

MERTON SPORTS & SOCIAL CLUB

BULLETIN

July 2020

http://www.mssc.org.uk/

Merton Sports and Social Club for VI People

(Charity No. 283843)

The Guardian Centre

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**MESSAGE FROM THE COMMITTEE**

Due to the ongoing restrictions, implemented as a result of the Covid-19 pandemic, the MSSC Committee hugely regrets the necessary halt to all club activities until further notice.  While the lockdown has eased a little and many have been able to meet up in small numbers or form a "bubble" with friends and family outside their household, the ongoing social distancing guidelines, which require individuals to remain at least 2 metres apart, still prohibit the club from running any of its activities in the usual way. Naturally, just as soon as we are able, we will resume as many of our social and physical activities as possible.

Before the lockdown, the club was experiencing a particularly fertile time of growth with increasing levels of participation, particularly in tandem cycling.  However, the Tandem Management Team has not been idle during the absence of MSSC cycle rides.  They have used the relatively quiet period to take stock and rationalise the fleet of tandems, to make sure we keep only those bikes which are roadworthy and fit for purpose.  All those bikes, identified as surplus to requirements, have been repaired and sold, while the remaining tandems have been checked over and serviced where necessary.  Our second brand new Orbit tandem has been ordered, delivered and assembled, ready for use, and maintenance and repairs have been carried out to the storage containers, to ensure they are secure and weatherproof.

The MSSC Committee meets "virtually" on a regular basis and will endeavour to keep up-to-date with changes to the official guidelines.  We will continue to explore and discuss ways in which we might be able to offer activities of some sort, while remaining Covid compliant and protecting the safety and wellbeing of our members.

For now, take care, stay well and keep safe.

MSSC Committee

Email: committee@mssc.org.uk

**MSSC VIRTUAL QUIZ**

It is likely to be a long time yet before we can once again resume our regular socials at the Guardian Centre, but we can at least meet virtually. Therefore MSSC Membership Officer and Walking Lead, Bev has offered to hold a virtual quiz via the Zoom platform between 7.00pm and 8.00pm on Tuesday 4th August. To make it manageable, numbers will be limited, so places will b allocated on a first come first served basis. Support is available if you would like help to set up Zoom on your phone, tablet or computer in advance.

Email membership@mssc.org.uk to book a place.

**REMEMBERING BOB WATERS**

It is with deep regret that I have to pass on the extremely sad news that Bob Waters has died.  He had been seriously ill for some time and passed away at the beginning of June.

A small family funeral took place shortly afterwards. Just last summer, Bob celebrated his 80th birthday by throwing a party for friends and family in the back garden of his home in West Ewell.

Bob, whose first name was actually Robin,  will be known to most of you as the cheerful, welcoming chap who served behind the bar for many years, not only at the Tuesday evening socials, but also at club barbecues, parties and other occasions.  He was often in charge of the catering, shopping for food and preparing many a magnificent spread at MSSC events.

Bob had been a member of MSSC for well over forty years.  He was introduced to the club by Dennis Moore.  Both had a keen interest in canoeing and running and, along with Peter Hoyle, were members of the Stragglers Running Club in Kingston.   MSSC members would regularly join them to run in Richmond Park.  Bob was quite an athlete, participating in races of varying lengths, including marathons, and was also involved in the setting up of the Round Britain Run.  Bob canoed with Dennis on the Thames, the Wey and Basingstoke canals and his involvement with Westel Canoe Club in Hampton opened the door for MSSC members and led to our development of canoeing.

Bob's involvement with MSSC grew throughout the eighties and nineties.  He was generous with his time, always encouraging and ready to assist others.  His humour, enthusiasm and selflessness made him a very positive supporter and member of the club.  He will be greatly missed.

Richard James

MSSC Chairman

**MSSC FACEBOOK GROUP**

In the absence of MSSC’s usual activities, a great way of keeping in touch with fellow MSSC members is via the Facebook group. Why not join the group and let us know how you’ve been coping with lockdown and all the restrictions.

Even if you are not currently on Facebook, all you need to do is log on to the platform, click on groups, search for MSSC, and then request to join the group once you have found it. It really is very straightforward.

Jules Griffin

MSSC Facebook Group Founder

**SMASHING RECORDS INTERVIEWS MARIA OSHODI**

To hear interesting interviews with personalities who have something significant to say, plus their choice of music, tune in to Smashing Records each Wednesday at 3.30pm on Resonance 104.4 FM, on digital DAB radio, on your Smart Speaker or online at [www.resonancefam.com](http://www.resonancefam.com).

