



# THE NEWSLETTER

## Volume 10/12

Next Issue - 1st November  
Deadline for Articles - 23rd October

### - October's Edition of 2012 - Inside The Newsletter This Month

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See the New HASSRA Leeds Website at  
[www.hassraleedsnewsletter.com](http://www.hassraleedsnewsletter.com)  
Enjoy Everyone!!!  
Voted 2008 National Best Publication  
Produced by Phil Hepworth

**Congratulations to Michael Phelps who won September's Olympics Quiz**



**Child Associate Membership ONLY £5**  
See Page 7 for details.

**- Inside -**  
Christmas and New Year Ticket Offers  
HASSRA Leeds xmas party And Christmas Fayre  
Bosworth Hall - £99 with 99p bar!  
London Easter Theatre Break  
Edinburgh Bank Holiday Weekend



**Please Contact Phil On:**  
0113 2324456  
All articles for inclusion in The Newsletter should be sent to:  
[the.newsletter@hotmail.co.uk](mailto:the.newsletter@hotmail.co.uk)



# Leeds September News

So there really ends summer as the weather changes and the rains begin anew...and good riddance I say...well it never really happened anyway did it. October's here so let's celebrate and start really looking ahead to next year ...and yes well Christmas as well. Well if you don't book these things now you lose the opportunity and we certainly don't want you to lose the opportunity of coming out with us for our Christmas party. Note down the date on page 8 as something not to be missed.

Now you may indeed be wondering whether your chair has lost the plot. Someone eagle eyed amongst you may have spotted the errant bat – no I don't mean cricket (and I note that the cricketers are currently on the way home as I type) – this one is of the furred variety. Anyway, someone who spots this flying mouse and emails the position of said bat to Elizabeth Letaief ([ELIZABETH.LETAIEF@DWP.GSI.GOV.UK](mailto:ELIZABETH.LETAIEF@DWP.GSI.GOV.UK)) might win a little prize!

Before I tell you a little more about trips and events and so on, please don't forget the child associate membership is now **only £5 – yes that's £5** – a stonking offer I think.

Anyway trips-wise we have a visit to Edinburgh over the May Day bank holiday (4-6 May) and incidentally over my birthday as well (see page 13). This includes air-conditioned coach travel throughout, two nights dinner, bed and breakfast, a visit to the National Railway Museum at Shildon, and best of all, a visit to Edinburgh Zoo with timed slot to see the **Pandas**. We stay at the 3 star Best Western King's Manor Hotel, which is situated less than five miles from Princes Street and within walking distance of the beach at Portobello. Don't forget we are still advertising all the rest of the trips organised by the 'Trips and Events Committee' too – and there are some dewysies.

Our Wine Club will be celebrating the 'Memory of Vlad' this month (see page 18) in November, although they are apparently taking a trip around Romania, Hungary, and Moldova all from the comfort of the Woodpecker – which sounds pretty impressive to me! Especially as it only costs £5 - £7 with fancy dress optional! Also strictly for dance fans look out for the Dance Club (pages 20 and 21) who are starting two yes two new dances – why not come and get moody with a Latin feel!

Well done to Michael Phelps who won last month's fiendishly difficult Olympic and Paralympics Quiz – I feel we should give extra points for anyone who got the Chinese athlete! This month's quiz is an easier crossword on page 15.

Finally a fantastic 'well done' to all those who hosted coffee mornings in aid of Macmillan. I know that Simon, Elaine and the Armitage's did sterling work in GC07 last week and raised more than £700 – wow!

Highlighted member benefit this month is the cinema vouchers – yes they are still being offered although we have had to be careful in describing exactly what they are. For those offered through Phil please keep going to see him on Tuesday's and Thursday's, but please note that we will be introducing a new tracking system to make sure that this great member benefit remains fair for all.

Finally, although I hope you haven't realised it, this Newsletter was produced in glorious technicolor on our new laptop and with new software that Phil has had to learn how to use.

Enjoy!

**Alan Shaw**  
**Chair – HASSRA Leeds Communications**  
**Committee**



# New HASSRA Leeds Website

<http://www.hassraleedsnewsletter.com>

HOME ABOUT CLUBS CONTACT DETAILS FORMS LINKS

## HASSRA Leeds Newsletter

**THE NEWSLETTER**

### Home

#### What's going on...

[NEW ASSOCIATE MEMBER BOOKING FORMS, SEE 'FORMS' SECTION OF THE WEBSITE TO VIEW.](#)

- This month's quiz is an Olympics and Paralympics Quiz
- ANNOUNCEMENT! Child Associate Membership is now £5 per annum. See Newsletter for details.
- This Months trips include
  - Entertainment Break to Bosworth Hall – 1-4 February 2013
  - London Easter Weekend Break – 28-30 March 2013
  - Edinburgh Bank Holiday Weekend – 4-6 May 2013
  - 1940's weekend – 6-7 July 2013
  - Visit To Downton Abbey – 17-19 August 2013
  - Belgian Christmas Markets – 12-16 December 2013
- New member benefit – 30% off your bill at Escobar and Escobar Cantina
- Quarry House Summer Fete – Full Review
- Quarry House Guitar Club starting 6 week lesson sets
- Y&H Regional Squash Singles Competition

#### September's Newsletter

Click below to access this month's Newsletter.

#### Review of the Year Magazine

**We are always looking to improve our website and Newsletter, so feedback from members would be very helpful.**

**Please send any feedback to:**

[the.newsletter@hotmail.co.uk](mailto:the.newsletter@hotmail.co.uk)



# HASSRA Leeds Member Benefits

## At 5 star fitness

At 5 star fitness we specialise in building health and fitness through personal training and nutritional advice. All our staff are **professional athletes**, coaches and practitioners who can help you achieve your goals and bring about amazing results.

Contact us on Castleford 01977 553330 or Leeds 01132 203647 for further information or visit our website on [www.5starfitness.co.uk](http://www.5starfitness.co.uk)

**Free consultation** and half hour session for HASSRA members at one of our private studios.

## Russell Eaton Aveda Lifestyle Salon & Spa



Welcome to the prestigious Russell Eaton Aveda Lifestyle Salon & Spa, home to the British Hairdressing Awards North Eastern Hairdressers of the year - Russell Eaton. This particular salon & spa has been voted in the top ten salons to visit by Cosmopolitan Magazine and is regularly featured in the regional and national press. This year, their professional stylists and therapists would love to exclusively welcome and impress the HASSRA Staff Members in Leeds for ...**75% less than the usual cost!**

To purchase a Russell Eaton Aveda Platinum Gift Certificate or to enquire further:  
Please contact Kim or Gemma on 0845 686 0185 (office hours 9-5 Mon-Fri).



