

# Bulletin

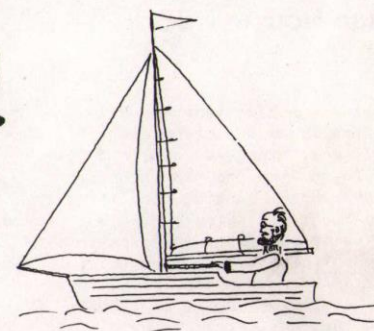
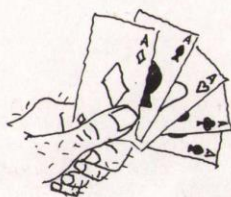
of the Rutherford Appleton Laboratory

SEPTEMBER

## RecSoc Round-Up 1983



The Recreational Society exists to promote various recreational and sporting activities at the Laboratory. It also takes part in sporting activities arranged with other SERC establishments and competes in Civil Service events. New members are always welcome to all clubs, and an ever widening range of activities is catered for. Anyone wishing to start a new club is encouraged to do so.





## Officers

Chairman	P E Craske	Ext 6273
Vice Chairman	A Forster	Ext 6300
Hon General Secretary	M J D Courthold	Ext 6462
Hon Treasurer	B E Wyborn	Ext 5589
Minute Secretary	N W M Whitehead	Ext 5257
Membership Secretary	T Morgan	Ext 5563

## Committee

B J Maddison	Ext 5427
K W Pavitt	Ext 6317
R W Roberts	Ext 5269
Mrs M Shepherd	Ext 5635
Mrs G W Stuart	Ext 6172
J Varley	Ext 6516
C L Wrench	Ext 6427/ 6422

## Club Representatives

Angling	P Craske	Ext 6273
Barn Dancing	D Cragg	Ext 6620
Bridge	H Shah	Ext 5688
Crib	T Morgan	Ext 5563
	A J K Lubbock	Ext 5217
Camera Club	B J Maddison	Ext 5427
Cricket	R Newman	Ext 6352
Croquet	R Platon	Ext 5161
Darts	A Forster	Ext 6363
Football	R G Roberts	Ext 5259
Golf	R Bell	Ext 6137
Model		
Railways	R W Roberts	Ext 5269
Music	E G Sandels	Ext 6373
Netball	Julie Surch	Ext 5637
Radio	J D Gilbert	Ext 6530
Radio-model	P C Angell	Ext 5545/ 5505
REMAP	P Hey	Ext 5432
Sailing	K W Pavitt	Ext 6317
Snooker	D M Simpson	Ext 6641
Table Tennis	J Varley	Ext 6516
Tennis	A W J Dawkins	Ext 6548
Weight		
Training	J J Darius	Ext 6339
Yoga	K Paler	Ext 6108
'100 Club'	T Morgan	Ext 5563

## Club House R58

During the past year the RAL Recreational Society's credibility and facilities were substantially improved with the provision of showers and changing facilities in the RecSoc building during the second of three phases of modifications to the building by RAL management. The third and last phase is due to start next Spring. Below is summary of how the facilities are developing.

### Phase I:

- (a) Games hall unchanged.
- (b) Model Railway club room with increased floor area.
- (c) Music Room.
- (d) Table Tennis club room with anti-slip flooring.
- (e) Snooker Room with table brought from Ditton Park, complete with new table cloth and cushions, and a new set of balls provided by the RecSoc.
- (f) Weight Training Gym with a large quantity of good secondhand equipment purchased by the RecSoc.
- (g) Kitchen and adjoining Store Room.
- (h) General Store Room.
- (i) Two adjoining Camera Club darkrooms.

### Phase II:

Male and female showers and changing rooms, each with six shower heads, and large changing areas for team sports.

### Phase III:

- (a) Bar and lounge.
- (b) Special lighting for Table Tennis club room.

The games hall will remain unchanged and will continue to be used by the Table Tennis and Barn Dance Clubs on a regular basis, with a booking system for any other activities that members wish to initiate.

## Facilities

The RAL RecSoc also leases land for the use of the Cricket and Football Clubs, and also makes that land available to the Harwell Hockey Club by special arrangement. Another valuable asset 'transferred' from the Ditton Park site was the Tennis Court to be found at the end of the main car park. Special thanks are due to management for finding the seemingly impossible solution to how a court could be laid when the compensation offered for the loss of the Ditton Park court was far short of that needed for the replacement court. Suddenly opportunity knocked, and a suitably cheap court was laid by the car park contractors with no loss of quality!!

The showers and changing facilities are available to all RAL RecSoc members throughout the day for sporting activities.

With all these new facilities becoming available, especially the forthcoming bar, the committee and security wardens will be making frequent checks to ensure that the users are bona fide members of the RAL RecSoc (Harwell RecSoc membership is not valid), so always carry your membership card to avoid embarrassment.

