

THE FORTH COLUMNIST

Issue No. 118 January / February 1997

Editorial:

Merry Christmas!

Well I did it at last - I won a prize!!
(OK so it was the wooden spoon for the Club Champs,
but it's the first in nearly 20 years orienteering!)
I may get it engraved for posterity!

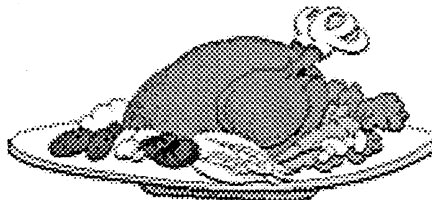
In this festive issue, you'll find a variety of stuff to keep
your brain from congealing over the holidays.

Once you've got it in gear, please give next year's
committee some thought - if you don't vote, you
may end up on it!

Also, I would appreciate some ideas for the next
six issues of the 'Columnist' - have you any
suggestions for topics - have you any gems
you would like to share with the membership?

I look forward to seeing your ideas come flooding in!
Have a good holiday - see you at the AGM!

Ed.



FVO COMMITTEE 1996

PRESIDENT	Jonathan Oxley	24 Eastcroft Drive POLMONT Falkirk FK2 0SU (01324) 718428
VICE PRESIDENT	Cathy Tilbrook	Comrie (01764) 679747
SECRETARY	Susan Sinclair	118 Claremont Alloa FK10 2EG (01259) 213310
TREASURER	Mark Grant	Alloa (01259) 219604
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EDITOR	Sandy Sinclair	118 Claremont Alloa FK10 2EG (01259) 213310 [e-mail Sinclairs@msn.com]

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President's Column

Who said we wouldn't make it with another issue before Christmas (Royal Mail Festive panic permitting)! Congratulations and a big thank-you to Sandy Sinclair and team for a bumper year containing no fewer than 7 editions of The Forth Columnist.

A big thank-you also to Susan Sinclair and Cathy Tilbrook for their efforts in organising this year's FVO Dinner Dance. It was gratifying to hear many of you say it was the best dinner dance you had attended for a number of years, and I would echo those remarks. The Forbes MacFarlane Band played well throughout the evening, and were ably assisted by a number of demonstration dances, the audience being captivated by Graham and Jane Martin and Trish and David Cooke (among others), as they tripped the light fantastic.

Apologies if any of you have been eagerly surfing the waves internet looking for the FVO Home Page: it has been delayed slightly due to one or two technical hitches and the omni-present pressure of work. Well, OK, you know what they say about a bad workman and his tools.....

After a recently convened special meeting of the FVO Committee, called primarily to discuss the potential for mapping new areas, it was decided to concentrate efforts on four areas in the short term: Laigh Hills, Alva House Estate, Shielbrae and Muiravonside Country Park. Maps of one form or another exist for the first three areas, and access issues notwithstanding, we hope to re-map these areas, together with the new area at Muiravonside (3 miles from Polmont). However, we are always on the lookout for other hot-tips on areas potentially suitable for mapping - keep us posted!

Strathcarron Hospice are £50 better off following our colour coded event at Airthrey Castle earlier this year. The landowner refused our offer of payment, but did suggest a donation to Strathcarron Hospice as means to express our thanks. Through BP in Grangemouth, the donation was doubled, and Strathcarron Hospice have now written to the landowner thanking her for the kind suggestion.

Finally, as the end of another year approaches, it is appropriate to look back over the last 12 months. Several members have left us for pastures south of here, and of course the memory of the tragic events of March 13th will stay with many of us for years to come, and render several homes a little quieter this Christmas. I hope we can all look forward to a brighter 1997.

Wishing you a very Merry Christmas and the best of health for the New Year.

Jonathan

Forth Valley Orienteers AGM & Burns Supper



24 January 1997 at 7.00pm
Dumyat Leisure Centre, Menstrie

Nominations for committee members to Susan Sinclair
before 22 January please.



Beer

Following on from articles published in earlier editions of *The Forth Columnist*, we now study the role of beer in the diet.

Introduction

Beer is a complete food. It contains water, carbohydrates for energy, protein, minerals and other nutrients. The alcohol intake of *modest* beer drinkers helps to improve the circulation of blood, thereby reducing the workload of the heart.

