

Riding for the Disabled Association Incorporating Carriage Driving
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RDA East Region Newsletter

No 6.

Spring 2009





Welcome to the 6th edition of the RDA East Region newsletter.

I would like to thank Sue Diggins and Andrew Gourlay for their hard work in compiling and producing the latest issue.

There have been some wonderful and inspiring achievements in our Region, which I am sure you will all enjoy reading about.

With Spring just around the corner we are all gearing up for a busy summer of competitions, gymkhanas, fun days, holidays, and other activities being planned for your riders. Please think about taking a few photos (digital if possible) and writing a couple of paragraphs about your activity and send them to the editor, so we can all share in your fun and successes in the next issue of the East Region Newsletter, especially if it has a 40th Anniversary theme. Please visit page 18 for my further thoughts, where you will also find details of how to nominate 'someone special' for the Volunteer of the Year Awards.

I wish you a happy Summer with safe riding.

Christine Stone
East Region Chairman



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Lynne Kemp Awarded MBE

This is a photo Mark took of me at the Palace yesterday. We had a fab day, I spoke to the Queen for a minute or two and shook her hand. The full story will be in Pony Tales for those involved in RDA.

Channel 5 News approached me via the Buckingham Palace Press Office to ask if I would take part in a snippet they were doing about people who had been awarded the MBE for voluntary work. It seemed like good publicity for RDA so I agreed. They filmed during our Wednesday lessons, hope I didn't say or do anything too stupid! Anyway the riders all rode well so they should be a credit to RDA even if I wasn't!

Many congratulations to Lynne from everyone in the East Region.

Evie Edwards wins Children of Courage Award

Prince Harry and numerous stars of film and stage recognised the achievements of some of the bravest children in the country at the 35th Woman's Own Children of Courage Awards which took place at Westminster Abbey in December. The ceremony and carol service honoured ten winners who have performed acts of extraordinary heroism, endured pain, suffering and disability, or devoted their young lives to caring for a family in need. Thirteen-year-old Evie was presented with the True Inspiration Award.

In the past 12 months she has won six gold medals and one silver at Disability Sports Events Swimming Nationals, and three golds and a bronze at the DSE Athletics Nationals - also coming fourth in her class at our National Championships.

Before the presentations the winners met Gordon Brown at 10 Downing Street, and were guests of honour at a reception at the House of Lords after the ceremony. Evie sat at a table with Lee Pearson, the equestrian paralympian, who let Evie wear his Beijing medals!

The prince not only presented the award but chatted and joked with Evie and her family after the ceremony.



Picture: Evie Edwards receiving a cup from the principal, Mark Dawe, at the Oaklands College Regional Qualifiers.

Dressage Masterclass with Inger Bryant



Eight lucky riders from the East Region had the wonderful opportunity to have a 30 minute private lesson with one of RDA's and British Dressage's most senior dressage judge. Not only did the riders go on to win at the Regional Qualifiers but those that went forward to the National Championships were also in the ribbons. The Region is very grateful to Inger for giving up her most valuable time and we look forward to repeating this experience again this year.



broke "Storm" to harness and a few weeks back, in August, he passed with flying colours. It was a very windy day in the fens but notwithstanding we drove out along the tracks holding on to our hats and having a splendid time.

As an Inspector, it is a great relief to go to a group and find the pony ready to do the job we are asking him to do. We don't expect them to be complete saints, although most of them are, but they must be safe and sensible. We hate having to tell the group that the pony cannot be used until it has had more training. Sometimes groups are in a hurry, and want to get another pony passed even though they know that it is not quite ready for Assessment. Often all it needs is a few more weeks and a bit more practise. By all means ask us to look at a pony whilst we are visiting or assessing something else, as The Magpie Centre did this month. The pony, "Shannon", is going to be a great joy and give a great deal of fun to the drivers, once he has slowed down a bit. In his last life he was expected to go everywhere at high speed, and he needs to learn, and already is, that there are low gears as well. I look forward to going back in the Spring and seeing his progress.

Because we are very short of Inspectors, nationally as well as in this Region, it is not always possible to arrange an assessment immediately we are asked to visit. I apologise for this and hope that you will be patient. This summer I have given priority to groups that were unable to drive their disabled until their pony has been passed or their AB Assessed. I will get round to see all requests before the winter, and look forward to doing so.

Drive Safely.

