

f Banford

August 1984

The RAL Recreational Society exists to promote various recreational and sporting activities at the Laboratory. It also takes part in 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 club is encouraged to do so.

Officers

Chairman & Membership Sec	Tudor Morgan	Ext 5563
Vice Chairman	Ian Forster	Ext 6363
Hon General	Nick Whitehead	Ext 6521
Hon Treasurer	Brian Wyborn	Ext 5589
Minutes Secretary	Ken Pavitt	Ext 6214

Committee

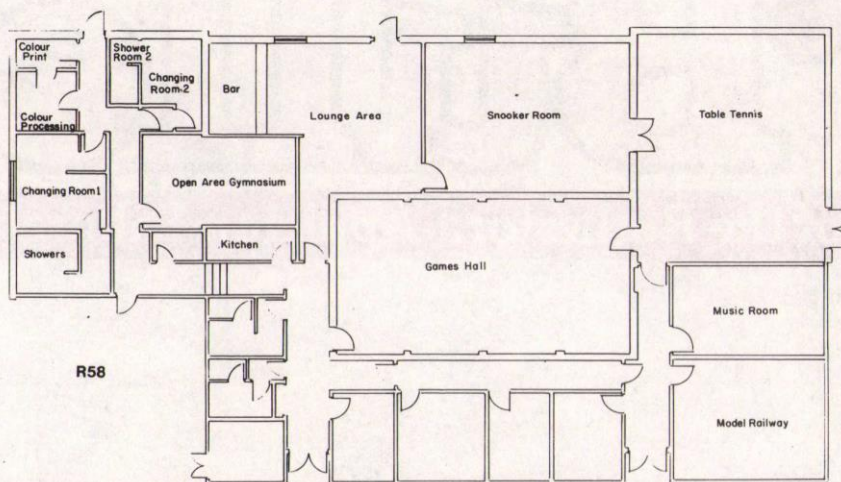
Social Sec	Mike Courthold	Ext 6462
Publicity Sec	Mike Butler	Ext 5238
Bookings Sec	Brian Maddison	Ext 5427
	Chris Morgan	Ext 6317
	Mary Shepherd	Ext 5635
	Kevin Lewis	Ext 6488
	Tim Pett	Ext 5332

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
	K Lewis	Ext
Golf	R Bell	Ext 6137
Model	R W Roberts	Ext 5269
Railways		
Music	E G Sandels	Ext 6373
Netball	Julie Surch	Ext 5637
Amateur Radio	J D Gilbert	Ext 6530
Radio-Model	P C Angell	Ext 5545/5505
Rounders	Helen Dorsett	Ext 5580
REMAP	A C Peters	Ext 6302
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	B Gray	Ext 5311
Training		
Yoga	K Paler	Ext 6108
'100 Club'	T Morgan	Ext 5563

Club House R58

This year has seen the completion of almost all the modifications to R58 with the provision of a self-contained weight training room, a lounge area with a bar, a dark room facility and a table tennis room. The plan of R58 shows all its facilities. Over the coming months special arrangements will be being made to organise and



run the bar, so that come the autumn it should be in operation. This in particular will enable clubs to entertain visiting clubs.

Members are reminded that the games hall is available for general use and that bookings can be arranged by contacting Brian Maddison.

The RAL Rec Soc leases the land to the east of RAL which is used as the sports field: here there are pitches for football, cricket and hockey. On the far side of the Mound there is a small golf course, at the end of the main car park there is a tennis court and just outside R58 is an area for netball. The showers and changing rooms in R58 are available throughout the day to members of the Rec Soc. The Radio Club has an equipment hut and masts near the Mound, and REMAP has a workshop nearby in R13.

A number of successful events have taken place this year. A crib evening was held in the Restaurant, two barn dances were held off site at Drayton Village Hall, the Angling Club had a day out to the Mountbatten Estate, and there was an Arts and Crafts Exhibition. With the consolidation of the Rec Soc and its facilities and the much welcomed opportunity to use the Restaurant for dances, etc, it is hoped that such events will be held more frequently in the future.