	Water	Calories (kcal)	Carbohydrate	Protein	Alcohol	Fat
	528	180	15	2	17.5	-
	497	369	27	19	-	22
	504	187	48	2.3	-	-
	464	386	102	-	-	-

Just look at the calories in whole milk! Skimmed milk doesn't fare much better: 200 kcal per pint, it still has more calories in it than beer. Now you know what to put on your Special K in the morning...!

Fattening?

So where does the infamous "beer gut" come from if beer contains no fat? It is most probably due to the effect of alcohol as an appetite stimulant (so that's why you always

craved a kebabs after closing time), although beer also aids digestion, since it promotes the formation of more hydrochloric acid in the stomach. If you are actively seeking to lose weight, however, your body will preferentially consume the calories ingested as beer rather than burn any excess body fat, since the carbohydrate in beer is more readily converted into energy.

Vitamin Supplement

The malt in beer contains amino-acids, which act to buffer the body's pH, and aid the conversion of energy for use in muscles (carbo-loading for O the next day). You will find up to 4 g of vitamin B (in its 8 forms). Unlike the fat soluble vitamins A, D, E, and K, vitamin B cannot be stored in the body, and so must be replenished daily. Vitamin B acts as an important enzyme (biological catalyst) in the conversion of foodstuffs into energy, the absorption of amino-acids, and the formation of red blood cells. A lack of vitamin B results in *Beriberi*, though somewhat bizarrely, an excess of alcohol, resulting in liver damage, can also lead to the onset of *Beriberi*. So it proves you **can** get too much of a good thing.

Your Good Health!

Beer is also the original isotonic drink, so it won't be long before it is being offered as the favourite post-orienteeing event drink. Those who enforce the "one drink per person" rule might have their work cut-out, however!

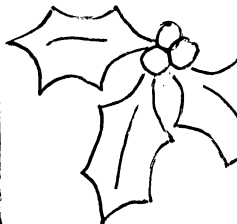
In addition, recent studies have shown that a moderate alcohol intake stimulates the production of the HDL (High Density Lipoproteins) form of cholesterol. HDL helps to remove the more dangerous LDL (Low Density) cholesterol from the arteries, and ensuring a less arduous job for the heart in circulating blood.

Moreover, alcohol also helps to reduce the formation of cholesterol overall, thereby helping to minimise the likelihood of gallstone formation in the gallbladder; gallstones can vary in size from a pea to a pear!

Safe

Beer travels better than water or milk, with the antiseptic properties of the alcohol serving to limit the onset of any bacteriological contamination. Interestingly, the UK brewing industry is regulated by more legislation than the sum of legislation covering the pharmaceutical and radiochemical industries! All the more reason to enjoy an extra pint or two over the festive period.

"Merry Christmas hic *&~#@&!?"



The Annual Dinner Dance - just in case you can't remember how good it was!



Jon, wondering where his next President's Column is coming from!

A group of happy revellers

Are you renewing your FVO membership ?

If you are then could you please indicate which category of membership you intend to renew.

FVO/SOA/BOF (paid directly to BOF)

☐

FVO/SOA (fees are Snr &10.25, Jun £3.50, Family £16.40)

☐

Could FVO/SOA members please send their cheques (made payable to FVO) to Susan Sinclair, 118 Claremont, Alloa, FK10 2EG. (we will pass on fee to SOA)

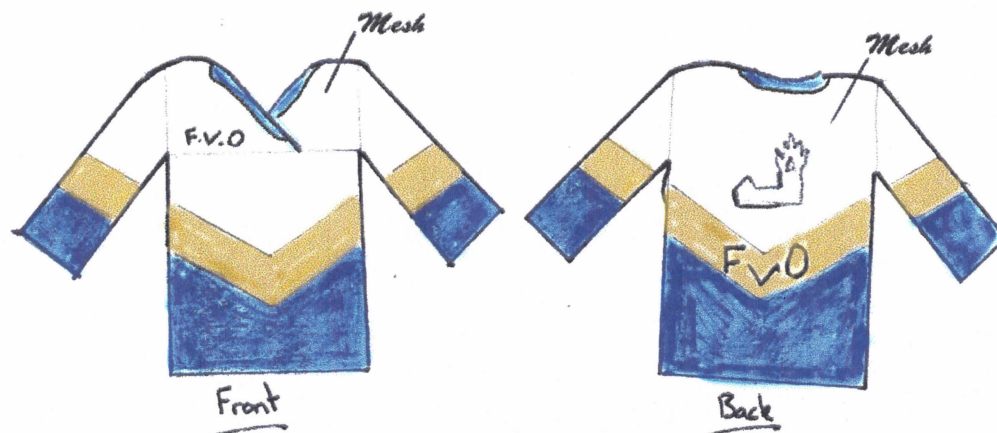
Nominations Please !

