



## FROM THE CHAIR

As Christmas approaches we all tend to look back on the year. When we do that this year we all think with great sadness of the loss of our chairman, Clem. By the time you read this, however, the Mayor of Rugby will have unveiled a plaque and named the main hall at the Leisure Centre as The Clem Griffiths Sports Hall in his honour. This really is an appropriate tribute to somebody who spent so many energetic hours there, leading our association, in addition to all the good work that he did elsewhere.

This is also an appropriate time for us to move on. We must never forget Clem, and in moving on, we must try to let our feelings of sadness give way to fond memories and let them be an inspiration to us in our future endeavours.

We must also remember that there were highlights in 2010 as well. Our crossbow shooters continue to break records and our team in The Rotary Team Games this year really did us proud, coming third overall against teams from organisations many times the size of ours. Well done to all of them!

In fact well done to everybody who has been coming along on Saturday mornings, entering competitions and supporting our fundraising and social events. It is what our association is all about and we have really done it well this year. Let's capitalise on our success and make next year a better year.

Those of you who surf the net will have noticed changes to our website [www.rugbysda.org.uk](http://www.rugbysda.org.uk). It is getting bigger and better, with some videos already on it and more to come. As we move deeper into the 21<sup>st</sup> century we will probably be making more changes, so I would like to know how many of you use Facebook or Twitter. Please tell me directly or email me through the website.

Those of you that don't use computers needn't worry; we will make sure that you don't miss out. The computer stuff is an addition to traditional communication, not a replacement. It has also shown its worth in attracting new members.

That's all for now, except, of course, to wish you all a Merry Christmas and a Happy New Year.

✿ *Bernard Purdy*

## FROM THE EDITOR

Just a short Newsletter this Christmas – more a News Sheet really, as we only recently issued our Autumn Newsletter.

Once again we have our Christmas Greetings page (page 3). For a small donation to club funds, this is an economical and timesaving way to send your Christmas wishes to fellow club members. If you've missed the deadline for this Christmas perhaps you'd like to keep it in mind for Christmas 2011. For those who prefer to send cards, we're happy to sort and distribute them.

We have an "Away Days" section in this edition with club members describing their holidays and weekend breaks with recommendations and comments on disabled facilities.

Don't forget it's membership renewal time in January. Renewal forms on the back page.

And finally, something to look forward to – **Jamaican Night** on Saturday 12<sup>th</sup> February 2011.

Happy Christmas and Good New Year to you all!

✿ *Maggie Holman*

**Acknowledgment:** Our thanks to **THE CRESCENT SCHOOL** for printing the Newsletter.

## “STOCKING FILLER” FUN QUIZ

Here’s a fun quiz to help pass the time during those long winter nights. Fill in the gaps between the words, e.g. Christmas day light. There is only one word per answer and no two answers are the same, but it’s always possible you may get an answer which is different from mine. Answers on page 6.

✿ *Maggie Holman*

1	Christmas	_____	singer	16	Christmas	_____	walk
2	Round	_____	hood	17	Heavyweight	_____	day
3	Norfolk	_____	trot	18	Brandy	_____	scotch
4	Snow	_____	scone	19	Christmas	_____	jack
5	Christmas	_____	surgeon	20	North	_____	position
6	Glorious	_____	night	21	Paper	_____	gang
7	Lean	_____	meat	22	Christmas	_____	lights
8	Silk	_____	filler	23	Arch	_____	cake
9	Snow	_____	Christmas	24	Holly	_____	baby
10	Christmas	_____	arms	25	Christmas	_____	club
11	Step	_____	Christmas	26	Church	_____	boy
12	Horse	_____	stuffing	27	Cranberry	_____	boat
13	Sliced	_____	sauce	28	Silent	_____	mare
14	Four	_____	greetings	29	Christmas	_____	board
15	Bob	_____	bells	30	Snow	_____	point

## RECIPE CORNER

### BUTTERNUT SQUASH & GINGER SOUP

A warming and tasty soup for cold winter days

*Serves 4-6*

1 small onion, roughly chopped  
 1 small leek, roughly chopped  
 30g (1oz) root ginger, peeled and grated  
 Good knob of butter  
 1kg (2lb 2oz) butternut squash  
 500ml (1pt) vegetable stock  
 Salt and freshly ground black pepper

Gently cook the onion, leek and ginger in the butter until soft. Peel, seed and chop the squash into 1" (2.5cm) cubes and add to the pan with the stock. Bring to the boil, add salt and pepper and simmer for 20 min. Blend in a liquidiser, then strain through a sieve (optional). Reheat the soup,

adjust the consistency with stock or water, and season as required.

