



# NEWSLETTER

SPRING 2012

On the 8<sup>th</sup> February 2012, Rugby Borough Council agreed to build the new leisure centre which will replace the Ken Marriott.

This is to be called 'The Queen's Diamond Jubilee Centre'.

Preliminary work on the project has now begun.

The £13 million centre will be one of the country's best equipped for disability sport.



*Artists' impression of the new leisure centre*



***The theme for this cover is  
'Spring - new beginnings'***

If you would like to do the cover sheet for the next Newsletter, please contact the Editor.

The theme is 'Summer Holidays'. It can be a painting, sketch, drawing, photograph, computer graphic – whatever you like.

Perfection is not expected. Why not get your kids or grandchildren to do something – it will be a bit of fun to see what they come up with.

## **RSDA NEWSLETTER SPRING 2012**

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All the views expressed in this publication are individual and not necessarily the views or policy of RSDA and its supporters.

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Please put 'RSDA Newsletter' in the subject line when emailing the Editor.

Two exhibitions you may find useful:

### **NAIDEX 2012**

[www.naidex.co.uk](http://www.naidex.co.uk)

**Tuesday to Thursday**

**1<sup>st</sup> to 3<sup>rd</sup> May 2012**

**NEC, BIRMINGHAM**



Naidex is the UK's largest disability, rehabilitation and homecare event with over 300 exhibitors featuring a wide range of

the latest products and services designed to aid independent living.

### **THE MOBILITY ROADSHOW**

[www.mobilityroadshow.co.uk](http://www.mobilityroadshow.co.uk)

**Thursday to Saturday**

**21<sup>st</sup> to 23<sup>rd</sup> June 2012**

**East of England Showground,  
PETERBOROUGH**

This exhibition is a showcase for mobility products and equipment to help you maintain an independent lifestyle.

## **EVENTS TO COME SOCIAL and FUNDRAISING**

**Saturday, 31<sup>st</sup> March 2012**

### **JAMAICAN NIGHT**

at The West Indian Centre, Rugby

This was very quickly fully booked – if you would like to come to a social event such as this, please make sure you book well in advance.

**Saturday, 14<sup>th</sup> April 2012**

### **GENERAL KNOWLEDGE QUIZ**

At Thornfield Indoor Bowls Club  
Bruce Williams Way, Rugby CV22 5LL

The start time will be 7.30 pm prompt  
£15 for teams of up to 5

Prizes for the winning teams

All proceeds go towards helping local people with disabilities to participate in sport.

Entries on the night or please register your team with Maggie Holman

on 01788 814 328

## **SPORTING**

**Sunday, 6<sup>th</sup> May 2012**

### **RUGBY SPORTS DAY FOR THE DISABLED**

at The Ken Marriott Leisure Centre  
Bruce Williams Way, Rugby, CV22 5LJ

Time: 09:30 – 17:00

Our Annual Sports Day, run by the three Rotary Clubs of Rugby in conjunction with Rugby Sport for the Disabled Association (RSDA)

#### **Please note**

The Clem Griffiths Sports Hall at The Ken Marriott Leisure Centre will not be available to RSDA on Saturday, 3<sup>rd</sup> November 2012 as there is a cat show that day.

### **ACKNOWLEDGMENT**

**Many thanks to the Crescent School, Rugby for printing this Newsletter**

[www.crescentschool.co.uk](http://www.crescentschool.co.uk)

## CHAIRMAN'S CHAT

Hello to those of you who haven't heard enough from me at the AGM and are reading this article. You will notice that there has been a change of Editor. This is because Maggie, who has been doing a wonderful job for the last thousand years or so, has decided that enough is enough. She has found it increasingly difficult to get contributions and writing the whole thing herself is a thankless task. It's a shame, because she really has produced some masterpieces, for example, the Channel Crossing write-up. Maggie has entertained and tortured us with numerous quizzes and competitions. Fear not, however, she will continue to keep me under control in her capacity as RSDA Secretary. I must emphasise that she has asked for someone else to take over of her own free will and she has NOT been involved in any phone hacking scandal.

*Thank you Maggie.*

This Newsletter has, of course, been produced. This is due to new member Mike Ackroyd, who has agreed to take over the job. Mike produced an excellent Newsletter for Rugby Multiple Sclerosis Society for many years, so he brings a wealth of talent and experience with him. You will be getting used to Mike and his wife, Margaret, who will be with us more and more on a Saturday morning, sniffing out stories and features. Hopefully Mike will find time to take part in some sport and won't let his Editorial duties get in the way of that.

