

THE ARROWHEAD

THE NEWSLETTER OF LASSWADE ARCHERY CLUB

Issue No. 96

December 2003



Dear Members,

Welcome to the final edition of "The Arrowhead" for 2003. So without further ado let's proceed to the news.....

CLUB NEWS

Lasswade Archery Club 25th AGM Wednesday 26th November 2003

Another poor turn out yet again but at least most of you can rest easy knowing that the same old faces continue to serve your interests for another year.

The new committee is as follows and those with an asterisk after their names have remained in office, as there was no-one to stand against them.

President - D Cameron *
Vice President - A Robertson*
Secretary - J Smith*
Treasurer - F Harrison
Records Officer - D Raeburn
Trophy Officer - D Cameron*
Junior Rep - D Gulland*
Ordinary Members - W Carmichael
W Stewart *
Co-opted Coaches - D Sangster*
R Vallis*

Those of you who have been club members for some time will have noticed one major change in that Frank has now taken over the post of Treasurer as Bill C had announced at the 2002 AGM that he was standing down this year. On behalf of the club I would like to thank him for his valued service over the past x years. Sorry I don't think even he knows how long he has held the post!

However, he has agreed to serve on the new committee as an ordinary member so we will continue to benefit from his wisdom and experience.

David (R) has taken over the post of Records Officer from Tina, so to ensure your Indoor/Outdoor Classifications and Handicaps are up to date please make sure he receives scores from any tournaments you have entered. This includes postal rounds and any other scores you have shot providing they have been properly witnessed.

Prior to leaving office Tina prepared an updated list which I have issued to those members entitled to receive a copy.

A selection of topics were discussed with the main one being the GNAS Child Protection Policy. Ian (St) presented an excellent report which, simplified, gave the meeting 3 options as follows: -

Option 1 No Juniors = No Protection issues.

Option 2 Accept juniors, but a parent/guardian or other nominated adult must accompany them at all times.

Option 3 We basically carry on as we currently do with the club taking full responsibility.

The meeting agreed to adopt Option 2, which I personally think underscores the fact that we are a club not a crèche, or playgroup where juniors can be left with us as a convenience.

All parents of junior members will be duly notified as to how Option 2 will be implemented.

The full report plus reports from the President, Secretary and Treasurer and all other business discussed have been put up on the Club's noticeboard.



Those of you who want your own copies should see me by no later than 17/12/03. Before the meeting closed the Jim Coull Trophy was awarded and this year's recipient was Tina in recognition of her services as Records Officer plus the tournaments she has run on behalf of the club, which brings in much valued income. Good on ye pet!

CLUB FEES

A reminder to all members that the club fees are now due and must be paid by no later than Wednesday 7th January 2004.

They remain at £20.00 (Adult) and £10.00 (Juniors).

As mentioned last month Bill C, Derek and all our new members are exempt. Cheques payable to Lasswade Archery Club or cash to Frank by the above closing date.

Christmas and New Year Holidays

Due to the above holidays the Sports Centre will be closed. This means our last club session for 2003 will be Wednesday 17th December. We will re-commence on Wednesday, 7th January 2004.

Postal Leagues 2003/04

When you have shot a score please remember to give it to David (R) who is our organiser for the S.A.A. League, or in his absence myself.

Eastern Area Indoor Championships 18th January 2004

Yet again Tina will be organiser for the above tournament. The round will be a Portsmouth and there will be awards for Eastern Area archers as well as visitor awards. The following juniors are reminded that they hold trophies for this tournament, which they should return, by no later than the day of the shoot: -

- Boy Recurve (U18) Dean
- Boy Recurve (U16) Stuart
- Boy Recurve (U14) John (G).

All the trophies are identical and depict a pewter gent archer on a wooden octagon. Any of you who are entering are reminded that you must show your

GNAS card when you arrive. Oh John (G)!

Remember to bring a pen with you!

As always some help will be needed on Saturday the 17th to get the range up. Please

be there by 8.30pm. I would like all members to donate a prize for the raffle if possible.

