

European Golden Oldies Rugby Newsletter



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The Official Bulletin of
EUROPEAN GOLDEN OLDIES RUGBY
www.europeangoldenoldiesrugby.com



2012 Festival Agreement signed



Television networks at the prestigious Grand Duchi d'Aosta Hotel in central Trieste. The signatories on behalf of the Local Organising Committee were; Stefano De Rosa (Secretary and President, EGOR 2012), Dario Giuliuzzi (President I Tandoi F.V.G. Old Rugby Club Trieste) and Stefanelli Emanuele (Treasurer, Trieste EGOR 2012). Vice Presidents; Sergio Caggia and Robert Dean signed on behalf of the EGOR Executive Committee.

In a short speech in English, which was translated for the assembled media by Stefano de Rosa, Robert Dean explained that at the signing ceremony he was representing the President of EGOR, David McDonald, who was recovering from an illness. He said that the nine man Executive Committee of EGOR representing the wider European rugby community had been unanimous in its decision to accept the Local Committee's bid to hold with the 2012 EGOR Festival in Trieste. The very successful 1996 EGOR Festival had been held on Italian soil at Verona but all were agreed that after a gap of sixteen years it was time to return to Italy.

In a longer statement in Italian Sergio Caggia painted a picture for the assembled journalists of the motivating spirit of Golden Oldies rugby with its unifying themes of 'Fun, Friendship and Fraternity'. He said that all of the Executive Committee were convinced that the beautiful city of Trieste was an ideal venue for the 11th EGOR Festival. The Festival's playing areas, located behind and

above the city have truly impressive views of the Adriatic. The Trieste region will be an ideal place for the Golden Oldies Rugby community, players and supporters, to enjoy this fascinating part of Europe.

Sergio Caggia thanked the local EGOR organising committee and the Trieste authorities for their efforts. He made particular mention of the support given by Dr Elio D' Anna, the chairman of the local government sports authority and former Italian Rugby star, for his efforts to bring the Festival to Trieste. For further Information, contact – info@europeangoldenoldiesrugby.com or egor.trieste2012@gmail.com



Pictured left to right after the Signing are –

Bob Dean (Zurich) Dr Elio D' Anna and Stefano de Rosa (Trieste) and Dr Sergio Caggia (Verona)

A word from the president



Many will be planning for big Festivals this year so please let us know what is happening and send us in a story and photos for inclusion in our Newsletter and Website, to our new Secretary – Matthias Schenker, of the *Swiss Gnomes*, - who I wish to welcome onto our Executive Committee. We shall be issuing an electronic version of our Newsletters, as we did following the Caernarfon Festival, to send out and it is hoped that Country / Team Managers will then send a copy out to all their Golden Oldies Mailing List. (If a hard copy issue is required, please let us know) This will save EGOR a sizeable amount from the Publication and Printing costs and Posting. As a result of this, the Executive have agreed to reduce the Annual Club Fee from 120 euros to 100 euros per annum !!

As you may probably be aware, EGOR has parted ways with its former Secretary, Marko Protega. Marko invested a great amount of effort in developing EGOR but unfortunately his **Continued on page 2**

A word from our president (following)

vision of Oldies Rugby was no longer compatible with the EGOR Committee views and its motto of *Fun, Friendship and Fraternity*. He was removed unanimously by the full Executive Committee following its Meeting at the Caernarfon Festival. He has established a new organization which is not associated in any way with EGOR. You may receive communications from him, but he has no authority to speak in our name and he acts on his own behalf.

EGOR is the only Golden Oldies Rugby Organisation recognised by FIRA - AER (www.fira-aer-rugby.com) following an Agreement signed in Paris in 2002 by FIRA - AER President – Jean - Claude Baque – and myself. We have our Website Link on their Home Page listed under – ‘ INFOS ‘

Our Committee, all Volunteers, wish to hear from you with any ideas or thoughts to help develop EGOR within Europe. One such plan from Andrej Hronec (our Committee Member in Prague) is ...*Platinum Rugby* find out more elsewhere in this Newsletter ! We all hope you will wish to stayor join....EGOR as we all strive to promote Golden Oldies Rugby throughout Europea Membership Form can be Downloaded from the Website.