Thank you again to Maggie for all that you have done in the past and welcome and thank you to Mike for taking on the role.

Mike is full of ideas and some parts of the Newsletter will be in colour. Of course they will be printed in black and white, so you won't know that unless you opt to download your copy from our website, in which case you will get it in glorious colour. If you email me on [info@rugbysda.org.uk](mailto:info@rugbysda.org.uk) (you can do it through the website if you find that easier) and ask to be put on the 'Newsletter list', you will be emailed, with a link to it every time that there is a new issue. This will help you to keep up to date and help the association by keeping printing and postage costs to a minimum. You can also ask to be put on the 'Postings list' to be notified of any new postings on the notice board page of our website.

I'd better stop now, before Mike cuts me off.

Have a good year,

**Bernard**

**New Editor** Would I dare cut you off Bernard? – you will have to wait and see!

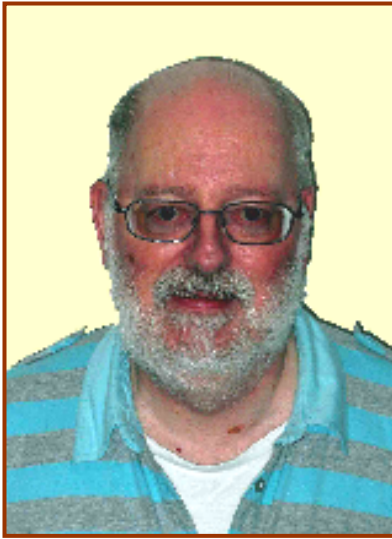
## RSDA WEBSITES

In addition to our website at <http://www.rugbysda.org.uk/>

RSDA now has a second website, set up by The Heart of England Community Fund. This new website not only gives you another way of donating to RSDA (anonymously if you wish), it also allows you to Gift Aid it as well – which is a tax-efficient way of doing it. Use the following link to have a look at this website

<https://localgiving.com/charity/rugbysportforthedisabledassociation#>

## Let me introduce myself your **NEW EDITOR** – Mike Ackroyd



As mentioned by Bernard in his 'Chairman's Chat' on the previous page, I have agreed to become the Editor of the RSDA Newsletter and this is the first issue from me.

Bernard says that I bring 'a wealth of talent and experience' with me – I guess he is exaggerating just a little and I will try not to let him down too much.

First of all, I would like to thank my predecessor, Maggie, for all the help and advice she has given to get me started in my new role. She let me look through the file of all her previous Newsletters – they are first class and Maggie will be a hard act to follow but I will do my best.

Just a little about me – you will probably find this hard to believe but I am 67 years old! Way back in 1982 I was diagnosed with multiple sclerosis and my mobility is now not that wonderful, so you will see me using a powered wheelchair when out and about. My wife Margaret and I

have been married for nearly 35 years and I would not be able to continue doing the things I do without her wonderful support. We have one married daughter who is expecting her first baby in April – so we are very much looking forward to becoming grandparents.

Margaret will be helping me with the Newsletter and we are both looking forward to getting to know you.

It is my intention to produce at least four Newsletters each year. They will be in spring, summer and autumn with a special Xmas edition. Many features of the previous Newsletters will remain but please understand that there are bound to be some changes of style that reflect my own way of working. However, I don't want it to be regarded as *my* Newsletter. I am hoping that you, the members of RSDA, will look on it as being *yours* and help us by contributing as much as you can. Comments, ideas, advice and criticisms will all be welcome as well as your articles on any topic whatsoever.

Best wishes to you all.

**Mike**

### ***Can you help your new Editor?***

Because of my disability I find it extremely difficult to take photographs myself using a digital camera or a mobile phone – and regrettably Margaret is also pretty useless at it!

Can anyone volunteer to let me have digital photos of future activities or events (sporting, social or fundraising) connected with RSDA, so I can put them into forthcoming Newsletters, please?

Phone me on 01788 537 841 to discuss.

Also, I am thinking of compiling an archive of RSDA from the past right up to the present, so any photos, posters or other items for this would be really welcome. I will scan them and let you have them back.

### ***That's more than enough about me.***

May I remind you that you can help raise funds for Warwickshire Association for the Blind by saving your **used postage stamps** and letting **Lesley Hopkins** have them.

Please don't soak or steam the stamps off. Just cut around them leaving a good margin of about ½ inch in old money.