## Fairuz Lebanese Restaurant

For a friendly and relaxed atmosphere and wonderful food visit FAIRUZ at Fairfax House, Merrion Street, Leeds. Tel: 0113 243 4923. All HASSRA LEEDS members can claim 10% discount on their bill at Fairuz, Leeds - only Lebanese restaurant.

Always a popular venue, Fairuz is especially renowned for imaginative use of vegetables and pulses, which makes it particularly attractive to vegetarians and vegans. But fish and meat eaters are also catered for, with delicious fresh ingredients, and an inspired use of herbs and spices. Never tried Lebanese food before? You're missing a treat.

## Cinema Vouchers - To Order

HASSRA Cinema ticket vouchers for Vue, Showcase and Cineworld are available to order from [www.hassra.org](http://www.hassra.org).



## Aagrah Indian Restaurant



Get 15% discount off food bill from Sunday to Thursday inclusive when a starter and main dish are ordered when you show your HASSRA Leeds Membership Card. (Not valid between 01/12 – 02/01, bank holidays and Valentine's Day)



# HASSRA Leeds Member Benefits

## Commando Fit

The COMMANDO FIT military style outdoor exercise sessions are entering their second season in Temple Newsam, Leeds. Started in response to people wanting to get fit using the same course used in the Race for Life, they have been getting fantastic results for their clients ever since. When you consider that you get a whole month of exercise classes for no more than £28 they are one of the most cost effective ways to exercise and get results, quickly. You can also make use of the classes at Wakefield and Bradford also for the same cost for maximum flexibility and benefit.

The success of the clients is largely down to the instructors, all past or present serving military personnel, and they certainly understand how to motivate and support the clients through their one hour exercise session. So if you are not getting any fitter using your current methods or need that EXTRA push and motivation then get yourself down there and join some of your colleagues. ALL HASSRA members are welcome to a WEEKS FREE trial on top of their 10% DISCOUNT and there is no need to book, but remember to tell them where you heard about the sessions to claim your discount.

Further details can be found at [www.commandofit.co.uk](http://www.commandofit.co.uk) or by contacting 01226 382800.

## Brooklands Country Retreat and Health Spa

The picturesque setting of Brooklands Country Retreat and Health Spa in Garstang, Lancashire oozes style – an eclectic mix of old and new, combining the stunning 19<sup>th</sup> century country house and fabulously modern spa. Offering a fabulous selection of beauty treatments, which include Decléor, Clarins, Spa Find and Fake Bake, plus luxurious facilities, your Brooklands experience can be as relaxed or as invigorating as you would prefer.

Brooklands is thrilled to invite all Hassra members to come and enjoy the serene surroundings, fabulous facilities and luxurious treatments at a 10% discount on any bookings made Monday to Thursday.

For further information please call 01995 605162 or view the website [www.brooklandsretreat.co.uk](http://www.brooklandsretreat.co.uk).

## Physiotherapy

- Chartered, BUPA approved physiotherapist
- Treating - Back & neck pain - Knee and shoulder pain
  - Sports injuries, sprains & strains - Sports massage
- Simon Glover MCSP SRP BSc HONS PHYS
- Clinics in LS1 & LS15
- Quarry House Thursdays
- £30/session - registered with Leeds hospital fund
- Tel: 07815 755097
- Chartered physiotherapist for 10 years - [www.physioleeds.com](http://www.physioleeds.com)



## Up and Running

The site at Boar Lane can service all our running needs. With over 20 years of running experience as a company and many years gathered skills and knowledge, Up and Running Leeds Central staff can keep you on your feet.

- £10 off trainers
- 10% of all other running goods.





# **HASSRA Leeds**

## **Announce Child Associate Membership Fees**

### **£5 per annum**

# £

**Starting 1<sup>st</sup> September 2012**

See Forum reception for membership form

# £

HASSRA Leeds have reduced Child associate membership fees to £5 per annum.

Children, up to 16 years of age, may join as an associate member, when nominated by a full HASSRA Leeds member, and can take advantage of the advertised subsidies that appear in the HASSRA Leeds monthly Newsletter.

Look out for the advertised tickets and family events that will be advertised regularly.

Ideas for other venues or family trips are always welcomed and can be sent to [Julie.Chapman@dh.gsi.gov.uk](mailto:Julie.Chapman@dh.gsi.gov.uk)

Where a child is already an associate member of HASSRA Leeds the annual renewal costs will be reduced to £5 per annum.



# HASSRA LEEDS CHRISTMAS & NEW YEAR TICKET OFFER

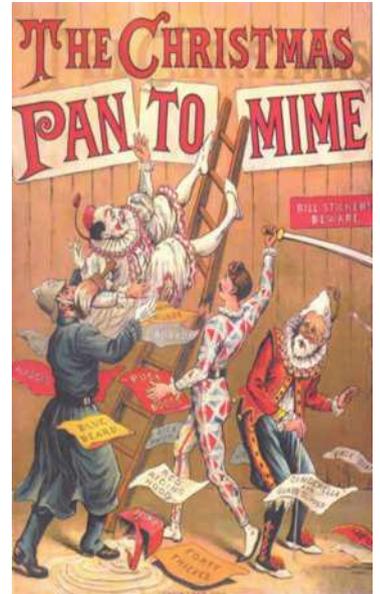


In celebration of the newly reduced child HASSRA Leeds associate membership costs...

– only £5 per child, per annum –

Why not purchase tickets for a panto, ballet, comedy, drama or any other theatre event during December 2012 and January 2013, and claim 50% back on the cost of each ticket purchased for a HASSRA Leeds member.

HASSRA Leeds invite you to organise your own tickets – at any theatre venue in Yorkshire, enjoy the event and provide proof of purchase and HASSRA Leeds membership **for each ticket** after the event to receive a 50% refund on the cost of all tickets that have proof of HASSRA Leeds membership or associate membership.



