



# THE ARROWHEAD



## LASSWADE ARCHERY CLUB NEWSLETTER

ISSUE Nos.156

DECEMBER 2008

**Dear Members,**

Welcome to the final edition of your favourite newsletter for 2008.

### CLUB NEWS



#### CHRISTMAS AND NEW YEAR HOLIDAYS.

This year the Sports Centre will be closed for a longer spell than usual meaning that our last Club session will be on Saturday 20<sup>th</sup> December 2008. We will recommence on Wednesday 7<sup>th</sup> January 2009 and we should be hopefully OK until the Easter break..

CHRISTMAS FUN NIGHT :- Adelle has announced that Saturday 20<sup>th</sup> December will be a fun night. At the time of writing I do not know what form it will take. See Adelle for further details!

P.S. This will be our last session for 2008.

#### LASSWADE ARCHERY CLUB 30<sup>th</sup> ANNUAL GENERAL MEETING. 26<sup>th</sup> November 2008



Ten members attended this year's AGM, which is actually an improvement on previous years. This year under the new system 5 posts on the committee became vacant and the following were elected to serve a three-year term until 2011. They are as follows:-

PRESIDENT	D Cameron
TREASURER	J Smith
JUNIOR REP	G Fleming
CLUB WEBMASTER	J Feeley
CO-OPTED COACH	Vacant

As you may or may not be aware the committee remains practically the same with the only difference being that whilst Jack remains as Club Webmaster his other post of Junior Rep. has now been taken over by Gareth.

As Derek has now retired from official coaching there was no nomination for one co-opted coach position. This could present us with problems in the future especially with regard to beginner's classes.

#### TREASURER REPORT.

Our treasurer Joan reported that our financial situation remains healthy so there will be no increase in Club fees for 2008/09.

I would like to take this opportunity to thank Ruth Taylor who audited the accounts for us despite the fact that she only had three days notice!

In my report I also proposed that Joan who has done a lot for the Club in the past 20 years be conferred with Honorary Life Membership of the Club. This was agreed by the meeting. She now joins a small group with Bill Carmichael and Derek Sangster.

After the meeting closed the Jim Coull Trophy winner was announced. This Trophy is awarded to the Club member who, in the opinion of the Club President, has given out-standing service to the Club in the



past year. As always there are several potential candidates (myself included) but this year the Trophy goes to Derek Sangster in recognition of his work not just with the Club but also his work for GNAS and the numerous Archery Leaders Courses he has run. He also becomes the first member to win this Trophy for the third time. A close inspection of the Trophy reveals that I have won it three times but it should only be twice due to the fact somebody made a mess of the engraving in 1996/97.

### TOURNAMENT REPORT

**LASSWADE OPEN PORTSMOUTH (BRS) (600) 9<sup>TH</sup> NOVEMBER 2008.**

From an entry of zero for our Combined FITA back in October we managed to get that number raised to 7 for our Portsmouth Round although only 5 shot on the day. Although we didn't win anything we did have new personal bests for Ruth and John.

The results for our members were as follows:-

**LADIES RECURVE (16 ENTRIES)**

13<sup>th</sup> Ruth (462) New P.B.

**GENTS RECURVE (29 ENTRIES)**

17<sup>th</sup> John (536) New P.B.

**BOYS RECURVE U16 (2 ENTRIES)**

2<sup>nd</sup> Gareth (358)

**BOYS RECURVE (2 ENTRIES)**

2<sup>nd</sup> Charles (344)

**GENTS COMPOUND (17 ENTRIES)**

17<sup>th</sup> Keith (539)

**RECURVE TEAM (6 TEAMS)**

6<sup>th</sup> Lasswade

As with the Combined FITA we had very little support from the membership but thanks yet again to David who came along to get the bosses and stands put away and to Ruth who ran the raffle for us. With regard to our raffles I am sick and tired of having to ask members to donate some prizes. There were so few this year that when Adelle came back to collect Gareth after the morning session we had to give her some money to go to Tescos and buy more prizes. I accept the fact that we currently live in troubled times financially but surely many of you could afford a pound or two. Anyway, I will put my soapbox away for this year and now wish to thank the following our 3 judges, Derek, Liz and Michael, and, those of you who helped on the night before and finally to Tina for running yet another tournament on our behalf.