With all the new facilities in R58, especially the forthcoming bar, it is very important for Rec Soc members to pay attention to security. This is particularly so in the evenings when a member who opens R58 is also responsible for ensuring that the building is properly shut when he leaves. When in R58, it is important for members to have their membership cards available, because inspections will be made from time to time by the Rec Soc Committee. When using the bar, it will be essential for members to carry their membership cards, and for guests to be signed in.

If you think the Rec Soc ought to be doing other things, then put your ideas

to a committee member, and the Committee will give its support if at all possible. If you would like to join the Rec Soc and take advantage of its facilities and also be able to use any Civil Service Sports facilities, then contact Tudor Morgan for further information and application form.

Nick Whitehead
Hon. Gen. Secretary

Angling

The 1983/84 season was a most enjoyable one, matches being well attended. A day trip to "Broadlands" in Hampshire provided a good start to the season. The anglers spent the day fishing the lake, and wives and guests enjoyed a sightseeing trip around the Mountbatten Estate.

The Site Championship matches were also a great success the winner emerging only in the very last match of the season. We finished 4th in the Southern Area Civil Service Championship and beat Wantage "Volunteer Angling Club" in a match on the Thames. In the SERC Outdoor Sportsday competition we came second to Daresbury again - next year will be different. For full details contact Peter Craske Ext 6273.

Barn Dancing

The Barn Dancing Club is alive, well and do-si-do'ing! Tuesday 12.15 pm is the time and the Recreational Association Building R58 is the place if you want to join us for a fun lunch hour.

The club has been active now for nearly three years and has established itself to the extent that there is live music most weeks and it is beginning to successfully promote its own dances. The name of the RAL Club is quite well known in the surrounding area as many of the club members support local events.

If you are a beginner and would like to have a go, don't be frightened, you are welcome and we can still remember that we had to start sometime.

People to contact about the club or local events are:

Club Derek Cragg Ext 6620
 Kay Knight Ext 5123
Local Events Mike Courthold Ext 6462

Bridge

A Bridge Club has been in the process of being formed officially for some time. But this in no way has prevented learners, experienced players of varying levels of skill and enthusiasts from coming and playing at lunch times on Tuesdays and Wednesdays every week in a room in the RecSoc building R58. This facility is now being converted to a bar, but we are still able to play there until the noise becomes too much for 7N** being bid and made.

Bridge has so far achieved success in attracting people who have become keen enough to go and play in their local club. If support continues at this or increased level then it would be a good idea to hold evening sessions or competitions. The Bridge Club players took first and third places in this year's Indoor Sports Day and thus RAL won the Bridge Trophy for the first time. So we need to retain this prize next year and hence we need more and regular players.

Everyone is welcome to come along and do not be put off by being led to believe that Bridge is a very difficult game. If you can count up to 13 and 40, you are the person we are looking for.

Hari Shah

Camera

The photographic club is now active! The club's darkroom in the recreational building R58 is complete and open for use by club members.

The club realises that a lot of people that have never done any processing in a darkroom before, may be interested in joining. If this is the case then take advantage of the offer of being introduced to the darkroom, getting an idea of what's involved in processing before deciding whether or not to join.

Anyone interested in joining, or would like to know more about the club's activities should contact Brian Maddison Bldg R25, Ext 5427.

Cricket

The RAL Cricket Club plays its matches on Weekday evenings. We play in the local "Downs League" and many "FRIENDLIES". We also run an evening 6-a-side competition, "The Dave Craddock Cup".

Any person interested, is invited to turn up at our "net" (Ha! Ha!) practice on Tuesday evening at 17.30, out on the sportsfield. The "Downs League" is a good standard but for the "friendlies" just good old British spirit is all that is required. We will be hoping to regain the cup on sportsday this year as well.