## The 2011 AGM

The RSDA 2011 AGM was held on Saturday, 3<sup>rd</sup> March 2012 at the Benn Hall in Rugby. The event went very well and was attended by just over 40 members.

Caroline Johnson from the Borough Council was our guest. She helped present the prizes and also spoke briefly on the new leisure centre that will replace the Ken Marriott.

Our President, Mark Furber, welcomed everyone and congratulated the club on coming 3<sup>rd</sup> at the Rotary Team Games. He said it had been an enjoyable year and the committee had worked hard – which proved worthwhile as some of our suggestions are to be actioned.

Bernard Purdy, RSDA Chairman, presented his report and began by saying that, once again, the last year had been one of mixed fortunes.

Here is a brief summary of some of the main things mentioned by Bernard:

Sadly, three members, Pat Fisher, Glen Thomas and Norman Bowers, passed away during 2011.

On the brighter side, Iris Bingham once again successfully defended her World Champion status, this time in Australia and, once again, RSDA came a creditable 3<sup>rd</sup> in the Rotary Teams Games against many larger clubs.

Looking forward to the year ahead, Bernard said that the construction of the new leisure centre, “The Queen’s Diamond Jubilee Leisure Centre” will probably bring us problems of its own, but certainly we will have to prepare for the eventual closure of the Ken Marriott and subsequent period of some 3-4 months when we will have to use alternative facilities elsewhere. RSDA certainly can’t afford to close for that long. At the moment we have found somewhere for the dryside activities, including the archery, and somewhere for the swimming. Both activities would, however, have to be on a Sunday morning. Neither location is in the town centre and they are far enough apart to make it impractical for people to do dry and wet activities on the same morning. Bernard and the committee would like all RSDA members to carefully consider what problems the closed period will cause, so that they can think about any assistance that may be possible. They have always believed in saving money for a rainy day, so now that the monsoon period is about to start, they will not be afraid to spend it. In the meantime, talks will soon be starting about what happens when the new centre opens. One thing that Bernard is confident of is that the facilities for disabled people will be second to none. When we move in it will be the start of an exciting period in our history.

A number of people, companies and organisations have donated funds to RSDA during the year including Peugeot (via The Heart of England Community Fund), employees of DHL and pupils of Rugby School. Bernard thanked all those who have given us their support. He also mentioned our own team’s efforts in the ‘Team Games’ when they earned us £200.

Finally, leaving the best until *almost* last, Bernard announced the launching of ‘The Clem Griffiths Championship’. This will be run on similar lines to the Godfrey Ingram award, but with a few important differences.

Bernard concluded by thanking everybody who has done so much for the association yet again this year – the committee, the helpers, the members and the numerous outsiders.

### Editor

RSDA Annual Awards for 2011 – see page 6

For more on ‘The Clem Griffiths Championship’ – see page 7

### **COMMITTEE 2012**

Chairman	Bernard Purdy
Secretary	Maggie Holman
Treasurer	Sonja Smith

#### Ordinary Members:-

Iris Bingham
John Bingham
Mike Sheasby
Anita Bird
Pam Jones

## RSDA ANNUAL AWARDS for 2011

At the Annual General Meeting of Rugby Sport for the Disabled Association awards were presented to members for the 15 Club Championships and the special trophies.

Most of the Club Championships were played as round robins. For the swimming each competitor had to swim 25m twice, 20 minutes apart, and try to get the same time. The competition is organised this way because members have so many different disabilities.

The Mary Clough Award, voted for by the disabled members, is awarded to a person showing promise in their sport. It deservedly went to archer Kevin Rumble. The Jan Rosser Cup, won by 10 year old Alexander Powers, is for Endeavour and the Jackie Cowtan Trophy, for Happiness and Helpfulness, was given to 12 year old James Smart.