Artistic Director, Chief Executive and founder of Extant Theatre Company, Maria Oshodi chats with Terry James about the origins of Extant and some of its most memorable performances, plus how the organisation has adapted in order to overcome the practical limitations of lockdown. You can hear the full interview, plus clips from Extant's recent Eye Say, Eye Say comedy event at the below link:-

<https://www.mixcloud.com/Resonance/smashing-records-15-july-2020/>

You can also hear Terry's interview with the vision impaired Accessibility Consultant and amateur photographer, Natalie Doig at the below link:-

<https://www.mixcloud.com/Resonance/smashing-records-8-july-2020-terry-and-natalie/>

### **CAN exercise prevent sight Loss?**

A new study from the University of Virginia (UVA) School of Medicine has found that exercise can slow or prevent the development of macular degeneration and may benefit other common causes of vision loss, such as glaucoma and diabetic retinopathy.

The study found that exercise reduced the harmful overgrowth of blood vessels in the eyes of lab mice by up to 45%. It represents the first experimental evidence showing that exercise can reduce the severity of macular degeneration.

Researcher Bradley Gelfand, PhD, of UVA's Centre for Advanced Vision Science, said: "There has long been a question about whether maintaining a healthy lifestyle can delay or prevent the development of macular degeneration. The way that question has historically been answered has been by taking surveys of people, asking them what they are eating and how much exercise they are performing.”

But Gelfand says those kinds of studies are prone to self-reporting errors.

What's next?

The research team at UVA hopes to further investigate how and why this happens to see if they can potentially develop a pill or treatment which can mimic the benefits of exercise, without having to exercise. (

Read the full study in the journal

[**Investigative Ophthalmology & Visual Science**](https://iovs.arvojournals.org/article.aspx?articleid=2766252#247014664)**.​**

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**E-SCOOTERS: LONDON VISION SURVEY**

The Department for Transport has given the green light for rented E-Scooters to be trialled in London. We at London Vision believe this decision has been rushed, and not enough consideration given to the views and concerns of disabled and blind and partially sighted Londoners.

We are undertaking work to ensure that the views of blind and partially sighted people are represented going forward and have the opportunity to input into local authority guidance. We want to know your thoughts around the introduction of e-scooters in your local area, and have put together a number of questions:

1 How do you feel about the potential introduction of rented e-scooters in your local area?

2 Do you have concerns about their introduction?

3 What would you like to see in terms of safety guidance, monitoring and parking enforcement in your local authority's guidelines around e-scooters?

4 Are there any areas within boroughs you think e-scooters should be banned from?

5 Is there anything you would like developers, local authorities and the Department for Transport to consider, which you feel they have missed?

Please respond by emailing bhavini.makwana@londonvision.org or calling on 07976 448824

**A BIT OF A GIGGLE:** A MESSAGE FROM THE QUEEN

To the citizens of the United States of America from Her Sovereign Majesty Queen Elizabeth II:

"In light of your failure to nominate competent candidates for President of the USA, and thus to govern yourselves, we hereby give notice of the revocation of your independence, effective immediately.   Her Sovereign Majesty Queen Elizabeth II will resume monarchical duties over all states, commonwealths, and territories (except North Dakota, and Utah, which she does not fancy).

Our new Prime Minister, Boris Johnson, will appoint a Governor for America without the need for further elections. Congress and the Senate will be disbanded. A questionnaire may be circulated next year to determine whether any of you noticed.

To aid in the transition to a British Crown dependency, the following rules are introduced with immediate effect:
1. The letter 'U' will be reinstated in words such as 'colour,' 'favour,' 'labour' and 'neighbour.' Likewise, you will learn to spell 'doughnut' without skipping half the letters, and the suffix '-ize' will be replaced by the suffix '-ise.' Generally, you will be expected to raise your vocabulary to acceptable levels. (look up 'vocabulary').
2. Using the same twenty-seven words interspersed with filler noises such as 'like' and 'you know' is an unacceptable and inefficient form of communication. There is no such thing as U.S. English. We will let Microsoft know on your behalf. The Microsoft spell-checker will be adjusted to take into account the reinstated letter 'u' and the elimination of '-ize.'
3.  July 4th will no longer be celebrated as a holiday.
4.  You will learn to resolve personal issues without using guns, lawyers, or therapists. The fact that you need so many lawyers and therapists shows that you're not quite ready to be independent. Guns should only be used for shooting grouse. If you can't sort things out without suing someone or speaking to a therapist, then you're not ready to shoot grouse.
5.  Therefore, you will no longer be allowed to own or carry anything more dangerous than a vegetable peeler, although a permit will be required if you wish to carry a vegetable peeler in public.