All enquiries to R Newman Ext 5538
N Myer Ext 5115

Vacancies

Club Secretary
Club Captain
Club Treasurer

Reward:- Permanent place in the team.
Apply now - R Newman

Football

There is a thriving lunchtime 7-a-side league with 10 teams, open to any enthusiastic members of the RecSoc. Many friendly games take place and new players and teams are encouraged to join. Whatever your level of skill or experience at the game, you will be welcome. If you prefer to simply gaze in wonder at the free entertainment, why not join the discerning throng of spectators who freely dispense advice from the touchline each day.

Further details from Kevin Lewis Ext 6713
Dick Roberts " 5259
Ken Paler " 6108

Golf

The present membership of the section is 51 and the annual subscription is still £1. The subscription entitles members to free use of the six hole pitch and putt course at the back of the site mound, also to participate in the competitions arranged by the Committee.

Over the past year members have completed in:

The SERC Annual Tournament
The Rutherford Appleton Matchplay Championship
The Grandmet Catering Silver Cup Golf
A Society Meeting at Newbury Golf Club

For this year a similar programme has been arranged, no invitation arrived for the Grandmet Catering competition but we are holding two Society meetings, one at North Wilts and the other at Burford.

Members are still making good use of the pitch and putt course, regular course maintenance will again be carried out during the summer.

Once again we take this opportunity to thank the Recreational Society Committee for their enthusiastic and financial support.

Anyone wishing to join the Golf Section should contact Roy Bell on Ext 6137.

Model Railway

Work is progressing on the Club's 4mm scale "00" layout "HOUGHTON PARK", with the addition of a new 3 ft long section which will give a total length of 13 ft. This section of extra landscape will display what will be perhaps the most important building on the layout "THE PUB". The ale house being a fine timber framed structure dating back to when Chaucer was a lad, along with a manor house to be built on adjacent land, will be, we hope, an eye-catching addition to this part of darkest Herefordshire in miniature.

All this activity is in readiness for the Model Railway Exhibition in Didcot in September. Watch out for further details.

The Campbellsville Squawcreek and Western, the Clubs other layout, this time 7mm scale, is progressing at a more leisurely pace at the moment, but will gather momentum later in the year as we hope to exhibit this next March.

The showpiece of this American narrow gauge line (sorry pike) will be the tall timber trestle bridge which is now almost complete and is a credit to the sole builder of this Herculean task.

New members and visitors are most welcome at the Club room any week day between 12.30 and 13.30.

Ray Roberts

Music

Music activities have continued with regular and enthusiastic attendance, the music room being in use during lunch breaks with activities ranging from individual practice to string, mixed woodwind and clarinet groups. There have been welcome new faces and happily no lessening of interest or enjoyment from those who have played together regularly over previous years.

One new departure was the performances by the members of the clarinet group at the Art and Craft Exhibition. Next time we are planning recitals by other instrumental groups.

As yet we have no singers, brass or percussion players in the club, and approaches to join from them would be most welcome, as would suggestions for other forms of music.

Enquiries should be made to

George Sandels (General) Ext 6373
Sid Broughton (clarinet) Ext 5202
John Collie (strings) Ext 6376

REMAP

REMAP (Rehabilitation Engineering Movement Advisory Panel) is part of The Royal Association for Disability and Rehabilitation, and is a voluntary movement of engineers, doctors, remedial therapists and social workers organised into small groups (called panels) throughout the country.

Increasing awareness by industry of the problems of disabled people has led to an ever-increasing range of standard equipment to help them to overcome their handicaps. But in general, manufacturers are reluctant to make "one-off" items, or to modify standard designs to suit individual requirements. In consequence, there are many instances of need which cannot be met because suitable equipment is unobtainable. It is these gaps in the supply pattern which the REMAP organisation seeks to fill, by designing and making special items of equipment to meet the needs of particular individuals.

Cases are referred to panels by individuals, by one or other of the many disability societies, but mostly by the Local Authorities' Social

Services Departments, and the Area Health Authorities, with whom panels work very closely.

Thanks to the generosity of the RAL management and the RecSoc, a warm, well-lit workshop has been provided in building R13 for the purpose of assisting REMAP.

