

SPARTA Newsletter



SPARTA Fitness Class
Every Friday 12.30
Live Online or in LG1, GMH
It's FREE

AUTUMN IS HERE

Welcome to the October edition of the SPARTA Newsletter. Autumn is truly with us now and the nights are drawing in.

We start this month's newsletter with some sad news. We are exceedingly sad to report that Honorary Life Member, Rose D'Costa MBE, has passed away.

We know that many of you will have met or worked with Rose over the years and will have fond memories of her. If you would like to share your memories of Rose with SPARTA and our members, then please do drop us an email and we will publish them on our website.

We have a special tribute to Rose in this issue.

Last month we reported the exciting opportunity to join the Cynet Rowing Club.

They have been kind enough to share details of their upcoming learn to row course in this issue of the newsletter.

Other events this month include

the SPARTA Golf Society's annual Hastings match which takes place this year at Hever Castle Golf Course in Kent.

There is also the Civil Service Cross Country Champs taking place at Parliament Hill Fields in London on 12th October.

The History Society has another of their fascinating talks taking place this month. This one covers some modern history as it is all about the Falklands war and the Parachute Regiments involvement.

We will be holding SPARTA 50 events on **2nd and 9th November** in the GMH and 2MS canteens respectively. Come along and meet the clubs, have some cake and tea, and give us your feedback on what you would like us to offer you.

More details on these events will be sent round to all members soon.

www.spartarecreation.co.uk

Have a great month.



YOGA

Interested in Yoga classes?

We are looking at restarting the popular Yoga classes in GMH.

To this end we are looking at working with the Active Space gym in obtaining a new Yoga teacher.

As soon as the full details of the classes are confirmed we will be publishing them so that you are all able to attend if you so wish.

This is just one of the many opportunities that we are working to provide for our members. Please let us know if there are any other opportunities that you would like us to pursue.



Check out the SPARTA website for upcoming events



REMEMBERING ROSE D' COSTA MBE



Rose D'Costa MBE SPARTA Honorary Life Member

It is with deep sadness that we report the sudden death of honorary life member, Rose D'Costa MBE.

Rose worked in the Department of the Environment and Transport in the original 2 Marsham Street building, starting work in the typing pool and progressed over the term of her career through to the role of Senior Personal Secretary (SPS).

Rose has been heavily involved with SPARTA since its beginning in 1972. Rose was also one of the founding members of the Ten Pin Bowling club and league which also started in 1972.

Rose was married to Peter D'Costa. Rose's husband, Peter, is a formal general Secretary of SPARTA, and organised many sports days.

At these events Rose would be in charge of the very popular raffle and she along with Peter raised hundreds of thousands of pounds for charity through these and many other charity raising events with the majority of their monies going towards the Charity for Civil Servants (formally the Civil Service Benevolent Fund).

Rose and Peter were both recognised for their charity work,



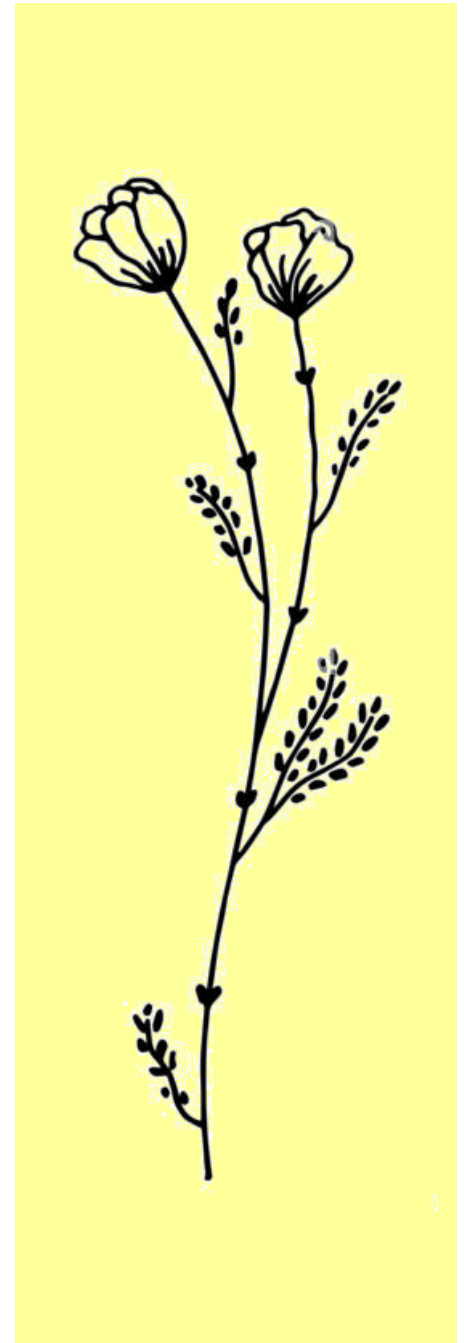
each receiving an MBE in 1997.