Awards were presented by Caroline Johnson (Sports and Recreation Manager at Rugby Borough Council), Margaret Cowtan and Bernard Purdy. The winners were :-

CLUB CHAMPIONSHIPS 2011			
Sport	Gold	Silver	Bronze
Archery	Kevin Rumble	Pam Jones	James Smart
Boccia	Iris Bingham	David Golder	Mike Sheasby
Bowls	Mike Sheasby	Lesley Hopkins	Graeme Mooney
Cribbage	Graeme Mooney	Iris Bingham	Stewart Morris
Crossbow - Sport	Hazel Duckett	Graeme Mooney	Mike Sheasby
Crossbow - Tournament	Iris Bingham	Robert Ledsham	-----
Darts	Graeme Mooney	Brian Kinzett	Iris Bingham
Dominoes	Iris Bingham	David Golder	Stewart Morris
Draughts	Iris Bingham	Graeme Mooney	David Golder
Kurling	Iris Bingham	David Golder	Graeme Mooney
Othello	Iris Bingham	James Smart	Graeme Mooney
Pool	Paul Smith	Brian Kinzett	Graeme Mooney
Scrabble	Iris Bingham	Pam Jones	James Smart
Swimming	Robert Franklin	Hazel Duckett	Graeme Mooney
Table Tennis	Graeme Mooney	Iris Bingham	James Smart

SPECIAL AWARDS	
<b>SUPERSTARS</b>	
Senior Female (in memory of Pat Ridgway)	– Iris Bingham
Senior Male (in memory of Avis Dence)	– Graeme Mooney
Junior	– James Smart
Wooden plate for overall winner	– Iris Bingham
<b>Godfrey Ingram Trophy</b>	<b>Senior:</b> Graeme Mooney <b>Junior:</b> James Smart
<b>Mary Clough Award</b>	Kevin Rumble
<b>Jan Rosser Cup</b>	Alexander Powers
<b>Jackie Cowtan Trophy</b>	James Smart

## The CLEM GRIFFITHS CHAMPIONSHIP

Those of you who were at the recent AGM heard that we have launched this *new* championship in memory of our late chairman, Clem Griffiths. It is difficult to take it all in when you hear it just once, however, and there was a lot to take in at the AGM. Here it is again, with a little more detail.

The championship is intended to get our newer members interested in competitions. It will, in some respects, be the same as The Godfrey Ingram Championship, it that competitors will receive :

5 points for taking part and winning an event

4 points for taking part and coming second

3 points for taking part and coming third

1 point for taking part

The differences are :

Events to count will only be internal events (the club championships and Superstars) and Rugby Sports Day for the Disabled.

In Superstars each event will count, rather than just the overall placings as in The Godfrey Ingram Championship.

In the Rugby Sports Day all the scores for the main events will count double and *either* the best three scores from the main events *or* the best six scores from the have-a-go events will count (whichever gives the best overall result).

The best twenty scores throughout the year will count.

The most important difference, however, is that the championship will only be open to those who have joined the association within the last two years at the start of the year. If somebody has joined the association and let their membership lapse and then rejoins it will be at the committee's discretion. Each case will be judged on its merits.

All this will help anybody who joins our association to either win or at least do well in a championship. This will provide them with encouragement to take up competition.

This is the sort of thing that Clem would have wanted to do and it has the enthusiastic support of his widow, Jean, and his daughter, Sonya.

Many thanks to Jean, who will be providing the trophy for the winner.

Now it's up to our newer members to start scoring some points.

Good luck to you all,

Bernard

*This is the sort of thing that Clem would have wanted to do and it has the enthusiastic support of his widow, Jean, and his daughter, Sonya.*

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## ROBERT'S A SHINING STAR

Along with colleagues from Sainsbury's supermarket in Rugby and other West Midlands stores, RSDA member Robert Franklin recently competed in a Swimathon at Coventry Leisure Centre. As Sainsbury's is the official sponsor of the Paralympics, the company has decided this year to compete in sports of all kinds, in order to raise money for sick and disabled people.

The Rugby store came second overall at the Swimathon.

Robert brought in the most money in sponsorship at the Rugby store (£140), so he was awarded a Shining Star by the management for his efforts.

**Congratulations, Robert.**

In total, the Swimathon raised over £40,000 – the money has been given to a specialist ward at one of the Birmingham hospitals.

## SPORTS REPORTS

### Editor

There has not been a Newsletter for a considerable time and during that period lots of sports events have taken place. It would not be appropriate (and there isn't the space) for me to attempt to fully report on all of these. The following is purely my selection and summary of the most recent. I apologise if I have not covered the things you would have wished or in the way you like.

## ARCHERY and CROSSBOW

### CROSSBOW

Feb 2012

#### WORLD RECORDS FOR IRIS

Iris Bingham received confirmation that, at the 25m shoot in November last year, she set two World Crossbow Shooting Association (WCSA) World Records and two European Records, one for 30 shots and the other for 60 shots. Iris believes she now holds 17 World Records.

