

METRO

Metropolitan Sports & Social Club for the Visually Impaired Registered Charity No. 268076

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NEW YEAR'S METRO NEWSLETTER 2007

In this first newsletter for 2007, we have (in chronological order where possible): Deposits for Bognor ASAP, People, Remember to be a Member, Thursday's Child, LSF, Cue Up, Ridderrennet! Sail EAST, Boys Are Back In Town! Talking Japanese! Quick Reference Guide & useful websites!

PAYMENT FOR BOGNOR NEEDED BY 20TH JANUARY:
Apologies for the extremely short notice but further to Metro Flashnews, can I remind those members intending to participate in the Metro weekend to Bognor in May, to send in payment asap. I do apologise for the short notice as it seems a little early to us on the Committee too but that's the way the Russell Hotel want it unfortunately. Normally a deposit should suffice but it's easier for the Committee for members to pay in full. If you find you will not be able to go, return of monies will depend on notice given and on negotiation with the Russell Hotel. You may also feel that the subsidised rates are still a tad expensive but it is for the first **May Bank Holiday** (the beginning of the holiday season), 4th May – 7th May. You may not wish to stay the full bank holiday. Decide which nights you wish to stay and send Jane payment for each of those nights: i.e. £30 a night per **Metro** member, £40 per night for non-members. Includes breakfast and dinner. **Cheques should be made payable to Metro Blindsports – not to our**

treasurer though Jane is happy to receive cheques on behalf of Metro. Cheques made payable to Jane instead of Metro will not be accepted. Send cheques to Jane Benjamin at: 20 Cambourne Road, Lower Morden, Surrey, SM4 4JJ. Should you have any queries call Roy Smith on 0208-255-7788 or Jane on 0208-542-0492

Moving onto PEOPLE! Can I start off with a quick apology to Alan Wetherley of LSF. I, along with many other dinosaurs still think of the Metro Games as just Metro's but of course it isn't anymore. Alan came on board some years back to help Metro out with the Games so now it's Metro/LSF Games of course! Please note that this year's games will be 23 June 2007.

Also, Metro would like to say good luck to former Metro Treasurer Tina Browne who is off on another trip with VSO (Voluntary Services Overseas). She's due off in February, so make the most of all those little luxuries before you go girl!

Even though he's long since retired from the sporting scene, former Metro Secretary, Derek Mileman wrote to us to let us know he keeps up to date with what's happening with everyone, via these newsletters (hurrah, someone actually reads them!).

REMEMBER TO BE A MEMBER! Does that title remind you of the wimbling song in any way? Try it again in a singsong fashion? No? Thought not! Ah well, I was hoping to come up with something catchy (albeit corny) to remind you to renew your Metro membership – unless of course you are a life member in which case, ignore this next paragraph.

Regular members should know by now that membership has to be renewed **before** new financial year! I know April is still a wee way off but just thought you'd appreciate some notice as our next newsletter won't be out until March and officially speaking,

cheques should be in before **end of March!** If not, you could lose out on subsidies so send cheques payable to Metro Blindspots to: Mo Brace: 80 Elms Farm Road, Hornchurch Essex, RM12 5RD. Any queries about your membership, call her on 01708 456832.

If you know a visually impaired Junior, please make sure that Mo has their details. If you know of any visually impaired Juniors, please check with Mo or the committee that they are on our membership list.

Talking of memberships and subsidies etc, thank you to those who've already ordered their Metro tracksuits. Unfortunately we can't proceed with the order until we get a few more to fulfil minimum order requirements. At £10 it's a bargain! Free to current junior members! So Juniors, get your parents onto it pronto! Now's a good time to get one if you have made the usual new year's resolutions (fitter, healthier, etc). Contact Andy McKeating for more info: Tel: 020 8200 5731 evenings or 07939 183992 daytime or Email: <mailto:mckeatinga@csp.org.uk>

Though we are a London Club, we do have a few Scots members living within the M25 who may be amused by the following SPORTING QUOTATION: I don't mind the title fight going out at three in the morning. Everyone in Glasgow fights at three in the morning! Jim Watt, Boxer.

