

Rutherford Appleton Laboratory Recreational Society April 2019 Newsletter



Sports and recreational activities, clubs and facilities for health, wellbeing and social interaction at RAL and beyond.



This year's Annual General Meeting will be held on 16th April at 12:30 in the R58 Lounge.

Notification has been emailed to Full and Affiliate members and will be advertised via [in.focus](#), the [RAL RecSoc facebook page](#) and STFC chat.

Nominations are invited for the offices on the Committee of Chairman, Vice Chairman, Treasurer, Secretary, and twelve additional members. This year we have a number of Committee members who will not be standing for re-election so there are vacant positions to be filled. Nominations need to be signed by two full members of the Society, who will indicate that they have obtained the consent of the member nominated.

ALL facilities in the RecSoc building are closed during the AGM. This includes the weight room, music room, snooker room, table tennis and sports halls, as well as the bar.

Please note - only members of the RAL Recreational Society are allowed to attend the meeting. Affiliate, associate, retired, honorary and life members who attend are informed that under the rules of the Society they are not eligible to vote on any issues.

Copies of the meeting Agenda, Committee Nomination Form and Items For Discussion Proposal Form can be found on the RecSoc intranet site <https://staff.stfc.ac.uk/people/rec/RAL/Pages/AGM.aspx>

SHE Fayre

The RecSoc and Oxford Area CSSC had a stand at the recent SHE Fayre held in the new RAL Visitors Centre. The event was well attended with over 500 visitors during the 2 days.

Our stands were kept busy throughout with enquiries and conversations about the sports, activities, events, facilities and benefits available to members, plus a number of interesting suggestions were received for new sports and events that we will look to offer in future. The table tennis club also set out a table along with bats and balls which proved very popular with the event visitors.



Our representatives really enjoyed the opportunity to talk to potential new members and chat to current and old members alike. Over 50 membership forms were taken, as were most of the CSSC goodies and freebies on offer.

Alexander Technique

The RecSoc has the opportunity to host a 7 week series of Alexander Technique classes with Kate Brailsford, an experienced ITM Alexander Technique teacher. Kate has recently held her Interactive Teaching Method courses at Diamond for STFC and DLS staff. The classes last 1 hour and are run over 7 consecutive weeks.

Kate describes the course as follows:

The Alexander Technique has long been recognised as making a distinct contribution to physical and mental health, wellbeing and performance. The Alexander Technique can be used to enhance a person's co-ordination and comfort while sitting at a computer, playing a musical instrument, and in all everyday activities.

As an ITM Alexander Technique teacher it is my job to help people learn how to prevent the unnecessary physical effort they use as they go about their everyday activities. Helping people to understand that they can be in control of their own movements and their own lives is a very satisfying job.

People are leading busy lives and juggling many personal and work priorities. The opportunity to take time out of the working day to come together and learn about Mr Alexander's principles and discoveries could be a worthwhile way to spend a lunch break AND a constructive investment in an easier way of life.

If you would like more information please email ronnie.brumfitt@stfc.ac.uk

Aunt Sally

The RecSoc Aunt Sally team have entered the local Abingdon & District ASA Summer League and are looking for new players.



For those that don't know, Aunt Sally is a very popular Oxfordshire pub game that goes back at least as far as the 17th Century and may have been introduced by Royalist soldiers during the English Civil war when Charles set up court in Oxford.

The game involves 2 teams of players taking turns throwing wooden batons at a wooden skittle known as a doll or dolly.

There may also be a little bit of drinking involved, it's a pub game after all, and there's always quite a bit of laughter, despite how seriously the game may be taken.

It's a fun, sociable game that will involve visiting pleasant hostelrys in local towns and villages on warm summer evenings when playing away games. You may also learn some interesting trivia about "dolls", "sticks", "irons", "hockeys" and "horses". You never know when that might come in handy.

For more information please email joe.moxon@stfc.ac.uk



Music Club

The RAL Music Club has the opportunity to have a professional drum teacher give lessons at the RecSoc. The tutor is Paul Davidson (<https://tophatdrums.com/>) who is an accredited tutor with years of experience - check out his website for more information.



Lessons would run, in the first instance, in a block on **Friday mornings**, although if there is enough demand we can look for other slots that don't conflict with other activities.

One-on-one lessons would cost of the order of £38 for a one hour slot, or £31 for 45 minutes. Additionally, we would be able to accommodate beginner's lessons for two students simultaneously, for the same hourly / 45 minute rate (so half price per student, basically). If unsure, or you want to get an idea of the content of lessons, Paul is offering an initial taster session for half price.

If you decide to continue with regular lessons, commitment to a minimum of 8 weekly lessons will be necessary. In addition you will need to join the Music Club if you are not already a member (£5 per calendar year).

If you are interested in the above, please email tristan.youngs@stfc.ac.uk stating your skill level / years of drumming (zero being a perfectly acceptable answer) / preferred styles.

Tennis

The RAL tennis club is eagerly awaiting the return of the courts and preparing for the imminent onset of tennis weather.

The club is free to join and provides rackets and balls to any members who want to play. They offer beginners, mixed ability and advanced coaching sessions 4 times a week with their resident LTA Level 1 coach.

As well as casual games and coaching sessions there are also organised competitions for those that prefer more competitive match play.

Last season the club had 62 members who used the court 697 times, the average being 26 players using the court each week for an average of 8 hours. There were two weeks when 47 players used the courts and one week when it was in use for 31 hours. Not surprisingly these were in August!

Obviously tennis is very popular and the RAL tennis club provides a great place to get fit, learn a new sport and make new friends along the way.

For more information please email elliott.oram@stfc.ac.uk



RAL RecSoc Lunchtime Activity List – April 2019

Monday:

Sports Hall:	12:00 – 13:00	Circuit Training
Sports Hall:	13:05 – 14:00	Zumba (£4 payable to instructor)
Sports Field:	12:30 – 13.15	Bootcamp (£4 payable to instructor)
Sports Hall:	19:00 – 23:00	RAL Table Tennis (Match Play)

Tuesday:

Sports Field:	12:30 – 13:30	Football
Sports Hall:	12:10 – 12:55	Zumba STRONG (Booking via instructor)
Sports Hall:	13:05 – 14:00	Yoga (£7 payable to instructor)
Sports Hall:	19:00 – 23:00	RAL Table Tennis (Match Play)

Wednesday:

R58 Lounge:	12:30 – 13:30	RAL Pub Quiz
Sports Hall:	12:00 – 13:00	Pilates (Block book via instructor @ ~£5/class)
Sports Field:	12:30 – 13:15	Bootcamp
Sports Hall:	16:30 – 18:30	RAL Fencing Club
Sports Hall:	19:00 – 23:00	RAL Table Tennis (Match Play)
R58 Lounge:	19:15 – 23:00	Bar open for Aunt Sally Evening League home matches and other activities (End April – September)

Thursday:

Sports Hall:	12:00 – 13:00	RAL Fencing Club
Sports Field:	12:30 – 13:30	Football
Sports Hall:	13:05 – 14:05	Lepton Morris (RAL Morris Dancing Club)
Sports Hall:	19:00 – 23:00	RAL Table Tennis (Match Play)

Friday:

Sports Field:	12:30 – 13:15	Bootcamp
Sports Field by ESA:	12:30 – 13:30	Touch Rugby

Facebook:

<https://www.facebook.com/groups/315928308552499/>