To claim costs back you will need to send a ticket stub with **price, date, venue and name of whom the ticket was purchased for with individual HASSRA Leeds membership number for each ticket refund claimed.** Send this information along with your contact details of where the cheque may be sent, to *Phil, C/O the Forum at Quarry House, Quarry Hill, Leeds, LS2 7UE.*

**Only one theatre ticket for a performance attended during December 2012 or January 2013, per adult or child will be accepted.**

**All Yorkshire theatre tickets accepted.**

**Exceptions apply to Nutcracker Ballet & Oliver already advertised; claims for these events will be honoured separately.**

**Enquiries to [Julie.chapman@dh.gsi.gov.uk](mailto:Julie.chapman@dh.gsi.gov.uk)**

**Child HASSRA LEEDS associate membership may be applied for from the Forum Leisure Centre – Quarry House.**



# HASSRA LEEDS



## XMAS PARTY 2012

### THE HEDLEY VERITY

Wetherspoons – Lloyds No.1 Bar  
Woodhouse Lane – opposite Merrion Centre

## FRIDAY 14<sup>th</sup> DECEMBER

Party from 8.00pm 'til 1.30am



***Entrance by ticket only for HASSRA  
Leeds members & associate members***

**Tickets available from NOVEMBER**

Each ticket is worth £2 – to be used towards drinks order in the upstairs bar

Send an email requesting tickets to

[Julie.chapman@dh.gsi.gov.uk](mailto:Julie.chapman@dh.gsi.gov.uk)



# **CHRISTMAS FAYRE**

## **Monday 3rd December**

**10am to 14:00**

**Sports Hall (Kids welcome)**

**Buy handmade gifts, books, cakes, have a go at Santa's secret tombola, and enter the annual HASSRA raffle**

**Supporting: The Civil Service Fund, St Vincent's, St Gemma's Hospice, Greyhound Rescue and other charities**





## HASSRA Spring and Summer Festivals 2013

The way in which our HASSRA National programme is delivered is changing.

- From 2013 the majority of our national and inter-association competitions will be staged at Spring and Summer festivals as part of a comprehensive package, including travel, accommodation, meals, entertainment, and the competitions themselves.

- In 2013 both events will be staged at the University of Warwick in the West Midlands. This is central location with good communications links and fantastic purpose-built facilities.

- We want competitors to arrive on the Friday, compete on the Saturday and leave for home on the Sunday. Saturday evening will include dinner, presentation of prizes and entertainment. This should create a fantastic atmosphere in which members can give of their best in competition and then join together in the evening to celebrate everyone's achievements.

### The Spring Festival, on 6<sup>th</sup> April 2013, will include:

Netball	Squash
Mixed Rounders	Badminton
Chess	Golf
Men's 5 a side Football	Mixed Touch Rugby
Women's 5-a-side Football	Tennis

- For activities which require off-campus facilities, competitions will be held at venues near to the University, with transport laid on.

- It is anticipated that coach transport to and from the University of Warwick will be arranged on a regional basis to keep travelling costs at a reasonable level. Competitors will be expected to avail themselves of this transport.

- We continue to support CSSC's biennial Games, which in 2013 will be staged at Loughborough University. We have been careful to ensure none of our events clashes with theirs. In practice, that means most of our large-team events have been scheduled for the April Festival. CSSC has been kept fully informed of our plans.

- This new format may mean that a small number of members who currently compete in more than one activity may need to make a choice. I hope those affected will understand that this change will create new opportunities for members who previously have not been able to get involved.

- Further details of next year's events will follow on a regular basis, with updates on the HASSRA intra and internet sites.

If you would like to get involved, as a competitor, volunteer, or both, please contact your regional business partner now!

- With your support, we believe our Programme will be bigger and better than ever before.

**Dave White**

**HASSRA National Chair**

#### HASSRA Regional Contacts:

East of England Tel: 01603 692528  
[walthamcross.hassraeastofengland@dpw.gsi.gov.uk](mailto:walthamcross.hassraeastofengland@dpw.gsi.gov.uk)

East Midlands Tel: 01603 692528  
[hassra.east-midlandsdnr@dpw.gsi.gov.uk](mailto:hassra.east-midlandsdnr@dpw.gsi.gov.uk)

Fylde Tel: 01843 258816  
[hassra-fylde-dwp@dpw.gpn.gov.uk](mailto:hassra-fylde-dwp@dpw.gpn.gov.uk)

London Tel: 0207 829 3407  
[hassra.london@dpw.gsi.gov.uk](mailto:hassra.london@dpw.gsi.gov.uk)

North East Tel: 0191 211 4425  
[hassra-northeast@dpw.gsi.gov.uk](mailto:hassra-northeast@dpw.gsi.gov.uk)

North West Tel: 01843 258816  
[hassra.northwest@dpw.gsi.gov.uk](mailto:hassra.northwest@dpw.gsi.gov.uk)

Scotland Tel: 0131 310 1030  
[hassra.scotland@dwp.gsi.gov.uk](mailto:hassra.scotland@dwp.gsi.gov.uk)

South East Tel: 01843 258816  
[hassra-southeast@dwp.gsi.gov.uk](mailto:hassra-southeast@dwp.gsi.gov.uk)

South West Tel: 01752 886601  
[hassra.southwest1@dwp.gsi.gov.uk](mailto:hassra.southwest1@dwp.gsi.gov.uk)

**Wales** Tel: 01752 886601  
[hassra-wales1@dwp.gpn.gov.uk](mailto:hassra-wales1@dwp.gpn.gov.uk)

**West Midlands** Tel: 01603 692528  
[hassra.westmidlands@dwp.gsi.gov.uk](mailto:hassra.westmidlands@dwp.gsi.gov.uk)

**Yorkshire and The Humber** Tel: 0131 310 1030  
[hassra.yorkshireandhumberside@dwp.gsi.gov.uk](mailto:hassra.yorkshireandhumberside@dwp.gsi.gov.uk)



## ENTERTAINMENT BREAK

4 days from only **£99 with 99p bar!!**

**Bosworth Hall Hotel, Warwickshire**

**1-4 February 2013**

- 99p bar from 7-10pm each evening (beers, house wines and single spirits, some exclusions may apply)
- Three nights dinner, bed and breakfast
- Visits to Nottingham, Lichfield (including the National Memorial Arboretum), Stratford-upon-Avon and Lincoln
- Entertainment on two evenings
- Luxury coach travel and services of a Group Choice Tour Manager

**Bosworth Hall is a comfortable (not lavish) hotel set in 11 acres of landscaped gardens and woodland. All rooms are en-suite with TV, hairdryer and tea/coffee making facilities. There is an indoor leisure facility with pool, sauna, steam room and Jacuzzi (small admission charge applies).**

**Friday** - We depart Leeds at 10am and travel to Nottingham. Attractions include Nottingham Castle (with museum and art gallery, admission charge) and the oldest inn in the country ("Ye Olde trip to Jerusalem"), Nottingham also has excellent shopping, much of it in pedestrianised areas and also a large indoor centre. We expect to arrive at our hotel by around 3pm. The village of Market Bosworth is within walking distance.