DIARY DATES: Thanks to a suggestion by Amanda Green, all diary dates mentioned in the newsletter will be *briefly* recapped in a quick reference guide at the end of the newsletter which you can detach and keep as a reminder. It will be updated in each newsletter so I hope you'll find this useful.

METRO SOCIAL NIGHT; First Thursday evening, 6.30pm onwards of every month! Well for the next four months at least to

see how things go? So from the first Thursday of February, March, April and May, the plan is to 'adopt' a couple of tables (or however many we need) in the downstairs bar of the George Tavern, where we had our recent AGM. If there's a private function going on then we'll just meet upstairs around the top of the stairs. I'm happy to be the contact for this but should I not be able to go for any reason, I will make sure someone else will be there in my absence, hopefully another committee member! This, I hope, will be a good way for members, friends and family to meet n mix! You never know, members from different sports might get to meet each other? If you don't know me or can't find me in the bar, call me, Dawn Anderson, on: 07789-512216 I think I'm fairly safe in saying that I will generally have either Debs Downton, Kathy Smith or Debbie French in tow, or even all 3! So if you don't get me, try one of them if you know them. If this venture turns out ok, we can continue using the first Thursday throughout the year! Perhaps we could use another venue? A pub with tables outside for the summer months if anyone knows anywhere suitable? We'll scrap it after May if things don't work out but we'll keep you informed! We did try something like this before but it didn't work out then. But that was some years ago so we can only try again? After all, nothing ventured, nothing gained!

LSF DATES FOR FEB (as provided by Alan and if you want to enter, contact him on 020 7354 8666 or email alan@londonsportsforum.org.uk):

FOR RUNNERS: Saturday 3rd February 11am – 4pm LSF / BBS Regional athletics Squad training day @ Sutton Indoor Athletics Arena.

FOR SWIMMERS; Sunday 4th February, 12- 2:30pm VI Swimming session at Mile End Park leisure centre, Burdett Road, London E3 4HL.

FOR SKIERS & GOLFERS; Monday 12th February, 10:30 – 3:30pm Sports connect. Dry –slope skiing & Golf day @ Sandown Park Esher (You must book a place in advance for this event, you cannot just turn up!)

AGAIN FOR SKIERS & GENERAL SPORTS PEOPLE; Monday 19th February, 10:30 – 3:30pm Sports connect. Dry –slope skiing & Sports activity day @ Hemel Hempstead (You must book a place in advance for this event, you cannot just turn up!)

BBS POOL TOURNAMENT: 3rd March 2007 at JFK's Pool Club, 188 Rye Lane, Peckham. Check out www.peckham8ball.com Though it's in the BBS Calendar, those who've not participated before will not be on the BBS mailing list for an invite, so if you're interested in taking part, call Gillian, Sports Development Officer, BBS on 01525-860805. Metro's very own Gail Hepworth will 'host' on the day on behalf of BBS. Brian Dakcombe will officiate.

Please be aware that **Metro's** next Pool Tournament will be on **3RD NOVEMBER 2007** so plenty of notice this time around folks!

LAST CHANCE TO TRY CROSS COUNTRY SKI-ING IN NORWAY 18th – 25th MARCH 2007: If you still haven't made up your mind by now, it's your last opportunity to do so (for this year at least). It's good fun and you are assigned a guide for the week who will teach you to ski and so you are never on your own on the trails. Also can I take this opportunity to reassure some people who I think I may have put off the sport in the past when I mentioned about an accident that occurred one time - **if you listen to your guide and follow their instructions, you should be relatively safe.** Accidents are few and far between and I know of one that was caused by the skier not listening to their guide! Isn't that right, you, who shall remain nameless! You know who you are! Please don't be put off. Cross country skiing is

completely different from Alpine (downhill) skiing where there is a higher risk of accidents.