If you think the RecSoc ought to be doing other things, then consult any committee member, and we promise to do what we can.

Mike Courthold  
Hon Gen Secretary

## Angling

The 1982/83 season was a good one. The site championship was decided over a series of matches, Eamon Capocci emerging as winner. The five matches held during the year were all well attended, and we also had two teams in the Southern Area Final fished at Pangbourne and anglers in the Civil Service National Championship. In both events, our anglers were amongst the prizes.

For 1983-4 we again have a full programme of matches, both Lab. Tournament and Civil Service matches. We also have a day trip to Broadland at Romsey for a days fishing and a visit to the Mountbatten Estate. Later in the year we have a match versus Volunteer Angling Club of Wantage.

For full details ring P Craske, Ext: 6273.

## Barn Dancing

If you would like a 'fun' lunch hour which at times borders on the hilarious, why not come and join us at the Barn Dance Club? For those who don't know, barn dancing is a mixture of English Folk and American Square Dancing put together in a way that provides a real opportunity for people to enjoy the company of everyone else present. If you can walk, you can do it and beginners are especially catered for - I'm told the caller/instructor is very patient!

It all happens in the Rec Soc Building R58, every Tuesday lunchtime starting at 12.15 - just follow the music!

If you fancy joining us just turn up, or contact Derek Cragg R65 Ext: 6620  
Kay Knight R1 Ext: 6602

P.S. By the way girls we do often have some fellas over - could be your chance to have someone's individual attention!

## Camera

The Camera Club, although not active at the moment whilst awaiting the completion of the Club's darkroom in the Rec Soc building, are keen to hear from anyone with a photographic interest and who would be interested in the future activities of the club. Please contact Brian Maddison, Ext: 5427.

## Chess

For the second year running there has been no activity. There are plenty of good players on site but the Lab. Tournament needs a willing organiser to get things rolling again. All volunteers should apply to the Rec Soc Secretary Mike Courthold.



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## Croquet

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So far about a dozen people have expressed an interest in forming a club and by next May when the Croquet season officially gets under way we hope to have the support of a few more. By then it is hoped that the lawn will also be in a fit state for play.

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## Cricket

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Yes - we do have a Cricket Club at RAL. We play evening games in the AERE KNOCKOUT and Div III of the local DOWNS League. We have a nucleus of about 15 players which is added to by eager students.

Our record this year was fair, as we came 2nd equal in the Downs League and although we lost all 3 games in the AERE Knockout we played very well against very strong opposition. We finished the season with friendly matches - losing only 2 more games.

Notable performers this year:-

Reg Jones	49	(Downs League)
Derek Cebula	54 n.o.	(AERE Knockout)
Chris Pollard	75 n.o.	(Culham Lab - friendly)

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## Football

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The activity of the Football Club is demonstrated almost every lunchtime as several seven-a-side teams chase around two pitches showing a healthy disregard for the usual conventions for length of season and length of playing careers normally associated with this game.

At present there are five teams at the Lab. and another twelve from Harwell and NRPB who all combine to form a league of two divisions. In addition there are knock-out cup competitions and frequent friendly matches to give variety to the enjoyment. The organisation is informal and carried on by a set of individuals who are constantly turning down tempting offers of football managership arising from their success at RAL. These include Ken Paler, Kevin Lewis, Dick Roberts, Peter Hemmings, Russell Newman and Peter Smith.

New members are encouraged, even those spending a short time at RAL. No-one should feel any inhibitions which may arise from lack of, youth, fitness or acquaintance with some of the more subtle rules of the game.

Dick Roberts.

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## Netball Club

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Netball practises take place outside R20 every Tuesday lunchtime from 12.15 pm - Why not come along. All are welcome; male or female.

Please telephone J Surch for details

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## Model Railway

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The model railway club has established itself on the model railway scene, having attended two exhibitions, namely Abingdon and Didcot, with our "OO" layout 'HOUGHTON PARK'. The club has also become a member of the Oxfordshire Area Model Railway Group, an association of six local clubs. The highlight of this year, will be the club's appearance at Oxford Town Hall on November 26th at the big Oxford MRC show which attracts railway modellers nationwide.

The club is currently working on our 7mm scale American narrow gauge layout which we hope to have up to exhibition standard by early 1984.

New members and visitors, are most welcome any weekday lunchtime between 12.30 and 13.30.

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## Music

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The New Music Room in R58 has been a welcomed facility for several instrumental groups, pianists and other musicians for individual practice although, sadly so far, no singers, the acoustics are excellent! The room became available early in 1983 with a piano, chairs and music stands and storage for music. The floor has been carpeted and the acoustics generally satisfactory being neither woolly nor over-resonant. It is in use during the lunch period on most days but it is available for any musicians, aspiring or accomplished, who are also members of the Recreational Association.

