

# Rugby Sports Day



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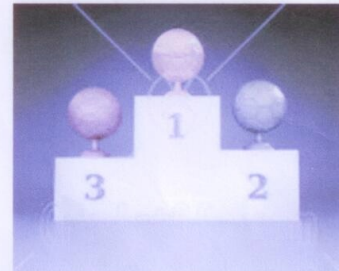
**A fun day for all!**



Sunday 2 May 2010

By James Smart - Junior Reporter

It was an early start to the day. By the time I arrived at the Sports Centre it was busy. There were people everywhere – helpers, competitors and organisers. The Main Hall was where it all started. Competitors were given their numbers and the fun began!



Some of the activities were boccia, archery, darts, swimming, athletics, bowling and 3 minute Scrabble. It was a good job lots of things took place inside because the weather was quite chilly. I'm glad I didn't have to do an outdoor event.

## Summary

At the end of the day, awards were given for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in each event.

Cover by James Smart

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**FROM THE EDITOR**

There has been a sadness within our club since the sudden death of our longstanding Chairman Clem Griffiths in May this year, and it's strange to have a Newsletter without an item from him. He devoted a great deal of his time, energy and love to RSDA and its members and is missed by many people. Our thoughts are with his widow Jean, daughter Sonja and son Tom. There is a full tribute to him on page 3.

The committee asked the club to elect a new Chairman and at an EGM held on 3<sup>rd</sup> July Bernard Purdy was elected. Two others, Pam Jones and John Bingham, have also been co-opted onto the committee as ordinary members since our AGM, so the full make-up of our current committee is shown in the box at the foot of this page.

Junior member James Smart has designed this Issue's cover with a report on Rugby Sports Day. For the first time in our Newsletter, this is in colour. Well done James – a "Smart" front page!

Bernard has produced another of his entertaining crossword puzzles on page 6; Lesley has compiled a Fun Quiz for you to have a go at on page 7; and there are 2 Sudoku puzzles, also on page 7.

I hope you enjoy the Newsletter, and if you have any ideas for items for future issues please let me know.

✧ *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*

**NOTICE BOARD / WEBSITE**

Keep up to date with forthcoming events. Look regularly at the Notice Board & Website [www.rugbsda.org.uk](http://www.rugbsda.org.uk)

**RSDA QUIZ NIGHT**

**GENERAL KNOWLEDGE QUIZ**

Thursday 14<sup>th</sup> October 7:30pm  
at Bilton Social Club

All welcome. Teams of 5 at £15/team. Prizes.

Please register your team with  
Maggie Holman Tel 01788 814328

**COMMITTEE 2010**

<b>Chairman.</b> . . . . .	Bernard Purdy
<b>Secretary.</b> . . . . .	Maggie Holman
<b>Treasurer.</b> . . . . .	Sonja Smith
<b>Ordinary Members:-</b>	
Iris Bingham	Pam Jones
John Bingham	Mike Sheasby

## FROM THE CHAIRMAN

This is my first contribution as chairman of RSDA and obviously I can only start by saying how sad I am that I am now doing this job because of the tragic death of Clem Griffiths.

He was not just our chairman: he was the driving force behind much that went on in the association and a great ambassador for us. That is to say nothing of all he did outside of RSDA and the fact that he was a very good friend. A full tribute to Clem appears below.

Clem, of course, would want us to look forward, not backward, and, looking forward, things are looking reasonably good. We have a strong membership and our Saturday morning sessions are well attended (as those of you on the archery line will know).

For those of you who use computers, our web site, [www.rugbysda.org.uk](http://www.rugbysda.org.uk), is being updated and is getting better and better all the time. It is an excellent way to find out what is going on and to let other people know about us. Hopefully, by

now, this newsletter will be available online, as will all future issues.

We cannot rest on our laurels, however. Numbers are down for entering competitions and we must do something about that to safeguard the future of the association. People need to enter competitions and they need to practise for them beforehand.

We also need more young blood on the committee. At the moment the committee is under strength, as it has been for several years. The youngest committee member is 58, which means that in not many years' time most of the committee will have retired, so unless we get some younger replacements we won't have a committee any more. Please give this some thought, if not now, then in the run up to the next AGM.