**Saturday** - Today we travel to the heritage city of Lichfield where attractions include the stunning 800 year-old Cathedral, Erasmus Darwin House, Lichfield Heritage Centre and Samuel Johnson Birthplace Museum (free admission). After lunch we continue to the National Memorial Arboretum, the UK's centre of remembrance with 50,000 maturing trees and over 200 memorials to armed services and a wide range of organisations who have served their country. There is a visitor centre and restaurant. We return to the hotel by 4.30pm. After dinner this evening there will be live entertainment.

**Sunday** - After a leisurely breakfast we depart and drop off at Warwick Castle before continuing to Stratford-upon-Avon. Warwick Castle (admission charge) is an imposing fortress, steeped in history. Explore the State Rooms fully restored to their 17th Century elegance and home to the Castle's most prized artefacts. Experience life upstairs and downstairs in a Victorian household ("Secrets and Scandals"). Explore the trail to the top of the oldest part of the Castle with splendid views of the Castle and grounds and experience the sights and smells of the 15th Century in "Kingmaker" (preparing for battle in 1471). You can also visit the Castle Dungeon and Dragon Tower (both extra charge). Alternatively visit Stratford-upon-Avon situated on the banks of the River

Avon. Stratford is the birthplace of William Shakespeare and has several connected museums. Other attractions include river boat trips, open-top bus tours, parks and gardens, pubs and cafes, and plenty of shops. In the late afternoon we leave Stratford, pick up at Warwick Castle and return to our hotel.

After dinner this evening there will be live music and dancing.

### Monday

We depart and travel to Lincoln, arriving around 11.45am. Attractions include the Castle and Cathedral (admission charges apply), Usher Gallery with its fine art collection and the adjacent new museum "The Collection: Art and Archaeology in Lincolnshire" (both free admission), tourist shopping in the historic area and modern pedestrianised city centre.

We leave mid-afternoon and expect to be in Leeds by 5pm.



### PRICES

Basic-price  
Single-supplement

Warwick Castle (adults)  
Warwick Castle (senior)

Optional extra for Dungeon/Dragon Tower - To be informed

### HASSRA LEEDS

£99  
£22.50  
£14 approx Tbc  
£10.50 approx TBC

### NON-MEMBER

£149  
£45  
£24 at gate approx TBC (Castle only)  
£10.50 approx TBC (Castle only)

### CLOSING DATE: 30 NOVEMBER 2012

Please forward booking forms with a non-refundable deposit of £30 per person (by cheque payable to HASSRA Leeds) to: Julie Chapman, 4N11, QH

**WARWICK CASTLE prices to be confirmed before balance is due – January 2013. (to receive discounted tickets applications must be received with deposit – on the day gate charges are much more expensive and will not be subsidised by HASSRA LEEDS – see: website – HYPERLINK "<http://www.warwickcastle.com>" [www.warwickcastle.com](http://www.warwickcastle.com))**



# HASSRA LEEDS

## London Easter theatre break

with optional free visit to Greenwich

### 4 star Guoman Tower Hotel

### 28-30 March 2013

### 3 days from only £142

#### The price includes

- luxury coach travel with air-conditioning, toilet and drinks facility
- two nights bed and English buffet breakfast at the Guoman Tower Hotel
- Thursday evening discounted theatre tickets (details to follow in December)

**Maundy Thursday** - We depart Quarry House at 8.30am and travel by luxury coach to London, dropping off at Covent Garden around 1.30pm. There are market stalls, street entertainers, shops, cafes and Somerset House is nearby. A short walk takes you to Trafalgar Square where you can visit the National Gallery or the National Portrait Gallery (both offer free admission).

We rejoin the coach at 4pm and make the short transfer to our hotel. We check in to the 4 star Guoman Tower, overlooking Tower Bridge (with views of the iconic new Shard) and the attractive St Katharine Docks, and adjacent to the Tower of London. All rooms are en-suite with satellite TV and tea-coffee making facilities. There is an underground station close to the hotel or perhaps enjoy a pleasant stroll alongside the Thames where attractions such as Vinopolis, the Globe Theatre and Tate Modern are within reasonable distance.

This evening we include a transfer to the West End with discounted theatre tickets (details to follow). Please note this can only be a one-way transfer due to driver's hours restrictions.



**Good Friday** The day is free. Alternatively, join us at 10am for an optional (free) excursion to Greenwich where attractions include the newly restored Cutty Sark exhibition (admission charge), National Maritime Museum, the Royal Observatory and the Old Royal Naval College including the beautiful Painted Hall (all free admission). We return to the hotel by 3pm (alternatively there are river boat services from Greenwich back to the hotel and central London or use the new cable car spanning the River Thames between North Greenwich and the Royal Docks and make you own way).

**Easter Saturday** After checking-out the day is free for shopping or sightseeing until we depart from the hotel at 3.30pm. Perhaps enjoy a day rover ticket on the Thames (boats depart from outside the hotel). We expect to arrive in Leeds around 8.30pm.

#### PRICES

(adult/child basic prices are based on a minimum of 30 passengers and will reduce if 35 or more travel)

	HASSRA LEEDS MEMBER	NON-MEMBER
Basic-price	£142	£219
One child under 12 sharing with 2 adults	£97	£149
Single-supplement	£45	£70
Optional-Theatre-tickets	TBC	

### **CLOSING DATE: 31 JANUARY 2013**

Please return booking form with £30 per person non-refundable deposit (by cheque payable to HASSRA Leeds) to: **Julie Chapman, Room 4N11, Quarry House, Quarry Hill, Leeds, LS2 7UE**

Balances due end February.



## HASSRA LEEDS FAMILY TRIP

### Panda Expedition 4-6<sup>th</sup>May 2013 **EDINBURGH BANK HOLIDAY WEEKEND**

With admission to Edinburgh Zoo and the option of a visit to Dynamic Earth 3 star Best Western King's Manor Hotel

HASSRA Leeds members from £173 (sngl sup £30)  
Child associate membership only £5 annually

- air-conditioned coach travel with toilet and drinks facility
- two nights dinner, bed and breakfast
- visit to the National Railway Museum at Shildon
- visit to Edinburgh Zoo with timed slot to see the Pandas
- services of a Group Choice Tour Manager



The 3 star Best Western King's Manor Hotel is situated less than five miles from Princes Street and within walking distance of the beach at Portobello. With leisure facilities including heated pool, sauna, steam room, spa, gym and tennis court. All rooms are en-suite with TV, hairdryer and tea/coffee making facilities. Local train to the centre of Edinburgh (10 mins except Sunday)

#### SATURDAY

We depart at 8.30am and travel to Edinburgh taking a morning stop at the National Railway Museum Locomotion at Shildon. There is a display of more than 70 railway heritage vehicles from the National Collection and railway workers cottages to visit plus a café and gift shop.

