



The Vets

National Veterans Association Volume XIX Issue 4 April 2006

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The National Veterans Association is an Associated Body of the British Fencing Association (BFA)

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Leon Paul

Bath Sabre and Foil

By now you should have got your entry form, and returned it to John Mason, for the Bath Sabre and Foil unisex competition on the weekend of 22nd /23rd April. Here you get to fence all those men and women that you never usually cross swords with.

A social on Saturday night rounds off the sabre day, with the foil event on Sunday, after a lie-in getting over the night before as it were.

Hope to see you there.

Age Group Qualifiers for Worlds Selection

Also with this newsletter: the entry forms for the Age Group Qualifiers, a chance to be selected for this year's World Championships in Bath.

This year a larger hall has been booked to accommodate the increased number of fencers that are expected.

The venue is, as usual, at Milton Keynes.

So post your entry off now, don't miss your chance to be part of the 2006 World Championship team.

World selection applies only to those fencers aged 50 and over.

Those under 50 need not feel left out. A full day's fencing is on offer at three weapons.

The NVA lottery will be drawn at dinner on Saturday, and the day rounds off with a quiz, set once again by Frank Mills.

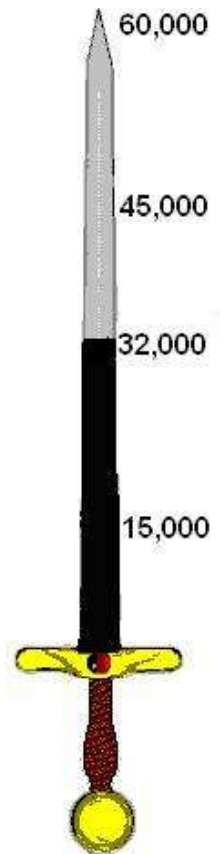
Discounted accommodation is available at the local Novotel. See application form for details.



Enthralled audience, Men's Foil Final, National Championships

In this Issue

1. Bath Unisex Sabre and Foil Age Group Qualifiers
2. Lottery News Nationals Runners Up
3. Cooking with John Caption Competition
4. Dates for your diary Preparations for the Worlds Henry's Mission Malta Open
5. Bath fencers fund raising STOP PRESS Notables
6. Classified Ad (new facility - very low cost!)



World Fund

LOTTERY LOTTERY LOTTERY

Deadline 26th May

The draw for the lottery will take place during dinner at the Age Group Qualifiers on Saturday 3rd June at the Novotel Milton Keynes.

The deadline for returning cheques, counterfoils and unsold tickets is looming. Please sell all of your ticket allocation and return counterfoils and cheques (payable to NVA) to Hilary Arnold, 17 Acorn Close, Enfield, Middx, EN2 8LX.

The proceeds from the sale of the lottery tickets will help ensure that we make the World Championships in the UK this September the BEST!!!

National Championships 2006: Runners Up



Sue Benney: Women's Sabre



Jim Philbin: Men's Sabre



Sarah Kellett: Women's Foil



Rob Bruniges: Men's Foil



Janet Cooksey: Women's Epée



Howard West: Men's Epée

John Mason's World Cookery Corner

I am raising money for the World Championships by having fund raising dinner parties. After all the funds will go for a good cause. How much should they pay? Well, I leave that up to them but suggest they pay what they would normally pay when they go out to a restaurant. Of course they would get more attention in a restaurant and they could always forgo the tip if they didn't like the service

My cooking skills are based on A-level chemistry ie take a recipe and follow it to the letter. The outcome is reliable but I am always surprised that the dishes taste a little different each time; I suppose that is the natural variability of the ingredients.

The menu is:

A starter – Sonya always does this so I have no suggestions
Roast Cod with a Crust
Delicious Pudding

Roast Cod with a Crust

This dish is a Rick Stein recipe published by Tesco. The comments are my own.

4 x 6oz cod tail pieces.
3 tbsp black olive paste tapenade (do not exceed this quantity)
2 oz Italian sun dried tomato antipasto
3 oz fresh white breadcrumbs
20 gm flat leaf fresh parsley, chopped finely
1 clove garlic, chopped
½ tsp dried chilli flakes
2 tbsp olive oil
1 tbsp freshly squeezed lemon juice
1 oz freshly grated Parmesan (I prefer less)
Salt & pepper

Preheat the oven to 220°C/Gas Mark 7 (200° for fan assisted). Season each piece of cod on both sides and lay on a lightly oiled baking tray. Spread the tapenade over the cod.