In the meantime, enjoy the rest of the year and crack on with the crossword

Best Wishes

✧ *Bernard Purdy*

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## TRIBUTE TO CLEM GRIFFITHS

ALSO KNOWN AS "CHARLIE" OR "GRIFF"

As the shock news of Clem's sudden death in Greece broke, his family and friends were dismayed and stunned. Our condolences go to his wife Jean, daughter Sonya and son Tom.

Clem was, or had been, involved with many organisations and activities including Vista Cycling Club, Athletics, Sunrise Project, Access Group (Hamilton House), Chairman of FOG (short-stay for Tom at the Grange), Chairman of Willans Supervisors, Rotary and Town Twinning. He also cycled from London to Paris for the David Lewis Centre (where Tom resides), from St Petersburg to Moscow on a tandem, and ran the London Marathon.

Clem has been Chairman of Rugby Sport for the Disabled Association for the last 14 years and had been involved with the group for many years

before that. Initially he brought his son Tom along to swim but gradually took more part in the group's other activities.

Clem brought his enthusiasm for life to everything he was involved in. For RSDA this meant our dryside activities (archery, table tennis, bowls etc), swimming, rafting, Spring Fair, quizzes, tombolas, sports days and cooking chestnuts at the Victorian Fayre. There was never a dull moment in his company and he always had time for everyone. He was caring, loved by all and a great friend.

He will be sorely missed, but we had the pleasure of knowing and working with him. There will be many treasured memories.

✧ *Iris Bingham*

## ARCHERY & CROSSBOW REPORTS

### NCF GLOUCESTER - FEBRUARY 2010

Two members of Rugby Sport for the Disabled returned with Gold medals from the National Crossbow Federation of Great Britain's 18m shoot held near Gloucester.

Rob Ledsham had a disappointing shoot but managed to beat Glen Thomas into first place. Iris achieved a perfect score and 53 of her 60 shots were completely inside the 4cm ten ring. Concentration at the shoot was difficult because the venue was freezing with the temperature only reaching 5°C despite 2 heaters. Iris achieved a world record at the 18m shoot with her score of 600/600. RSDA members with scores out of 600 during the two sessions were:

**Assisted Men:** Rob Ledsham 567 with 20 ring tens; Glen Thomas 554 with 20 ring tens.

**Assisted Ladies:** Iris Bingham 600 with 53 ring tens.

### NCF STREETLY - MARCH 2010

At the National Crossbow Federation of GB's National Indoor 18m Championships Iris Bingham and Rob Ledsham came away with gold.

The 18m Nationals were held at Streetly. The hall at a camp site had no heating except an electric fire. Iris and Rob were both very cold despite wearing several layers. It was noticeably warmer outdoors! Iris shot the challenging 25cm target (so the diameter of the ten ring was only 2.5cm) but all the other competitors used the usual 40cm face. The shoot was full so Glen could not compete.

In the second session Rob accidentally shot 2 bolts into one of the three targets (one bolt has to be shot in each target) so the lower scoring bolt was scored and a miss was called for the other.

Iris said, "I was disappointed to drop 8 points in the first session even though I had opted to shoot

the smaller target but pleased I only dropped one point in the second".

RSDA gold medal winners with scores out of 600:

**Assisted Lady:** Iris Bingham 591 (with 25cm face)

**Assisted Gent:** Rob Ledsham 568 (with 40cm face)

### NCF WEST MIDLANDS CHAMPIONSHIPS 25 APRIL 2010

Nine RSDA members won awards at this event. Hazel Duckett achieved Gold in her first competition after taking up the sport just 3 weeks previously. Pam Jones and Mike Sheasby more than doubled last year's score.

This annual event, which attracted shooters from Wolverhampton, Gloucester, Coventry and Leicester, was held at the KMLC. The shoot was called The Great Egg Shoot and all the prizes were chocolate Easter Bunnies or Eggs. Target sizes used were 60cm for archery, 40cm for crossbow, and Iris used the challenging 25cm face. The results for RSDA archers and assisted crossbow shooters, with scores out of 600, are:

#### Tournament Bow

**Ladies:** Iris Bingham - Gold 597 (32 ring tens & 25cm target)

**Gents:** Rob Ledsham - Gold 573 (27 ring tens); Glen Thomas - Silver 551 (14 ring tens)

#### Sports Crossbow

**Ladies:** Hazel Duckett - Gold 467 (4 ring tens)

**Gents:** Graeme Mooney - Gold 574 (21 ring tens); Paul Grietens - Silver 529 (6 ring tens); David Golder - Bronze 450 (1 ring ten)