Diana Mellows



Stewarding At Oaklands 2008

Having competed at Wimpole / Oaklands for the last 5 years, Buckenham House Group decided to do something different this year (we're going on a riding holiday) which left me free to help out with the stewarding at Oaklands this year.

I was stationed on the collecting ring for the Countryside Challenge, which was outside this year. It was lovely to see all the competitors looking so well turned out and riding so competently. It's a great way to get tips to improve your own rider's skills and performance by watching and collecting ideas from other groups.

In general everyone was helpful and polite, patient when we had hold ups and speedy when we needed to catch up on time. So thank you to all those competitors who made the effort to help the day run smoothly.

From the stewarding point of view the event was very well co-ordinated by Sue Jenkins and her team, which made our jobs easier. This is the first year she has taken over from Christine Stone as organiser and I thought she did a wonderful job.

I would recommend anyone to volunteer as a steward at Oaklands in future years if you are unable to compete. It's a great day out, you get to see lots of RDA action and meet lots of interesting people, catch up with friends and pick up tips which could help your riders back home. Of course, the fantastic sunshine we were blessed with on the day may have influenced my opinion just a little bit!

Lynne Kemp

A Thank You from Amy Miller as she leaves for college in Cheltenham

I remember several things about my first day at Shelley Riding for the Disabled as it was known twelve years ago when I started. The overriding feeling was one of nerves and excitement mixed together. Walking into the yard on my frame, the smell of horse poo hit me straight in the nostrils, YUK! Aged four, as I was then, the horses looked huge and scary, but I soon realised the horses were as kind and warm-hearted as the many wonderful people who I've had the pleasure of meeting over my twelve year stint at Shelley.

My first horse was Odin, a grumpy Norwegian Fjord who had a penchant for biting anybody who he happened not to like! But behind the grumpiness, Odin was OK and looked after me well, serving me on many a wonderful ride during my early years at Shelley. At that time, my ride took place at 1 o'clock on a Friday afternoon, and I couldn't wait for the time to come around, as soon as my ride had finished, I would begin counting down to the same time next Friday. It was something that I could look forward to each week, and my weekly riding sessions have been something that have remained as enjoyable as ever. However bad my life has got, riding has always been one of the most pleasurable things I have ever done. During a particularly tough time in my life, six years ago, riding kept me going and gave me a reason to smile for 45 minutes every week.

So much of that pleasure is down to the people that I've met, in particular Margaret, who has overseen many of my riding sessions and Jane, who is no longer at Shelley, but who allows us to use her land and ground for our sessions. I owe both of them a huge amount of thanks and I know that I would not be the person I am today, without the many amazing people that I have met at Shelley over my 12 year stint. A HUGE THANK YOU to helpers, past and present, who have touched my life in so many ways and in particular, Lyn, who deals with every aspect of our ride. Being a stable manager is the most important job there is at Shelley and she does it so well!

A big thank you is also owed to Grandad Brian, who has driven me to virtually all my riding sessions and has put up with a weekly download of every aspect of my life, good and bad, for 12 years, and at many points in between! You are a huge support and I am sorry about the petrol costs!

I hope that everybody who reads this realises what a huge impact riding has made on my life, and I hope it inspires some people to take up riding!

From Amy.

P.S. Please give all the horses a hug for me, Thanks!

Norfolk County Fun Day

The Norfolk Fun Day gymkhana was held at the Magpie Centre, kindly hosted by West Norfolk RDA, on Tuesday 10th June. There were 25 entries from six of the ten RDA Groups active in the County, the most entries we have had for several years. A handy pony course was set up in the outside arena and the gymkhana games were held in the indoor school.

The County Shield was won by Jo Dack (Chapel Road School, Attleborough) for Buckenham House Group. A great many photos were taken of happy faces with their rosettes.



We were very lucky to have a lovely sunny day. Many thanks to West Norfolk RDA and all the wonderful helpers who made the day possible, especially the instructors - Rachel Hurcomb and Mel Tomlinson who ran the games in the indoor school and Lorna Mitchell who ran the handy pony; Kate Wood, who for many years was Norfolk's County Instructor, was over on holiday from her home in France and kindly came and supervised us all and was a great help.

It was a most enjoyable day and now we all look forward to next year!