The annual FVO A.G.M. will be held on Friday 24th January, 7 for 7.15pm. The Usual Format will prevail, with official business being followed by a traditional Burn's supper. However, before the merriment commences, the new committee must be elected : this year President, Vice President and Club Coach are standing down, so we are keen to see a good turn out for this A.G.M. The minutes from last years A.G.M. will be available on the night in the Dumyat Centre, Menstrie.

We are also looking for nominations for the JIM HEARDMAN TROPHY, which recognises a considerable commitment to the club by an individual(s) over a number of years.

A cross indicates a member does not wish to be re-elected for their current post.
Posts in *Italics* are NOT committee posts.

<u>Post</u>	<u>Name</u>	<u>Re-elect</u>	<u>Nomination</u>
President	Jonathan Oxley	X	
Secretary	Susan Sinclair		
Treasurer	Mark Grant		
Vice-Pres.	Cathy Tilbrook	X	
Ord. 1	David Nicol		
Ord. 2	Martin Light	X	
Ord. 3	Fraser Purves	X	
<i>Team Captain</i>	Fraser Purves	X	
<i>Newsletter Ed.</i>	Sandy Sinclair		
<i>Jim Heardman Trophy</i>	n/a	n/a	



NEW CLUB O-Tops.

These will be produced by Ultrasport and will basically be the design shown.
(The mesh yoke and back panel are optional)

Anyone wishing to buy one should complete the form below and send it to :

Maureen Brown: 21 Alexandra Drive, ALLOA, FK10 2DQ asap and **before 21st March.**

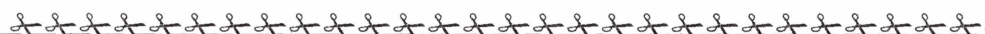
The cost will be approx £12.00 for sizes 1- 2 and £15.00 for sizes 3 and upwards.

Payment on receipt of garment. (Don't send any money with the order!).

Note that sizes are unisex and made for 'average' athletic build.

According to the Ultrasport guide,

the 'average' slim athletic female (5'3" 8½ st, 55 kg) will take a size 3
and an 'average' athletic male (5'9", 11½ st, 75 kg) will take a size 5.



ORDER FORM

to: **Maureen Brown**
21 Alexandra Drive
ALLOA
FK10 2DQ

Please order the following FVO 'O' Tops

Size: (Chest)	0 (29")	1 (31")	2 (33")	3 (35")	4 (37")	5 (39")	6 (42")	7 (44")
No. Required (Enter Qty)								
Mesh Option (Y/N)								

Name: _____ Address: _____

Tel: _____

FORTH VALLEY ORIENTEERS CLUB CHAMPIONSHIPS

RESULTS

VENUE-BARR WOOD.

DATE - 23rd NOVEMBER 1996

COURSE 1	Class	Time	H'Cap	COURSE 3	Class	Time	H'Cap
Ali Nicol	M10	17.30		Kenneth Preston	M17	42.00	
Ross Wood	M13	21.30		Simon Finch	M17	45.15	
				Mary Mathews	W45	54.15	53.15
				Val Finch	W45	65.15	49.15
				Elizabeth Sinclair	W50	70.00	55.00

COURSE 2

Fiona Finch WIS 87.00

COURSE 4

Doug Wood	M45	39.30	35.30	Hazel Dean	W21	40.00	40.00
Ted Finch	M40	44.15	44.15	Beccy Osborn	W21	40.15	34.15
John Brown	M50	52.00	32.00	Cathy Tilbrook	W21	52.00	42.00
David Nicol	M40	54.30	29.30	Josie Stansfield	W21	82.15	42.15
David Cooke	M60	59.15	39.00	Jayne Martin	W21	87.00	47.00
Sandy Sinclair	M45	80.00	45.00	Rachel Hibbert	W21	88.30	48.30
				Penny Hicks	W21	D-N-F	

