



# Honorary Life Members Newsletter

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## Redpath's Roundup



At last spring seems to have arrived after what seemed to have been a never ending winter, as I bask in the relative warmth here at Netball Towers. The sunshine of last week not only brought the leaves out, but a few of the HLM's too as Saturday 20 April, was chosen as our second HLM archiving day. The day started at 11.00 with tea, coffee and a catch up before work started in earnest. Cheryl led from the front as our Project Manager, with Brian Worrell in charge of photographic records (sorting out the snaps) and Maggie Jackson, Joan Mills, Betty Galsworthy and Phyllis Avery beavering away through the various boxes. We kept going for a few hours, only stopping for a brief lunch, and were pleased with the results of our endeavours.

This was born out when on the following Monday our Community Competitions Manager, Ian Holloway, asked me for information on the results of previous Premier Division winners and I was able to access the information immediately. This was directly because of the work undertaken on Saturday; so a double thank you to those who came along as I'm sure like me you didn't think your work would pay off quite so quickly!

Sadly, a number of others were unable to join us on the day as various events conspired against allowing them to travel to Hitchin, so I've been thinking I can travel out to a few regions with some of the boxes and give others the opportunity to join in with the project. Please let me know if you would like to be involved.

I'm attaching a photo of me with Michelle Crook who I met at international umpire Gary Burgess's wedding earlier this month. When Michelle reminded me that I'd tested her for her C award more than 20 years ago, you could have knocked me over with a feather. Where has the time gone....?



I must say that meeting Michelle at the wedding reminded me of Sheila Perks recent presentation by Stacey Francis and how they have kept in touch throughout Stacey's career; their story I included in January's edition of the HLM newsletter. I am sure that all of you have stories about mentoring or being mentored that you might like to share. These stories and memories are what will add to the archives, so please take the time to write them down to send to me or telephone Yvonne and tell her about them as she is pretty good at writing and will record them on your behalf.



As many of you know Gary, I can't resist enclosing one of the photo's I took of him and beautiful bride Charley. Don't they make a lovely couple and what a fab day for their wedding

As ever, keep in touch and if you have something you think other HLM's might enjoy hearing about, please let Yvonne and I know.

Kind regards

*Sheelagh*

## **My recent date with Prince Charles – Maggie Jackson MBE**

As many of you are aware, I was awarded a MBE in last June's Queens Birthday Honours; an event which left me speechless at the time and for which I remain totally humbled and stunned.

Sheelagh asked me to write about the day I received my honours for the HLM newsletter; a date that will be etched on my memory for a long time, 1 February 2013. I should have received my award in November, but the Quad series at the end of November prevented me attending. When it comes to netball, I know my priorities!

My husband David, children Kari and Tom, and I travelled down to London the night before and stayed in a central London hotel. Nervously excited, we travelled by car to Buckingham Palace at the appointed time 'suited and booted' appropriately. The drive into the Buckingham Palace grounds is one of my highlights and I will never forget my children waving to the crowds as we went through those gates; the cheeky pair. Once inside, the Palace staff took charge and the organisation was like a military, but friendly operation. The security checks were fairly stringent as you might expect, but as soon as they were complete, we were made to feel so special, along with the other 102 recipients receiving awards that day.

Guests of those receiving their awards were guided to the Banqueting Hall where they could view the award ceremony. From there the recipients were taken down a long corridor lined with the most amazing paintings and artefacts. En route we were informed that the palace employs two people just to wind the clocks.

Prior to entering the room where the award ceremony took place, we were informed how to curtsy, use our initiative for 7 seconds in speaking with Prince Charles and that when the Prince holds his hand out to stop talking. Finally, it was my turn to receive my honours from the Prince. I dutifully remembered my instructions, but was completely bowled over by the Prince speaking about our recent 3-0 win over Australia and the Back to Netball programme. He was so well informed as he also mentioned the increase in the numbers of women playing netball. I enjoyed speaking to others receiving their honours along with me, as they were all real people from different backgrounds that included a tax officer and a Newcastle community centre worker.