Hilary Hodges

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Josh Leuty's "Thank You"

The Priory School
Neville School
Spalding
Lincs
PE11 2EH



Dear Mrs Hamilton
I would like to say thank you and well done on organizing the gymkhana. It was fantastic and I recognized a lot of effort had gone into the organizing. Again well done on the gymkhana and I hope it will be a bigger and better gymkhana for next years horse riders so they can have the same experience next year so thank you and well done

Yours Sincerely
Josh Leuty

An Extract From Digswell Place's Newsletter

THE TALE OF A NEW BUILDING

— OR —

MIRACLES REALLY CAN HAPPEN

Three or four years ago at a Committee meeting our Stable Manager advised us that the roof of our small stable block, which housed three ponies and also a Rug Room, was beginning to leak rather badly. Running repairs were duly carried out. Another year on and the leaks started again and she said we would have to replace the roof fairly soon – **OR** (and here's where the whole fairy tale began) we could replace the stables and add on a classroom where our riders could wait in the warm for their lessons as we have nowhere like that at present.

What a great idea the Committee thought, but for now we will mend the leaks. So time went on and leaks got worse until at last it was obvious that we would have to take drastic action. Plans were drawn up for the new building which had grown slightly to include a big new tack room and a small office for all our paperwork (!!)

Luckily the husband of one of our volunteers is an architect so

he drew up the plans for nothing. We then obtained some quotations for the work and were absolutely gob smacked (as they say) to find it would cost approx. £45,000. We would have to find this money as well as the £30,000+ that we need annually for our horses and ponies upkeep.

However, the roof was still leaking and the ponies that occupied the stables were in damp miserable conditions so action had to be taken. Planning permission was obtained and early in 2007 we started the fund raising. Firstly our Headquarters and East Region responded magnificently to get the ball rolling. Then endless hours were spent filling in application forms for charitable trusts, community foundations, supermarkets, etc.etc. Much to our amaze-

ment the money started to come in and we realised by about the end of June that we had enough money to put up the shell of the building. So this was done during the summer holidays when all the rain had eventually stopped.

So there we were at the start of the Autumn term with this lovely new building after a chaotic 8 weeks (try coping with 14 horses with stabling for only 11) but would we ever get the money to finish it. Oh, and we had realised that we would have to have additional paths and fencing done for safety reasons so

up went the cost again. Well, once again the money continued to come in and we are now in the process of furnishing the inside of the classroom, office and tack room. Two of our larger horses occupy beautiful large airy dry stables – for which I am sure they are very thankful (at least I hope they are). But the real reason for writing this article is just to say what an amazingly generous

and warm hearted community there is locally. We have found that comparatively few people know what tremendous work we do for disabled people and once they realise the benefits, etc. that are derived from riding it seems to immediately awaken their generous instincts.

So at Digswell Place Group we do believe that dreams can come true – OK it means a lot of hard work and time spend in achieving this, but as we all know that is part and parcel of being involved with Riding for the Disabled.

Jackie Meredith



200

OAKLANDS COLLEGE





As ever, so sorry we couldn't include more photos.

However we did manage to distribute CDs to all participating groups - ask your Group Rep if you haven't seen it yet.

Oaklands Artwork



There was some fantastic artwork produced at Oaklands this year - sorry we can't show every entry

DATES FOR YOUR DIARY

EAST REGION QUALIFYING COMPETITIONS FOR THE RDA CHAMPIONSHIPS
10th May, 2009. Oaklands College, St. Albans, Herts.

RDA NATIONAL CHAMPIONSHIPS AT HARTPURY
11th/12th July, 2009.



Rosie the Post Marathon Man and Fund Raiser par excellence

Most of you will have heard of and many of you will have sponsored Rosie's Norwich Half Marathon, which he ran for Digswell Place RDA, but few of you will be familiar with the story behind his kind support of our group and it is an intriguing one.

Rosie appeared as my postman some five years ago and became part of my life and the lives of the people of our Parish of Whitwell and St. Paul's Walden, endearing himself to one and all by the interest he took in our lives and our village activities, from the school to the Village Quiz, Amateur Dramatics etc. He was there to support them all. If any one on his round was in trouble we all knew about it and could help in any way appropriate.

Three and a half years ago I met him and his wife Jan in Stevenage and they told me he was going for a hospital appointment and was rather concerned. The problem turned out to be diabetes and readily treatable. He had to shed pounds and take exercise. His son Craig persuaded him to join him in running the London Marathon, which was only five months away. Rosie at that time resembled a rather jovial Santa Claus! The thought of him running 27miles was laughable! Nevertheless, a large number of us sponsored him in support of his charity MACS, which supports children who have been born with no eyes or very small ones and their families.

