

Black and Green

September 2013



Chairman's report

As you can see this is normally the space for the Chairman's report, unfortunately Tony Horsewill has had to stand down as Chair. As anyone who knows Tony well will know, he would not have taken this decision lightly but we are very grateful for the two years Tony committed to the job. Most people on the committee hadn't realised the jet setting life Tony leads with his "other work". Having a chair jetting in from New York and the South of France for NOC committee meetings certainly added a sparkle to the proceedings.

Once again the committee and the club would like to thank Tony for the time served as NOC chair.

So now the search is on for the next chair..... Who do you want to take up the challenge?

First Aid Courses

Sport Nottinghamshire has a number of 3 hour evening first aid courses on offer at £15 e.g. 6th November at County Hall and another at West Notts. They seem to run them fairly frequently.

See: <http://www.sportnottinghamshire.co.uk/training-and-development/>

It looks to be a good course and will be of interest to everyone (not just coaches) and is available for anyone who takes part in sport and is resident in Nottinghamshire.

Note: coaches now have to decide for themselves what level of first aid they should have. This 3 hour course covers CPR, sprains, bleeding etc. and is specifically geared to sports coaches.

ANNUAL GENERAL MEETING

NOTTINGHAMSHIRE ORIENTEERING CLUB

Saturday, October 19th 2013 at 3.30 p.m.

Workshop College

AGENDA

1 Members Present

2 Apologies

3 Review the Minutes of the 2012 AGM

4 Matters arising from Minutes

5 Chairman's Report

6 Treasurer's Report

7 Election of Auditor

8 2014 NOC Membership Fees

9 Election of Officers and Life Members

Current Committee members are prepared (and are eligible) to stand for re-election to their positions with the

exception of Team Captain, Fixtures Secretary and Junior captain for which

nominations are required.

10 Plans for the Forthcoming Year

11 Substantial new equipment purchase for the club (which will be based in the North of the county)

12 Open Forum

13 Close of Meeting

The minutes from last year's meeting (2012) are available at

<http://www.noc-uk.org/Documents/minutes/agm12.doc>

NOC Summer League Results

Introductory Course

- 1 Finlay Lowthian
- 2 Hackett Family
- 3 James Hardwick

Medium

- 1 Donald Flynn
- 2 Sue Hignett
- 3 Dorothy Woodall

Short Technical

- 1 Alastair Flynn
- 2 Hilary Palmer
- 3 Michael Napier

Long Technical

- 1 James Lowthian
- 2 Robert Haskins
- 3 Tanya Taylor

NOC members are invited to the NOC AGM which will take place after the upcoming Worksop College fixture, afternoon tea (tea + cakes at approx. 3.00 p.m.) will be served prior to the meeting.

Upcoming fixtures of interest

- Stamford Town – LOG – 6th Oct
- Bestwood country park – NOC – 12th Oct
- Kedleston Hall – DVO – 13th Oct
- Worksop College – NOC – 19th Oct
- Wellow – NOC – 26th Oct
- Ratby Woodlands – LEI – 27th Oct
- Thoresby North (Night) – NOC – 9th Nov
- Thoresby North – NOC – 10th Nov

White Rose picture special

Thanks to Julie Lord and Maria Roberts for taking the photos



Alexander Ridgway and Jack Lord.



Will Parkinson.



Helen Parkinson.



Julie Webster, Tom Webster and Michael Lord.



Richard, Andrew Llewellyn and Jordan.



Jack, Will and Matthew Cox. Richard Llewellyn and Jordan Webster.



A Group of misfits.



Mark Webster, Charlotte Webster and Keith Roberts.

Whilst people were off orienteering around the country and elsewhere this summer, club member Jenny Evans decided to make a change to the typical summer of glamorous multi-day events

Jenny Evans – My summer in France

This piece may be a little off topic for this newsletter but our editor thought that it may be nice to have a piece about another aspect of a young orienteers life.

This summer has been the first in as long as I can remember that I have not attended a multiday orienteering event somewhere in Europe. The reason for this was because in November last year I decided that I wanted to do something abroad before starting at university in Sheffield in September. The cost of traveling seemed out of the question given how much I am going to be spending on education in the next four years, so I set about looking for jobs abroad. Fast forward five months and I had secured a job with Canvas Holidays in the Loire Valley in France, from mid April to mid September.

As I write I am sat in my mobile home looking across the campsite which has been my home for the summer, and I can honestly say I've had the best time of my life. I have been working as a campsite courier, so mainly completing cleaning duties and looking after customers (up to 68 families at a time) on a beautiful site in the middle of France. It has been a totally different summer to any that I have had before, including being a customer on these types of holidays, and the work has been tough. However being able to work outside in 30degree heat everyday and go swimming in a beautiful lake after work everyday has made up for all the stressful and bad bits. Working and living with a team of 8 other people has meant we have become like a family and we have managed to see some amazing places including Orleans, Tours and Paris, as well as going to see the Tour de France and doing some exploring on my bike.