#### Recurve Bows

Ladies: Pam Jones 238; Gents: Mike Sheasby 246

✧ *Crossbow Correspondent*

## CLUB CHAMPIONSHIPS 2009

Sport	Gold	Silver	Bronze
Archery	Pam Jones	Mike Sheasby	Dot Purdy
Boccia	—	—	—
Bowls	Brian Kinzett	David Golder	Mike Sheasby
Cribbage	—	—	—
Crossbow - Sport	Graeme Mooney	Paul Grietens	David Golder
Crossbow - Tournament	Iris Bingham	Bob Ledsham	Glen Thomas
Darts	Brian Kinzett	Graeme Mooney	Tony Harris-Baker
Dominoes	Iris Bingham	Graeme Mooney	Stewart Morris
Draughts	Iris Bingham	Brian Kinzett	David Golder
Kurling	Iris Bingham/ Mike Sheasby	—	Kate Franklin
Othello	Iris Bingham	Hazel Duckett	Stewart Morris
Pool	Brian Kinzett	Graeme Mooney	Simon Palmer
Scrabble	Iris Bingham	Hazel Duckett	Graeme Mooney
Swimming	Earl Evans	Sean McGahey	Paul Grietens
Table Tennis	Iris Bingham	David Golder	—

### SPECIAL AWARDS

#### SUPERSTARS

- Senior Female (in memory of Pat Ridgway). . . . . Iris Bingham
- Senior Male (in memory of Avis Dence). . . . . Graeme Mooney
- Junior. . . . . James Smart & Siobhan Morrow
- Wooden plate for overall winner. . . . . Iris Bingham

<b>Godfrey Ingram Trophy</b>	Senior: Iris Bingham	Junior: Shauna Grant
<b>Mary Clough Award</b>	Paul Cooper	
<b>Jan Rosser Cup</b>	Mick Watters	
<b>Jackie Cowtan Trophy</b>	Paul Grietens	

## RECIPE CORNER

### PASTA WITH BLUE CHEESE *(Serves 2) A quick and simple tasty pasta dish*

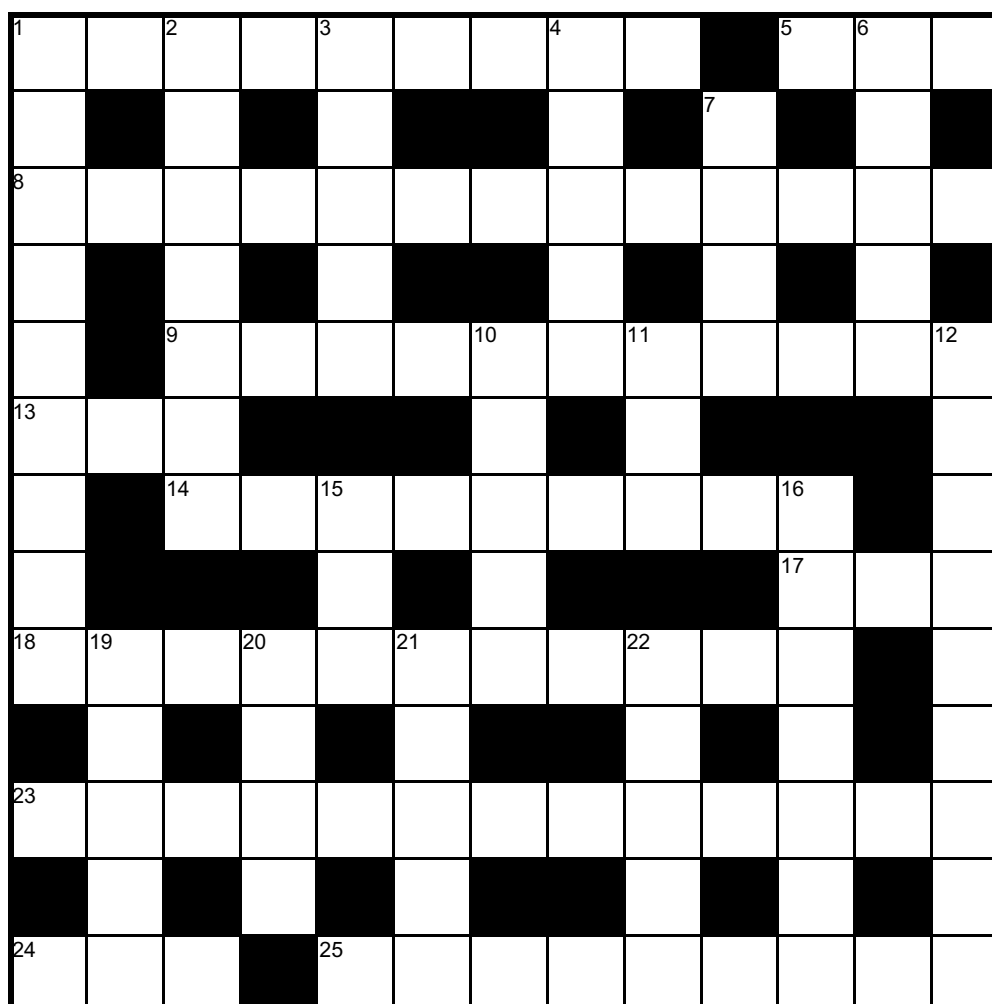
- ▶ 2 tbsp olive oil
- ▶ 250g cherry tomatoes
- ▶ 1 courgette, cut into 2cm chunks (optional)
- ▶ 3-4 oz pancetta or bacon, roughly chopped
- ▶ 2 cloves garlic, chopped
- ▶ 2 tbsp vermouth or white/rosé wine
- ▶ 6-8 oz pasta
- ▶ 75g soft blue cheese (eg Stilton), crumbled
- ▶ 25g Parmesan, grated or flaked
- ▶ 1 tbsp chopped chives
- ▶ Handful of basil OR rocket leaves
- ▶ Black pepper, freshly ground