As the weeks went by an ever decreasing figure ran to my door and could be seen along the High Street racing between houses and when April 23rd came he had no problem reaching the finish line despite running back to help a friend, who had phoned to say he was struggling and wouldn't finish. He got him there!

This was just the start and I have lost count of the number of Marathons and Half Marathons he has run. He has just completed his third London one in five hours fifty minutes and has been invited to run one in the USA in the autumn.

Aside from his running Rosie competes for the Post Office in the St. Paul's Walden Challenge each year alongside Post Mistress, Norma and assistant Sue. They have won it once and been runners up twice, again raising money for charity.

Yesterday, April 22nd, Rosie arrived at my door with a grin on his face, which is nothing unusual, and informed me with pride that he had just been presented with his award for thirty years with the Royal Mail. He had been given a cheque for £150, a certificate and a badge. He duly came in for a photograph and an update. He would still have completed his round quicker than any one else could do it.

This remarkable man has made a difference to so many lives and has such humility that he is a shining example to us all. His visit to Digswell to present the very useful cheque saw him chatting to the Thursday afternoon children and taking a very great interest in the work going on. With encouragement I'm sure we could see much more of this remarkable man.



2008 Report for The Shelley Centre Driving team - Tuesday afternoons

After the excitement of the Hadleigh Show last year, we worked towards the Grade 2 proficiency test for Alma who passed with flying colours under the scrutiny of Mike Daniell. We started driving after Easter. A new pony, Dolly, had arrived to be tried for riding and driving. On the strength of this, we sourced a Bennington two wheeled vehicle and a set of Gill Daly leather harness, which we still have on loan from the Phoenix group. Dolly was driven four times and was very keen as she is happy between shafts.



Sadly she did not settle into RDA life, so has returned to her owner. Alma had a few early setbacks in April but when May arrived, we entered Jet and Alma in the Hadleigh Show. This year we had to drive Jet there on the Saturday. He was bathed in readiness on Friday by Brian and Julie. Paul (Alma's husband) and Alma cleaned the Cart and Harness. Alma chose green and white to go with our black outfits. Eunice drove Jet to the Show accompanied by Michael and Christina Curran (Dolly's owners). Paul, in his smart suit, new bowler and brown leather gloves, groomed, as Jet and Alma gave a splendid display coming 3rd in the over 13.2hh class. Alma was delighted to win £15 which she gave to the Shelley Centre. Eunice, Margaret and a welcome new recruit Mim Dutton, another BDS member, are still giving Alma her weekly outing. Paul is a great asset, looking after the vehicle and learning how to harness up. We shall hope for some pleasant drives to finish off the season after quite an eventful start.

Eunice Binder - A/B Whip and team leader.

HOLIDAYS 2008

Last year (2007) I had to report that, for the first time, our Region had not sent a rider on a National Holiday. This year, we applied for three and actually gained two places - one Barrow Farm and one Twinstead (both Essex).

Day Camps, or Fun Days, whichever you like to call them are slowly increasing. The following is a brief resume :

BEDFORDSHIRE held their Day Camp in June

CAMBRIDGESHIRE held their Holiday in August (see separate report)

ESSEX had three:

Cedar Hall/Mid Essex combined (see separate Report)

Newhall (following the big success of their first camp in 2007) held their Camp in August Sugarloaf Group had 4 riders for their first camp in September.

NORFOLK West Norfolk Group arranged an amazing 9 mornings/afternoons

There may have been more Day Camps during the summer that I have not heard about. Please let me know of any arrangements you make. If you need any help on how to make sure you know what you have to do (paperwork-wise) please call me. As said before, a Day Camp or even morning/afternoon, is a wonderful opportunity to give your riders a new experience.

Jace Horner, East Region Holiday Representative

CEDAR HALL/MID-ESSEX COMBINED FUN DAY - 2ND JULY 2008

Children from Cedar Hall School and Haywards School enjoyed a picnic and then gathered for a competition and mounted treasure hunt. Everyone, including the ponies, enjoyed this as there were apples, carrots and peppermints among the prizes.

Everyone managed to complete the course of the working pony competition and all the current years intake gained their Grade I riding Certificates and several also gained Grade 1 Horse Care. Many thanks to Joyce Truscott and Kath Hatwell who came along to examine.