We continue to Edinburgh, with a 30 minute stop at Jedburgh Woollen Mill around lunch time, and expect to arrive at our hotel around 3.30pm. The rest of the afternoon is free to enjoy the hotel's leisure facilities, stroll to the beach or take the local train to Edinburgh.

#### SUNDAY

Today we drop off in the centre of Edinburgh for those not wishing to visit the Pandas, then continue to the Zoo. Edinburgh Zoo is the most exciting wildlife attraction in Scotland, home to the Giant Pandas Tian Tian and Yang Guang and the UK's only Koala Bears. In just one day you can meet over one thousand wonderful animals in the beautiful parkland setting. Attractions include the Budongo Trail (interactive chimpanzee enclosure), Brilliant Birds (walk through aviary), Saki Monkey walkthrough, Hilltop Safari and attractive gardens. Collect those in Edinburgh and return to the hotel.

#### MONDAY

(Bank Holiday) After checking out we depart at 9.45am and drop off in the centre of the city. Attractions include Edinburgh Castle (admission charge), the National Museum of Scotland, the National Gallery of Scotland, the Museum of Childhood and The People's Story (all with free admission). There are plenty of shops and cafes. Alternatively, you may wish to visit Dynamic Earth (admission extra). We leave Edinburgh at 2.30pm and, with a services stop en route, expect to arrive in Leeds by around 7.45pm.

### PRICES (basic price is based on a minimum of 30 and will reduce if 35 or more travel)

	HASSRA LEEDS	
	MEMBER	NON-MEMBER
Basic price	£173	£273
Basic price (child under 16 sharing with two adults)*	£73	£173
Basic price (child under 5 sharing with two adults)*	£13	£113
Single supplement	£30	£60
Dynamic Earth (adult)	£6.65	£9.50
Dynamic Earth (senior)	£5.46	£7.80
Dynamic Earth (child under 16)	£4.34	£6.20
Dynamic Earth (child under 3)	FREE	FREE

\*Maximum family room occupancy is 2 adults and 3 children (please note that there will be limited space at full occupancy)

**CLOSING DATE 31<sup>st</sup> January 2013: Please send a booking form and a deposit of £30pp (for all over 16s in your party) to George Roe 1S25 Quarry House tel 0113 2324244. Cheques should be made payable to HASSRA Leeds**

# September

## Olympics/Paralympics Quiz - Answers

1. Which athlete won the most number of medals in the London 2012 Olympics?  
**Michael Phelps**
2. In the Beijing paralympics which country got the 2nd most medals?  
**Great Britain and Northern Ireland**
3. Which Country came first overall in the Fencing? (London 2012)  
**Italy**
4. What was Jessica Ennis' final score for the Heptathlon? (London 2012)  
**6955**
5. Where were the Paralympics first conceived?  
**Stoke Mandeville Hospital**
6. Which Olympic Games were rescued financially by the Republican Presidential nominee Mitt Romney?  
**Salt Lake City**
7. At which football club was a new stand recently named after gold medalist Jessica Ennis?  
**Sheffield United**

8. Where was this stadium? >  
**White City Stadium, London**



Name that Olympian!