Enjoy your Rugby.....it's a busy year ahead.

Dave McDonald.

Platinum Teams—Welcome to Golden Prague



teen countries, from many parts of Europe as well as from North America. The most recent event in 2008, the fourth Old Golden Prague / sixth Georg Holek Cup, was organised on the twentieth anniversary of the founding of the 'Old Boys Praha' and was the most successful so far. The 5th Old Golden Prague Event is planned for 2013 when Old Boys Praha will celebrate their Quarter-Century's Anniversary.

Since 2009 Old Boys Praha have started successfully another series of 1-day events for players aged 40 years and over, for 8-12 teams. These events have been called OLD-PRAGUE HAM and the first one ran successfully on June 19-21, 2009 with 6 participants from the

Since 1994 'Old Boys Praha' - the only rugby veteran rugby club in the Czech Republic, has organized a series of international veteran rugby events. The name chosen for these festivals was 'Old Golden Prague'. To date four events have been held and have followed an established programme with a 'Welcome Drinks Party', two days of games and a 'Farewell party'. The event has hosted a total of thirty six teams from seven-

Czech Republic, Italy and Spain. On June 25-27, 2010 2nd Old-Prague Ham - International Rugby Veteran Games took place with 12 participating teams from Italy, France, Czech Republic, Spain, Hungary and Germany..

3rd Old-Prague Ham - International Rugby Veteran Games will take place on June 10-12, 2011 and will be organised as a double event for 2 categories: **Platinum Category** for teams aged 50 and over and a classic Golden Category for teams aged 35 and more. The reason for this split is that generally the older players have reduced contact possibilities compared with younger players. Teams made up from players aged 35 to 40 can pose a problem for them.

There is therefore a proposal that EGOR create a special Platinum (50+) category. We would need to draw up a calendar of events for this category of player and publish it on the EGOR web-site. To start this initiative, we suggest that all who are interested in Platinum (50+) teams put their names forward.

Please send your contact details to the following email: andrei.hronec@seznam.cz .



Summary of the 2011 European Six Nations Matches



Scotland beat Italy. Italy beat France (great party at the Berlusconi's we heard). France beat everyone except Italy and England. England did not do well against Ireland—they should have stayed home and declared a forfeit. Wales showed that the old rugby art of confusing the referee and lines-man is not dead in their victory over Ireland disproving also the widely held view that the Irish are lucky. All six teams are now looking forward to September/October and the World Cup in New Zealand.

World Golden Oldies Festival 2012 in Fukuoka, Japan



The world's biggest Golden Oldies Rugby Festival will head to Japan for the first time in its 35 year history. This was announced jointly by the Golden Oldies World Secretariat and Fukuoka City Council. More than 3000 rugby fans from 15 countries are expected for the 19th Air New Zealand Golden Oldies World Rugby Festival in Fukuoka, Japan from 28 October to 3 November 2012.

Fukuoka is rich in Japanese culture and history and the friendly local population will certainly be aware that the Golden Oldies Rugby Fraternity have come to town and will be ready to welcome everyone with only the best that Fukuoka and Japan has to offer.

The format for the week's festivities will be as follows:

- Day 1 - Opening Ceremony and Welcome Party
- Day 2 - 1st Day of Games
- Day 3 - Free to Explore Fukuoka
- Day 4 - 2nd Day of Games
- Day 5 - Mid Week Picnic Day
- Day 6 - 3rd Day of Games

The decision to host the 2012 festival in Japan was announced before the magnitude 9.0 earthquake that struck Japan on March 11, 2011. The question, if the earthquake has any consequences for the festival can not yet be answered and also at the moment seems irrelevant considering the extent of this tragedy. Our thoughts are with all our friends in Japan and their families.

„In Trieste, age does not matter“



5 playing fields in one location, 50 teams, 1500 players and a total of over 3000 participants: These are the numbers which the organizing committee of the 11th EGOR festival in Trieste is planning for. The

festival will take place from June 14 -19 2012.