Preheat the oven to 220C/425F/gas 7. Put the oil into a small deep roasting tin and add the tomatoes, courgette, pancetta/bacon and garlic. Shake/stir to coat it all with the oil. Pour in the vermouth/wine and season with black pepper. Roast in the oven for 15 mins. Cook the pasta as packet instructions, then drain and toss into the hot roast mixture. Crumble in the blue cheese and add the Parmesan. Keep stirring until the cheeses melt into the pasta. Add the chives and stir in most of the basil or rocket, keeping a few leaves back for topping. Divide between two bowls and top with the remaining leaves.

✧ **Maggie Holman**

# CROSSWORD PUZZLE

COMPILED BY BERNARD PURDY



## Across

- 1 Desperate lost cause touches (9)
- 5 One expert (3)
- 8 Disasters that could make animal like awards (13)
- 9 Ceramic hearing aid followed by oral question of position (11)
- 13 Title would, indeed, be wanted (3)
- 14 Searingly different youngsters (9)
- 17 You found part of mystery object (3)
- 18 A group aboard? Man the lifeboats! (7,4)
- 23 Attractive body with no field of activity, but out of this world (13)
- 24 Exist noisily as a worker (3)
- 25 It's in right, but it's wrong (9)

## Down

- 1 This disturbed carthorse could produce music (9)
- 2 Instruments of devilish cruelty (7)
- 3 Change of roles for unsuccessful person (5)
- 4 Careless people lose power to run away (5)
- 6 Very gauche error contains applause (5)
- 7 Demonstrate who's changed (4)
- 10 Beauty famous for ship launching (5)
- 11 Sister in a conundrum (3)
- 12 Strangely, to me, Jenny brings pleasure (9)
- 15 Help from unpaid worker (3)
- 16 Best sauce (7)
- 19 Slow down ruined break (5)
- 20 Not one 11 that we can hear (4)
- 21 Frequently found in water softeners (5)
- 22 If you get the PR right, the result is excessive (5)

*(Solution on page 8)*

# FUN QUIZ – DO YOU KNOW WHO I AM?

Compiled by Lesley Hopkins

Who, in the world of entertainment, are these people better known as? (Answers on page 8)