Rose, together with her husband, were involved in the corporate games and attended with teams formed from both DfT and DLUHC (in their various previous incarnations) many times. They were both very proud to represent our Departments at these events.

We know that many of you will have fond memories of Rose and we would love to share those memories with our members so we will be setting up a special commemoration webpage for Rose.

My own personal memory of Rose is of the many times that she coaxed me into buying raffle tickets but how pleased she was when I finally won a special wine set in a commemorative box. I still have it today.

RIP Rose, we will miss you.





CYGNET ROWING CLUB



UPCOMING SPARTA CLUB FIXTURES/EVENTS

October

10th – SPARTA Golf Society – Hastings Challenge Match – Hever Castle GC, Kent

12th – Civil Service Cross Country Champs – Parliament Hill Fields, London

14th – SPARTA History Society Event – The Parachute Regiment and the Falklands War – 1pm to 2pm

November

2nd – SPARTA 50 Meet the Clubs Event – GMH Canteen

9th – SPARTA 50 Meet the Clubs Event – 2MS Canteen

Details of club contacts can be found on the SPARTA website

www.spartarecreation.co.uk/

£110

Looking to try out a new sport or get fit?

Sign-up to our six week **GET FIT & ROW** course starting Sunday 9th October

Three sessions a week – Monday and Wednesday evenings, Sunday mornings

Contact vice@cygnet-rc.org.uk for details or visit www.cygnet-rc.org.uk

9/10



CYGNET ROWING CLUB

Civil Service Boathouse W4 2SH – close to Barnes Bridge



The Cygnet Rowing Club are running a six week course at their boating house.

If you have not been to their premises they are on the banks of the Thames right next to the King House Sports Ground at Chiswick, where we held Sports and Wellbeing Day this year.

The Cygnet Rowing Club was founded on the morning of 12th February 1890 at the old Duke's Head in Putney. At the time the world of rowing, was a 'gentlemen's' only pastime but Cygnet offered the employees of the General Post Office an opportunity to experience 'messaging about in boats' on the Tidal Thames.

You too could get to mess about in boats on the Thames by joining up on their six week course.

The course will get you started in every aspect of rowing.

It is an excellent opportunity to start a journey in a new sport or pastime while building your basic fitness.

If you have not tried rowing before then I would really recommend that you take this opportunity. Check out the Cygnet Rowing Club website at this address:

<https://www.cygnet-rc.org.uk/>





THE SPARTA CLUBS

SPARTA supports a number of clubs and associations across the UK and is always looking to start new clubs. Here is just a taster of the current clubs

SPARTA TABLE TENNIS CLUB



www.spartarecreation.co.uk

SPARTA GOLF SOCIETY



www.spartagolf.co.uk/

YOGA CLASSES



www.spartarecreation.co.uk/yoga

SUPERSTARS CRICKET CLUB



www.superstarscricket.org.uk

SOFTBALL CLUB



www.spartarecreation.co.uk/softball

YOUR CLUB HERE

Start a club and it can be advertised
right here

CIVIL SERVICE CHOIR



www.civilservicechoir.org.uk

HISTORY SOCIETY



www.spartarecreation.co.uk/history-society

FITNESS CLASSES



www.spartarecreation.co.uk/fitness-class

TENNIS CLUB



www.spartarecreation.co.uk/tennis

TENPIN BOWLING



www.spartarecreation.co.uk/tenpin-bowling

**EXCITING NEW CLUBS
COMING SOON**

Check out all the SPARTA clubs on our website

SPARTA
SPARTA@dft.gov.uk

Phone 07884 390878
www.spartarecreation.co.uk

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