The games will take place at the sports area of Prosecco and be played on 5 adjacent pitches, all of which are currently being renovated in order to ensure maximum functionality and usability by the beginning of the festival.

The Autonomous Region of Friuli Venezia Giulia and in particular its Department of Sport, the towns of Trieste and Sgonico and also the Province, the Italian National Olympic Committee and the Italian Rugby Federation have all declared this to be a major event for them.

On the „day off“, tours will be organized to discover the history and best traditions, nature, culture, food and wine of the region.



Trieste, the oldest town in Italy, intends to show that chronological age is not a limit and also expects that the "Golden Oldies" will give a show not to be missed! Thus, "in Trieste, age does not matter."

Festival Program:

Wednesday, June 13

- Opening of the „museum of rugby“ in collaboration with the World Rugby Museum (Twickenham) at the old Fishmarket

DAY 1 Thursday, June 14

- arrival of all teams in Trieste
- Team managers and referees briefing Hotel Duchi d'Aosta in Italy in Trieste P.za Unit
- Opening Ceremony and welcome to all the teams at the former Fish Market, inside and outside, or alternatively at the castle of San Giusto

DAY 2 Friday, June 15

- first day of games
- evening beach party at the marina S.Giusto

DAY 3 Saturday, June 16

- Various tours
- visit of Scollio Region and San Daniele
- visit wineries
- play golf

DAY 4 Sunday, June 17

- second day of games
- happy hour on the field after the game from 5 to 7
- Gala Dinner (location to be announced)

DAY 5 Monday, June 18

departure



Looking back at Caernarfon 2010

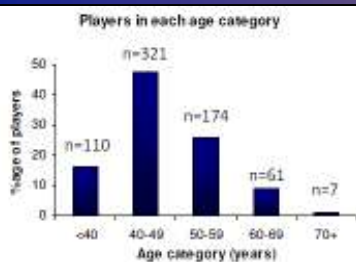
The 10th European Golden Oldies Rugby Festival held at Caernarfon, Wales took place over the weekend of June 10th – 13th 2010 and proved to be an excellent exercise in the spirit of G.O. Rugby with *Fun, Friendship, Fraternity* and the added element of Family present throughout the event, which had 33 teams registered with around 1000 participants.

The excellent official Welcoming Ceremony was held at the World Heritage Site of Caernarfon Castle - one of the best examples of Medieval Architecture in Europe. A full day of Games was held in wonderful weather at two locations on the Friday and Sunday and the Oldies took advantage of a wide range of activities on the Free Day, and enjoyed the extensive Welsh Hospitality. The Festival brought £500,000 into the local economy and in light of today's financial situation this figure was welcomed in Caernarfon. The Swiss Gnomes from Zurich apparently spent over £2,000 in *Y Castell Restaurant* on supper with many lobsters bought—capitalist bastards!

The Closing Ceremony was held at the Caernarfon Tennis Centre where 1200 participants and invited guests sat down to a 3 course Welsh meal with drinks and entertainment provided by the world famous and much-travelled Welsh folk group *Ar Log* and the *Gwynedd Youth Jazz Band*. Compered by television celebrity Dewi Rhys the evening was a true reflection of Golden Oldies with all guests enjoying the food, entertainment and even more importantly the friendship of the occasion.

The Festival was a massive success not only for Y GOGs, *Clwb Rygbi* Caernarfon but also the Town of Caernarfon and the local area which gained financially and socially as a result of the Festival. The organisers are confident that EGOR are proud of our achievements. All participants interviewed stated that they enjoyed the unique aspect of holding the Festival in a small town where every participant could meet and socialise. The long term benefits have become evident since up to 30% of participants said that they would return to Wales (and especially our small town of Caernarfon) with their families in the future. Like all the teams in 2010 they will be welcomed with open arms.

Golden Oldies Rugby contributing to science



The study on „injuries and exercise habits of players at the 2010 European Golden Oldies Rugby Festival“, which was conducted by Dr, Orna Donohue, University of Edinburgh, has now been completed.