### GNAS JUNIOR NOVEMBER CHALLENGE 2008/09

As it has been a year or two since our juniors have entered this round I thought it would give them something to do for a change. The round is the same as the Portsmouth Round, the difference being you shoot 3 dozen arrows instead of 5 dozen arrows. All the scores have been passed to the GNAS Junior Committee who will collate all the scores nationally and publish the full results in the New Year.

To give our juniors an incentive to shoot we had a tournament within a tournament with some medals being awarded. After they had completed the round I allowed them to do some balloon popping. All but one of our juniors took part and their scores are as follows:-

1 <sup>st</sup>	Jukub	260
2 <sup>nd</sup>	Gareth	249 (2 golds)
3 <sup>rd</sup>	Jack	249 (0 golds)
4 <sup>th</sup>	James	239
5 <sup>th</sup>	Paul	213
6 <sup>th</sup>	Ashley	203
7 <sup>th</sup>	Charles	199
8 <sup>th</sup>	Katryn	151



It was pointed out by one of our senior members that doing things like this is a good idea. The only problem is that the juniors have to be told to do things like this.

Some of them have been members for several years and some are now teenagers, it's about time they made some suggestions on what they would like to do!

### DATES FOR YOUR DIARY – 2008



#### DECEMBER 2008

Saturday 20<sup>th</sup> Christmas fun night / Last session for 2008.

#### JANUARY 2009

Wednesday 7<sup>th</sup> First session for 2009

Sunday 18<sup>th</sup> Eastern Area Indoor Championships: Round/ Portsmouth.

Thursday 22<sup>nd</sup> Club Committee Meeting at 7.30 pm

#### FEBRUARY

Sunday 8<sup>th</sup> S.A.A. Indoor Championships: Round/ FITA 18

### AND FINALLY

DELIA SMITH Vs REAL WOMAN

#### DELIA'S WAY

Stuff a miniature marshmallow in the bottom of a sugar cone to prevent ice-cream drips.

#### THE REAL WOMAN'S WAY

Just suck the ice-cream out of the bottom of the cone, for God's sake. You are probably lying on the sofa with your feet up anyway.

#### DELIA'S WAY

To keep potatoes from budding, place an apple in the bag with the potatoes.

#### THE REAL WOMAN'S WAY

Buy Smash and keep it in the cupboard for up to a year.

### DELIA'S WAY

When a cake recipe calls for flouring the baking tin, use a bit of the dry cake mix instead and there won't be any white mess on the outside of the cake.

### THE REAL WOMAN'S WAY

Tesco's sell cakes. They even do decorated versions.

### DELLIA'S WAY

If you accidentally over salt a dish while it is still cooking, drop in a potato slice.

### THE REAL WOMAN'S WAY

If you over salt a dish while you are cooking, that's just tough. Please recite with me the REAL WOMAN'S motto: "I made it and you will eat it and I don't care how bad it tastes."

## True sooooo true!

### DELIA'S WAY

Wrap celery in aluminium foil when putting in the refrigerator and it will keep for weeks.

### THE REAL WOMAN'S WAY

It could keep for forever, who eats it?

### DELIA'S WAY

Cure for headaches: Take a lime, cut it in half and rub it on your forehead. The throbbing will go away.

### THE REAL WOMAN'S WAY

Cure for headaches: Take a lime, cut it in half and drop it in 8 ounces of vodka. Drink the vodka.. You might still have the headache, but you won't give a damn!

### DELIA'S WAY

If you have a problem opening jars, try using latex dishwashing gloves. They give a non-slip grip that makes it easy opening jars.

### THE REAL WOMAN'S WAY

Why do I have a man?

*Finally the most important tip..*

### DELIA'S WAY

Freeze leftover wine into ice cubes for future use in casseroles.

### THE REAL WOMAN'S WAY

Left over wine ???? Helllll0000

So ends the latest instalment.

*All the best for Christmas and the New Year.*

Donald.