On particular activities, the following members of staff should be approached.

Mondays	12.15-13.15 Wind Quintet Sid Broughton, Ext 5202
Tuesdays	12.30-13.00 Piano John Hogston, Ext 6692
Wednesdays	12.15-13.10 String Players John Collie, Ext 5356
Thursdays	12.00-13.00 Clarinet (Advanced) Sid Broughton
Fridays	12.30-13.15 Clarinet (Beginners) Sid Broughton Piano John Hogston

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## Radio- G3RRS

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The RAL ARC is located near the golf course between the mound and R40, the aerials will be a familiar sight to many midday walkers. The majority of the twenty two club members have their own amateur licence, although only a general interest is required to join us.

Most of our operating is on HF (short waves) with special interest in contest operating. At lunchtimes club members can usually find someone to chat to over a sandwich or two. The club call sign G3RRS dates back to the old Radio Research Station at Slough and is well known in both professional and amateur circles. Over the years we have won regularly both national and international competitions, we are also affiliated to the RSGB.

The latter part of this year will see the culmination of two years work on aerials with our second tower erected.

Anybody is welcome to visit us and see what goes on, or details can be obtained from the club secretary. The first Tuesday lunchtime of each month is set aside as a meeting day, perhaps we'll see you there.

John Gilbert, Ext 6530

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## Radio-Control Models

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A new venture at RAL, this, to show to what ends we will go in this era of white hot technology. Owners, and builders of Aircraft, Helicopters and cars are welcome, even a boat or two may be allowed. For further information, please contact P C Angell Ext: 5545 or 5505.

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## REMAP

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This is the seventh year of work at the R.E.M.A.P. (Rehabilitation Engineering Movement Advisory Panel) workshop in R13. Our numbers have never exceeded four. We meet on Wednesday evening almost every week and over 100 of our items are currently in use in local rehabilitation hospitals or in patient's homes. Additional effort from Rec Soc would be most welcome.

Please contact Tony Peters Ext: 6203 or Peter Hey, Ext: 5432.

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## Rounders League

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Teams from RAL play in the Harwell Rounders League. Information about joining the League, rules, etc can be obtained from David Bowlus, AERE 2295 and Linda Coules AERE, 3057. Entries for next season's league should contact them - about 1 May 1984.



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## Sailing

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The club started last year with two dinghies brought from the Appleton Laboratory, a Fireball racing trapeze boat and a Graduate. Due to the high demand, club members very kindly assisted in instructing beginners using their own boats and increasing the Fleet by another Fireball, a Mirror and an Enterprise. In all 33 people had 171 trips over a short summer season. This year has started equally well, and the club now also owns a GP14 and a single handed Topper.

So why not come and sail with us at Farmoor reservoir?

Members have also continued with off-shore activities including outings in a 45ft luxury sailing trimaran, and entries in the Civil Service interdepartmental offshore racing series.

For information contact Ken Pavitt, Ext: 6317, Mike Courthold, Ext: 6462 or Geoff Douglas Ext: 6559.

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## Snooker & Billiards

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The membership of the club is now fully subscribed up to its limit of 40, but anyone wishing to join a waiting list is welcome to enquire to the Secretary, D M Simpson in R25/ Ext 6641. The club now has all the necessary equipment and enquiries are being made to have the table serviced to maintain its high standard.

Full use of the facility is made by the the membership and the time on the table is monitored by a meter. Copies of Club rules may be obtained from the Club Secretary to whom all enquiries should be addressed

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## Tennis

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Membership of the Club is open to current members of the RAL Recreational Society and their families. The season commences on 1 April. The subscription for full members is £3.00 and a family membership, open to wives/husbands and children of full members is £1.00 extra.

Guests may play, but must be accompanied by a full member and a fee of 25p per session is charged for each adult guest, 10p per session for children under 15.

There is one hard court at the south end of the east car park with access from on-site only. Changing rooms with showers are shortly to be available in the R58 Rec. Soc. building. The Club Rules and booking sheets are on the Tennis Club locker in R58 which contains a Guest Fee Box and balls for the use of members. A key for the court padlock and locker is available from the Membership Secretary or Treasurer for a deposit of 50p. No formal Club sessions are planned at present but will be introduced if there is sufficient demand.

The Tennis Club Committee currently consists of three members who will be glad to help with any enquiries or problems relating to the Club or use of the courts.