**Note:** Peel the squash using a potato peeler rather than a knife as the peel can be quite tough.

✿ *Maggie Holman*

### USED STAMPS

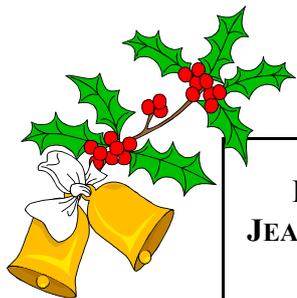
#### ***Keep those stamps!***

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.

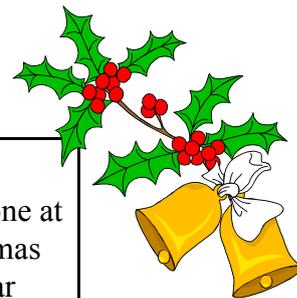
Thank you - ***Lesley Hopkins***

# CHRISTMAS GREETINGS



Happy Christmas from  
**JEAN, SONYA & THOMAS** and  
a Healthy New Year

**HAZEL & GEORGE**  
would like to wish everyone at  
the club a Merry Christmas  
and a Happy New Year



A Merry Christmas and a  
Happy New Year to all our  
members and helpers from  
**DOT & BERNARD**

**NORMAN & CHRIS**  
would like to wish everybody  
a Happy Christmas and a  
Healthy New Year

**ANNE & PAT**  
wish everyone in RSDA  
a Merry Christmas and a  
Happy & Healthy New  
Year

All my Best Wishes to  
Everybody from **LESLEY**

Happy Christmas Everybody  
from **JAMES**

Wishing you a Merry  
Christmas and a Happy  
New Year  
**IRIS & JOHN**

Happy Christmas to everyone  
and all the best for 2011  
Love **ANITA**

Merry Christmas one and  
all. Don't forget not to  
overdo it on the bubbly.  
From **H**

Wishing you all a Happy  
Christmas and a Healthy New  
Year from **PHIL**

Merry Christmas.  
Happy New Year. All the best  
from all of us. **EARL**

We would like to wish  
everyone a Merry  
Christmas and a Happy  
New Year  
**SONJA & SYD SMITH**

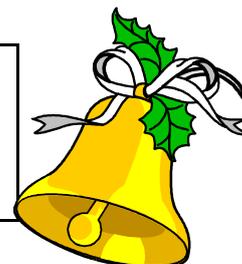
Have a wonderful Christmas  
and a prosperous New Year  
from  
**PAM & DON**

Just wishing you all  
happiness over  
Christmas  
**MIKE SHEASBY**



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

Wishing you all a Happy  
Christmas and a peaceful 2011  
With love from  
**WALLY & SUE xx**



## 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. There are 2 puzzles for you to try, an easy and a medium one. Solutions on page 6.

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

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

## AWAY DAYS

### OUR FIRST CRUISE EXPERIENCE

Mum and I went on a 7-day Mediterranean cruise in September 2010. We sailed from Southampton on a ship called the Auzora. The flat access made it easy for people in wheelchairs to get on and off. Having 19 decks we were forever getting lost.

The cabin had a very spacious wheel-in shower/wet room with shower chair on offer. We also had a window with a nice view. Although I could not use the swimming pool or hot tubs, having 12 bars to choose from made me able to forget my frustrations. The food was varied with loads of it.

Not all ports had wheelchair access so I learned we need to do more research when planning our next cruise.