Please contact us (info@europeangoldenoldies-rugby.com) if you are interested in a copy of the report.

Some of the conclusions and recommendations of the report were as follows:

- Most players take part in some warm-up activities which are necessary to prepare the body for exercise.
- Few players consistently cool down after training and matches. A cool down is Recommended.
- The relatively low numbers using protective equipment may be due to players' perceptions that Golden Oldies games are less competitive and have a lower risk of injury. However, blood injuries occurred frequently during matches and therefore it is recommended that players wear mouthguards and head gear as they protect against damage to teeth and superficial injuries to the head and face.
- The most common injuries were muscle strains and ligament sprains while the most severe were fractures. Tackles were the cause of all serious injuries and most blood injuries. Rule changes that forbid tackling in older players may help to reduce the incidence of tackle related injury in older age groups.
- The results highlight the important role that First Aiders, doctors and physiotherapists played in providing efficient and effective treatment at this EGOR festival.
- Older adults are more susceptible to musculoskeletal and cardiac events during unaccustomed and vigorous exercise. Therefore, players should take part in regular physical activity and training that prepares them for the physical demands of rugby such as running, tackling, kicking, rapid accelerations and changes in direction.
- 68% of players take part in moderate to vigorous levels of physical activity. Players who are not sufficiently active may be at increased risk of chronic health conditions.
- According to BMI values (Body Mass Index, body weight in kg divided by height in metres squared), most players were classed as overweight or obese. Generally, it is recommended that individuals with a BMI >30 kg/m² and with low levels of activity consult their doctor about increasing their activity levels and losing weight. However, given the limitations of BMI and that it is often measured in combination with other tests (e.g. waist circumference and skinfold thicknesses), players should seek further information from their doctors.

Rugby memorabilia



We have been contacted by a Golden Oldie who collects Rugby Pins, Programmes, Beer Glasses, Shirts.....and all forms of Rugby Memorabilia.

If you have any spare / unwanted items which you may wish to donate, please contact Christian Theys, 28, Chemin du Petit Bordeaux, La House, F-33610 Canejan, rugbyct@orange.fr



On Saturday, January 15, 2011, the UFAR «QUINCAS» festival for players over 50 took place organized by the «Esquiche coudes» from Aix en Provence.

Present were representatives and players from the following regions:

Languedoc (Tautavel, Perpignan, Montpellier), Grand Lyonnais (Villeurbanne, Saint Etienne), Midi-Pyrénées (Couserans) and several teams from the area of Aix en Provence: Quincas des Farios Isle sur Sorgue, Quincas des Esquiche Coudes, Quincas PACA (Digne, Grasse, Carqueiranne)

The Saturday lunch reception was a wine tasting event of wines from the Domaine des Beates in Lambesc and a light lunch in beautiful weather.

In the afternoon, the festival took place on the pitches of Jas de Bouffan in good spirit.

The event was brought to a close by an extended dinner in the center of Aix en Provence, a short walk in the mountains in the morning sunshine and a small picknick was arranged.

It is planned to have future events of a similar kind: End of June (organized by «les Après Histovalie») and in March/April organized by PACA .(in Digne by the «Dinosaurs»)



Wiremu, a New Zealander, living in Australia wanted to go home to watch the upcoming Rugby World Cup but was not feeling well,

So he decided to see a doctor.

„Hey doc, I dun't feel so good, ey" said Wiremu.

The doctor gave him a thorough examination and informed Wiremu that he had long existing and advanced prostate problems and that the only cure was testicular removal.

"No way doc" replied Wiremu "I'm gitting a sicond opinion ey!"

The second Aussie doctor gave Wiremu the same diagnosis and also advised him that testicular removal was the only cure. Not surprisingly, Wiremu refused the treatment.

Wiremu was devastated, but with the Rugby World Cup just around the corner he found an expat Kiwi doctor and decided to get one last opinion from someone he could trust.