COURSE 5

Steve Nicholson	M21	49.45	49.45
Steve Barret	M35	59.40	49.40
Jon Cross	M21	59.45	50.45
Ben Stansfield	M21	61.10	54.1
Jonathan Oxley	M21	63.00	53.00
Mark Grant	M21	104.00	77.00
Graham Martin	M21	118.00	58.00
Doug Flint	M21	130.00	70.00
Martin Light	M35	130.00	90.00
Kevin King	M35	D-N-F	

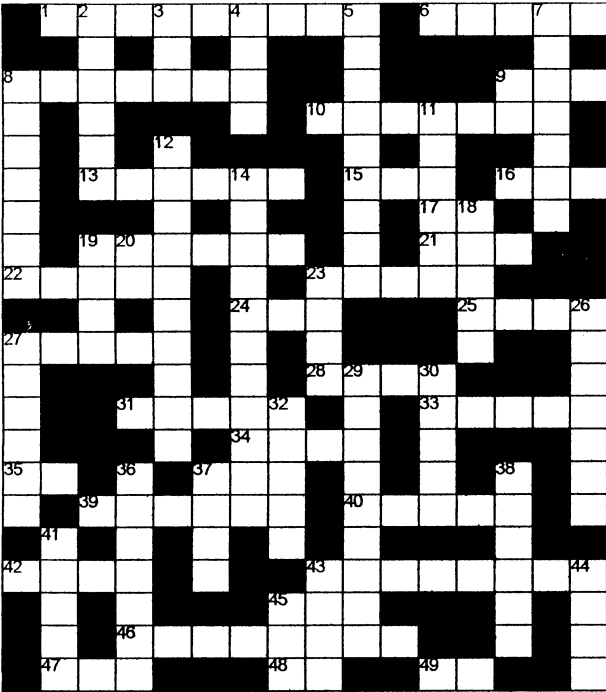
ALSO-RANS COURSE TIME

Heather Findlay	4	46.00
Robert Findlay	4	56.00
Lorna Philp	4	49.45
Rab Philp	4	44.00
Keith Kimble	5	72.30

REMEMBER!!!!!!

*Please return your Voting Slips in the SAE provided
BY 22nd JANUARY!!*

COMPETITION PAGES



JUMB'O' Crossword

Try your hand at solving this month's Brain Squeezer!

No Prizes for this one but I hope you get as much fun from solving it as I had making it up!!

Ed.

DOWN:

- 2. Doesn't hang around.
- 3. Keep it to the ground to know what's happening
- 4. It's good to do this, says Bob
- 5. Go in again to look for the control
- 7. Jaggy!
- 8. Use it to stop yourself going in Circles
- 11. Do this when damaged
- 12. Suffer from it when your control's in one
- 14. John Bull set for Orienteers
- 18. Between two clubs
- 19. in contact with the terrain
- 20. The only way is ..
- 23. An incentive to look between the re-entrants
- 26. Keep the rocks out of your socks
- 27. Popular forest ?
- 29. Lose Control
- 30. Solway has a competition to bag these in the new year
- 32. Ecologically Friendly colour
- 36. What you take when you want to know where to go
- 37. Everyone's enemy
- 38. Rivers run in them, so do orienteers
- 41. Disposes of stolen property, or rips you off!
- 43. Baldric's was cunning
- 44. BOC held here
- 45. I had one of these but it got dented

Quick Teaser:

How many words can you make from the letters in the square?
(Words should be three or more letters and can include names, places and anything else legal!)

A	E	E
G	H	I
M	R	T

Target:

- At least one 9-letter word.
- Less than 10 - hope you get a dictionary for Christmas!
- More than 20 - Try the Crossword now!