As unrelated as this piece is, I honestly believe that had I not been brought up in an adventurous family and packed off on EMJOS

weekends and made to run round forests and generally fend for myself when I was little, then I would never have had the guts or confidence to take off to another country with one rucksac and no idea what I was letting myself in for. I've always liked working with people, and anyone who knows me will know that I am not shy but working abroad and fending for myself has made me so confident and ready for growing up and being an adult. I am now getting excited about going to university, and trying to remember how to read a map again, but I'm so glad that having the upbringing that I did, of which NOC and running round forests was a big part of, has enabled me to experience something so fun and worthwhile. Hope you all had a great summer too!

Living with Lyme

An apology from the Guest Doctor

I read the article by Richard Robinson with increasing disbelief as to the reluctance of the medical profession to listen to their patient. Yes I know as a doctor that it is increasingly common for patients to present convinced that, having looked their symptoms up on Google, they've got the bubonic plaque .(Despite never having been to Eyam.) However, traditional medical teaching is 'listen to the patient'. I feel really sorry that Richard was so badly let down by all levels of the medical profession and I am even more disappointed when you consider the costs.

Below I've listed the costs of his treatments – all estimates but they won't be far wrong.

GP attendance and blood tests	£100
GP attendance	£60
Kings Mill hospital: ECG and Chest x-ray	£150
A&E attendance	£60
In-patient Kings Mill & blood tests (4 nights):	£1600
Outpatient attendance Nottingham City Hospital	£150

I suspect that this cost is an underestimate and it obviously doesn't include Richard's time off work etc.

Clearly the problem was the inability to reach the diagnosis despite Richards clear guidance as to what the problem was likely to be and the availability of a reasonably specific blood test.

So what was the cost of the definitive blood test? I quote from Rebecca Turner MSc CSci FIBMS PGCert who is the Microbiology Laboratory Manager at my hospital.

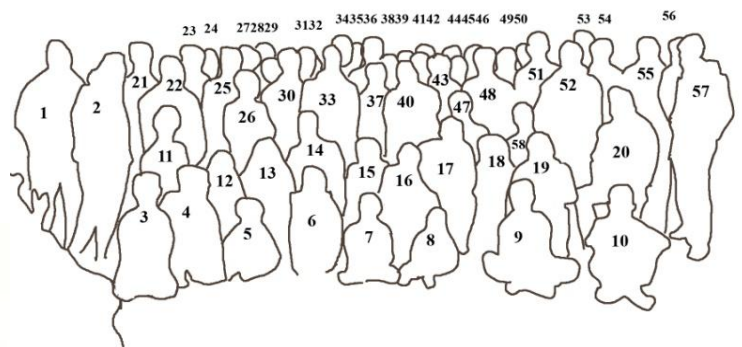
"The NHS cost for Lymes serology is **£49.42** which includes IgG and IgM."

I rest my case, LISTEN TO THE PATIENT and save the NHS a fortune!!

Simon Elliott

Thanks to Keith Streb for sending in this picture of the NOC team that won the Compass Sport Cup in the early 90's.

"Thought this might make a interesting addition to the previous Compass Sport photo. It's the first time we won it back in the early 90's, up near Skiddaw if I remember correctly. Tim Hills (centre : dark blue fleece) was chairman"



1 Eddie Nicholson
2 Judy Pittson
3 Tim Booker
4 Andy Preston
5Booker
6
7 Helen Palmer
8 Peter Pittson
9 Robert Palmer
10 Ben Pittson
11 Ros Bourne
12 Val Gebbett
13 Jane Booker

14 Hilary Palmer
15 Peter Butler
16 Tom Pittson
17 Paul Gebbett
18 Brenda Butler
19 Alan Beardsley
20 Peter Bourne
21 Hubberstey
22 Chris .Bourne
23 Andrew Buckland
24 Steven Wright or Julian Evans
25 Mike Napier
26
27 Matthew Milbourne
28
29 Matthew Birkett
30 Jos Yarnell
31 Tim Guyler
32
33 Tim Hills
34 James Gray
35 Marek Bidwell
36 Simon Bourne
37
38

39
40 Dave Smalley
41 Jim Clarke
42 Alan Gould
43 Janet Evans
44 Geoff Allen
45 Kath Wright
46 Nick Evans
47 Pete Tryner
48 Mick Lucking
49 Richard Butler
50 Peter Preston
51 John Palmer
52 David Booker
53
54 Peter Hubberstey
55 Tony Horsewill
56 Keith Picksley
57 Phil Pittson
58 Angela Lucking