Chairman: Arthur Dawkins, Ext 6548/6422

Membership Secretary: Derek Jones,  
Ext 5466/6185

Treasurer: Kim Ward, Ext 6411

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## Table Tennis

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Lunch-time play has continued to be very popular in R58 with two tables in action in the Games Room on most days. This tends to be rather cramped and having lost a lunch-time to the Barn Dancing Club the Table Tennis Club was very relieved when the new club room became available. It's ideal for lunch-time practice with two tables up apart from the lighting which needs upgrading as soon as possible. The club would like to take this opportunity to thank the Rec. Soc. for its help in establishing the new club room.

We again organised the table tennis event at the SERC Indoor Sports Day but alas, this year neither the Rutherford or Atlas team could prevent RGO from winning the event. Thanks are due to Tim Pett for organising it this year.

We entered 6 teams in the Didcot and one in the Oxford evening leagues this year. In Oxford our team consolidated its promotion last year by finishing about 5th in the 1st Division. In Didcot our 'A' team finished mid table but alas our 'B' team finished bottom of the 1st Division. Our 'C' and 'D' sides finished just out of the promotion places in Division 2 and our 'E' and 'F' teams finished mid table in Divisions 3 and 6 respectively. A quiet season with no team trophies but F Iyayi won the 3rd Division individual championship and J Delury won the 6th and also the veteran's handicap competitions so congratulations to them.

Once again thanks to the Rec. Soc. for all its help during the past year and to all the players for making the club run.

B Wyborn

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## Yoga

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The Yoga club usually meet on Mondays in Conference Room 3 (R61) at 12.30. The club consists of about 15 members. Its primary aim is the general improvement and maintenance of physical and mental health.

Emphasis is placed on the physical exercises of yoga known as "Hatha Yoga". These exercises which have resulted from centuries of development are designed for total body health and include suppleness and strength. There have been many instances where yoga has been of therapeutic value in cases of recovery from illness and injury.

Anyone interested should contact Ken Paler on Ext 6108.



*The one that got away.*

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# Bulletin

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Deadline for insertions:



# INTERNAL Events

## ASTROPHYSICS SEMINARS R61 CONF RM - 1400 hrs

- 5 Oct Dr R F Carswell/Cambridge  
"Quasars"
- 19 Oct Dr A G Lyne/Jodrell Bank  
"Distribution of Pulsars"

## CONDENSED MATTER SEMINARS R3 CONF RM - 1330 hrs

- 27 Sept J Odell/Bristol  
"Characterising Polymers by  
their Elongational Flow  
Properties"
- 4 Oct A Furrer/ETH Zurich  
"Light Induced Dynamics of  
Chlorophyll Systems Studied  
by Neutron Spectroscopy"
- 6 Oct K Nagamine/Tokyo  
"Future Perspectives of  
Pulsed Muon Science"
- 11 Oct K Ross/Birmingham  
"Order - Disorder Transitions  
in Pd - H"

## RAL LECTURE LECTURE THEATRE - 1515 hrs

- 6 Oct Mrs Margaret Rule CBE,FSA  
Mary Rose Trust  
"The Mary Rose"



The 1983-84 series of lectures will begin on Thursday 20 October, when the speaker will be Professor S D Smith, FRS of the Physics Department, Heriot Watt University. The title will be "Optical Bistability and the Prospects for All-optical Signal Processing and Computing"

The lectures are held in the Lecture Theatre R22, once a month on a Thursday at 3.15 pm, and are open to all interested.

### FOR YOUR DIARY

Thursday 17 November

Dr R W Newport/RAL  
"UK/NL Millimetre Telescope"

## Film Badge Notice

The next film issue is 10 October  
Colour Strip RED  
Please check that you are wearing the correct dosimeter and all old ones are returned.

## Trade Exhibition

There will be an exhibition by Hakuto International (UK) Ltd of the latest streak cameras, photomultiplier tubes, silicon devices and a random access camera. This will be held in R12 Conference Room from 10.00 - 16.00 hrs on Thursday 6 October.

## Sales to Employees

Sales of scrap metal and plastics will take place at the R40 Scrap compound from 12 - 1230 pm on 7 and 21 October.

## Missing

The following inventory item has disappeared from office 181, R1.  
Texas Instruments Calculator SR56  
Ser. no. A10538 RAL no. R-006169  
Information on this item should be passed to Dr Ian Ross, Ext 5347.

## Library Notice

Please check your shelves for these books:

"The Micro-computer Builders Bible"  
C Johnston

"Spacecraft Attitude Determination and Control"  
J R Wertz

Both are missing from the Library, R61.

"Introduction to Microelectronics"  
2nd Edition O Roddy, is missing from the R27 Library, and its prompt return would be appreciated.

If anyone has copies of "Orbit" magazine, produced at Rutherford during the 1960s, would they please donate them to the Library as we have an incomplete set.

Does anyone collect old newspapers?

Newspapers taken by the Library are kept for six months and then discarded. Anyone who would like to collect them on a regular basis should contact Mrs E Marsh Ext 6668