7 4 8 2	7 5 6 9 3 8 2 1 4
	8 7 4 2 3 5 9 6 1	8 2 9 1 4 7 6 5 3
	1 6 2 8 4 9 3 7 5	4 1 3 2 6 5 8 7 9

IF YOU BELIEVE THIS...

- ★ In the 1400's a law was set forth that a man was not allowed to beat his wife with a stick any thicker than his thumb. Hence we have "the rule of thumb".
- ★ Many years ago in Scotland, a new game was invented. It was ruled "Gentlemen Only... Ladies Forbidden..." and thus the word GOLF entered into the English language.
- ★ The first couple to be shown in bed together on prime time TV was Fred and Wilma Flintstone
- ★ Every day more money is printed for Monopoly than the US Treasury.
- ★ Men can read smaller print than women can; women can hear better.
- ★ Coca-Cola was originally green.
- ★ It is impossible to lick your elbow.
- ★ The average number of people airborne over the US any given hour: 61,000
- ★ Intelligent people have more zinc and copper in their hair.
- ★ The first novel ever written on a typewriter: Tom Sawyer
- ★ $111,111,111 \times 111,111,111 = 12,345,678,987,654,321$
- ★ Each king in a pack of playing cards represents a great king in history: Hearts - Charlemagne; Clubs - Alexander the Great; Diamonds - Julius Caesar; Spades - King David
- ★ If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air the person died as a result of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.
- ★ In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. Hence the

phrase... "Goodnight, sleep tight."

- ★ It was the accepted practice in Babylon 4000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the honeymoon.
- ★ In English pubs, ale used to be ordered by pints and quarts. So in old England, when customers got unruly, the bartender would yell at them "Mind your pints and quarts, and settle down." It's where we get the phrase "mind your P's and Q's"
- ★ Many years ago in England, pub frequenters had a whistle baked into the rim, or handle, of their ceramic cups. When they needed a refill, they used the whistle to get some service. "Wet your whistle" is the phrase inspired by this practice.

MINI-QUIZ

- 1 If you were to spell out numbers, how far would you have to go until you would find the letter "A"?
- 2 What do bullet-proof vests, fire escapes, windshield wipers, and laser printers all have in common?
- 3 What is the only food that doesn't spoil?

<<<< AND FINALLY >>>>

- ★ At least 75% of people who read this will try to lick their elbow

MINI-QUIZ ANSWERS
<i>1. One thousand; 2. All invented by women; 3. Honey</i>



Rugby Sport for the Disabled Association

Membership Renewal Form for 2010

Renewal due 1st January 2010 (Please pay by 31st January)

I enclose Cheque/Cash/PO for **£4.00** as payment of the annual membership fee



Name.....

Address.....

..... Post Code.....

Tel No(s)..... Date of birth (if under 18).....

If disabled, please state disabilities.....

Please state any medical conditions that may cause concern.....

Signature..... Date.....

Office Use Only

Renewal payment received: £..... Cash / Cheque / PO.....

Treasurer's Signature..... Date.....



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