### CROSSBOW & ARCHERY

Dec 2011

#### THE PUD SHOOT

RSDA archers and crossbow shooters came away with prizes of Christmas Puddings at the annual 18m 'Pud Shoot' and many raffle prizes too. This festive event, which attracted over 30 competitors, was held at the Wolverhampton Association for Disabled Sport (WADS) club.

Archer Kevin Rumble got 46 points more than last year. He received the 'most improved trophy' – well done Kevin.

The results out of 600 were:

#### Assisted Tournament Crossbow

Ladies

Iris Bingham 1<sup>st</sup> 599 with 51 ring tens

Men

Rob Ledsham 1<sup>st</sup> 591 with 43 ring tens

#### Assisted Sporting Crossbow

Graeme Mooney 1<sup>st</sup> 586 with 26 ring tens

Mike Sheasby 2<sup>nd</sup> 579 with 12 ring tens

Malcolm Scott 3<sup>rd</sup> 573 with 30 ring tens

Stewart Morris 318 with 1 ring ten

#### Archery

Kevin Rumble 2<sup>nd</sup> 409

Michael Aldous 113

### CROSSBOW

Nov 2011

#### 25m NATIONAL CHAMPIONSHIP

Two RSDA members returned from this shoot in Gloucester with gold medals and one with a silver medal. The National Crossbow Federation of Great Britain only organises the one 25m shoot each year.

Throughout the competition Graeme and Mike were neck and neck with the final end deciding the winner. Mike pipped Graeme to the post by one point. Both shot extremely well.

Iris opted to shoot a 60cm 3 spot vertical face which is stipulated in the WCSA rules but found it difficult to tip the bow to reach the top target. As a result she twice shot 2 in the middle target and lost 20 points.

RSDA medals, with totals out of 600, were won by:

	1 <sup>st</sup> Session	2 <sup>nd</sup> Session	Total
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#### RSDA Guests

Mike Sheasby 277 279 556

Graeme Mooney 276 279 555

#### Assisted Ladies

Iris Bingham 289 290 579

### CROSSBOW

Oct 2011

#### IRIS IS 10m CHAMPION

Iris Bingham won Gold and the National Assisted title at the National Crossbow Federation's 10m National shoot held at Streetly. During the 1<sup>st</sup> session she only dropped 8 points and in the 2<sup>nd</sup> session 12 points giving her a total of 780 out of 800.

### CROSSBOW

Sep 2011

#### TONY BRADBURY MEMORIAL SHOOT

This unique event organised by the National Crossbow Federation of GB and held at Glevum was the 4<sup>th</sup> shoot in memory of the late Tony Bradbury.

Iris Bingham came away with a Gold medal in the assisted ladies class.

Her scores were:

50m	40m	30m	Total
282	291	287	860/900

For more detailed coverage of Crossbow and Archery events, take a look at the 'Reports' page on the RSDA website. The link is:

<http://www.rugbysda.org.uk/news/>



## SPORTS REPORTS – *continued*

### Crossbow – WORLD INDOOR POSTAL CHAMPIONSHIPS

Six RSDA shooters are currently competing in the 3rd WCSA World Indoor Postal Championships in the assisted (disabled) division. Two competitions have been held at the club so far and more are arranged to try and improve on scores before entries are submitted by the National Crossbow Federation in September.

The 18m shoot consists of 60 shots each at a 25cm and 40cm target. Iris Bingham was delighted to get a perfect score on the 40cm target in the Tournament Division. Other members shot well, especially Malcolm Scott, and will be competing in the Sporting Division.

Distance results, which are out of 600, and the totals (out of 1200) along with the ring tens in brackets, are:

	25cm target		40cm target		Total	
Iris Bingham	593	(28)	600	(52)	1193	(80)
Malcolm Scott			599	(48)	599	(48)
Graeme Mooney	551	(7)	574	(18)	1125	(25)
Hazel Duckett	560	(12)	568	(16)	1128	(28)
Stewart Morris	338	(4)	435	(5)	773	(9)
Mike Sheasby	500	(21)			500	(21)

### 30<sup>th</sup> ROTARY DISABLED SPORTS TEAM CHAMPIONSHIPS

November 2011

Rugby's team members were presented with framed certificates by the Mayor of Rugby, Cllr Gwen Hotten, following their superb performance at the 30th Rotary Disabled Team Championships which were held at the Xcel Centre in Coventry. RSDA also received a cheque for £200 after once more gaining 3rd place – South Yorkshire & Lincolnshire were 1<sup>st</sup> and Leicestershire were 2nd.