6.  All intersections will be replaced with roundabouts, and you will start driving on the left side with immediate effect. At the same time, you will go metric with immediate effect and without the benefit of conversion tables. Both roundabouts and metrication will help you understand the British sense of humour.
7.  The former USA will adopt UK prices on petrol (which you have been calling gasoline) of roughly $10/US gallon. Get used to it.
8.  You will learn to make real chips. Those things you call French fries are not real chips, and those things you insist on calling potato chips are properly called crisps. Real chips are thick cut, fried in animal fat, and dressed not with ketchup but with vinegar.
9.  The cold, tasteless stuff you insist on calling beer is not actually beer at all. Henceforth, only proper British Bitter will be referred to as beer, and European brews of known and accepted provenance will be referred to as Lager. South African beer is also acceptable, as they are pound for pound the greatest sporting nation on earth and it can only be due to the beer. They are also part of the British Commonwealth - see what it did for them. American brands will be referred to as Near-Frozen Gnat's Urine, so that all can be sold without risk of further confusion.
10.  Hollywood will be required occasionally to cast English actors as good guys. Hollywood will also be required to cast English actors to play English characters. Watching Andie Macdowell attempt English dialect in Four Weddings and a Funeral was an experience akin to having one's ears removed with a cheese grater.
11.  You will cease playing American football. There is only one kind of proper football; you call it soccer. Those of you brave enough will, in time, be allowed to play rugby (which has some similarities to American football, but does not involve stopping for a rest every twenty seconds or wearing full kevlar body armour like a bunch of nancies).
12.  Further, you will stop playing baseball. It is not reasonable to host an event called the World Series for a game which is not played outside of America. Since only 2.1% of you are aware there is a world beyond your borders, your error is understandable. You will learn cricket, and we will let you face the South Africans first to take the sting out of their deliveries.
13.  You must tell us who killed JFK. It's been driving us mad.
14.  An internal revenue agent (i.e. tax collector) from Her Majesty's Government will be with you shortly to ensure the acquisition of all monies due (backdated to 1776).
15.  Daily Tea Time begins promptly at 4 p.m. with proper cups, with saucers, and never mugs, with high quality biscuits (cookies) and cakes; plus strawberries (with cream) when in season.

God Save the Queen!

**VIRTUAL PILATES WORKOUT**

Join Merton Vision’s Working Age group for the virtual Pilates

workout at 5pm every Friday.

It is an audio only Pilates workout from EyesFree Fitness.

We will do the workout individually, but will commit to doing it at the

Same time to boost motivation and encourage each other.

When the workout is complete, there will be a discussion on how you found it in the Working Age WhatsApp group.

The audio files can be listened to on YouTube here:

https://youtu.be/q3WaEDv9gXs

or can be downloaded on to your computer here:

https://www.dropbox.com/s/pr9eud7phlmpprs/Pilates-Mat-Level-1.zip?dl=0

To be part of the discussion afterwards, you can join the WhatsApp

group by clicking this link:

https://chat.whatsapp.com/KQYxoJR4Uz2Fquw9bjLgh3

Or by contacting me by phone on 07562 011 046

Or by emailing me: Chloe.smith@mertonvision.org.uk

Chloe Smith

Merton Vision Working Age Outreach Worker

**BOB’S LOCKDOWN QUIZ**

# Once again, MSSC’s resident Quiz Master, Bob has very kindly provided a round of questions for you to try in the comfort of your own home. It is entirely up to you how seriously you take it: if you can resist the urge to google the answers, you are welcome to submit your answers by email and we will let you know how many you got right and just how naturally brainy you are – or not! Sorry, you will have to provide your own prize!

# Animals

1. What is the closest living relative to the hippopotamus?
2. The Gila Monster is a venomous what?
3. Which land animal can see the farthest?
4. Which whale is the second largest?
5. Which act had a hit with ‘A Horse with No Name’?
6. Who was the carpenter’s friend through the looking glass?
7. What animal does Lacoste use for its logo?
8. Which zoo is home to the only Giant Pandas in the UK?
9. To which animal does the adjective vulpine apply?
10. What does an echidna eat?

# Email your answers to info@mssc.org.uk and we will mark them, then let you know how well you did. How big a prize you deserve will be solely down to your own discretion!

# Remember, if you are free between 10.30 and10.50 each week day, you can always tune into the Ken Bruce Show on Radio 2 and test your knowledge of popular music on the Pop Master quiz. See how well you do against the two contestants, or try phoning in yourself to have a go live on air.

If you are missing the cut and thrust of a live contest, why not sign up for MSSC’s virtual Zoom quiz on 4th August. Details can be found earlier in this bulletin.