GNAS Cards

This item is mainly for our new members but is a useful reminder for our established members

as well. By now all you new members who joined us from the beginners class will have been given your GNAS Cards. There is a temporary sticker on the back of the card valid for 6 months but you should receive your permanent stickers in due course. When you receive them put them on the back of your card immediately. If you remain with the Club a new sticker will be issued annually. But remember you retain the same card, so do not lose it.

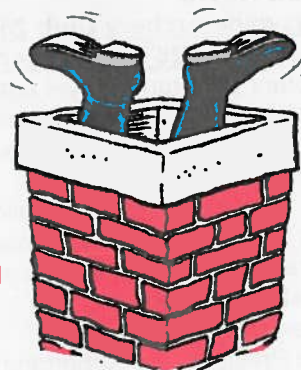
If you do then see me at once, so a new card can be issued by GNAS. A replacement card costs £3.50 and will be at your expense. While you do not have to carry it with you at all times you will be requested to show it if you enter any tournaments. If you can't then you will not be permitted to shoot. Even though I know you all there are no exceptions even if the tournament is being run by ourselves at Lasswade.

P.S. I have also noticed that none of you are doing any warm-up/warm-downs that we taught you at the class. Now that you are members you are expected to do these yourselves without any prompting from us.

Junior and Novice Half-Portsmouth Round

Again this item is mainly for our newer members. This round is shot on a 60cm target face which you will all be used to by now at the normal distance of 20 yards. Three

dozen arrows are shot in ends of 3 with scoring from 10 down to 1. It will be shot on the same night as the full round is shot by our other members. No-one is forced into shooting the round but it will give you some experience particularly in using a score sheet. The round is open to all juniors and novice adults, David (St) and Heather. Completed score sheet to Ian (St) or myself in his absence. One round a month will be shot from January through to April and a trophy is awarded at the end of the indoor season. Other awards may be made at the committee's discretion. I hope as many of you as possible will enter.



Other News

Again this is yet another item mainly for newer members.

Due to the recent intake of new members the club now has 2 David's, 2 Johns and 3 Ian's. To avoid any confusion if any of them are mentioned in the newsletter they are listed as follows: - John Guest (John G), John Rennie (John R), David Raeburn (David R), David Stewart (David St), Ian Stuart (Ian St), Ian Swan (Ian Sw) and Iain Waugh (Iain W). I hope this makes things clear!
P.S. Thankfully we only have one Elise!

New Members

A big welcome to Stefan Bonelli who attended our beginners class and a new junior, Iain Waugh also known as "Eric", Iain is one of "Billy's Boys" in that he is a member of Wolfstar Field Archery Club and as he has heard how wonderful target archery is he could not resist a new challenge!

PROFILE ON A CLUB MEMBER



Subject: Joan Smith (a.k.a. Auntie Joan - Lady Recurve)

This month's profile is devoted to one of our longest serving members, Joan Smith. Joan's memory is a little hazy but she first tried archery at the Meadowbank Sports Centre then she came along to an outdoor club session and joined in 1988. Apart from a break between 2000 to 2003 she has served as our secretary. During her break she also served as President for a year, her life-long ambition! Apart from archery Joan's other interests include ballet, as a member of the audience, and joining her other half at the horse races occasionally. She has also recently joined a hill-walking club but will not serve as a committee member if asked! In addition she is also involved in the family business (sorry Joan no free publicity here, my commission in fairy cakes would cost you too much!) and this sometimes limits her visits to the club.

She is however a very competent archer (do I smell freshly baked fairy cakes Joan?) as her list of achievements to date prove: -
Indoor Club Champion -1990,97,01,02
Outdoor Club Champion - 1990
Ladies Improver Trophy - 2000, 02, 03
Lasswade Open Portsmouth - 2001,
member of winning (Lasswade) Team

Jim Coull (Club Trophy) - 1991

P.S. I neglected to declare in last month's profile on the " Raeburn Twins" that David gave his permission for Stuart's image to be used in the item. After all you never know who might read the newsletter.

Tournament Report

Lasswade Indoor Open Portsmouth (BRS) (600) - 9th November 2003

As with last year our tournament was once again over subscribed and 11 of us from Lasswade entered.