Some may feel it's a tad expensive compared to having a cheap package holiday to Spain but the way I see it, you're out everyday being active and meeting other skiers etc. To help you decide, please be aware of the following:

The cost **excluding** flights, insurance and ski hire is £350 (includes board and all meals). Mike Brace did use to take care of group bookings which included flights but it turned out that people prefer to book their own and sometimes this can work out a bit cheaper. So you need to try and book either of the early flights on 18th, i.e. one just after 7.15 or the mid morning one. The cost of the flights range from just over £100 to £200. Some regulars are also looking to get the mid day flight which arrives at 2.30. Mike will arrange transport for you from the airport to the hotel provided he knows when you arrive? Cost of insurance which is mandatory is also down to yourself to sort out but **please make sure your insurance covers you for winter sports**. Remember it is cross-country skiing which should be cheaper than for alpine (downhill) skiing. Cost of ski hire is likely to be about £25 for the week. If you decide to enter the Ridderrennet race on the last day, you will need to pay entry which is about 200 Norwegian Krona. You don't have to race but it's fun and a challenge and is a distance of 20k.

Mike will need to confirm all bookings to the Norwegian organisers by end of February at the latest! Once people notify him that they have booked their flights before the end of February, then they are booked on the trip. A booking form needs to be filled in so again you'll need to speak to Mike about that on confirmation of your flight.

Some of you may feel you can enter this event directly with the Organisers but you will miss out on a subsidy which Mike can obtain for UK participants. It's a significant subsidy of about £200 per person to keep the costs down to £350 and therefore to benefit from this subsidy, **you must let Mike know of your booking** etc.

Note also the return flight should be as near to 17.30 or thereabouts as possible on 25th March and all flights are to Heathrow.

Just a few last words on this subject: make sure you bring your own booze as that unfortunately is very expensive out there though there is a bar in the hotel and bars nearby. The hotel also has a swimming pool should anyone still have the energy for a swim after all that vigorous skiing! The sauna is more appealing and very relaxing! So if you're tempted, Mike Brace's details are: 80 Elms Farm Road, Hornchurch, Essex, RM12 5RD. Tel H: 01708 456832 Fax: 01708 446310 Mobile: 07973 124012

SAILING EAST! In addition to those trips held by the Rona Trust (London Sailing Project) as shown in our last newsletter, we have some additional trips from EAST (East Anglian Sailing Trust): Details as given by Ken Knowles (thanks Ken).

11-13 May;

Friday evening to Sunday afternoon;

East Anglian Sailing Trust;

£50;

Carol Bloyce at c.bloyce@btinternet.com or on 01473 724780;

River Orwell and Essex/Suffolk waters.

30 June-7 July;

Saturday to Saturday;

"South Coast Blind Week";

£160;

Grant Morris at foxys@ukgateway.net or on 01225 462236;
The Solent and beyond.

14 July - A possible choice of two alternatives:

14-22 July;

Saturday to Sunday;

East Anglian Sailing Trust;

£200;

Carol Bloyce at c.bloyce@btinternet.com or on 01473 724780;
River Orwell and The Thames Estuary, with the possibility of a hop across to France.

14-29 July;

Saturday to Sunday;

East Anglian Sailing Trust;

£350;

Carol Bloyce at c.bloyce@btinternet.com or on 01473 724780;
a fortnight's cruise starting from and returning to the River Orwell, but with time to go to either the eastern English Channel or Holland (the proposed itinerary is still to be finalised).

21-23 September;

Friday evening to Sunday afternoon;

East Anglian Sailing Trust;

£50;

Carol Bloyce at c.bloyce@btinternet.com or on 01473 724780;
River Orwell and Essex/Suffolk waters.

FOOTBALL INFO: To find out dates for the VI football sessions contact:

Arsenal:	Bill Williams	020 7704 4145
Charlton:	Barry Simmons	020 8850 2866
Fulham:	Susi Williams	020 8336 7542
Tottenham:	James Isaac	020 8365 5025

For other queries on VI football please contact Steve Bartlett at LSF who has taken over responsibility for Football from Alan Wetherley. Alan is still LSF's Sports Development Officer for VI. Alternatively contact Andy McKeating (FAVI) 020 8200 5731 evenings or 07939 183992 daytime Email:

<mailto:mckeatinga@csp.org.uk> or check out www.favi.co.uk

SPORTING QUOTATION: Golf is a day spent in a round of strenuous idleness! William Wordsworth, Poet.