The Kiwi doctor examined him and said: "Wiremu Cuzzy Bro, you huv Prostate suckness ey."

"What's the cure thin doc ?" asked Wiremu hoping for a different answer.

"Wull, Wiremu", said the Kiwi doctor "Wi're gonna huv to cut off your balls."

"Phew, thunk god for thut!" said Wiremu, "those Aussie bastards wanted to take my test tickets off me!"

Become a Friend of EGOR on Facebook



European Golden Oldies Rugby is now also present on Facebook. Join us there, upload pictures and promote your events!



Contact Information

Please contact us as follows:
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 8117 Faellanden
 Switzerland
 Email matthias.schenker@gc-rugby.ch
 or info@europeangoldenoldies.com

Useful links

FIRA / AER	www.fira-aer-rugby.com
European Golden Oldies Rugby	www.europeangoldenoldiesrugby.com
World Golden Oldies Rugby	www.goldenoldiessports.com
International Rugby Board	www.irb.com
The Official World Cup Site	www.rugbyworldcup.com
Official Site European Club Rugby	www.ercrugby.com

EGOR Series 2011

The following festivals are currently registered as part of the EGOR Series 2011

APRIL

7th HAVIROV TURKEY TOURNAMENT, Havirov, Czech Republic, April 30

Contact: Roman Cmiel (rc.havirov@rugby-cz.com)

More Info at <http://havirov.rugby-cz.com>

3rd Scottish GO Festival, Perthshire, Scotland, April 30

Contact: Dave McDonald (mcgoldiego@hotmail.com)

JUNE

III Memorial Antonio Pelino, Avezzano, Italy, June 4

Contact: postmaster@oldavezzanorugby.it

More Info at <http://www.oldavezzanorugby.it>

3rd OLD-PRAGUE HAM - International Rugby Veteran Games 2011, Prague, Czech Republic, June 10 – 12

Contact: Andrej Hronec (andrej.hronec@seznam.cz)

More Info at <http://oldboys.rugby.cz/en/invitation>

18th Flanders Open 10s Rugby Tournament, Dendermonde (Belgium), June 10 – 12

Contact: Gert v d Steen (gert.van.den.steen@telenet.be)

First All Wales G.O. Festival, Caernarfon, Wales, June 11

Contact Emrys Jones (emojos@btinternet.com)

Tournoi national UFAR—Villefranche sur Saone, France, June 11 - 12

Contact Alban Queyras (beauioval2011@free.fr)

More info at <http://www.ufar.biz/villefranche.html>

AJC Perpignan - International Golden Oldies Rugby Festival, Perpignan, France, June 16 - 19

Contact: ajcrugby@neuf.fr

More Info at <http://www.myspace.com/ajcrugby>

AUGUST

1st Sanssouci Cup, Potsdam, Germany, August 27

Contact: Michael Jahn, Old Boys Potsdam

(hochvier@gmx.de)

Additional Information: <http://www.brandenburgadler.de>

SEPTEMBER

1st Penicuik Golden Oldies Festival

Penicuik, Scotland, Sept 15 – 18

Contact: Mauricio Diaz

(mauricio.diaz@goldenoldiesrugbychile.com)

More Info at <http://www.goldenoldiesrugby.co.uk/>

OCTOBER

3rd OLDIES & LADIES Barcelona Festival - International Rugby Festival, Barcelona / Sitges, Spain, Sept 30 – Oct 2

Contact: Paolo Toffolo (pjtoffolo@gmail.com)

3rd International Rugby Veterans Festival - Salami, Sausages and Oval Ball, Mantova, Italy, October 8

Contact: villacamilla@virgilio.it

info@senatorivirgiliani.net

More Info at <http://www.senatorivirgiliani.net>

Are you also hosting an event? Let us know and send an email to info@europengoldenoldiesrugby.com!

First game of the Israeli Oldies of 2011

The event took place on January 16, 2011 at Kibbutz Yizrael in the north of Israel where the northern branch of the Elders of Zion squared off against the southern half. After a fiercely contested battle, it was determined that both sides drank an equal amount of beer.