Our Mid-Essex patron, Lady Rayleigh, was kind enough to come along and present participation medals to all our riders and many parents came along to support. It was a very happy day thoroughly enjoyed by all,

Janet Abbott Organiser



Cambs Holiday

Eight children from various Groups around Cambridgeshire met at the Coach House Riding Stables in Chippenham for a Fun Day together. Mrs Linda Porter Cohen had kindly given permission for what promised to be a super day at her very special riding stables.

The children were "matched" to the ponies and, with the aid of their helpers, groomed and tacked up. Then their riding abilities were assessed by Linda with walking and trotting in the school. We then hacked down the bridleway and around the Suffolk fields and tracks near the stables. Back at the Riding School, ponies were untacked and rested with hay and water, while children and helpers enjoyed a picnic lunch together. After a fun kick around with a football, and a torrential, but fortunately short, rainstorm, the ponies were tacked up again and the children split into two groups. One group going to the outdoor school for gymkhana games, with lots of cheering from the supporters while the other group tackled the obstacle course which included going up and down a slope, steering the ponies through the cones, stopping at the marker, and ringing the bell for the finish - all good practice for future events! The groups then swapped over. All the children did very well indeed and really deserved their rosettes at the end of the day.



Many thanks to Linda, all the wonderful helpers, and not least the lovely ponies. Without the fantastic support of all the wonderful helpers, Linda's excellent stables and some marvellous ponies, such special days just would not happen - an enormous THANK YOU to everyone involved.

(Photo is of the children hacking on the track behind the stables)

Phillipa Hamilton (CCC)

Extracts from Pony Tales

The newsletter of the Buckenham House Group

Musical Ride Champions

Many congratulations to the Morris Dancers who entered the video musical ride competition, the Regional results are now in and they WON!!! They scored 104 marks out of a possible 120. The video has been put forward to the National Championships, to qualify the video had to score more than 84 marks.



Well done to all who took part;
The riders Kelly S, Val, Simon and Stephen.
The helpers Denise, Lesley, Barbara and Christine M.
The choreographers Lynn F and me.
The camera team Martin and Coralie.
The film editor Martin.
The costume department Kay, Christine O, Nicky and Chrissie.
And, of course, the horses Willow, Pumpkin, Calypso and Hally.
You all did a brilliant job and each contribution added to the overall score.

'Pony Tales' also featured a fantastic (13 page) edition on their 2008 visit to the Clwyd Special Riding Centre. Sadly we can't include the feature because of its size, but it's posted on our website and well worth visiting - congratulations to all involved!

It can be found on the "Eastern News" page at www.rda-east.org.uk

County Fun Day - Chapel Road Champions!

This is a gymkhana competition open to all the groups in Norfolk. This year it was held at the Magpie Centre on 10th June and was attended by 4 riders from Chapel Road School, and they WON the championship shield!



Here you can see the victorious team of JJ, Ian, Mark and Joe with their school mate Josie who was riding for Mid Norfolk this year. Helpers on the day were Chrissie, Coralie, Gill, Alison, Maria, Jo and Lucy. I am assured that there was absolutely no cheating going on, but I'm not so sure.....!



UKCC Level 2

Twelve intrepid instructors all gathered together in Lavenham last August to find out what the United Kingdom Coaching Certificate Level 2 was all about.

The certificate is an endorsement of coach education courses and qualifications across 31 different sports, it ensures that equestrian sports are delivering safe, high quality, rider-centred coaching. The qualification enables RDA coaches to be nationally recognised and accredited.

The course at Lavenham was only the second one to be run by RDA and involved 2 very full days of theoretical and practical elements, although the timetable allowed for plenty of breaks to chat to each other and share ideas.

Everyone came away with a portfolio to complete and plenty of ideas for future sessions. By having UKCC Level 2 coaches we are making sure RDA is on a par with other equestrian bodies and other sports. UKCC is the way forward to ensure that our high standard of coaching gets the recognition that it deserves.