BOYS ARE BACK IN TOWN! Metro Cricketers are home again after their tour with the England Squad in Pakistan. England got through to the semi-final stage but unfortunately I don't have the low-down on this as yet what with xmas and new year celebrations etc. Also I did make a note of which Metro members were in the squad but have since mislaid my notes. However I'm sure Dave Townley will let us know who went and perhaps give us the official version of events (though I'm sure we'd all also be interested in the unofficial version which of course we'll not get!).

SPORTING QUOTATION: It's a funny kind of month, October? For the really keen cricket fan, it's when you discover that your wife left you in May! Dennis Norden, Comedy Writer.

SOUND TENNIS DEMONSTRATION: This event went ahead though the turnout wasn't as good as hoped for. Nevertheless it was a good demo as Rob Kershaw started off explaining the game and then introduced the Japanese who then demonstrated

how the game should be played. The first was a singles match between two B1 (totally blind) players, the second was Japan v England! Alan Wetherley of LSF represented England and he won! Brilliant considering he'd only tried it once before at the Junior have a go session two days prior to the demo. The 3rd game was a mixed doubles, including B1's. Despite the poor turn out, I hear that the junior session was very well attended which is great news! If you've not yet had a go, look out for Metro flashnews or the next newsletter for more opportunities!

Ring Rob on 07843 203 936 to check when the next practise is.

SPORTING QUOTATION: I really got into watching Becker when I was 4 or 5. I was in my living room and he was in his – on Centre Court! Roger Federer, Tennis Player on watching his hero, Boris Becker.

SPORTING TRIVIA: It was once common for people to sell their hair as stuffing for tennis balls!

ARTICLES: I'm afraid that, with trying to get this newsletter out earlier than planned because of the item on deposits for the Metro weekend, I've had to temporarily forgo expected articles on Bowls, Sound Tennis, Cricket and Judo (hope to have these in our next issue). But as you'll have seen, we've had plenty for you to get through in this issue already (without overloading it too much I hope). I suspect some of you may have only just got around to catching up on the xmas issue now that all the festivities are over!

Have a great sporting 2007! Don't forget the *brief* recap of **2007 Diary Dates** attached!

METRO'S QUICK REFERENCE DIARY DATES
(TO BE UPDATED EACH METRO NEWSLETTER).

- 01 Feb Metro Social, The George Tavern, Victoria**
01 Mar Metro Social, The George Tavern, Victoria
03 Mar BBS Pool Tournament, JFK's Pool Club, Peckham
03 Feb LSF/BBS Athletics, Sutton
12 Feb LSF Sports Connect, Sandown Park
19 Feb LSF Sports Connect, Hemel Hempstead
18 – 25 Cross Country Skiing, Norway
March
05 Apr Metro Social, The George Tavern, Victoria
03 May Metro Social, The George Tavern, Victoria
04 -07 Metro Weekend, Russell Hotel, Bognor
May
12 May Dublin Games, Irish Blindsports
11-13 EAST Sailing Trip
May
18-20 LSP Sailing Trip
May
23 June Metro/LSF Games, Walthamstow
30 June EAST Sailing Trip
- 7 July
14-22 EAST Sailing Trip
July
14-29 EAST Sailing Trip
July
10-16 LSP Sailing Trip
Sept
21-23 EAST Sailing Trip
Sept
05-07 LSP Sailing Trip (under 25's)
Oct
03 Nov Metro Pool Tournament, JFK's Pool Club, Peckham

For further details, check out:

Metro	www.metroblindsports.org
LSF	www.lsf.org.uk
BBS	www.britishblindsport.org.uk
LSP	www.ronatrust.com
FAVI	www.favi.co.uk
JFK's	www.peckham8ball.com
DRC	www.drc.org.uk