During the two days there were 13 sports in total – elite boccia, team boccia, New Age kurling, darts, female weight lifting, male weight lifting, pitstop, rifle shooting, slalom, triathlon, swimming, table tennis and table tennis for those with learning difficulties. Most events needed a senior and a junior competitor. Some sports needed a senior male and female and a junior boy and girl. Competitors gained points for their position in each event and these were added together to give the overall result. RSDA has few qualifying members from which to choose the team of 25, unlike most other teams who can select from 1, 2 or 3 counties.

The Mayor of Rugby was introduced to our members and helpers. After trying kurling, boccia and crossbow shooting she presented the framed certificates to all team members. Julia Meikle and Shauna Duffy received a trophy for coming first in the female weight lifting and the pitstop team, consisting of David Golder, Shauna Duffy and Iris Bingham, won a cup for endeavour.

RSDA members thanked the Mayor for coming and the Rotary Club of Rugby Dunsmore for their help in transporting members to the event and for their cheerful assistance all weekend

#### SPLASH NIGHT

On the evening of the 3<sup>rd</sup> March 2012, following the serious business of the AGM that morning, RSDA held one of its regular Splash Nights at the Ken Marriott Leisure Centre.

This was a great night with over 50 people present, which meant that the pool was full of people enjoying themselves – and they didn't stop when they got to the café! It quickly became full of people playing pool and all sorts of table games, stuffing themselves with chips and generally enjoying themselves.

With the raffle as well it meant that this night of fun also contributed about £30 to RSDA funds.

Splash Nights are held two or three times a year so watch out for the next one and make sure you don't miss it.

## RECIPE CORNER

### VEGETABLE and BEAN CHILLI

*This is a good tasty dish suitable for vegetarians but carnivores can enjoy it too. It's also good simple party food and can feed as many as you want if you upscale the ingredients. Leftovers can be frozen and/or reheated – Maggie Holman*

#### Ingredients – Serves 4 to 6

#### Suitable for Vegetarians

1 tablespoon olive oil	2 x 400g cans chopped tomatoes
1 clove garlic, finely chopped	200g can sweetcorn drained, or frozen sweetcorn
Thumb-sized piece ginger, finely chopped	400g can butter beans, drained
1 large onion, chopped	400g can kidney beans, drained
2 medium courgettes, diced	1 vegetable stock cube
1 red pepper, deseeded and chopped	250ml water
½ - 1 level teaspoon chilli powder	Salt & black pepper
100g red lentils	1 rounded dessertspoon cocoa powder (optional)
1 tablespoon tomato purée	Grated cheese to serve

#### Method

1. Heat the oil in a large saucepan. Cook the garlic, ginger, onion and peppers for about 5 mins until starting to soften. Add the chilli powder and cook for 1 min more.
2. Stir in the lentils, tomato purée, tomatoes, water, stock cube, cocoa powder and seasoning. Bring to the boil and cook for 15-20 mins.
3. Add the courgettes, sweetcorn and beans, and cook for a further 10 mins.
4. Serve with jacket potatoes, rice or a hunk of crusty bread and salad. Place the grated cheese on the side for people to sprinkle over.

## a FINAL WORD from the EDITOR

Well there you are, that's my first Newsletter completed and I can relax now. What did you think of it? – *not a lot!* Seriously, please let me have your views, good or bad, as I need to know before I do many more.

My thanks to:

Bernard for his 'Chairman's Chat'

Iris Bingham for all the sports material she let me have – much appreciated, Iris

Maggie Holman for her 'Recipe Corner' item.

I was keen for there to be some continuity between this Newsletter and previous ones. However, I am sure you have noticed that many favourites such as quizzes, crosswords and Sudoku are missing – I simply ran out of space. ***Please don't worry; they will all be back in the next issue.***

I always like to include a bit of humour, so there follows a couple of jokes from my friend Ann Burt (not a member). If you have something better, please send it to me – there will be a little prize at the end of the year for the best joke or humorous story sent to me.

**Mike Ackroyd**

I was driving this morning when I saw an RAC van parked up. The driver was sobbing uncontrollably and looked very miserable. I thought to myself, *"That guy's heading for a breakdown."*

My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and they were £70! *"Blow this,"* I thought, *"I can get one cheaper off the web."*

The next issue of the Newsletter will be  
Summer 2012

Copy deadline for this is  
Friday, 25<sup>th</sup> MAY 2012