For the last seven years a steady output of useful items has been maintained. Most of these are needed in rehabilitation and occupational therapy departments of the local hospitals. If you feel that you are able to help in the evenings at the workshop and especially if you enjoy simple woodwork and metalwork (and good company!) please contact one of the following:

A C Peters Ext 6302, S Buckle Ext 5573

Radio- G3RRS

The clubs HF antennas are now complete. The fixed 90 foot tower was erected in October 1983 and carries a 4 element array for 20 metres, a three element 40 metre Yagi and wire antenna for 80 metre and 160 metre. The full suite of HF antenna allows a complete coverage of the amateur bands and performance competitive with most UK stations. Facilities for transmitting and receiving in the HF amateur bands are always available to licensed amateurs.

Club members have taken full advantage of the facilities during daily operating (most lunchtimes) and competition events. Eight HF contests sponsored by the Radio Society of Great Britain were entered this year, towards the HF Championship and we await the results with interest. In the CQ World-Wide Telephony 48 hr event, the club made its highest ever score and expects a top place in the UK and a high placing in Europe. We now look forward to an equally successful 1984/85.

New members are always welcome - contact Steve Cherry, R25 or Dave Vizard, R25 for details.

D Vizard
Chairman

R/C Models

When this Club was formed last year, I never knew how many people on site were interested in this hobby! So far club members are all interested in gliders or aircraft, so I would still like to hear from R/c car enthusiasts.

Last November we held two lunch-time flying displays, coinciding with the Art and Craft Week. On 6 May this year we invited The White Horse Model Club, The North Berks Model Club and The Oxford Model Club to the RAL

sportsfield for a "fly-for-fun" afternoon. There were about 30 modellers who came along, and quite a few spectators - it was a great afternoon. We are hoping to hold a few more lunch-time displays, but as yet, no date has been set. We are also proposing to have another "fly-for-fun" later in the year.

So, if you are a radio control modeller and would like to join this club, please give me a ring.

P C Angell
R59, Main Gate
Ext 5545 or 5505

Sailing

Sail at Farmoor reservoir with the RAL Sailing Club in one of the club owned boats.

Fireball
GP 14
Topper
Graduate
Mirror (Borrowed!)

Club evenings are Tuesdays and Fridays.

BEGINNERS WELCOME

Please contact Ken Pavitt Ext 6214
or Geoff Douglas Ext 6559

Snooker & Billiards

During the past year the snooker table has been serviced, the cloth being stretched, the cushions checked and aligned, the pockets contoured and the slates levelled. The club membership is limited to 40 and at the moment we have 38 signed up.

The snooker facility is extremely popular and is heavily booked in the evenings and at lunchtimes. Members' guests can use the table for a nominal fee and at the moment play is limited to games between the membership and their guests. No competitions have been entered into or organised. If anyone would care to undertake such administrative work then I am sure that some of the members would be interested in participating.

Details of the club can be obtained from the Secretary, David Simpson, R25 Room 1.94, Ext 6641.

Table Tennis

Lunch-time table tennis has continued to be very popular, with three tables in use on most days. We have really felt the benefit of the new table tennis room which accommodates two tables side by side with the third one in the games room. The club has had a welcome influx of new members this year

with many of them joining teams in the local evening league. However, a few members left recently so we would like to see a lot more coming along. Lunchtime play will continue throughout the summer so there is no need to wait until next season.

We entered seven teams in the Didcot league and one in the Oxford league. Fortunes have been mixed but at the same time of writing the season has not quite finished and one or two fixtures remain.

Our only certain honours, and congratulations, go to the team in division 6 who have won the title easily, dropping only one point during the season. Our solitary team in the Oxford league have acquitted themselves very well finishing somewhere between 3rd and 5th in the first division.

Tim Pett
Secretary

Tennis

Q. What can you buy cheaper this year than last year.

A. Membership of the RAL Tennis Club.

Yes negative inflation! Annual Subscriptions are £1 cheaper, giving full membership for £2 and for a further £1 all your family can join. What's more you don't even have to provide your own balls! Hardly expensive, is it?

Contact Derek Jones, Ext 5466/6185 for details.

Yoga

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.

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Bulletin