9. Katherine Copeland



10. Bradley Wiggins



11. Laura Trott



12. Ye Shiwen

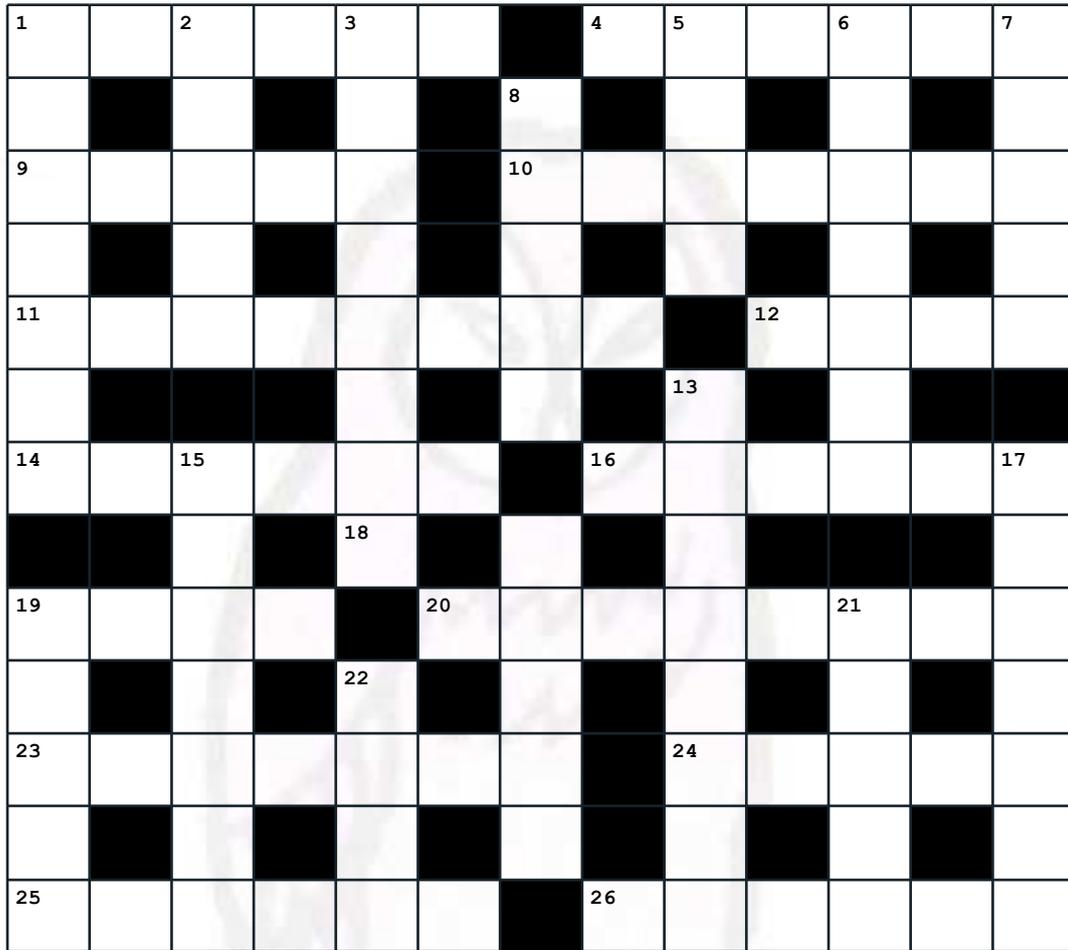


**There were 19 entries, 16 of which were correct.**

**The winner is Michael Phelps 3C21 QH.**



# October Crossword



### Across

- 1. Cultivated plot (6)
- 4. Written musical compositions (6)
- 9. Film (5)
- 10. Refrain from voting (7)
- 11. Listlessness (8)
- 12. Meat or vegetables cooked slowly (4)
- 14. Shrink (6)
- 16. Evaded (6)
- 19. Part of the neck (4)
- 20. Resident (8)
- 23. Inactivity (7)
- 24. Play (5)
- 25. Excused (6)
- 26. Deferred payment (6)

### Down

- 1. Risk taker (7)
- 2. Stud (5)
- 3. Panache (8)
- 5. Monetary value (4)
- 6. Responded (7)
- 7. Tendon (5)
- 8. Freight (5)
- 13. Flatfish (8)
- 15. Use up (7)
- 17. Take away (7)
- 18. Large expanse of water (5)
- 19. Dissonance (5)
- 21. Accolade (5)
- 22. Pace (4)

Your name and membership number: \_\_\_\_\_

Location \_\_\_\_\_

Tel: \_\_\_\_\_

Please send your completed quiz to Phil Hepworth, Forum Reception by 23<sup>rd</sup> October COP. All correct entries (or highest score) will be entered into a prize draw for £30. Members only. Only one entry per person.

## Leeds Clubs and Activities

Club	Contact	Extension	Room No.
Angling	George Roe	24244 QH	1S25
Badminton	Jonathan Leahy	46707 QH	5.00E+62
Bridge	Andy Mattacks Dave Barnes	24631 QH 24188 QH	GN35
Christian Fellowship	Gillian Priestley Ros Hynes	29949 QH 45847 QH	
Craft Club	Elizabeth Letaief	24902 QH	GW10
Cricket	Phil Sharples	7920864377	3S25
Darts	Tim Wardle	27210 QH	3FS TS
Football (men's 5 a side)	Scott Gee	36768	4W57
Football - Wednesday	Phil Thomas	46549 QH	
Forum Leisure Centre	Reception	24456 QH	Ground Floor
Gamefishers	David Roper-Newman	27355 QH	GS36
Golf	Phil Corbett	27363 QH	3S25
HASSRA Dance Club	Mark Gore	45427 QH	4W57
Hockey - Men's	Sean Massey	24632 QH	GS36
Netball	Isobel Todd	27491 QH	3S25
Rambling	Carol Rutherford	7941566105	<a href="mailto:mumwee1962@yahoo.co.uk">mumwee1962@yahoo.co.uk</a>
Wine	Susan Mayne	47291 QH	
Table Top Wargame, Boardgame and Roleplaying	Stuart Wiltshire Stuart Barraclough	27234 QH 24435 QH	GS25 1S25

Please contact The Forum Leisure Centre for details of swimming, training & fitness classes.

### HASSRA Leeds Board of Management Contact Details

Chair HASSRA Leeds	Catriona Patterson	0113 2545780	<a href="mailto:catriona.patterson@dh.gsi.gov.uk">catriona.patterson@dh.gsi.gov.uk</a>
Secretary	Isobel Todd	0113 2327491	<a href="mailto:isobel.todd@dpw.gsi.gov.uk">isobel.todd@dpw.gsi.gov.uk</a>
Treasurer	Peter Blinston	0113 2545972	<a href="mailto:peter.blinston@dh.gsi.gov.uk">peter.blinston@dh.gsi.gov.uk</a>
Events Committee Chair	Julie Chapman	0113 2545302	<a href="mailto:julie.chapman@dh.gsi.gov.uk">julie.chapman@dh.gsi.gov.uk</a>
Finance/Clubs Development Chair	Nick Streets	Email Only	<a href="mailto:nick.streets@btinternet.com">nick.streets@btinternet.com</a>
Communications Chair	Alan Shaw	0113 2324028	<a href="mailto:alan.shaw@dpw.gsi.gov.uk">alan.shaw@dpw.gsi.gov.uk</a>
BOM Member	Simon Jarrold	0113 2327120	<a href="mailto:simon.jarrold@dpw.gsi.gov.uk">simon.jarrold@dpw.gsi.gov.uk</a>
BOM Member	Rosemary Matheson	0113 2547130	<a href="mailto:rosemary.matheson@ic.nhs.uk">rosemary.matheson@ic.nhs.uk</a>
BOM Member	Elaine Arnott	Email Only	<a href="mailto:elainearnott29@googlemail.com">elainearnott29@googlemail.com</a>



# HASSRA Leeds Events and Clubs Activity Programme 2012

<b>Oct 12</b>	9th	Craft Club	Patchwork	tbc
	13-20th	Rambling Club	Jersey Holiday	Novlin
	16th	Craft Club	Christmas Pomander	
	20th	Wargaming	Extra Life-CharityGame marathon	Venue TBC
	23rd	Craft Club	3D Star Elizabeth	
	28th	Wargaming	Fiasco - Wargaming Convention	
	30th	Craft Club	Needle Felting	
<b>Nov 12</b>	6th	Craft Club	Knit and crochet for Christmas	Hobbycraft NEC 8th
	13th	Craft Club	Christmas wreath/wrapping difficult presents	
	17th	Rambling Club	Saturday Ramble	John Ennis
	20th	Craft Club	Rubber Stamped Christmas Card	Michelle
	27th	Craft Club	Ribbon Bauble	Liz Peck
<b>Dec 12</b>	1st	Wargaming Club	Recon - Wargaming Convention	Pudsey Civic Hall
	3rd	Christmas Fayre	Sports Hall	
	4th	Craft Club	Christmas Card	Jackie
	11th	Craft Club	Christmas Party	
	14th	Christmas Party	Hedley Verity	
	15th	Rambling Club	Oakworth Area The Grouse Inn	Tony
<b>Feb 13</b>	1-4th	Bosworth Hall Hotel, Warwickshire	£99 with 99p bar	
<b>March 13</b>	28-30th	London Easter Theatre Break	Optional visit to Greenwich	
<b>May 13</b>	4-6 <sup>th</sup> May	Edinburgh Bank Holiday Weekend	Panda Expedition	



## Hassra Leeds Wine Club

### Next event

**Friday 2<sup>nd</sup> November  
In Memory of Vlad**

**5.30p.m. in the Restaurant**

**Meet from 5.00pm in the Woodpecker Bar**

**Presented by: Sue & George McPadden**

As the nights are drawing in and it is only a few days after Halloween we thought the wine club would take a trip around the countries (Romania, Hungary, Moldova etc) associated with Vlad the Impaler (the fictional character Dracula is loosely based on him). This is a low cost event so should be in the region of £5 - £7. Turning up in clothcap, or fancy dress is optional.