UKCC Level 2 is for instructors with their RDAGI, anybody interested in applying for a future course or if you would like to know more about the certificate please contact Sally Campbell-Gray e-mail - salseagray@googlemail.com or Sue Diggins e-mail sdiggins@rda-east.org.uk

EAST REGION TRAINING DAYS AND EVENTS, 2009

Our 2008 Training Days were very well attended and some instructor delegates went on to take part in two day instructor courses at Clwyd to help towards the RDAI exam. There are to be more courses at Clwyd in 2009. Instructors wishing to apply for these should do so direct to RDANO. This year we hope we've put together Training Days covering some of the new initiatives in RDA and we look forward to seeing those of you we didn't see in 2008...

Application forms and full details of all these Training Days and Events will be circulated to all Groups approximately 8/10 weeks before the due date.

11th February, 2009. Barrow Farm, Highwood, Chelmsford, Essex.

This is a National Training Day for Senior Instructors.

Details will be sent direct from RDANO.

18th May, 2009. Magpie Centre, Wallington, Nr. Kings Lynn, Norfolk.

TRAINING DAY FOR INSTRUCTORS

This day will be based on part of the new RDA Technical Training Learning Programme and is applicable for candidates working towards RDAGI or UKCC Equestrian Level 2. This training day will also consolidate information required by all our RDAGI Instructors and we are lucky to have Ro Pudden, RDASI and Sheila Saner RDAI to lead the day.

10th May, 2009. Oaklands College, St. Albans, Herts.

EAST REGION QUALIFYING COMPETITIONS FOR THE RDA CHAMPIONSHIPS.

17th June, 2009. Barrow Farm, Highwood, Chelmsford, Essex.

TRAINING DAY FOR INSTRUCTORS AND HELPERS.

An introduction to UKCC Level 1 and 2. All the instructors for the day will have had experience of and qualification to present an overview of this Nationally recognised scheme.

11th/12th July, 2009. RDA NATIONAL CHAMPIONSHIPS AT HARTPURY.

If we feel that another training day would be of interest in the Autumn, this will be arranged. All suggestions from any member of your Group will be considered.

S.C-G. Jan. 09.



Delegates enjoying a training day at Barrow Farm in 2008!

Congratulations to Mel Tomlinson from the Magpie Centre and Lynne Kemp from Buckenham House Group for passing the RDAI exam recently.

My Experience of Riding for the Disabled

About 18 years ago I had my own pony, but could not keep him as I became more unwell. I never imagined that I would ever ride again. That thought devastated me.

Some 16 years later the nurse that I see weekly encouraged me to go along to the Riding for the Disabled. I was so nervous, but also a bit excited. with my physical disabilities I thought that it would be impossible for me to get on a horse, but the helpers were not at all phased, and before I knew it, I was back in the saddle. Straight away, my passion for riding came flooding back.

I am very shy with people and do not normally go out of the house much, but the helpers have made me feel so welcome and been so encouraging and accepting. Nothing is a problem to them and we are able to have a good laugh.

Alongside my physical disabilities, I have struggled for 21 years with Anorexia Nervosa and depression. Now on days when I don't want to eat, I look at a picture of the horse I ride (Rupert), and I know that if I want to continue to ride him I must maintain my weight. As for feeling depressed, the second I see Rupert coming into the school, I am the happiest person alive.

Rupert and the RDA helpers have accomplished. far more in just a few weeks than any of the years of medication and therapy has for me. It is no under statement to say that they have truly changed my life. I have written this to let those who help at the RDA and those thinking about doing so, what a huge difference it can make in someone's life.

Heidi Stear, Elisabeth Curtis Centre (Saturday morning session - "1st")

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## Christine's Closing Comments

### 40th Anniversary.

Groups will shortly be receiving information from National Office of events being planned at National Level. You will already be aware of the "The World's Biggest Riding lesson" taking place on Wednesday 14th October 2009, which could be an excellent opportunity to get some local P.R. for your Group. Perhaps you could tempt a celebrity to come and visit your ride on that day. Please give it some thought.

The 40th Anniversary is quite a milestone and one we should capitalise on in our fundraising planning and use it to raise our profile locally - most of us could do with more helpers and it might encourage others to fund raise for us!

### Volunteer of the Year Award.

Each year National will acknowledge volunteers who have made an important contribution To RDA through hard work and often unsung efforts during the previous year - in this case 2008.

If you know of a person deserving such recognition in your group, please obtain and fill in the form (from National) and send it to me - Christine Stone - (Regional Chairman) by 29th June 2009.

Every nomination will receive a certificate and one will be chosen to go forward to National to represent the East Region for the National Award.

Christine Stone, East Region Chairman.