All too quickly the event was over and photographs taken before we left for afternoon tea in a local hotel then travelling to Essex to spend the rest of the day with my parents, brother and family and a celebratory meal. When asked what was the best and most proud making part of my day, it has to be sharing my special day with David, Kari and Tom who have put up with me through thick and thin, given their unconditional support and allowed me to realise my netballing dreams.

Finally, I must say a huge thank you to Cheryl, Lyn Carpenter and Karen Atkinson who a 'little bird' told me prepared and submitted my nomination for all of their hard work, support and belief that I deserved to be nominated for the award. I never thought anyone would get me in a hat!

### **Sam Castle, Team Manager for the England Under 21 squad writes about their recent trip to Australia**

When Sheelagh asked me to write about the recent Under 21 Squad trip to Australia for the HLM newsletter, it made me spend a few moments collecting my thoughts about the trip and thinking about the best bits with which to write and of course, delve through the masses of photo's to find the ones which I think you will enjoy the most.

For those of you who haven't heard my name or met me, I have been involved in netball since I was a mere girl and employed by England Netball since 2000; first working with Sheelagh in officiating and latterly as Membership Services Manager since 2006. In March 2012, I was appointed the Under 21 Team Manager and have had the most exciting year working with the Team. I am also currently the Team Manager for Mavericks; a post that I have held for 7 years.



Last August, I accompanied the team to Ballarat, near Melbourne, Australia where we were involved in a mini test series with Australia, New Zealand and Samoa. Following this successful tour and our being unable to accompany the senior squad on their recent tour of Jamaica, we were offered the opportunity to attend the AIS. The AIS gave us a warm welcome and allowed us full use of their fantastic facilities. The visit provided Colette Thomson and Jess Garland with the valuable opportunity to try out different team combinations ahead of the selections for the

World Youth Championship in August. Colette will be making the selection for the championship following the Netball Europe Championship at the end of April as the final selection must be submitted by 1 June.

So far as I am concerned, the visit allowed me to continue my steep learning curve as I was able to be involved in how the squad is selected for different competitions, prehab preparations for the morning of the match, 'Pee' testing to determine hydration levels and how weight loss or gain can affect court performance and match play. Through this learning I was able to ensure that the team were able to enjoy the correct recovery food – sadly not chocolate or wine, but bananas and milkshakes.

What also hugely impressed me are the facilities at the AIS that are available to the athletes. The warm pool, ice bath and bubble pool all allow for a variety of recovery strategies than available currently in the UK; the facilities of which often include wheelie bins filled with ice, if we're lucky!

My best memories include the team's improving performances, the excellent training and opportunities for high quality match play and the squad meeting



Greg Rutherford 2012 Olympic Long Jump Silver Medalist. The worst bit has to be the flight as no matter how much you think you've prepared for the long haul travel, the reality is quite different.

As to the future, we have a busy time between now and the end of August with a three day camp at the beginning of May; the Netball Europe open in Aberdeen at the end of May; Jamaica tour in July and the world youth camp the second week in August before the

World Youth Championship at the end of August.

My final thoughts bring me full circle to Sheelagh's archiving project as I was so impressed by the AIS's Margaret Pewtress room, which pays homage to the netball notables that include previous England coaches Sue Hawkins and Margaret Calow and awards to previous players. Included in those awards is Carla Diziwoki who used to play for Team Northumbria and Leeds. Their photographs were all prominently displayed and date stamped with details of the various championships. Perhaps that's something that will happen in the future here at Netball House?

## And Finally

Jean Perkins from Leicester recently wrote to let me know how she is and say how much she enjoys receiving the HLM newsletter, which is always good to hear. In particular Jean enjoys finding out what other HLM's are doing and despite her not being able to attend many events these days because she's not very mobile, she still feels part of our elite club. Jean, we all wish you well and hope to see you in the not too distant future.



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