### What's Coming Up?

**Thursday 15<sup>th</sup> November**

**Special Wine for Christmas : Presented by: Mike & Pat Ferguson**

As Christmas approaches, and we all make our plans for festive eating and drinking we will be tasting a range of drinks designed to go with Christmas meals, so they will all be a little more luxurious than our normal fare. We will be tasting both white and red wines to go with food, but we will also have some other drinks designed for a festive occasion. Come and join us to see what delights you could be having at Christmas. The cost of the event is likely to be around £15 for HASSRA Leeds members - but remember our special offer of half price for new attendees still applies, which would make it even better value.

**SPECIAL OFFER REMINDER:** Don't forget our special offer : Any HASSRA Leeds member who attends the wine club for the first time pays only half price for the event. And if you decide you like it enough to join the club, the night is free. You can just turn up on the night, but it helps our planning to know potential numbers in advance, so if you would like to join us, or you'd like more information, please contact one of the committee.

For further information contact any of us:

**CHAIR** □ □ □ **Mike Ferguson:** □ Home: 0113 293 9327 / Mobile: 07725 321816  
**T REASURER** □ **Roy Jones:** □ □ Work: 0113 232 4324  
**SECRETARY** □ □ **Susan Mayne:** Work: 0113 254 7291



## **HASSRA LEEDS DANCE CLUB**

### **Latin Dancing**

**Every Friday  
October 26 –  
November 30**

**1 – 2 pm  
in Sports hall**



Did you see Strictly Come Dancing and thought you would like to give it a go?

Now you can - as we are running a series of lessons on Latin dances, which are suitable for beginners and those with more experience. The dances covered will include cha, cha, cha, rumba, jive and paso doble.

Shirley is our very capable teacher and has taught beginners through to dance teachers. The lessons will focus on learning a routine for each dance which will look good on any dance floor.

Your normal office clothes and shoes are fine for dancing. However, trainers tend to have too much grip so are not suitable.

New members of the club get their first lesson free – just come and try it. Otherwise, the cost is just £6 per lesson for HASSRA members, £8.50 for non-HASSRA members. You can come to as many of the lessons that you want and only pay on the day for the lessons you attend.

Lessons are from 1 – 2 pm in the Sports Hall and will run every Friday from 26 October to 30 November.

You can just turn up on the day, but if you would like more information please contact Neil Parkinson at [Neil.Parkinson@dh.gsi.gov.uk](mailto:Neil.Parkinson@dh.gsi.gov.uk)



## **HASSRA LEEDS DANCE CLUB**

### **Argentine Tango**

**Every Tuesday  
October 16 – November 20**

**1 – 2 pm  
in Sportshall**



Have you seen the Argentine tango on Strictly Come Dancing and thought you would like to give it a go?

Now you can - as we are running a new series of lessons on Argentine tango.

Carole, our experienced teacher, has given lessons previously in Quarry House and will be joined by dancers from Argentina. The lessons will focus on the basic steps and are suitable for people who have never danced before to come along and try it out. They also offer a chance for more experienced dancers to refresh their style and pick up some tips. Each week they will teach new and different moves, so you can build up a repertoire without needing to have been to the previous lessons.

Normal office clothes and shoes are fine for the Argentine tango. However, trainers are not suitable for dancing.

Lessons are from 1 – 2 pm in the Sports Hall and will run from every Tuesday from 16 October to 20 November.

New members of the club get their first lesson free. Otherwise, the cost is £6 per lesson for HASSRA members, £8.50 for non-HASSRA members.

You can just turn up on the day, but if you would like more information please contact Neil Parkinson at [Neil.Parkinson@dh.gsi.gov.uk](mailto:Neil.Parkinson@dh.gsi.gov.uk)



# HASSRA Leeds Angling Club



Join us for a two day break  
in beautiful Worcestershire  
Thursday 20th & Friday 21st  
June 2013



Stay with us at the 4 Star  
Menzies Stourport Manor

## The Hotel

Stourport Manor is a sixty-eight bedroom, four star country house style hotel, with extensive indoor leisure facilities. The hotel underwent a major refurbishment in 2010 which has made it one of the finest four star hotels in Worcestershire. It is set within twenty-three acres of grounds, making a tranquil setting. The public areas include spacious and attractive lounges.

## The Fishing

We will be fishing the Solhampton Fishery at nearby Astley. Solhampton is recognised as one of the premier fishing venues in the country. It has 6 pools with over 200 pegs that offer a great days fishing with picturesque scenery. The site boasts a 60 seater café serving a wide range of meals, snacks and refreshments. There is also an on-site bait shop.

## Other Attractions



The Award Winning West Midlands Safari Park is just 4 miles away.

The park combines a four mile self drive Safari with Discovery Trail, live shows, African Village and Theme Park. To purchase tickets at discounted rates contact: HASSRA East Midlands on 01332714434.

## The Price

HASSRA Leeds Members single room 2 nights DB&B £80.00  
Non-members single room 2 nights DB&B £114  
Two HASSRA Leeds Members double/twin room 2 nights DB&B £118  
Non- members double/twin room 2 nights DB&B £168

## Not included in the price

- Transport
- Activities other than fishing

Please send booking forms with a deposit of £30 per room to **George Roe, Room 1S25 Quarry House, Quarry Hill, Leeds, LS2 7UA** by **4<sup>th</sup> January 2013**. Cheques should be made payable to Quarry House Angling Club.



# Guitar Lessons at Quarry House

With the Support of HASSRA, we have been running Discounted Guitar Lessons for a few weeks now. Due to the amount of interest shown, we have had to cap the numbers which can attend and so currently have a short waiting list. Who knew QH was such a haven for musical talent? The Guitar Tutor, as well as helping out at the Hassra Forum has a music degree and teaches to Schools and other organised groups, which has been really lucky for us.