Real Name	Stage Name	Real Name	Stage Name
1 Harry Webb	_____	17 Marion Morrison	_____
2 Maurice Micklewhite	_____	18 Marie Lawrie	_____
3 Thomas Woodward	_____	19 Norma Baker	_____
4 Patrick Dumble-Smith	_____	20 Columcille Gibson	_____
5 Frances Gumm	_____	21 Noah Kaminsky	_____
6 Barbara Ann Deeks	_____	22 Michael Shalhoub	_____
7 Alfred Hawthorne Hill	_____	23 John Osbourne	_____
8 Shirley Crabtree	_____	24 Richard Starkey	_____
9 Robert Allen Zimmerman	_____	25 Terence Alan Milligan	_____
10 Charles Hardin Holley	_____	26 Marvin Aday	_____
11 John Charles Carter	_____	27 Maurice Cole	_____
12 Priscilla White	_____	28 Anna Bullock	_____
13 Reginald Dwight	_____	29 Lesley Hornby	_____
14 Arnold George Dorsey	_____	30 Caryn Johnson	_____
15 Farrokh Bulsara	_____	31 Allen Konigsberg	_____
16 John Cheese	_____	32 Barry Alan Pinkus	_____

## SUDOKU

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9  
(Solutions on page 8)

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

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

## NEW WORDS & NEW MEANINGS

A leading US newspaper invited readers to take any word from the dictionary, alter it by adding, subtracting or changing one letter, and supply a definition. It also asked readers to supply alternative meanings for common words. Here is a selection.

### New Words

Intaxication	Euphoria at getting a tax refund, which lasts until you realise it was your money to start with.
Giraffiti	Vandalism spray-painted very, very high
Sarchasm	The gulf between the author of sarcastic wit and the person who doesn't get it.
Inoculatte	To take coffee intravenously when you are running late.
Decafalon	The gruelling event of getting through the day consuming only things that are good for you.
Caterpallor	The colour you turn after finding half a worm in the fruit you're eating.

### New Meanings

Coffee	The person upon whom one coughs.
Flabbergasted	Appalled by discovering how much weight one has gained.
Abdicate	To give up all hope of ever having a flat stomach.
Esplanade	To attempt an explanation while drunk.
Negligent	Absentmindedly answering the door when wearing only a nightgown.
Lymph	To walk with a lisp.
Gargoyle	Olive-flavoured mouthwash.
Balderdash	A rapidly receding hairline.
Immobile	Being without a mobile phone

## PUZZLE SOLUTIONS

Crossword Puzzle	SUDOKU No 1	SUDOKU No 2
<b>Across:</b> 1 osculates; 5 ace; 8 catastrophes; 9 earthenware; 13 str; 14 yearlings; 17 UFO; 18 abandon ship; 23 magnetosphere; 24 bee; 25 incorrect <b>Down:</b> 1 orchestra; 2 cutlery; 3 loser; 4 elope; 6 cheer; 7 show; 10 Helen; 11 nun; 12 enjoyment; 15 aid; 16 supreme; 19 brake; 20 none; 21 often; 22 hyper	5 8 1 6 9 3 2 7 4	7 1 6 2 8 3 9 5 4
	6 3 7 2 8 4 5 1 9	3 8 5 9 4 1 7 6 2
	4 9 2 7 1 5 8 3 6	4 2 9 7 6 5 3 8 1
	7 4 6 9 2 8 3 5 1	6 5 1 3 2 8 4 7 9
	2 5 3 4 7 1 9 6 8	9 4 8 6 1 7 5 2 3
	8 1 9 5 3 6 7 4 2	2 3 7 4 5 9 8 1 6
	3 6 4 8 5 9 1 2 7	8 6 2 5 3 4 1 9 7
	9 7 5 1 6 2 4 8 3	5 9 4 1 7 2 6 3 8
	1 2 8 3 4 7 6 9 5	1 7 3 8 9 6 2 4 5

### Fun Quiz Answers

1 Cliff Richard; 2 Michael Caine; 3 Tom Jones; 4 Michael Crawford; 5 Judy Garland; 6 Barbara Windsor; 7 Benny Hill; 8 Big Daddy; 9 Bob Dylan; 10 Buddy Holly; 11 Charlton Heston; 12 Cilla Black; 13 Elton John; 14 Engelbert Humperdinck; 15 Freddie Mercury; 16 John Cleese; 17 John Wayne; 18 Lulu; 19 Marilyn Monroe; 20 Mel Gibson; 21 Neil Diamond; 22 Omar Sharif; 23 Ozzy Osbourne; 24 Ringo Star; 25 Spike Milligan; 26 Meatloaf; 27 Kenny Everett; 28 Tina Turner; 29 Twiggy; 30 Whoopi Goldberg; 31 Woody Allen; 32 Barry Manilow