ACROSS:

1. Does it in the Forest!

6. or fifth

8. Look for it in odd places

9. Mine!

10. I'm Getting lots of these for the SixDay

13. Well known trainer

15. What Barbed wire does for Lycra

16. Enjoyed after the event

17. When you have to get up

19. To record what's there

21. This Hislop looks like Jimmy Sommerville

22. Always seem to go UP

23. A good place to begin

24. Do this to your rival at the post

25. There's always a control at the foot

27. Two lengths times breadths (say that without a lithp!)
28. Around the clock

31. Can be rough at times

33. Carry a Torch for this

34. Forest's full of them at an event!

35. ... fond Kiss for a forest

37. Fraser puts his ball on this and hits it with a club

39. at 65 or when you've had enough

40. Compass-maker

42. Expensive, Frequently disturbed wildlife

43. For General Relief

45. Not the Electric Light Orchestra

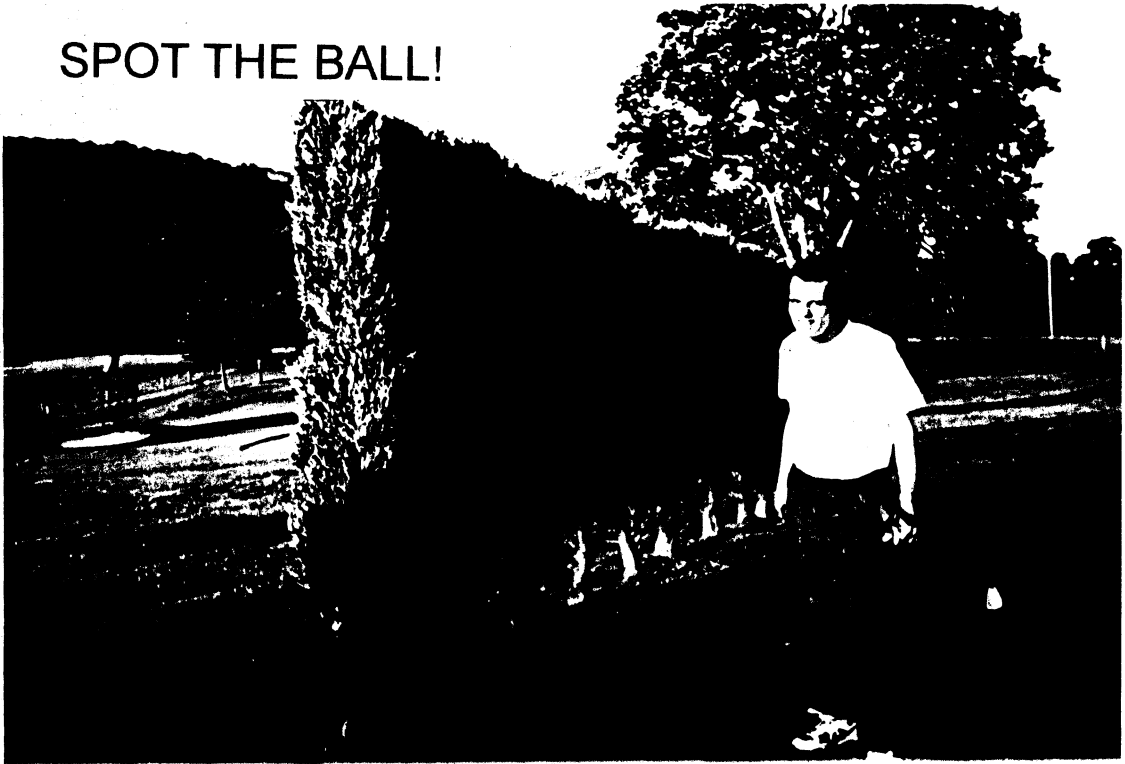
46. Many of us can't !

47. On your Face!

48. Not Off!

49. Our Near Northern Neighbours

SPOT THE BALL!



NOTICE BOARD

RECALL NOTICE:

We got in such a howk over the awarding of the Club Champs trophies that it's been decided we'd like to do it all over again!

Seriously though (?) we would like to get all the Club Trophies properly identified and engraved. Our benevolent committee has even offered to pay, so will you please get them back to Susan, or any other committee member (preferably before the AGM) and we'll let you have them back just as soon as we can!

Help wanted

We're scheduled to run a local event at South Achray on Sunday 16th March. If you're feeling public spirited, we'd welcome your offer of help. Please contact Susan Sinclair

Food Wanted(!)

As is normal, we try to organise refreshment after the AGM, so if you would like to offer to bring some food along, please let Alison know ASAP.

TRAINING (?)

The traditional Christmas Day Assault on Dumyat is once again looming. If you've finished unwrapping your umpteenth pair of woolly socks, why not put some of them on and join the hordes scrabbling up our local hill. Masochists meet at 11.00 at the Dumyat Car Park - come early - no prior booking possible!