All in all a good time was had by all as Kate, one of my carers, came too. ✨ *Anne Cooper*

### HOLIDAY IN DORSET

We can recommend a very nice hotel we stayed in whilst on holiday in Dorset. **Mortons House Hotel** is in Corfe Castle on the beautiful Purbeck coast, which is designated both as an Area of Outstanding Natural Beauty and Heritage Coast with picturesque bays and sandy beaches.

In the grounds the hotel has 4 specially adapted disabled rooms with wet-room en-suites. Rooms could be interlocking if you need to take a carer. Breakfast was served in the main hotel but room service was available if requested the night before.

The hotel has a Tourist Board Gold Award, the Silver Award for Accessible Accommodation 2008 and other formal accolades. The cost for a week's Bed & Breakfast was £870 for 2 people, although this was no more expensive than a standard room. ✨ *Rosemary & Ivor Jones*

## A FANTASTIC THREE DAYS

Don and I decided that since we had not a holiday for 6 years, a holiday was just what we needed. This would be the first time with me in a wheelchair. Lots of others have done it successfully with just little hiccups so finding somewhere for us should not be so bad.

A long time ago we went to a Health Spa, Champneys Springs in Ashby, Leicester, so we decided that since they had just had a major refurbishment they would have had to adhere to the requirements of the latest disability laws. This would be a perfect opportunity to find out if they had.

When I booked I told the lady I was in a wheelchair. They had no standard rooms left on the ground floor but she asked us to hold and when she came back, it was to tell us it was all sorted – she had booked us into a ground floor room but it was a Premium room, which is double the price. I told her we can't afford that, but she then lifted my heart by saying they would charge us the same price as the standard room. Don and I both agreed that this was one good point already for Springs and their goodwill towards people with disabilities.

It was only just over an hour's travel to Springs. We parked in the disabled space close to reception. There was a beautiful bridge over a lovely pond with big fishes but the bridge walkway was made of what I can only describe as mini road humps. There was no way I could go over all those and arrive at reception in one piece, so Don asked if there was another entrance. There was and we were directed to a double door a short way from the main doors. We were welcomed with a big smile by the receptionist and a man carried our luggage to our room.

Oh what a room! With a kingsize bed. It was indeed one of the most comfortable I had ever slept on. We could look out onto the garden where there was a beautiful fountain, and the room had access to it. The bathroom had two washbasins, a bath, and a shower which a wheelchair could go into. The toiletries were gorgeous.

The refurbishments were incredible. Every

window gave you a lovely view of green grass, trees, bushes and plenty of wild life. The pool had long sloping steps into it with handrails at both sides, much like we have at Rugby, so getting into and out of the water was no problem. The water was 4ft deep throughout so you could stand up wherever you were. The jacuzzi steps were a shade too steep for anyone with disabilities but once in it was great. The changing rooms off the pool were the luxury you would expect with rows of warm fluffy towels.

There was something there for everyone – lots of classes in the hall, yoga, step classes, pilates, a sauna and steam room by the pool, and various treatments and outdoor activities. The food was mouth-watering and the catering staff were friendly and helpful and they never forgot I was in a wheelchair.

We knew our last day would pass really quickly. Don went to the gym, I had a neck massage, we had a swim, some time in the jacuzzi, the sauna and steam room, shower and change.

I would go back tomorrow. It had been heaven, with no real complaints to be made at all, and the facilities were well within the disability laws.

So all in all, we had a wonderful, unforgettable three days. Only two problems for someone in a wheelchair. The first was the entrance – although the alternative entrance was not far, I feel they could have advised me of this when I booked. The other was the jacuzzi. Everything else was perfect – large open airy corridors, easily opened wide doors, ramps beside the parts where there were stairs, a large lift and easily accessed treatment rooms.

I have to admit that I was looking at the disability access etc from my point of view and others less able than myself may have other difficulties. This needs checking out, so I will have to go back again very soon to do that... no problem!!

✿ Pam Jones

**Editor's Note:** *If you require further information on any of these destinations, please have a word with the members themselves.*

# OH WHAT A DAY!

In November our athletes attended the Rotary Teams Games 2010, but I want to tell you about what happened at the same games at the same venue last year 2009.