Our best placed lady recurve was Joan who finished just outside the top three and won the C Class medal. Tina took 6th place.

Yet again our best placed gent recurve was Graeme and he took the C Class medal for the second year running. Alistair, Mark and Frank finished some way back. Muriel was first lady compound and in the gents' section I retired half-way through the session.

All our 3 boys did well and improved their personal bests. Our recurve team finished sixth.

Thanks as always to Tina for organising the shoot and to those of you who assisted with it. The raffle raised £90.00 and Derek was senior judge and Lord Paramount, sorry Gentlemen Patron as it is now.

Results as follows: -

Ladies (17 entrants)

4th Joan (552) plus the C Class medal
6th Tina (540)

Gents (36 entrants)

8th Graeme (555) plus C Class medal
27th Alistair (489)
28th Mark (481) New P.B.
31st Frank (459)

Junior Boys U 18 (1 entrant)

1st Dean (478) New P.B.

Junior Boys U14 (6 entrants)

3rd John (G) (512) New P.B.

Junior Boys U12 (3 entrants)

3rd Jack (342) New P.B.

Ladies Compound (3 entrants)

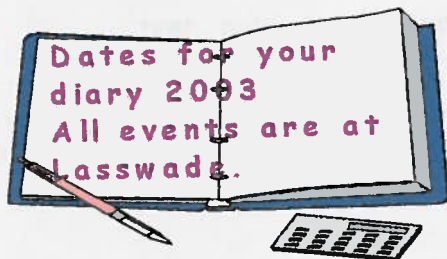
1st Muriel (565)

Team Recurve (7 Teams)

6 th Lasswade	
Joan	552
Alistair	489
Mark	<u>481</u>
	1522

P.S. since this shoot took place John (G) has shot a new personal best of 529 in round one of the S.A.A. Postal League.





DATE	TOURNAMENT ROUND OR EVENT
All events are at Lasswade unless indicated otherwise.	
December	
Wed, 17 th	Final Club Session for 2003
January	
Wed, 7 th	First Club session for 2004. Last date for Club fees.
Wed, 14 th	Round 3 of the Indoor Postal Leagues/ Portsmouth
Sun, 18 th	Eastern Area Indoor Championships (SRS)/Portsmouth

AND Finally

It is now a tradition to re-print this appropriate festive item but I would not recommend it personally!

Diane's Christmas Fruit Cake Recipe.

Ingredients:

- 1 cup of water
- 2oz of dried fruit
- 1 cup of sugar
- 1 tablespoon of salt
- 8oz nuts
- 4 large eggs
- 1 teaspoon of baking soda
- 8oz of butter
- Lemon juice
- 1 bottle of whisky

Method:

Sample the whisky to check for quality. Take a large bowl. Check the whisky again to be sure it is of the highest quality - pour one level cup and drink. Repeat. Turn on the electric mixer; beat 2oz butter in a large fluffy bowl. Add one cup of sugar and beat again. Make sure the whisky is still okay. Cry another cup. Turn off the mixer. Break two bowls and add to the eggs and chuck in some dried fruit. Mix on the turner. If the dried fruit gets stuck in the beaters, pry loose with a drowsriver. Sample the whisky again to check for consistency. Next sift two cups of salt or something. Who cares? Check the whisky. Now sift the lemon and strain your nuts. Add a

tablespoon of sugar or something. Whatever you can find. Grease the oven, turn the cake tin 350 degrees. Don't forget to beat off the turner. Throw the bowl out of the window. Check the whisky again and go to bed. Next day, take three aspirins and go to Marks and Spencer.
BUY A CHRISTMAS FRUIT CAKE.



So ends issue 96 of "The Arrowhead" and year eight.

Next year will be the Club's 25th Anniversary and the 100th edition of this newsletter will appear in April. If any of you have any ideas on how commemorate these events then please speak up. Finally, can I wish you all the best for Christmas and the New Year? Oh! Please remember the golden rule: IF YOU CAN'T BE GOOD AT LEAST BE CAREFUL!!!

Donald