Drain the sun dried tomato and cut into very small pieces. Put into a bowl with the breadcrumbs, chopped parsley, garlic and chilli flakes and mix well together.

Add the olive oil and lemon juice to the mixture and toss well so that all the breadcrumbs get coated with the oil. Stir in the Parmesan and add a little black pepper to taste.

Press the breadcrumb mixture onto the top of the fish. Slide into the top of the oven and bake for 11 minutes.

Rick Stein suggests serving the fish with a lightly dressed mixed salad. I must say I prefer creamed potatoes and broccoli/asparagus.

Delicious Pudding

This is a dish that my mother used to make and I have only recently found a recipe for it in Simon Hopkinson's excellent book *roast chicken and other stories*. He calls it Lemon Surprise Pudding.

2 oz butter, softened
Grated rind and juice of 1 lemon
3½ oz caster sugar (I only found regular granulated in the cupboard which seems to work)
2 eggs, separated
½ oz plain flour
½ pt milk

Cream the butter with the grated lemon rind and sugar. When it is fluffy, beat in the egg yolks; then stir in the flour alternatively with the milk. Add the juice of the lemon and fold in the stiffly beaten egg whites lightly. Bake in a moderate oven Gas Mark 4/180°C (160° for fan assisted) for 45 minutes until golden brown. Underneath the sponge topping there will be a creamy lemon sauce – delicious.

John M

Caption Competition

What is John Mason (in white) thinking/saying?



Usual format: emails to linda.lawes@ntlworld.com with your suggestions.

Dates for your Diary

**Bath Unisex Sabre & Foil,
22nd & 23rd April 2006.
University of Bath.**

Open to all NVA members. Enjoy fencing and dinner on Saturday night.
STILL TIME TO ENTER

**2006 European Team
Championships, 25th-28th May
Turku, Finland.**

Team selected. Details were published with the March newsletter.

**NVA Age Group Qualifiers,
3rd-4th June 2006.
Milton Keynes.**

Open to all NVA members. Results will be used for selection for the 2006 World Championships.
ENTRY FORM WITH THIS NEWSLETTER

**World Veterans Fencing
Championships, 1st-3rd
September 2006.
University of Bath.**

Selection will be based on the results of the NVA National Championships 2006 and the NVA Age Group Qualifiers 2006. Details will be circulated to those selected.

**Middlesex Unisex Epée,
1st October 2006.
Middlesex University.**

Open to all NVA members. Entry forms and details will be circulated with a later newsletter.

**Xmas Fun Fence, Dinner and
Dance, 18th November 2006.
Coventry.**

Note date change!

Open to all NVA members. Entry forms and details will be circulated with a later newsletter.

Preparations for the World Veterans Championships steaming ahead

Job descriptions have been drawn up and managers have been appointed, from those who had expressed an interest in helping, to raise and supervise groups of volunteers to handle all of the many jobs that need to be done ahead of, during and after the Championships.

The World Championship Website is being viewed very favourably by many nations. Even the Italians, who have one of the best websites, have sent their congratulations. 11 nations have already lodged their intent ahead of the entry programme being opened. Final touches are being added and it is expected that the entry programme will be launched by the end of April in French, English and Spanish.

Fundraising is still progressing on several fronts. The total raised now stands at over £32,000 with several projects ongoing. Grant applications have been made to The National Lottery Awards for All scheme, our NVA lottery is ongoing and several other smaller but just as important fundraising activities, as mentioned elsewhere in this newsletter, are taking place.

The World Championship Steering Group and the appointed volunteer managers are very excited by the way in which the project is developing. If you think that you would like to help but have not yet volunteered please get in touch with either Hilary Arnold or Dave Sweeney.

Henry is setting out on another Mission

Intrepid adventurer and missionary for the Vets movement Henry de Silva is off on his travels again.