What's On in and Around FVO

December

25th FVO Christmas Walk/Jog/Run / Crawl - Dumyat Car Park 11.00 am

29th JOK Chasing Sprint. Devilla Forest, Kincardine.

29th STAG Rudolph'O' Christmas Event. Chatelherault Country Park, NS/738539.

January

2nd GRAMP Local Hogmanay Event. Newmillhill, Aberdeen. NJ/818011.

4th SOLWAY Knoll Bagging Competition. Mabie Forest, Dumfries. NX/950710.

5th STAG Antique 'O' Event. Cathkin Braes Country Park, Glasgow. NS/615583.

12th PO Local Event. Blairadam Forest, Kelty. ST/129945.

12th STAG Clued'O' Glasgow.

19th LINOC Colour Coded Event, LOL 5. Beecraigs, Linlithgow. MR/997742.

24th FVO AGM Dumyat Leisure Centre - Menstrie 7.00pm

26th GRAMP Local Event. South Kirkhill, Aberdeen. NJ/847110.

26th STAG Historic 'O' Kelvingrove Park, Glasgow. NS/570664.

February

9th STAG Colour Coded Event, Faskally, Pitlochry. NN/937582.

16th MOR Colour Coded Event. Phorp, Forres. NJ/049521.

March

9th CLYDE BADGE EVENT, SG 1. Dunrod Hill, Greenock. NS/247720.

16th FVO Local Event - South Achray

16th RR Lothian O League, 7. Elibank. NT/39?36?.

23rd PO Colour Coded Event. Tentsmuir Forest, Tayport. NO/497242.

28th-31st JAN KJELLSTROM INTERNATIONAL

April

27th MOR Colour Coded Event. Binn Hill, Carmouth/Fochabers. NJ/305648.

May

24th ESOC Scottish Championships. Craigbui, Kingussie. NH/809038.

June

8th INVOC Scottish Score Champs. Anagach, Grantown on Spey. NJ/046267.

August 3rd-10th Breadalbane 97, Scottish 6 Days

REMEMBER:

**Annual General Meeting
FORTH VALLEY ORIENTEERS**

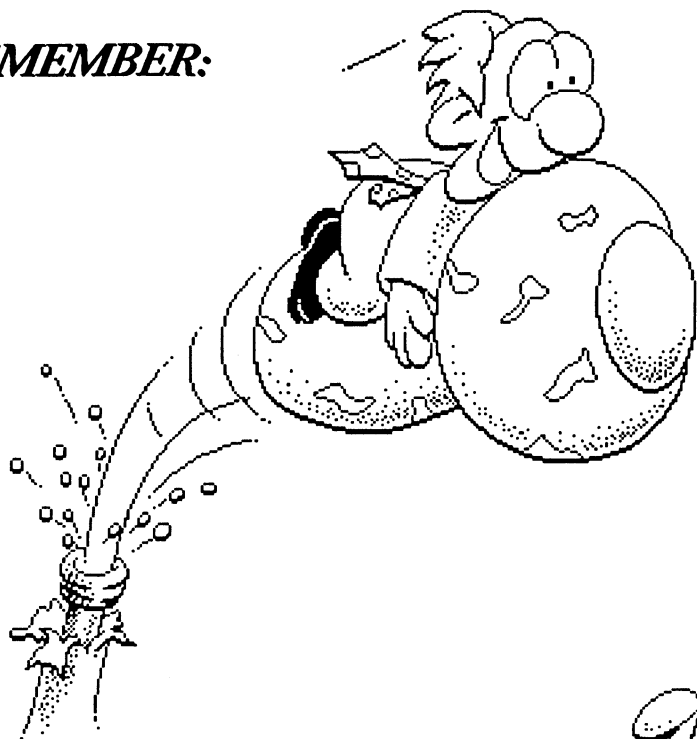
will be held on

**Friday January 24th 1997 at 7.00pm
in the**

**Dumyat Leisure Centre, Menstrie
(followed by a Burns Supper.)**

**Nominations for Committee Membership to
Susan Sinclair (Secretary) by 22nd January Please.**

REMEMBER:



*If you're out partying
this festive season, take
along a copy of Jon's Guide to Healthy
Beer Ingestion!*