We have started with 2 taster sessions/lessons of mixed levels, from absolute beginner to advanced guitarists. These lessons are going well with the guitar tutor moving seamlessly between the group, offering advice and encouragement, at just the right level. Following the taster sessions we plan to organise the groups more by level, so they can spur each other on.

Once the lessons are up and running, I'm considering expanding the Discounted Lessons into a Full Hassra club and try to organise a regular practice room, meets and jamming sessions, where hopefully there won't be the need to cap the numbers.

If you would like your name adding to the waiting list for discounted guitar lessons please email: [robert.hindmarch@dwp.gsi.gov.uk](mailto:robert.hindmarch@dwp.gsi.gov.uk)

## **Once spaces become available, lessons are currently:**

- £7 or £5 for Hassra members for a 45 minute lesson.
- 2 lessons per month, during lunch time period starting 12 & 1pm.
- Max 5 guitarists per lesson.

## BOOKING TERMS AND CONDITIONS HASSRA TRIPS AND EVENTS

The following terms and conditions will apply to all events to ensure that every member has a fair opportunity to participate in events. The terms and conditions should be read in conjunction with the relevant booking form.

1. Wherever possible events will be advertised with a closing date for applications that is at least 4 weeks from the date first advertised, including proposed events where expressions of interest are being requested.
2. Persons wishing to travel together should complete one application form per room, submit their applications together, and determine a lead person who will be responsible for forwarding payments due and act as the contact on behalf of the group via a signed disclaimer agreeing to these terms and conditions.
3. A booking will not be accepted or entered in a draw without the correct deposit and signed disclaimer.
4. Once the closing date is reached, the number of applicants wishing to travel will be determined. Where there are sufficient places for all applicants, then deposit cheques will be banked and places confirmed.
5. Members should be aware that once deposit cheques have been banked they are not returnable and travelers will be liable to pay full price of the trip (unless the place is subsequently filled). Full price means the undiscounted "non-member" price. Where necessary, HASSRA (Leeds) will provide an invoice for the full price for insurance purposes but travellers need to be aware that the cost of insurance, (if purchased), is non-refundable.
6. Travel operators will be asked to date insurance cover from the date on which they receive notification of the persons travelling. It is therefore essential to obtain adequate travel insurance before booking if you do not purchase the insurance offered.
7. Single supplements. There will be no member discount on supplements for travellers wishing to secure a single room. Where members indicate on the application form that they are willing to share a room with someone of the same sex, the organiser will arrange for pairing. If an individual has indicated that they are willing to share, they will not have to pay a single supplement even if no pair is available.
8. Where the number of applicants exceeds the places available, a random draw of application forms will determine those successful in receiving a place, subject to Clause 8. Cheques accompanying these applications will then be processed. Remaining applications will continue to be drawn at random to determine the order of the reserve list.
9. The trip organiser will be granted up to two places on that trip without entry into the ballot. An organiser is the person who arranges the trip on behalf of the HASSRA Events Committee, whether or not s/he is a member of the Committee.
10. Where expressions of interest have been sought for a proposed trip, if that trip is subsequently confirmed, applications received from those expressing interest prior to the closing date will be given priority to book before any unfilled places on the trip are advertised. On these occasions, once the closing date is reached, remaining places will be filled on a first come first served basis.
11. Members who have been unsuccessful in a ballot for a trip may record this on their application for the next trip, to the same destination, and will be given priority for available spaces.
12. Applications from solely non-member groups, i.e. not accompanying a full HASSRA member, wishing to participate in an event will be considered only in the event of places remaining after the closing date has passed.
13. The priority order will be: a) Organiser +1, b) Previously unsuccessful on similar trip (ballot if necessary), c) Prior registered interest (ballot if necessary), d) Other Members, e) Non Member groups.
14. Non-members may apply to travel at the discounted rate on an event provided that they satisfy the criterion for associate membership and send a completed application for membership together with the appropriate payment, on or before the closing date for the trip. Associate Membership will last for 12 months from the date of processing the application. The Committee reserves the right to determine specific criteria for prior membership on certain trips. Any such requirements will be notified in the advertisement. Participants are reminded to conduct themselves in an appropriate manner while attending HASSRA sponsored trips and events. Formal complaints may prejudice an individual's eligibility for future trips.

NAME OF TRIP: \_\_\_\_\_ Closing date: \_\_\_\_\_

To: \_\_\_\_\_ Location: \_\_\_\_\_

For flying trips, names **MUST** correspond to those shown in your passport(s)

Name	HASSRA Leeds Member Yes No Number:	Type of room double/Twin/single/family	Amount of deposit	Balance of cost of trip

Name of lead contact: .....

Address (Work if staff member) .....

Phone (Work if staff member) ..... Mobile .....

E-mail (Work if staff member) .....

**Please ensure that you provide full contact details. Failure may prejudice your booking.**

**Insurance cover, dietary or ability requirements (must be provided with balance if not before)**

Name	Insurer	Policy No.	Expiry Date	Dietary of other requirements

**DISCLAIMER . This must be completed to enable acceptance of the application**  
I can confirm that I have authority to act for all applicants and that all have read, understand and agree to abide by the Terms & Conditions set by HASSRA (Leeds) and any additional terms as specified by linked travel companies.

Travelling Alone?

If travelling alone, would you like to "buddy" in a twin room with another tripper of the same sex, to avoid the single supplement? YES / NO

Would you be willing to "buddy" if you have requested a single room but none is available? YES /NO

Please refer to the trip advertisement for:

- The names and address of the trip organiser, to whom this form should be sent
- The closing date for applications
- The deposit required\*

Balances will be required approx 4 - 8 weeks before trip.

**Booking Form Notes:** Cheques to be made payable to HASSRA Leeds unless otherwise specified in the advertisement. In the event of over-subscription, a ballot will be held and uncashed cheques will be returned to unsuccessful applicants.

Remember to enclose your cheque with the application. Cheques will not be banked until after the closing date, but bookings will not be accepted without a completed application together with cheque.

Travel insurance is recommended for all trips but is mandatory for trips abroad. Insurance cover should include cover for medical treatment, an emergency helpline, and repatriation cover – see also para 5 of the terms and conditions. For activities such as mountain sports additional specialist insurance will also be essential.

Applicants requiring confirmation that booking form & cheque has been received must enclose a self addressed envelope/grid.

Please refer to full terms and conditions when applying as printed in the Newsletter and on HASSRA Leeds website [www.hassra-leeds.org](http://www.hassra-leeds.org)