I was doing the individual boccia game upstairs. After everyone finished it was time to go downstairs for lunch. Along the corridor to the lifts we saw a long queue waiting. **The lift was broken down.** And the repair man was 2½ hours away. This is the biggest worry of wheelchair users – what happens if you are stuck in a lift or without a lift. Well we were about to find out.

It wasn't just me stuck, there was at least 7 or 8 others, so it was not going to be an easy task. It was rumoured the fire brigade would help but our saviours turned out to be the staff at the Excel Stadium.

This is how it was done. The first guy was put into a chair which was reminiscent of a deckchair. Then 4 men carried the wheelchair down to wait for its occupant. He was lifted very carefully into the “deckchair” and it was gently moved towards the top of the stairs. There were two men in front of him and one man behind guiding the “deckchair”.

When it was my turn it took 6 men to carry my wheelchair down because of its heaviness.

Surprisingly, in the “deckchair”, it was remarkably smooth and gentle, as if I was on a cloud. As we got half way down I spotted Clem in the array of photographers standing at the bottom taking shots of us coming down. I smiled and waved and he yelled at me “I’m not taking a photo of you showing off madam. You’re in a scary situation, so look scared.” You know Clem.

This incident could have spoiled the whole day but the men from Excel were nothing but the best in every way. The whole thing was handled with sincere care and comfort They wasted no time getting us down, reassuring us all the time, and with smiles which belied what they were feeling as they carried 13-stone chairs down those stairs, the sweat dripping of them as they laboured to get it all done as smoothly as possible.

So the worst thing that could have happened did, and it ended up being nothing to worry about at all. So I want to say a massive big thank you to all the men at the Excel Stadium for “Excelling” so wonderfully and getting us down to safety with a smile on their faces, and keeping the smile on ours too.

**Three big cheers please!**

✧ Pam Jones

## PUZZLE SOLUTIONS

Quiz Answers	SUDOKU No 1	SUDOKU No 2
1 carol; 2 robin; 3 turkey; 4 drop; 5 tree; 6 twelfth; 7 mince; 8 stocking; 9 white; 10 present; 11 father; 12 chestnut; 13 bread; 14 seasons; 15 sleigh; 16 cake; 17 boxing; 18 butter; 19 cracker; 20 pole; 21 chain; 22 fairy; 23 angel; 24 bush; 25 pudding; 26 bell; 27 sauce; 28 night; 29 card; 30 ball	1 7 4 2 8 9 6 5 3	2 5 1 7 4 8 9 3 6
	8 9 6 7 5 3 2 1 4	7 8 4 9 3 6 2 5 1
	2 5 3 1 4 6 9 8 7	9 6 3 1 5 2 7 8 4
	4 3 7 8 9 5 1 2 6	3 9 8 2 6 5 4 1 7
	6 8 9 3 1 2 7 4 5	5 7 6 4 9 1 8 2 3
	5 1 2 6 7 4 3 9 8	1 4 2 8 7 3 6 9 5
	3 4 1 5 2 7 8 6 9	4 2 7 5 1 9 3 6 8
	9 6 8 4 3 1 5 7 2	8 3 5 6 2 7 1 4 9
	7 2 5 9 6 8 4 3 1	6 1 9 3 8 4 5 7 2

## **RSDA Membership Renewal**

**due 1<sup>st</sup> January 2011**

- Renewal forms on back page
- **£4.00** membership fee for 2011
- Please make cheques payable to “**RSDA**”
- Please pay promptly, 31<sup>st</sup> January latest
- You have to be a fully paid-up Member to be able to vote at the AGM
- See Maggie for more forms



**Rugby Sport for the Disabled Association**

**Membership Renewal Form for 2011**

**Renewal due 1<sup>st</sup> January 2011 (Please pay by 31<sup>st</sup> 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 .....



**Rugby Sport for the Disabled Association**

**Membership Renewal Form for 2011**

**Renewal due 1<sup>st</sup> January 2011 (Please pay by 31<sup>st</sup> 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 .....