Not content with starting Veteran fencing in Great Britain and the Commonwealth, and being a prime mover in Europe and North America Henry is once again pushing back the frontiers. He plans to leave these shores on or about the 28th October bound for Mexico and Argentina.

If you are interested to take part in the Mexico only or Mexico and Argentina trip please contact Henry on 01624 880 863 for more details.

Malta Open 17th/18th June 2006

Individual and Team – Men's and Women's Foil and Epée

This is the 9th year of the Malta Open and over the years the standard of competition has increased from both the friendly Maltese fencers and the visitors.

If you are interested in travelling to Malta for the competition and even a bit of a holiday please contact Jim Pilkington who has all of the details. Jim's contact details are as follows: 01803 865 721 (daytime) 01626 334 895 (evening)

jim@salago.freeserve.co.uk

Bath Fencers do it for Great Britain...!!!!

Ten fencers from the Bath area gathered together to watch a video with a fencing flavour and to support the World Championship fundraising.

The video was taken of the one off performance at the Globe theatre to celebrate the 50th anniversary of the British Fencing Academy, the association of professional fencing masters. The Academy has a long and distinguished lineage: a guild was formed at the request of Henry VIII and it set standards for swordplay and for the people who taught fencing.

The theatre performance started with Henry, progressed through such fencing notables as Angelo and the Chevalier d'Eon, to Professor Roger Crosnier and the appearance of electric scoring. There was plenty of fighting with the weapons of different periods and the gaps between fighting were filled with dancing sequences. The 1890's were a good excuse to have a Can-Can group perform.

The finale was was 3 bouts of electric foil, épée and sabre. The video was good and everyone enjoyed it. Halfway through we had a break for some pizza and some liquid refreshment.

We sold tickets at £5 a head so there is now another £50 going into the World Championship fund.

There is another video evening this month, with a cut and thrust swashbuckling movie planned.

Could you do the same in your area? There are plenty of videos around: swashbuckling as well as weapon training videos. It all helps.

STOP PRESS:

SHARPE'S CHALLENGE ...BEHIND THE SCENES ITV3's exclusive 60-minute documentary is a fascinating look behind the scenes of ITV's latest big budget drama. Sharpe's Challenge ...Behind The Scenes features in-depth interviews and stunning location footage. During ITV's exclusive programme, Sean Bean talks viewers through the history of the series, and reveals why he thinks audiences respond so favourably to the character of Sharpe.

Only a handful of the cast and crew have been involved in all of the 15 Sharpe films. ITV3's fascinating documentary illustrates the strong bond which has developed amongst them as they once more take on the roles which are part of ITV1's successful drama.

Watch Sharpe's Challenge ...Behind the Scenes ITV3 (UK) - April 24, 10.30 pm

Notable Results March 2006

Invicta

MF (89)
5 Tony Bartlett
18 Brian Causton
20 Simon Hartley
21 Tony Conyard

WF (35)
6 Jo Bowyer
9 Clare Halsted
11 Dawn Townsend
12 Jane Clayton

ME (91)
6 Peter Jacobs
17 Ralph Johnson
29 Simon Hartley

ALGARVE HOLIDAY APARTMENT FOR RENT **(Special discounts for ageing fencers!)**

2 bedrooms - 1 kingsize double with sea view, 1 twin
Large open plan living room (TV & DVD) & dining area, both with sea views
Kitchen with cooker & hob, microwave, fridge/freezer, washer/drier
Large sea view balcony overlooking gardens, pools & tennis courts
Private car parking

Situated in the prestigious Ocean Club
Choice of 6 swimming pools including 1 adults only, 1 children's & 1 indoor
Includes 24 hour reception services, maid service, linen & towels
5 minute walk to promenade, beach, shops, restaurants & bars
Bright, sunny climate - even out of season



Located in the picturesque seaside village of Praia da Luz

Beautiful bay with safe, sandy beach
Cliff-top walks to local fishing villages
Local buses, car hire & cycle hire
Internet cafes, banks, cinema & medical centre
4 championship golf courses nearby
3 miles from resort & marina of Lagos
Less than 1 hour from Faro airport



For prices & further info please contact Hilary on 020 8361 9180 or 07715 377912
or email to hilaryphilbin@aol.com